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M A G A Z I N E

July 2008

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Treasure**

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**Strong
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**A Heart
of Gold**

**It Takes a
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Photo by Rod Cordsen.

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Corsicana NOW

Editor's Note

Hello Corsicana and Navarro County!

If you have ever heard the saying, "Great things come in small packages," then you know it is true with this month's sports feature. Donna de Varona, 1964 Olympic swimming champion, graced the world-record scene standing at a mere 5'2" tall. She and her family now grace the countryside of Texas on their ranch just outside of Corsicana.



Keeping with the theme of strength, perseverance and a heart of gold, you will not want to miss the feature story on Charles Polk, a true Southern gem.

Another little hidden treasure of Corsicana we would like to introduce you to can be read about in our art feature: the Southern Joy Quartet, a singing sensation group. They bring peace to your heart, joy to your soul and a moment of pure entertainment.

Wishing you love and kindness always,
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A Hidden Treasure

— By Samantha Stroube

You will never stand near him or walk into a room without feeling the effects of his infectious smile and positively overwhelming laughter and polite, “How-do-you-do?”

Charles Polk brings pure joy to everyone he encounters in this chaotic society we call life. He still greets every person, young or old, with respect and a formal salutation. “I have always shown people respect,” he admitted. “You don’t lose anything by being respectful to others.”

Born October 31, 1945, in Pine Hill, Texas, Charles and his family moved to Pisge Ridge, where his father worked for Mr. “Spunky” Keeling. “He stood at four foot something, always having something to say,” Charles recalled. “I remember my sister would stand on the drive and shout, ‘Mr. Spunky is coming!’ when she would see the dirt from the drive fly up.”

Charles was fortunate to find the love of his life in his

adult years. Many of us never have this happen, and if we are lucky, we are blessed with one true love, but Charles was truly touched by an angel, his soul mate.

“I have always shown people respect. You don’t lose anything by being respectful to others.”

During his early 20s, Charles came face-to-face with the young woman who would change his life. At 14 years of age, Kallie Faye, the future Mrs. Charles Polk, laid down the law with 24-year-old Charles on their first date. Charles’ older brother and his girlfriend were headed to the drive-in, so they asked Charles to take Kallie Faye along on a double date. Kallie Faye accepted with ground rules. “She told me exactly how that date was going to happen. She explained that there would be no ‘freshness’

occurring on the first date,” he reminisced, admitting with a grin that absolutely nothing happened. “But after our first date together, we were together ever day after that.”

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“Kallie Faye was the most vibrant and robust woman you will ever meet,” Charles said proudly. “You will never find another person as loving or as giving as Kallie Faye.” Charles recalled that every day he would return home from work, Kallie Faye would greet him at the door with a smile and a kiss. “She always knew how to make me feel 10 feet tall; she was my very best friend,” he added.

Over the next 36 years, Kallie Faye and Charles lived a life of happiness and wonderful memories. No matter where their path in life took them, they were always there for one another, to love and cherish. “I always called her ‘my little baby’ no matter how old she got,” Charles smiled.

Even though Charles has led a very fulfilling and interesting life, in and around the people of Corsicana, he has also had numerous hurdles to endure, but you would never know it from that ever-permanent smile on his face. The love and devotion he still feels for his “little baby” was evident in every word he spoke, but the smiles turned to tears as Charles reminisced about their life together. He explained that Kallie Faye suffered from a leaky aortic valve. After two attempted corrective surgeries, in 2004 and 2005, Charles had to lay the love of his life to rest in March 2006. But her memory lives on through him every single day as he recalls the happy times they had together. Charles also had to endure the loss of his daughter, Roslyn Diane, that same Thanksgiving. “I think she went to be with her mother; I think her heart just hurt too much from missing her,” he added.

Although he has held an extremely loving personal life, Charles Polk, is



probably best known in and around Corsicana for his impeccable bartending and people skills.

At the beginning of his young adult life, Charles was blessed with a job that would sustain a very pleasing lifestyle for he and his family. At the age of 18, Charles started working for Mr. George Weinschel, of Corsicana, to whom he stayed faithful for more



than 32 years. "I took care of Mr. Weinschel's house, handled everything that needed to be done around the house, and towards the end of his life, I was also his personal caretaker," Charles said with great pride. "Mr. and Mrs. Weinschel were very kind people. God took care of my family through the Weinschels." Charles recalled a piece of advice his employer gave him: "Treat people the way you want to be treated, and I promise you they will reciprocate. You will always get what you give."

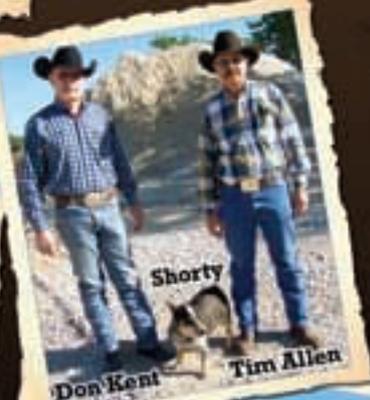
During his time with the Weinschels, Charles learned the bartending trade, which soon granted him invitations to most weddings, funerals and other events that Corsicana had to offer. "Mr. Weinschel pushed me into the role of

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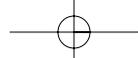
bartender. When the Weinschel's friends came over, I would serve them cocktails. It eventually got to the point that I had memorized every person's favorite beverage, and pretty soon, they were all asking me to bartend their next party or event," Charles stated.



“Treat people the way you want to be treated, and I promise you they will reciprocate. You will always get what you give.”

One of his favorite memories from the beginning of his career, is of a time when he helped Mr. Tom Spikes with his chicken cleaning. "I remember Mr. Spikes would always have his supper club out at Cedar Creek Lake where he would always fry up some chicken in his big, black wash pot," Charles remembered vividly. "And one day, Mr. Spikes removed the chicken from the package and was just about to throw it in when I offered to clean it for him. And once he came in to see what all I had taken off of his chickens, from that day forward, he would always have me come early to the parties to clean up his chickens!"

Since Mr. Weinschel's death in 1996, Charles has continued to bartend at particular events around town. And with that, his gift of memory has grown exponentially. He is loved and adored by the families and patrons he has served. Upon one meeting with an



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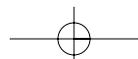


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individual, Charles not only has the ability to remember their name and face, but he also memorizes their beverage of choice. That knowledge is then locked into his memory forever.

He has probably seen and heard more pieces of information during



Charles carries the utmost respect for every person he encounters, and would never disrespect a soul.

his bartending days than most, yet for Charles, “It is a job I love, but everything goes in one ear and out the other; and in one eye and out the other.” Charles carries the utmost respect for every person he encounters, and would never disrespect a soul.

