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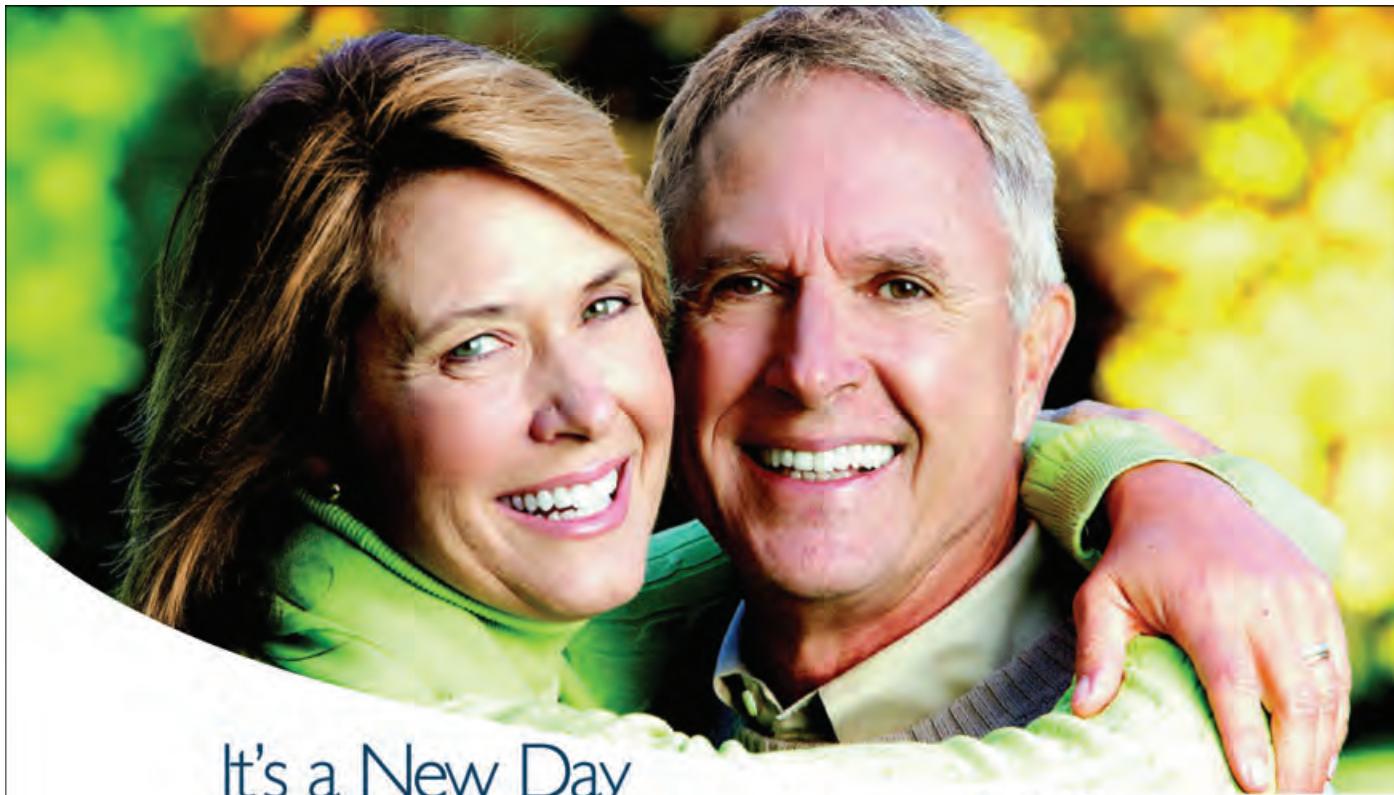
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ON THE COVER



This foursome is on track with their sights set on the state meet.

Photo by Kevin Painter.

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Editor's Note

Celebrate the greening, Corsicana!

Our Texas March weather may roar like a lion, but it also brings back to us the greening of our beautiful pastures and gardens. Spring is just around the corner, and even if we are not of Irish descent, we can all celebrate St. Patrick's Day and the feeling of a renewed spirit with the rebirth of our land.

One of my favorite Irish sayings is, "Continual cheerfulness is a sign of wisdom." I hope that when you open your copy of *CorsicanaNOW Magazine* each month, the articles make it easier for you to choose happiness, whether your March days are stormy or sunny. Navarro County is so blessed with neighbors who are performing the wonderful deeds that make this area a great place to live, work and rear our families.

As the Irish toast goes, "Here's to you and yours. Good health and cheers!"

Virginia

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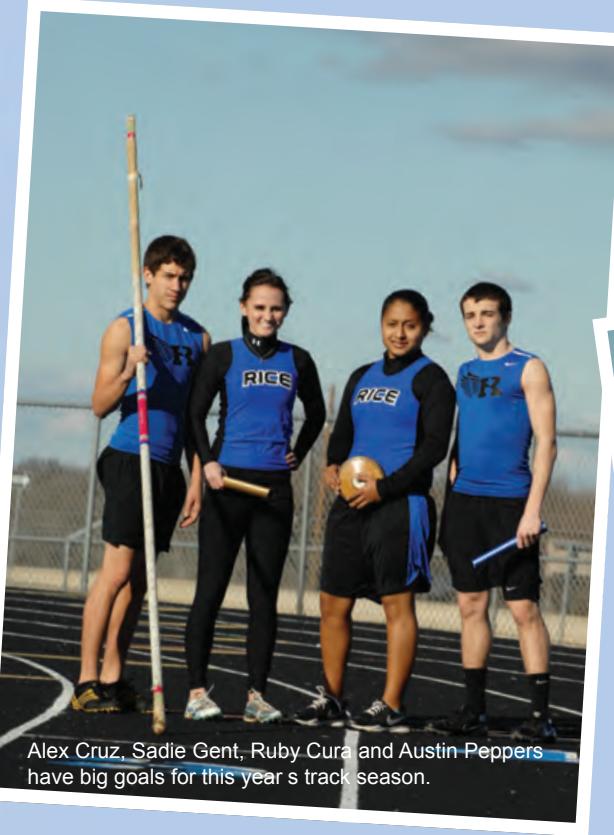


"I know these students have set goals for what they want to accomplish, and as hard as they work and as hard as they push themselves, they should be able to accomplish those goals."

TALENT

— By Hope Teel

In a combination of long practice hours, lots of sweat, serious dedication and even a few tears, four freshmen from Rice High School became regional qualifiers in their track and field events last year. Now in their sophomore year, Alex Cruz, Austin Peppers, Ruby Cura and Sadie Gent are anxiously anticipating this year's track season, and the expectations are high with hopes of advancing past regionals and on to state.



