

# Corsicana NOW

MAGAZINE  
OCTOBER 2014

## Land of Discovery

A Navarro College professor and a team of volunteers unveil an ancient mammoth

## Life's Been Good

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Going for the Green  
To Prune or Not to Prune  
Neighbor Caring for Neighbor

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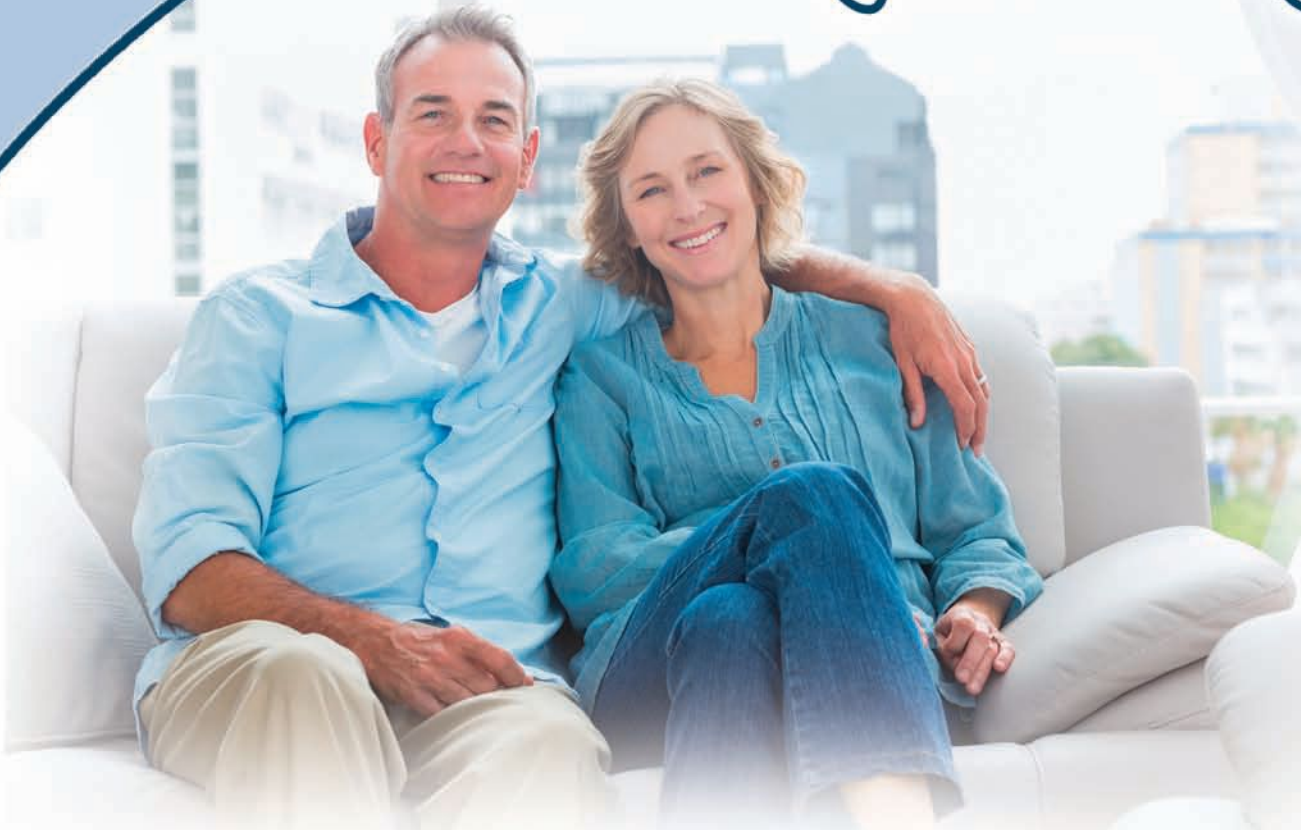
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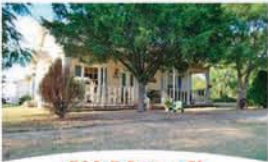
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## ON THE COVER



*Ellie May, the mammoth, brings many people together.*

*Photo by Amy Ramirez.*

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## Editor's Note

*Hello, Readers!*

Don't you just love October weather? The heat of summer is over, nights are cool but not cold, and there's just that little hint of crispness in the air. It's great to be in Texas in the fall with outdoor sports and festivals and the final harvests in full swing.

This month is also Adopt a Shelter Dog Month. I have three much-treasured rescue dogs — Houdini and Buddy, who are very large dogs, and my traveling little Jazz, whom so many of you have met at outdoor events. They have no pedigrees, but I'm honored that they have blessed me with so much love and devotion. I have always had dogs as a part of my life. Visit the Humane Society of Navarro County to adopt or foster your next canine friend, volunteer or to donate needed supplies.

Enjoy your month!

### Virginia

Virginia Riddle  
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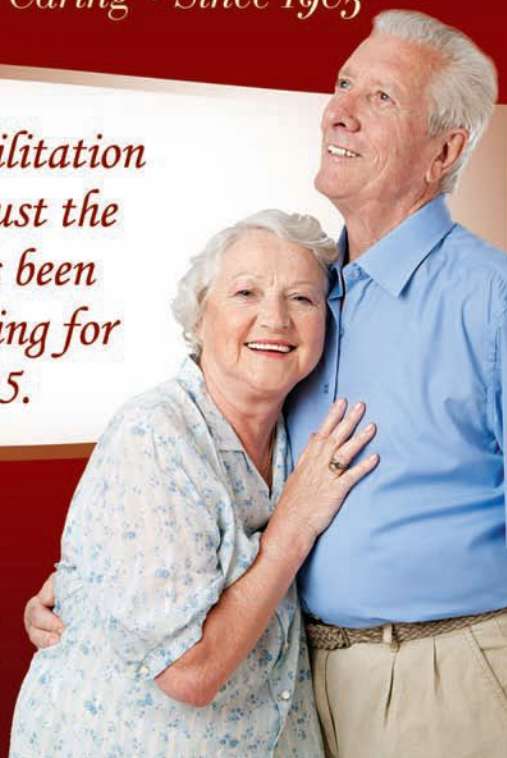
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# LAND OF DIS

— By Virginia Riddle



Prof. Tom Vance and Sunday Crider worked together to coordinate Ellie May's excavation.



