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ON THE COVER

Participation in 4-H has many rewards for Rylie Carroll.

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EDITOR'S NOTE

Spring Forward, Readers!

I am always ready for March to arrive with Daylight Saving Time, which gives me more time to enjoy reviving my gardens, so they will be beautiful in late spring and summer. Hopefully, Mother Nature will bless us all with gentle, soaking showers.

Thanks to my cell phone provider, I reached another educational milestone recently. I know what “the cloud” is and where it might “float.” Without realizing how, I had surpassed my free cloud storage limit. That prompted messages saying my data couldn't be backed up. Since I use a collection of data storage devices, I wasn't too concerned, but I was curious how I could be out of storage without having requested that my data be stored in the first place. Hmmm ...

Turns out, the major, and not-so-major, Internet hosting companies store data for us in huge “server farms.” When I've sent an email, messaged someone, taken a photo or streamed a movie, I've stored data on “the cloud.” The advantage? When, as it happened in my family, a toddler erased all her daddy's cherished cell phone photos of her birth, he accessed his “cloud,” and there they all were.

Here's hoping all our “clouds” are beautiful, fluffy, cumulus experiences!



Virginia

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FIBERS AND

With a pink bow holding back her curls and matching pink and black, dog-and-heart-themed pajamas, Rylie Carroll earned a gold medal her first year competing in the 4-H clothing and textiles fashion show. A third-generation 4-H member, 11-year-old Rylie, who's been a 4-H member for three years, chooses multiple competitions to further her educational experience. To her credit, she chose the fashion show project because she didn't know a lot about fashion. "I thought it would be fun to learn more because I'm not a fashionista," she said.

Since 1908, learning through hands-on experiences has been a trademark of the 4-H program in Texas. Kids ages 5-18 learn leadership skills and choose projects that cover topics, such as raising an animal for competition, shooting, sports, food science, robotics, environmental protection

or, as in Rylie's case, fashion. The 4-H name refers to the organization's first motto: Head, Heart, Hands and Health. These are known as the four values of 4-H, and they appear in the 4-H Pledge.

The fashion show is an individual event. Contestants fill out an entry form, buy or sew an outfit, model it on a runway and are interviewed by the judges. Rylie and her fellow competitors must learn about fibers and fabrics and apply that knowledge to wardrobe selection, clothing construction or comparison shopping. Additionally, they must be skilled in fashion interpretation and understand style, be well-groomed and exhibit poise while modeling and during the judges' interview. The judges' interview consists of questions regarding their selection, modeling and how they present themselves and their garment choices.

Rylie chose to purchase her winning pajamas. "I mostly just hand sew only," she explained. There are four categories in Rylie's junior/intermediate buying competition, and her purchase took honors in the special



D D FABRICS

— By Virginia Riddle

interest category. While some categories can get pricy, there's also a category for clothing priced under \$25. "It's the presentation, how the garment is made, the fit and function and the style that's important — not the price," Rylie explained.

Rylie's mom, Tammy Jones, participated in fashion shows, as did Rylie's maternal grandmother, Grace Teel, in the 1950s. "My mother's still trying to recover from teaching me to sew," Tammy admitted, "so I'm glad that buying is an option for this contest now!"

"Appropriate" clothing is defined by Rylie. "At my age, clothes shouldn't show too much skin, but 'appropriate' changes with different people, different situations and with different ages. We take a tour of VF Outlet to see what's in style that season and what matches and learn shopping strategies."

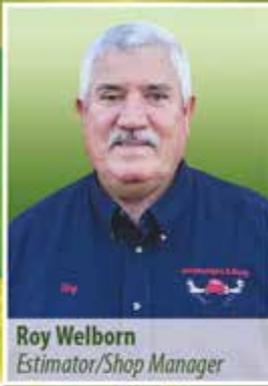
"Contestants learn modeling skills," Tammy, a Corsicana 4-H leader, said. "They model with poise and sass and learn critical thinking and speaking skills. Navarro County 4-H clubs' members earned three 1st place medals, two

2nd place medals and two 4th place ribbons last year, so we have lots of talent. Our county has over 200 4-H members, and Corsicana 4-H has about 20 members and three leaders. Membership is open to every child in Navarro County, and this contest takes place every February."

Applying her newly acquired learning to help others is important to Rylie. She helped an older woman downsize by sorting through her closet. "Some items were still stylish but no longer fit her, and others were not current styles," Rylie explained. She took the donated items to a church's mission team. Rylie also helps with the annual Toys for Tots drive.

For Rylie and most of her fellow members, team events are a chance to forge fast friendships. She already participates as a 4-H food challenge team member, and is looking forward to furthering her creative sewing and crafting skills in this year's Duds to Dazzle team competition, in which the teams create and show a unique clothing design. She is also looking forward to the Trashion Show, in which team members "up-cycle" junk

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items to create a new design, develop a video and model the design. Rylie also competes in photography and livestock (llamas, goats and rabbits) 4-H events. "We get to have fun, learn more, make friends and be out of school," Rylie revealed. Her 4-H record book placed first in district competition last year, and she attended 4-H camp last year.

