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ON THE COVER

Justin and Jenni Wright danced "right" into a DFOS win last year.

Photo by
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Virginia

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EDITOR'S NOTE

Hello, Readers!

What a year 2017 was! With tornadoes and the floods and destruction brought on by Hurricane Harvey, we were challenged by Mother Nature and showed what Corsicana residents and surrounding neighbors can accomplish when times get tough. So many individuals, businesses and churches rallied in collecting and delivering donations, as well as volunteering to help in the cleanup. We can be Texas Proud!

A new year always brings hope, fresh perspectives, resolutions for change and a new semester of learning. My old New Year's resolutions carried over — lose weight, exercise and travel to at least one of my "bucket list" destinations — the Far East or South America.

With the opening of CISD's newest school, the junior high school, the community gained an elegant but functional building in which student learning can excel. Plan a tour of this wonderful campus. It's a great addition of which we can be Corsicana Proud, too!

Let's make this a year of learning, laughing and loving!

P.S. New year, new look and some fresh, new ideas! The NOW Magazines team has been working hard on this project, and we hope you love it! Cheers!

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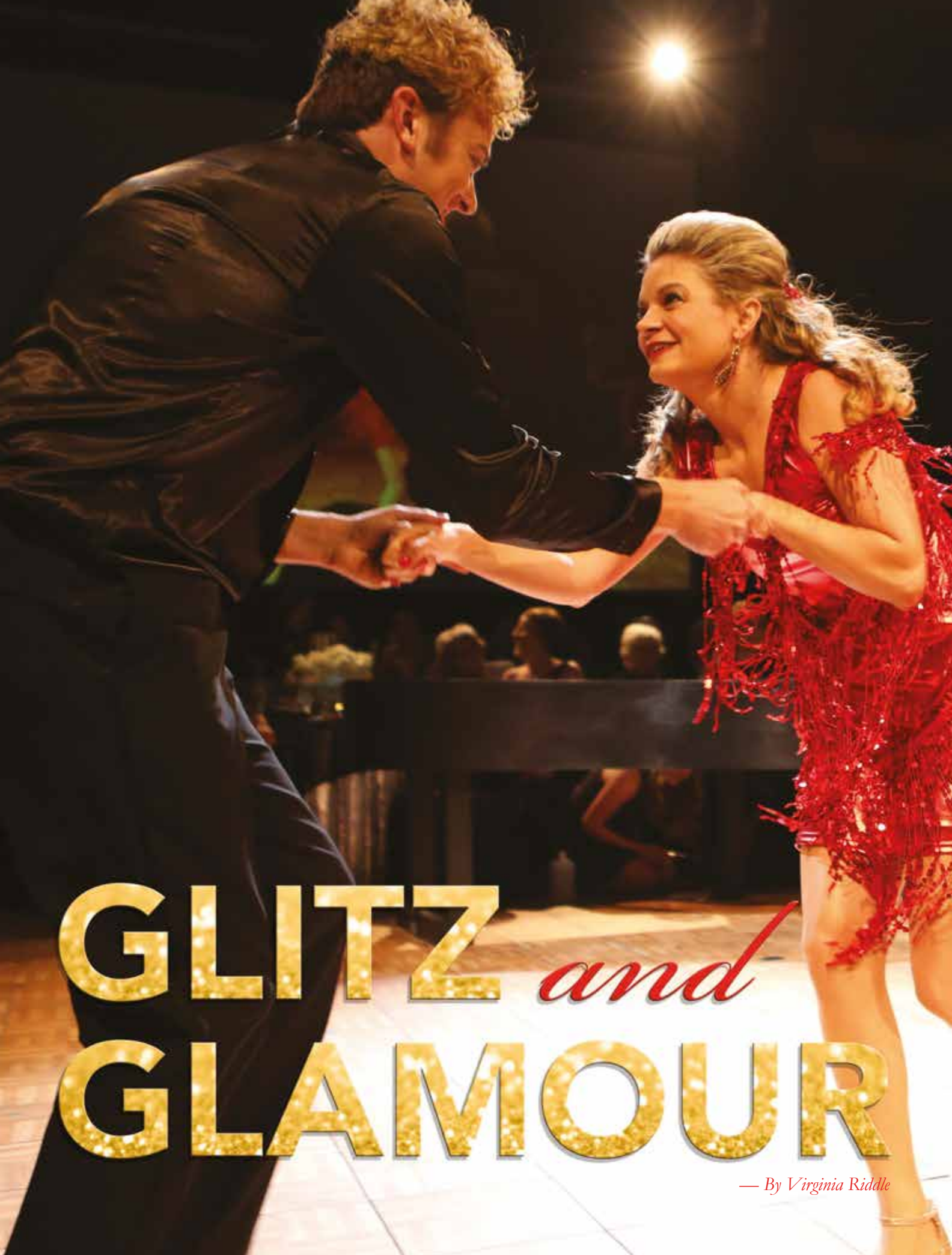


