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Kathy Melton
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Lauren Southard
903.602.9131

Publisher, Connie Poirier
General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker
Corsicana Editor, Virginia Riddle
Editorial Coordinator, Sandra Strong
Editorial Assistant, Beverly Shay
Writers, Sara Edgell . Lynda Housley
Betty Tryon . Amy Walton
Editors/Proofreaders,
Pat Anthony . Randy Bigham

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Eduardo Barajas . Kristin Bato
Martha Macias . Felipe Ruiz
Brande Morgan . Shannon Pfaff

PHOTOGRAPHY

Photography Director, Jill Rose
Photographer, Memories by Melissa

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Advertising Representatives,
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Billing Manager, Angela Mixon

ON THE COVER



Bill King's smile is as bright as Corsicana's economic future.

Photo by Memories by Melissa.

CONTENTS

July 2014 • Volume II, Issue 7

8



8 Promoting Positives

Bill King's worldwide experiences benefit Corsicana.

16 Sunsets in the City

At Home With Randy and Laura Tesmer.

24 The Chlorine Chronicles

Sarah Updegrave and Valeria Calvillo splash into life.

30 The Versatile Stripe

Both classic and trendy, this design element makes a statement anywhere.



16

36 BusinessNOW

40 FinanceNOW

42 HealthNOW

44 CookingNOW

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Editor's Note

Let freedom ring, Corsicana!

Independence Day is here, and I hope you'll join me in watching an area parade and fireworks that brighten up the night skies. It's also a great time to pack a picnic supper and attend a summer concert of patriotic music. No matter what our plans are for this holiday, I hope we all remember our military personnel who are protecting American freedom.

Food is always a part of celebrations. The month of July recognizes Chocolate Day on the 7th, National Sugar Day on the 9th, Pecan Pie day on the 12th, and my personal favorite — Vanilla Ice Cream Day on the 23rd. I think I will combine all of those in one very large, very fattening hot fudge sundae with a pecan topping. Then I can relax in my hammock on its day — July 22nd!

Virginia

Virginia Riddle
CorsicanaNOW Editor
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Promoting *Positives*

— By Virginia Riddle

Prior to becoming the economic development director for Corsicana and Navarro County nearly a year ago, Bill King spent years away from Texas, the land of his mother's birth, gaining experience in military and private sectors that he now uses to attract businesses to this area. "I missed Texas, the weather and the people," Bill said. "Texas is a great state, since it is business friendly, with no state income tax and few onerous regulations."

Born in Germany and reared as a U.S. Army "brat," Bill never lived close to Texas as a child, but visited family members in the Lone Star State. Attending 10 schools in 14 years, including four high schools in four years, Bill and his siblings grew up without having a hometown. But they had the advantage of experiencing life in many parts of the world. "I have a spirit of adventure and caught the travel bug early," Bill confessed. In fact, he has lived on five continents. "I've gotten to experience cultures and people by living in different places," he said.

After graduating from Alamo Heights High School in San Antonio, while his dad was stationed overseas, Bill attended Texas A&M University in College Station. "I majored in the Corps," he said. His parents were stationed in India during those years. He learned financial responsibility since it took weeks for mail, with another check enclosed, to reach him. His travels "home" for the holidays were always exciting. "We even celebrated Christmas in the Himalayas once," Bill remembered.

After graduating from A&M, Bill began his military career of 23 years. "Half of that time, I was single and willing and able to move," Bill explained. He enrolled in graduate school, through the Army, at Johns Hopkins University's School of Advanced International Studies, with a focus on Latin American studies. Bill attended this Washington, D.C., graduate school with fellow students working in government, international business and global finance. "It was a really interesting



Sara Elizabeth Wilson, Bill King and Mayor Chuck McClanahan discuss Corsicana's economic development.

“Most importantly, we need to believe in the *future* and have a *positive* attitude that will be contagious. Strangers and newcomers pick up on a negative community attitude in a heartbeat — that’s *death* in my business.”

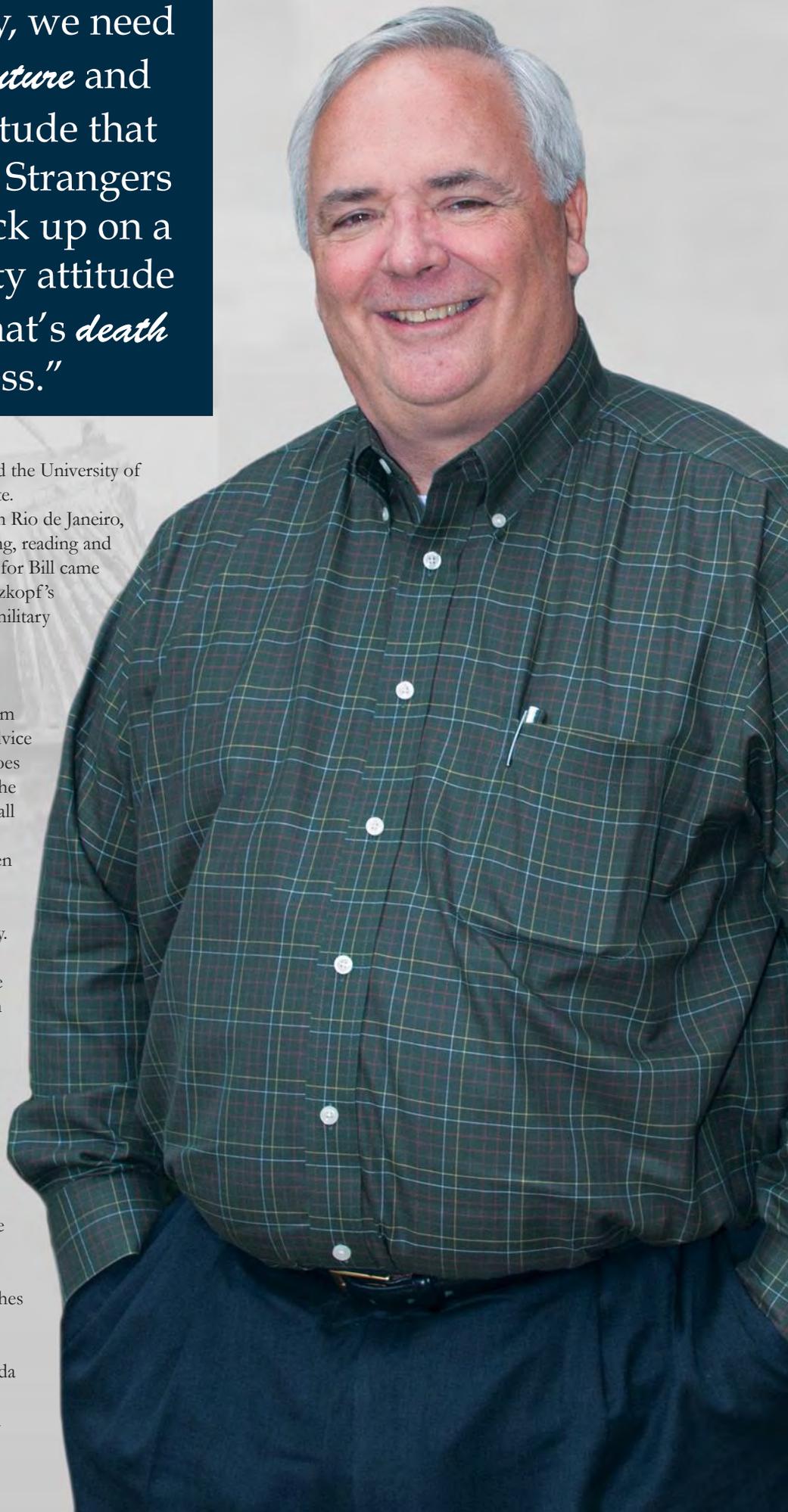
mix of people,” he said. Bill also has attended the University of Oklahoma’s Economic Development Institute.