Learning to be prepared by stated competition deadlines and dealing with nerves challenge Rylie. "I get really nervous before I start my presentation," she admitted.

Following in big family footprints, Rylie's hoping to gain 4-H college scholarships, as did her older brother, Cody Carroll. Tammy was a state 4-H officer in the 1980s and competed successfully in food, fashion and public speaking events. "Those experiences helped me go to Texas A&M University," Tammy recalled. "My mother's goal was to have her kids and grandkids earn 4-H gold stars and have state winning record books like she did. She believes in 4-H."

A proverbial "village" helps Rylie in all she does. "Billie and Rudy Carroll, Rylie's Navarro County grandparents, are great at teaching her new skills," Tammy said. "Dan, Rylie's stepdad, is a big supporter of hers, as was her dad, Bob Carroll."



Cody and Rylie Carroll pose with her first place Apple Cutie Pies award at the 2017 Youth Expo.



“And all these ladies help, too!” Rylie said, pointing to Tammy’s fellow Collin Street Bakery office employees.

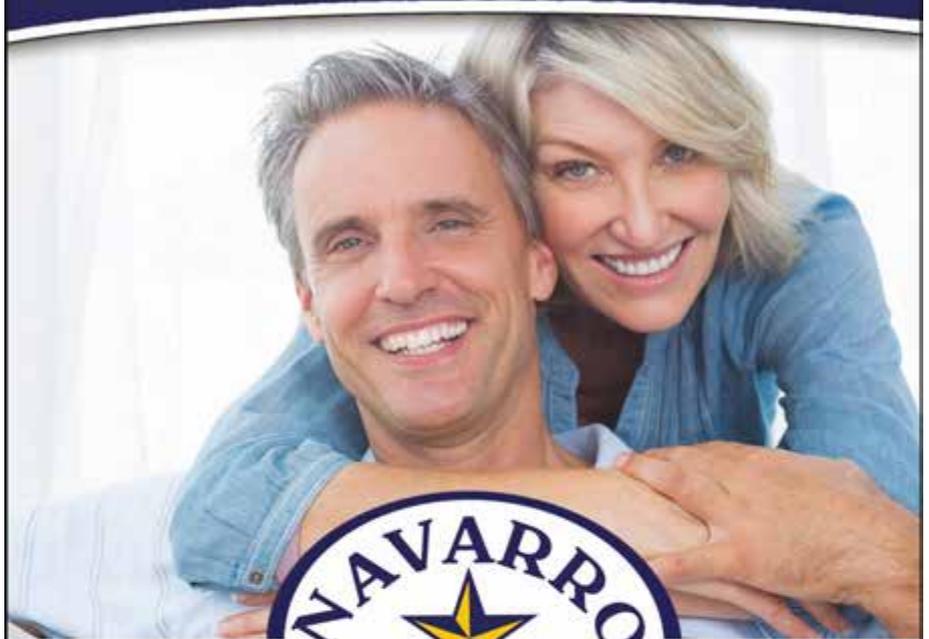
“Sweet friends at the bakery helped Rylie with her crafts and recipe selection for competitions,” Tammy said.

Her school days spent in Navarro County have given Rylie reasons to love living here. “My friends are in school with me,” she said. School will play an important role in her life, since her career aspirations will, by necessity, involve many years of higher education. “I want to be a lawyer, so I can help people with problems they are having, or I want to become a cardiologist because I wish I could have helped my dad who died of a heart attack,” Rylie said.

“I wanted to become an adult 4-H leader because these events and competitions help kids learn useful life skills,” Tammy said. “In these tech-driven days, these are skills kids might not have the opportunity to learn.”

And what did non-fashionista Rylie learn? “I learned to not just consider the price of the outfit. Sometimes a more expensive outfit is a better value if it has easy care instructions or is of high, lasting quality,” she said. She learned how to accessorize and read a garment label — all of which are savvy, smart shopping skills that will last her a lifetime. **NOW**

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Acreage with room to roam for a passel of animals and a comfortable home for multiple generations of their family — that was Tom and Shady Conklin's dream when they came to Navarro County seeking just the right property. "We didn't have any ranching experience, but we'd always dreamed of having a ranch," Tom said.

Successful in their search, the couple founded Shady T Ranch with its 147 acres in 2009. A working ranch, it's home to Tom and Shady's two businesses, raising bison and Bison Scuba. Tom, now retired from having served as a special agent with Homeland Security Investigation, taught himself to weld, so he could build fences. They've added a pool, but their home was exactly what they wanted, so they've painted but not renovated or remodeled. "We didn't want a fixer-upper, since we had no time for that. We wanted a home that was almost move-in ready. We've still had to learn a lot," Shady recalled. "Tom started fixing the tractor, took it apart and put it back together. Only problem — there were still three bolts left!"

