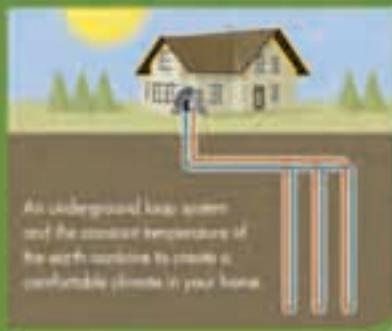


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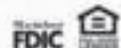


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Bubba Beacon's
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the day!

Photo by Amy Ramirez.

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Editor's Note

Dear Friends,

It's time to get back into the school groove! The dog days of summer are quickly coming to an end with the ringing of school bells. There is so much to do: last minute vacations or stay-cations to take, school supplies and clothes to purchase and, of course, that last dip in the pool to enjoy.

In this August issue, David and Lisa Lott's Mediterranean-style home on the lake is the place to be for fun in the pool or in the boat. Read all about the great American summer pastime — baseball — as it's played by the Bulldogs, a local select coach pitch baseball team, as they complete their season. And Catherine Porter has the answer to what you can do to preserve those fresh fruits and veggies for fall and winter eating. Bon appétit Corsicana!



Virginia

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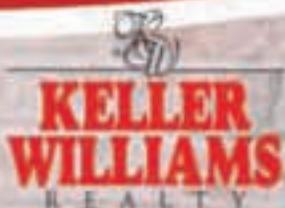
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883 Safford - Owner financing available. Open floor plan has granite, ceramic tile, crown molding, custom window treatments, luxurious master suite.
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221 Tusanya Trail - 4100 sq. ft. with lg. open living area, 5 bedrooms, 3 baths, over 1 acre, open water views and 30-ft. boat slip.
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207 Collins Ln - Recently updated! Beautiful river rock fireplace, 3 bedrooms, 2.5 baths, covered patio, boathouse and ramp.
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1218 Sycamore Ave - Cute 21 with wood floors, bonus room & garage! Large fenced backyard with dock & storage building.
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116 Helen Drive - Private forest of trees on the lake surround this beautiful 3-story, 2-bk-rooms, soaring ceilings, antique wooden stairs.
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110 SE CR 3107 - Beautiful open water front views and sparkling home with outstanding custom features, tan deck on boat house.
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214 Collins Ln - Lovely 3/2 with open floor plan, detailed finishes and gorgeous open water views!
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121 CR 1051 HW - Custom-built 42 tucked away on 1.34 wooded acres with 2 ponds, barn, stables, workshop and more!
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633 SE CR 2048C - Fabulous newly remodeled 3/2 waterfront home w/ large party deck and awesome open water views!
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104 Wyoma Dr - Country living in this 4.21 lake home on heavily treed lot w/ huge metal workshop.
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5316 Trailridge Place - Fabulous 3/2 on 2.5 acres with 970 sq. ft. of porches and awesome outdoor living spaces!
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108 N 31st St - Historic 3/2.1 with many updates! Modern master bath, Austin fireplace and so much more!
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14211 Clark Dr - Completely remodeled 3/2 on large treed lot w/ open floorplan, great kitchen & 2 decks!
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1594 W 4th Ave - Beautiful updated 3/2 home w/ plush carpet & hardwood floors, open plan w/ lots of windows & oversized lot!
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328 Driftwood Ave - Beautiful 3/3 SW on 4 lots with brand new A/C, completely updated and enlarged, cedar trim, workshop and more!
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1862 FM 1603 - Cute brick 21 on over 2 acres with spacious living area with bar into kitchen, walk-in closets and storage building.
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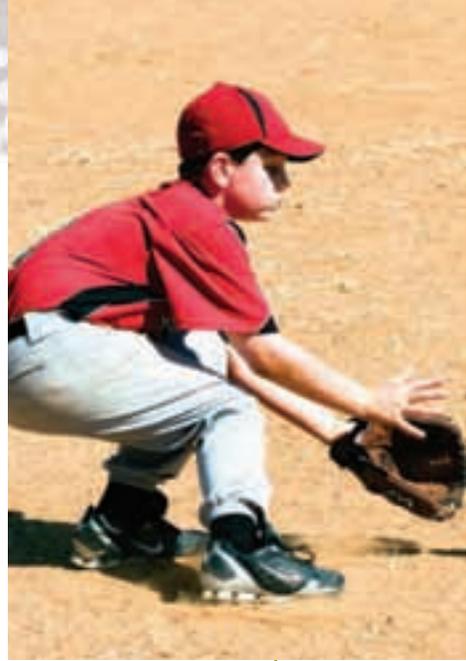


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BULLDOGS FO

— By Sydni Thomas



Nothing says summer in America like the smell of nachos wafting from the concession stand, polyester pants stained green from sliding in the grass to catch a pop fly, cleats caked with red dirt straight from the diamond and cheers from the bench as a player steels a base. Jason Kinkade has been a fan of baseball from his Little League days. He played baseball until his sophomore year in high school, and though he may have stopped playing long before graduation, he never stopped following the sport he loves.

As his son, Kolby, started playing different sports, Jason began coaching. His first time coaching was for Kolby's soccer team. Better suited for baseball, Jason started assisting the coach of Kolby's baseball team. Several of the kids on the team were older, and when it was time for them to move up a division, their coach left the team to Jason.

Front row left to right: Caleb Vasquez, Joel Pair, Kaegan Shamblin, Bubba Beacom and Bryan Perales.

Second row left to right: Braden Breazeale, Grant Gamez, Kolby Kinkade, Kenny Brown and Haydin Thomas.

OR BASEBALL



Coaches left to right: Mike Beacom, Jason Kinkade, Jason Gamez and Bobby Shamblyn. (Not pictured: Matt Thomas.)

Talks of starting a select team circulated for a while before Jason decided that Kolby was ready to commit to the many extra hours and games it would entail. Several parents approached Jason about creating a team when they could not find one in the area for boys 7 to 8 years old. Jason recruited some coaches, and they began planning their entry into the select baseball circuit. They invited many whom they had coached in the past and ended up with a strong team of kids from Corsicana, Retreat, Mildred and Rice. At their first team meeting, Jason had each of the players write down three of their picks for a team name. Almost every player chose the Bulldogs as a tribute to Navarro College. The next steps for the Bulldogs were joining Super Series Baseball of America and preparing for their first round of tournaments. "The team officially formed in November of 2010," Jason said. "We spent a lot of time practicing and becoming a team before we attempted a tournament. In April of 2011 we entered our first tournament."