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GLITZ *and* GLAMOUR

— By Virginia Riddle

Dancers will once again take center stage at the Cook Center on February 10, 2018, from 6:00-11:00 p.m. Who will glide gracefully away with the coveted Mirror Ball Trophy that Justin and Jenni Wright currently proudly possess as last year's Navarro College Foundation's Dancing For Our Stars winners? John Gantt, the chairman of this event for the second consecutive year, explained, "In designing DFOS, we wanted an event that's fun and glitzy, and one that the entire community could participate in."

Just after last year's DFOS was over, the steering committee met in evaluation mode to determine how to make this upcoming 3rd year of DFOS even better. Last July, event needs were being arranged. Then the committee started recruiting dancers. Justin and Jenni — busy parents, community volunteers and owners of Just Wright Dental Surgical Center in Corsicana and Waxahachie — had their reasons for volunteering countless hours to rehearse and prepare for their winning dance in the 2017 competition. "I thought it would be a time together as a couple, to be part of the community and raise funds for scholarships," Jenni explained.

Justin, who started his college career with junior college credit hours, added, "I'm glad we did it. It was fun, and I knew we were going to raise some serious change for the college. I like the college's trade programs,

and the college adds value to our community. I have lots of respect for the college's leadership."

In November, the dancers started working on concepts for their dances. "I wanted to find just the right song and idea," Jenni said. "We wanted a fast pace and one that all ages would know. It's a totally different dance concept when you're putting on a show in a theater-in-the-round. It has to be exciting for everyone." By December, dance teams started rehearsing with choreographers. Justin and Jenni were coached by the Castillos — Diana, Adelaide and Estevan. "We received coaching on our costumes and ideas from the show, *Dancing With the Stars*," Jenni stated. "Our living room became our in-home dance studio."

"My brother built our piano prop, and I became Jenni's jungle gym," Justin quipped.

Their dance "evolved" through extensive practices in January. They both learned dance basics while attending Texas A&M University, and Justin practices yoga "randomly." "Our dance was physically exhausting, so we could only do it two-three times a rehearsal," Jenni recalled. Finding the time to rehearse was also a challenge.

"It was like a boot camp experience. We were going through it together, and it did make our marriage stronger," Justin added. The couple campaigned for votes prior to the event by passing out calling cards printed by the college for each competing team and through Facebook.

And then it was show time! Justin had developed a fever that day, but the show had to go on. "People came wanting to be entertained," he said. All the dancers gathered in the Pearce Museum Green Room for make-up and hair sessions with Navarro College cosmetology students and for food





A map showing the location of Sunset Cove Marina. The map includes highways 31, 309, 287, and 637. Key roads shown are Powell, Goodlow, Farm to Market Rd 1393, Farm to Market Rd 2859, Farm to Market Rd 2843, Mildred, and Eureka. The marina is located on the south shore of Richland Chambers Reservoir. A red pin marks the location of Sunset Cove Marina Campground & RV.

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and beverage sustenance. The night was live webcast into the Green Room and online, so voting could continue throughout the performances. By the time their names were announced, Justin and Jenni were ready to go and have fun.



John Gantt performs with the Frankensteins, led by Adelaide Castillo.

From behind the curtain, they burst into the spotlight! Justin's brightly dyed hair (a total surprise to everyone, including Jenni), and Jenni's bedazzling, red costume were the perfect combo as they confidently commanded the stage. The music? Jerry Lee Lewis' "Great Balls of Fire." The result? A standing ovation from the 400 dinner guests and perfect 10s from the four judges, two of which were the 2016 winners, Dr. Matthew and Cathy Branch.