"The first cattle auction we attended, we didn't know what we were doing," Tom added. "Shady asked me what we had bought. I told her we would find out when they loaded us up."

Over their years of stewardship, their acreage has been home to wildlife, bison (led by Brutus, the bull), goats, cats, donkeys, cows, chickens and horses. "The bison started as a hobby," Shady said. "We fell in love with them on a trip to Yellowstone National Park. Brutus has given us many funny moments. We hand feed him nuggets that he'll share with the others, if he's in the mood."

Life on the **RANCH**

AT HOME WITH TOM AND SHADY CONKLIN

— By Virginia Riddle



Phoenix, a Maltese mix, and Peppercorn, a pet hedgehog, are house pets. “Peppercorn, our hedgehog baby, is just like a porcupine that doesn’t shoot quills,” Shady explained.

Tom, a Michigan native, and Shady, who originally hails from Colorado, met and married when he was 19 years old, and she was 18. Tom, a 10-year veteran of the U.S. Air Force, was stationed in Colorado attending tech school, and Shady was completing high school. “I’m proud of the fact we only had known each other for a month before we married, and we’ve lasted for 35 years,” Shady said. “Several people, including family, said we wouldn’t last, but with God as our cornerstone, we can testify that while marriage isn’t always easy, it’s worth the effort.” The couple has three grown sons. Two live in Corsicana, and one lives in Temple, Texas. They’re also proud grandparents five times over. “We love to travel,” Shady said. “We took

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four of the grandkids to Disney World last year.” Tom’s dad has lived with them and now has his own home next door to the couple.

“My dad likes to work on the ranch and still drives the tractor,” Tom said.

Extensive traveling is part for business and part for fun. “We take two trips a year, just for fun, and a couple for work,” Tom explained. He’s a master scuba diving instructor, and Shady’s a certified dive master.

Both Tom and Shady hold college degrees in criminal justice — his from Northern Michigan University and hers from the University of Chicago (Illinois). Shady is an adjudication officer with the Department of Homeland Security. “After eight years spent in Chicago, we moved here for the job,” she recalled. Following Hurricane Harvey, she was deployed to Houston to help with FEMA. Shady can work some days from her home office that’s located just beyond the garage. “It’s nice to work from home. My commute is two minutes, and I get to have my cup of coffee and work in my PJs,” Shady quipped.

The couple are members of Mildred Baptist Church and the Texas Bison Association. “I’ve been a member of Corsicana’s chapter of Blue Knights International Law Enforcement Motorcycle Club, but I’m transitioning to sports cars now,” Tom said.

A Texas star is ingrained into the



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living room's entry and into this couple's hearts. A matching star is etched into the entry door. "We painted the living room walls to match the color in the star," Shady said. The living room, with its comfortable seating and a collection of decorative country treasures, opens to a formal dining room, and there are windows everywhere to let in natural light.

The living room looks out onto a partially covered patio and the

pool area. A fireplace is a warming invitation in the winter, and in the summer, banana plants remind the couple of their love of everything beach and ocean. Ceiling fans keep the area cool. "The patio is my favorite place," Shady remarked.

The kitchen is both beautiful and functional with a walk-in pantry and a work island. It opens into the informal dining area. "We use our dining tables mostly when the grandkids come over," Tom said.

The home has two master suites in a mother-in-law plan, which gives guests and the couple privacy. One bedroom, completed in a nautical theme, serves as an exercise room. Another bedroom is the African Room and Tom's home office. In burnt orange and black, it holds African artifacts the couple collected while on a mission trip to Zambia. "It was beautiful there," Shady remembered.

"It was a real eye opener, too," Tom added. "There's so many poor people. Everyone should go, so they appreciate life here."

A master bedroom suite and guest bedroom were connected by a Jack-and-Jill bath. "We converted the bath to a private bath and put in a garden tub," Tom said.

Life at the Shady T, a combination of their names, suits Tom and Shady "to a T" — pun very intended. "We love it here," Shady concluded. "The people are great, but we have plenty of privacy, peace and quiet." **NOW**



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A Nursing Legend

— By Rick Mauch

Patty Toland has been dedicated to blessing the lives of others, and after 82 years of living, she's not about to stop. Patty retired in November 2016, after working 45 years at Navarro Regional Hospital, where she held a variety of positions, including head nurse.

However, retirement didn't last long for Patty. "I missed working immediately," she admitted. In a short time, she returned as a volunteer, and she still donates her time each Friday. "Volunteering makes me feel like I'm still doing good stuff," she said.

She has done plenty of good stuff in her life. Her career began in high school. "When I was a junior in high school, my teacher talked to us about what we wanted to do for our occupations," she explained.

Patty thought of her grandmother and how she had helped so many people. "My grandmother took care of people in the community, and that was an influence,"

Patty said. She chose to go to work as a nurse's aide at the hospital in 1955-1956. "The director of nursing here in Corsicana, Winnie Crump, let me work every weekend as a nurse's aide. I loved it. I didn't want to go home, eat or sleep."