*It was an otherwise ordinary day for Ellis County gravel pit owner Marty McEwen. But while using a backhoe to remove sand and gravel for sale this past May, he became aware of bits of bone in the mix. Wisely halting his work, he discovered a partially buried prehistoric bone and tusk. Marty contacted a friend, Ken Wolaver, who then consulted with Prof. Tom Vance, his former biology professor at Navarro College-Corsicana. A visit to the site prompted Tom*

*to put his love of paleontological research to work by organizing a controlled excavation of the ancient skeletal remains.*

During this past summer, Sunday Crider of Midlothian, having met Tom on a previous dig in Limestone County, worked as liaison between Tom and groups of five to eight volunteers at a time, who gathered at the excavation site each weekend. Communication was through a Facebook page that Sunday created. Following their paleontology passion, volunteers traveled from the Metroplex, Waco, Limestone County and from all over



# COVERY



Ellis County, to work in the hot temperatures. Volunteers had to be at least 16 years old and sign a nondisclosure agreement as to the location, since it was a goal of the group to protect the remains from harm. "When Tom invited me to dig with him, I had no idea what to expect," Sunday admitted. "Once we gridded off the area, we began the systematic digging. As we exposed the second tusk, skull and intact neck vertebrae, I just knew that we had an intact specimen."

With dental picks, trowels and brushes, volunteers painstakingly uncovered what is believed to be an 18- to 20-year-old female Columbian mammoth. These mammoths date back to the Ice Age and probably resembled today's elephants with a shoulder





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height of 12-15 feet. Named temporarily for Ellis County and the month of May in which she was found, Ellie May's story may become clearer from lab results that are yet to come. The bones have been protectively wrapped in a way similar to the casting of a broken arm and have been sent to the Perot Museum of Nature and Science in Dallas.

Unlike the Waco Mammoth Site in which a herd of mammoths died trapped in a ravine during a flood, as of yet, there is no indication, such as mollusks or other fossils to indicate that Ellie May died in a flood. Shark teeth have been found, because at one time, this area was completely underwater. The theory that predators killed her seems unlikely since there are no indentations on the bones. Mammoths were herd animals, and yet Ellie May probably died alone. As the first humans to see Ellie May, the volunteers could only speculate on her life and death during the excavation.

"Her death was probably very quick," Tom said. He has also estimated her age based on Ellie May's four sets of molars. "A lot of people are curious about what walked through their backyards," Tom commented. "So I can't place a value on the work done by these volunteers. The gravel pit is kind of a time trip, so a find like this sparks the imagination."

Stacie Rios, also a Midlothian volunteer, enjoyed making her work on Ellie May a family event, since her husband, Gene, and sons Chase, Chandler and Chad joined her. "This was the most amazing thing I have ever been a part of," Stacie said. "My husband and sons would dig all day, every day, if they could. Working on Ellie's tusk was memorable. Just exposing





Marty McEwen and his dad, Wayne McEwen, were thrilled with the discovery made on their property.

it to the elements and literally having it change color before my eyes was an unforgettable experience.”

Three generations of the Atchley family of Ennis were represented among the volunteers, as Mandi Atchley had her mother and father and her daughter, Paige, working alongside her. They were disappointed at first by being rained out twice, but were finally rewarded. “It was amazing to look down into the pit and see Ellie May laying there. Really, it was almost startling,” Mandi recalled. “This whole experience goes beyond a cash value, since Ellie May was found right here at home. Hopefully, years from now, my daughter can take her children to see Ellie May on exhibit and be able to say, ‘Mom helped dig her out.’”

Excited about the dig, Mandi mentioned it to Cassie Ortiz, a drill team director she knew in Waxahachie, who became another volunteer. “It was an amazing experience that I got to share with Mandi and her family outside of school,” Cassie remembered. “I learned that it was hard, hot work. We dug out dirt and sand so others could get in farther, but it was great to learn and listen to the experts. Ellie May brought everyone together. That was really special.”

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One of those experts was Bill Abbott of Waxahachie. Retired now, Bill has a Ph.D. in paleontology and taught biology and paleontology on the college level. "I came into the dig late in the game when all the bones were totally exposed," he said. Bill concurred with Tom in that Ellie May's death was probably sudden. Bill has taken samples of micro fossils in hopes of learning more. "Paleontology is a combination of history and science," he revealed. "There is a value in knowing more about the geological environment, the history of the area and about these animals." Besides his interest in paleontology, Bill had another compelling reason to volunteer his time and expertise. "My late wife was named Ellie May, so I *had* to work on this dig," he shared.

Sunday was especially happy to have generations of families volunteering to work together. "I have to attribute my love of discovery to my parents, who instilled in me, as a child, a sense of wonderment and curiosity," she explained. Her dad, Bob Crider of Mexia, also assisted in this dig.