Coaching the select team is different than the city league Jason was used to handling. Instead of one practice a week, he now holds as many as he can. The league plays year-round with only a few weeks off here and there. The team also spends entire weekends

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“It’s fun to see the kids’ talent explode when they join a team like this.”

at tournaments. Luckily, Jason does not have to coach alone. He has four other coaches — Mike Beacom, Matt Thomas, Jason Gamez and Bobby Shamblin — as well as several parents who help with practice and tournaments. During practice the coaches expand on the basic fundamentals and teach strategy. They sneak in conditioning by creating fun games to keep the boys moving and prepare them for tournaments where they play back-to-back. “If it weren’t for my wife, I know that I wouldn’t be doing this,” Jason said. “The wives of all of the coaches have to sacrifice a lot for us to be gone so often. We practice a lot and then almost every weekend there’s a tournament. They are always there at every tournament, too.”

Players learn baseball fundamentals on city league teams. To level the playing field, those teams are mixed with kids who have played before and those who are new to the game. Some have been playing since they were 4 while others are beginning at 8 years old, making it hard for experienced players looking for new challenges. These veterans enjoy playing on their city team with friends, but also look forward to challenges select team tournaments bring. “These guys are dedicated and want to play,” Jason said. “They have the drive and already know how to play. As coaches, we expect a lot out of the players, and they all work hard.”

A few of the team members had played in tournaments before through



All-Stars, but consecutive tournaments are new to all of them. Tournaments begin on Saturdays and teams play two games. These games rank the teams and determine Sunday's game order. On Sunday, they play until they lose or are the last team standing. Tournaments are a family affair, and almost all the parents are able to make it to each one. The boys enjoy traveling to the games and playing new teams from across the state. So far, they have played tournaments in Kerens, Waxahachie, McKinney, Burleson and Waco. During this first year, they do not plan to travel further than an hour away. Due to the expense of tournaments, the coaches have decided to limit the number they attend this first year, but will increase the amount as the team gets stronger. "We are looking better all of the time," Jason said. "They face stronger competition at these tournaments, and it makes them stronger, too. I can see how they have grown with each tournament we attend."

Spring and summer are busy for the Bulldogs. All the players serve double duty, playing on both a city league team and their select team. Several of them even face each other in games and know how to adjust to their opponent's strengths and weaknesses. Win or lose, they put it aside once they're back on the field as Bulldogs. "When they come out to our field they might have to play a different position than they do with their city team," Jason said. "This month when

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they start kid pitch, they will have to be strong in at least two different positions. We will lose some good fielders to gain pitchers.”

“I’ve already started practicing to become a pitcher,” Bulldog team member Kaegan Shamblin said. “After practice I go home and practice more. I love playing baseball, and it’s a lot of fun.”

Barbara Shamblin, Kaegan’s mother, did not hesitate to sign up her son for the team. Despite the heavy costs associated with joining a select team, the education



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Coach Kinkade's youngest son, Keller.

and personalized attention that Kaegan receives from the coaches outweighs the monetary costs. “I had daughters who played softball when they were younger on select teams,” Barbara said. “They went on to play in high school, and we wanted Kaegan to have that same opportunity. It’s fun to see the kids’ talent explode when they join a team like this.”

Just as they begin to get the hang of things, the Bulldogs will be thrown new challenges this year. As this young team grows stronger, they will have the opportunity to travel further, play more tournaments and improve their game. “We are still learning how to play as a team,” Jason said. “These kids want to be here. If they didn’t, baseball would not be fun for them. As long as we are consistent, these kids will learn a lot and have a great time playing ball.” **NOW**

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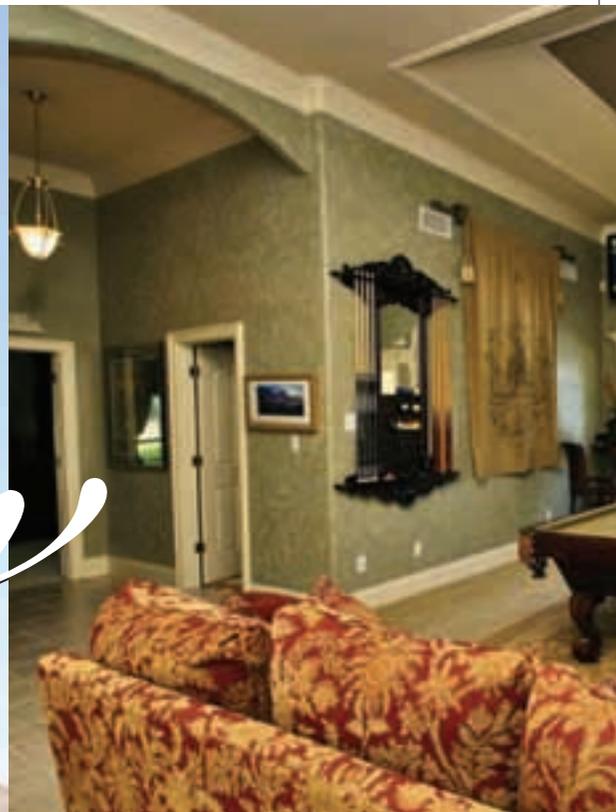


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Rooms With a *View*

— By Sydni Thomas



At Home With **David**

A simple invitation to a patient's party hosted at her lake house sparked an idea in David Lott's mind. He thought, It'd be nice to have a home like this. Fast forward several years later, and David's dream of owning a home like that became a reality. Instead of buying a house similar to that one, David and his wife, Lisa, bought the very house David's patient had owned when it came on the market shortly after they got married.





avid and Lisa Lott

The first thing that is seen when driving up to the Mediterranean stucco-style house is Richland Chambers Lake. Surrounded by magnolia and palm trees, the white column house has perfectly manicured lawns and the greenest grass around. Quite a lot has changed in the eight years they have owned the



property. It has taken almost the entire time to get the yard just the way they want it. They now own 12 of the 30 lots in their community. They also made the landscaping “kid friendly” for their youngest son, Dylan, an 8-year-old, and his friends from Collins Catholic School. “All of the landscaping has been done a little at a time,” Lisa said. “When we are here on the weekends, we always have some project going on.”

Lisa, a Minnesota native, never planned



to move to Texas, but the Air Force had other plans. Lisa and her oldest son, Brian, packed up and made the move to Texas. As a nurse, she had been stationed all over the United States and was always a long distance from her family. Just after moving to Texas, Lisa went out for a boat ride and spotted David on another boat. David — Fairfield, Texas, born and raised — was just visiting, and the two

hit it off instantly. The couple commuted to see one another every weekend for a year until the traveling became too much. They got married and began house hunting. David and Brian knew instantly that this was the house in which they wanted to live. It took a lot of begging, however, to get Lisa on board, since she hadn't planned to settle in Texas.

Each morning, weather permitting, David and Lisa wake up angled perfectly to catch a view of the lake. The house was designed around the lake and every room, except one upstairs, had windows installed to give those inside picturesque views. In the evenings, just as dinner ends and the sun sets, those sitting at the dining room table get a remarkable view. "Our friends couldn't believe we didn't have any blinds on the windows," Lisa said. "Some people put art on their walls, but our art comes through the windows.

