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OCTOBER 2017

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Publisher, Connie Poirier

General Manager, Rick Hensley

#### **EDITORIAL**

Managing Editor, Becky Walker Corsicana Editor, Virginia Riddle Editorial Coordinator, Sandra Strong Editorial Assistant, Rachel Smith Writers, Alexandra Allred . Betty Tryon Editors/Proofreaders, Pat Anthony Shannon Pfaff

#### GRAPHICS AND DESIGN

Creative Director, Chris McCalla Artists, Kristin Bato . Morgan Christensen Martha Macias . Brande Morgan Anthony Sarmienta

#### **PHOTOGRAPHY**

Photography Director, Jill Rose Photographer, Memories by Melissa

#### **ADVERTISING**

Advertising Representatives, Linda Roberson . Bryan Frye . Cherise Burnett . Dustin Dauenhauer Jennifer Henderson . Kelsea Locke Lori O'Connell . Melissa Perkins Steve Randle . Keri Roberson Joyce Sebesta . Shilo Treille

Billing Manager, Angela Mixon

#### On The Cover



These CHS athletes make a formidable team on the track or field.

Photo by Memories by Melissa.

## CONTENTS October 2017 • Volume 14, Issue 10



8 A Fast Foursome

Hard work, accountability and loyalty equal a great CHS football program.

16 An Old Farm's History At Home With Kathy Huffman.

22 Warm, Safe Snuggles Brightly colored quilts, made with love, help

restore joy to children's lives.

28 BusinessNOW 30 Around TownNOW 36 CookingNOW

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#### Editor's Note

Dear Readers,

This is going to be a special month in my family. It's rare, since we all live far away from each other and have busy lives, that all four of my children and five grandchildren are together in one place at the same time. But it's going to happen this month when my oldest daughter, Michelle, marries a wonderful man, Randy. We'll also be adding his two grown daughters to the family fold! Weddings are a happy family reunion,

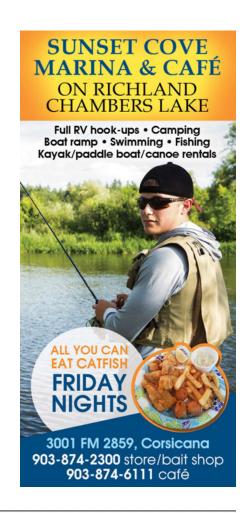
and this one will be one of the happiest, since not everyone in the family has met my three latest additional grandchildren — two young grandsons, Austin and Kristofer and granddaughter, Sophia.

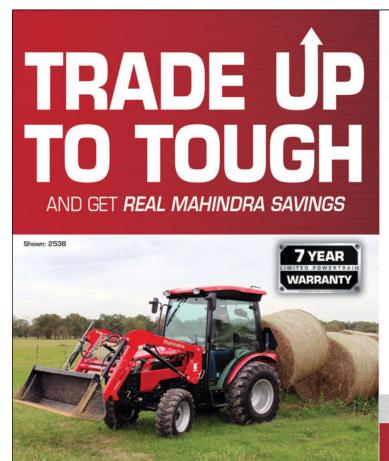
This granddaughter, whose 5th birthday we will also celebrate during the wedding festivities, will follow in her mom, my daughter, Katie's, footsteps by being the flower girl for her Aunt Michelle's second nuptials. The 16-year difference between our "bookend" daughters' ages has always been fun!

Let's enjoy these blessedly cooler October days!

#### Virginia

Virginia Riddle CorsicanaNOW Editor virginia.riddle@nowmagazines.com





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1104 Bryn Mawr Welcome home to this beautiful 4-bedroom, 2-bath home located at the end of a tree-lined cul-de-sac. Formal dining room, kitchen and game room or extra family room.
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114 Max Come and see this sweet 3-bed. 2-bath move-in ready home. Recent paint and updates just completed. Open concept, kitchen has nice breakfast bar, lots of cabinets for storage, countertops galore for cooking family meals and glass doors to back.



120 W. Park Classic beauty in Frost has 4 bedrooms and 2 baths with a large family room and dining room perfect for entertaining. Central A/C downstairs, window units upstairs. Fireplace downstairs and in the master.



1444 Oaklawn Come home to this great abode with generous space inside and out. Has 2 living ... large rooms for entertainment and guests. Top-end appliances and granite countertop in kitchen with a breakfast bar overlooking the family room.



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## 13<sup>TH</sup> ANNUAL **2017**

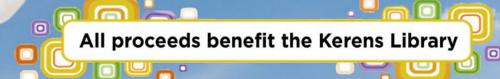
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# A FAST FO

Vince Lombardi once said, "Perfection is not attainable, but if we chase perfection we can catch excellence." Last year, Corsicana High School's 4x100 relay team ran fast enough toward perfection to catch a fifth-place win at the 2017 UIL State Track Meet in the 4x100 relay. Of the six athletes on that team, four are returning this year. Those four — Blake Hoffman, Z'Antyler Foster Hooks, DJ Jones and Derrion Nathan — are also applying their speed on the football field this fall for the Tigers. But winning on the track or the football field isn't good enough for Coach Steve Hoffman and this fast foursome of young men. "We, as coaches, hold them and their teammates accountable and have high expectations of them in public and in the classroom," Coach Hoffman said. "We're giving the kids tools to handle different situations."

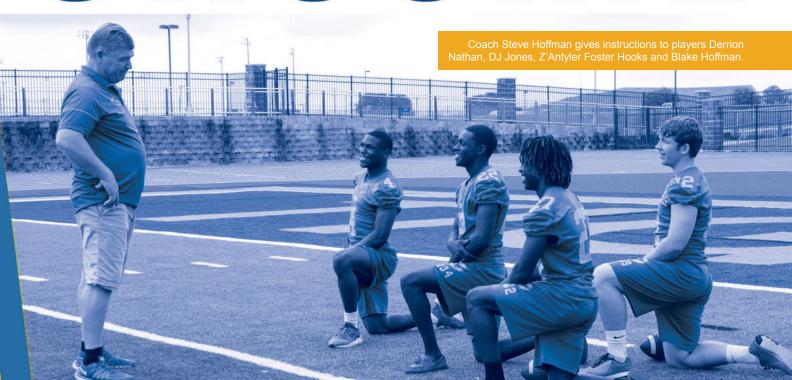
Memories made at a state track meet, and all the meets that precede it, will be with these players for a lifetime. A senior running back who has played for Corsicana teams since seventh grade, Derrion said, "It felt great making it to state and being able to race top teams. We've developed a good bond with each other, and we'll keep working hard and have a dedication to go to state in football like I did in track." He qualified for state in 7 on 7. Derrion lists coaches Hoffman, Braziel, Rash and Usery as his mentors.