"The winner is the team that collects the most votes from supporters and gets the highest ranking from the judges (50/50)," John explained. "All the dance teams have been phenomenal."

Attending or volunteering for the night's sellout dinner, open bar and dance competition is just one way to support DFOS. Corporate and individual sponsorships are offered, and everyone can participate with individual \$5 votes that can be posted online from the tables or from anyone viewing the webcast.

"It's a fulfilling and humbling experience to talk to a scholarship recipient and hear the way the scholarship has truly changed his or her life," John said.

Jenni received that opportunity when she met a student who wants



A graphic for the year 2018. The numbers 2018 are large and gold. A clock face is integrated into the number 0. The background is dark with colorful bokeh lights.

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A group photograph of the staff of McDonnell Richardson CPA, PC. They are standing in front of a building with a sign that reads "KJ CPA".

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to study psychology but is currently in the cosmetology program. This student did Jenni's hair for the occasion. "I was excited to hear her story," Jenni exclaimed.

"Over \$125,000 was allocated for scholarships last year," John said. "But due to DFOS' tremendous success, this year, we could allocate over \$300,000 in scholarships for the Corsicana students, including high school students taking dual credit classes. We also expanded the funding to Innovative Teaching Awards that are designed to empower faculty to implement such strategies within their classrooms."

Justin, a Cleburne native, and Jenni who hails from Fort Worth, graduated from The University of Texas School of Dentistry at Houston and the University of Houston Law Center respectively. They're the parents of two sons, Cooper and Cy.



John and his wife, Kris, are parents of five and have added grandchildren and great-grandchildren to their family. John's the principal services architect for Dell Technologies.

"The dance teams and volunteers' enthusiasm is contagious," John said. "We all want to ensure that any student who wishes to attend Navarro College isn't turned away due to financial issues, but has a chance to exceed and excel." **NOW**

Editor's Note: To view the competition and/or vote, visit <http://dfos.navarrocollege.edu> on or before February 10, 2018.

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Kevin Perry
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At Home With Scott and Shea Edmonds



Family Revival

— By Rick Mauch

The Edmonds family doesn't use the word "renovate" when it comes to re-creating a home. They "revive" them. "There's a sense of making it yours, waking something up to be alive again," said Shea, who, along with her husband, Scott, has become an expert at home revivals.

The one they moved into on Mother's Day 2017 is the third home they've put their magic touches on. Though they don't always do all the work, the ideas are largely theirs, and the result is always comfortable and cozy, with great respect to history and modern touches. "I come from a long line of real estate investors. I learned not to fall in love with properties," Shea said. "But Scott does fall in love with them. He gets so attached to them."

Truth be told, their recent makeover has also found a special place in Shea's heart. Inside the all new paint, window treatments and new window shutters is something that she says will likely have them there for some time.





"This is our family home," she said, adding that their makeover this time worked a little differently because the home has "unique bones." "As far as the bones of the structure, we left it as intact as possible," she said.

The house was built by the Stroube family, legendary to Corsicana. The 2,700-square-foot home was built in 1950. However, over the years, its glamour was lost through weathering and lack of attention by the owners who followed. "I came over here with a friend and said, 'No way,'" Shea recalled. "But, Scott said he wanted to go look. He came over and within five minutes he texted me and said he liked the potential. There was a lot of work to be done. You couldn't even see the house outside when you drove by."

Scott saw a chance to bring back some history, along with adding their own special touches. The convenience of the area — being able to walk to church and being such a short distance from a plethora of dining establishments — was attractive. "Preserving that history is a great thing," Scott said. "I'd like to go back and see photos of it in its prime. I bet they threw some great parties in here."

So, Scott and Shea, along with their children, got to work with contractors and the job was done. Saylor, a junior at Corsicana High School and a member of the Calico Dance Team, has her own room. Brothers Spencer, a sophomore at Navarro College, and Stuart, a senior football player at Corsicana High, share a room. Their fourth child, Stratton, is a 21-year-old senior at the University of North Texas, and does not live at home.

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Each bedroom in the house has its own entrance from the outside. Saylor's room also has its own screened-in porch. "My bathroom (complete with built-in vanity table and mirror and black and pink tiles throughout) and my porch were the winners for me," Saylor said. "But Mom uses it every morning to do her hair, and every day I park out front and walk right in my door," she added with a laugh.