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Interior decorator, Tonyia Coleman, helped Lisa turn the study into the ideal place to run their business. Before, Lisa was confined to a corner desk in the bedroom. She'd go to bed at night thinking about work, and it was the first thing she saw each morning. Thanks to Tonyia, that problem no longer exists.

Lisa continued her education while in the Air Force at UCLA and The University of Texas Medical Branch at Galveston where she became a nurse practitioner. David graduated from Southern Methodist University and continued his studies at Hardin-Simmons University (HSU) in Abilene. He graduated from HSU with a doctorate in physical therapy. After a few years in the workforce, David began his own business and Lisa became his business partner. She runs the administrative side while he

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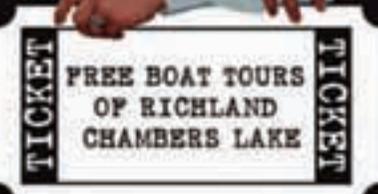
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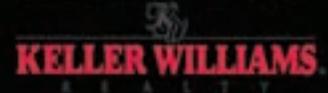
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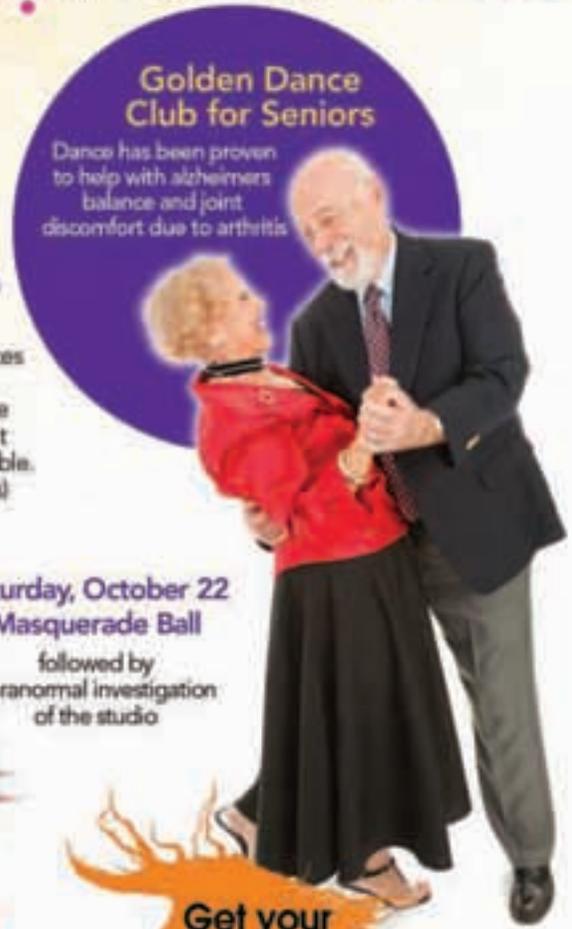
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practices. This fall the Lotts plan to break ground and open a new center in Corsicana.

After the home office was complete, Lisa and Tonyia began devising a plan for the rest of the house. The game room already had green textured walls that continued throughout the formal dining room. In the master bedroom the Lotts took a risk with the use of gold and left Lisa wondering how everything was going to work together when finally complete. "After all the other details were painted in the room, it looked great," Lisa explained. "It ties in all of the other elements in the room from the bedspread to the drapes and mantel."

While the Lotts are hardworking, they do take time to enjoy life with their family and friends. They set up their four-bedroom home to be a welcoming place for guests. The first room off the entryway used to be a living room, until David's pool table lost its home in the office. Now it serves as the game room and gives visitors their first impression — one of fun and entertainment. Almost every room in the house has a TV to allow guests the freedom to watch what they want. The main living room sits just off the breakfast nook and kitchen. It leads to the back patio and pool that overlook the lake. "We spent eight years raising the boys and working nonstop on the business," Lisa said. "It finally came time to put that same kind of energy into the house."

Last month, while our nation celebrated its independence, the Lott household celebrated for other reasons, too. The Fourth of July is when David met Lisa and when he proposed to her the following year. Taking a page from their book, Brian also got married on the

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Fourth of July weekend in Maui. When the newlyweds came back home, David and Lisa hosted a reception for the young couple at the lake. The house is a prime location for parties. Many of the couple's friends are located in San Antonio, and they make trips to the lake house regularly. "We wanted a house that was great for entertaining," David said. "It's a house where the kids want to come back home to after they've graduated."

"It was a great place for Brian and his friends during high school," Lisa said. "Not many of them had ever done water sports before, so it was great to teach them how to ski and wakeboard. We practically have the lake to ourselves most of the time. Richland Chambers is a



fishing lake, but the skiing is still good."

It may have taken a lot of convincing for Lisa to get on board with the purchase of the lake house, but she hasn't given it a second thought since. "I had never thought this would be my life," Lisa said. "Here I am in Texas of all places, living on the lake, and we have a boat. I have a very blessed life." **NOW**

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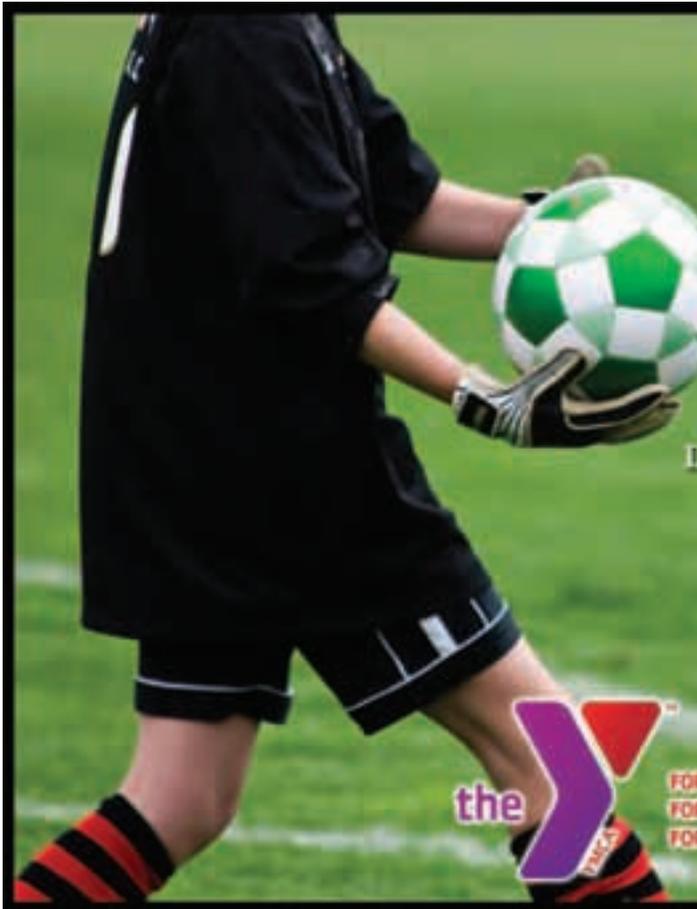


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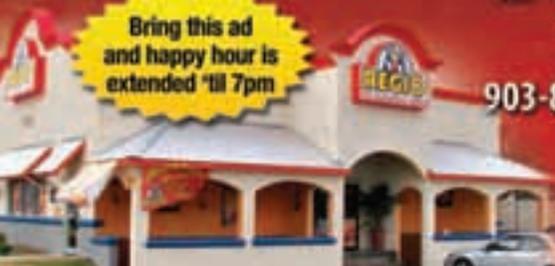


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“Some people feel sorry for me because I’m deaf. I feel the opposite. It’s a blessing.”