Going out for both sports helps keep these players fit and ready. "Track helped me get faster and my legs get stronger," Z'Antyler,



— By Virginia Riddle

# 



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a senior running back, explained. He looks up to his brothers, Jamicah Polk and coaches Hoffman, Rash and Braziel as mentors. Corsicana fans have watched Z'Antyler play CISD football since his eighth-grade year.

It's been a building process for Coach Hoffman during his four years at CHS. "There have been lots of good moments. Last season, we played five overtime games with the kids showing resilience. They never gave up. They fought and found ways to win those games. The playoffs were very gratifying," he recalled. "We tried to make the offseason very tough, so the players would be ready again to overcome obstacles." Derrion, DJ and Z'Antyler train to work through all adversities including, as Z'Antyler expressed, "winning the battle with yourself."

Blake, however, has another challenge besides being a junior quarterback and defensive back. "I'm playing for my dad, Coach Hoffman." He cites coaches Braziel, Rash and Hammett as mentors. With experience of playing peewee football in Del Rio, two years at CMS and now two years at CHS, Blake considers the come-from-behind win against Jacksonville High School as his most memorable football moment to date. A well-rounded athlete, Blake also plays varsity basketball. He was named Athlete of the Year in seventh grade, the District 17-5A Newcomer of the Year in Football and CHS's Offensive MVP in Football.

A senior corner back, DJ, also served as a track captain. He's played on CISD football teams since seventh grade. "We work harder and then put in extra work," DJ said. "My most memorable moments





leadership skills

are when we all get together and pray. Our track win was outstanding. I ran the best I could, and we ran our best time. Together we learned respect, love and brotherhood." DJ counts his dad, Chester, and his coaches as mentors. "Coach Hoffman helps me with my attitude," DJ explained.

"The challenges these players and coaches face every day are great, but so are the rewards," Coach Hoffman said. "As a coach, I get to see kids improve and succeed from being skinny, little freshmen to starting seniors. Most of these players have grown up in Corsicana. They all have memories of athletes they've looked up to, and they have wanted to be Corsicana Tigers. The administration does a lot for the kids and allows us to volunteer in the community and at other schools. We participate in a reading program for the elementary schools."

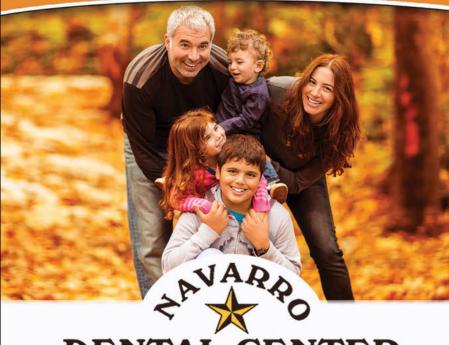
As a role model for younger athletes, Derrion strives for perfection in all that he does. "I work hard in the classroom and dedicate myself to doing my best." To younger players he advises, "Never give up because even you don't know what you can do at your full potential."

Being an example to others is a role that Z'Antyler takes seriously. "Our win at state track was a once-in-a-lifetime experience. I was proud to represent Corsicana, and I try to hold myself to the utmost high standard to set a good example for younger kids. I have to get good grades to stay on the field, so I tell younger kids to keep working, don't give up and be committed. Hard work beats talent in the long run."

"As coaches, we want to always make sure we're doing a good job teaching

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Cedar Hill Police Dept. 285 Uptown Blvd. Building 200

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Italy Police Dept. 161 W. Main St.

#### RED OAK

Red Oak Police Dept. 547 Methodist St.

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Ellis County Constable 207 South Sonoma Trail

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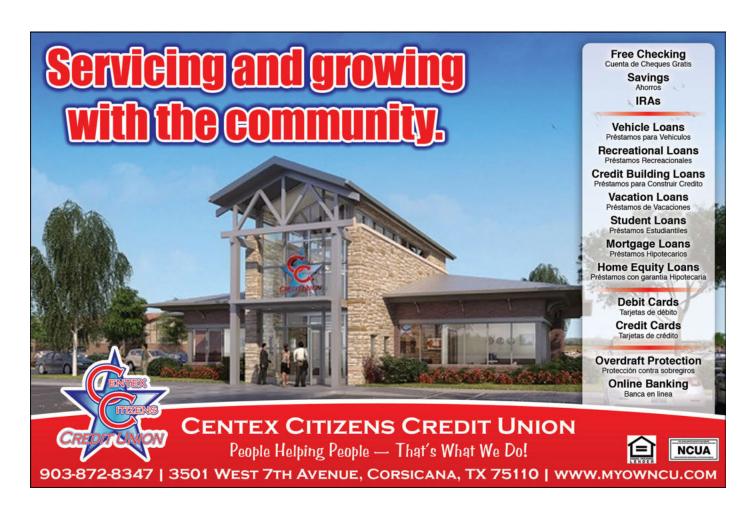
character and being a success in the classroom to these players," Coach Hoffman explained. "We spend a lot of time doing that and are proud of their hard work on and off the field."

Being a community role model impresses on DJ that he must do well and respect his family. "I have to make good grades and set a great example in the classroom and on the field. His advice to younger players: "Keep grinding — even when your coaches aren't looking. It will pay off."

Being a leader means doing his best to Blake. "Working hard in the classroom and on the field will transfer into everything you do," he said. "It was fun winning the 4x100 relay in track and winning the district football championship as a team last year. I tell younger players, 'Listen to your coaches, work hard, but have fun while you do it."

A nose guard for Ranger College and then for Texas Tech University under Coach Spike Dykes, Coach Hoffman has coached previously in Cleburne, Del Rio, and Samuel Clemens High School in his hometown of Schertz. He and his wife, Emily, have five children. A member of the Texas High School Coaches Association, Coach Hoffman's Samuel Clemens High School football team was a state semi-finalist in 2006. "Being able to get these kids to the next level of competition is an awesome reward. Once they know you care about them, they are loyal and will run through a wall for you."

Z'Antyler said it all, "Our bonds are gonna stand forever." NOW





#### Around Town NOW



Stuart Smith State Farm gives a thumbs up to donations for Hurricane Harvey victims.



Corsicana's Keller Williams office receives much needed donations from Samantha Stroube.



The students of James L. Collins Catholic School donate diapers, wipes, money and supplies to victims of Hurricane Harvey.



Prayers for safe travels to Houston and beyond.



Cody Randle and a large group of caring individuals took a second trip to South Texas where they fed 3,000 first-responders, as well as many flood victims.



Mildred ISD students donate and volunteer time to the community-wide effort.