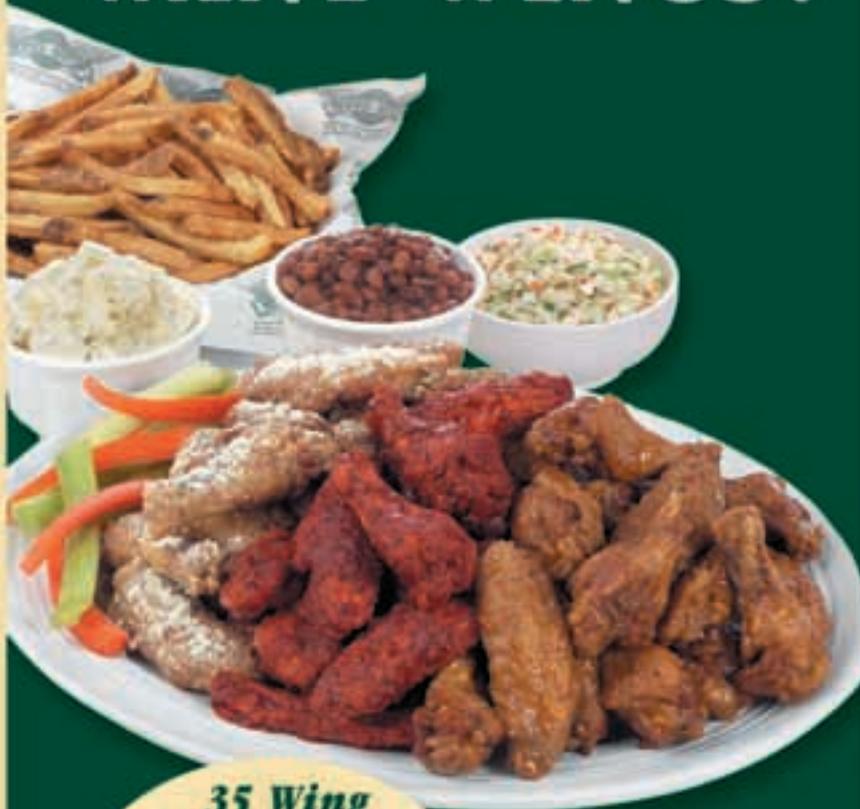
There are so many memories to choose from, but Charles remembers something one of his favorite patrons, Mr. Kay Tatum, always said to him. “Charles, it just makes me happy to see you in your white coat carrying your silver tray with my drink sitting on top of it,” Charles recalled with a giggle.

During the day, Charles also serves as sexton at the Westminster Presbyterian Church with great pride and dedication. If you are ever fortunate enough to cross paths with this kind soul, consider yourself lucky; he is truly one of the hidden treasures of our community. **NOW**



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At Home With
Obe and Linda Veldman

Life is *What You Make It*

— By Sandra McIntosh

If first-time visitors are not careful, they may miss the entrance to the two-story, four-bedroom, four bath home of Obe and Linda Veldman. The farmhouse, dating back to at least the late 1870s, is nestled off the main road in a bank of trees. It is these trees that offer what the couple have come to enjoy most over the years — privacy, tranquility and a sense of peace. “We renovated the place before moving here in 1983,” Linda said, “but there’s always something going on or something that needs mending or fixing.”



Listening to Obe and Linda converse, it is easy to tell that Obe was not reared in Corsicana. “No, I was born and raised in Holland,” he said, his accent still prevalent after all his years in Texas. “In my early 20s, I started looking for a different climate.” His search took him to Canada. “It was way too cold



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there," he added, "so I looked for a warmer spot." This search landed him in Rhodesia (now known as Zimbabwe), where he spent the next 20-plus years of life running his own land and cattle business and rearing his two sons. When his marital status changed, Obe decided it was time to move once again. His destination this time was Dallas, Texas. "Once my oldest son and I arrived in Dallas, I had only three weeks to find a home, a job and a school in order to obtain permanent



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residence papers,” Obe explained. “We found our roots in Maypearl, just right outside of Waxahachie.”

While Obe was living the life of world traveler, Linda was making a home in Corsicana as a single parent for her three small children. A mutual friend brought Obe and Linda together for their first meeting. “The friend said he had two new men that he wanted me to meet,” she remembered. Later that same night, Linda met Obe and they have been together ever since. “The first time I saw Obe he had a big Stetson hat on,” she said, still smiling at the fond memory of opening the door. “We shared dinner at the Old Courtyard Restaurant. It was a very nice evening.”

Linda continued to look lovingly at her husband of 24 years as she said, “He must have seen something because he not only married me, but he also became a wonderful stepfather to my





children.” “I was just an invited guest,” he quipped, as they both laughed. They dated for about 18 months before exchanging wedding vows in March of 1984. As a businessman who deals in land and cattle, Obe bought this parcel of land during their courtship because of its 80 acres. “There was no value put on the structure,” he said. “I sold 40 acres and we kept 40 acres and the old farmhouse.”

Needless to say, the renovations, which also took place prior to the wedding, were many. The first and foremost project was straightening the house. “It was leaning over,” Linda said. “It looked like it would fall down at any minute.” The leveling process was tedious and time-consuming to say the least. It took a bulldozer, a lengthy telephone pole and a great deal of patience to transform the structure on pier and beam into the home they share today.




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Structurally, not a great deal was changed once the home was leveled. The couple remembers totally gutting the kitchen and also enlarging the master bedroom. "We removed one entire wall and extended what used to be two small kitchens into one large cooking area," Linda shared. The old floor covering, once removed, was replaced with a heavy-duty, long-wearing vinyl that looks identical to red bricks.

The upstairs master suite was enlarged to add closet space which was lacking, as well as the addition of a walk-in shower that Obe so desired. Central heat and air conditioning took the place of floor furnaces and an attic fan. Old wallpaper was replaced with



sheet rock and several coats of new paint, while the hardwood floors are original to the home. The marks and faded areas only add character and charm to a home filled with warmth and lots of love.

When moving day finally arrived, Obe was in Holland visiting his youngest son. "Me and the kids moved in while Obe was on vacation," Linda explained. "Obe's nephew and one of his friends helped us move in." Because the home rests so far off the road, Linda decided that window treatments would not only be a waste of money, they would take away from the beautiful views they enjoy these days from every vantage point in every

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**** Taxpayer and Employer News for July, 2008****

According to the U. S. Department of Labor: Compliance Assistance: Fair Labor Standards Act (FLSA): the 2nd step of the bill signed by President Bush on May 25, 2007 to increase the federal minimum wage will be effective July 24, 2008 and will increase to \$6.55 per hour. (The 3rd and last increase in the federal minimum wage is scheduled for July 24, 2009 and is expected to increase to \$7.25 at that time.) (See www.dol.gov/esa for more information.)

If you have not received your economic stimulus payment, feel you were eligible for one and have filed your 2007 return, you may need to go to the IRS web site at www.irs.gov and click on "Where's my Refund?"; then scroll down on that page to "Where's my Stimulus Payment?"; then scroll down again to "Where's my Stimulus Payment?" and enter the required SSN and # of exemptions you claimed and you can find out if and when your rebate will or has been sent.

The extension deadline for partnership returns and some trust returns is July 15, 2008 — don't wait until the last minute to file and/or get another extension to avoid penalties and interest.

Quarterly payroll reporting is due July 31, 2008 for the second quarter of 2008 payroll. Most government agencies are trying to get taxpayers to file electronically. If you need assistance getting your electronic filing status set up, please contact us and we'll be glad to help.

Don't forget to continue to check the compliance status of any exempt organizations that you may be involved with, and be sure the organization files the proper reports due with the IRS. For further information, the IRS web site (www.irs.gov) has a wealth of frequently asked questions and answers that make this process fairly simple.

Also, for 2008 dividends from qualified common and preferred dividends received by an individual shareholder are taxed at the same rates as adjusted net capital gains!! Bottom line is this is the year to take dividends — especially from closely held corporations. If you are in a 15% tax bracket, the tax rate for qualifying dividends is 0% and if you are in a 25% or higher rates, the tax rate for qualifying dividends is 15% — That is GREAT news for 2008 and has been extended to include 2009 and 2010 ... THIS IS A GREAT TIME FOR TAX PLANNING FOR SMALL CORPORATIONS WITH LARGE RETAINED EARNINGS — PLEASE CALL US AND WE'LL MAKE A PLAN!!



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room in the house. Once settled, she did finally decide to add shades to the upstairs sunroom to help diminish the summer heat, as well as for comfort and privacy in the downstairs guestroom.