JACOB’S JOURNEY

— By Randy Bigham



Jacob Thornton can’t hear, but that may be the only thing this accomplished Corsicana High School graduate can’t do. Born deaf, he regards the fact not as a barrier but as a test of will and skill, qualities he has in abundance. From track to drama, Jacob filled his educational career to the brim, and capped it off by graduating in the top 10 percent of the Class of 2011, a feat for him and for the Corsicana

Independent School District (CISD). The young man’s achievements are due as much to his passion as an activist for the deaf as to his talent. “Being deaf is not a handicap,” he signed. “There are so many misconceptions. People think we aren’t on the same page, that we are lower in intelligence and understanding. Some come up and act shocked that I can play sports and drive.”

The ignorance of some makes Jacob “want to prove them wrong,” a determination shared by his family. “It’s important to realize that deaf people are OK with being deaf,” said Jacob’s mother, Heather, an American Sign Language interpreter who has been a CISD deaf education teacher for five years. “Also, they prefer being called deaf, not ‘hearing impaired.’ That’s a label created by the hearing.” Billy Don, Jacob’s dad, is also sensitive to how his son is perceived and hopes for a day of



greater public awareness. “People just don’t know better,” he said. “They don’t mean any harm.”

For Jacob, there was no adjustment to being “deaf with a capital D,” as he puts it. It was all he knew. For his parents, it meant immediate change in their lives. “We had never met a deaf person, so we had to educate ourselves quickly,” Billy Don explained. “It was hard, but it was worth it.”

“When we first realized Jacob was deaf,” Heather explained further, “we went to an audiologist, and she advised me to teach him both signing and speech since some deaf people have the ability to talk and some don’t.” Jacob speaks well, although he is aware of the political movement of some within the deaf community that discourages speech as a denigrating concession to the hearing world. He points to Academy Award-

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winning actress and deaf spokesperson Marlee Matlin as a role model on the issue. "Some deaf people criticized Marlee Matlin because she spoke at the Oscars instead of just signing, but I was fine with it," Jacob said. "I admire Marlee because she stands up for what she believes in."

While he chooses to speak and read



lips when he is around the hearing, Jacob identifies primarily with other deaf people. "So signing is my first language," he said. "I live mostly in the deaf world where I feel I belong."

Yet Jacob has made a firm impression on the hearing, from his mom, whom he inspired to become a 'deaf ed' teacher, to his younger sister, Tara, who plans to be an audiologist, to fellow classmates whom he has helped tutor in math, one of many subjects in which he excels. "Math is my thing," he confessed. "It's music to my ears. Many deaf people have a better time with math than with reading. In calculus I had a high A, and I got a perfect score in trigonometry." His genius at arithmetic notwithstanding, Jacob is a creative soul, and plans to seek a career in filmmaking. "I love movies and want

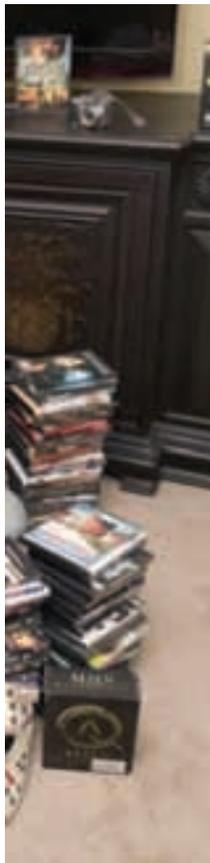
to become a director," he said. "It's my dream to cast and direct my own films."

Jacob's family supports his Hollywood aspirations, and he has even received reinforcement from deaf actor Tyrone Giordano, star of the movie *The Family Stone*, whom he met at a recent Imagination Celebration event, a Dallas-based deaf function held annually.

"Tyrone's another role model for me," Jacob said. "He's encouraged me to pursue my interests. He told me, 'Keep at it. Many said I couldn't do what I'm doing. So don't let that kind of attitude keep you back.'"

Jacob doesn't intend to let anything stand in the way of his dreams, and he credits his positive approach to the interpreters and teachers who have guided him along the way. He recalls his pre-K and elementary teachers, Mrs. White, Mrs. Burns and Mrs. Jordan, who recognized his aptitude and recommended his transfer from the deaf ed program to mainstream classes. He especially praises Stacy Rogers, his interpreter from sixth grade until graduation. "We developed a connection, and now we're really good friends. She is much more than an interpreter."

Heather also singles Stacy out. "It's more than a job for her," she said. "She helped Jacob after school, just volunteering to interpret for him at



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various times. She was always there for him." Tara added that Stacy was almost "a second mom" for Jacob, and Billy Don agreed. "When Jacob needed to

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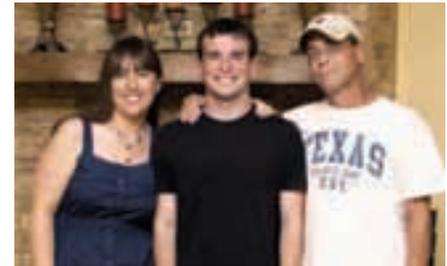


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confide in someone, and maybe didn't want to come to us yet, he would talk with her first." Another interpreter the family credits with having a significant impact on Jacob's development was Tisha Huddleston who worked with him at school, at after-school soccer practice and at other events. Jacob also remembers the support of drama teacher Lisa West, who cast him in a series of one-act plays that won him several awards in competition. "Mrs. West saw what I could do, not what I couldn't," he added.

Jacob insists he could not have succeeded academically were it not for the faith his family, friends and teachers had in him. But he admits there were a few naysayers. "One person told me I'd never make the top 10 percent of my class," Jacob said, adding that when he went into the campus office to receive his



Jason poses with his parents, Heather and Billy Don Thornton.

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award for achieving that very distinction "people looked at me like I was lying."

