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Stuart Smith
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Celestina Hillock
 903.654.8821



Phyllis Jones
 903.654.0337

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, Rick Herron . Lynda Housley
Ronald Merrill . Hope Teel
Editors/Proofreaders,
Pat Anthony . Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Casey Henson . Martha Macias
Felipe Ruiz . Arlene Honza
Brande Morgan . Shannon Pfaff

PHOTOGRAPHY

Photography Director, Jill Rose
Photographer, Kevin Painter

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Advertising Representatives,
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ON THE COVER



Signs of safety — the Coast Guard Auxiliary's tools.

Photo by Kevin Painter.

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Editor's Note

Hello Readers,

There are few things in the world hotter than an August summer in Texas, but the heat just makes me appreciate swimming pools, air conditioning and those Texas-sized jugs of sweet iced tea with a little mint from my garden. As the cicadas sing their final songs of summer and the ceiling fans constantly hum, I celebrate the end of my slightly slower paced summer days and look forward to the end of the "dog days of summer."

Stores are already full of back-to-school clothes and supplies, and our favorite sporting events and fall festivals around Corsicana and Navarro County are in final preparation while awaiting cooler days. As our schools open to provide another year of learning opportunities for our youth and young-at-heart, let's all find a way to do something special for a local student and/or teacher.

Virginia

Virginia Riddle
CorsicanaNOW Editor
virginia.riddle@nowmagazines.com
(903) 875-0187



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Dr. Vazquez obtained a certificate in advanced graduate studies in General Practice Residency at Tufts University School of Dental Medicine in 2006 where she concentrated her training in special needs and medically compromised patients. In June 2009 she completed her residency in Periodontics at Boston University and her Masters Degree in Oral Biology, which was focused in inflammatory processes. During her Periodontology residency she refined her skills in periodontal procedures including Cosmetic surgeries and implant placements.

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Volunteer LIFESAVERS



— By Virginia Riddle

Established in 1939 by an act of Congress, the U.S. Coast Guard Auxiliary has over 32,000 members serving in all 50 states as well as Puerto Rico, the Virgin Islands, American Samoa and Guam. Here in Texas, the auxiliary includes the 21 members of Flotilla 5-16 of Lake Richland Chambers. “Our mission is keeping the lake safe. We do everything but law enforcement,” said FSO-PA Public Affairs Officer Dan Wilkie.

“Everything” includes conducting vessel safety checks, lake patrols, safe boating courses, search and rescue missions and marine environmental protection. The dedicated auxiliary members receive training while donating their time and equipment in support of the active duty Coast Guard. The auxiliary serves under U.S. Coast Guard orders, and the Coast Guard provides auxiliaries insurance, gas and training. “We are a ‘force multiplier’ for the Coast Guard. We assist them during normal and emergency situations,” stated Vice Commander Jan Harding. For instance, five flotilla members volunteered their time following Hurricane Katrina, and other members have volunteered in Haiti. Locally, the flotilla works with law enforcement agencies, such as county sheriff’s departments and game wardens. “We are tight with first responders,” Jan said.





citizens 17 years of age or older who have no felony level convictions and can pass a security clearance. The most important requirement, however, is a willingness to serve. Owning a boat, living on or near a lake or coastal water, or having a great body of marine knowledge are *not* requirements. New members are encouraged to volunteer in whatever jobs best suit their interests or skills. Specialty skills are always needed in Web creation and management, computer technology, teaching, health care, aviation, public affairs, ham radio operation, cooking and language interpretation. But as Jan said, “If you have a skill, we can use it.”

Since the auxiliary is a volunteer organization, members can serve in whatever duties and hours fit into their schedules. Many of the duties can be accomplished from the comfort of members’ homes, while other duties require members to operate a boat safely while on patrol. Safety is always paramount. Dan, a lake resident, joined the auxiliary after he had rescued so many boaters, in spite of feeling that he was ill prepared to do so. “I wanted to learn more so I could meet all situations,” he said. While on patrol, members must be prepared to handle any type of situation. “We are equipped to keep boaters and ourselves safe,” Dan remarked.

Jan and her husband, Al Harding, became interested in the auxiliary when they moved to nearby Cedar Creek Lake 19 years ago. “We wanted to meet people around the lake, and suddenly we had 45 new friends!” Jan remembered. The auxiliary has many husband/wife team members. Al is now the district chief of staff for the auxiliary’s District 8 Coastal Region, while Jan, who grew up boating, enjoys teaching safe boating classes and going on patrol. “We had to retire to do our volunteer job full time,” Jan said, laughingly.

David Rist, Flotilla 5-16 Commander, is also “the No. 1



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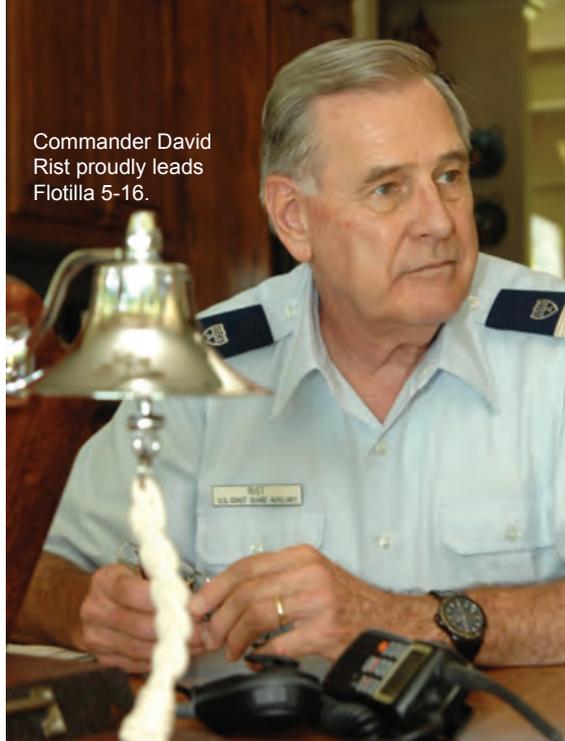
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Commander David
Rist proudly leads
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boat inspector” for the flotilla. A retired Air Force officer and lake resident, David originally wanted to join the auxiliary as a pilot, while living in Dallas. Skills learned in the military come in handy as David goes through the checklist of required equipment with recreational and commercial boaters. The auxiliary holds “ramp day” inspections for area boaters, and inspections are done randomly, all free of charge. No tickets are issued by the auxiliary, but boaters who do not comply with requirements can later be ticketed by law enforcement. “Boaters are very proud of the safety decal,” David said.