Obe and Linda both agree they are not collectors, but when looking around the home, it is easy to see they collect family. The framed photographs are all the evidence visitors need to see to fully understand the love Obe and Linda hold dear for their families, both past and present. In fact, there must easily be 300 years of family history represented throughout the farmhouse.



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Obe's great-grandfather sits regally upon a stallion in an antique-framed painting above the piano in the living room, while the newest member of the family, the couple's fifth grandchild, is seen in a collage of photos in the den.

They have also acquired specific pieces from both sides of the family. "My mom passed away quite suddenly," Linda said, "and since I had the big house, I got a lot of the larger-sized incidental pieces such as her dishes, an electric organ, an old cedar chest and an old electric fan mom bought back in 1948." Linda cannot help but laugh at the memory of the fan. "Mom nearly cut her finger off the first time she turned the fan on," she recalled. "She wasted no time in wrapping it with chicken wire." The fan has since been rewired and the chicken wire has been removed. The fan now oscillates to and



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fro from its place atop an antique liquor cabinet in the living room. Several detailed area rugs are gentle reminders of the years Obe spent in Rhodesia. "I was unable to bring very much with me," he added. "I'm also reminded of home when I look at the picture of the Netherlands." He and Linda try to make the trip back to his homeland at least once a year.

When Obe left Holland for a

warmer environment, he may never have guessed he would end up in Corsicana, Navarro County, USA. Granted, he may have been conveniently absent when it came time to move in, but he continues to enjoy life at the farm with his bride, their six rescued dogs and 11 cats, all spayed and neutered. They both agree: life is what you make it, and for them, life has been nothing but good! **NOW**

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Protector *of the* Feeble

— By Samantha Stroube

Recognizing the needs and symptoms of children of neglect and abuse is the primary function of the Child Advocates of Navarro County organization (CANC). Kim Martinez, the Executive Director of CANC, ensures the functionality of the facility and the “umbrella” that engulfs its distinct programs.

“The mission of CANC is to advocate for child victims of abuse and neglect and to assist in restoring hope and stability to their lives,” Kim explained. “There are four parts to the Navarro County Advocacy Center: Children’s Advocacy Center, Court Appointed Special Advocates (CASA), Care for Kids and Connections for Kids.”

The Children’s Advocacy branch is under the primary operation and guidance of Kristi Skains, and focuses on the protection of each child in an abusive situation. The police, child protection services (CPS), therapists and doctors are extremely involved in this aspect of a child’s life. First, the child is led through some general questions by a forensic interviewer, who tries to determine the cause of turmoil in their life, or what is actually being done behind closed doors. The purpose of the interview is to gain information from the



child and to help them realize it is okay to open up and explain the goings-on in their life. Then, if harm has been done to the child, the police and CPS work the case, and the child receives any medical or mental health attention needed.

Vicki Scoggins manages the CASA branch of the program. CASA is dedicated to finding permanency for Navarro County children who have been removed from their homes due to neglect and abuse and placed in the foster care system. If they are currently living in a situation in which they need to be removed, CPS steps in to remove the child and then CASA is appointed by the judge to become a volunteer advocate for the child.

Care for Kids and Connections for Kids are the other programs that require Kim’s advocacy duties. “Some children live in trauma on a daily basis,” she explained with great conviction. “At Care for Kids, we try to offer them the skills to protect themselves and instruct them on how to recognize

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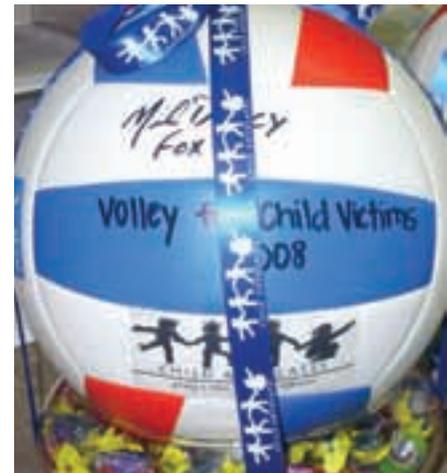
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little time and attention.

The doors of CANS opened in March 2003, originally led by Kristen Maupin McCoy of Corsicana, while Kim Martinez led the CASA portion of the program. A group of concerned citizens which included C.L. "Buster" Brown (the current mayor of Corsicana), Kim Boswell, Pam Crawford and Njeri Shomari instigated the idea of opening the CANS after a situation had occurred near Richland Chambers Lake in which a young girl was murdered by her stepfather. Because of this tragedy, Buster, and a few other citizens of the law, including Judge John Jackson and Attorney Pat Batchelor, decided to take action.



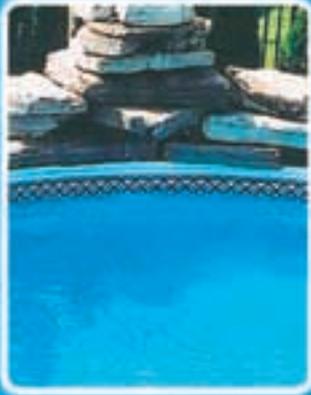
The direction of the center has blossomed over the last five years since its inception. Kim Martinez moved from her position with CASA to directing the entire facility, which now "umbrellas" the four branches of child advocacy services previously mentioned. "The community should be so proud of what they have done here," she insisted. The pride that each employee feels for their job duties and child relation responsibilities echoes in the halls of the beautiful facility.

On July Fourth, Child Advocates of Navarro County will be holding their Second Annual Duck Dash fundraiser. The event raised over \$50,000 last year, and is a great way to support the

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The advocacy center is a place of hope and refuge for abused and neglected children, no matter their age. A child is only accepted to the center if there is alleged physical or sexual abuse. If there is suspicion of these actions, the child will be taken to the center, or referred to it through the police, CPS and/or medical professionals, such as doctors or nurses.



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Once the children are referred into the program, they then have access to all avenues of creating a better life. Sometimes, children are too afraid to speak out, so they need the support, protection and assistance of their community. "The therapists they see are not the protectors; the law is the protector," Kim explained.

It is easy for a child to get lost in the shuffle of abuse and neglect. The hard part is getting them out of that cycle and on the road to a new and happier life. With the help of concerned and motivated people like Kim, and the guidance and protection of a concerned community, this can be achieved. **NOW**

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Joe Lopez, Elton Raney, Rudy Lopez and Paul Ferguson form the Southern Joy Quartet.

Strong Harmony

— By Faith Browning

The small-town festival filled the air with enticing aromas of cotton candy and roasted corn, along with the joyful sounds of strong harmony coming from Corsicana's own Southern Joy Quartet (SJQ). The bleachers quickly filled with patrons of Malakoff's Cornbread Festival, as the powerful voices of Joe Lopez, Rudy Lopez, Elton Raney and Paul Ferguson rang clear and true through the spring air. Their audience included all ages and the quartet's gospel songs entertained each one. "We primarily sing worship songs and songs with a message of salvation," Paul said in his bass voice. "We want to sing songs to touch their hearts."

Each member's voice can stand alone with its own robust sound, but when they combined their God-given gifts, the result was a powerful sensation of awe, touching even the strongest of souls. For their festival performance, Rudy's lead voice carried the main vocal portion of the songs. Joe's tenor voice carried the highest parts of the songs, bringing many cheers from the audience. Elton's baritone voice falls between the tenor and bass timbre and blended all their voices into a

ARTS NOW

tight harmony, while Paul's deep bass voice hit the lowest of notes, also bringing many more cheers from the audience.