Jacob has been active outside high school, too. In the summers, he attended elective programs affiliated with the Texas School for the Deaf, and just recently got his scuba diving certification. Now with graduation behind him, the star pupil's sights are set on Lamar University where he will major in film studies. "I'm kind of nervous, but am looking forward to getting to know the deaf community there," Jacob said. He will take his talent and can-do spirit with him, as well as his advocacy for the deaf. "Some people feel sorry for me because I'm deaf. I feel the opposite. It's a blessing. If I had the chance to hear, I wouldn't take it. I have had such opportunities to meet great people who are deaf. I'd never have met them if I could hear. I wouldn't trade them for anything. The struggles we go through make us stronger. My friends have changed my life." **NOW**

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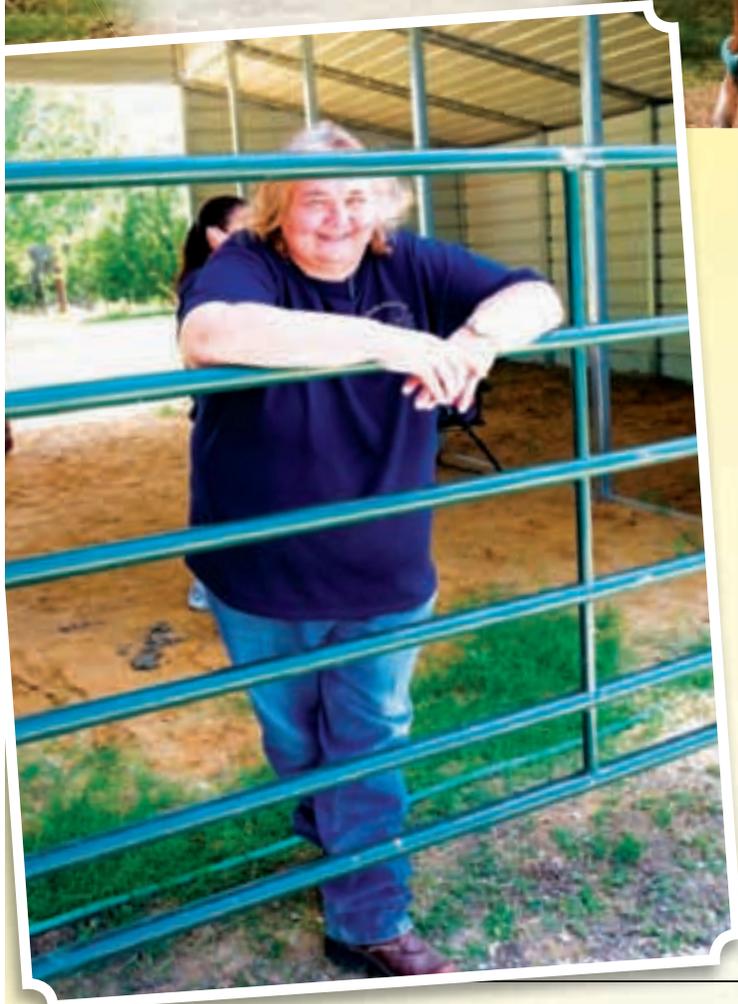
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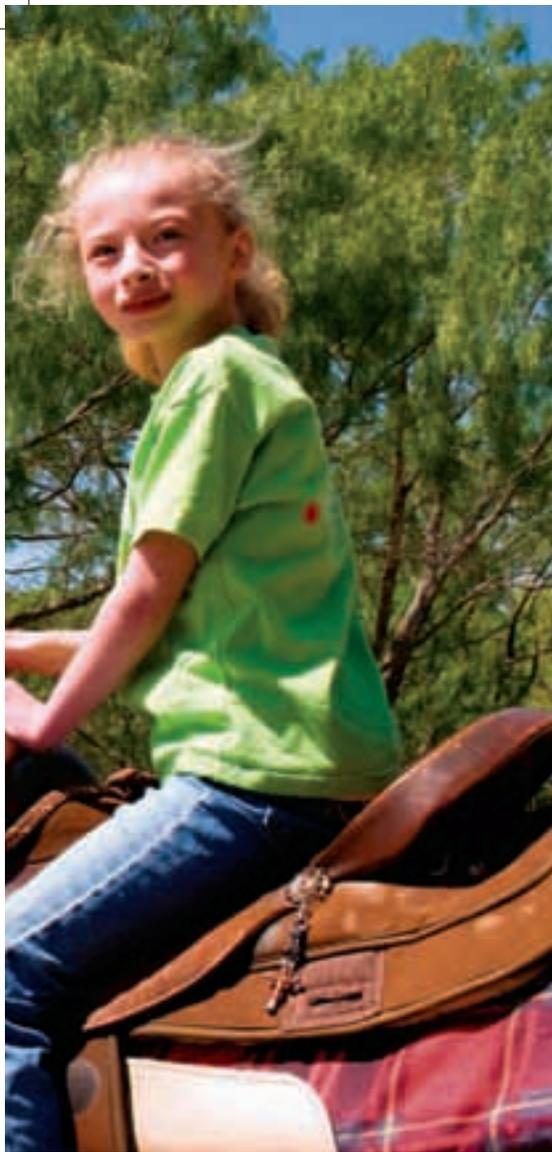
Riding on Faith

— By Randy Biggam

“The sky’s the limit. We really want this to be a Christian retreat with a disability-friendly atmosphere.”



A Navarro County woman has turned heartbreak into inspiration by founding an organization that gives hope to physically challenged children. At the playground and camp she has established near Rice, boys and girls with special needs can enjoy the outdoor activities that other kids take for granted — playing baseball, fishing and riding horses. Before her 13-year-old daughter, Melissa, passed away due to complications from a heart condition in 2008, Deborah Mabray Caudle was already making possible for other disabled children a life of comparative freedom in an upbeat, safe environment tailored to their needs — and their dreams. “We’re making [this experience] possible for other kids, in her memory,” Deborah, a former research scientist, said of Melissa. “God inspired me to build this retreat for all special-needs kids, and if I can praise Him through the work, that’s what I want to do.”



In fact, Deborah considers her outreach a ministry, not therapy. When Are We Going Home, a 501(c)(3) established in 2004, is a faith-based group that provides support for disabled and terminally-ill children and their families through its latest initiative, the 40-acre Break N Free Camp, still under construction in the Chatfield-Tupelo communities east of Rice. The camp focuses primarily on its most popular recreation, the Riding High Horsemanship program, in which young

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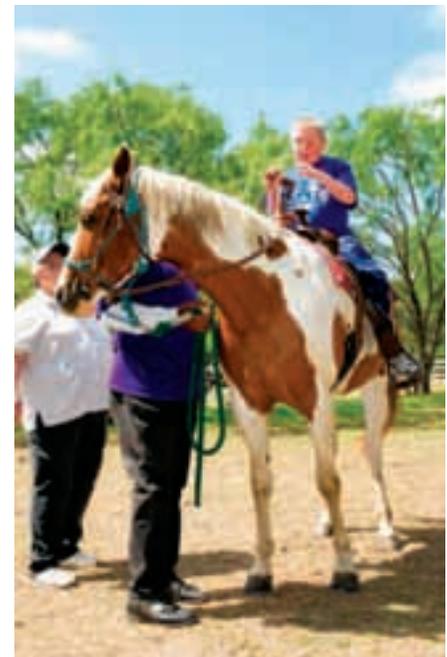
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people can learn equestrian skills along with their parents and siblings. Deborah stresses that the Break N Free Camp's inclusive approach to this activity is what sets it apart from other groups. "We are different because we include the whole family," she said. "Siblings in some horse-riding programs can't participate. We want to get the whole family unit involved."