As an Army captain, Bill spent two years in Rio de Janeiro, Brazil, where he became proficient in speaking, reading and writing Portuguese. Another interesting post for Bill came when he served on General Norman Schwarzkopf’s staff during Desert Storm. He retired from military service at the rank of lieutenant colonel.

“My mom taught us that when you meet someone new, focus on what you have in common,” Bill related. “Then branch out from there and embrace your differences.” That advice works anywhere, he maintained. Not a day goes by that he doesn’t find someone with whom he has something in common. “Since I’ve lived all over,” Bill reflected, “I constantly encounter people who have been at the same place, often at the same time.”

Linda, Bill’s wife, joined him for some of the 21 moves that he made while in the Army. As one of 14 children who grew up on a Missouri family farm, the Army life was quite a change for her, as was having children born in Italy and Florida. Bill and Linda moved their family to Nacogdoches where Bill was an economic developer before coming to Corsicana. The couple has two sons, Tim and Ben, who are soon to graduate from Stephen F. Austin State University and a daughter, Maggie, who just graduated from high school in Nacogdoches and will attend Texas A&M this fall. “She will be Maggie, the Aggie,” Bill quipped proudly.

An apartment in Corsicana is Bill’s home during weekdays, but he travels to Nacogdoches for weekends to be with his family. A move wasn’t practical when there were so many graduating seniors in the family last year! Linda works part-time at Glass Castles, a stained glass studio and shop, where Bill joins her on



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Saturdays. “We enjoy creating in stained glass,” Bill shared. “It’s therapeutic.”

A career in publishing for 15 years as a magazine editor and writer also gave Bill an outlet for creativity, as well as a chance to gain experience in the private sector. “I was helping businesses evaluate communities,” Bill said.

Getting to know people in Corsicana and Navarro County has been an enjoyable experience for Bill. “Everyone has been so welcoming,” he enthused. “With its proximity to the Dallas/Ft. Worth Metroplex, Corsicana is an easy place to attract businesses. Hardly a day goes by that I don’t hear from at least one real estate broker looking for property for a commercial client. Most want to go into existing facilities, since time to market is important.”



Another plus for Corsicana and the surrounding area is Navarro College. "Compared to universities, colleges are nimble and flexible," he pointed out, adding that their mission is adult education, vocational training, supporting local businesses and economic development. In his estimation, Navarro College performs that mission well."

"The country has been experiencing tepid growth, with lots of pent-up demand," Bill related. "Once the national economy picks up, I project a steady march south down Interstates 45 and 35 from the Metroplex will begin in earnest."



Bill & Linda at their 1986 formal.

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The King family poses for a photo.

Expansion can't go much farther north and still remain in Texas!"

Taking care of current businesses is also a top priority. "We have to help our existing businesses and industries. If there's a problem locally, we need to help fix it."

Corsicana has a great downtown history that Bill is in favor of supporting. "We have an obligation to protect those buildings and help the investors who are transforming them for new uses," he said. "It's not cheap or easy to renovate historic buildings. We have investors who have vision and are willing to invest in their dreams and become part of Corsicana's legacy to future generations." According to Bill, not many communities of this size have that cadre of people.

"Most importantly," Bill emphasized, "we need to believe in the future and have a positive attitude that will be contagious. Strangers and newcomers pick up on a negative community attitude in a heartbeat — that's death in my business." He is a self-described "glass-half-full" person who tackles his job with an Army motto in mind: "Sometimes, if it's worth doing, it's worth overdoing."

Understandably, Bill is proud of his country and community. "We are a true melting pot and live in a land and society of opportunity," he said. "Most societies around the world aren't. How you are born determines how you live your life. But here, if you just work hard and try, you can do anything. Isn't this a great country?" **NOW**

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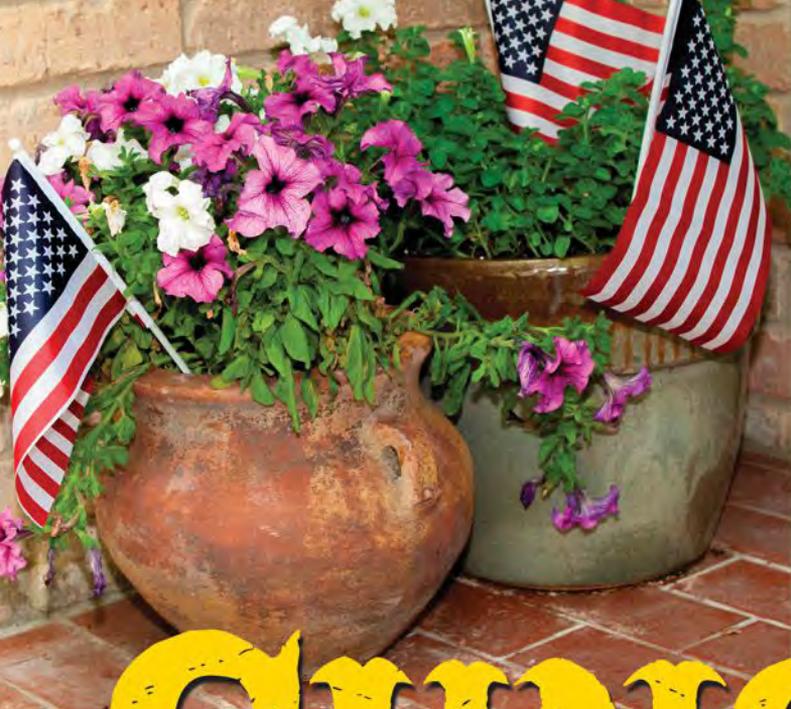
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SUNSETS