In fact, Patty loved her work at the hospital so much, she didn't want to leave and attend school. Mrs. Crump, however, had other ideas. "I was making money. I didn't want to go to school. But the director of nurses was very influential. She was going to make me go or else," Patty said with a laugh.

So, at the behest of her mentor, Patty reluctantly left Corsicana to attend nursing school at Dallas Methodist Hospital. "I remember saying to Mrs. Crump, 'I can't go there. I'm Baptist.'" Patty still laughs about that comment today. "Living in Dallas was a big change, but I lived where I could walk right out of my back door into the front door of Methodist Hospital."

While in nursing school, Patty met her late husband, Bobby. She went on to work at Dallas Methodist Hospital for 15 years before she and Bobby moved back to Corsicana to raise their children.

Patty's seen a lot of changes. She used to pick cotton with her four siblings on the family farm, where she lives today. "I know I can still pick a sack of cotton, though," she said. "Now, tractors are air-conditioned, and they have radios and such."

As for the changes in the nursing field, she said, "When I came along, we sterilized needles and everything to be used again. But now it's all disposable, and I guess that's a good thing."

Patty and Bobby's two daughters live in the area. Rhonda Tidwell is a certified occupational therapist and lives in Corsicana, and Cindy Murray lives in Dawson and works for the Waco Independent School District. Patty has four grandchildren and a great-grandchild.

She has survived three battles with cancer. She said those fights have helped her better relate to her patients. "I chose nursing because I was able to relieve people's anxiety," she said. "When they came into the hospital, they were so afraid and concerned."

Another reason she wanted to return as a volunteer is because she just can't get enough of helping those in the community around her. "Having been born and raised in this city, just about every person who comes in I know," she said.

As for her own health, Patty exercises regularly and watches what she eats. "I try to walk as much as I can, and I try not to eat any sugar. Sugar's poison," she said.

Patty was named the inaugural recipient of the Daisy Award from Navarro Regional Hospital in May 2016. The humanitarian award recipient was chosen by her peers. "My grandmother was named Daisy," Patty said. "She came from Georgia, and she loved helping people. I think of her when I think of that award." **NOW**

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CookingNOW
In the Kitchen With
KATHY LEONARD

— By Virginia Riddle

Kathy Leonard enjoys cooking. “My dad was a cook in the Army. He sparked my interest in cooking for family,” Kathy explained. She’s passed her talents to her two daughters and now treasures moments together with the grandchildren helping in the kitchen. “Times spent in the kitchen with family have always produced the best memories for me,” she shared.

For 25 years, this Corsicana native has served as the secretary for the Collins Middle School principal. “I truly love what I do each day, but there’s something therapeutic about ‘beating’ some eggs after a difficult day,” she shared.

This grandmother’s hobby is all about family. Kathy admitted, “I keep the road hot seeing grandchildren in school events, playing softball or baseball or just hanging out with them.” NOW

tortilla; roll it into an enchilada. Place each enchilada in a prepared 13x9-inch casserole dish.

3. In another bowl, mix the cream of chicken soup, cheddar cheese and whipping cream. Pour this mixture over the rolled tortillas; bake at 350 F for 20-30 minutes.

Mom’s Chocolate Pies

1 deep-dish pie crust (or 2 regular pie crusts)

2 cups sugar

1/2 cup flour

4 Tbsp. cocoa, heaping

4 eggs, separated

4 cups milk (2 cups need to be canned milk)

1 Tbsp. vanilla

1/2 stick butter

1. For pie(s): Bake the deep-dish pie crust or 2 regular pie crusts according to package directions.

2. In a saucepan, mix together the sugar, flour, cocoa, 4 egg yolks, milk, vanilla and butter until all ingredients are well-blended. Cook until the mixture has the consistency of a custard, stirring often; pour into the baked pie crust(s).

3. For meringue: Whip the 4 egg whites until stiffened. Top the pie(s) with the meringue; bake at 325 F until the meringue is set.

Green Rice

2 medium onions, chopped

2 medium green bell peppers, chopped

3 celery stalks, chopped

1 stick butter

1 cup rice

1 14-oz. pkg. frozen chopped broccoli

1 10.5-oz. can cream of mushroom soup

1 8-oz. jar Kraft Cheez Whiz

Original Cheese Dip

1. Sauté the onions, green bell peppers and celery in the butter. Add the remaining ingredients; mix well.

2. Pour mixture into a buttered 13x9-inch casserole dish; bake at 350 F for 30-40 minutes.

Chicken Enchiladas

Makes about 2 dozen and freezes well.

3 cups chicken, chopped

1 4-oz. can chopped green chiles

2 cups sour cream

1 onion, chopped

1 cup mushrooms, fresh or canned

1 10.5-oz. can cream of mushroom soup

24 flour tortillas

1 10.5-oz. can cream of chicken soup

1 cup cheddar cheese, grated

1/2 cup whipping cream

1. Mix the chicken, chiles, sour cream, onions, mushrooms and cream of mushroom soup.

2. Put 1 Tbsp. of this mixture in each flour

Pecan Tassies

These freeze well.