Even before entering the home visitors can see one of Shea's special touches. She painted the ceiling of the front porch, along with the ceiling in Saylor's screened-in porch, in Haint Blue, a soft blue-green color designed to ward off evil spirits called "haints." It's especially common in the historic homes around the Deep South.

Inside, visitors are greeted by almost identical dens/living rooms, equally large in square footage. The

fireplace even extends through both walls, which are built in the center for division, leaving large entrance ways on either side. "The two living rooms really stood out to me," Spencer said. "I really liked all the doorways to the outside, too."

Hardwood floors are featured throughout the home. The first living room/den has oak and the other has sullen yellow pine. It took some work, but they salvaged much of the original hardwood flooring throughout the house.

Above a sofa is a painting of what looks like some oil tanks. Shea said it's a reminder of West Texas, from where they moved when Scott was transferred by his company, Sunoco Logistics, which bought out the Exxon Mobil plant in town, also known as the Corsicana Tank Farm 13 years ago.

Shea is a high school counselor. She transferred from the Corsicana School District to Ennis ISD this school year.

Scott is also an auctioneer, though

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these days he does mostly charity work. His résumé includes having worked with NFL Live, the Cattle Barons and several high-caliber auctions, along with having attended rodeo announcing school.

Shea's favorite part of the home is the dining room. It features built-in china cabinets with two sets of doors and is filled with glass items, largely purchased at estate sales. "What's important to me is wherever we are we have a formal dining room," Shea said. "That goes back to my days teaching home economics. When the kids were little, we'd all dress up for dinner, especially Stuart with his little sport coat."

The dining room is accentuated by crown molding. Like the floors, the family focused on maintaining the molding throughout the home.

Their first reviving project was the home of Shea's grandparents, which she and Scott bought shortly after getting married 23 years ago. It was also built in 1950. They lived there 10 years before moving to Kerens, where they lived for a dozen years.

They also bought a lake house on Cedar Creek Lake in 2014, and renovated it. In fact, they lived there for a short while as they waited to move into their current home. "After seeing the lake house — where it was and what they did with it," Stuart said, "I knew this place [their current home] could be something special, also." **NOW**



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I am the current CEO of Oil City Iron Works, Inc., and currently serve Navarro County in the capacity of a volunteer as the Emergency Management Coordinator since 2000.

Over the past 18 years I have served and continue to serve on numerous local, state and national level boards / committees including: North Central Texas Council of Governments REPAC, Navarro County LEPC, VOICE, the Palace Theatre, Corsicana Country Club, United Way of Navarro County, The Navarro Community Foundation, Texas Chapter of the American Foundry Society, Government Affairs Committee of the National AFS, and more.

Local organizations have presented the following awards: VOICE - Gioia Keeney Service Award to Children in 2012, United Way of Navarro County Jane Biltz Volunteer of the Year Award for 2013-2014, Navarro County Volunteer Firefighters Outstanding Service Award of 2015, Corsicana and Navarro County Tom White Citizen of the Year Award 2016. Navarro County Child Advocacy Center room dedication 2017.

I am a graduate of Corsicana High School, 1996, Texas State University with a Bachelor's of Science in Technology and a minor in Industrial Technology - Core Manufacturing, 2000, Jacksonville State University with a Master's of Public Administration / Concentration in Emergency Management, 2006.

I am a 40-year-old, lifelong resident of Navarro County. I am happily married to my wife, Angela, of 14 years. Together we have two wonderful children who are currently enrolled in the Corsicana Independent School District.

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Where Are They NOW?

Caroline Harper Knapp

— By Virginia Riddle

With roots that run deep in Corsicana, Caroline Harper Knapp has traveled far after attending Lee Elementary School, Collins Middle School and graduating from Corsicana High School in 2002. The daughter of John and Denise Harper, Caroline grew up in the home her great-grandparents built and where her parents still reside. Born and raised in Corsicana, Caroline furthered her education at Texas A&M University from which she received a B.B.A. degree in marketing in 2006.