— By Virginia Riddle

in the City

When Randy and Laura Tesmer want to relax in a country setting, they only have to take a few steps out the French patio doors that open into their backyard in the city. A busy, dual-career couple with

three daughters, Randy and Laura have a small yard that backs up to a neighbor's pasture, which seems to go forever. A glorious, unobstructed view of sunsets is just part of the reward at the end of the day. "I love cows, longhorns and horses," Laura said. "I wake up in the morning to see that scene in the backyard and see it again in the evening."



Randy grew up in Corsicana, graduated from Corsicana High School and attended Navarro College and The University of Texas at Austin College of Pharmacy. Upon graduation, he returned to Corsicana in 1983, just as the "new" hospital facility opened. Since then, Randy has served as director of Navarro Regional Hospital's

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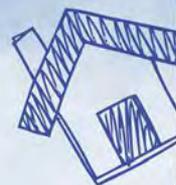
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pharmacy. He had been a bachelor for about a year when he bought the home in 2010 for himself and his daughter, Lauren, now 19 years old and a college student. "I love sitting out in the backyard and looking out across the land, plus I don't like to mow. This house had the perfect small yard," Randy recalled.

He also loved the in-the-city location. "This is a *Leave It to Beaver* neighborhood," Randy revealed. "The home was built in 1979. I like the

older houses, because they have more of a personality."

Laura, in the meantime, was a single mom rearing her two daughters, Caitlin and Madison in Red Oak. She had attended nursing school at Navarro College, only to find the field was not for her. Laura realized her true calling as director of marketing for Cedar Lake Home Health and Hospice. Additionally, she serves on Navarro Regional Hospital's Senior Circle board and

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volunteers at area nursing homes.

A mutual friend gets the credit for getting this couple together by giving Laura's phone number to Randy. "It was a neat, God thing," Laura recounted. "Randy called me, and we started dating. God put us together." The couple celebrated their third anniversary last April.

On one of their first dates, Randy showed his home to Laura. "I thought at the time, it was kind of a strange thing to do, but I loved the house," Laura said. After their marriage, the house provided the perfect setting for the "gelling" of this new family. "The house has four bedrooms and baths, so every daughter had their own room," Laura said.

Lauren, the eldest, has her own suite, while Madison's bedroom reflects her love of pink. Now an 11-year-old, Madison will be attending sixth grade at Drane Intermediate School in the fall. Favorite posters decorate her bedroom.

Caitlin is now 17 years old and will begin her senior year at Corsicana High School this fall. A saying on her bedroom wall reflects her positive attitude: *Happiness dwells in the soul.*

The large rooms in the home allow for magnificently carved wood furnishings throughout, and that's especially true of the master bedroom. A collection of photos from the family's cruise to Cozumel decorates the wall. Books are kept at the bedside for late night reading.

Comfortable leather seating, a hearth and fireplace and brick flooring blends with plantation shutters to provide a practical but elegant living room. Family photographs decorate a table, and French doors open into the den, which offers not only more seating, but exercise equipment. The den is decorated with Laura's favorite things — sketches of horses and cows and a collection of crosses.

The dining room is easily accessed from a roomy kitchen with plenty of storage. A plaque given to Laura by her daughters one Mother's Day quotes one of her favorite Scriptures.

But it's the backyard patio, which is extended by the paved driveway, that is really where this family lives. Madison's wooden swing is hung with care from a tree, while the hammock supports a crowd. "I made sure the hammock had a 400-pound capacity, since there's nearly

always more than one person in it,” Laura pointed out.

Bright red geraniums and other flowers that Laura loves are in pots lining the walkway and framing the patio seating area. “I love to come out here and have coffee, even in winter,” Laura observed. “We just bundle up and come out anyway.”

The family even has vegetable and herb gardens. “My father-in-law started gardening with vegetables in pots, and we enjoyed the vegetables so much Randy has built the raised beds,” Laura shared. Consequently, cucumbers, tomatoes, yellow squash, onions, thyme, rosemary, oregano and strawberries find their way into the kitchen for dinner. “I work in the gardens with no gloves, since I want to touch the plants,” Laura said. “I love to cook with the herbs. Our Thanksgiving turkey was so good last year. We stuffed it with our herbs and deep fried it outside.”

Memories are made in this backyard. “We entertain family and friends here,” Laura clarified. “And I love to watch Madison feeding a cow. They come right up to the fence and are definitely cute.” The family loves to fish and bring home their catch.

Holidays are special. “Our home is now the central location for extended family,” Randy added. “At Christmas, everyone comes. Laura is great at decorating for each holiday, and Lauren is starting to do a lot of the decorating, too.”

Two of the couple’s children are remembered, especially during holidays. Randy lost his son, Aaron, in a car accident in 2008, and Laura lost a stillborn baby. “We are very big on family. It’s what unites us,” Laura confirmed. The family worships at Corsicana’s First Baptist Church.

“Randy is helping me mold the girls for the future,” Laura reflected. “How he treats me helps them know what to expect from their future husbands. I want the girls to have a relationship with Christ. Our girls are very bright and studious. They make our parenting jobs easier.”