Alex Cruz, Sadie Gent, Ruby Cura and Austin Peppers have big goals for this year's track season.

In the prior track season, these four students excelled beyond their district and then area track meets to become regional qualifiers — a huge accomplishment for freshman athletes. In attaining this honor, these students competed against high school athletes of all ages, including seniors, from other 1A schools around Texas.

According to Rice track coach, Donna Gent, the district meets normally start in mid-April with a total of three students from each of the eight teams competing in every event. Age classifications aside, the top four competitors advance to the next level, which is the area track meet. At the area meet, students face top athletes from other districts to advance to the next round — regionals. From there, the top four athletes in each event advance to the regional track meet where the competition is even tougher and the chances of going to state even smaller, with only the top two competitors advancing to state. "It was a pretty big accomplishment for these students to reach the regional meet last year, especially as freshmen," Coach Gent shared. Last year's successes have set the bar high for these sophomore students, and with hours of practice and the knowledge gained from last season, they expect to accomplish

their goals of reaching and, hopefully, even winning the state track meet in May.

Alex began participating in track and field events as early as seventh grade, when he first experienced the pole vault, 300-meter hurdles and long jump events. Although he's going into his fourth track season, anticipation still grows high before beginning an event, but in his case, it helps. "My heart starts pounding, but I think the nervousness really helps me out, at least at the beginning, because it is exciting for me to compete against other people and to try to beat them," he said.



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Evidently, this eagerness was to his benefit as Alex excelled past district and onto area in both the 300-meter hurdles and pole vault events before becoming a regional qualifier in pole vault. "It felt really good," Alex said. "I was very proud of myself that I made it all the way to regionals, because I was not expecting to make it that far as a freshman. Now, I definitely expect to push myself far enough to go to state this year."

Austin also began in track as a seventh-grader when he first attempted the triple jump and 800-meter relay events. He qualified to advance to last season's regional track meet in both events. "At area, my adrenaline was rushing so much that I was jumping extraordinarily well — farther than I had ever jumped before — because I wanted to push myself all the way to regionals," Austin remembered. "When they called my name for regional qualifiers, it made my day every day for the entire next week! I even ran a pretty good 800-meter relay leg after that, too, because I was so excited."



In previous years, Austin has had a lot of close competition, in triple jump in particular, which served as motivation for him. That competition included his older brother who did well in the event himself. In addition, Luis Dominguez, who graduated last year, was another

strong team member who pushed Austin to do as well as he did. Luis really made an impression on Austin. "This year is really going to be a struggle without Luis pushing me," Austin noted. "It's going to have to be more of me pushing myself and pushing newcomers, so I think there is going to be a lot of responsibility on me this year."



On the other hand, Ruby is looking at the bright side of the previous seniors graduating. "Now that a lot of the seniors who were our main competition last year have graduated, I feel like we are ahead. We have better chances to keep improving and to get through area and regionals to go to state," she stated. Ruby began competing in discus and shot put in the seventh grade but went on to success as district champion in the discus as an eighth-grader.

"It's pretty exciting, because you see all those people there, and know that you are part of that crowd. You get emotional, because you are so proud to be there."

Last year, Ruby reached regional level in discus, and with the excitement and sweet taste of last season's success still lingering, she plans to excel past the regional track meet and on to state. "I'm just planning to get all the way to state this year," she shared. "It's pretty exciting, because you see all those people there, and know that you are part of that crowd. You get emotional, because you are so proud to be there."

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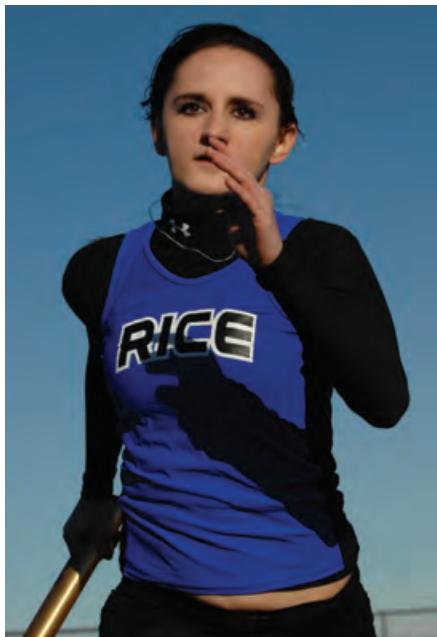
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Sadie, who was a regional qualifier in the mile relay and in the 400-meter dash last season, shared in Ruby's excitement from memories of last season's successes. "It felt pretty good knowing people were like, 'Wow, she is really good, and she's so young that by the time she's a senior she should be amazing!'" Sadie shared. "In the end, it just makes me push even further, so I can continue to get better."

Like other student athletes, Sadie also began in the seventh grade, winning the title of district champion in both the 100-meter and 400-meter dashes. Her continued success gives her confidence in future endeavors in the sport, especially considering what she's learned in her experiences so far. "I think it will be a little bit easier this year since we've already been there," Sadie stated. "And we know how our emotions will flow, so we'll be able to control them more in order to perform better. I just thank God for giving me the abilities to do what I have done and will do."

Their hard work and diligence have paid off thus far, but these students have no intention of letting up, whatsoever. The goal is to make it to the state track meet, and they plan to do everything they can to get there in individual events and as a team. "I expect us to be very competitive in our district," Coach Gent said. "I know these students have set goals for what they want to accomplish, and as hard as they work and as hard as they push themselves, they should be able to accomplish those goals." **NOW**



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Giving 100 PERCENT

By Rick Herron

If Corsicana had a position within the city government's infrastructure for an official town historian, someone who's seen firsthand how the city has evolved and changed over the last 50 years, Rafael "Ralph" Gonzalez would fit just about all the listed requirements necessary for the job. With his mother, Manuela, by his side, he is a frequent participant and volunteer with many Corsicana





organizations, bringing his unique perspective about the city into the dozens of planning and strategy meetings he attends on a regular basis. He was also a candidate for mayor of Corsicana in the last election. ‘Before my dad, Ralph, died, he taught me invaluable lessons on the importance of giving back to the community,’ Ralph said.

Ralph’s background is rich with experience derived from being in the military for over 25 years, as well as being one of the few people in town to attend both parochial and public schools. He understands the importance of using his experience in as many ways as possible to benefit the city of his birth. ‘I attended James L. Collins Catholic School and graduated from Corsicana High School in 1974. I then attended Navarro College,’ Ralph remembered. ‘I joined the Air Force in 1977 where I spent the next 18 years. In 1994, I went back into the reserves and finally retired in 2002.’