Their routine had a fun, comical flair as they joked with each other about their various "day jobs" and individual singing styles. The guys encouraged Paul to do his singing impression of George Jones, which sent the crowd

**"We primarily
sing worship songs
and songs with
a message of
salvation.**

**We want to sing songs
to touch their hearts."**

into cheers and laughter. Next, they coaxed Joe to try to sing like Tammy Wynette, and even with his masculine pitch he did justice to Tammy's style, bringing more cheers and laughter from the crowd. Elton added to the comedic relief by jokingly comparing their stage positions to an Oreo cookie. "Joe and Paul are on each end, making them the chocolate cookie," Elton said. "Rudy and I are in the center, making us the good stuff in the middle, which everyone likes the most. Just don't dip us in any milk!"

During SJQ's performance, their dynamic vocal ability was tested by the unexpected appearance of a freight train, which ran on a track directly behind the stage. To everyone's amazement, the freight train did not hinder the overpowering talent of the quartet and not one word was lost during the ruckus. Once again, the crowd broke out into cheers and whistles, bringing even more festival patrons to see what was causing all the commotion.

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ARTS NOW

Throughout their performance, the audience seemed to be mesmerized by the spiritual messages given in their heavenly harmony. Due to overcoming a recent illness, Rudy had to rest his voice after performing numerous songs. Even though they were, as Paul said, "not in full voice," the audience still begged for more. One woman in a lawn chair told them, "I could sit here and listen to y'all sing all day."

After their performance, many people came to the stage to inquire about the two CDs they have recorded, how to



get in touch with them to perform or to ask where they are from. "We are still unknown even in Corsicana," Paul commented. "Some people come to our concerts in Corsicana and ask where we're from," Rudy added. "We tell them we are from here and they say they have never heard of us."

Southern Joy Quartet has won numerous regional awards recognizing their growing talent, including Group of the Year in 2000 and 2002, Song of the Year and Song Writer of the Year, and each of them has won Male Group Vocalist of the Year. They have shared the stage with great artists such as The Couriers and Barbara Fairchild and have even opened for Ivan Parker. Their biggest performance venues have been at Will Rogers Coliseum in Fort Worth and the Tulsa Convention Center.

Joe, Rudy and Elton started as a trio back in 1997. "We have known each other for years. We sang together on



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ARTS NOW

the praise and worship team at church,” Elton recalled. “We were called up to sing together for special songs. We tried a couple of songs as a trio, and that’s how it went from there.”

In 2000, the group acquired Paul for the bass position to form a quartet. “We wanted a fuller sound,” Joe said.



“Four-point harmony is traditional for gospel music, so the Lord sent us Paul.” Joe went on to tell of all the great gospel quartets out in the music world like Gold City, The Florida Boys, The Kingsmen, The Couriers and The Cathedrals, just to name few. “That’s the four-point harmony we strive to be,” the quartet said. “We don’t try to copy them. We have our own flair and style.”

The quartet stays in Texas performing around 125 shows a year, but they have performed as far away as Mississippi, and have been contacted about performing in Virginia and West Virginia. “God put us together and we told Him where He wants to send us we will go. We will go everywhere, but we don’t want to get so big that people will think they can’t call us,” Paul expressed. “What we do isn’t us at all. What goes into the microphone is us. What comes out of the speakers is God.” **NOW**

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Sports
NOW

A Heart

of Gold

— By Samantha Stroube



Donna sporting her two gold medals with pride during the 1964 Olympics in Tokyo, Japan.



Think back to when you were 13 years old. Can you remember daydreaming of how your life would turn out? Can you recall the traumas of early adolescence? Now try to imagine yourself, at that young age, qualifying for your first Olympic swimming team, after already holding the world record in the 400-meter Individual Medley (IM). Amazingly enough, Donna de Varona lived that dream.

Donna's specialty was the 400-meter IM, but it would not be slated as an Olympic event until the 1964 Tokyo Olympics. However, during the 1960 Rome Olympics, at the age of 13, she participated in the trials of the 400 free relay on the team that won gold in the Finals. By the 1964 Olympics, Donna had set 18 world-best times in long course pools. That year, in Tokyo, Donna finally got to swim her best event and took home her first individual gold medal in the 400 IM; thus besting her competition by a record margin of six seconds and establishing an Olympic record. She also captured a second gold as a member of the world-record-setting 4 x 100 freestyle relay team. "Winning gold medals impacted my life in more ways than I could ever have imagined," Donna recalled. "It opened doors to a world I never knew existed. I had traveled the globe by the age of 17. Winning the gold was like receiving a 'calling card' to the world, my own personal 'gold' card."

Before Donna was a world-record setting Olympic champion, she was a young girl from San Diego, California. "I remember my

Sports NOW

swimming career started at a very young age," Donna stated. "My dad would take me to the beach before I could even walk."

"As I grew into competitive swimming, all I knew I wanted to do was swim and race. I didn't even know what the Olympics were," she



Always ahead of the game, Donna is pictured in the lead at the 1964 Olympics.

admitted. "My father was my mentor; he set high hopes and goals for me to follow." During her early aquatic years, she did try her hand at diving, but she knew immediately that was not for her. "I have great toes, but no courage," she said. She did know, however, that water was where she belonged. "I was never meant to do anything on land," she added. "I was always the one in the back row in exercise class."

At the tender age of 13, Donna qualified for the Olympic trials, capturing a spot on the 1960 U.S. Olympic Swimming Team. "One of my best memories was making my first Olympic swimming team. It was during the last race of the day, and I made it as an alternate on the relay team," she recalled of her eighth attempt which took place at around 10:00 p.m. that night.

Having secured a spot on the team, she headed to Rome for the 1960 Olympics. "The Opening Ceremonies was one of the most incredible experiences of my life," Donna admitted. "I was 5'2" tall, and couldn't see a

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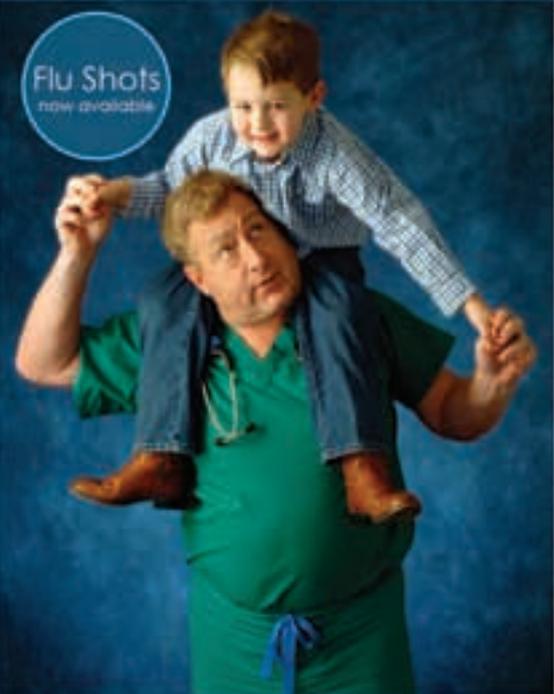
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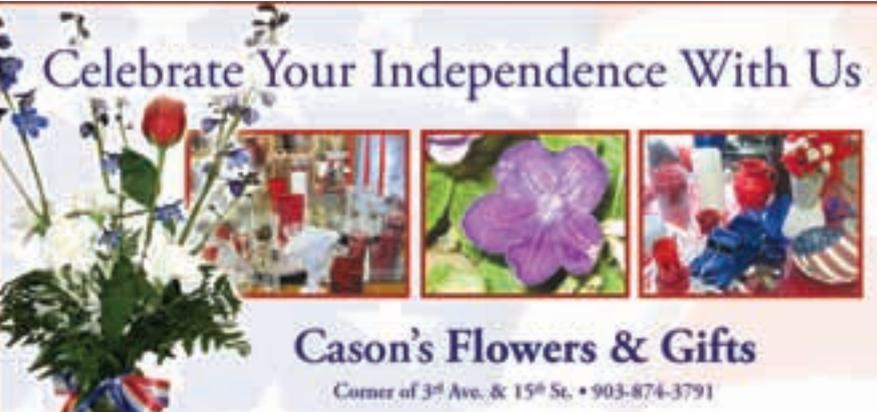
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thing. For some reason they put all the tall swimmers in front of the short ones, and the basketball team behind my row." So Walt Bellamy, from the U.S. Basketball Team, lifted her to his shoulders, and to this day she claims to "have had the best seat in the house."