The diagnoses of the children who enroll in horseback riding and other activities available through the camp range from autism to cystic fibrosis to intellectual and developmental disabilities, but Deborah's focus is not on their limitations. She said she is dealing in dreams. "One of the hardest things a child with a medical challenge, disability or special needs has is the realization of a dream," Deborah explained. "I remember a child with cystic fibrosis who told me he had no dreams because he was going to die anyway. So we set out to change his attitude. He went to his first rodeo; he played football, rode his first horse and made friends. So today, and until the Lord takes him home, he dreams."

Melissa's example of fortitude and dreaming keeps Deborah motivated in her work. The name of the organization, When Are We Going Home, is based on Melissa's frequent question during hospitalization. Yet the girl's energetic personality, positive thinking and compassion for others sustained her through her short life, amazing all around her. "Melissa was very happy," remembers her sister Ashley Caudle, event coordinator for Break N Free Camp.

“She cared more about her friends than herself,” Deborah agreed. “Melissa was very affectionate, and we had to limit her to one hug per person a day in the hospital.” She added that her daughter’s prayer lists were long when the family’s minister visited her, and they seldom included herself. Deborah and Ashley said Melissa wanted to be a teacher, and that by setting an example of putting others first and having a “can-do” spirit, she achieved that goal in her own way.

Deborah has applied her daughter’s gung ho attitude to the Break N Free Camp and incorporated many of her dreams, as well. “We are going to have theme rooms in the recreation center that’s going to be built,” she said. “Each one of them is based on Melissa’s hopes for the future. There will be a princess castle room, a safari room and an ocean cruise fantasy room.” A particularly special place in the building will be one set aside for camping, which Melissa was



never able to do. Her mother envisions it with tents and cots, imitation grass, little lanterns, even fake bugs, laughing that the children who will someday fill the room “can do everything you can normally do outside, but it will be safely inside.”

As for the Riding High Horsemanship program, there is already a fenced-in arena at the camp and a trail with a paddock and a barn on the way, thanks to local builders like Lawson Landscape and Leland’s and to volunteers from Kohl’s. “Navarro and Ellis counties have been good to us,” Deborah said. “We’re a nonprofit and depend on donations, so we appreciate the support.” Recent riding events have proved popular, with 22 kids in the saddle on the first day and another 17 attending the next.

“The kids love it,” she said. “They know the camp is theirs, and they are excited to come.” Other riding days are

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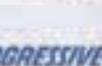
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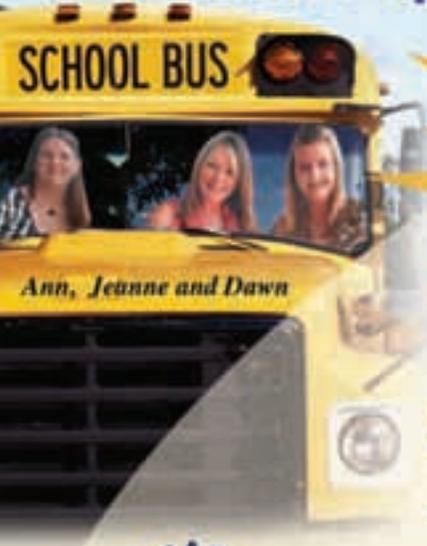






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being planned and fundraisers scheduled. Deborah said past benefits have been successful, such as a free movie night at the Palace Theatre in Corsicana and a street fair and auction held in Ferris, and she hopes future events will also be successful. She said the group has sponsorship programs for companies wishing to aid in the tax-deductible purchase and installation of playground equipment or horseback riding supplies like tack, ropes, helmets and saddles. "We have many long-term goals for the camp," Deborah said. "The sky's the limit. We really want this to be a Christian retreat with a disability-friendly atmosphere. That's so important because most parks are not wheelchair accessible or safe for any special needs child."

As building on the Break N Free Camp continues, Deborah is adding to her vision for the property, such as improving the pond area for boating and fishing. She also hopes to put in a baseball field at one corner of the site and a tree house made with a ramp. Deborah doesn't think she is over-planning. "Children with disabilities need even more activities than regular kids do," she noted. "And through interaction with other kids, they gain hope. With unconditional acceptance comes self-esteem, and with that comes courage."

Asked about her faith-centered message for the camp, Deborah said she wouldn't have it any other way. Although she was always religious, the experience of rearing Melissa brought Deborah so much closer to God. "God is the cornerstone of this ministry," she insisted. "Everything we do here is Christian based." **NOW**

Editor's Note: For more information, visit www.whenarewegoinghome.com.

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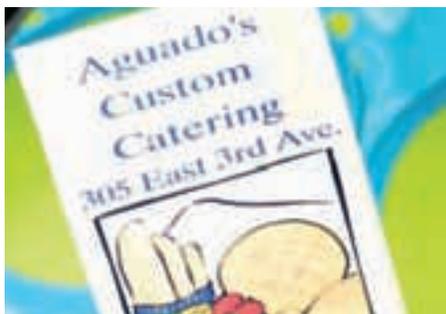


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Better Than *Mom's* Cooking!

Sonya Aguado invites customers to have their hamburger cooked their way when sampling her down-home cooking.

— By Virginia Riddle

As the old adage goes: when the going gets tough, the tough get going, and that's exactly what Sonya Aguado and her family did when they opened Aguado's Custom Catering more than a year ago. Not daunted by the downturn in the economy, Sonya decided to turn her dream of owning a restaurant into a reality. With the help of her husband, Fred, who owns the neighboring Aguado's Plumbing, and many of her family members, space was soon made for a family-style eatery and a kitchen that not only accommodates restaurant orders and take-out deliveries but also special catered events, such as parties and weddings. "Most of the 10 employees are family, and those who aren't feel like family. Come in to eat with us, and you'll end up being a part of a big family," Sonya said.

The many vehicles parked on all sides of the corner occupied

by the restaurant say it all. Sonya's son, Phillip — a former plumber turned short-order cook — stays busy preparing orders exactly as diners wish: from early-morning breakfast items like pancakes, sausage and biscuits, to the onion crispier cheese burger for lunch. "We have good food and customers who leave full and a reputation of doing whatever the customer wants," Sonya stated. If you don't see what you want on the menu, just ask! "There's nothing too crazy or odd," Beth Aguado, Sonya's daughter-in-law, said. "Orders like a fried egg on a hamburger are easy."