“After college, I started my career in the fashion industry at Neiman Marcus in Dallas where I went through their Executive Development Program and worked in the women’s fine apparel buying offices for four years. After I married my husband, Fred, in 2009, we decided to take a little adventure outside of Texas,” Caroline recalled. “Both of us were born in Texas and had attended A&M, so we had never lived anywhere else. It seemed like a perfect time to get out and experience something new and different because we always knew we would find ourselves back home.”

Fred was accepted into Columbia Business School in New York. “I was thrilled to land a job with Gilt Groupe!

I was cast to host a web series the company was testing called *Gilt TV*. A few bloggers co-hosted the series with me. I learned so much about running a multimillion-dollar business, taking risks and stepping outside of my comfort zone,” she added. Caroline also learned how to blog and decided to start one of her own — and House of Harper was born. Following the birth of the couple’s son, Knox, now 4 years old, Caroline decided to pursue her blog business full time rather than return to the corporate world.

“I created House of Harper as a lifestyle and style resource for women like me who are juggling family, career and their own personal interests,” she said. The content spans fashion, beauty, interior design, travel and wellness topics.

Caroline and her family have since returned to Texas, purchasing their first home in Houston, Fred’s hometown, and they now have a second son, Andrew, age 2. They return to Corsicana often to visit her parents; brother, Walt; his wife, Hillary; and their daughter, Samantha. They also enjoy visiting long-time friends and favorite places during these visits. “Whenever I’m



back in Corsicana, I love to stop by the Donut Palace in the morning (Knox loves it!), Taco Shop and Snow Biz for lunch or Old Mexican Inn for dinner. I love seeing all the wonderful things done to revitalize downtown — and all the shopping! I never leave without stopping in to Canterbury Court to see if there are new treasures I need.”

To those who are new to Corsicana or to those who have returned after moving away for a while, Caroline advises, “The people and places make Corsicana special. Enjoy your time there, and value the relationships you have. Lean on them when you need them.

“I loved growing up in Corsicana,” she reflected. “I loved the close sense of community that surrounded us. I had a wonderful group of friends who are still some of my best friends today.”

“The people and places make Corsicana special.”

Caroline encourages current Corsicana and Navarro County young people to enjoy all that the community has to offer but also be willing to give back, pay it forward and leave a legacy that will last. “Corsicana is a wonderful community. Yes, it is a small town, but the people and history make it a truly special place. Enjoy your time there, and don’t take it for granted, whether you only stay for high school or live there for your whole life. Corsicana is a very giving community, so always try to give something back.” **NOW**

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CookingNOW

In the Kitchen With

SUSAN CAMPBELL

— By Lindsay L. Allen



“These days my inspiration for cooking is the love I have for our daughters and their families,” Susan Campbell said. “After traveling hours to get here, we want them to enjoy their stay through the fellowship eating together brings.” If you see Susan in the kitchen, she most likely has her husband, Gary, by her side. “He is a wonderful cook and the best co-cook in the world,” she added.

Susan prefers dishes that can be prepared in advance, are easily made and/or can be served buffet-style to allow her family to graze at its leisure. Using many recipes from her late mother, Susan said everyone in the family has their favorite dish that must be served, and food sensitivities don’t slow them down either. They just simply substitute ingredients to keep good meals coming out of the kitchen. **NOW**

Eggplant Lasagna

- 2 eggs
- 2 Tbsp. water
- 1 cup grated Parmesan cheese
- 1 cup Italian-seasoned breadcrumbs
- Salt and pepper, to taste
- 2 large eggplants, peeled and sliced
1/2-inch thick, length-wise
- 2 Tbsp. olive oil
- 1 lb. mild Italian sausage
- 1 lb. lean ground beef
- 48 oz. olive oil and garlic sauce
(such as Bertolli)
- 1 medium container ricotta cheese
- 2 cups shredded mozzarella cheese

1. Preheat oven to 375 F. Line 2 jellyroll pans with parchment paper and oil a 9x13-inch baking dish.
2. Whisk eggs and water together in a shallow dish.
3. Combine Parmesan cheese, breadcrumbs, salt and pepper in a separate shallow dish.