"This has been a very addictive experience," Tom said. "Every time we have moved the dirt or scratched the surface, we have seen something that no one else has ever seen." Like her past, Ellie May's future isn't known at this time. For Tom and others, she will be the topic of scientific papers, but as he remarked, "I want to see the conclusion to Ellie May's story." **NOW**

*Editor's Note: The Perot Museum of Nature and Science will be in charge of bringing Ellie May's story to light, so people for generations to come will be able to enjoy learning about the past.*

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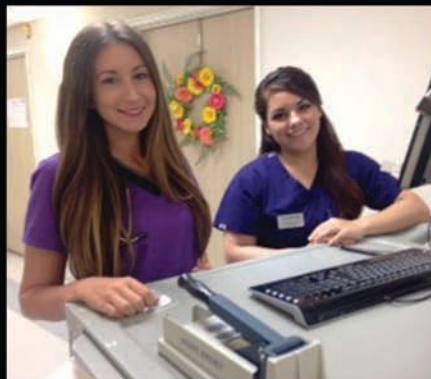
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# Life's Been Good

— By Sara Edgell

*Life is an adventure full of ups and downs, good and bad, love and loss. But despite all of these things, a person's attitude toward life can make just about anything worthwhile. After all, there are no real failures in life, rather learning opportunities. Lavonia Stuart is one remarkable woman who just happens to know making lemonade when life throws you lemons is the secret to a long, fruitful life.*

Lavonia grew up close to Fort Hood in Temple, Texas. She was born on June 5, 1925, and spent the majority of her life surrounded by family in the small, rural town. Her nickname, Shep, which she commonly goes by, comes from her maiden name Shepperd. For her entire 89 years, she has been known to be spunky and feisty, yet kindhearted and thoughtful. When asked how she is doing, she replies

## AT HOME WITH Lavonia Stuart

with her standard, "If I was any better, I couldn't stand it." She chooses to take life as it is — to embrace each day with gratitude and hopefulness by choosing





to be happy and see the best of things no matter what. "I don't have a complaint in the world," she said.

As a child, Lavonia's father, Will Shepperd, took the time to teach her the art known as tatting. Tatting is an antiquated form of hand-making a knotted type of lace. "My mother and grandmother both tried to teach me how to tat, but they couldn't," Shep recalled. "So one night my father sat me down and showed me, and within five minutes I was tatting away."

Over the years, Lavonia has put the skill to good use making lace trim for pillowcases, wedding handkerchiefs and countless baby bonnets. "Every single one of my children, grandchildren and great-grandchildren have worn something I have tatted on," Lavonia shared.

According to her daughter, Becky, "She can tat with her eyes closed, because she has done it for so long."

Additionally, Shep's father was a talented and gainfully employed tailor, working for the Fort Hood Army Base for many years. He actually had the opportunity to personally alter the uniforms of both Elvis Presley and Eddie Fisher. Lavonia can remember Elvis visiting her home while he waited for his altered uniforms and costumes, and remembers being taken aback by his pleasant demeanor. "I'll tell you a secret," she said, "Elvis was such a polite, intelligent young man." And off the record, she says he was rather handsome, too!

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In 1946, Shep married Bill Stuart and together, they built a home and had two children, Becky and David. She worked for several years as a bookkeeper and secretary at Capital National Bank, but happily left the job in order to care for her kids. "Being a stay-at-home mother was time-consuming and difficult. But in the end, I have been blessed with adult kids who are good people," she stated.

Shep and Bill were married for 57 years and spent those years

together living life to the fullest. Bill, a World War II veteran, was shot 22 times including in the leg, hand and abdomen. The battle wounds should have killed him, but he survived and insisted on enjoying his life no matter what. "He was an amazing man. He fought for life and never once complained," Lavonia recalled. Bill passed away in 2004, but his outlook on and attitude toward life are two things Lavonia greatly admired, and now she emulates that outlook in her own life as a sort of homage to her late husband. Lavonia smiled reminiscently. "We had more fun than two 16-year-olds ever could," she said.

Lavonia moved to Corsicana with Becky in 2005 due to health-related reasons. At her age, it was time for Lavonia to once again be surrounded by her family. She first lived with her daughter in her home for about eight years. During that time, Becky and Shep took to the roads again, traveling and going on adventures. "We even had a margarita or two. We sure had a good time for two old Baptist women!"





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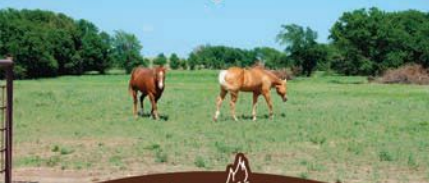


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she said jokingly.

However, last year, Shep suffered a torn retina and a broken hip. Because she was also battling cancer, she simply wasn't strong enough to stay well and be at home. Therefore, Shep and her family decided to move her into the Twilight Home in order to ensure her health and vitality. "I love it here," she said. "They treat me so well, like they would their own mother."

Most days, Shep sits in the sunroom by the front entrance of the home enjoying the day and often greets family and friends with a friendly "Hook 'em Horns" hand sign and a bright smile. She is a die-hard University of Texas fan and will not hesitate to let it be known by all.

Shep's competitive spirit is also evident by the many stuffed animals she has won through various functions at the home. She has them proudly displayed alongside her many family photos and lighthouse collection. "My mother is deeply Christian and has always loved the song 'The Lighthouse,' because it talks about a spiritual walk with God, who directs the way," Becky shared. The symbol of hope is one that Shep holds near and dear to her heart, and avidly collects. She actually had to downsize her lighthouse collection when she moved, because she had so many.

Lavonia's room is quaint and comfortable, and displays the most important things in her life. The door to her room is always seasonally decorated by her daughter-in-law, Nita, and features artwork Lavonia completes



Left to right:  
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during crafting sessions. Her treasured rocking chair serves as her spot for tatting, reading and occasionally watching television. The chair was originally purchased when she found out she was going to be a grandmother. While it was intended to rock the new grandbaby, it has, in fact, rocked three grandchildren, seven great-grandchildren and countless nieces and nephews over the years.