A Coast Guard float plan form, pre-departure checklist, equipment and vessel systems checklists can be downloaded by the public at the U.S. Coast Guard Auxiliary Web site <http://cgaux.org>. Other helpful information can be found at that same site, such as a class finder by ZIP code.

Keeping the public informed about boating safety is important. The auxiliary offers 12 different courses, including: How to Read a Nautical Chart, Personal Watercraft Course and Weekend Navigator, to name a few. There is even a course for 4- to 9-year-olds called Boating Fun! Jan and other members enjoy bringing programs to children through area schools and day cares. A talking boat named Coastie captures the kids’ minds and hearts.

A Texas Parks and Wildlife Department certified boater education

course and photo identification is mandatory for persons born on or before September 1, 1993, if they operate a vessel powered by a motor of more than 15 horsepower or a windblown vessel of over 14 feet in length. Flotilla 5-16 TPWD Instructor Robert Capt teaches this class.

The auxiliary helps protect the marine environment by responding to oil spills, reporting polluters, protecting endangered marine mammals, and "booming off" sensitive areas. Members can help the public to learn how to protect against aquatic nuisance species of animals and plants.

The members of the U.S. Coast Guard Auxiliary Flotilla 5-16 have



"It was a **BIG DEAL** to get this award for our first full year of service."

performed their duties so well during the flotilla's two-year existence that they earned the coveted District 8 Coastal Region's Silver Oar Award. The award was earned by performing duties in the nine traditional missions of the auxiliary and membership. "It was a big deal to get this award for our first full year of service," Jan said.

While there is always work to be done, Dan pointed out that the group's first-Saturday-of-the-month meetings at the Harbor Inn Restaurant are also a time of fun and fellowship. The commander

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and vice-commander are two-year elected offices, while staff offices are filled by appointment. Members wear Coast Guard uniforms that are the same as the active-duty members, with the use of silver on the patches and insignia, while active duty uses gold for patches and insignia. Service bars are also part of the uniform. Members may choose to serve at the flotilla, division, district and national levels of the auxiliary.

August 4 is the U.S. Coast Guard Day, which honors this military branch that protects and serves. On this day, as well as all 365 days of each year, Dan, Jan, Al and David and the other members of Flotilla 5-16 will be on duty keeping neighbors and visitors to Lake Richland Chambers safe. **NOW**

Editor's Note: For more information, contact Dan Wilkie at dbwilkie@gmail.com or (903) 654-9113.



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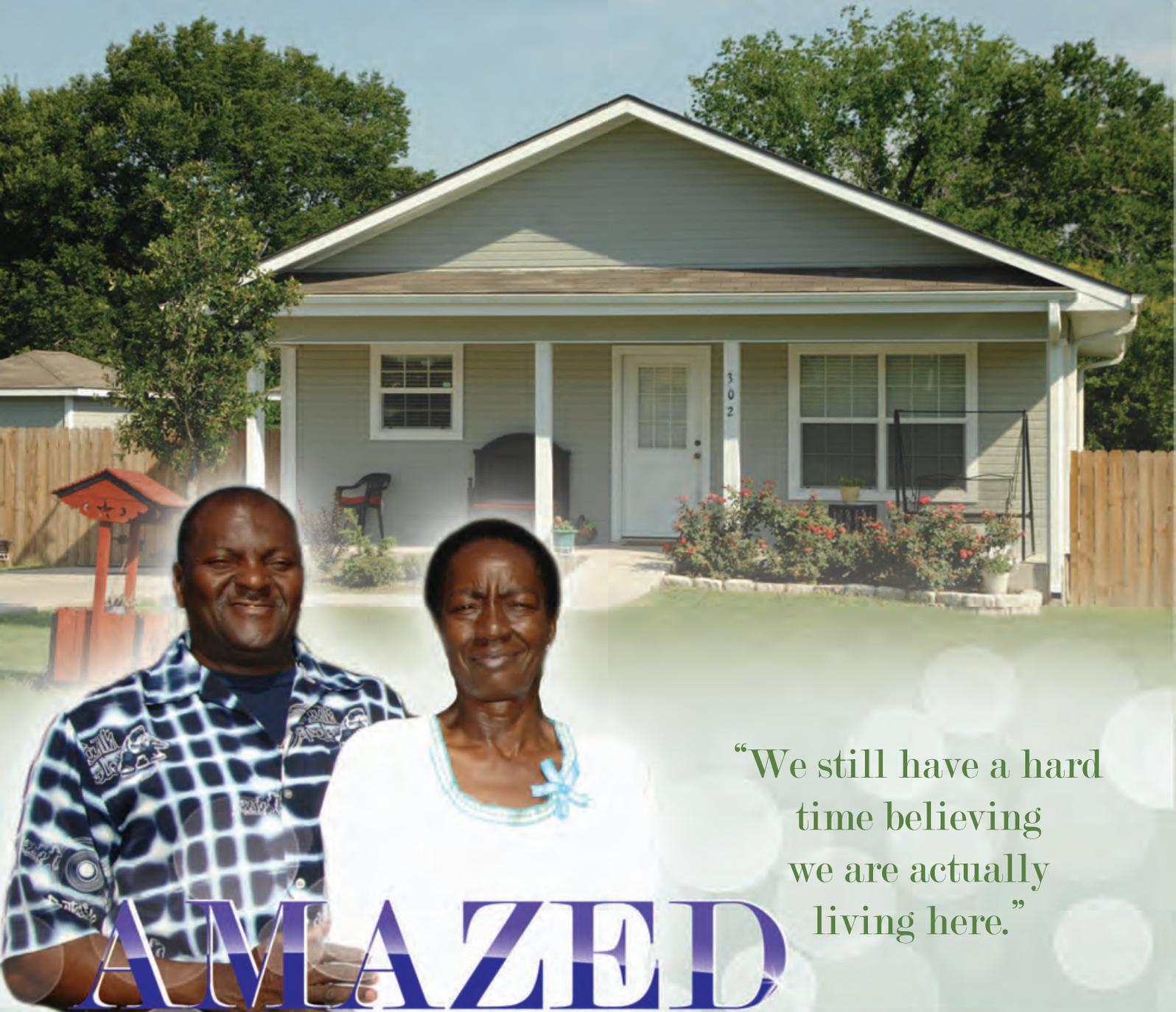
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“We still have a hard time believing we are actually living here.”