4. Dip eggplant slices into egg mixture, then press into breadcrumb mixture. Gently shake off excess crumbs. Arrange slices on prepared pans.
5. Bake eggplant until tops are golden brown, 20-25 minutes. Gently turn slices over and bake an additional 20-25 minutes.
6. In the meantime, heat 2 Tbsp. oil in a skillet over medium heat; crumble in Italian sausage and beef. Add salt and pepper and cook until meat has browned, about 10 minutes; drain. Add olive oil and garlic sauce to meat mixture, bring to a simmer then set aside.
7. Remove eggplant from oven and increase temperature to 400 F.
8. Place 1/3 of the eggplant in bottom of baking dish. Add 1/3 of the sauce and meat mixture on top of eggplant, and then spread a thin layer of ricotta cheese on top of sauce. Continue to layer 2 more times, finishing with a layer of shredded mozzarella cheese.
9. Bake in the preheated oven until sauce is bubbling and cheese is melted, about 15 minutes. Tent with foil and let stand 10 minutes.

Gluten-free Biscuits

- 3 cups all-purpose gluten-free flour, with xanthan gum*
- 2 Tbsp. sugar
- 1/2 tsp. salt
- 2 1/2 tsp. baking powder
- 8 Tbsp. very cold butter, cut into small pieces, plus more to grease the pan
- 1 1/2 cups sour cream
- 2 Tbsp. heavy cream, plus extra to brush the tops

1. Whisk flour, sugar, salt and baking powder together.
2. Using only your fingers, quickly work the butter into the flour mixture. It should resemble small rocks in size.
3. Add the sour cream to the flour mixture and sprinkle the heavy cream over top. Work the liquids into the flour with a fork.
4. Turn the dough onto a lightly-floured surface. With cold hands, gently knead the dough a few times until it forms a ball. Use a floured rolling pin and roll into a rectangle. Then, fold the rectangle into thirds. Roll it out again. Fold into thirds once more, having made 3 layers. This will help with distinct layering.
5. Wrap the dough tightly in plastic and refrigerate 30 minutes.
6. Preheat oven to 400 F and grease a 9-inch, cast-iron skillet with butter.
7. Unwrap the dough; roll it out into a rectangle about 1 inch thick. Flour a biscuit cutter and cut out as many biscuits as possible.

Cut straight down, no twisting the cutter. Roll out the scraps and cut more biscuits.

8. Place the biscuits into the prepared skillet. The sides of the biscuits need to touch to encourage rising. Bake 22-25 minutes until tops are golden brown.

**There are several gluten-free flours available, such as Bob's Red Mill Flour and King Arthur Flour found at H-E-B. There are also gluten-free baking mixes available for fewer ingredients and less time in the kitchen.*

Roasted Garlic Pork Tenderloin

1 3-4 lb. boneless tenderloin pork roast
Whole garlic cloves (As many as you like. We use 15-20 depending on the size of the roast.)

1/2 tsp. seasoned salt

1/2 tsp. ground black pepper

2 Tbsp. safflower oil

Fresh rosemary for garnish

- 1.** Cut small slits into the roast and insert desired number of garlic cloves.
- 2.** Sprinkle salt and pepper into the jelly roll pan and roll the roast until completely coated.
- 3.** Swirl oil in a frying pan, and brown the roast on all sides.
- 4.** Place the roast in a roasting pan, and let sit at room temperature at least 1 hour.
- 5.** Preheat oven to 325 F; position rack in the center.
- 6.** Roast the tenderloin 20 minutes per pound.
- 7.** Let the roast rest about 10 minutes before slicing. Add rosemary for garnish.

Sautéed Brussels Sprouts With Crisp Bacon

16 oz. fresh Brussels sprouts
2 strips thick sliced bacon, halved
2 garlic cloves, minced
Salt and pepper, to taste

- 1.** Wash sprouts; pat dry with paper towels. Slice each sprout in half and set aside.
- 2.** Brown the bacon in a cast-iron skillet; remove the bacon, leaving the drippings. Drain the bacon on paper towels.
- 3.** Place sprouts in the pan, cut side down, and sauté over medium-high heat with garlic.
- 4.** Stir the sprouts after about 2 minutes to cook thoroughly.
- 5.** Crumble bacon halves over sprouts; add salt and pepper.