In 1964, she graced the covers of *Sports Illustrated* two times, as well as *Look and Life Magazine*, and was voted "The Most Outstanding Woman Athlete in the World" by the Associated Press and United Press International. Donna's swimming career subsided despite these accolades, due to the fact that women were not



provided with the same sporting opportunities in high school or college as they are today.

Lack of opportunity, however, could not keep Donna out of the male-dominated world of sports, and she entered the world of sports broadcasting. At age 17, she appeared on ABC's *Wide World of Sports*, making her the youngest (and one of the first female) sportscasters for a national network. Her time in broadcasting

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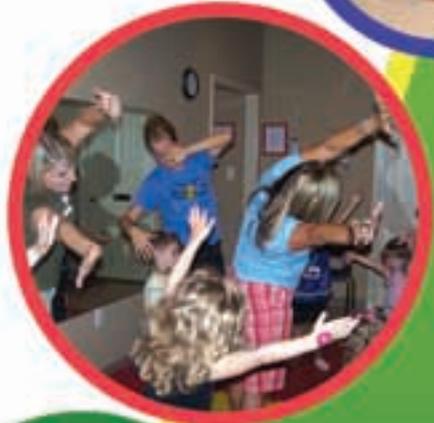
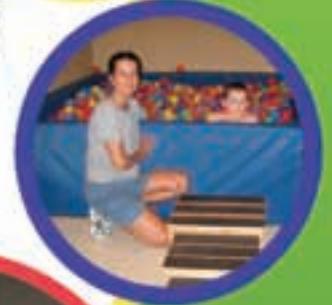
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earned her an Emmy, two Gracies and numerous opportunities to cover various sporting events for years to come, in addition to her induction into the Museum of Television and Radio's first class of 50 "She Made It" pioneers media.

Additional successes Donna has incurred over the years include being an activist for sports and fitness for America's youth by serving five terms on the President's Council on Physical Fitness and Sports and as an activist for Title IX, an Educational Amendment which states that no gender should be excluded from a program or activity. She was also named Special Advisor to President Clinton's Drug Czar, in which Donna aided the establishment and funding for both the U.S. and World Anti-doping Agencies.

She has also successfully reared two children, worked side-by-side with her husband, John Pinto, and expanded her life from the coasts of California to New York City, and now to the quiet fields and sounds just outside Corsicana.

"We have always loved Texas, and typically spent time here during the winter months," Donna explained, referring to the apartment that her husband used to keep in the Dallas area before they decided on their small ranch just outside of Corsicana. "We absolutely love the ranch. We come down as often as we can just to relax and visit with friends." Donna admitted that their schedules do get a bit hectic, but every time they visit the Corsicana area, they just love the tranquility and peacefulness of it all.

With all of her awards, world-records and groundbreaking accomplishments, Donna de Varona has a heart as pure as the gold medals she cherishes. She encourages young athletes to always reach for their dreams, but to be realistic in achieving them, and to "always maintain a healthy body and a healthy mind." **NOW**

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Business NOW

Taking Care of You

— By Samantha Stroube

If you are wondering what to do this summer, the choice is easy — join the YMCA. You will receive hours of entertainment in the 55,000 square foot newly renovated building, plus a healthy heart and mind.

The Corsicana YMCA received its charter in 1886, and was built on the corner of Fifth Avenue and N. 13th Street (where the Chamber of Commerce building now stands). It was a beautiful Adobe-style building, that was

actually used as the original YMCAs were intended, which was to house men that needed a place to sleep for a night or two.

In 1934, it opened its doors to women to enjoy the facility and reap the benefits of YMCA life, and in 1968, for a mere \$300,000, the YMCA that you know today in Corsicana was erected. Over the years, there have been a few additional “face-lifts,” add-ons and changes.

Currently, under the distinct direction of Mr. Terry Seth,



the executive director, and his dedicated staff, it has blossomed into the glorious retreat, exercise and relaxation facility of today.

Terry Seth has been a part of the Corsicana YMCA since 1992, when he and his family moved here from Irving, Texas, but Terry has been a part of the YMCA family for over 30 years. In college, he worked at his local “Y” while receiving his Bachelor of Science degree in health and minoring in sociology. “After college I went straight to work for another YMCA in Victoria, Texas; then Midland, Texas; then Irving; and ended up in Corsicana,” Terry recalled. “Bill Maupin (former Executive Director of the Corsicana YMCA) called me up one day and asked if I wanted the position.”

Inside the walls of the facility, numerous children’s activities, organized exercise groups and personal training can be found. The YMCA definitely caters to the youth of the community, with after-school activities on campus at Bowie Elementary, Fannin, and Carroll (with Navarro Elementary students being bused over to Bowie). “This program occurs every day from end-of-school to 6:00 p.m. and includes snacks, homework time, sports and crafts,” Terry said enthusiastically. “And of course, the YMCA is always open to the public for use after school.”



Business **NOW**

“Other seasonal activities offered to the youth include: volleyball, basketball, soccer, tee ball and karate,” Terry said, explaining that each sport is divided according to a child’s age or capability.

The YMCA is not just about the kids, however; there are organized exercise classes offered to adults throughout the day, and personal trainers are on hand for private classes. These trainers will help you strengthen and focus on your problem areas, and get you on the road to healthier living.

The interior of the YMCA includes: four racquet ball courts, two gyms (composed of full and half basketball courts), a Cybex weight room, a free-weight room, one brand new aerobic room, a cardio room (equipped with

“This program occurs every day from end-of-school to 6:00 p.m. and includes snacks, homework time, sports and crafts.”

state-of-the-art equipment and televisions for viewing entertainment), an indoor pool and track and a fitness center that includes private lockers, a whirlpool, sauna and steam rooms.

As you can see, the YMCA of Corsicana has something for everyone, both indoors and out. So head down to 400 Oaklawn (on the corner of Oaklawn and 13th Street), and join the already 4,800 members down the road to a healthier and happier life. There are memberships to suit any lifestyle or need. Remember, the YMCA is for everyone, and financial aid is available. Please feel free to contact the Corsicana YMCA at (903) 872-2412. **NOW**

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It Takes a *Village*

— By Sandra McIntosh

Lana Stites has not always been an educator with the Corsicana Independent School District. The beginning of her adult life was spent as a homemaker, wife and mother. She was teaching her own children in the way they should go. In 1981, after her husband's untimely passing, Lana felt the need to return to the classroom herself. "I just felt the commitment," Lana said, explaining her inner need to commute to and from Texas Women's University, in Denton, in order to earn the certification the state required for her to teach the deaf. "I felt compelled to go the extra miles to get my certification."

A job in the district opened up almost immediately following her certification. "Another teacher became pregnant," Lana enthused, adding that the teacher had made the choice to remain at home with her new baby, thus opening the door for Lana. "I was on the right path at just the right time." Lana graduated from Texas Women's University on a Friday and went to work the following Monday.