In addition to tatting, Lavonia spends her time knitting, crocheting and doing needlepoint. She

also regularly participates in the home's activities, including monthly movie outings and Bingo nights. "I can't just sit, I have to be busy," Shep said.

There is plenty to keep this feisty firecracker active and busy. She has her own space in her room with her own belongings, but she is merely steps away



Shep Stuart enjoys a visit with her daughter, Becky, and son-in-law, Nick Gandy.

from activities and social interaction. Staying active is extremely important to Shep, who intends to continue until the good Lord calls her home, and she plans to live to the age of 100! Shep's secret to living life well is to fill her days with family, love and truth, because through her spunky nature, she has learned they are the greatest rewards. **NOW**



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# Going for the Green

— By Virginia Riddle

*As anyone who has ever played the game of golf knows, every round offers unique personal challenges. “You are really playing against yourself,” Jason Sodd, a local attorney, stated. During his childhood, Jason received a gift of golf clubs from his dad and took a few lessons, but the game wasn’t his passion then. However, upon his graduation from Texas Wesleyan University School of Law in 2001, Jason’s wife, Ellen, gave him a set of clubs, and golf soon became as important a sport in Jason’s life as his hunting.*

Seven years ago, Jason and Ellen’s son, Gabriel, was born. By the time he was 3 years old, Gabriel was playing golf with his dad. “I noticed that he was hitting little pitch shots out in the backyard and was making perfect driver shots off the sidewalk,” Jason remembered. “I kept wondering, ‘How can you do that?’”

“My dad played golf, so I liked it and started playing,” 7-year-old Gabriel explained. “You get to hit a ball, and it’s so peaceful.”

Father and son are now regulars at Corsicana Country Club’s golf course, following church on Sundays and occasionally on other days. There are other father and son twosomes and foursomes playing on Sundays, so Jason and Gabriel are in good company. “Everyone shouts at Gabe like he’s Norm on *Cheers*, and everybody stops to watch him,” his proud father shared. “He’s the youngest member in the locker room. Gabe loves it. He has a blast.”

But this dynamic duo doesn’t just play their home course. When vacationing, if there’s a golf course nearby, they are on it. A favorite out-of-town course, among others, is Horseshoe Bay Resort in the Texas Hill Country. “I talk with the pros first, but there’s never been a problem,” Jason said of his youthful sidekick. “Gabe knows golfing etiquette, and we don’t slow anyone down. It only takes about three hours for us to complete a full round. I get to play a lot of nice courses with my son, since I’m super comfortable taking him along.” And while the guys are playing golf, Ellen and their daughter, Eva, are doing little girl things together. But Jason is watching for a spark to ignite in Eva, because he’s hoping to eventually teach her — and four nephews — to enjoy golf.

Overcoming difficulties is part of the game, and that’s all right by Gabriel, who noted, “The greens are always tilted differently, and there’s water all around.”

Jason identifies his greatest difficulty as driving. “Tight courses are tough,” he revealed. “I’ve had to realize it’s OK to hit bad shots and experience frustration.”





Even though Jason has been Gabriel's steady golfing instructor, he has observed that their swings are not similar. "His mind does not get in his way yet," Jason said. Gabriel's favorite club is his three wood, and he is good at driving the ball down the fairways. "He's also good at hitting out of sand bunkers," Jason added. Due to the scores Jason has been turning in for Gabriel for three years, his son has established a 40.4 handicap. His best score, to date, has been 104. Gabriel scored his first par on hole No. 2 at the country club. "He missed his birdie chip but made a comeback putt for par," Jason recalled. Another memorable moment came for Gabriel when he broke 120 for the first time.



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Jason's best round, to date, has been a 67 when he had an ace, eagle and pars during a round on the country club course. He hit a hole-in-one on No. 13 with a 6-iron at 183 yards. "I have a witness to my hole-in-one," Jason laughed. "He's 7 years old, but he's still a witness."

Jason and Gabriel are coached several times a month by Susan Watkins, a former golf coach at The University of Texas. Currently residing in Austin, she is originally from Corsicana. A recently installed putting green at their home affords Jason and Gabriel practice time

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**“My dad played golf, so I liked it and started playing. You get to hit a ball, and it’s so peaceful.”**

when their schedules don’t allow them time for a complete round of nine or 18 holes.

Even though Jason plays golf with friends at the country club and away on golfing vacations, he still cites watching Gabriel play as his greatest joy. “I have much more fun watching him make good shots than making them myself,” he confessed. “I have a good day when Gabe makes good shots.” But it’s also a great day when he can witness any good round in the making. “I was there when a friend shot a 64 one day,” Jason added.

Observing professional golfers is a favorite activity for Jason and Gabriel. They have walked the Colonial Country Club in Fort Worth during the annual PGA tournament there and enjoy watching televised golf tournaments. Gabriel’s favorite pro is Phil Mickelson

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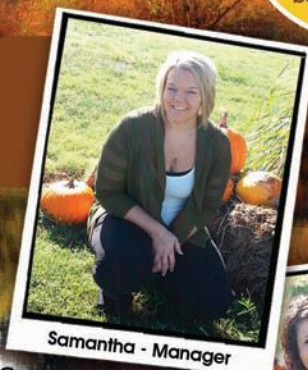


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while Jason likes to follow Ben Crane, Zach Johnson and others. "The pros are so good!" Jason exclaimed. "You pull for a handful, but to watch anyone play that well is a blast."

This father and son duo lead very busy lives off the golf course. Jason serves on the Corsicana ISD school board and on the Corsicana Country Club board of directors. He is a director and teacher of a Sunday school class at the family's church, First Baptist of Corsicana, and hosts a Bible study group at his home.