Ralph remembers his first job as a sacker at Bernie’s Food Store. ‘All the money I made went to help Mom and Dad buy food and clothes. It was a

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valuable lesson I learned early in life on the importance of providing for others," he explained. He also spent considerable time in Navarro County cotton fields picking cotton with his mom and raising rabbits in the backyard, while his mom worked at a poultry house.

Since his retirement, Ralph has devoted his time to numerous organizations that all share the common goal of helping the city's youth, a subject very near and dear to his heart. "For the last three years, I've been a vice president with Navarro County IMPACT Community Coalition, which is an initiative of Drug Prevention Resources, Inc., a nonprofit substance abuse agency, which has served Texas since 1935," Ralph said. "The agency works collaboratively to improve community alcohol policies, increase enforcement of alcohol laws and educate community members on the serious dangers of high-risk drinking, especially among our kids."

In addition to working toward preventing drug and alcohol addictions, IMPACT also works to get families involved with preventive measures and sponsors a "prescription drug take-back" program every year. "It's a popular program, in that we doubled the amount of prescription drugs donated this year from last year," Ralph said.

Ralph volunteers at the Red Cross, where he is involved in working with



volunteer fire departments during disaster response efforts, both in Corsicana and Waxahachie. He's also on the board at the Salvation Army where he's a committee member, works with the Veterans Club

at Navarro College, is a Knight of Columbus and belongs to the American Legion. Most recently, he's gotten involved with the group "GOP is For Me" out of Waco, a Hispanic outreach



organization that underscores his lifelong commitment to the Republican Party.

It's a list of commitments that would intimidate any man half his age, but Ralph takes it all in stride. "I guess you could say there's a strong need in me to help people and to stand up for groups here in Corsicana that cannot stand up for themselves," Ralph said. "I'm a big believer in how important it is for a person to lead by example. It wouldn't surprise me to learn that my years in the military influenced me in more ways than I realize!"

Ralph works tirelessly to improve the economic environment in Corsicana. "I'm on the Corsicana & Navarro County Chamber of Commerce board working with some great people on different committees," he said.

Ralph and his mom live in a small home on East 1st Avenue, where he

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was born and where he spent all of his formative years. Entering the living room reveals another, more personal side of Ralph, and that is his very deep and abiding love of family. Family photos from years past are proudly displayed on the walls, such as photos of his parents early in their marriage as well as pictures of his siblings, children and grandchildren.

In addition to his three children — Ralph III, Maria and Chelsey — and two grandchildren — Jocelyn and Remiel — one of the biggest and longest recipients of that love is Manuela, who at 92 years young, often accompanies him to board and committee meetings. “Mom is mom,” Ralph laughed. “I would protect her with my life. She raised all of us by herself after dad died when I was 15 years old. She’s always been the heart and soul of our family. I lost my dad when I was a teenager, and it was a huge blow because he was everything to me. Dad taught us early in life to not spend more than what we have, which is good advice I’ve followed ever since.”

Ralph recounted a moment during his last run for mayor of Corsicana when he took his mom to a forum where he was scheduled to be a keynote speaker and how she surprised him with something she said. “After I gave my speech, she turned to me and said, ‘I’m very proud of what you said.’ That meant a lot to me,” Ralph admitted. “She’s been behind me 100 percent through all the elections.”

Ralph admitted that he’s been fortunate to have a lot of good mentors in his life, following the untimely death of his father. “I became interested in sports when I was in school and had some coaches at Corsicana High School who played a big role in making sure I stayed on course. There was football coach Mr. McElroy, Johnny Rhodes and Coach Jimmy Dawson. Next to my dad, they gave me great advice. We still reminisce when we run into each other,” Ralph added.

Looking back, Ralph believes the best lesson he learned from his parents was to give his very best at whatever job he’s had throughout his life. “I’ve tried to give 100 percent to everything I did, and I think people who know me would agree,” Ralph said. “I’ve also tried to teach my children and grandchildren the same thing. I think they got the message!” **NOW**



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Healing Power

— By Rick Herron

For countless people all over the world, two of the sweetest words in language are “cancer free.” Sandra Palmer can vouch for that. She heard those two words from her oncologist, recently, after a harrowing two-year journey through several serious health issues, including colorectal cancer and the subsequent chemotherapy.

There are two other words, though, that Sandra has decided to devote her life to, repeating them to as many people as she can. Those words are “early detection.” Sandra recounted her harrowing story from an easy chair in the den of her warm and cozy home, the same home she has lived in for 36 years.

Coming in the front door, visitors are greeted by the sight of a love seat Sandra said is at

least 100 years old. The love seat and an antique secretary that is kept in the formal living room are treasured keepsakes from her late husband, Frank Palmer’s family. Sandra uses the secretary to store books of family history and objects of art collected over a lifetime. One such object is an ornate “handkerchief box” with an art deco enamel top, which Sandra received when her





grandmother died. She plans to give the box to her oldest son someday.

Hanging in the hallway is a cross-stitched craft piece that contains the names of all her grandchildren. "I have 11 living grandchildren and seven great-grandchildren," she said proudly.

Down the hall is a comfortable den with a French door that bathes the entire room in bright sunlight and leads to the back patio. The den is where her four children, Frank's four children, their spouses, grandchildren and great-grandchildren go when they come over for a visit.

In a front bedroom, Sandra pointed out her mother and father's bed that is covered in a quilt her mother made. "It's the last one she made for me. It's called a wedding ring quilt," Sandra said.



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Against the wall is a telephone table, which Sandra's dad bought for her mother at Miles Furniture over 67 years ago. A painting by a well-known artist, Joyce Hargrave, hangs over the bed. Another bedroom is full of furniture that belonged to Sandra's husband's family, including a chest where he kept his personal belongings and a picture on the wall commemorating Sherwin-Williams Company's 125th anniversary.

In Sandra's bedroom is a jewelry box she bought at the Weatherford Trade Days many years ago. "It was in terrible condition, but I used Murphy's Soap on it several times and brought it back to life," she remembered with a smile.

When it comes to being brought back to life, Sandra, many times, has felt like that jewelry box. In 2010 after becoming anemic and fainting at home, she decided

it was time to have her colonoscopy. The doctor discovered a fist-sized tumor. "I should have known better, because my mother had colon cancer, and it's been shown that it can be passed from one generation to the next," she said. "In May they installed a port in my chest for the chemotherapy and operated on me in July to remove any cancer or remnants they found. Ultimately, I needed a colostomy and after that, I went to Heritage Oaks to recuperate."