AMAZED

AND GRATEFUL | At Home With Larry and Janice Evans

— By Rick Herron

Amazing things have been known to happen on a weekly basis when a group of people with little or no carpentry skills gather together for a few hours on Saturdays. With determination and the ability to follow instructions, volunteers with Habitat for Humanity of Navarro County, Inc. have worked together for years to create several single family houses from the ground up, all of which ultimately became much-loved homes for several well-deserving individuals.

Larry and Janice Evans were blessed when they were selected two years ago to live in one such home — a charming three-bedroom, two-bath, single-story home built by volunteers with that organization. “We still have a hard time believing we are actually living here,” Janice said, amazement and gratitude reflected on her face.

“It was a dream come true for us,” Larry said in agreement with his wife.

That dream began in September 2011, when Habitat volunteers began building the couple’s home, and became a reality when they moved into the completed structure in November 2012. Since the organization first began its volunteer efforts in the Corsicana area, the process of

building a Habitat for Humanity home has been finely tuned. "Two teams of volunteers work one whole day a week, on Saturdays. The first team works the morning shift and the second will work the afternoon shift," Larry said. What is accomplished during a regular Saturday depends largely on the number of volunteers who have committed to give half of their day to the cause. Larry further explained that recipients of a Habitat home generally make a down payment and start paying an amount each month that covers the mortgage and other incidentals, such as insurance. The payment varies by occupant and is set based on the person's income.

According to its brochure, Habitat



for Humanity of Navarro County, Inc. is a nonprofit, ecumenical Christian housing ministry that seeks to eliminate poverty housing and homelessness in Navarro County. The ministry is focused on making decent shelter a matter of conscience and action. It invites people of all backgrounds, races and religions to build houses together in partnership with families in need.

The organization's Web site notes that Habitat for Humanity International was founded in 1976 by Millard and Linda Fuller. In 1984, the organization got a huge amount of favorable publicity from former U.S. President Jimmy Carter and his wife, Rosalynn, who took their first Habitat work trip, the Jimmy Carter Work Project, to New York City. Their personal involvement in Habitat's ministry brought the organization national visibility and sparked interest in Habitat's work across the nation, resulting in a dramatic increase in the number of new affiliates around the country. Today, Habitat for Humanity is a true world leader in



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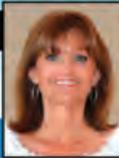


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addressing the issues of poverty housing.

The Navarro County branch, according to its own Web site, began with an informational meeting on November 3, 2005. Results of that meeting culminated in the creation of the framework for a formal affiliate of Habitat for Humanity, and in January 2006 a board of directors was established. Ultimately, Habitat for Humanity of Navarro County became an official formal affiliate on May 1, 2006.

Ground was broken for the first home on June 3, 2006, and thanks to hard work from volunteers and committee members, the first Habitat home was dedicated on March 24, 2007.

Led by Board President Dr. Bob Kingman, the Navarro County branch's regular volunteers include: Daniel Lima, Dan Summerall, Bob Dewitt, John McClung, Scot Skews, Kevin Beatty, John Updegrave, Ed Monk, Larry Reed, Liz Kingman and Sue Reed. At the time of

the construction of Larry and Janice's home, Ed Monk was the organization's acting board president.

Homes that are built by the Habitat volunteers are backed by local sponsors who have historically included McKee Lumber, Bank of America and Community National Bank. A long list of supporters that contribute materials include Phillips Concrete, Tate Electric, Boyle Sand and Gravel, Igloo Insulation Systems, Tidy Toilets, Orkin Pest Control,

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Numerous work and food teams comprised of individuals, local churches and organizations in and around Corsicana, as well as a list of greeters, stand ready to contribute their time to the construction of new Habitat homes, and Habitat encourages new volunteers to lend their time on Saturdays. The group is quick to point out that previous carpentry experience is never required nor expected.

Set within a neatly landscaped front yard, Larry and Janice's home, built on a solid concrete slab, evokes, at first glance, thoughts of solidarity, conscientious workmanship and the use of top-notch materials. Siding encases the home and many large windows allow natural light into every room.

The combination living room/kitchen area, complete with all appliances, an eating area and a utility space containing a stacked front loading washer and dryer, run smoothly along the front portion of the home and are completely open, allowing for uninterrupted flow and conversation. Laminate floors are predominant throughout the home and nicely support Janice's beautiful, large aquarium resting against one wall of the living room next to an entertainment center on an exterior wall.

Ceiling fans in each room keep air circulating and help to keep utility bills



low in the all-electric home. Track lights in the kitchen area provide attractive and functional lighting, useful for operating the dishwasher, stove and built-in microwave, and a pantry provides handy storage.

Off the hallway, which runs down the center of the home, is a bedroom Larry and Janice currently use as a combination office/computer room. Both work for Family Services just a few blocks away, where Larry is the assistant manager and Janice works in data processing.

There is a large, brightly lit bathroom off the hallway with a combination tub and shower. A second bedroom contains a lovely and inviting daybed, which Janice has made ready for overnight guests. The master bedroom at the end of the carpeted hallway is also carpeted, as are the other two bedrooms, and includes a full bath and walk-in closet. Janice has decorated the room in shades of blue and brown.

This month marks the couple's 13th wedding anniversary, and the gratitude they have for each other, as well as the Habitat for Humanity board members, volunteers and sponsors in making their dream of a new home a reality, is apparent. "We want to thank everyone who had a hand in this endeavor," Larry said. "We are so very, very grateful." **NOW**

Editor's Note: Call (903) 872-4690 for information on Habitat for Humanity.

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— By Rick Herron



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A benefit not as well-known to most people but just as important, especially to Corsicana's kids, is the Boys & Girls Club of Navarro County, located at 1000 East G.W. Jackson



“The club is a resource not only for our youth but for the *entire* community at large.”