They have no problem satisfying special dietary needs for diners with medical problems such as diabetes. Busy customers can also custom-order casseroles for pick-up for home or party dining. "We do things that other places won't do," Sonya said.

“We do everything by hand, like making our own patties,” she added. “We just don’t make our own fries.”

Favorite house specialties include hamburgers, tacos, fried pork chop sandwiches and grilled chicken salad. “We have four to six people who come in every week just for our tacos,” Beth stated. The Aguados fry the shells themselves and will add unusual ingredients such as avocados.

As part of her catering business, Sonya not only can provide the customer with food and drink but will decorate for the occasion as well. Once the owner of a balloon and gift shop, Sonya uses an artist’s eye, glass trays, formal or informal serving dishes and attractively prepared food to make the occasion one to remember. Sonya has photo albums on hand showing past catered events. “We

“Come in to eat with us, and you’ll end up being a part of a big family.”

are open to whatever they want. If it’s something we can’t do, we’ll tell them,” she said.

Sonya and Beth remember days at the Youth Expo when daughter, Courtney, now a nurse, joined the family in showing animals with Kerens 4-H. “Everyone wanted her [Sonya] to cook,” Beth recalled. “Pig people fed the steer people. We would all cook fajitas,” Sonya said. “I don’t remember a time that cooking hasn’t been in my life,” she added.

The next Aguado generation, Cashe, Sonya’s 4-year-old grandson, is a regular diner. “He comes in with his order about 4:00 after school and on weekends and says, ‘We need to go to Ya-Ya’s to eat,’” Beth, his mom, revealed. Cashe already knows what makes good eating. “We really care about our customers, and we have fun,” Sonya said, expressing what really makes Aguado’s a great dining choice. **NOW**

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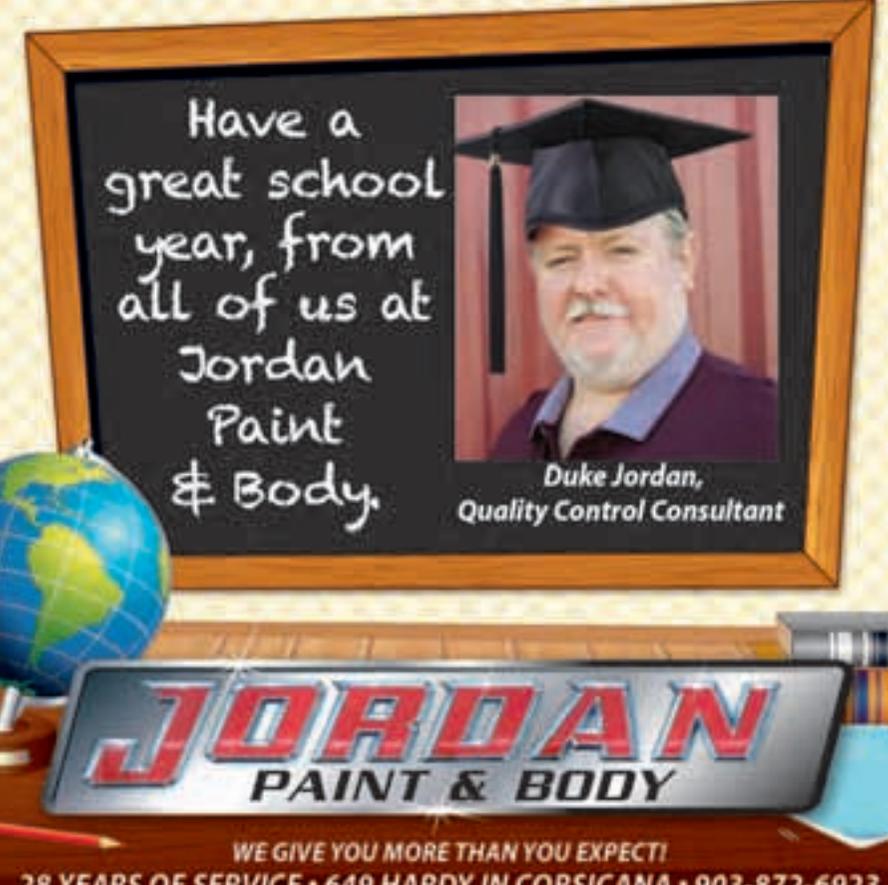
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Curbing Childhood Obesity

Back-to-school season is just around the corner. Whether your child or teen eats in the school cafeteria or packs lunch from home, establishing and maintaining healthy eating habits is more than just a matter of good nutrition — it is critically important to lifelong health and avoiding chronic disease. Childhood obesity is creating a nation of overweight youth and a generation battling chronic weight-related diseases traditionally seen only in older adults.

Being overweight has detrimental effects on a child's self-esteem, leading to a poor self-image, depression, social discrimination, unhealthy eating habits and possibly, eating disorders. In addition to the social stigma of being overweight, the health risks for children are significant.

Numerous industry studies have shown that overweight or obese children will battle this condition for life, and those who have a weight problem as children will be more severely overweight or obese as adults. Being overweight or obese also puts children at risk for a variety of harmful and detrimental health conditions. Many children and youth are being diagnosed as early as their teen years with these chronic conditions:

- High blood pressure
- High cholesterol
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Currently, 23.6 million children and adults in the United States — or nearly eight percent of the population — have diabetes, and it is one of the leading causes of death by disease in the United States. Since 1987, the death rate among adults due to diabetes has increased by 45 percent. Sadly, according to the American Diabetes Association, one in three children born in 2000 will develop diabetes at some point in his or her life. Statistics are more bleak

for ethnic minorities, particularly African-American and Hispanic children. The National Health and Nutrition Examination Survey, which tracks obesity rates, notes that obesity rates among ethnic minority children are at least 10- to 12-percent higher than obesity among Caucasian children.

The causes of childhood obesity are very basic: children eating too many calories and not getting sufficient exercise. The prevalence of sugary soft drinks, fast food and high-fat, processed foods in the American diet, larger portion sizes and increasingly sedentary lifestyles — including excessive television and video time — are primary factors. The U.S. Department of Health and Human Services' Physical Activity Guidelines for Americans recommends at least 60 minutes of aerobic physical activity for children each day, yet only 18 percent of students in grades nine-12 meet this recommendation, according to the CDC.

Health providers, nutritionists and educators are working together to reverse the trend. Start at home by modeling healthy eating habits, making good nutritional choices and limiting television and video time. Instead, engage in physical activity as a family, such as walking together or going for a bike ride.

Remember that this information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information and facilitate conversations with your physician that will benefit your health. **NOW**

Sources:

American Diabetes Association, www.diabetes.org
Centers for Disease Control & Prevention, www.cdc.gov
The Obesity Society, www.obesity.org

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— By *Linda Housley*

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free of federal income tax.¹ With the tax-advantaged savings vehicles available to grandparents, you shouldn't feel limited in your opportunities to help your grandchildren get the education they deserve.