Gabriel is in the second grade at Bowie Elementary School. He plays baseball on a select team, shoots basketball goals in the driveway and likes to go hunting with dad. He has already killed two deer.

"Golf teaches kids honesty and integrity, and it gives them the ability to control their tempers," Jason reflected. "It produces better behaved, well-rounded children."

Another aspect of playing golf that works well with school-learned skills was noted by Gabriel, "You have to add and remember all the strokes."

"I would love to see Gabe play college golf and take the game as far as he can, but that's up to him," Jason said. "As long as he's having fun, we will continue to play." In the meantime, the game has served to create and seal a close bond between father and son. Jason cherishes these times. "Gabe asks if we can play the next weekend, and he loves when he sees the clubs being loaded in the car," Jason added. "There is a closeness that we can always share. It's really cool when we are enjoying a day on the course together." **NOW**



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A collection of colorful autumn leaves in shades of red, orange, yellow, and green, scattered across the upper left and top of the page.

# TO PRUNE OR NOT TO PRUNE



— By Randy Bigham

*The onset of harvest time brings more than the turning of the leaves. For most of us, it means raking them up after their inevitable descent, transforming lawns and driveways everywhere into a crunchy nuisance. Autumn's inception also inspires well-meaning homeowners to prune branches and hedges while the weather is still nice. But increasingly, the word from lawn care specialists and gardeners is to hold off on pruning until winter. Resisting the urge to prune in the fall is the advice of*





famous green thumb Paul James, host of HGTV's Gardening by the Yard. "The tender new growth that would result may not have a chance to harden sufficiently before cold weather arrives," Paul explained, "and that can lead to damage."

Horticulturalist Deborah Brown agreed. "Pruning in late winter, just before spring growth starts," she said, "leaves fresh wounds exposed for only a short time before new growth begins the wound-sealing process."

Gardening author Mike McGrath is more adamant in his advice. "The rules of fall pruning are simple," he maintained. "Prune nothing in the fall! Nada! Zilch! Ladies, hide the pruners from helpful husbands!"

But we yard lovers needn't fret. There's plenty of lawn and garden maintenance for us to accomplish long before winter wilds its icy claws.



## Lawn cleanup and maintenance

Keeping lawns free of leaves is the main objective in the fall, so let the raking begin. And we may as well do it the right way. Yes, there's a method to leaf-free madness, as Barbara Pleasant outlines in her book *Compost Gardening*. She recommends raking with the wind (and downhill when possible). Matching your rake to the kind of leaves in your yard and to your body type is also suggested. Your favorite mom-and-pop garden

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centers, as well as your local big box stores, offer a range of sizes and weights.

Most importantly, use your shredded leaves as mulch. "Leaves contain some of the nutrients that trees and shrubs have taken out of the soil," Barbara wrote, "and it's in keeping with nature's plan that you should give back some of those purloined nutrients by mowing over part of your annual leaf fall, thus returning organic matter to the soil." Ellis County Master Gardeners are in favor of this form of organic recycling, advising a 3- to 6-inch layer of leaves as mulch in vegetable and flower beds and around trees and bushes.

Writer and avid gardener Lisa Kaplan Gordon suggests patching bare or thin spots of grass during the fall. Remove dead grass and replace with an inch of compost and an appropriate grass seed suited to shade or sun. "You'll want to keep the patch moist," Lisa said, "so lightly water once a day until the seed germinates, and the new grass gets about 1-inch tall."

## Planting and transplanting

Fall is a good time for planting vines and ground covers from containers. Cool-season annuals like pansies, daffodils, dianthus and ornamental kale or cabbage are ripe for autumnal planting, as are leeks, garlic and onions, especially





those “from bulbs in soil enriched with organic matter.”

Paul James believes container plants deserve more attention from fall gardeners than they receive. “You can take cuttings of various annuals and root them in either water or a potting medium such as vermiculite, perlite or soil-less potting mix,” he instructed. Paul also recommends transplanting potted perennials into the garden.

## Fertilizing

Roger Cook of *This Old House* magazine reminds his readers fall is the optimum time for fertilizing their lawns. “Taking the time to fertilize in the fall will strengthen your plants’ and lawn’s roots, giving them a strong base on which to thrive next spring,” he pointed out. He recommends a formula of 20-8-8 (nitrogen-phosphorus-potassium) for the best blade, foliage and root growth and trace element absorption. Check with your local Master Gardeners for the ideal time for lawn fertilization. Roger also suggests fertilizing shrubs and trees in the fall. “I recommend applying one to three

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pounds of slow-release nitrogen per 1,000 square feet of bed and cultivating lightly," he shared.



## Pruning

While fall pruning isn't advocated by most professionals, there are some basics to remember and apply to the task when trimming is safer for the plants. Mike McGrath expounded on why it's advisable not to prune until winter. "As I try to stress every year at this time, pruning now stimulates new growth just when the plants are trying to go dormant, and this severely weakens the plants."

Once winter has arrived, pruning is recommended to promote overall plant health, encourage flower and fruit development, control size and eliminate broken, hazardous branches. For large, established trees, pruning is best left to qualified professionals. A number of knowledgeable, reputable tree trimming services provide care programs and fertilization. Some employ certified arborists to assist clients and offer tree trimming along with traditional lawn and garden packages.

Among shrubs to prune in winter are hydrangeas and camellias. Trees to be pruned at the same time include: juniper, spruce, Bradford pear, honey locust and poplar. Trees *not* to prune in winter are maple, birch, dogwood, walnut and elm.