Smartly dressed and looking younger than her 78 years, Sandra tells her story of survival with a calm demeanor and an occasional flash of humor. "I had put off having a colonoscopy after having to suddenly go through three heart bypasses and ablation back in 2007. When I came home from Heritage Oaks, I brought Linda Escobedo, a young lady referred by

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a friend, in to help. She was the best thing that could have happened to me," she said. "Linda took such good care of me for seven months. Eventually, I got better



and had my last chemotherapy treatment in March 2011. In June, they declared me cancer free, and my last colonoscopy was just fine."

The latest issue Sandra had to deal with was a wreck in May 2012 that totaled her car. The collision caused her car's airbag to deploy and gave her permanent scars on her chest. "During that time, they found that my hemoglobin level was at seven, and it should be 14. I was bleeding somewhere internally, so I had to have transfusions. They had me swallow a camera which found a bleeding ulcer that they took care of in June 2012," she explained.

Both Sandra and her daughter, Becky Long, had nothing but good things to say about the Corsicana doctors who helped get Sandra back on her feet. "We had an awesome group of doctors here, especially my cardiologist, gastroenterologist and oncologist. It was incredible to watch them all work together through everything I had to face," Sandra said.

Since then, Sandra has focused on getting her strength back. Although she's been through more serious health issues in a two-year period than most people experience in a lifetime, she's amazingly

at peace about everything that's happened to her. "I have places to go and things I still want to do," she said. "I have great-grandchildren I want to watch grow up. I know I should have died two or three times, but I never let myself think about that or worry that I wouldn't get well. I guess I've always had a very positive attitude my whole life," she confessed.

"She's a fighter," Becky affirmed. Sandra is also a tireless volunteer at the Corsicana Visitor Center. Sandra is a member of the Corsicana Business Women's Association and Kinsloe House. She also enjoys giving tours of Temple Bethel.

Sandra admits that just being able to recover in the house she's lived in for over three decades, among the many family heirlooms that are displayed throughout the ranch-style house, made a huge difference in her recovery process. "I was blessed to have lots of help, but there are cancer sufferers who don't have that support network available. They need to know that the American Cancer



Society raises funds locally every year to help both patients and caregivers in Corsicana, so call them or go to cancer.org and you'll get all the help you need."

This is a home full of treasured mementos and lasting memories, and it's the home of a woman whose main passion now is to spread the word about the importance of early detection and that help is out there. "You don't have to go through serious illness alone," she said. "Don't even try! Remember, with God's strength you can overcome anything." **NOW**

Editor's Note: March is Colorectal Cancer Awareness Month.



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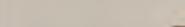
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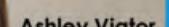
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Celebrations of LIFE

— By Virginia Riddle

Maybe it was Ruby Williams' birthplace that set her life of service in motion. Born in the Navarro County farming community of Providence, Ruby has always felt a duty to work hard in her church, for her family and for her community. Hard work was nothing new for her tenant farming family. Her father and mother, married for 66 years, set an example for their 10 children of not only working hard to support a family but also working to benefit other people in the community.

"I didn't know how poor I was, but we were happy children and close. I have happy memories," she recalled.



“I Have
Happy
Memories.”

Ruby and her family have been celebrating some of those memories through three very special milestones in the past year. First, Ruby and her husband, Marshall, celebrated 50 years of marriage. Second, Ruby, along with her fellow classmates from G.W. Jackson High School, celebrated 50 years since their high school graduation. Third, her church, Mt. Olive Baptist Church, celebrated its 100-year anniversary. "I've been busy all this past year long," Ruby said. Not only was the year full of making new memories through the celebrations, but it was a time to look back 50 years to Ruby's graduation, wedding and when the 50-year-church anniversary were all celebrated.

The family moved from Providence when Ruby was still very young. "When I knew myself, I was in town," she said. It's hard to imagine the elegantly dressed Ruby of today as a child who pulled cotton. Ruby remembers her mother cooking and designing and making clothes for the family. "My mother could make something out of nothing," Ruby said. "She taught me to sew using old newspapers to make patterns." Those skills and a solid work ethic have been used by Ruby during her years of employment at Miller Brothers and Adams Hat Company. She has owned and operated, with Marshall's help, Ruby's Hats for the past 16 years.

Her school days also prepared Ruby for a life of service. "The teachers at Jackson taught you and made you mind, and the parents backed them," Ruby related. May Day celebrations around the May pole and singing in the choral club stand out as special times.

During high school, Ruby worked under Tressie Langston, a legendary and innovative extension agent in Navarro County, in the 4-H program. "We had a great impact on children, teaching them sewing, public speaking and cooking skills. We went to food and fashion show competitions and gained confidence. 4-H taught others and me a lot," Ruby remembered. Ruby has used her public speaking skills often in her work as the Precinct 2 representative on the Corsicana City Council since 2005. She credits Emmaline Gonzalez, who held the office prior to Ruby's election, as a friend and a mentor.



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Last year was remarkable for Ruby and her family in another way that was not marking an anniversary of any sort. At the Corsicana and Navarro County Chamber of Commerce 94th Annual Banquet and Awards Ceremony in February 2012, Ruby was named Volunteer of the Year. A member of the Chamber's Board of Directors, Ruby chairs the Community Outreach Committee that, among other activities, coordinates the community-wide barbecue held every June in Bunert Park.



Ruby was named
Volunteer of the Year.

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But that is just the beginning of all of Ruby's community volunteer activities. Area residents can find Ruby working in the community garden. She is an active volunteer with the Mary Peterson Child Care Center, Christmas in Action, IMPACT of Corsicana, Family Service Association, AARP, Jackson High School Ex-student Association, G.W. Jackson Home Committee, Woodland Cemetery, Navarro County Food Pantry, Back-to-School Rally, Martin Luther King Community Center and has been a foster parent for five years.

Ruby continues in service to her church. She was baptized at age 6 and has been a faithful member of Mt. Olive Baptist Church, where she sings and plays the piano. Her sister-in-law is the church organist, and Ruby credits many of the church members as her mentors and friends. Ruby and her family have been a part of much of the church's 100

years. "We have only had eight different ministers in the church's history," Ruby said. Most memorable minister was the late Elmer C. Davis.