Crust:

- 1 stick butter, softened
- 1 cup flour
- 3 oz. cream cheese, softened
- Pecan halves

Filling:

- 1 cup brown sugar
- 1 egg
- 1/4 tsp. salt
- 1 tsp. vanilla
- 1 tsp. butter, softened

1. For crust: Mix the butter, flour and cream cheese together; roll into 24 balls.
2. Place the balls into a 24-cup muffin tin; press into bottom and sides of each cup.
3. Break 2-3 pecan halves into each shell crust.
4. For filling: Mix all the ingredients together; put 1 tsp. of filling in each shell. Bake at 350 F for 20-30 minutes.

Blueberry Pound Cake

- 1/2 cup butter
- 3 eggs
- 3 1/2 cups flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 2 cups sugar
- 1 cup milk
- 4 cups fresh blueberries

1. Allow the butter and eggs to stand at room temperature for 30 minutes; grease and flour a 10-inch tube pan.
2. In a large bowl, sift together the flour, baking powder and salt; set aside.
3. In another large bowl, beat the butter and sugar until well-mixed; add the eggs, one at a time, beating each egg.
4. Add the flour mixture, alternating with the milk; mix well. By hand, stir in the blueberries.
5. Spread the batter into the tube pan; bake at 325 F for 60-75 minutes.

To view recipes from current and previous issues, visit www.nowmagazines.com.



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BusinessNOW

Navarro

College

— By Virginia Riddle

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Known and celebrated fondly as the Barracks Bunch, the first Navarro College class, all of 238 students, most of whom were returning WWII GIs, began their education journey in 1946 in Corsicana's WWII flight school's barracks. The college moved to its current Corsicana location in 1951 and has expanded to campuses in Fairfield, Mexia, Midlothian and Waxahachie. "It's very important for us to have a student-first

agenda," District President Dr. Richard M. Sanchez stated. "We have a very strong feeling of family here."

The Corsicana campus offers 39 accredited academic and technical training programs that lead to certifications, continuing education credits and associate degrees. "Come explore what we have to offer," Stacie Sipes, director of marketing and public information, said. "Next fall, we are launching new human resources, entrepreneurship and hospitality programs." Classes are offered in traditional classroom settings or online to the college's students, which currently number approximately 9,000.

The financial aid office helps make dreams come true with financial aid assistance. "Personnel are very knowledgeable and student oriented," Stacie explained. "They try to help every student."

Counseling services help students and their families make important decisions. Dr. Carol Hanes, vice president of

academic affairs, said, “We work to bridge high school educational pathways to students’ attendance at four-year universities.” Agreements with several area universities make transferring onward easy. “We’re going to do our best to ensure a student’s credits transfer,” Dr. Hanes said.

Approximately 900 employees, full-time and part-time, teach and provide services in the college’s student housing; library; deli and cafeteria; bookstore; Beautique (serving Starbucks); and the Cook Educational Center (planetarium, Pearce Museum and event center). Three unusual features for two-year colleges enhance students’ experiences — dorms with a full residential life, campus clubs and honor societies and a live mascot, Beau the Bulldog. Students and the public are invited to attend fine arts performances and athletic events in six NCJCAA sports and cheerleading. “The Texas and National Music Educators associations have invited our musicians to play at their conventions,” Dr. Hanes said proudly.

“Our theater department, headed by Dr. Shellie O’Neal, has achieved great success, and our sports teams have won national championships,” Dr. Sanchez added. The college holds professional association memberships and Chamber memberships in all locations. Employees volunteer throughout their communities.

Born in an Arizona mining town, Dr. Sanchez was encouraged by his wife, Angie, to attend college. “She’s my hero,” he said. “Furthering education and training is life changing. We have programs that break poverty’s vicious cycle.”

Serving as Navarro College’s president since 1998, Dr. Sanchez retired in September 2013, and returned three years later. “I picked up where I left off. This college is a large part of me. It’s a joy to come to work,” he said. From the food served to the condition of buildings and landscaping, Dr. Sanchez describes his role as “quality inspector.” “This college gives the appearance of a small four-year college,” he remarked. “Come enjoy the ambiance!” **NOW**

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TravelNOW

An Ozark Haven for Art and Architecture

— By Linda DeBerry

A forested hollow in the Ozarks may seem like an ordinary place for a nationally recognized art museum, but Crystal Bridges Museum of American Art in Northwest Arkansas, is no ordinary place. This jewel of a museum brings together art, architecture and the natural landscape for a total package unlike anything you've likely experienced.