Her career took flight at the same time Regional Day School Programs for the deaf were being implemented statewide. "I think they've been in place since the late '70s," Lana said. "They are unique to Texas." The program allows children diagnosed

with hearing loss the opportunity to remain in their home district to learn or be bused to CISD campuses from their home address. Barbara Treat is the traveling educator who goes into the 30 districts within the nine counties served through the program. Those surrounding counties include: Navarro, Ellis, Freestone, Limestone, Leon, Hill, Kaufman, Henderson and Anderson.

After earning her master's degree in 1999, Lana took a three-year hiatus from teaching and worked as an educational diagnostician. Upon retirement in 2002, she returned to CISD halftime, and to her passion of educating deaf children. "I get to work with students on three campuses," she beamed. "I feel like I am part of their progress."

Always as a teacher, Lana has welcomed, and even encouraged, parental



involvement with her students. "It's a group effort," she said, referring to the "it takes a village to raise a child" philosophy she believes in. "Involved parents mean successful children."

Lana has many memories from her years as an educator of the deaf. She has been a witness to so many success stories, it is impossible for her to pick the most memorable one, even as the last outing she took with the students during the 2007-2008 school year comes springing to mind. The adventure first started as a thought,

Education **NOW**

but soon the idea became a reality. “Leah Blackard is the director of the Navarro Council of the Arts. She encouraged me to write a grant to the Corsicana Education Foundation,” Lana remembered, also mentioning that Barbara helped her write the grant. “The Council offered to help us work it all out if we were awarded the grant.” Needless to say, members of the Corsicana Education Foundation saw that the grant, “Little Theatre for the Deaf,” from West Hartford, Connecticut, was much more than entertainment, so granting Lana’s request came easy.

“It’s a group effort. It takes a village to raise a child. Involved parents mean successful children.”

The excitement and planning began immediately. The performance was held at the Palace Theatre. Debra Preston of First Travel made all the travel arrangements for the actors and Lana gives extra thanks to the Council for all they did to make this special day happen. “We spent the entire day at the Palace,” she said. “It truly was so much more than entertainment.”

Four actors — three deaf and one able to hear — performed *Beware the Brindlebeast* by Anita Riggio, to an audience in excess of 25 students. The performance was geared toward those with hearing losses. “They accommodated the hearing audience,” Lana explained. “All four actors signed, while the actress that could hear voiced all four parts. It was amazing!”

The day was filled with activities that the children are sure to reminisce over for a lifetime. They watched as

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the set was being constructed, they played games with the actors, they shared lunch with them and were even allowed to ask them several questions before breaking up into two creative workshop groups. "Language and experience were second to none," Lana said. "The workshops taught self-expression and body language."



"As educators, we must teach in the way students learn best."

Rich language and deaf culture were learned that day, so much so that the hearing impaired students returned to their respective campuses ready to show off all they had learned. The preschool-age children did their own performance of *Humpty Dumpty*, while those at the elementary level brought the book, *Stellaluna*, to life. The elementary children made the props, built the scenery and helped make their own costumes. "We are blessed with so much talent and dedication," Lana said, referring to everyone who made the event possible.

Her title may be that of longtime educator, but her heart says she still has a passion for teaching the deaf. "As educators," she said, "we must teach in the way students learn best. It's important for us to always have the child's best interest at heart." **NOW**

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Around Town NOW



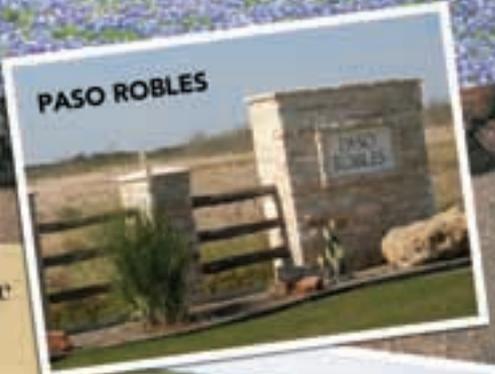
Xavier Villareal, new CEO of Navarro Regional Hospital and Paul Hooper, director of the Chamber of Commerce, top left, posed for a photo. Winners of the Employee of the Quarter at Navarro Regional Hospital, top center, are Frances Cobb, Mandy Grant and Juan Mendoza. Linda Veldman and her stepson, Roy, top right, smiled for the camera during the Twilight Ball. Eve Wilkey and Charles Polk, second row right, exchanged pleasantries during the Twilight Ball. Jerry and Mary Steely, second row left, helped coordinate the ball held at the Hale house. Helen and Oliver Albritton, second row center, return to the Hale house for the ball, where she grew up. The theme of the employee celebration at Navarro Regional, bottom left, was Hollywood. Cindy and Joe Erwin, bottom center, served as the perfect escorts for Lavita Story as they attended the Twilight Ball. A group of beautifully dressed ball-goers, bottom right, posed on the grand staircase at Hale house.

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— By Faith Browning

Look Who's Cooking

IN THE KITCHEN WITH LORI RAYMOND-DAVISS

Like many young girls, Lori shared quality time in the kitchen with her mother. “I loved helping my mom in the kitchen preparing meals,” Lori fondly recalled. Having a busy lifestyle with her husband, Kyle, and her active 16-year-old son, John Tyler, Lori now appreciates a good easy meal. “I like casseroles,” she claimed. “Between family and working, casseroles come in real handy.” Lori’s favorite recipe is her Chicken and Rice Casserole.

If you stop by Lori’s house on Sunday, a savory aroma will greet you at the door. “On Sundays, I usually always have the traditional pot roast with all the fixings,” she said. “Sometimes the weekends can be quite demanding, requiring me to live in the kitchen, but I would not trade it for the world.” **NOW**

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

LEMON LIME SALAD

1 3-oz. pkg. lemon Jell-O
1 3-oz. pkg. lime Jell-O
2 cups hot water
18-oz. can crushed pineapple, drained
1 14-oz. can evaporated milk
1 cup salad dressing
12 oz. cottage cheese
1 cup nuts, chopped
1 cup celery, finely chopped
Dissolve Jell-O in water; let stand till syrupy. Stir in remaining ingredients. This salad is good to put into a mold. Refrigerate until solid.

PEANUT BUTTER RICE KRISPIE BARS

BARS
1 cup sugar
1 cup light corn syrup
1 cup peanut butter
6 cups Rice Krispies
TOPPING
1 6-oz. pkg. chocolate chips
1 6-oz. pkg. butterscotch chips
In medium saucepan, cook sugar and syrup over medium heat; stir frequently until mixture boils. Remove from heat; add peanut butter, mixing well. Add Rice Krispies; stir until all is coated evenly. Press mixture evenly into a buttered

9x13-inch baking dish. Melt topping chips in a double boiler or melt in microwave, stirring frequently. (I add a few drops of Gulf Wax for some texture.) Pour melted topping over Rice Krispie mixture. Let cool until topping sets up. Cut into bars.

MOM'S OLD FASHIONED COFFEE CAKE

2 1/4 cup flour
1 1/2 cup sugar
1/2 cup cocoa
1 1/2 tsp. baking soda
1 1/2 tsp. baking powder
1 1/2 cup cold coffee
3/4 cup liquid oil
1 egg
1 tsp. vanilla
Sift together dry ingredients; set aside. Combine liquid ingredients; beat until well blended. Heat liquid mixture; stir into dry mixture. Pour into greased and floured 9x13-inch cake pan. Bake at 350 F for 25 - 30 minutes.