David Smiley brings his truck full of tools, a tractor and dump trailer to help Port Aransas hurricane victims.



It's not just people who need help. A happy horse is fed by Riggen Aguado from fresh hay donated by the Aguado family to Houston area Hurricane Harvey victims.



Collins Catholic School students and staff pray for all Hurricane Harvey victims and responders.



### **Texas Strong**



The past few weeks have been emotional ones, as image after image of Hurricane Harvey's wrath have come across our TV and computer screens. But one thing has been evident, and beautiful, in the middle of the aftermath — the spirit of Texas, or should I say, the spirit of Texans. Neighbor helping neighbor. People from all over Texas and from all across the U.S. pitched in to help.

We at NOW Magazines had the privilege of seeing the generosity and compassion of people throughout all of our 10 market areas. From Corsicana all the way to Weatherford, from Duncanville down to Granbury, people just got to work. Without a second thought, they hitched their boats to their trucks and went to the rescue, assisting in any way they could. Medical professionals offered their services. Contractors offered their skills. Churches and civic organizations packed trailers full of needed supplies. School children had penny drives, collected canned goods, prayed, auctioned off their artwork and held blood drives. So much clothing was collected that a request was issued to refrain from giving more. Hotels opened their doors to refugees. Volunteers helped set up temporary shelters. Emergency response teams for various local communities mobilized to assist. People loaded

up grills and went to Houston over the Labor Day weekend to cook for first responders and those who had been displaced by the storm.

People from all walks of life and backgrounds, with different kinds of skills and abilities, looked for ways they could make a difference. It might seem like one person can't make that much of an impact. But we are all like the individual pieces of glass in a mosaic. When you step back, you can see the bigger picture. Each unique piece is needed and has a place where it fits. Not everyone had the training or strength of the first responders. But that's OK. They contributed with the skills they did have and gave what they could. And what a difference they made!

That generous spirit will continue to be needed. Federal agencies are gearing up, expecting the recovery effort to take years. Below are some different organizations you can contact to learn what still needs to be done and how you can help.

The staff of NOW Magazines counts it an honor to live and work in such giving communities. Let's keep showing the world we are Texas Strong! NOW

Becky Walker • Managing Editor • NOW Magazines

#### State and National Organizations:

Red Cross of North Texas • (214) 678-4800 http://www.redcross.org/local/texas/north-texas Text Harvey to 90999 to make a \$10 donation. Corsicana Office: (903) 874-4551

North Texas Food Bank:

Donations of food and funds to replenish their available food supply are needed. Contact ntfb.org.

Save the Children Flood Fund • SavetheChildren.org

The Texas Lions Foundation:

The Texas Lions Foundation has already sent disaster grants to the districts affected by Hurricane Harvey. Any person wishing to financially assist, may mail checks earmarked for "Harvey Relief" to PCC Bernie Gradel Jr., P.O. Box 64881, Lubbock, TX 79464.

SPCA of Texas • (214) 742-7722 • Financial donations requested.

Texas Baptist Men Disaster Relief • (214) 381-2800 texasbaptistmen.org • Text HurricaneHarvey to 73256, then click on the link sent to you to complete your donation.

#### **Community Organizations:**

Salvation Army

Corsicana location: 212 E. 1st Street • (903) 874-7131 Waxahachie location: 620 Farley St. • (972) 937-7727

Habitat for Humanity • (972) 937-2797 elliscountyhfh@gmail.com • www.ellishabitat.org Ellis County Emergency Management • Stephanie Parker (972) 825-5199

Volunteering: We send trained emergency volunteers out in the field first when people come looking for a way to help out. What you can do: Send money/gift cards. All drop off locations in Houston and the surrounding areas have been overrun with clothing. They don't have space for more.

Waxahachie Emergency Management Coordinator Lt. Marcus Brown His assistant: Sheila Adams • (469) 309-4000

Unity in the Community of Ennis

Contact Shirley and Charlotte Watson at (214) 475-0042. Refugees are currently staying at Motel 6 and Comfort Inn in Ennis. Local churches are preparing meals daily for the refugees. They are also helping with hygiene items and the basics.

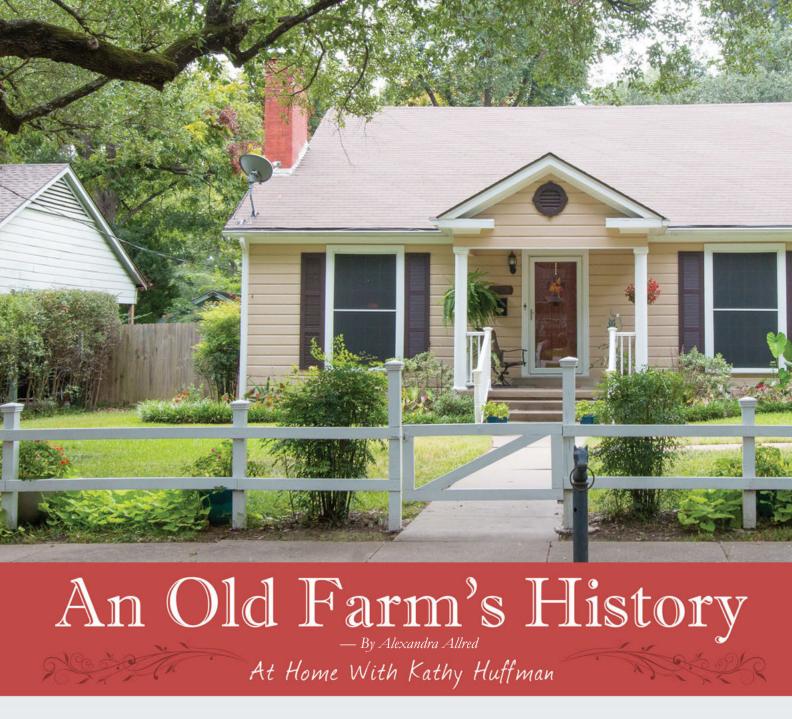
Camp Hoblitzelle • 8060 Singleton Rd. • Midlothian, TX 76065 (972) 723-2387

The United Way of West Ellis County 207 N. 8th St. Midlothian, TX 76065 • (972) 723-9280

The Oaks Fellowship

Is working with Convoy of Hope to identify opportunities to mobilize teams to serve in the areas impacted by the hurricane. Visit community.theoaksonline.org for updates.

Note: Be sure to do your research before making donations to ensure you know how your donation is being spent.



In 1916, F.P. Ficklin moved from Cleburne to Corsicana, Texas, to purchase and operate his own dairy farm. In 1962, the retired dairyman died at the age of 86, but not before he and his family sold off the farm for what has now become Ficklin Avenue and the Ficklin Addition. While the original Ficklin home is believed to still stand, a few other homes were built in the early 1940s, including the lovely home where Kathy Huffman now resides.