The museum itself is an architectural wonder. Designed by international architect Moshe Safdie, the structure is nestled into a ravine in a 120-acre wooded park. Its monolithic concrete walls and curved copper roofs make the building appear to be almost a part of the surrounding landscape. A stream runs through the complex, its waters slowed by a series of weirs to create ponds encircled by the museum's galleries. Two glass-sided bridge structures span the ponds and inspired the museum's name.

Inside, massive oak beams support the soaring ceilings of the galleries, and the walls are graced by hundreds of American masterpieces. You'll encounter familiar favorites like Gilbert Stuart's portrait of George Washington, Norman Rockwell's *Rosie the Riveter*, and Andy Warhol's *Dolly Parton*, as well as breathtaking works that are sure to become new favorites. From colonial portraits to contemporary works, the entire history of America is laid out here in art. Quiet reflection areas offer an opportunity to relax, as well as to take in views of the museum's breathtaking landscape and architecture.

Architecture is central to the Crystal Bridges experience. On the museum's grounds are works by two American icons of architecture and design: Frank Lloyd Wright and Buckminster Fuller. The Bachman-Wilson House, designed by Wright and

built in New Jersey in 1956, was relocated to Crystal Bridges' grounds in 2015. It is located near the museum's south entrance and is open for public viewing. On the museum's north lawn is a 50-foot dome designed by theorist and architect Buckminster Fuller. Constructed as a prototype for a revolutionary affordable and efficient style of housing Fuller envisioned, the "Fly's Eye Dome" is built of fiberglass — a new material in the early 1980s — and covered in round openings like the lenses on a fly's eye. It, too, is open for public viewing.

Crystal Bridges' expansive grounds are another attraction. The native hardwood forest is threaded with walking and biking trails, and the landscape features natural springs, soaring trees and stone outcrops, as well as several outdoor sculptures scattered along the way. Crystal Bridges' trails connect with downtown Bentonville, offering independent restaurants, galleries, shopping and the modern luxury of a 21c Museum Hotel. Just 40 minutes away is the lively nightlife of nearby Fayetteville, and the funky, artistic Victorian Ozark village of Eureka Springs is just an hour away.

Northwest Arkansas, as a whole, offers an additional array of outdoor activities. From kayaking the beautiful Buffalo River — the United States' first National River — to boating on Beaver Lake, trout fishing at the White River and hiking the many trails at Devil's Den State Park, adventures abound that will make it clear why Arkansas is known as "The Natural State." If cycling is your thing, the area's mountain bike trails are rated among the best in the nation. And the Razorback Regional Greenway is a 36-mile, shared-use trail system that links six communities from Bella Vista to Fayetteville.

Year-round, it's fun to explore the area beyond Bentonville and Crystal Bridges. All you need is a map and a car. But beforehand, check out www.crystalbridges.org/visit/#regional for help planning your total experience. **NOW**

Photos Courtesy of Crystal Bridges Museum of American Art, Bentonville, Arkansas.

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Herbs and Honey

— By Zachary R. Urquhart

As food from around the world has become more readily available, a trend has developed with people growing their own crops. If you want to plant an organic garden or harvest honey yourself, here is a quick guide to help get you started.

Have a Plan

- *Know Your Goal.* You may be trying to avoid certain chemicals, wanting to control what goes into your body or just trying to save money. There are many good reasons to start a garden or harvest honey, but different goals might require different plans. You may need other materials for a varied garden than you would if you hope to be the neighborhood tomato supplier.

- *Pick Your Spot.* Before you start tilling soil or installing

beehives, make sure you have the right location in your yard. Some cities either prohibit beekeeping or require a permit, but even if that is not a concern in your area, you will want to keep your hive or garden away from your lot lines so that you do not impinge on your neighbor's yard.

- *Set a Budget.* As with any big project, you will have some cost as you get started. Something to keep in mind is this: If your garden does not produce in its first year, how much money are you willing to invest in the project? If you use your whole budget and get little to no return, you could face the choice of spending more money or calling it quits.

Get the Right Supplies

- *Organic Can Mean Simple.* Depending on your location and soil quality, you may only need to put seeds in the

ground and keep them appropriately watered. If you do need to buy soil or fertilizer, you can get materials at any lawn and garden supply store. Just make sure you see *Organic* on the bag. For ground covering, you can use your own grass clippings or mulched leaves for a cheap and easy solution.

- *Bees Take a Little More.* You will need a beehive, a suit and a few tools to begin harvesting honey. Unless you happen to live near a specialty bee supply store, you will have to order your supplies online. There are brushes and tools for separating the honeycombs, as well as a smoker, which is crucial for keeping the bees calm as you collect your honey. And, of course, you will have to buy bees from either an existing, local beekeeper or an online retail site.

Time for Work

- *Get Your Garden Ready.* Once you have the perfect spot, decent soil and seeds picked out, you need to start planting. You can, but do not have to, make rows in your garden. Get the soil wet before getting the seeds down. If you water after laying your seeds, you risk pushing them right out of the ground. After you have the seeds down, put a small amount of soil on top and keep the ground moist until you start seeing sprouts.