Women in church leadership roles have guided Ruby and others throughout the years. One such woman, Edna Guess, who passed away recently at the age of 102, was an inspiration to Ruby. "She was always encouraging me to do the right thing and tell the truth. She quit driving and wearing high heels and hats at 100," Ruby remembered. To celebrate that landmark birthday, the church held a dinner in Ms. Guess' honor. Byron Cook provided a flag that had flown over the Texas State Capitol, and Ms. Guess received letters of recognition from both Representative Cook and President Obama. "She never had any children of her own, but she was the mother of the church," Ruby stated.



"We are always celebrating at church, and we eat all the time," Ruby said. Mt. Olive Baptist Church celebrates an annual homecoming and fall festival. Ruby has traveled to church conventions in Austin, Odessa, Corpus Christi and other destinations and looks forward to serving as a church delegate to more conventions when she retires.

Most dear to Ruby is her family. Marshall and Ruby reared two sons, Eric and Orlando Williams. Eric lives with his family in Marlboro, Maryland, where he teaches high school math. Orlando is the personal service youth representative for the Workforce Commission in

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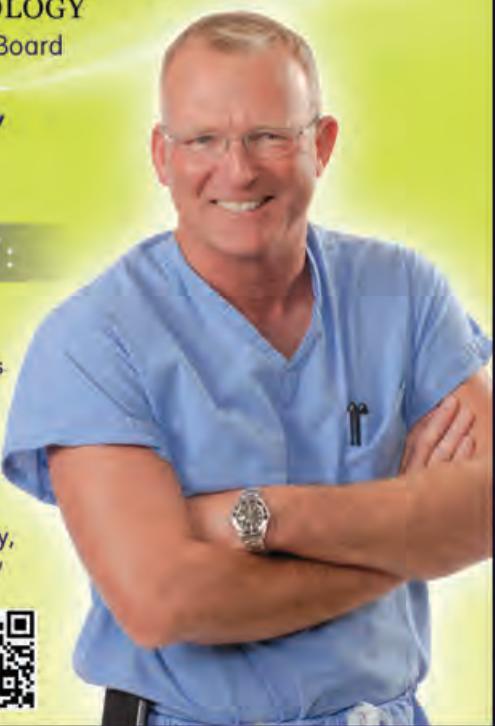
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Corsicana. He works to place youth in jobs. Seven grandchildren bless Marshall and Ruby's lives. Two are in college and one is a junior at Corsicana High School. "My grandchildren are sweet. I'm very proud of my children. They are great!" Ruby said. The couple has been active in their children and grandchildren's lives, especially in the area of youth sports and CHS football.

The secrets to maintaining a 50-year marriage and living a life full of friends and family are being church-oriented and having a great understanding of prayer, according to Ruby. "When I married, I married for keeps. We work together, go to church together and opposites do attract. Someone had to have some sense, and it was Marshall," Ruby said, laughingly. "I've always worked, don't smoke, don't drink and have been blessed with good health," she added. And Navarro County has been blessed by Providence, with Ruby Williams' efforts to make this area a great place to live. **NOW**

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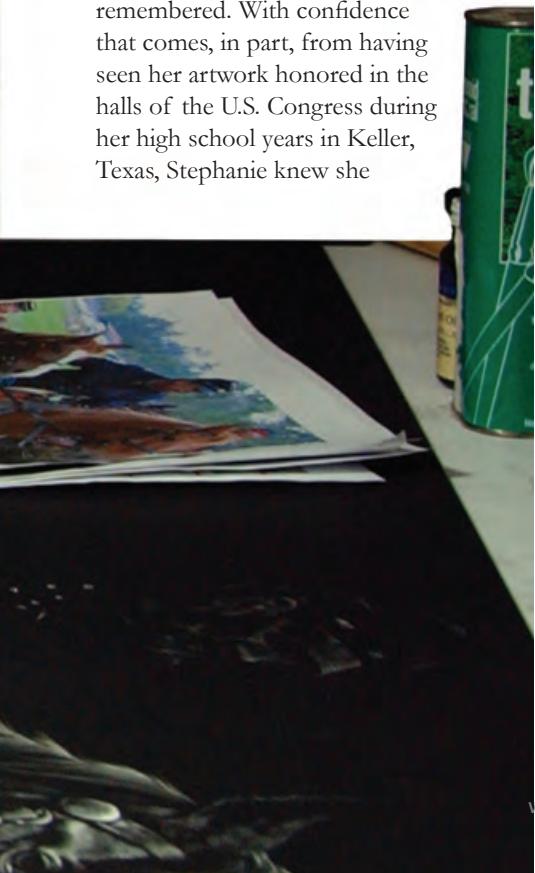
An All-around ARTIST



— By Virginia Riddle

Stephanie Ford describes herself as “obsessive-compulsive” when it comes to art. Having a tendency toward an OCD personality is a gift that Stephanie uses in a little known art medium called scratchboard. She is gaining recognition in the art world through being chosen as an exhibitor in juried art shows, as well as having been published as an illustrator for a children’s book. “When I first started entering competitions, I didn’t know what category to enter my work. It really is etching,” Stephanie said.

Stephanie became interested in scratchboard while pursuing an undergraduate art and history major at Stephen F. Austin State University (SFA). A professor told her that scratchboard was a craft, not an art, and encouraged Stephanie to direct her talents to work in more traditional mediums. “In college, they want to do what I found to be weird. I just wanted to go in the direction of illustration,” Stephanie remembered. With confidence that comes, in part, from having seen her artwork honored in the halls of the U.S. Congress during her high school years in Keller, Texas, Stephanie knew she





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would have to find an art medium that would suit her.

Her life's journey began with moving around the country, due to her father's job. They moved from New Hampshire, where Stephanie was exposed mostly to very modern art, to Keller and, finally, to Silver City in Navarro County. Today, Stephanie lives in the country with her husband, Bradley Ford, and their two-year-old daughter, Sadie Colleen. The various moves throughout her life have influenced Stephanie's art medium choices. Her father was a major influence along the journey, as well. He passed his love of history along to Stephanie. The move to New England and family roots in Missouri gave Stephanie insight to



both sides of the Civil War. "It was kind of interesting and not always the facts I was studying in school. I still read to find the truth. You're not going to get it at first glance," she said. Stephanie, Bradley and his brother, Brandon, enjoy participating in living history events and Civil War re-enactments with the Chicago Mercantile Battery (Northern troops) and the 12th Texas Artillery (Southern troops) for which Stephanie uses her creative and research talents to create accurate costumes and flags.