¹Earnings must be used to pay for qualified higher education expenses to be federally tax-free. The earnings portion of a nonqualified withdrawal will be subject to ordinary income tax at the recipient's federal marginal tax rate and subject to a ten-percent tax penalty.

The information presented in this document does not constitute tax advice. Please consult your tax advisor for specific information about your tax situation, including any state tax consequences of the investment. **NOW**

Lynda Housley is a State Farm agent based in Corsicana.

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Free tennis for ages 10 and under: Corsicana Parks and Recreation, Mertz Tennis Center. Contact: (903) 654-4874.

August 6

Texas Family Musicals presents *The Night the Music Died*: 2:30 p.m. and 7:30 p.m., Palace Theatre. Contact: (903) 872-5411.

August 11

Thundering Thursday Firework Night: 7:00 p.m., Texas Motorplex in Ennis. \$10 to race; \$5 to watch. Please contact 1-800-668-6775 for more information..

August 12

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. Bring a salad, vegetable, casserole or dessert for lunch with bingo to follow. Contact: (903) 872-5411.

August 13

Back-to-School, Stay in School Rally, Backpacks of Love: 9:00 a.m.-noon, Fullerton-Garitty Park. Prizes and appearances by surprise guests. Contact: (903) 872-5411.

Pooch Paddle: Corsicana Parks and Recreation, Jester Pool. Contact: (903) 872-5411.

August 14

Meet the Teachers and Open House: 3:00-5:00 p.m., James L. Collins Catholic School. Call: (903) 872-1751.

August 15

Meet the Teachers Night: 5:30-6:30 p.m., CISD's Fannin Elementary. Contact: (903) 874-3728.

August 16

Meet the Teachers and Open House All-day Event: Mildred ISD, Pre-K through second grade. Contact: (903) 872-0381.

August 17

Meet the Teachers Night: 5:00-6:00 p.m., CISD's Sam Houston Elementary. Contact: (903) 874-6971.

August 18

Meet the Teachers Night: 5:30-6:30 p.m.: seventh grade; 7:00-8:00 p.m.: eighth grade, CISD's Collins Middle School. Contact: (903) 872-3979.

Meet the Teachers Night: 6:00 p.m., CISD's Drane Intermediate School. Contact: (903) 874-8281.

Meet the Teachers Night: 5:00-6:00 p.m., CISD's Bowie Elementary. Contact: (903) 872-6541.

Meet the Teachers Night: 5:00-6:00 p.m., CISD's Carroll Elementary. Contact: (903) 872-3074.

Meet the Teachers Night: 5:00-7:00 p.m., CISD's Navarro Elementary. Contact: (903) 874-1011.

Meet the Teachers and Open House All-day Event: Mildred ISD, third-fifth grade. Contact: (903) 872-3584.

August 19

Corsicana High School Fish Camp (Freshman Orientation): 9:00 a.m.-noon. Contact: (903) 874-8211.

August 27

Summer's End 2nd Annual Bowl-A-Thon: Corsicana Boys & Girls Club Benefit: 1:30-6:00 p.m., Corsicana Park Lanes. Contact: Andre Kennard at (903) 872-9231.

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



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In The Kitchen With Catherine Porter

— By Virginia Riddle

When Catherine Porter started married life with J.B. Porter 71 years ago, she also started growing her own vegetables. As a teenager, she learned how to can food through her 4-H club and the county home demonstration agents at the canning house in Pelham. “We didn’t have pressure cookers at home in those days, so we all canned at the canning house. Those agents taught us how to do everything properly,” Catherine said.

Today, directions for canning fresh fruits and vegetables are online and easy to follow. Catherine is sharing her coveted recipes with readers who want to preserve freshness and control the sources of their food through home canning. “Her pickled beets are great,” said Navarro County Extension Agent Paula Butler. **NOW**

Beet Pickles

3 quarts beets, peeled and cooked
2 cups sugar
2 cups water
2 cups vinegar
1 tsp. whole cloves
1 tsp. allspice
2 cinnamon sticks, broken into small pieces

1. Select small, young, beets and cook until tender so skins slip off easily.
2. Dip beets in cold water and slip off skins.
3. Make a syrup of sugar, water and vinegar.
4. Put spices in a cheese cloth bag and tie off to enclose. Place cheese cloth bag into syrup.
5. Add beets to syrup and cook 10 minutes.

6. Remove cheese cloth bag of spices. Pack beets into hot jars and add boiling syrup within 1/2 inch of jar top; close tightly.
7. Process jars in hot, boiling water bath for 20 minutes, if whole beets are used; 5 minutes if sliced beets are used. Time starts as soon as water boils.
8. Remove, cool and tighten lids again.

Bread and Butter Pickles

4 quarts cucumbers, sliced (about 6 lbs.)
1 1/2 cups white onions, sliced (about 1 lb. or 12-15 small onions)
2 large garlic cloves
1/3 cup salt
2 quarts (2 trays) ice, crushed or cubed
4 1/2 cups sugar
1 1/2 tsp. turmeric

1 1/2 tsp. celery seed
1 Tbsp. mustard seed
3 cups white vinegar

1. Use a vegetable brush to wash cucumbers thoroughly and drain on a rack.
2. Slice unpeeled cucumbers into 1/8- or 1/4-inch slices and discard ends.
3. Add onions, garlic and salt and mix thoroughly.
4. Cover with crushed ice or ice cubes and let stand 3 hours.
5. Drain thoroughly and remove garlic cloves.
6. Combine sugar, spices and vinegar and heat to just boiling.
7. Add drained cucumbers and onion slices and heat 5 minutes. Do not boil or pickles will be mushy.
8. Pack hot pickles loosely into clean, hot pint jars to 1/2-inch of top and seal tightly.
9. Process jars in hot, boiling water for 10 minutes.

Chow-chow Relish

1 peck or 12 1/2 lbs. green tomatoes
8 large white onions
10 sweet green peppers
6 Tbsp. salt, divided use
6 small hot peppers, chopped
4 cups vinegar
1 3/4 cups sugar
4 Tbsp. dry mustard
3 Tbsp. celery seed
2 tsp. turmeric
2 Tbsp. mustard seed

1. Chop tomatoes, onions and sweet green peppers and sprinkle with 3 Tbsp. salt.
2. Let stand 4 to 6 hours in cool place.
3. Rinse and drain well.
4. Add hot peppers, vinegar, sugar, remaining 3 Tbsp. salt and spices tied in a thin cheesecloth bag.
5. Simmer 15 minutes.
6. Remove spice bag.
7. Pack into hot jars and seal tightly.
8. Process in boiling hot water bath 5 minutes. Time begins when water starts boiling.

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