Whether raking and mulching or planting and fertilizing, remember to pace yourself. As Barbara Pleasant wrote in *Compost Gardening*, "Leaf season will last for several weeks, so you have plenty of time to let yourself enjoy the weather and the work!" **NOW**



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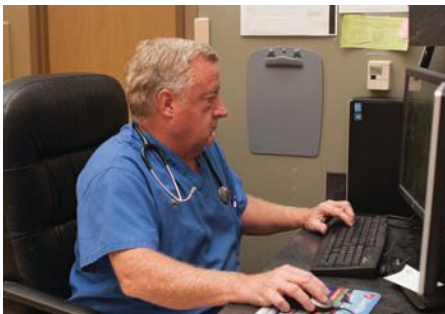
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Dr. Craig Yetter, CEO Kevin Zachary and Mayor Russell Thomas are proud of the quality care ERMC offers the community.



# NEIGHBOR CARING FOR NEIGHBOR

*Ennis Regional Medical Center is honored for close to home, quality care.*

— By Virginia Riddle

As a top performer in the areas of quality and patient safety among LifePoint's more than 60 hospitals nationwide, Ennis Regional Medical Center's goal is to be there, when minutes count, for area residents. The hospital is certified as a Trauma Level IV facility and is accredited through The Joint Commission (TJC). With 80 active doctors and another 54 affiliated doctors, working with well-trained support staff and state-of-the-art equipment, ERMC is the go-to facility for local health care. "We are very fortunate to have a high quality of medical professionals," Kevin Zachary, ERMC's chief executive officer, stated.

Ennis has not always been so fortunate. "We lost our hospital in 2000," Mayor Russell Thomas, a hospital board member, remembered. "We are a small town, but we owed our citizens a

really good hospital." The city stepped up, formed a partnership with LifePoint, and ERMC was created to deliver the best quality service. "We have elevated nursing care, solicited patient surveys, and we really do look at those surveys," Mayor Thomas said. "My daughter, Anna, stayed in the hospital under the ERMC team's care for a week. The experience was wonderful."

General acute care services include emergency room and surgical services, pharmaceutical and dietary services, rehabilitative therapies (physical and occupational), perinatal and neonatal units, cardio-pulmonary services, diagnostic imaging, lumbar and cervical spine surgeries, and critical and general patient care. If a higher level of service is needed, patients are quickly transferred to a facility that offers that care. "We are not concerned about what benefits a larger



sister hospital down the road,” Kevin pointed out. “Patients are referred to larger facilities when it benefits the patient.” The hospital has a One Call Agreement for cardiology and neurology.

Dr. Craig Yetter, medical director and ER doctor, strives to make the “door to doc” time short for ER patients. “We want to make a timely, correct diagnosis and get patients where they need to be,” said the longtime local doctor. “Ninety percent of the time, it’s great to know the patient and be able to give good news, but giving bad news to friends is hard.”

Having quality care close to home makes stressful times easier for patients and their families and visitors. “Our patients are cared for by individuals they see around

“We are a small town, but we owed our citizens a really good hospital.”

town,” Kevin observed. A unique feature is the hospital’s Care Management Team of nurses that are available for patients and their families 24/7.

The hospital takes an active part in the community. It is implementing a senior citizens’ program, called 55+ Friends of ERMC. A speakers’ bureau is available for presentations, and the staff collaborates in the area of occupational health with local businesses. Free annual screenings are provided for area school athletes, and the staff mans a first-aid tent at the Polka Festival as well as participates in health fairs. Employees volunteer for Relay For Life and The Greater Ennis United Way. “These activities are near and dear to my heart,” Mayor Thomas stated.

The hospital accepts Medicare, Medicaid, Workman’s Compensation, private payment plans and most private insurance. “We are challenged with health care changes, but are meeting those challenges with success,” Mayor Thomas said.

“It is a joy to see patients achieve positive end results and to know we make a difference in their lives,” Kevin added. Close to home, quality care, thanks to ERMC, is alive and well in Ennis and surrounding communities. **NOW**

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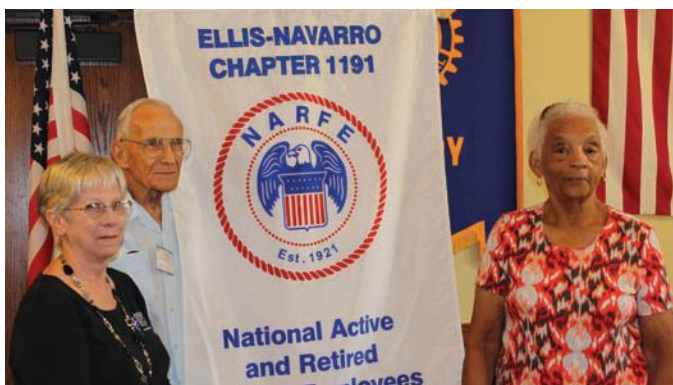
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NARFE members Bob Kral and Dolores Carter (right) thank Kathleen Smith (left) of the Columbia Scientific Balloon Facility for her interesting presentation.



Gene DeVoll tickles the ivories at the Piano Street Jam.



The Navarro College Flag Corp greet returning staff and faculty at the Fall Convocation.



Celia Rodriguez and Belia Gonzalez serve up, oh-so-special treats at the Frozen Tiger!



Roy Messick and Gerald Clore, members of Vietnam Veterans of America Chapter 1009, present a \$500 donation to Aneisa Watson, DFW USO Program.



Backpacks of Love volunteers Pam Cranford, Crystal Shepherd and Kimberly Rainey help students get off to a good start this year.



Becky Stephenson (standing) shows Gail Roman a stitch or two at a Piecemakers' Quilt Guild meeting.



Blooming Grove ISD scholarship recipients Abigail Gutierrez, Courtney Reames, Selena Cantu, Desiree Wiggins and Falcon Thompson.



L-R Jennifer Coleman and Allison Chew Syltie host the Letters from the Pearce exhibit at the Warehouse Living Arts Center.