Traveling to Colorado ski slopes is another favorite family experience. Randy and the girls ski while Laura enjoys shopping. No matter what this family is doing, they’re doing it together. “Laura and the girls adopted me,” Randy said. “We have all just gelled together as a family.” **NOW**

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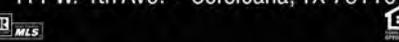


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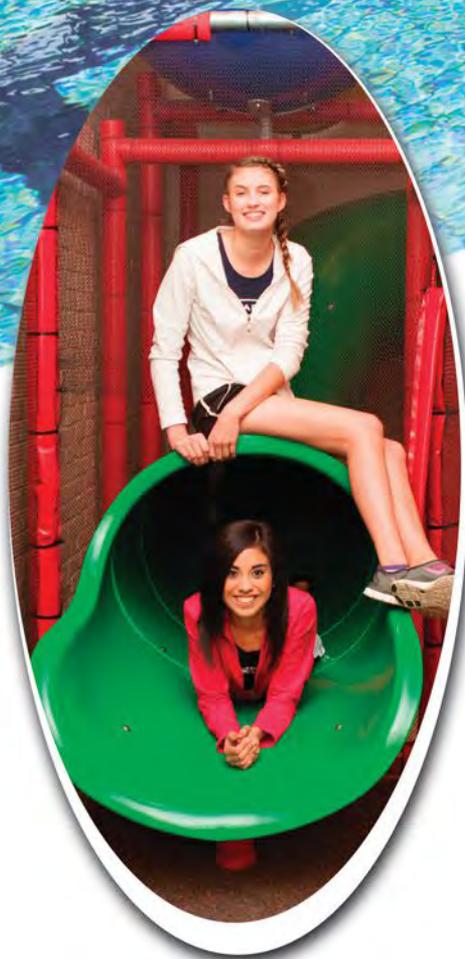
— By Sara Edgell

Swimming is a sport fueled by motivation and determination, and it's definitely not for the faint of heart. A person must be confident, strong and driven in order to become a swimmer capable of competing. A competitive swimmer can become a torpedo of speed, as they slice through the calm of the water. While swimming is often intense and exciting, there is another side to the sport that is more relaxed and enjoyable for all ages and skill levels. The double-sided nature of the sport is exactly what drew in and captivated both Sarah Updegrave and Valeria Calvillo.

These two seemingly opposite young women actually have far more than swimming in common. Both girls were born and reared in Corsicana, and both are recent 2014 graduates of Corsicana High School. Additionally, both have worked at the local YMCA as lifeguards and as swim lesson instructors. "Being around the kids is always a great, fun environment," Sarah said. "It's always a good time."

At a young age, Sarah and Valeria became involved with swimming through their families and continued with the sport because of their own interest. Sarah's parents installed a pool when she and her siblings were small children, so they grew up, essentially, in the water. Summers were spent lounging and splashing around. "We always swam," Sarah recalled. "It's something that is just really natural for me. I have always loved it."

At CHS, Sarah was a member of the swim team during her junior and senior years, which led to



many swim meets all across the state. In fact, she placed seventh in the 2014 state competition. Unfortunately, due to a shoulder injury, Sarah was unable to compete as much as she typically would have, but she took it all in stride. Even though she couldn't compete, she continued to train until she was ready to dive back in. "Being an athlete is very important to me," Sarah admitted, "because it means I am capable of doing things. Staying focused is a big part of that for me."

Similarly, Valeria began swimming at the age of 6. She attended YMCA summer camps each year, which led to



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swim lessons. "For as far back as I can remember, I have always swum," she said. "I love the feel of the water, and I really love the speed when I'm swimming." While Valeria did not compete with the school's swim team at CHS, she was a senior lieutenant for the Calicos dance team. She also worked with special education students during her senior year. "Some kids can't get up and run," she said, "so for me, being an athlete is something I really appreciate in my life."

Sarah began working at the YMCA in May 2013, and Valeria, who has been lifeguarding since 2012, has been teaching swim lessons for a year. They both lifeguard and teach swimming throughout the year. "Because I have been swimming for so long, I'm really comfortable with it," Valeria explained.

"That confidence helps me to know I am doing things right with the kids," Sarah added. "They are safe when they're with us."

The lessons focus on teaching children age 3 and up the skills and techniques required to become a strong and confident swimmer. The most common performance abilities the girls teach are the breaststroke, diving, treading water and swimming underwater. "Having the kids' trust us is huge," Valeria said. "Some of them really freak out about just going underwater, so to see them overcome that fear is really great."

"I enjoy watching them swim," Sarah agreed. "They are just cute! Being able to watch them get better and grow doing it is what it's all about."

The girls are now at a pivotal moment in their lives. With high school complete,

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they are on the cusp of profound change. Life as they have known it will forever change as they begin one of the most important transitions in their lives: the move from high school to college. For the past few years, they have been working hard on their grades, while deciding what direction they will pursue for their future collegiate and professional careers. Many young people their age struggle with these decisions, but Sarah and Valeria have an edge because of their experiences in the pool.

For Sarah, teaching swimming has allowed her to explore her interest in



sharing knowledge with others. She plans to become a teacher working specifically with students who are hearing-impaired. It was due to her interactions with kids in the pool that she was able to explore her interest in the field of education and discovered her natural ability for working with children in a challenging learning environment.

Based on her experiences working with the special education department at CHS, Valeria also excels as a swim instructor. She knows how to focus on

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pupils' needs and to adapt her lessons to meet them. She also knows how to keep her cool by showing kindness and concern. Valeria has a sense of empathy, and this character quality has inspired her to pursue a future in the field of nursing. "I've learned that fear is stupid," Valeria observed, "so I strive to have no regrets. Life is all about living in the moment and just going for it."



Even though Sarah and Valeria plan to pursue different academic routes, they both hope to attend Texas State University. And although they will undoubtedly move away from Corsicana to follow their dreams, they each plan to return to the YMCA during summer and holiday breaks to help fill in on the lifeguard stand and, perhaps, teach a swim lesson or two.

Swimming for these dynamic young women isn't simply a sport. It's a way of life that has taught them lessons about themselves and determined who they are in the world. The sport has provided learning opportunities that have shown them glimpses of where their future might lead. Swimming has also offered them valuable life experiences through working with and teaching others. But perhaps the most valuable lesson swimming has taught them is that dreams don't come true by themselves. Instead, it takes hard work and determination. And with that knowledge, Valeria and Sarah prepare to take their first dip into life's big pool. **NOW**

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The Versatile Stripe

— By Amy Walton

It's no secret that trends between home design and fashion are closely related. They not only coordinate in color scheme, but also in pattern. For example, I'm sure we've all noticed the pastel trend over this past year — coral and mint to be exact. We've also noticed the chevron trend, first in home design, and then quickly transitioning into the fashion realm. As much as I love recent trends, I want to focus on a more classic style that also has the ability to remain trendy — stripes.