Kathy knew little of her home's history, just that there was an instant appeal. Despite the fact the 1941 structure was in dire need of renovations, she felt drawn to it. "I don't know. There

was just something about this house I really liked. It had a warm feeling to it," Kathy said. Not only does she enjoy reading about history, the retired Corsicana High School algebra teacher once taught the subject. Today, she revels in it, discovering new bits of history about the house and its former residents each time renovations are made.

As she began to restore the charming cottage home, located on the northern edge of the Carriage District, she wanted to keep the country style. This began curbside with a vintage castiron horsehead hitching post reminiscent of the horse-drawn carriages in the early days of Corsicana. The proverbial white picket fence, complete with heart-shaped walking stones that lead to the front walk and two majestic trees that encase the three-bedroom, two-car garage home, make it picture perfect.

While Kathy would say the real story is inside, it is her own personal history that made this house her home. "I have a farm near Rosebud," Kathy said. Not far from Waco, her family once





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owned 800 acres of farm land, harvesting wheat, soybeans and corn. Unlike the Ficklin Farm, however, Kathy's family held onto a remaining 400 acres, now divided between Kathy and her three nieces and a nephew. Together, the family continues to harvest, but also lease the land for what allows Kathy "mad money." So, when Kathy and her real estate agent

first entered the home, Kathy did not focus so much on what needed repair or updating but, rather, what had value.

"These are the original windows," Kathy said. So is the mirror that sits atop the fireplace mantel in the living area. The original built-in bookcase now showcases pictures of Kathy's two grown sons and their respective families, including and



most proudly, her two granddaughters. Using warm tones throughout the house, Kathy has blended antiques and family heirlooms, such as her mother's traveling trunk she took to college in 1939 and a wooden clock her father made.

In the dining room, Kathy repainted dark brown walls to an antique cream color and drew upon the natural light



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from the floor-to-ceiling windows and "went for a farm look. I'm old-fashioned. I like antiques," she said. "Everything has a story."

Indeed. With the keys to the house, Kathy was also given the original blue prints. "So I know where every original light fixture and door hinge is," she said. While most of the original doorframes still stand, a bookcase, Kathy knows, is missing from the dining room. "Someone must have removed it." But another remains in the kitchen, next to what was once her grandfather's rocking chair. "It still squeaks when I sit in it," Kathy said. "I can still see him sitting in this chair, and I can hear how it would squeak." Also in the kitchen is the original cabinetry. "You can even see the hooks inside where they used to hang coffee cups." It is a custom she now continues with her own china set.



While Kathy has worked diligently to preserve all original woodwork, carvings, cabinetry and tiles, she also undertook a major remodeling project using her "mad money" to refinish all the original hardwood floors throughout the home, as well as install new appliances and a functional island in the center of the kitchen. She gives full praise to her contractor, for matching the original granite countertops and paintwork.

Both bedrooms carry over the farmhouse theme, complete with lovely quilts handcrafted by Kathy's mother, antiques and pictures of her family. The decor is understated and quaint, warm and inviting, with reminders of history everywhere. Even the walk-in closet in the master bedroom tells a story, as it was renovated out of necessity. "It used to go much farther back," Kathy said, but was halved when an A/C and heating unit had to be installed. "They didn't have that in the 1940s."

Beyond the bedroom, winding back toward the kitchen, is a sunroom that still has the original back door, including an old-fashioned door (ringer) bell that looks like something that might be on the set of The Andy Griffith Show. Even more history comes with the show of her



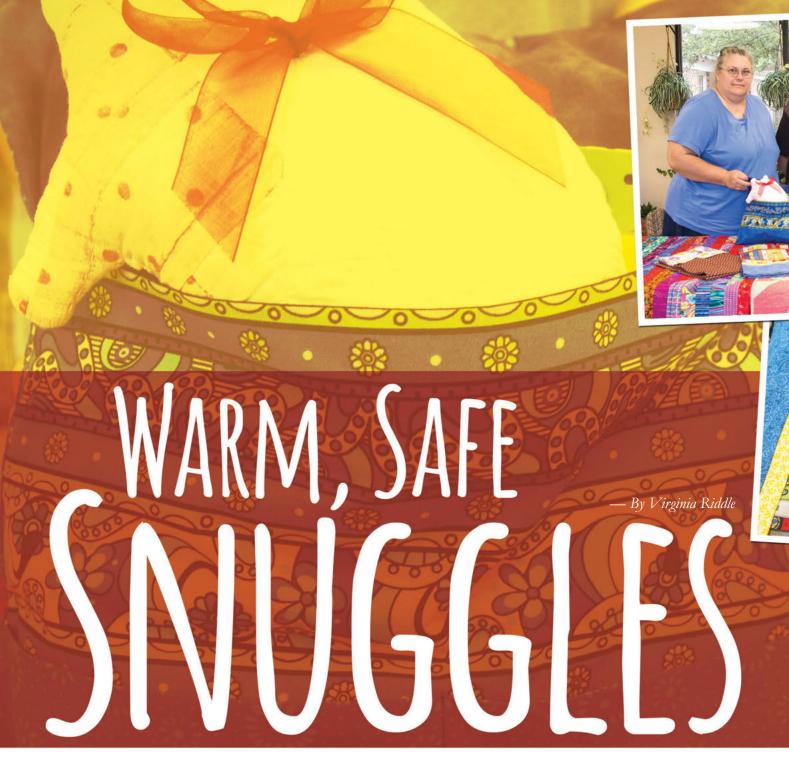
grandmother's black Walnut dining table, dating back to 1896, and chairs that were wedding presents to her grandmother in 1920.

The house, with its unique woodwork and design, is not just a passion for Kathy, but an ongoing project. Every year since purchasing the home, she takes on one major improvement project with her farm's "mad money." Perhaps one of the greatest projects is what she calls the best part of the house — the backyard. Using the talents of a local craftsman, she had a pergola installed on the already existing patio. True to her nature, Kathy used the original slab, flaws and all, in her design. A hole in the cement, where a tree once might have stood, is now a flower bed, and an additional slab, which was once part of a step leading to a building structure now gone, serves as a flower stand. Where the backyard was void of any foliage, but for a few trees, Kathy added flowerbeds and bushes to create her own oasis.