MOM'S GREEN CHILI ENCHILADAS

1 1/2 lb. ground beef or 4 5-oz. cans chicken
1 tsp. onion salt
1 tsp. pepper
1/2 lb. cheddar cheese, grated
2 Tbsp. oil
20 - 24 corn tortillas

CHEESE SAUCE

1/2 lb. Velveeta cheese, cubed
1 12-oz. can cream of chicken soup
1 8-oz. can milk
1 6-oz. can green chilies, chopped
1 5-oz. jar pimentos
Melt cheese sauce ingredients together; set aside. Brown beef (or warm chicken), adding onion salt and pepper. Drain fat; add cheddar cheese. Heat oil in a separate pan. Heat tortillas in oil, flipping until soft. Fill tortillas with meat mixture; roll and place in casserole dish until dish is full. Pour cheese sauce over tortillas. Bake at 350 F for 30 minutes.

CLARA JANE'S CHICKEN AND RICE CASSEROLE

1 cup uncooked rice
3/4 cup milk
1 stick butter or margarine, cut into slices
1 12-oz. can cream of mushroom soup
1 12-oz. can cream of celery soup
4 chicken breasts
6 chicken thighs
1 2-oz. pkg. dried onion soup mix
In a 9x13-inch pan, layer rice, milk and butter slices. In a separate bowl, mix the creamed soups; spread over the rice. Place chicken on top of soup mixture; sprinkle dried soup over chicken. Cover tightly with foil. Bake at 350 F for 1 1/2 hours. Do not open while baking.

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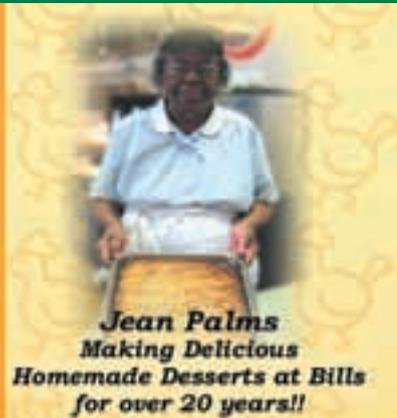


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Finance
NOW

Seven Strategies for Saving

— By Lynda Housley

Are you doing your best to save for your future? It can be very challenging to begin a savings program. After necessities such as food, clothing and housing, there can be little left to put aside for future goals.

Unfortunately, failing to save could mean the difference between enjoying a comfortable retirement and giving up some basic needs. Often it is a matter of making the decision to begin saving now in order to buy a new home or car later. The goals you set are important to you. Making changes to prepare for those goals can make a difference.

There are seven strategies you can use to get your savings plan on track:

1. Don't splurge with your tax refund.

Nearly 40 million Americans receive a refund each year, averaging around \$2,400. Instead of spending your refund, use it wisely by paying down debt, funding an individual retirement account or saving it for future financial goals.

2. Take full advantage of your employer's retirement contributions.

Your employer may match a percentage of the contributions you make to your retirement savings plan. It's a good idea to do what it takes to get the matching limit. It's free money

that can really help your bottom line during retirement.

3. Start small and stay steady.

The first word is the most important — start. You should begin as early as possible to get the most out of your savings plan. Thanks to the power of compounding, investing another \$50 a month in a tax-sheltered plan for 30 years will add nearly \$75,000 to your account assuming an eight percent average annual return.

4. Pay yourself first.

Think of your savings or investments as a bill you must pay on a regular basis, much the same as a car or mortgage payment. Be disciplined and make the payments according to a set schedule. For better results, establish an automatic monthly deduction from your paycheck or checking account to fund an investment or savings account.

5. Create separate pots of savings for upcoming life stages.

Retirement may be an important goal for which to begin saving, but other goals or events need as much or more preparation. Don't short-change other goals while concentrating on one thing. Whether it's a home, car or child's education, it is important to give appropriate attention to each.

6. If you have children, find the right education plan.

You have a number of choices when it comes to saving for a child's education. Finding the one that makes sense for your situation takes planning and information. This takes us to the seventh and, quite possibly, the most important point.

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Finance **NOW**

7. Work with someone you know and trust.

Everyone's needs and goals are unique. Just as you go through many changes during your lifetime, your financial goals may change. You should work with a professional who not only knows about various plans and strategies, but knows you and will stay with you through the long haul. Most people feel the best guidance they receive comes from a financial professional they know and trust.

In the end, it all boils down to making a plan, getting started and staying on course. When you make the decision to finally start, contact a financial professional who knows you and understands your needs. **NOW**

Lynda Housley is a State Farm agent based in Corsicana.

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Health NOW

Making Smart Decisions During Pregnancy

— By Bill Cook, MD.

Pregnancy can be a very exciting time, and some women feel overwhelmed by warnings and advice from family and friends. However, following certain widely recognized guidelines can significantly impact the health of mother and baby, minimize complications and birth defects and shorten the recovery process. In fact, babies born to mothers who do not receive prenatal care are five times more likely to die and three times more likely to be of low birth weight.

One of the most important steps a woman can take to ensure a healthy pregnancy is to establish a healthy lifestyle before pregnancy. This includes: avoiding tobacco, drugs and alcohol, following a healthy diet, exercising regularly and maintaining a healthy weight.

Folic acid, a form of Vitamin-B, plays an integral role in preventing neurological defects, such as spina bifida. Adequate levels of folic acid are especially important in the first few weeks of pregnancy, before most women are even aware they have conceived.

In addition, most physicians recommend dietary changes during pregnancy. Women are generally advised to avoid foods that may carry certain bacteria, such as listeria. Listeria is commonly found in foods such as ready-to-eat or undercooked meat, poultry or seafood, and can lead to a serious infection called listeriosis, which has been linked to

miscarriages, premature births, fetal blood poisoning and birth defects. Women who are pregnant should heat all deli meats until steaming and avoid unpasteurized milk products and soft cheeses (brie, feta and blue cheese) throughout pregnancy.

Seafood known to contain high levels of mercury is also prohibited during pregnancy. Fish such as shark, swordfish, king mackerel and tilefish often contain high levels of mercury, a toxin that can harm a developing fetus, and should be avoided during pregnancy. Catfish, salmon, cod, pollock, mahi mahi, shellfish and canned light tuna are considered lowest in mercury and are safe for consumption twice a week.

Pregnant women should continue to exercise unless otherwise instructed by a physician. Women who are active often enjoy an easier labor and shorter recovery time after birth.

Additional pregnancy restrictions often include the following:

- Avoid using chemicals, such as hair dye.
- Avoid hot tubs or saunas. These are considered high-bacteria environments.
- Avoid optional X-rays as radiation can be harmful to the developing fetus.
- Avoid cleaning out cat litter boxes as this is linked to a disease known as toxoplasmosis, which can cause miscarriages, stillbirths and birth defects.



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Health NOW

- Get adequate rest. Fatigue is common during pregnancy.
- Consider getting a flu shot, which will also protect the unborn child.
- Wear a seat belt correctly, with the lap belt across the hips under the belly.

Pregnancy is an exciting time of change, but those changes can be challenging. Consult your physician about plans to become pregnant and follow his or her advice before, during and after pregnancy because women who receive routine, adequate prenatal care are at much less risk for complications and much more likely to deliver a healthy baby. **NOW**

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Navarro Regional Hospital

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Heat-tolerant Bloomers

— By Nancy Fenton



Looking for blooming, heat-tolerant plants to brighten up your scorched landscape? Try a few more crepe myrtles. You can find them in almost every size and color.

Varieties in assorted colors start at about two feet and range to tree-sized ones over 12 feet tall. Smaller ones like Baton Rouge-red, Cordon Bleu-lavender and New Orleans-purple tend to weep or cascade and make great plants around patios, pools or even foundations. Dwarfs reaching only to about six feet, come in almost every color, including: White Snow Baby, Red Petite Plum and Dwarf Purple. Intermediates grow to between six and 12 feet with Red Cherokee, Pink Pecos and Purple Catawba being some of the favorites of this area. The tall, white weeping ones you see up and down the streets of Waxahachie are called Natchez. The tall varieties are the ones you see growing past the roof lines of homes and along the roads and byways towering over the fences. As these “trees” mature, they make a show

of pink, red or white blooms.