Along the way, Stephanie served an internship during her SFA days with an art licensing agency in New York City. It was there she decided she was really a country girl. "We have cows and chickens. I love the rural life," Stephanie stated. She is developing a flock of chickens that focuses on historical breeds and has Dominique chickens, which are a breed approved for exhibition at Historic Williamsburg, Virginia. Her

cows, chickens, area flora and fauna and western implements of peace and war find their way into her art. "I take my camera everywhere," Stephanie said.

Just over a year ago, Stephanie began working earnestly in scratchboard. Stephanie's move to Texas let her discover Western art, which she loves, and the two-dimensional, subtractive



medium of scratchboard is perfect for a detail-oriented person and serves to feature Western subjects very well. A piece begins with Stephanie's photography collection. With an idea in mind and necessary research for authenticity completed, Stephanie starts with a pencil sketch. The sketch is then transferred onto an archival quality scratchboard made of Masonite coated in kaolin clay and sprayed with India ink. Abrasive tools, such as utility knives, steel wool and sharpened dowel rods, are used to take away the surface layer (typically dark), while exposing the underlying layer (typically white). By controlling the amount of the surface layer that has been removed, Stephanie achieves detail, shading and deep contrasts in the work. Although usually done in black and white, scratchboard art lends itself to the application of color for contrast.

The work is very labor intensive. Small pieces require hours of work, while larger works take up to two months to achieve the desired results. Stephanie's attention to detail is becoming recognized, resulting in her selection to exhibit in prestigious, juried art shows. She has been inducted into the International Society of Scratchboard Artists (ISSA) and Women Artists of the West. Her art has been exhibited at the Bosque Art Classic, Clifton, Texas; the ISSA Exhibit, San Francisco, California; the Cottonwood Art Festival, Richardson, Texas; and Art in the Square, Southlake, Texas. Stephanie has presented programs through the

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Her work also caught the eye of Rickey Pittman, author of a children's book, *Confederate Alphabet*, published by Pelican Publishing in 2011. Rickey was impressed with not only Stephanie's artistic talents but also with her attention to historical detail. Stephanie's name and illustrator's biography appear on the book's jacket. She did the illustrations in watercolor. An advance on the book allowed Stephanie the opportunity to purchase a better camera and begin to pursue her dream of working actively in scratchboard.

Pelican Publishing was already familiar with Stephanie's work, but as an author. She had submitted a manuscript of a children's book which was, at first, approved for publication. While her book has not yet been published, the contact with Pelican paid off when Rickey wanted her to be the illustrator for his book. Stephanie is working on combining her artistic and writing talents into a series of novels and a how-to art book, which she plans to self-publish.

Teaching and sharing her talents and knowledge is important to Stephanie, so she earned a master's degree and her teaching certification through Texas Woman's University, serving as an English teacher in nearby Dawson and Hubbard districts for a year each. She and Bradley both teach at Corsicana High School — she in art and English and he in history. Through that work, Stephanie keeps her abilities to work in all mediums current. "As an art teacher I need to keep current on the art world," Stephanie said. "Art can open so many career opportunities that don't require a traditional college degree, which I find some students balk at."

"My inspiration for my art goes back to my passion for detail. I work with things you don't really notice normally, but through my work, you stop and really see them. My work is history and nature clarified," Stephanie said. Whether creating new artworks in various mediums, writing, teaching or researching and stitching the costumes and flags for re-enactments, Stephanie is an all-around artist who is bringing beauty and truth to the world. **NOW**

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Right: Brittani Walker and Stacey Bobalek, Laser Therapist



Left: Dr. Larry Jinks, Medspa Physician and Carolyn Ridenour, Merz Sales Representative.

Right: one of the many doorprizes won at the event.



Left to right: Carol Anderson, Judy Baty, Christina Wihoite, Medspa Manager/Esthetician and Facial Therapist, and Carol Blaha.



Left: Theresa Darst, Natalie Jakubik, and Lisa Jakubik.
Right: Janet Hill, demonstrates her company's Revisions product line to Kay Dela Garza.



Left: Sandra Wakefield, JoAnn Stokes, and Kay Banick.
Right: Biopelle Representative Jeff Starling shows products to Janet Rudolph and Mickey Norwood.





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Brent and his brother, Lance, a physical therapist assistant, are native sons of Navarro County, and together with Lara,

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Lance's wife who is also a therapist, they co-own both N 2 Motion and a ranching operation in the county. While they have been familiar faces to patients in this county, they are now becoming a familiar sight to patients in a 75-mile radius of Corsicana, which includes Ellis, Freestone, Limestone and Henderson counties. Providing therapy services within these many miles for N 2 Motion are 13 part-time therapists; five full-time therapists; and an assistant office manager, who aids Kelly Cope, the office manager, at the group's convenient Beaton Street office.

Lance has 20 years' experience; Lara has 16 and one therapist has 40. The average length of experience of N 2 therapists is 20-plus years. "We want to maintain a high quality and experienced team of therapists, so we keep profits low and put our funds toward hiring the best team possible to provide excellent patient care," Brent stated.

Brent, who formerly worked in real estate and as a therapist in nursing homes, as well as home health service, founded N 2 Motion in 2008 with Lance and Lara by working out of a bedroom in his home. Word-of-mouth spread as they computerized and streamlined their business to provide excellent documentation and follow-up communication with referring and contracting health care professionals. N 2 Motion has also focused on providing patients with the equipment needed to produce results in advancing their mobility and strength while reducing their pain.

"We are a family-owned and -operated company that works one-on-one with adults and children to restore independence and the patient's ability to perform everyday activities," Brent said. While challenges in health care abound, Brent, Lance, Lara and Brent's fiancée, Monica Allison, a therapist for N 2 Motion, see a bright future. Brent's children, Cory and Tyler, and Lance and Lara's daughter, Kallie, support N 2 Motion's mission and philosophy and are already expressing interest in joining the family business. "We love the small-town atmosphere where you know everyone," Brent said. "We are here to stay." NOW

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Ernest Kauffman and Stuart Smith enjoy lunch with the Corsicana Lions Club.



Many Corsicana residents attend a candlelight vigil at Fullerton Garity Park in memory of Brittany Averitt.



Charles Nwoha, Byron Sneed, Chasitie Gaddie, Jonte Collier and Renard Rogers play dominoes at Gibson Hall, Navarro College.



Elizabeth Smart, abduction survivor and author, speaks at the Navarro Regional Hospital's 5th Anniversary Healthy Woman Celebration.



Gayland Thomas serves everyone's favorite, turkey legs, at the Martin Luther King, Jr. Center's annual arts and craft fair.