With the blueprints committed to memory, even the less glamorous projects, such as the rewiring of or new plumbing for systems more than 70 years old, Kathy loves the history and the future of her home. "I just love this house so much," she said, knowing that as long as there is "mad money" from her family farm, this old farm house will continue to blossom. NOW







The bright red, yellow, green and blue pieces of fabric under the direction of skilled and busy hands start coming together to create a turtle, rainbow and words of comfort and cheer. Another quilt will soon be ready for when the next child needs warmth and reassurance. This is the mission of the Children's Charity Quilts Committee, which is chaired by Memory Verellen. She and the other members of this committee, all part of the Piecemakers' Quilt Guild of Corsicana, are ready to help with donations of child-sized quilts and travel pillows and pillow cases. "When life happens, our quilts are comforting," Nancy Sloan, a founding quilt guild member, said.

Chronically ill children, children who have been in a car wreck or fire and children who are removed from abusive or dangerous situations are the recipients. Individual requests are accepted without geographical boundaries, but the committee most often donates through the various first responders and agencies that work within the guild's members' hometowns. The Corsicana Police Department, Navarro County Sheriff's Department and Texas Department of Safety officers are supplied with travel pillows.





Agencies such as Court Appointed Special Advocates have received quilts, and Corsicana's Emergency Management Service receives pillow cases and bed-sized pillows. In Kaufman and Henderson counties, the Genesis Center, Children's Emergency Crisis Center and the Rainbow Room of Henderson County are a part of this mission. Even an out-of-state camp for underprivileged children has been sent a supply. "The travel pillows and cases are something that kids who have been removed from







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or lost their homes can put their few belongings into and call their own," Memory explained. "I'm very sensitive to kids in these situations."

The raw materials of fabric and thread are often donated from shops, members and individuals in the community. "Once in a while, we have enough in the guild's budget to buy something," Memory added.

Patterns are stored in members' minds or published in books or online. "Patterns are everywhere," Nancy said.

"Not only do we want to use bright, happy colors, but we want to make the items interesting, with pictures children enjoy," Memory stated.

Committee members cut the fabric pieces and put together kits that fellow guild members can take and make up and bring back to the next meeting. But sometimes it works in reverse, and committee members will make the quilt top and guild members will complete the quilt with batting and backing. Guild members also participate in the delivery of the items to different facilities.

"Most items can be made within four to 16 hours without intricate quilting," Doris Eakes, another committee member, remarked. "The crafting is in doing the actual quilting."

"Some patterns involve applique and embroidery, which take longer, but a panel doesn't take long," Nancy added. "We use machine quilting because these items are all going to be dragged around a lot by children."





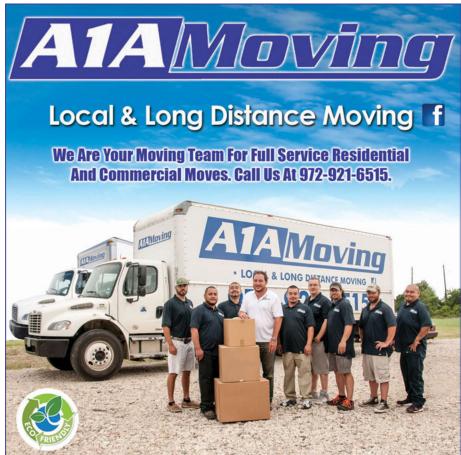
As one of two remaining charter guild members, Nancy recalled, "The guild was chartered in 1986 but was informally meeting and having shows and demonstrations before then. Sometime before 2000, the Children's Charity Quilts project was started by the guild."

"We've averaged making about 50 quilts for this project per year," Doris said. "It's a challenge to know what we need, so we can have enough items on hand." The exact number of items that have been donated is in the minutes of each monthly meeting of the guild. Corsicana's Westhill Church of Christ, where the guild meets, supplies a closet for the storage of both the raw materials and finished items.

The faces and names of the children who receive the committee's offerings of love and cheer are rarely known to these ladies and the other guild members due to confidentiality issues. However, occasionally and when appropriate, they cherish hearing a child's story and how much that child is enjoying their quilt as told by the agencies' employees or the child's caregiver. "Sometimes, we get thank-you notes, too," Memory said. But recognition for a job well done has never been the goal of this project. Other quilting guilds, such as the Quilters Guild of East Texas, based in Tyler, also donate to meet children's needs.

"And this project isn't our only guild project," Memory said. "We make the Quilts of Valor for military veterans and heart pillows for breast cancer survivors."

Nancy was born in Dallas, grew up in Houston and moved full time to Navarro County in 2000. She started quilting about 40 years ago as she made an appliquéd baby quilt for a co-worker's newborn. "My mother taught me dressmaking, and my aunt quilted. So I had learned the basics, and I know how to read," she quipped. "I like living here





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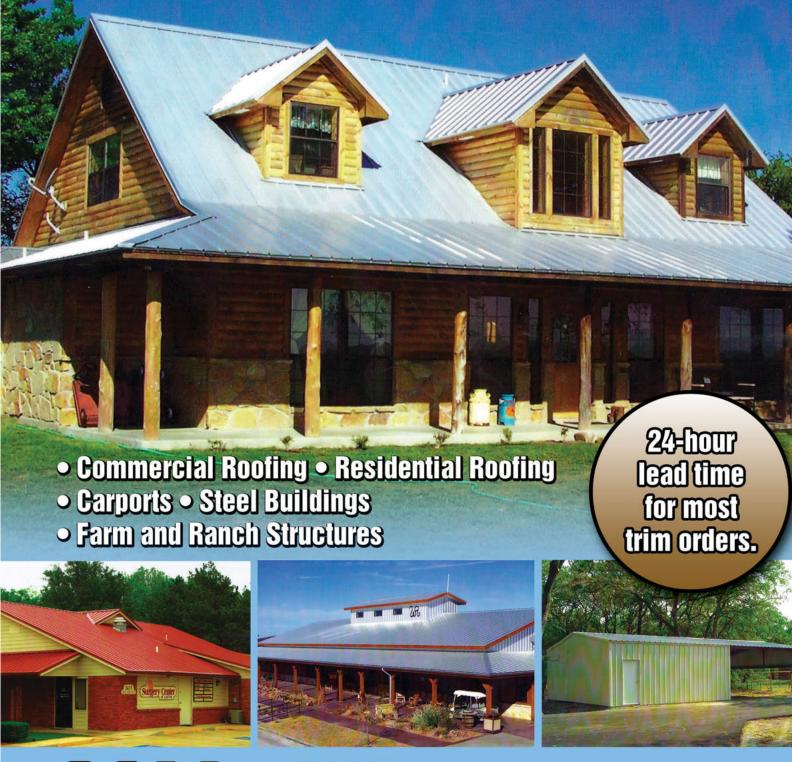
because resources are nearby without having the traffic of big cities. Corsicana's a Southern-friendly community."