- *Let Your Bees be Bees.* While there is more involved in the original setup for your beehive, once you get the bees in their hive boxes, they will do most of the work. Early spring is a great time to start a hive, but you should anticipate it taking several weeks before you can start collecting honey.

Growing organic crops and collecting your own honey can be a money-saving and fun new endeavor to start this spring. **NOW**



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by Sharon Farmer

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Zoomed In: Liz Lee

By Virginia Riddle

Liz Lee grew up in Corsicana, graduating from CHS, but chose to leave at 18 years of age for college. She returned five years ago. “It’s intriguing to move back and see the things that have changed and the things that haven’t changed,” Liz reflected.

A former Borders Bookstore manager and corporate trainer, Liz can often be found volunteering at the Corsicana Public Library Friends of the Library’s The Next Chapter Room, teaching ESL at Corsicana’s First United Methodist Church or serving as a reading mentor at Fannin Elementary School. She enjoys travels to Austin, Texas, to visit her son and two granddaughters. “I love to knit and read, and I like people,” Liz said. “There are a lot of caring people here.”



Diana Castillo and Dee Anderson serve lunch to Wanda Sanders and Kim Scott at Lady Diana’s Zen Cafe.



Students lead the pledge at the Go Texan dinner.



Collins Catholic School students and Navarro College basketball team players celebrate National Catholic Schools Week with a friendly game.



Ducks Unlimited members have a lot to smile about at their annual fundraiser dinner.



Connor Hutchins advances the score for CHS.



Corsicana Art League members plan for an exciting new year.



Bob and Nancy Willingham are named Volunteers of the Year at the Warehouse Living Arts Center's annual meeting.

ELECT BOB CARROLL

FOR NAVARRO COUNTY COMMISSIONER PRECINCT 2



I am a candidate for Navarro County Commissioner Precinct 2 on March 6, 2018.

Our family has been ranching and hunting on our land south of Kerens on SH 309 since 2004. Although I was not born in Navarro County, I got here as fast as I could. I have been coming down to the Richland Chambers area with a best friend to his acreage on the lake near Crab Creek Landing since 1988.

I am happily married to my wife of 19 years, Pamela Carroll. Between us, we have been blessed with five wonderful adult children and nine fantastic grandchildren (4 granddaughters-8, 7, 6, and 3; and 5 grandsons-6, 5, 3, 3, and 1).

In April 2016, I retired after 37 years from Atmos Energy, having begun my career with ENSERCH Corp./ Lone Star Gas, then TXU Electric and Gas and finally Atmos.

During my varied career I was the Security Manager and Building/Property Manager for our five building downtown Dallas headquarters for 10 years, managing a multi-million dollar budget and 160 employees (including 34 in-house security officers, 22 Dallas Police part-time employees, building engineers and maintenance, in-house day and night cleaning crews) and managing all contracts with outside contractors.

For 19 years I was the Right-of-Way Manager, managing employees, contractors, and projects in 90 counties across the state of Texas; 7 years for TXU Electric Distribution and TXU Gas (during the merger) and then for 12 years for Atmos Energy over the easements and property rights for gas distribution and high pressure transmission pipelines. I managed numerous employees and oversaw 50+ outside contractors, as well as multi-million dollar easement acquisition projects. I dealt with thousands of land owners over issues and problems with regards to Atmos' property rights of their natural gas pipelines.

I am a graduate of W. W. Samuell High School in the Pleasant Grove community of Dallas. I graduated from Dallas Baptist University with a B. A. in Theology/Philosophy of Religion.

I have been in the Christian ministry for 47 years, I am an ordained Southern Baptist minister and ordained in the Non-Denominational Bible Church. I continue to preach in churches and conduct weddings and funerals. In 2015 I was the interim pastor for First Baptist Church in Kerens for nine months until they called their new pastor.

For several decades I have been blessed to volunteer (free of charge) as Santa Claus, traveling around Texas visiting hospitals, Christmas parades, schools, churches, charities, nursing homes, homeless shelters, and private homes. I love having the opportunity to tell the original Christmas Story and share the true meaning of Christmas.

I am a committed Christian, a proud American and a Conservative! I was born to serve and have had a lifelong career of serving others!

I am asking for your vote and support for the position of Navarro County Commissioner Precinct 2. I promise to work hard at serving the people of Navarro County overseeing county budgetary responsibilities and the road and bridge maintenance in Precinct 2.

Bob Carroll - Lone Star Ranch
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2

First Responders Appreciation Breakfast: 6:30-8:30 a.m., Northside Baptist Church. Call (903) 874-4731.

Senior Circle Pot Luck Luncheon: 11:30 a.m.-12:30 p.m., Navarro Regional Hospital classrooms. For more details, contact Connie Beal at (903) 654-654-6892.



Dr. Seuss Day! 3:30-5:30 p.m., Corsicana Public Library. For more details, call (903) 654-4810.