The staff of Corsicana Children's Dentistry share a quick bite during lunch.



Northland Communications Sales Associates enjoy a fun game of "Spin it to Win it" to celebrate reaching their daily sales goals.



Arliss Watson and Sandra Curtis share their trip to the Far East with Kinsloe House members.

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Smart Money Moves to Make Before Age 35

Nobody wants to learn that it's too late to save for a satisfying retirement, but a lot of Americans are on that path. The latest numbers from the Employee Benefit Research Institute indicate that 29 percent of employees have less than \$1,000 saved for retirement; 56 percent have less than \$25,000. To help avoid being an unhappy statistic at retirement, you may want to consider these smart money moves:

Start a retirement fund.

Ornella Grosz, author of *Moneylicious: A Financial Clue for Generation Y*, says the easiest way to save is to set up automatic deductions — either by percentage or dollar amount — from your paycheck. How much? "I say start small and build on it," Grosz says, advising to try reserving 5 percent of your paycheck for retirement. If you don't miss that money, try 7 percent and if that works out, increase your savings to 10 percent.

Develop a strong credit score.

The higher your score, the lower your interest rate may be on loans, from your mortgage to your car. You can save thousands of dollars over your lifetime by keeping your credit score as high as possible. The surest way to a high credit score? Pay your bills on time, in full. And be sure to review your credit report each year.

Evaluate the real cost of purchases.

If you buy a \$2,999 TV on a credit card, and you make minimum monthly payments of \$119.96 (4 percent of the debt), you'll need 41

months to pay off the purchase. That means you are actually spending \$4,918.36 on the TV — and, by the time you retire the debt, your TV may need to be replaced.

Another money mistake: incurring late fees. Many credit cards charge 10 percent of your balance if you miss a payment deadline. On a \$5,000 balance, that 10 percent fee represents a significant penalty.

Fund an emergency account.

Unexpected expenses will always be a part of your life, but having money available in an emergency account can help soften the blow. A commonly held belief is to have three to six months' living expenses available, but accumulating that amount may be difficult when you're first starting out. The important thing is to create the account and fund it regularly. Set an initial goal of putting \$2,000 in an interest bearing account, then build up the fund as your income grows. **NOW**

The information in this article was obtained from various sources. While we believe it to be reliable and accurate, we do not warrant the accuracy or reliability of the information. The information is not intended to replace the advice of a qualified professional. Nor is it intended to effect coverage under any policy. State Farm makes no guarantees of results from use of this information. We assume no liability in connection with the information nor the suggestions made.

Lynda Housley is a State Farm agent based in Corsicana.

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Five Steps to Colon Health

An easy formula to promote prevention and awareness of common cancer

Cancer of the colon is the third-most common cancer in the United States—and, if caught early, it's also one of the most curable. About 90 percent of individuals, whose cancer is found before it has spread, survive five years after diagnosis. But, if not caught at this point, the five-year survival rate is just 10 percent.

Colon cancer is cancer of the large intestine, the lower part of the digestive system. Most cases begin silently as a polyp or small growth. Five simple steps can protect your health.

1. Get tested.

All adults over age 50 should begin routine colon cancer screenings. In 2008, the American Cancer Society (ACS) issued new screening guidelines to stress prevention as the primary goal and steer providers and patients toward those tests with the highest potential to prevent cancer.

The recommendations include two kinds of tests: those that find cancer and those that can find precancerous growths (also known as polyps). ACS recommends tests that actually examine the interior of the colon, because they can not only detect cancer, but also prevent it by finding and removing polyps or growths that can potentially cause cancer. These tests include: a colonoscopy (every 10 years); a flexible sigmoidoscopy with a double contrast barium enema (every five years); or a CT colonography or virtual colonoscopy (every 5 years) that is also available as a diagnostic test. Polyps found during a colonoscopy or a sigmoidoscopy can be removed on the spot, simply and painlessly.

American College of Gastroenterology considers colonoscopy as a gold standard test.

Testing options that look for evidence of actual cancer include three types of stool tests: an annual fecal occult blood test, the annual fecal immunochemical test (FIT) and a periodic stool DNA test.

2. Develop awareness.

Know the risk factors associated with colon problems:

- Advancing age, i.e., over age 50.
- A high-fat diet.
- A family (i.e., sibling or parent) or personal history of colorectal cancer.
- A history of polyps or growths inside the colon and rectum.
- Certain conditions that elevate your risk, such as Crohn's disease or ulcerative colitis.

- Diabetes. People with diabetes have a 40-percent increased risk of colon cancer.
- Ethnic background. African-Americans have the highest number of colorectal cancer cases in the United States.

3. Know the symptoms.

Be vigilant about scheduled screenings, and if you have certain symptoms, see your doctor sooner. Symptoms may include persistent stomach discomfort, a change in bowel habits (diarrhea, constipation or a change in stool consistency), abdominal pain accompanying a bowel movement, dark stools, weakness or fatigue, unexplained weight loss or blood in the stool, as well as anemia.

Symptoms vary, and certain foods or medications can also mimic these symptoms. It's best to be on the safe side and check with your doctor about changes.

4. Practice prevention.

A balanced diet, regular exercise and smart lifestyle choices will keep your risk level in check. A diet rich in fruits, vegetables and whole grains provides the nutrients and antioxidants that fight disease. Low-fat dairy products and limited consumption of red meat keep your saturated fat intake low.

Getting your vitamins and minerals through a daily supplement helps, but food-based vitamins are more effective and more easily absorbed by the body. Regular exercise—at least 30 minutes most days of the week—helps build your body's defenses. Finally, quitting smoking and limiting alcohol consumption help, too.

5. Know your options.

Talk with your doctor about the best way to manage your risk. If you have an above-average risk for colon cancer or an initial test reveals polyps, you and your doctor can decide the course of action that works best for you. Talk with your doctor about the resources available to you and learn the best way to manage your risk. **NOW**

Sources:

The Mayo Clinic, www.mayoclinic.com/health/colon-cancer/.

The National Institutes of Health, www.nih.gov.

Shahzad Syed, M.D. • Gastroenterology

Member of the medical staff at Navarro Regional Hospital

Calendar

MARCH 2013

March 2, 9, 16, 23, 30

"Lunar Odyssey." **Saturdays**, 1:30 p.m., Cook Center Planetarium. For a \$2 per person admission, viewers may learn about Earth's nearest neighbor — the Moon. For more information, call (903) 875-7596.