A transplant from Michigan 16 years ago because of her husband's job, Memory started quilting when she was 12 years old. "I started with little things, and then made my dad a quilt out of plaid flannel. But I didn't really get going until about 20 years ago," she said. "My mother taught me how to sew, including garments, and I made my children's clothes when they were growing up. I like living in Navarro County and really like the size of Corsicana. It's big enough to host all the arts, and it's a college town." Memory doesn't miss the challenges of living in a big city.

Doris is a native of Winkler in Navarro County. She started quilting when she entered Jan Libal's Quilters Nest that once operated in Corsicana. "Jan taught me how to quilt, and I try to help others now." Doris has started a family dynasty of quilters with her daughter, a daughter-in-law, granddaughter and a great-granddaughter now enjoying this very useful and traditional craft.

"We want these quilts, travel bags and pillow cases to be of service to children in need," Nancy said. "This is one way we spread our love of quilting."

Just as many quilters make heirloom quilts intended to be passed down from generation to generation within families with accompanying stories of long ago, these Children's Charity Quilts, bags and pillows reflect the love given through their cozy, comforting warmth. Eventually becoming worn and ragged, the quilts will tell a story, too. Memory reflected, "These quilts are meant to be loved."



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Daniel Metzger, Brenda Wyrick, Lori Vicsek and Vahe Dayian stand strong to help patients.

## **Building Trusted, Committed Relationships**

Patient Place offers comprehensive medical care for the whole family. — By Virginia Riddle

With the arrival of Patient Place in the local medical complex, Navarro County residents gained a medical practice that treats the whole family, from newborn infants to great-grandparents. "Pediatricians only see kids. Geriatrics only see older people, and internal medicine specialists generally don't see patients under age 13. Treating everyone is what family practice is all about," Daniel Metzger, D.O., said.

The smiling, confident faces of Jennifer and Mary greet patients when they enter the clinic's open reception space. Services provided include general medicine, pediatric medicine, minor procedures, in-house and out-sourced laboratory exams, treatment of chronic conditions, women's health screenings, diagnostic EEG/EKG and PFT testing, allergy testing and injections and a medically managed weight-loss program.

Walk-ins are welcome, and most of the staff members are bilingual in English and Spanish.

Patient Place is in-network with many of the major private insurance companies and with two insurance exchange plans. The practice accepts Medicaid and CHIP. Payments can be made by check, credit cards or cash.

Two family nurse practitioners — Lori Vicsek, FNP, BC, and Brenda Wyrick, FNP, BC, are the primary caregivers at Patient Place. Lori received her education at Midwestern State University, the University of Oklahoma, Southwestern Oklahoma State University and Redlands Community College. She's a member of Sigma Theta Tau International, the Honor Society of Nurses; the American Association of Nurse Practitioners; and the American Nurses Association. A Yukon, Oklahoma, native, Lori has 22 years

#### Business NOW

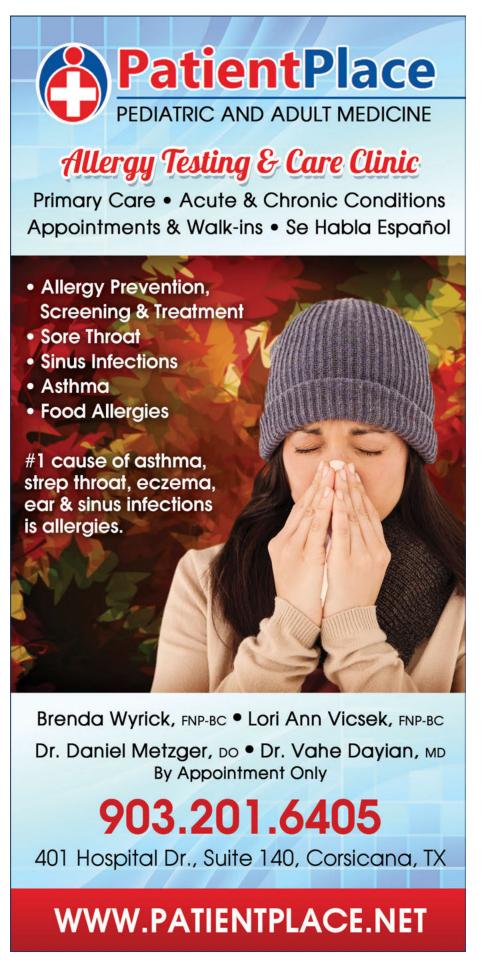
of medical experience. "The most important aspect of providing quality health care is to establish trust, communicate, educate and follow up with patients," she explained. Lori volunteers with the Navarro County Food Pantry, Corsicana & Navarro County Chamber of Commerce and Navarro County Health Care Alliance.

A native of Colorado, Brenda has over 30 years of medical experience. She's a member of Texas Nurse Practitioners, American Association of Nurse Practitioners and the Institute for Functional Medicine. Brenda earned her nursing degrees from the University of Northern Colorado and The University of Texas at Arlington and is certified through the American Nurses Credentialing Center. "I love working with patients and becoming a partner in their care," Brenda said.

Overseeing the operations of the clinic are Dr. Daniel Metzger and Dr. Vahe Dayian, who are available by appointment. Dr. Metzger, a Detroit, Michigan, native, was inspired to go into medicine by an uncle who was a family practitioner. Dr. Metzger graduated from the Texas College of Osteopathic Medicine and trained further at the Dallas Family Hospital. He has served in the medical field for 28 years and is board certified in family medicine by the American Osteopathic Board of Family Physicians. He's a member of the American Osteopathic Association. "We're challenged in today's medical world by expensive medications and insurance companies making it difficult to refer patients to specialists," Dr. Metzger said. "I enjoy taking care of multiple generations of family members."

Dr. Dayian, who's been practicing medicine since graduating from the University of Toronto in 1987, interned at what is now the Scarborough and Rouge Hospital. He practiced family medicine in Canada for 11 years before moving to Texas. Dr. Dayian enjoys pediatrics. "There's something special about treating a 17-year-old patient that I first examined at age 2-weeks-old," he said.

"Our philosophy for treating patients is simple," Dr. Dayian stated. "Our patients should be treated the way we would want to be treated — by a polite nursing staff and a caring, competent provider working in a clean, efficiently run clinic."



#### Around Town NOW



Adam Levine and family show their Aggie spirit at Aggie Alums-sponsored cook-off.



Lawson Gorden, Grady Gassiott and Walker Smith enjoy their first day of dove season.



Collins Catholic School students take a look at the recent eclipse.





Backpacks of Love volunteers make sure every child has tools for success in school.