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**2. Sig Fig** (iPhone, Android). This app syncs your 401(k), IRA, brokerage and other investment accounts, so you can track them together in real time. Sig Fig also analyzes your accounts to create easy-to-read investment charts and generate weekly portfolio reports and investment advice.

**3. Manilla** (iPhone, Android). Manilla acts as your mobile mailbox by managing your bills in one secure location. The app receives, stores and alerts you about statements from cell phone providers, credit card companies, magazine subscription services and more.

**4. Credit Karma** (iPhone). This app provides free credit scores and credit monitoring. With Credit Karma, you can view your score and learn when your credit has changed. The app also helps you be more credit-conscious by giving you credit report cards complete with information about factors affecting your score.

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- Download apps from reputable sources (e.g. Apple's App Store, Google Play).
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*Lynda Housley is a State Farm agent based in Corsicana.*

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# Slowly Into Darkness

— By Betty Tryon, BSN

The thief was very thorough. Insidiously and stealthily striking in such a way that what was lost could never be returned. Glaucoma is the thief. The tragedy in this disease is not just the blindness but also in how it happens. It has no symptoms until vision is lost. However, if it is caught early enough, it can be treated and its ultimate tragedy kept at bay.

Glaucoma is a disease that damages the optic nerve and progressively compromises vision. The damage is irreversible. There is a buildup of pressure called the intraocular pressure in the eye. It is this pressure that damages the nerve. The increased pressure can come from various conditions affecting the aqueous fluid in the eye. The aqueous is a clear fluid produced by the eye. When it can no longer flow properly, because of too much production of fluid or by inadequate drainage, the potential for high intraocular pressure increases and can set up conditions for glaucoma. Some medications can increase eye pressure. Other eye disorders and injuries to the eye can also set up these adverse conditions.

One can have glaucoma for years without any symptoms. Only when there is noticeable vision loss and the person seeks professional help can the diagnosis be made. The most common type of glaucoma is open-angle glaucoma or wide-angle glaucoma. With open-angle glaucoma, there are no symptoms except the gradual loss of vision

beginning with peripheral vision. The peripheral loss is at first unnoticeable, because most people simply turn their heads to see. However, as the loss increases, it becomes very apparent the visual field is narrowing. Eventually, the person's visual field is just a frontal tunnel. If glaucoma is not treated to slow down or arrest the progression of the disease, total blindness will occur.

There is no cure, and everyone should have a comprehensive eye exam every one to two years to rule out issues that may be detrimental to their eye health. A portion of the population is more susceptible to glaucoma — a family history of glaucoma, a person who is African-American, Hispanic and/or over the age of 60. For African-Americans, the concern begins around age 40. If you are treated with medication for your condition, take it exactly the way it is prescribed and follow up with all doctor appointments. Your eyesight depends on it. As the second leading cause of blindness according to the World Health Organization, early diagnosis and proper treatment is crucial and irreplaceable. **NOW**

Source: [www.who.int/blindness/causes/en/](http://www.who.int/blindness/causes/en/).

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

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### October 4

Corsicana ISD Education Foundation's Third Annual C & B Seen Gala: 6:00-11:00 p.m., I.O.O.F. Event Center. For reservations or more information, call (903) 602-8133 or email CEF@CISD.ORG.

### October 4, 11, 18, 25

"Star Signs": 1:30 p.m. "Mars Quest", 2:30 p.m., Cook Center Planetarium. Cost is \$2 per person. For more information, call (903) 874-1211.

### October 6 — 31

The Piecemakers' Quilt Guild 34th Annual Quilt Show: **Mondays-Fridays**, 10:00 a.m.-4:00 p.m.; **Saturdays**, 10:00 a.m.-2:00 p.m., Warehouse Living Arts Center. Admission is free. For more information, visit [www.corsicanaquiltguild.com](http://www.corsicanaquiltguild.com).

### October 10

Senior Olympics: 9:00 a.m.-1:00 p.m., I.O.O.F.

Park. For more information, contact Rita Sanders at (903) 872-5130.

Navarro County Retired Teachers meeting: 9:45 a.m., Northwest Apartments Community Center. For more information, email [pk2@aimail.net](mailto:pk2@aimail.net).

Senior Circle Pot Luck Luncheon:

11:30 a.m.-1:00 p.m., Navarro Regional Hospital. For more information, contact Connie Beal at (903) 654-6892.

### October 11

Annual Hanger 40's Dinner and Dance: 6:00-11:00 p.m., dinner served from 6:30-8:00 p.m., Hangar No. 6, Corsicana Municipal Airport. Call (903) 654-4847 Monday through Saturday from 8:00 a.m.-5:00 p.m. to purchase tickets.

### October 14

Vietnam Veterans of America Chapter 1009 meeting: 7:00 p.m., LaPradera Restaurant. For more information, email Roy Messick at [roy.messick@gmail.com](mailto:roy.messick@gmail.com).

### October 18

Kerens Cotton Harvest Festival & 1-Mile and 5K Cotton Row Run: 8:00 a.m., downtown

Kerens. Tresa Darby at (903) 654-8138 or visit Kerens Cotton Row Run on Facebook. Taste of Navarro County & Community Business Expo 2014: 10:00 a.m.-1:00 p.m., I.O.O.F. Event Center. For more information, call (903) 874-4731.

### October 18-31

Third Annual Pumpkin Patch: 10:00 a.m.-6:00 p.m., **Mondays-Saturdays**; Noon-4:00 p.m., **Sundays**; Corsicana Visitor Center. For more information, contact Main Street Director Sara Beth Wilson at (903) 654-4851.