Stripes have been thought of as rather traditional, and in a lot of cases, I have to agree. I love the look of a classic stripe, no matter what the color or application. In the classic form, a stripe can be displayed in a horizontal or vertical manner. In home decor, you might consider a vertically hung stripe on a set of drapes to be more formal; whereas, a horizontal, bulky stripe might feel a bit more casual. Another big trend has been placing thick horizontal stripes on the interior walls of your home. I love this trend, because rather than using wallpaper to create interest on your wall, you are simply using paint. For this application, a smoother finish on your walls is ideal, as a textured surface might interfere with achieving clean paint lines.

Color also plays a big part in the look of a classic stripe. A lighter fabric or color choice may come off as more approachable and

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welcoming compared to a bolder black and white print. If you are looking for a more intense look, a high contrast stripe might be the choice for you. To achieve a calm, relaxed feel, lean toward lighter tones with less contrast between the hues of your stripes. The same theory applies to fashion. A softer color scheme will represent a lighthearted and relaxed look as opposed to a bold print, which will signify a larger, more obvious fashion statement. These bold prints have been seen anywhere from maxi dresses to handbags. They are especially popular during the summer months in both high contrast hues and tone-on-tone applications.

But stripes don't have to take on a traditional appearance. They can have a very trendy, casual feel, as well. For example, when applied to a nautical or beach theme, stripes undergo



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a complete transformation and quickly represent the essence of a relaxed environment. There is nothing more relaxing than the look of a navy-and-white-striped rug nuzzled up against a bright white linen couch with some burlap trimmed pillows sitting atop. Ahh! I can hear the waves rolling across the beach right now and envision my toes in the sand! Just imagine, an aged driftwood coffee table supporting a beige-and-white-striped storage basket and some scattered seashells to complete the look. Maybe it's just me, but that scenario sounds like sheer perfection. Without going too over the top with your theme, this beachy design can really create a peaceful and serene room with a casual, effortless elegance.

The nautical theme doesn't stop with home design either. We have been seeing this trend transition into fashion for quite some time. Beginning with gold jewelry making its comeback a few years ago,

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it then became more obvious. Anchors became prevalent in jewelry, and stripes, while they have always been popular in fashion, began pairing up with the nautical aesthetic, as well. The nautical stripe has been applied to many things such as nail art, handbags, shoes, shorts — you name it. Even pairing a classic striped sundress with an anchor charm bracelet or ring has become trendy. Pair



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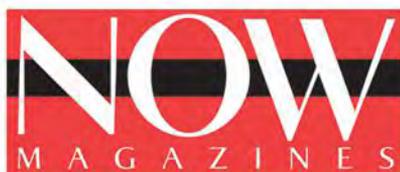
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that outfit with a neutral canvas wedge and red clutch and you've got yourself your next barbecue ensemble.

Aside from the nautical theme, stripes have many other ways of taking on a casual look. I call this the rustic stripe. You might see this in the French country design style, along with the shabby chic and cottage look. I've also seen this rustic stripe in the industrial style. You can find them printed on a kitchen towel, a grain sack pillow or even roughly painted on a table or dresser as a charming accent. You won't find clean lines when observing this type of style, but the imperfect elements of the rustic stripe are where you find its true charm.

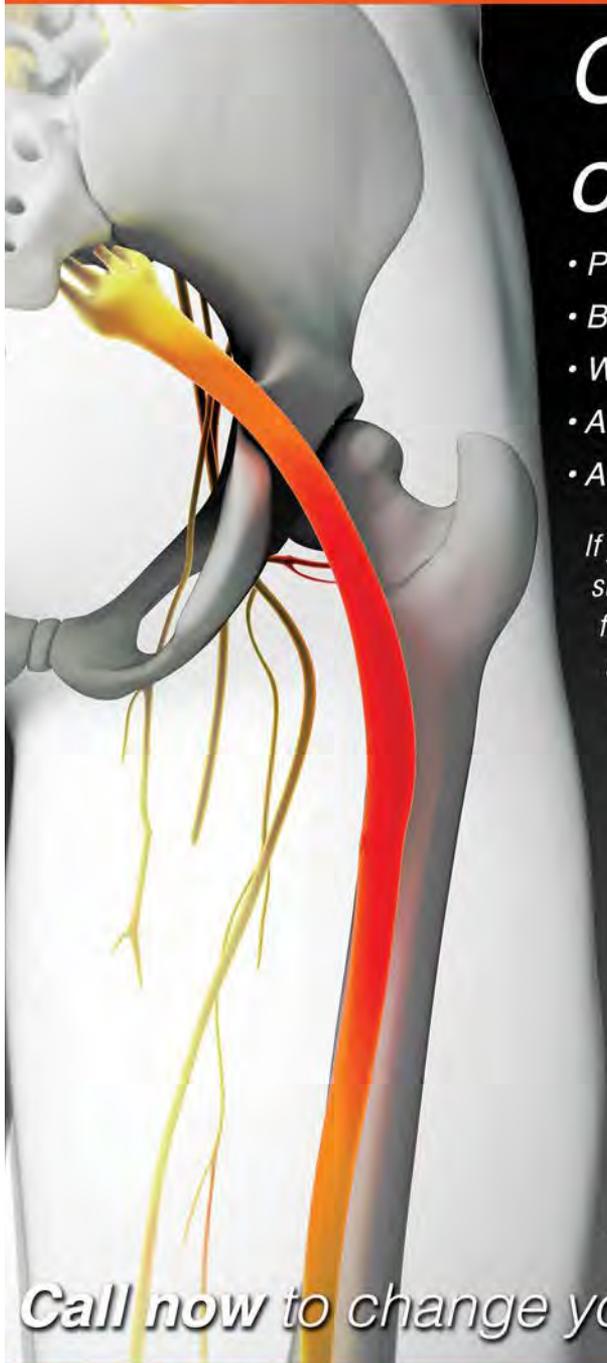
The rustic stripe can also be seen in the fashion world when applied to items such as the boyfriend jean, or even when printed on a summer scarf or canvas tote. I love pairing a bright and simple summer dress with a more rugged "rough around the edges" striped scarf. The contrast of those two elements creates interest and meaning behind an otherwise simple look.

It's hard to imagine that such a simple aesthetic can be applied to so many different design styles, but it's true. Whether you are going for the latest trendy look or the traditional classic look, stripes have the ability to take on many roles. What I find most appealing about stripes is their ability to never go out of style. They are timeless in so many ways and will always find a way to make a statement in both interior design and fashion. **NOW**

Editor's note: For more information, please visit www.theblissfulbee.com.