Avenue. It is a hidden oasis for all kids, ages 6 to 18, guided by Executive Director Andre Kennard and Unit Director Tasha White.

“The club is a resource not only for our youth but for the entire community at large,” Tasha said. The club offers both an after-school program and a summer school program, each of which are available for a minimal fee per year. “We can provide help with homework, furnish healthy snacks and a tasty dinner each day, Monday through Friday, for the entire school year. Every child in Navarro County is welcome to join our club and enjoy the services and programs we offer.”





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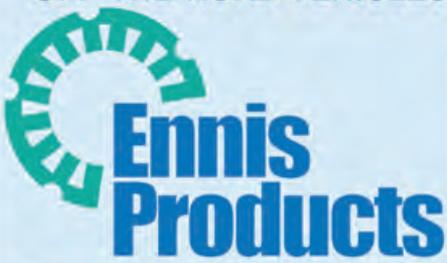
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The staff, in addition to Andre and Tasha, includes: Mary Wilson, administrative assistant; Othasshus Patt, triple play coordinator; Mea Aguillar, program coordinator; Helen Littleton, cook; and George Voss, custodian. "We also appreciate all of our foster grandparents like Helen Bailey, Bettye Criddle and Virginia Wilson, who assist with the kids each day," Tasha said.



She explained that as the children are the future of any community, the Boys & Girls Clubs of America is focused on giving children everything they need to grow into productive and caring citizens who will enhance and improve their neighborhoods. As unit director, she believes educating the public on what the club can offer is one of the most important aspects of her position. Parents and volunteers are especially encouraged to lend their time and expertise to the club. "They, along with board members, are some of our most valued resources," she said. "Anyone interested in volunteering their time should contact us."

All volunteers who apply are put through a comprehensive background check. Tasha's own background is one that prepared her well for the challenges of enabling the club to carefully guide and groom Corsicana's children for the future. Born in Statesville, North Carolina, Tasha has very fond memories of her childhood. "I came from a modest upbringing in the 1970s when it really did take a village to raise a child. We didn't have a lot, but we were rich in love and support. After I graduated high school, I went to Appalachian State University

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and graduated with a Bachelor of Science in communications,” she remembered. In her spare time, Tasha enjoys writing and recently completed her first book entitled *The Unwed Wife*, which she hopes to publish soon.

Tasha is a certified HR generalist who has worked for several Fortune 500 companies, including the Disney Channel, and focused her career on



benefits administration. “I am a firm believer in the importance of educating people on communal assets and teaching them to realize that there really are no limits or boundaries to what they can achieve,” she said. “We believe every child is a gift from God. Thus, I encourage them to honor and trust in Him always. We also teach them that respect is first and foremost and that it, along with God, will open doors of opportunity.”

During college, a four-week summer study abroad trip to England and Scotland opened Tasha’s eyes to the possibilities of the world and the dangers of not taking advantage of new opportunities. “I learned it’s important to believe in a life without limits or a mindset that is not limited,” she shared.

The Boys & Girls Club serves children of every ethnicity, and many familiar names have been associated with the club and credit it for positively affecting them during their youth. A few examples of past members who went on to much bigger things include: Denzel Washington (actor); Jennifer Lopez (singer); Shaquille O’Neal (NBA player); Kool & The Gang (band); Smokey Robinson (singer);

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According to its Web site, the Boys & Girls Clubs of America began in Hartford, Connecticut, in 1860 when three women — Mary Goodwin, Alice Goodwin and Elizabeth Hammersley — organized the first club because of the shared belief that children who roamed the streets should have a positive alternative. The club's stated mission is "to enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens."

"The primary thrust of our programing is education," Tasha said. "We work with kids to enhance their skills in math, reading and science." Over 70 kids come through our doors on a given day, and of those, 48 percent have an average of 80 and higher in those areas at school."

Every nine weeks, the club hosts the "AB Honor Roll Pizza Party" at CiCi's Pizza. This is a free event for all club members who make no less than a B. "We are so grateful to CiCi's owner, Paul Depugh, for allowing us to host these celebrations," Tasha said. "This program would not be a success without his kind generosity."

The organization is also working on building momentum for their fourth annual fundraiser, the Bowl-a-Thon, which is scheduled for Saturday, August 10, from noon to 5:00 p.m., at the Corsicana Super Bowl. All proceeds will benefit the Boys & Girls Club of Navarro County, and all contributions are tax deductible.

Tasha sees her role at the club as one to open doors to new and different experiences for Navarro County kids. She said, "Every experience we can give the kids is a stepping stone toward directing them to a great future. Hence, our national motto: Great Futures Start Here!" **NOW**

Editor's Note: For more information about the Boys & Girls Club of Navarro County, call (903) 872-9231.

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Safety First

— By Virginia Riddle

From every corner of Navarro County, stadium lights of the seven public school districts are starting to glow brightly in August night skies, heralding the opening of fall junior and senior high school sports. It's time for athletes to suit up, cheerleaders to fly high, band members to march and fans to cheer. Not so noticeably, but working right alongside those athletes and coaches, is a team that is very important to Corsicana ISD athletes' success. Bernie "Doc" Camarillo, CISD's head trainer, supported by assistant trainers and student trainers, is there for the athletes — keeping them safe and helping the healing process when injuries do occur. "The hours are long, but the kids come first. We make sure they are all safe," Doc said.

“Doc is, by far, the smartest athletic trainer I know. He has so much experience.”





For the past 33 years, Doc has been on the sidelines and in field houses and gyms making sure that athletes are physically fit to play at the peak levels required in the competitive sports world. From one sport's season to another, Doc and his team are present, allowing them little downtime. "This is a demanding job — not 9-5," Doc said. "You know what time you're going to leave the house, but you never know when you are going to get back. Fortunately, I like working with the kids and coaches. It's fun."

A native of Gonzales, Texas, Doc loved sports and wanted to continue being involved past his high school days. "I guess I really didn't want to totally grow up," he said laughingly. He earned an undergraduate degree in the Student Athlete Training Program at Lamar University and a master's degree from Stephen F. Austin State University. With his first degree in hand, Doc was invited to join CISD, choosing to make the district a career. "Throughout all these years, I have counted every CISD head coach as a mentor — *every single one*. They have been great!" Doc stated.