### October 23

Corsicana Newcomers' Club meeting: 11:00 a.m., Kinsloe House. Contact Marge Oslick at (903) 872-3508.

### October 31

Annual Downtown Trick or Treat: 3:30-5:30 p.m., grassy area next to Chase Bank. For more information, call Wrenda Freeman at (903) 654-4852 or email [wfreeman@ci.corsicana.tx.us](mailto:wfreeman@ci.corsicana.tx.us).

*Submissions are welcome and published as space allows. Send your current event details to [virginia.riddle@nowmagazines.com](mailto:virginia.riddle@nowmagazines.com).*

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## In the Kitchen With Sharon Robinson

— *By Virginia Riddle*

One of Sharon Robinson's best childhood memories is of Sunday lunches at her grandmother's home in Kerens. "I learned to cook from my mother and grandmother by watching them," Sharon said. "Also, every day of the work week," Sharon marveled, "my mother came home at 5:00 and cooked a homemade meal including a dessert."

These days, Sharon loves to cook with her sister, Cheryl, and adds that her husband, Barry, is a good cook, too. "My sister and I shop and cook very well together," Sharon said. "I like to try new recipes. To me, reading a cookbook is just like sitting down with a good novel. It is relaxing and makes me happy." **NOW**

### Cheryl Wilson's Savory Green Beans

- 1 stick butter
- 2 cups brown sugar
- 2 tsp. garlic salt
- 6 14.5-oz. cans cut green beans, drained
- 1/2 lb. bacon, cut into pieces

1. Melt butter; add brown sugar and garlic salt.
2. Place green beans in a 9x13-inch baking dish; pour mixture over beans.
3. Top with uncooked bacon; bake at 350 F for 30-40 minutes or until bacon is cooked thoroughly.

### Robbie Lassiter's 7UP Cake

- 2 sticks butter
- 3 cups sugar
- 1/2 cup oil
- 5 eggs

- 2 tsp. lemon extract
- 3 cups flour
- 1 cup 7UP
- Powdered sugar, to taste

1. Preheat oven to 325 F; grease and flour a Bundt pan.
2. Cream butter, sugar and oil.
3. Add eggs one at a time, beating after each addition. Add lemon extract.
4. Alternatingly, add flour and 7UP.
5. Pour batter into pan; bake for 50-60 minutes. Cool; remove from pan and sprinkle powdered sugar on top of cake.

### Fall-apart Tender Slow Roast Pork

- 1 4-lb. pork butt roast
- 1/4 to 1/3 cup Worcestershire sauce
- 3/4 cup light brown sugar
- 1 cup apple juice
- 1/2 tsp. salt

1. Place roast in a Crock-Pot; sprinkle Worcestershire sauce on all sides.
2. Press brown sugar on top and sides of roast.
3. Pour apple juice down Crock-Pot sides to bottom of pot; do not pour over the meat. Cover with lid; set on high for 30 minutes. Reduce heat to low for 1 day or overnight.
4. Pull meat apart; remove bone if needed. Meat should separate easily.
5. Stir salt into meat; do not omit the salt. It is vital to the taste of the meat.

### Buttermilk Pecan Pie

- 1/8 cup flour
- 1 1/4 cups sugar
- 1/3 cup buttermilk
- 2 eggs
- 3/4 stick butter
- 1/2 tsp. vanilla
- Pie shell
- Pecans, to taste

1. Sift flour and sugar together. Add buttermilk; mix well.
2. Add eggs; mix well. Add butter and vanilla; stir well.
3. Pour into unbaked pie shell; top with pecans.
4. Bake 45 minutes to 1 hour at 325 F; cool before serving.

### Mexican Corn Pudding

- 2 large eggs
- 1 15-oz. can whole kernel corn, undrained
- 1 14.75-oz. can cream-style corn
- 1 4.5-oz. can diced green chilies
- 1 8.5-oz. box Jiffy Corn Muffin Mix
- 1/2 cup butter, melted
- 1 tsp. cumin

1. Whisk eggs in a large bowl.
2. Add remaining ingredients; mix well.
3. Pour into a lightly greased 3-qt. oval slow cooker.
4. Cover; cook on low for 5 hours or until edges are set. Let stand 5 minutes; stir before serving.
5. *Variation:* 1/4 cup grated cheese can be added at the end of the cooking time. Recover slow cooker for additional 10 minutes of cooking or until cheese is melted.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).



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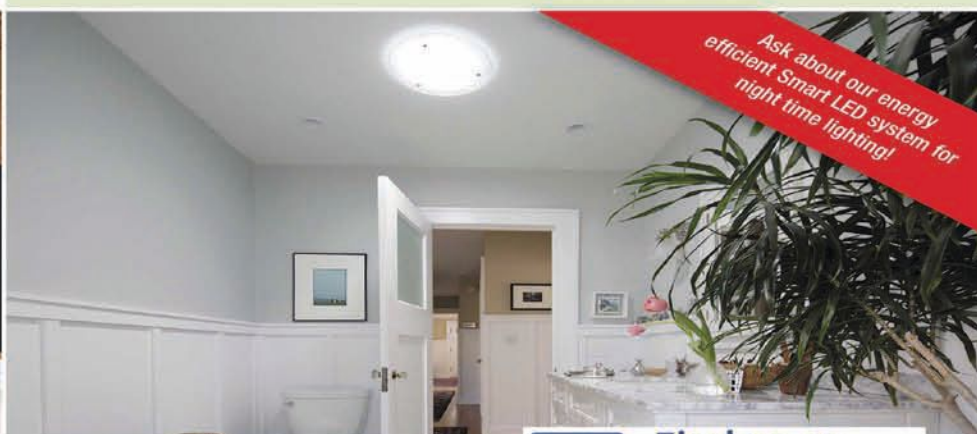
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