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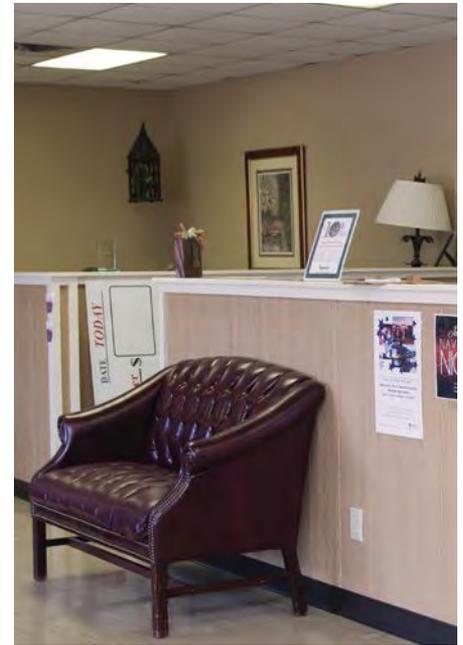


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The Stewarts and their staff pride themselves on offering great customer service, which stems from extensive experience in the business and insurance worlds.



A Package Deal

Finding insurance that fits each customer's needs is Badie and Paula Stewart's priority.

— By Virginia Riddle

As independent insurance agents, Badie and Paula Stewart and their staff offer customized service to customers. Many different factors enter into the equation when choosing an insurance package — needs, competitive prices, strength of the company and service reputation. “We pride ourselves on good customer service,” Paula said. “We are available at any time.”

Paula, Badie and fellow agents Dana Collins, Leticia Medina and Allison Smith draw on their extensive experience in the business and insurance worlds. Paula earned a bachelor's degree in accounting and has worked in that field as well as banking. Leaving those professions, Paula sold insurance for Badie who, at that time, was an agent for a major insurance company. “I was advised by some people to not work with my husband,” Paula

admitted. “But the few years we weren't together, I really missed him. It has worked out, and I can't imagine doing anything else now.” In their eighth year as Stewart Insurance Company, Badie and Paula's partnership merges the best of over 24 years of business and insurance experience.

Stewart Insurance Agency is a member of the Independent Insurance Agents of Texas. The group carries insurance protection for auto, home, commercial, life and health, motorcycle, RV, renters, boat, Medicare supplements, flood and farm and ranch from over 20 companies. “Our goal is to provide insurance at the lowest cost with the highest level of customer service,” Paula said. Stewart Insurance is a member of Trusted Choice®, comprised of local independent agents who advocate

for customers from the initial quote through claim processing.

The agency's part-time employees, Shirley Hamilton and Brandilyn Gorman, greet customers who call or come into the friendly office. "Our staff is really hardworking and knows how to take care of the customers," Paula proudly stated. "What a blessing my staff is to me."

That caring attitude becomes very important when customers suffer a loss and need to file a claim. "It's often a very traumatic time for people," Badie acknowledged. "When we make sure that claim is paid, the customer is happier, and so are we." Much of the agency's business stems from referrals or long-term customers.

Stewart Insurance earned a 2013 Silver Star Profitability Award and the 2013 Texas Star Award for District III from Germania Insurance. Paula was honored, out of 358 agents, as Germania's Agent of the Month in April 2013. Stewart Insurance Agency is a member of the Corsicana & Navarro County Chamber of Commerce, and Paula is a member of the American Business Women's Association.

Work and home sometimes intertwine as Paula and Badie take care of both their business and a multigenerational family. Badie's mom lives with them along with their 10- and 15-year-old children, Walker and Chloe. The couple has two grown children, Gannan Stewart and Drew Davis, and a new daughter-in-law, Bri Davis. The Stewarts' two grandchildren, Dylan and M.J., live nearby. "Our kids are very involved in softball, cheer summer camps and numerous other extracurricular activities. That means we are happily involved, too!" Paula enthused. Badie and Paula work with Awana at Corsicana's First Baptist Church, and both are members of The Gideons International.

Whether in their private or professional lives, the Stewarts exhibit the same enthusiasm. "We take our customers seriously and are very dedicated," Paula shared. "We are able to meet and get to know many different people. I feel truly blessed. It's nice to live in a town like Corsicana." **NOW**

Happy 4th of July!



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Diana Castillo (center) speaks at a Navarro County Health Alliance meeting.



Citizens gather for the Kerens Veterans Memorial groundbreaking ceremony.



Brittany Morgan, Mildred ISD counselor, congratulates Katie Casaday of MHS as she receives the 2014 scholarship from Roy Messick, President of VVA Chapter 1009.



Condren Ward of the Veterans Flight Program offers rides to WWII veterans in Pecos Bill at the annual Corsicana AirSho.



Matt and Cindy Graham portray Dr. Dan Hamill and his nurse during Odyssey in Oakwood.



The Navarro Derrick Days Pro Rodeo brings the cowboys and broncs to town.



Greg Price polishes his Camaro SS at a Cars of Navarro County Car Show.



James Blair Chapter, DAR, 2014-2016 officers are honored at the chapter's White Breakfast at Kinsloe House.



Calamity Janes perform in Pocket Park during May's Second Saturday Main Street celebration.



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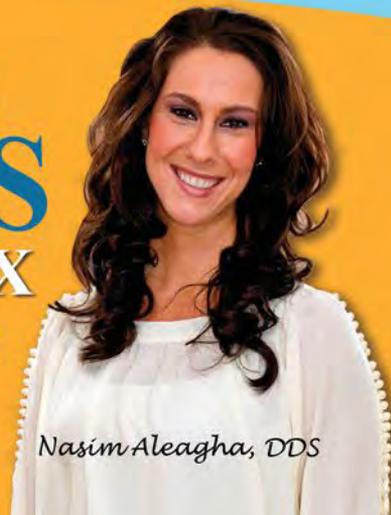


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Is It Too Late to Save for Retirement?

If you're like many Americans, you haven't saved as much as you'd like for retirement. But you can take steps now to boost your retirement savings. These seven tips may help you get back on solid footing with your savings plan.

Automate your savings. Have money taken out of your paycheck before you receive it. You'll learn to live on the smaller net amount as your savings continue to grow.

Spend less. It sounds simple, but it's a challenge for most people. Create a budget that prioritizes retirement and emergency fund savings. Pay off all high-interest installment debts, such as credit cards. Then look at discretionary expenses you could eliminate or reduce, such as expensive coffee drinks, frequent dinners out or a pricey TV plan.