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As each sport's season approaches throughout the school year, coaches begin overseeing the conditioning of athletes. “The coaches do an excellent job of preventing distress,” Doc said. Trainers are present to tape, insure hydration and help in the prevention of injuries. Equipment must be packed and hauled to the sports venue. When injury does occur, Doc and his team of trainers have to access which kids need to be referred to medical care and notify parents. “Prompt communication with parents is essential,” Doc said. “It’s a big thing.” Doc has a rapport built over time with many parents, some of whom he first met when they were high school athletes. “I’m now getting to know their grandchildren. If we have a problem, I just tell them that I will call their grandmother,” Doc said.

Once physicians take over, Doc’s job continues. “Doctors write the script to physical therapists. We follow up on the physical therapy that has been ordered,” he said. “The ongoing care and rehabilitation of an injured athlete is very much a part of a trainer’s job.”

Dr. Suzanne Castles, who is both a physical therapist and certified athletic trainer, agreed. “Athletic trainers work very hard. Doc is, by far, the smartest athletic trainer I know. He has so much experience. He is a man of wisdom and a great resource. I have been privileged to work alongside of him,” Dr. Castles stated.

Doc and the CISD assistant trainers work with high school students who are selected to be student trainers. He will be

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working with a new group this coming year since his five student trainers were graduating seniors last May. “They are missed,” Doc said of the group. The new student trainers will have one week of training under Doc’s tutelage prior to the start of fall sports. Student trainers get to experience sports on a first-hand basis. “Some have never done sports. They just blossom with confidence,” Doc said with pride. Most do not follow Doc into the profession after seeing the hours required for the job. “Some of them go into nursing, occupational therapy or physical therapy though,” Doc related. Student trainers are responsible for the equipment and taping and wrapping. “I’d have more grey hair without assistants and student trainers,” Doc said.

Sports trainers are licensed to practice through the Texas Department of Health. Additionally, Doc is nationally certified. He is a member of the Texas State Athletic Trainers’ Association, the National Athletic Trainers’ Association and the Southwest Athletic Trainers’ Association. One of the highlights of his career, to date, occurred in the ‘90s when Tom Wilson, then CISD head football coach, selected Doc to be the trainer for the South Team, which Tom was coaching in a high school all-star game.

Sprains are the most common injuries trainers treat. “Athletes are constantly changing direction while in motion,” Doc explained. While football players wear protective gear, other sports, such as basketball and soccer are played unprotected. Doc observed that “the types of injuries go in cycles,” and

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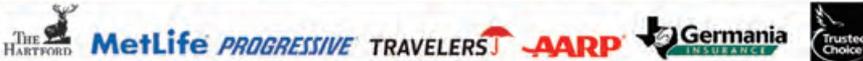
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during his recent continuing education, he noticed that emphasis is being placed on concussion injuries. No matter the nature of the injury, trainers check on athletes during the resting phase and then constantly monitor progress during the rehabilitation phase. "We don't want to send athletes back to play too soon," Doc stated.

With such a demanding job, there are joys of accomplishment. "I love watching these kids grow and develop," Doc said. "Some of them go on to play in college and the pros. They come back to visit, but they aren't the same kid that they were in high school," Doc revealed.

With late spring playoffs, all-star games, conditioning and one-a-day practices lasting into the summer and picking up prior to school's fall opening, Doc doesn't get much summertime vacation, but he does enjoy traveling when he can, especially to visit family on the East Coast. Other favorite hobbies include: reading, watching science-fiction films and pro sports games and listening to music. Doc subscribes to the annual Dallas Summer Musicals.

As a very important part of sports in Corsicana, Doc also enjoys living in his chosen community. "Dallas isn't far away, and Corsicana is a great place to raise a family. People are extremely friendly and helpful here," he said.

The feeling is mutual. Phil Castles, former CISD head football coach, remarked, "Doc has helped make Corsicana football what it is today." Kids and the community benefit from Doc having made Corsicana his home. **NOW**

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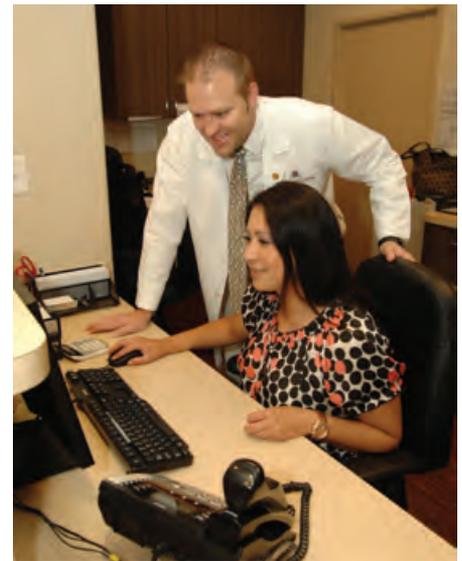


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Meeting Patients' Needs

Patients experiencing pain can get same-day dental care at Picasso Dental.

— By Virginia Riddle

Dental pain affects most people from time to time. Whether it is a baby teething or an elderly patient with loose-fitting dentures, the urgency to get problems cured and relieve the pain can be extreme. Picasso Dental offers same-day dental care to patients. Picasso Dental's rotating weekly schedule, which makes Saturday appointments possible, is a plus. "What is most important to me as a dentist is to meet my patients' needs and resolve their concerns," Dr. Bryan Countryman, D.D.S., said.

Patients are greeted by Mireya Perez, the front office assistant. Nicole Marcott, lead assistant, is aided by dental assistants, Crystal Davis and Porchel Threadgill. Misty Gomez serves as the office manager. Additionally, dental specialists are available twice monthly. Dr. Yartzia Vazquez serves as periodontist, Dr.

Jan Ortiz as orthodontist and Dr. Scott Williams focuses on oral surgery needs.

"Having very comprehensive treatment at the same location, including doctors who are specialists in their fields, is an advantage," Dr. Vazquez stated. "We offer a high quality of care in a comfortable environment."