Country Kids Creative Center kids have a great time saying goodbye to summer at Navarro Dental Center's Fun Fest.



Susan Gililand, master gardener, and Rena Sutphin, master naturalist, speak to the Corsicana Newcomers Club.



Folks gather to celebrate Once a Upon a Table's grand opening.



The ladies of Blackland Farm in Kerens help Joann Jackson select their best at Corsicana's Farmers Market.



Cowboy Church of Corsicana's ladies' nights events always bring out smiles.



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#### Womb in Distress

— By Betty Tryon, BSN

Nestled in the womb, the fetus' world was safe and harmonious, until its mother developed toxemia, also known as pre-eclampsia, or pregnancy-induced hypertension. Preeclampsia is when the mother experiences a dangerous and precipitous rise in her blood pressure. She will also have a high level of protein leaking into her urine (albuminuria), and her face, hands and legs may swell and retain fluid (edema). With a pre-eclampsia diagnosis, that perfect environment in the womb has now become a perilous place for the baby to be.

This condition usually occurs after the 20th week of a pregnancy. The specific cause is unknown, but irregularities with the placenta may precipitate it. There are risk factors associated with toxemia that are worth noting. The most obvious risk factor for pre-eclampsia is the pregnancy itself. Being a firsttime mom or one who is carrying multiple births can lead to this complication. The number of years in between pregnancies can also be an issue, if the births are less than two years or more than 10 years apart. If a woman had this condition in a previous pregnancy, she is at risk of developing it again. A familial history of other females in the family having pre-eclampsia predisposes one toward this condition. If the woman already has other health problems, such as chronic hypertension, diabetes, obesity, kidney disease and lupus, she is more at risk for toxemia.

There are serious consequences to unmanaged pre-eclampsia. Some of these complications will be present and others will not. It will depend upon the severity of the pre-eclampsia and the gestational age. Because this condition affects the flow of blood to the placenta, the fetus will be affected to some extent. One way is in fetal growth restriction. Because the placenta may not be nourishing the fetus adequately, its growth will slow down, leading to other problems, such as preterm delivery and low birth weight. Placental abruption, where the placenta pulls away from the wall of the uterus and causes uncontrolled bleeding, is a life-threatening situation for the mom and baby.

If the pre-eclampsia is mild, then possibly, bed rest along with close monitoring of blood pressure, blood and urine will allow the pregnancy to proceed to its optimum delivery date. Eclampsia is pre-eclampsia with seizures. When the pregnancy progresses to this state, only the delivery of the baby will help. It is very important for the mother to keep all prenatal doctor visits and be diligent in following the doctor's instructions. Her life, as well as the life of her child, could depend on it. NOW

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

















#### October 3

8th Anniversary Senior Circle Gala: 6:00-8:00 p.m., I.O.O.F. Event Center. The gala features LaDonna Gatlin, the Gatlin Brothers sister. Tickets are \$10 for Senior Circle members or \$25 for non-members (includes an annual membership). For more information or to purchase tickets, contact Connie Beal at (903) 654-6892.

#### October 2 — 27

37th Annual Piecemakers Quilt Guild of Corsicana 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. For more information and a list of events, visit www.piecemakersquiltguild.com or email pqgcorsicana@gmail.com.

#### October 5

The Eureka, Mildred, Navarro and Richland Chambers Lake Crime Watch pot luck luncheon and meeting: 1:00 p.m., Eureka UMC. For more information, email Patty Knauth at pk2@airmail.net.

#### October 7

Jazz Under the Stars: 7:00-9:00 p.m., Minnie McDowal Park, downtown Ennis. Come out and enjoy a free concert by the Marcel Ivery Memorial Jazz Group.

#### October 12 — 15

AAA Texas NHRA Fall Nationals: Texas Motorplex. Features the biggest names in drag racing. For more information, call (972) 878-2641 or visit www.texasmotorplex.com.

#### October 13, 14

Through the Lens: A Revelation of God: 7:00-9:00 p.m., Westminster Presbyterian Church, 312 N. 13th, Corsicana. Westminster Presbyterian Church hosts the work of local photographer, Sharlotte Coker. The public is invited to attend. For more information, contact Kathy Collier at (214) 563-6479.

#### October 14 — 31

6th Annual Pumpkin Patch: Mondays-Saturdays, 9:00 a.m.-6:00 p.m.; 301 S. Beaton St.; October 18: Corsicana Public Library's Storytime will be presented in the Pumpkin Patch; October 19: Kids' Night Out at the Pumpkin Patch. Sponsored by Corsicana's Main Street Program, this event benefits downtown beautification projects, and is a fun time and photo opportunity for all ages. Pumpkins of all sizes will be available for purchase. For more information, call (903) 654-4851 or visit www.corsicanamainstreet.org.

#### October 13

Navarro County Retired Teachers meeting: 9:45 a.m., Northwest Apartments Community

Center. All retired school personnel are invited to attend. Michael Stewart, Navarro Regional Hospital CEO is the speaker. For more information, email pk2@airmail.net.

Halloween Write-in: 6:00 p.m., Corsicana Public Library. Join other writers in costumes and compose spooky, creepy tales. Ages 18+. For more information, (903) 654-4810.

#### October 14

Corsicana Navarro County Chamber Taste of Navarro County Community Expo 2017: 8:00 a.m.-2:00 p.m., I.O.O.F. Event Center. For more information, call (903) 874-4731.

Angels of Corsicana Troop Support Group Packing: 9:00 a.m., 1020 N. Business 145. All ages are welcome. Anyone with additional names of military deployed oversees or updated addresses please bring the info. For more information, call Jean O'Connor at (903) 851-2560 or visit the group's Facebook page.

Mimosas at the Market: 9:00 a.m.-3:00 p.m., Downtown Corsicana. This event is sponsored by the Main Street Program and Merle Norman. For more information, call (903) 654-4851.

#### October 17

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

#### October 18

Senior Circle Lunch Bunch: 11:30 a.m.-1:00 p.m., Old Mexican Inn. For more information, contact Connie Beal at (903) 654-6800.

#### October 20

Genealogy Lock-in: 11:00 a.m.-8:20 p.m., Liz Gillispie Genealogy Department, Corsicana Public Library. For more information and complete schedule, call (903) 654-4808.

#### October 21

13th Annual Kerens Cotton Harvest Festival: 7:00 a.m.-11:00 p.m., downtown Kerens. From a pancake breakfast through all-day and into the night entertainment for the entire family this festival is full of fun. For more information and the full schedule of hour-by-hour events, visit www.kerenscottonharvestfestival.com.

Autumn Days in Ennis Fall Festival: 9:00 a.m.- 3:00 p.m., historic downtown Ennis. Have fun with the corn pit, the hay maze and live music.