All crepe myrtles need bright sun and good air circulation. Aphids are about the only bugs drawn to them, and they can be thwarted with good air circulation or a regular stiff spray with a hose. If a crepe gets black sooty stuff or mildew on it, it is a sign of poor air circulation. I use a stiff spray from my hose end sprayer of soap and water (use one tablespoon soap to 5 gallons of water) to battle the bugs and mildew. The spray disrupts the bugs enough that they move on. Regular spraying once every 10 days or so will help to keep the bugs moving!

Try some of these beauties in your sunny spots. Remember to water weekly the first year, mulch heavily and choose the right size for your space. Do not plant tree-sized crepe myrtles under the electric lines! Enjoy blooms even in the heat of the summer. **NOW**

Nancy Fenton is a Master Gardener in Ellis County.



Left to right: Lashley Johnson, Dietary Mgr.; Theodora Brown, Med. Record & Control Supply; Kerissa Ortega, DON; Renee Wright, Maintenance; Jodi Dickerson, Activity Director; Stephanie Seward, Bus. office Mgr.; Front: Virgil Patten, Administrator; Suzanne Wright, ADON

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July 2008 Community Calendar

For the Month of July

Rhonda Lawson will have her art collection spotlighted at the Warehouse Living Arts Center.

July 1 and 15

City Council meetings: 6:00 p.m., City Hall board room.

July 1, 15, 22, 29

Central Texas Quarter Horse Association (CTQHA)
Ride Night: 6:30 p.m., Navarro County Exposition center. Members Only. For more information, contact Steve at (903) 641-6844.

July 4

Independence Day!

13th Annual Old Fashioned 4th, downtown Kerens: 6:00 p.m. Bicycle parade, cake walk, train rides, games, music and fireworks after dark. A street dance will be held following the fireworks featuring the music of The Texas Boys with Stan Lawhon.

Independence Day Event at the Texas Motorplex. Drag racing, fireworks. Grand Funk Railroad will be performing. Call 1 (800) motorplex or visit www.texasmotorplex.com.

July 5

RJ Productions Team Sorting: 11:00 a.m., Navarro County Exposition Center. Practice: 11:00 a.m. Events: Noon. Admission is free to the public. For more information, contact Ricky at (254) 379-1685.

July 6

Heart of Texas Barrel Racing Association show: Noon, Navarro County Exposition Center. Admission is free to the public. For more information, contact Camille McCain at (903) 872-5283.

July 8

Central Texas Quarter Horse Association (CTQHA) Sorting: 6:30 p.m., Navarro County Exposition Center. Open to the public. For \$20 you can ride as many times as you wish. For more information, contact Steve at (903) 641-6844.

July 11

Shakers and Scrapers Car Club meeting: 6:30 - 10:00 p.m., Emmanuel Baptist Church, 2217 W. Seventh Ave. Each month brings a variety of cars and spectators, as well as music, a 50/50 pot and random door prizes. The cruise nights are weather permitting, and there are no make-up nights for them.

July 12

Ellis County Equine Association show: 9:00 a.m., Navarro County Exposition Center. Admission is free to the public. For more information, contact Brenda Escamilla at (972) 483-6175.

July 12 - 13

Waxahachie Trade Days, located at the Ellis County Expo Center, will be open Saturday 9:00 a.m. - 6:00 p.m. and Sunday 9:00 a.m. - 5:00 p.m. Call Dean Worley at (903) 286-0183, e-mail waxtradedays@yahoo.com or visit www.waxtradedays.com.

July 24 - August 2

Sylvia will be featured at the Warehouse living Art Center.

August 3

NBBC "Run Toward the Son" Motorcycle Rally: 10:15 a.m., New Beginnings Bible Church, 1970 FM 983, Ferris. Motorcycle games, contests and door prizes. Enjoy free hot dogs and bottled water. Register online at www.newbeginningsbiblechurch.com or call (972) 842-2800.

For more community events, visit our online calendar at www.nowmagazines.com.

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Join us for an
Independence Bash
on July 5th
Food, Drinks, Bounce
House & Games.
Bring the Kids! Fun For
The Whole Family!

Check Out Our Variety of Vehicles Ranging From
2000 to 2005 Models for ONLY \$599.00 Down.

'04 Dodge Stratus RT



'99 Chevy Suburban



'95 Chevy Camarro Z28

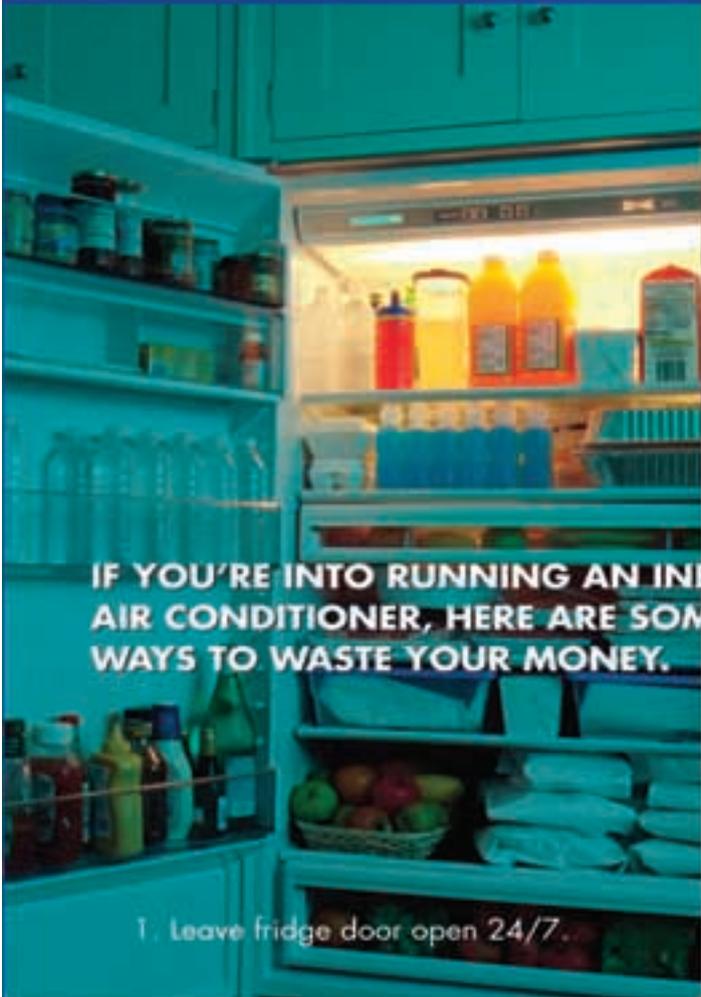


We buy, sell and trade!

903-872-4560

Tyrone Winters, New G.M.

**711 S. 7th Street
Corsicana**



IF YOU'RE INTO RUNNING AN INEFFICIENT AIR CONDITIONER, HERE ARE SOME OTHER WAYS TO WASTE YOUR MONEY.

1. Leave fridge door open 24/7.



2. Run faucet nonstop.

Waste is bad. Especially when it's your money that's being wasted. Well, that's what you get if you're using an inefficient air conditioner. The Infinity™ 21 air conditioner by Carrier can save you up to 56% on cooling costs*. This summer, make a pledge to stop waste and live life a little more comfortably.



TACLA012118C

INFINITY 21
Area Wide Services
Commercial & Residential
Air Conditioning and Heating
Commercial Refrigeration - Ice Machines
903-874-5298



Turn to the Experts®

24-Hour Emergency Service

* Cooling cost savings compared to a previous Carrier model.