Dental procedures offered include: implants, crowns, bridges, fillings, dentures, cleanings, bleaching, night guards, root canals, extractions, perio surgery and gingival grafting. Picasso Dental accepts all major PPO insurances, Care Credit, Visa, MasterCard, Discover and Medicaid as payment, making dental care an affordable option for patients in tough economic times.

Educating patients so they may extend the life of their teeth

and experience prolonged oral health is also important to Dr. Countryman. "I like sitting down and talking with people to find out about them and their dental needs," he said. The staff takes time to discuss treatment options using the latest in dental technology to insure that patients are completely informed. Everything in the office is digital and fully automated. Video tutorials of different procedures are available to patients. "We take advantage of all technology that is available," Dr. Countryman stated.

A member of the American Dental Association (ADA), the Texas Dental Association (TDA), the American Academy of Cosmetic Dentistry, the American Academy of Pediatric Dentistry and the Southwestern Society of Pediatric Dentistry, Dr.

"I like sitting down and talking with people to find out about them and their dental needs."

Countryman has been treating patients since 2010 in all aspects of dentistry. Dr. Countryman is a graduate of The University of Texas at Arlington and Texas A&M University Baylor College of Dentistry. In addition to the ADA and TDA, Dr. Vazquez has been a Diplomate since 2010 of the American Board of Periodontology and a member of the American Academy of Periodontology.

Volunteer hours are spent by Picasso Dental staff members through programs presented at public schools, Head Start, area health fairs, Corsicana YMCA and the Corsicana & Navarro County Chamber of Commerce. The staff also makes each Christmas a little merrier for children in foster care. "We do anything we can for nonprofit organizations and children," Dr. Countryman said.

As a father of four, ages 7 to newborn, Dr. Countryman and his wife, Michelle, a surgical RN, spend time with their young family doing the usual chauffeuring duties to ballet, piano, sports, scouting and church activities. He likes to play sports when time allows. I love the small-town feeling and the diversity of population of this area," Dr. Countryman said. "This is a great area in which to live and work." **NOW**

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Adults enjoy attending Vacation Bible School at Mt. Olive Missionary Baptist Church.



Corsicana's EMT Padilla demonstrates equipment to children attending the Corsicana Public Library's Summer Reading Program.



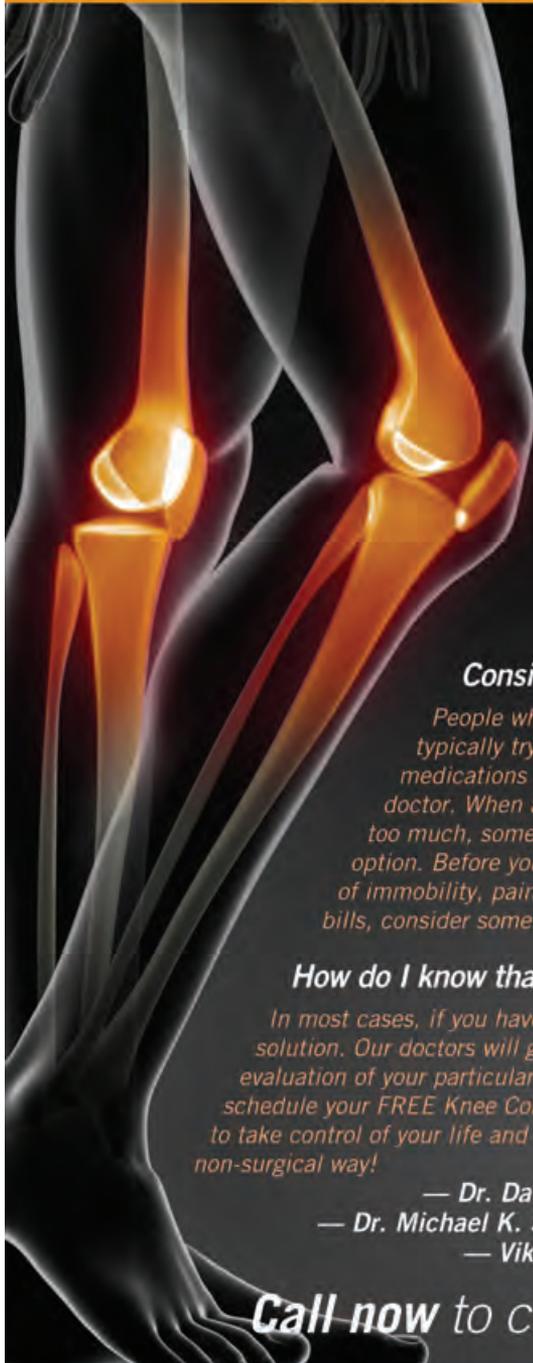
Paula Butler, county agent with Texas A&M Agrilife Extension, demonstrates recipes that are easy to prepare.



Little Miss JESA, Kelani Waites, accepts her awards during the Juneteenth Scholarship Pageant.

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- Have you had a direct blow to the knee from a fall?

Consider these facts before surgery

People who suffer from knee pain typically try supplements or pain medications before seeking help from a doctor. When all else fails and the pain is too much, some feel that surgery is the only option. Before you put yourself through months of immobility, pain, rehab, and hefty medical bills, consider something else.

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Four Retirement Savings Mistakes to Avoid

Nearly 50 percent of American adults worry that they'll outlive their life savings, according to a Gallup poll. Fortunately, with a few tweaks to your financial strategy, you can help strengthen your savings posture and preserve your money for as long as possible. Steer clear of these retirement savings mistakes:

Saving very little — or not saving at all

"It's important to start early and save often," said Helen Stephens, principal of the Helen Stephens Group, LLC, in Fort Worth, Texas. Create a goal to put 10 percent of your pre-tax income toward retirement. You don't have to do it all at once. You can build up to that. If it's easier, start at 5 percent, then increase to 6 percent next year, and so on. "Regular contributions are what's important over time," she said.

Giving up on the notion of a retirement savings plan

Though it's best to start saving early on, it's better to start late than never at all. The thought of starting can be overwhelming, so work with a financial planner to devise a plan that fits your situation and determine how much you need to save to meet your goal. "Rather than avoiding the inevitable need to plan for retirement, create a modified picture of your future," Stephens said. "As long as you have a diligent approach to retirement savings, you can rectify the situation."