5

Piecemakers' Quilt Guild meeting: 9:30 a.m., Westhill Church of Christ Fellowship Hall. The public is welcome. Visit www.pqgcorsicana.com.

7

The Eureka, Mildred, Navarro and Richland Chambers Lake Crime Watch meeting: 1:00 p.m., Eureka UMC. For more details, email Patty Knauth at pk2@airmail.net.

8

The Life and Art of Texas Artist Hollis Williford Opening Reception: 5:30 p.m., This exhibit that will run through **April 7**. Pearce Museum at Navarro College. For more details, visit www.pearcemuseum.com.

9

Navarro County Retired Teachers Association: 9:45 a.m., Northwest Apartments Community Center. Email pk2@airmail.net.

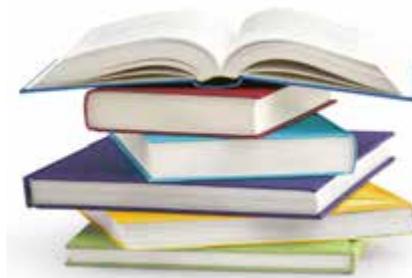
Marching into Fitness: 10:00 a.m.-noon, Corsicana YMCA. Join Senior Circle and the YMCA for exercise. For more information, contact Connie Beal at (903) 654-6892.

10

Angels of Corsicana Troop Support packing day: 9:00 a.m., 1020 North Business I45. All ages are welcome. For more details, contact Jean O'Conner at (903) 851-2560.

12

Eclectic Readers Book Club: 6:30 p.m., Corsicana Public Library. Call (903) 654-4810.



16 — 18

Vintage Market Days presents Vintage Love: 10:00 a.m.-5:00 p.m., **Friday and Saturday**; 10:00 a.m.-4:00 p.m., **Sunday**, Ellis County Expo Center, 2300 US 287 Bypass. For more details, visit www.socentraltexas:vintagemarketdays.com.

19 — 25

Navarro County Youth Expo: times vary for events, Navarro County Exposition Center. For more details, visit www.NavarroExpoCenter.com.

20

Vietnam Veterans of America, Chapter 1009 meeting: 7:00 p.m., La Pradera Restaurant. For more details, email roy.messick@gmail.com.

21

Senior Circle Lunch Bunch: 11:30 a.m.-1:00 p.m., Cotton Patch. For more information, contact Connie Beal at (903) 654-6892.

22

Corsicana Newcomers' Club: 11:00 a.m., Kinsloe House. Contact Annie Avery at (714) 345-6707.

23

Corsicana & Navarro County Chamber of Commerce Lunch and Learn: 11:30 a.m.-1:00 p.m., Chamber Board Room. Call (903) 874-4731.

24

Tour of Corsicana Bike Stage Race: Start times and locations vary. Call (903) 874-4731.



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HealthNOW

Breast Cancer Screening Is Essential

In the U.S., one in eight women will be diagnosed with invasive breast cancer during her lifetime. While awareness of breast cancer has improved, the disease, unfortunately, remains the second-deadliest cancer among American women.

Early detection with regular mammograms remains the single most effective way for combating the disease. As physicians, we know that the earlier we can detect the disease, the more effective treatment can be. When detected early before it spreads, women have a 99 percent survival rate after five years. Mammograms can detect the majority of breast cancer in women, but they are not the only way to identify breast cancer.

Women should begin monthly breast self-exams in their 20s. Women in their 20s and 30s should have a clinical breast exam every three years. Women in their 30s and 40s should discuss their breast cancer risk level with a physician to determine the most appropriate cancer screening options. Women age 50 and older should have a mammogram and a clinical breast exam at least every two years and, if recommended by a physician, an annual MRI screening. If any changes in the breast are detected, contact a physician immediately to be evaluated.

A common myth is that only women who have a family history of the disease develop breast cancer. While the majority of cancer happens by chance,

about 5-10 percent of people with cancer have an inherited cancer. Women with a family history of breast cancer should discuss genetic testing with their physician. If genetic tests indicate a woman is BRCA-positive, there are a number of risk reduction strategies to discuss with her physician.

Age, diet and exercise can also impact risk. Approximately two-thirds of invasive breast cancer cases occur in women over age 55, though the disease can occur at any age. Being overweight and/or physically inactive increases your risk.

It's also important to watch for warning signs and symptoms. The signs for breast cancer are not the same for all women, and some women show no signs in early stages.

- A lump in the breast
- Change in breast size or shape
- Thickening of breast or underarm
- Nipple retraction
- Dimpled skin near the breast
- Tenderness
- Pain in breast or nipple
- Nipple discharge
- A lump under arm or around collarbone
- Irritation, redness, scaliness or swelling on the breast, nipple or skin near the nipple

Until a cure for breast cancer is found, regular screenings, awareness and healthy lifestyle choices, such as eating well and exercising regularly, are among the best tools a woman has to reduce her risk of developing the disease. **NOW**

Atisha P. Manbas, M.D.

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