Increase your savings. If you have a few years before retirement, strive to save 10 percent of your income each year, then increase it annually by 1 to 2 percent, or even more if you receive a pay increase. If you can't contribute 10 percent, don't worry. Save as much as you can. Every little bit helps. And as you near retirement, you can make catch-up contributions to your retirement savings to jump-start a stalled plan.

Don't overlook matching funds. Contribute enough to your retirement plan to earn matching funds from your employer, if they're available. Not taking advantage of this opportunity is like

leaving money on the table.

Review your investments. If your mix of investments is too conservative or lacks enough diversification, your savings may be stalled. Contact a financial professional to discuss reallocating funds, so your retirement savings may continue to grow.

Work a few years longer. If your health and circumstances allow, consider working a year or so beyond traditional retirement age, even if it's a part-time job. The income may allow you to meet expenses while keeping your savings intact and growing. Another benefit: You may be able to stay on your employer's health care plan.

Downsize. If your current expenses and lifestyle are too great for you to save regularly, think about moving to a smaller home, reducing the number of vehicles your family uses or other measures. Pour the savings directly into your retirement account.

If you need additional guidance reworking your retirement savings plan, consult a financial or tax professional. **NOW**

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Lynda Housley is a State Farm agent based in Corsicana.

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Caught in the Food Crosshairs

— By Betty Tryon, BSN

The evening ended as a memorable affair — just not the way the hostess envisioned. Within a few hours after eating, one by one, the guests began to feel ill with nausea, vomiting and diarrhea. Only those who ate the salad became sick. In looking for what might have caused this, it was discovered that the salad ingredients were chopped on the same cutting board on which the raw chicken had been prepared. In cleaning the cutting board after using it for the chicken, the cook thought a quick rinse was good enough, but it was not.

Cross-contamination of food is a public health concern. Food cross-contamination is the act of transferring germs from one object to another. Using the same cutting board in the kitchen for raw meats, bread, fruit and salads is an accident waiting to happen. To be safe, save one board for raw meats and another one for vegetables and fruits. Considering the distressing consequences, it is a relatively easy thing to do to help protect your health. Even under the strictest cleaning practices, juices from raw meat can be harbored in cracks and tiny crevices on the board. Toss a board that has too many scars on the surface. When cleaning your meat board, use hot soapy water, follow up with a disinfectant and rinse thoroughly.

The quest to avoid cross-contamination of food begins even before the food ends up in your kitchen. If you use re-usable grocery tote bags, keep them clean. In tote bags and plastic bags, try not to

carry your fresh produce in the same bag you carry raw meat. In other words, don't package your hamburger meat with your tomatoes.

After rinsing your fresh produce, store it in a clean container rather than returning it to its original container. As always, wash hands thoroughly before preparing food. Another precaution is to wear gloves if you have a wound on your hand. The gloves protect you by providing a barrier to keep your wound from becoming contaminated, and they prevent germs from getting on your food. Storing eggs can be risky business. They should be kept in the original container and placed on refrigerator shelves, rather than in the egg containers on the fridge door. The constant opening and closing of the door jostles them and exposes them to fluctuating temperatures which reduces their quality.

When grilling this summer, employ the same rules you use in your kitchen. Never put cooked meat on the same plate or pan that held uncooked meat. Keep grilling utensils separate between raw food and cooked food. And remember, always wash your hands after handling raw meat. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.

Through July 31

Summer 2014 Planetarium Programs: 2:00, **Mondays-Saturdays**, The Cook Center. For more information or show schedule, visit www.cookplanetarium.us.

Jester Park and Bunert Park: pool hours for Jester Park are **Wednesdays-Saturdays** 1:00-6:00 p.m., **Sundays** 1:00-5:00 p.m.; pool hours for Bunert Park **Wednesdays-Saturdays** 1:00-6:00 p.m. For more information, call (903) 654-4874.

July 4

Freedom Festival: 6:30-10:30 p.m., I.O.O.F. Park. For more information, call (903) 654-4874.

Piecemakers' Quilt Guild of Corsicana: 9:30 a.m., Church of Christ Fellowship Hall, 3400 Highway 22. For more information, visit www.corsicanaquiltguild.com or email pqcorsicana@gmail.com.

July 7 — 11

15th Annual Corsicana Children's Company Theatre Camp: Warehouse Living Arts Center. For more information, call (903) 872-5421.

July 8

Vietnam Veterans of America, Chapter 1009 meeting: 7:00 p.m., Sirloin Stockade. For more information, email Roy Messick at roy.messick@gmail.com.

July 8, 9

Balls to the Wall Racquetball Camp: 10:00 a.m.-noon, Corsicana YMCA. For more information, call (903) 654-4874.

July 10 — 12

Air & Space Camp: 9:00 a.m.-noon, Cook Center and Lake Halbert. For more information, call (903) 654-4874.

July 11

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. For more information, contact Connie Beal at (903) 654-6892 or email connie_beal@chs.net.

July 14, 15

Bust a Move: 1:30-3:30 p.m., Corsicana YMCA. Kids ages 6-12 are invited to learn hip hop dances. For more information, call (903) 654-4874.

July 17

Buds and Blooms: 9:00-11:00 a.m., Cason's Flowers. Kids, ages 6-12, will learn flower arranging from experts. For more information, call (903) 654-4874.

July 22

Carter Blood Drive: 1:00-3:00 p.m., Navarro Regional Hospital. For more information, contact Connie Beal at (903) 654-6892.

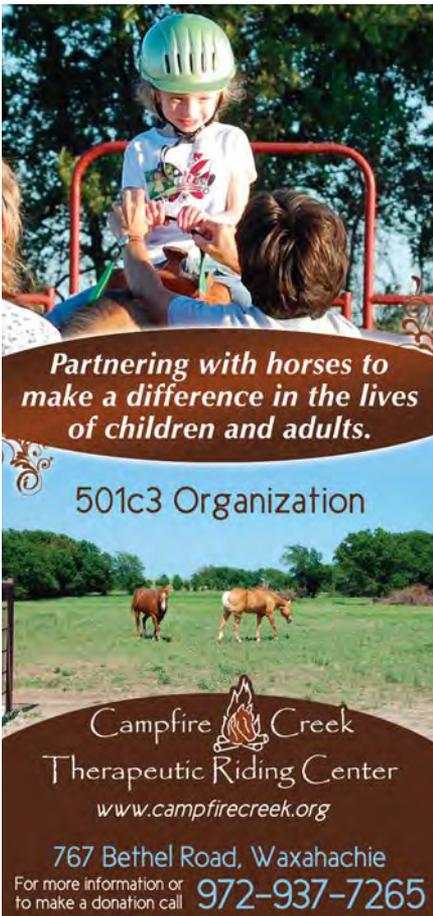
July 24, 25

King Pins Bowling Camp: 1:00-3:00 p.m., Bulldog Lanes. This camp is for kids ages 7-12. For more information, call (902) 654-4874.