Cashing out when you change jobs

This is the mistake Stephens sees most often. If you cash out before age 59 1/2 not only do you risk moving to a higher tax bracket, you may have pay to a 10-percent penalty tax. You're better off leaving the money in your former employer's plan or rolling it over into either your current employer's plan or to an IRA. Also consider the fees associated with the plan/account and the available investment vehicles. "If you roll it over, it can work for you on a tax-deferred basis until you reach retirement," Stephens said.

Carrying too much debt into retirement

Debt — whether from a mortgage, car or credit card — can put a dent in your best-laid retirement plans. "A family should work with their financial planner to have a plan in place, not only for retirement savings, but for cash flow planning as well," Stephens said. "This plan would include debt elimination." **NOW**

Neither State Farm nor its agents provide tax, legal or investment advice. Please consult your own adviser regarding your particular circumstances. Lynda Housley is a State Farm agent based in Corsicana.



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Coupon expires at the end of the 2013 summer season.

Diabetes and Your Feet

About 65 percent of people with diabetes have mild to severe forms of nervous system damage that may impair sensation or pain in the feet or hands. While diabetes can lead to serious health complications, by taking steps to control the disease and awareness of foot health, people with diabetes can manage the disease and lower their risk for complications, including lower-extremity amputations.

Diabetes can harm your feet, because blood flow is reduced to certain areas of the body, especially the legs, making it harder for injuries to heal. Nerve damage may cause you to no longer feel pain in your feet, and you may not even realize you have a wound or injury that needs treatment.

Some warning signs of nerve damage in the feet include:

- Leg pain or cramping in your buttocks, thighs or calves during physical activity
- Tingling, burning or aching in the feet
- Lost sense of touch or unable to feel heat or cold well
- Changed shape of feet
- Loss of hair on toes, feet and lower legs
- Dry, cracked skin on feet
- Thick, yellow toenails
- Fungal infection between toes
- Blisters, sores, ulcers, infected corns, ingrown toenails

Protecting Your Feet

- **Have your doctor check your feet at least four times a year.**
- **Check your feet each day.** Look at the tops and bottoms of your feet and toes to check for scratches, cracks, cuts or blisters.

• **Wash feet daily.** Don't soak your feet, which can lead to infections. Dry carefully, especially between toes; moisture between the toes will allow germs to grow that could cause infection.

• **Trim toenails carefully.** After washing and drying feet, trim toenails to follow the natural curve, but not into the corners.

• **Never cut or use a razor on corns or calluses.** Use a pumice stone.

• **Protect feet from heat and cold.** Hot water or surfaces are dangerous to feet. Test bath water with your elbow and wear shoes when you walk on hot surfaces. Use sunscreen on the tops of your feet, and in the winter, wear warm footwear to protect your feet.

• **Always wear shoes and socks.** Never walk barefoot — even indoors.

• **Wear shoes that fit.** Don't wear shoes that have plastic uppers, and don't wear sandals with thongs between the toes. New shoes should be comfortable when you buy them. Always wear stockings or socks made of cotton or wool to help keep your feet dry.

• **Be physically active.** Physical activity helps increase the circulation in your feet. If you are not able to walk, ask your doctor about seated or reclining exercises for your feet and legs. **NOW**

Remember that this information is not intended to replace the advice of your physician.

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August 1 — 10

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Mondays, 1:30 p.m., “Oceans in Space”; 2:30 p.m., “Search for Life in the Universe”; **Tuesdays**, 1:30 p.m., “Night Lights”; 2:30 p.m. “Starts of Jade”; **Wednesdays**, 1:30 p.m., “Cowboy Astronomer”; 2:30 p.m., “Journey Into the Living Cell”; **Thursdays**, 1:30 p.m., “Secret of the Cardboard Rocket”; 2:30 p.m., “Blown Away: The Wild World of Weather”; **Fridays**, 1:30 p.m., “Galaxies”; 2:30 p.m., “More Than Meets the Eye”. Admission is \$2 per person, per program. For more information, call (903) 875-7596 or visit www.cookplanetarium.us.

August 1— 31

“Gettysburg: Standing with Desperate Bravery”: **Mondays-Fridays**, 10:00 a.m.-4:00 p.m., **Saturdays**, Noon-4:00 p.m., Pearce Museum. General admission applies. For more information, call (903) 875-7642.

Barbara Jones Art Exhibit: Warehouse Living Arts Gallery: Sponsored by Navarro Council of Arts, this exhibit is free and open to the public. For more

information, call (903) 872-5411 or visit www.navarrocouncilofthearts.com.

August 2

Corsicana YMCA's Strong Kids Golf Tournament: 1:00 p.m. start, Corsicana Country Club. For more information, call (903) 872-2412 or email thomas@corsicanaymca.org.

August 7, 14, 21, 28

Preschool Story Time: 10:00 a.m., Corsicana Public Library. For more information, call (903) 654-4810.

August 9

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. Bring a salad or dessert and stay for a round or two of bingo after lunch. For more information, contact Connie Beal at (903) 654-6800.

August 10

Second Saturday “Island Time”: 4:00-9:00 p.m., downtown Corsicana. It's limbo time! For more information, call 877-648-2688 or visit www.corsicanasecondsaturdays.com.

August 13

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

August 22

Corsicana Newcomers' Club meeting: 11:00 a.m., Kinsloe House. For more information and confirmed luncheon reservations, contact Marge Oslick at (903) 872-3508.

August 23

“Ladies Night Out...Painting At the Palace!": 7:00 p.m., The Corsicana Palace Theatre. For more information, visit www.corsicanapalace.com.

August 26

Boys & Girls Club of Navarro County's After-School Program: 3:30-7:00 p.m. For more information, contact Mary Wilson or Tasha White at (903) 872-9231.

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

McCoy's Building Supply
is Proud to Announce

Chelsie McGraw
as their newest
Farm & Ranch Specialist



Chelsie grew up in Navarro County and graduated from Blooming Grove High School. She has worked at McCoy's for over 2 years. Her wonderful customer service and knowledge of the product has brought her continued success. When not working, Chelsie enjoys watching her son, Braxton, participate in mutton-busting events.

Chelsie is excited about the opportunities her new position as Farm & Ranch Specialist will bring. With Chelsie on staff, the future of McCoy's is as bright as her smile!