March 5 — 28

Corsicana Volunteer Income Tax Assistance (VITA): **Tuesdays** and **Thursdays**, Corsicana YMCA, 2:00-7:00 p.m.;

Wednesdays, Kerens Library, 1:00-4:00 p.m. This free service is provided to low income or to the elderly who are in need of tax filing assistance. Clients with appointments will be seen first. For more information or to schedule an appointment, contact George Burell at (903) 879-2091.

March 8

Navarro County Retired Teachers Association meeting: 9:45 a.m., Northwest Apartments Community Center. For more information, contact Patty Knauth at pk2@airmail.net.

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. Bring a salad, vegetable or dessert. For more information, contact Connie Beal at (903) 654-6800.

March 9

Artists of the American West Show and Sale: 10:00 a.m.-5:00 p.m., exhibit is open to the public; 6:00-7:30 p.m., dinner and awards ceremony; 7:30-9:00 p.m., dessert reception, show and sale, The Pearce Museum. Tickets are \$45. For more information, contact Holly Beasley Wait, Museum Director, at (903) 875-7438.

March 12

Vietnam Veterans of America Chapter 1009 meeting: 7:00 p.m., Sirloin Stockade. For more information, e-mail Ron Wright at rwkwjj@hughes.net.

March 18 — 24

Navarro County Youth Expo: For more information and a complete listing of events call (903) 872-7600 or visit www.NavarroExpoCenter.com.

March 23

Color Blast Run: 9:00 a.m., Corsicana YMCA. 1 mile or 5K Fun Walk/Run hosted by the Sam Houston Elementary School PTO. For more information, call (903) 872-2412.

"Ricky Nelson Remembered:" 7:30 p.m., The Corsicana Palace Theatre. Ricky Nelson's hit songs will be performed by Ricky's twin sons, Matthew and Gunnar Nelson. For more information or to reserve tickets, call (903) 874-7792 or visit www.corsicanapalace.com.

March 23 and 24

Civil War Reenactment: **Saturday**, events and dance begin at 2:00 p.m., **Sunday**; events begin at 1:00 p.m. Mike Dickens Memorial Park, Rice. \$5 entry fee. For more information, contact Richard Barlow at (903) 875-4123.

March 28

Corsicana Newcomers Club meeting: 11:00 a.m., Kinsloe House. Learn about the development of telephones from Don Capehart of the Capehart Communications Collection. For more information and to confirm reservations, call Marge Oslick at (903) 872-3508.

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In The Kitchen With Chef Juan Leon

— By Virginia Riddle

Attendees at James L. Collins Catholic School's Black and White Top Chef Competition enjoyed an evening of gourmet delicacies. The voting was close, but Chef Juan Leon, with his team comprised of his wife, Aurora Luis, Patricia Medina and Nicole Erickson, was declared Top Chef. The centerpiece of the team's menu was a 26-pound grouper roasted in herbs and juices from lemons and oranges. An accompanying lemon sauce, broccolini (broccoli and asparagus) and pasta sealed the win. "Everything must be pleasing — in quality, quantity and presentation," Chef Leon said.

A native of Mexico City, Chef Leon trained under Michael Scott at Northwood Country Club in Dallas, and is the chef for the Corsicana Country Club. Chef Leon enjoys sharing his knowledge and recipes. **NOW**

Greek Calamari Salad

Single serving

Marinade:

**1/16 cup buttermilk
1/16 tsp. oregano, minced
1/16 tsp. basil, minced
3 oz. calamari, cut into cubes**

Salad:

**2 oz. breading mix
3 oz. calamari rings in marinade
2 oz. romaine
1 oz. cucumber, julienned
1 oz. red onion, julienned
1 oz. feta cheese, crumbled
1 oz. Kalamata olives, halved
1.5 oz. Greek dressing
Salt and pepper, to taste
5-7 pepperoncini rings
4-oz. fried calamari**

1. For marinade: Combine marinade ingredients. The marinade can be frozen

for later use.

2. For salad: Bread and fry calamari. Keep warm.
3. Toss remaining salad ingredients together except for the pepperoncini rings. Spread pepperoncini rings around the bottom of the plate as garnish; place salad in center of plate; top with fried calamari.

Veal Scaloppine

Single serving

**1 Tbsp. olive oil
6 oz. veal top round
1/4 oz. shallots, peeled
1/2 tsp. garlic, freshly peeled
1 oz. Shiitake mushrooms
1/4 oz. capers nonpareille
1 oz. oven-dried Roma tomatoes
2 oz. oven-dried cherry or grape tomatoes
2 oz. Chablis wine
2 oz. heavy cream
1 oz. beurre blanc sauce**

- 1.** Heat sauté pan. Add olive oil.
- 2.** Sauté veal filets until golden brown. Remove and let rest.
- 3.** Add shallots, garlic, mushrooms, capers and tomatoes; deglaze with wine.
- 4.** Add heavy cream. Reduce heat by half.
- 5.** Top veal with vegetables; finish with beurre blanc sauce.

Orange-scented Basmati Rice

Single serving

**2 fresh oranges
4 cups basmati rice
3 cups chicken stock
2 13.5-oz cans coconut milk
3 cinnamon sticks**

- 1.** Cut oranges in half. Squeeze juice into the rice.
- 2.** Slice the orange rinds. Add to the chicken stock and coconut milk. Bring to a boil.
- 3.** Add rice and cinnamon sticks; cover pot tightly with foil. Adjust heat to low. Simmer for 30-35 minutes.

Spaghetti alla Carbonara

Serves 4

**1 lb. dried spaghetti
1 Tbsp. olive oil
8 oz. rindless pancetta or lean bacon, chopped
4 eggs
5 Tbsp. light cream
Salt and pepper, to taste
2 Tbsp. Parmesan cheese, freshly grated (divided use)**

- 1.** Bring a large, heavy-bottomed pan of lightly salted water to a boil.
- 2.** Add pasta. Return to a boil, and cook for 8-10 minutes, or until pasta is tender but still firm to the bite.
- 3.** While pasta is cooking, heat olive oil in a heavy-bottomed skillet.
- 4.** Add pancetta; cook over medium heat, stirring frequently (8-10 minutes).
- 5.** Beat eggs with cream in a small bowl; season with salt and pepper.
- 6.** Drain pasta; return to pan. Stir in the contents of the skillet.
- 7.** Add egg mixture and 1 Tbsp. Parmesan cheese. Stir well.
- 8.** Transfer to a warmed serving dish. Serve immediately, with the remaining cheese sprinkled on top.

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