July 26

BBQ and CASI Chili Cook-Off: 8:00 a.m., American Legion, Post 22, 632 North Beaton Street. For more information, call (903) 874-3938 after 2:00 p.m.

Submissions are welcome and published as space allows. Send your current event details to virginia.riddle@nowmagazines.com.



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In the Kitchen With Laura Fira

— *By Virginia Riddle*

Laura Fira has risen to the challenge of recreating her grandmother's recipes, but with healthier ingredients. "Everything was fried when I was growing up," Laura said. "I bake now." She has also learned a chopped potato will take salt out of soups and has used sugar substitutes.

An advertising representative for NOW Magazines, Laura depends on her sons, Andrew and Alex, to help her in the kitchen. "I like to 'plate' things and am a perfectionist," Laura revealed. Her sons and her husband, Jake, enjoy the results. The kids' favorites are Laura's snickerdoodle cookies. "Joy is seeing a little hand coming up to snatch a cookie from the cooling tray," Laura said. **NOW**

BBQ Burger

2 lbs. 85/15 ground beef
1/2 cup Monterrey Jack cheese, grated
1/4 cup BBQ sauce of your choice
2 tsp. salt
1 tsp. black pepper
1 tsp. onion powder
1 Tbsp. butter
1 pkg. of 8 sesame seed hamburger buns
Lettuce leaves
Toppings, as desired

1. Combine beef, cheese, sauce and seasonings; shape into 1-inch thick patties.
2. Make a 1/2-inch indentation in the center of each patty.
3. Apply butter to very hot skillet; place patties in pan, indented side up. Reduce heat to medium; allow patty to cook for

4-6 minutes.

4. Flip patty; cook for additional 4-6 minutes.

5. Assemble hamburgers; serve with lettuce and toppings of your choice.

Snickerdoodle Cookies

See low-sugar option in the instructions below.

1 3/4 cup sugar (divided use)
1 Tbsp. ground cinnamon
2 1/2 cups all-purpose flour
1 tsp. baking soda
1/2 tsp. salt
8 Tbsp. unsalted butter, at room temperature
2 large eggs

1. Preheat oven to 375 F; line two baking sheets with parchment paper.

2. Combine 1/4 cup sugar (or 3 Tbsp. Splenda Sugar Blend) with cinnamon; set aside.
3. Whisk flour, baking soda and salt together.
4. Beat butter and 1 1/2 cups sugar (or 3/4 cup Splenda Sugar Blend) together on medium speed until light and fluffy, or about 3-6 minutes. Beat in eggs, individually; thoroughly mix for 30 seconds.
5. Reduce mixer speed to low; slowly add flour mixture; thoroughly mix for 30 seconds.
6. Form dough into balls 2 Tbsp. in size; roll balls into cinnamon sugar mixture.
7. Set balls 2 inches apart on baking sheets.
8. Bake one sheet at a time until edges of cookies are set and just turning brown, about 10-12 minutes. Centers will look raw.
9. Cool for 10 minutes; move cookies to wire rack; cool to room temperature.

Granny's Potato Salad

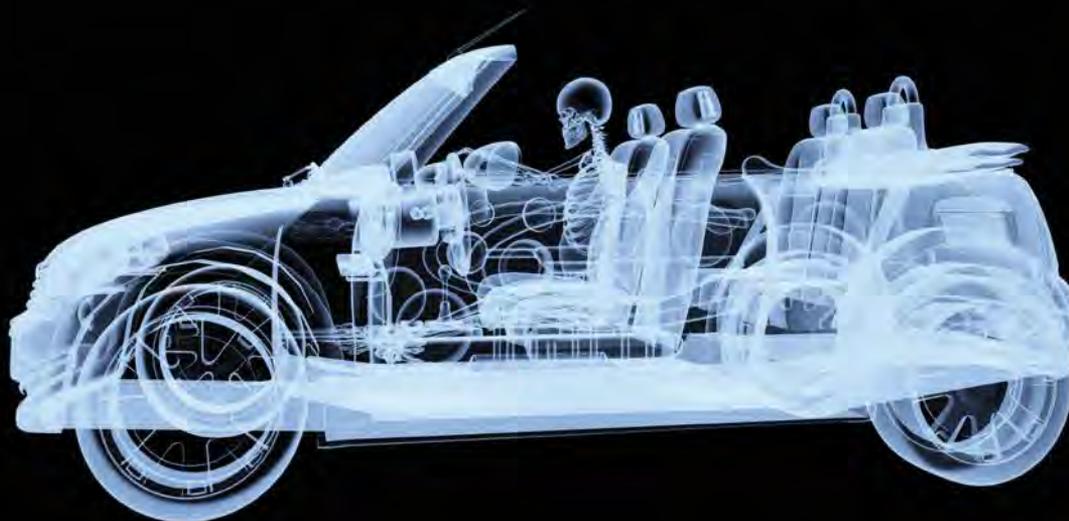
5-6 potatoes
3 eggs
1 Tbsp. sweet relish
1 Tbsp. mustard
2 Tbsp. Miracle Whip
1 tsp. salt
1 tsp. pepper
1/3 cup onion, chopped

1. Boil potatoes until tender; drain.
2. Hard boil eggs; peel and chop into small chunks.
3. Mix all ingredients well; chill.

Tequila Sunrise Margarita

4-oz. container red-colored sugar
1 lime, wedged
3 cups Triple Sec or other orange liqueur
2 cups tequila
1 1/2 cups freshly squeezed lime juice
1 cup fine sugar or powdered sugar
2 cups orange juice
Ice cubes
Orange slices (optional)

1. Place red-colored sugar on a small plate.
2. Rub rims of glasses with lime wedge; dip glass rims in sugar to coat.
3. In a pitcher, combine Triple Sec, tequila, lime juice and sugar; stir until sugar dissolves.
4. Add orange juice; stir and chill.
5. To serve, place ice cubes in sugar-rimmed glasses; add mixture over cubes.
6. Garnish with orange slices, if desired.



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