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In The Kitchen With Edna and Elizabeth Bailey

— *By Virginia Riddle*

Elizabeth Bailey, an award-winning cook at the Navarro County Youth Expo, has been honing her cooking skills under the tutelage of Edna, her mom; Jason, her dad; and her grandmother. “I have yet to make a circle tortilla, while my grandmother makes dozens and dozens of them perfectly,” Elizabeth said.

“It’s all in the hands. It just takes practice,” Edna revealed.

Edna and Elizabeth’s cooking reflects their life in a multigenerational family with a Hispanic heritage. “We cook lots of food, mostly Mexican food,” Edna said. Edna and Elizabeth find joy in cooking by sharing with family, friends and contributing many of their creations to community fundraising events. **NOW**

Huevos Rancheros

8 tomatillos, peeled and cut into quarters
2 jalapeños, chopped
1/2 cup onion, chopped
1/2 cup cilantro, chopped
2 garlic cloves, chopped
Salt, to taste
Corn tortillas
Oil
1 10-oz. can refried beans
1 egg per tortilla

1. For green chili sauce, mix first six ingredients in blender.
2. Pour sauce into saucepan; heat slowly and set aside.
3. Fry 1 tortilla per person in oil until crispy; blot and set aside.
4. Warm refried beans; spread on top of tortilla.
5. Fry eggs; layer on top of beans.

6. Pour large spoonful of green chili sauce on top of egg.

Tortilla Soup

4 boneless, skinless chicken breasts, boiled and shredded
1/2 large white onion, chopped
4 cloves garlic, chopped
1 28-oz. can whole tomatoes
1 lb. white rice
Vegetable oil
1 8-oz. can tomato sauce
Salt, to taste
Garlic powder, to taste
Corn tortillas, cut into slices
1 round Queso Fresco Casero (Mexican cheese), crumbled
8 avocados, sliced

1. Combine chicken, onion and garlic in a large pot.
2. Purée tomatoes in blender; add to

- chicken mixture and set aside.
3. Brown rice in oil; cover rice with water.
4. Add tomato sauce, salt and garlic powder; boil until rice is softened.
5. Pour rice mixture into chicken ingredients; bring to a boil. Serve soup topped with tortilla slices, Mexican cheese and avocado slices.

Flour Tortillas

7 cups flour
2 tsp. baking powder
2 tsp. salt
1/4 cup shortening

1. Mix all ingredients in large bowl; add enough hot water to make dough.
2. Roll dough into a large ball; let sit 5-10 minutes.
3. Divide dough into small balls.
4. Heat comal (flat iron plate) to medium.
5. Roll out the dough balls and cook until bubbles appear; turn and remove when bubbles appear again.

Jason’s Hot Sauce

2 28-oz. cans whole tomatoes
1 bunch cilantro, chopped
3 cloves garlic, crushed
3-4 jalapeños
Salt, to taste
Garlic salt, to taste

1. Combine all ingredients in a blender.
2. Blend to desired consistency.

Spanish-style Rice

1/4 cup oil
1 1-lb. bag white rice
1 8-oz. can tomato sauce
1/2 cup onion, chopped
1 tsp. garlic, minced

1. Heat a large pan to medium-high.
2. Pour in oil and rice; cook until browned.
3. Add tomato sauce and enough water to cover the rice.
4. Add onion and garlic; cook for 20 minutes.

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

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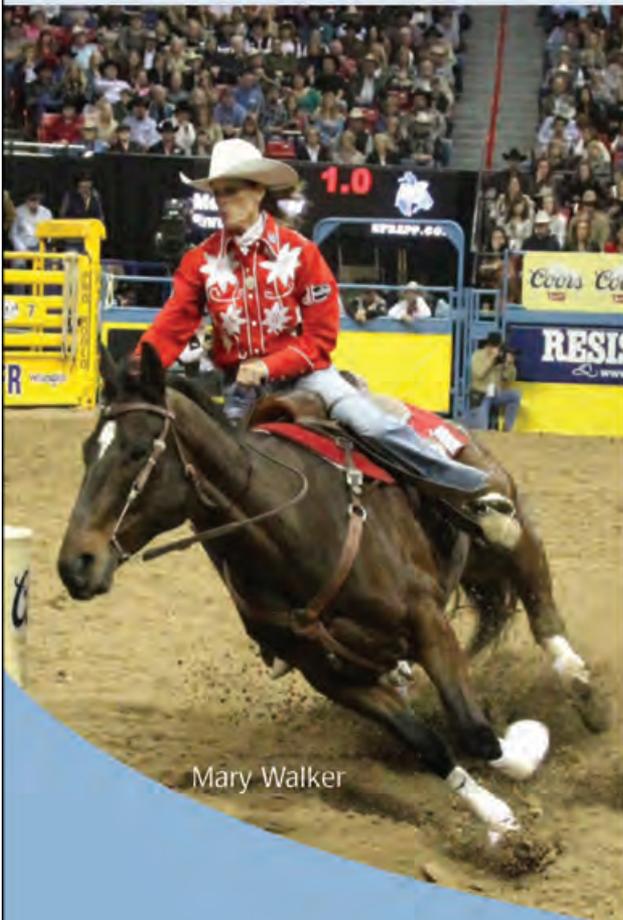
The highly-trained physical therapists and occupational therapists focused on Mary's capabilities rather than disability to put her back in the saddle and on the trail to recovery and independence. Ennis Regional Medical Center congratulates Mary's season title win at the 2012 National Finals Rodeo in Las Vegas.

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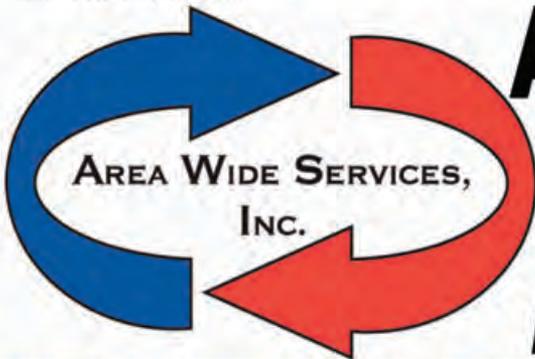
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