Halloween Monster's Ball: 6:00-9:00 p.m., Corsicana Public Library. Dress as a classic monster or in your own creation. Enjoy games, a haunted house, treats and a few tricks. For more information, call (903) 654-4810.

Corsicana Newcomers' Club Annual Denim and Diamonds Evening and Fundraiser: 6:00 p.m., Corsicana Opry and Event Center. This is a fun event for members, spouses and guests which includes dinner, music and dancing. For more information or to confirm reservations, call Annie Avery at (714) 345-6707.

#### October 23

AARP Drivers Safety Course: 12:30-4:40 p.m., Navarro Regional Hospital Classrooms. For more information, contact Connie Beal at (903) 654-6892.

#### October 24

Corsicana Art League Day of Painting: 10:00 a.m.-4:00 p.m., 2680 S.E. CR 0070. Come at anytime or stay the whole time. To RSVP lunch, contact Margie Taylor at (903) 875-0519.

#### October 27

Beaton Movie Spooktacular: 5:30-10:00 p.m., Downtown Corsicana. This is sponsored by The Core (Navarro County's young professional group). A family friendly movie will be shown on a big screen. Bring lawn chairs or blankets and come enjoy the music, food, vendors, games, "hocus pocus" and costume contests for all ages and dogs less than 40 lbs. For more information, call (903) 654-4851.

#### October 28

22nd Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., downtown Waxahachie. Admission is free. The event includes a free concert, more than 250 artisan booths, food and so much more. For more information, call the Waxahachie CVB at (469) 309-4040 or visit www. waxahachiecvb.com.

Spookarama for the Kids Halloween: 6:00-8:00 p.m., Wings of Heavens Gate No Kill Thrift Store, 104 S.E. 1st St., Kerens. Bring pet food and loose change to help care for and house rescue animals. (903) 229-2375.

#### October 31

Downtown Boo on the Block: 4:00-6:00 p.m. Sponsored by the Corsicana Parks & Recreation Department and the Main Street Project. Candy will be provided by individual merchants. For more information, call (903) 654-4851 or visit www.corsicanamainstreet.org.

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



#### In the Kitchen With Emily Pair and Lori Hines

— By Virginia Riddle

This dynamic mother/daughter duo shares a love of cooking and teaching others how to cook. "I learned starting about age 8 from my grandmother and mother and have taught Emily and her two sisters," Lori said. "Emily went to culinary school and is a great lil' chef!" Lori, co-owner of Timbers, finds recipes that she enjoys serving to customers, friends and family in magazines, recipe books and on Pinterest. "I add a little extra to give them a Texas spirit," she explained.

Emily, the TRADEway assistant events coordinator, used to own a catering business. "I think cooking is key to living well and saving money. My 2-year-old daughter loves to 'help' me in the kitchen. I want her to have the same memories of 'helping mom' as I do." NOW

#### Pork Chops With Fresh Green Beans and Sweet Potatoes

Olive oil
Salt and pepper, to taste
6 pork chops, thick-cut, boneless
12 slices bacon

- 3 large sweet potatoes, washed, peeled, diced into small cubes
- 1 lb. fresh green beans, ends snipped
- 1/2 cup brown sugar
- I stick butter, melted
- 3-4 large garlic cloves, minced
- **I.** Preheat oven to 375 F Line a large sheet pan with tin foil or parchment paper; drizzle with olive oil.
- **2.** Salt and pepper pork chops on both sides; wrap each one with 2 pieces of bacon; place pork chops down the middle of the sheet pan.
- **3.** Place the sweet potato cubes on one side of the pork chops and the fresh green beans on the other side. Drizzle oil and salt and pepper on the vegetables.

- **4.** Combine brown sugar, butter, garlic, salt and pepper into a thick, gooey mixture; pour or spoon mixture over pork chops and vegetables.
- **5.** Bake in the oven for 30-40 minutes, or until pork chops reach a 145 F internal temperature and vegetables are tender.

#### Spasagna

Nonstick cooking spray

- 1 lb. spaghetti
- 1 lb. ground beef
- 1 26-oz. jar spaghetti sauce
- 1 16-oz. jar Alfredo sauce
- 2 tsp. Italian seasoning
- 2 cups mozzarella, shredded
- **1.** Preheat oven to 350 F. Spray a 9x13-inch baking dish with nonstick spray.
- **2.** Cook spaghetti per package directions; drain well.
- **3.** In a large saucepan, brown and crumble beef; drain. Return beef to pan; add spaghetti sauce, and stir well.

- **4.** Put drained noodles back into pot. Stir in Alfredo sauce and Italian seasoning. Stir and coat well
- **5.** Place spaghetti into prepared baking dish. Cover with spaghetti sauce mix; top with mozzarella.
- **6.** Cover with aluminum foil; bake for 30 minutes until cheese is melted and bubbly.

#### **Tortilla Casserole**

- 1 lb. lean ground beef
- 1/2 onion, diced
- 1 tsp. chili powder
- 2 10.5-oz. cans cream of mushroom soup
- 1 10-oz. can Ro-Tel
- 1 26-oz. can Ranch Style beans, drained and rinsed
- 8 corn tortillas
- 2 cups cheddar cheese, shredded (divided use)
- **I.** Brown the beef with the onions and chili powder; drain off excess grease.
- **2.** In a food processor, blend together the soup and Ro-Tel until creamy.
- **3.** In a 9x13-inch casserole dish, layer the beans, beef, tortillas, soup mixture and some cheese; repeat layers.
- **4.** Top with cheese; bake at 350 F for 20-30 minutes or until edges bubble.

#### Sopapilla Cheesecake

- 2 cans crescent rolls (divided use)
- 2 8-oz. pkgs. cream cheese
- 1 1/2 cups sugar (divided use)
- 1 tsp. vanilla
- I stick butter, melted
- 1 Tbsp. cinnamon
- **1.** Preheat oven to 350 F; grease a 9x13-inch glass baking dish.
- **2.** Line dish's bottom with 1 can of rolls; pinch seams together forming a solid layer.
- **3.** In a microwavable mixing bowl, heat the cream cheese until softened. Combine 1 cup of sugar and vanilla; mix well until there are no lumps. Evenly spread mixture over the crescent roll dough layer.
- **4.** Gently lay the second sheet of crescent roll dough on top of cream cheese mixture; pinch seams together for a solid layer.
- **5.** Evenly sprinkle remaining sugar on top of dough. Pour butter over sugar; sprinkle with cinnamon.
- **6.** Bake 20-30 minutes, or until edges are golden brown; let cool. Cut into squares; serve warm, chilled or at room temperature.

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