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



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BusinessNOW

Hand in Hand Hospice

— By Virginia Riddle

Hand in Hand Hospice

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It is never easy for a patient and his or her family to receive a terminally ill diagnosis from a physician. Michelle Taylor, registered nurse since 1992, knows that feeling firsthand after having gone through the hospice experience with her own dad. “I saw that hospice really made a difference for my dad and mom,” she said. Michelle was moved to establish Hand in Hand Hospice in 2005 in the little yellow house on the corner of 7th Avenue and S. 31st Street. “I wanted to

make that same wonderful difference possible for others,” Michelle said.

Hand in Hand Hospice is a locally nurse-owned and -operated hospice provider, a difference that Michelle emphasizes. “We take patients’ care and that of their loved ones personally,” she explained. “We go beyond governing guidelines and provide the extras that individualize patient and family care. We have the best staff and volunteers! This is our patients’ end-of-life. We make sure they have what they need or want during this time. It’s important to us to make this time the best it can be and our relationship with patients is precious. We want them to feel like family.”

Eighteen staff members include six RNs, six CNAs, two medical directors, two chaplains, a licensed master-level social worker and marketer. Hand in Hand also has contracted therapists and a dietician. Patients typically have a nurse visit two days a week and CNAs five days a week. A social worker assesses patients’ needs, available community resources and

provides emotional support. Chaplains tend to the spiritual needs of the patients and their families. The team provides care to patients in Navarro, Anderson, Ellis, Freestone, Henderson, Hill and Limestone counties. This ever-expanding business has started serving patients in Kaufman, Leon and McLennan counties, as well.

Hand in Hand Hospice is a member of the Corsicana & Navarro County Chamber of Commerce, the Texas & New Mexico Hospice Organization and the National Association for Home Care & Hospice. Its hospice care is provided at no cost to patients and with no time limits. Patients can choose to use the medical directors provided or continue to use their own physician. Medicare, Medicaid, VA/Contract/Tricare or private insurance is accepted.

Once you have a terminal diagnosis and are not seeking treatment or there is no cure, you could be hospice appropriate. Patients with Alzheimer's, cardiac or pulmonary diseases, patients who have experienced a stroke, AIDS and other end-stage diseases qualify. Helpful information is provided by Hand in Hand staff and the website's Hospice Eligibility Check is a resource. "We work to educate community members and medical staff about hospice," Holly Ellington, Hand in Hand Hospice's marketing director, stated.

Another aspect of Holly's position is to provide the education and activities sponsored by Hand in Hand Hospice for patients and their families. "I get to put a smile on patients' faces by doing art, hosting activities or calling bingo. We work with all the nursing facilities in Navarro and Freestone Counties." Annual events the business hosts are the Christmas movie at the Palace Theatre, complete with popcorn, a drink and present for each patient.

Holly has also become a facilitator for a newly founded Alzheimer's Association caregiver support group in Navarro County. "Holly's known as Happy Holly from Hand in Hand because she cares," Michelle said. "We want kindness to always shine through everything we do." **NOW**



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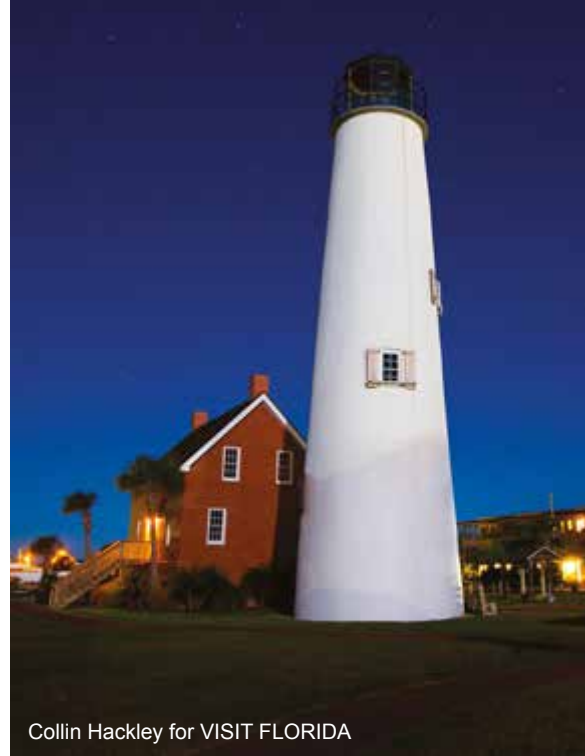
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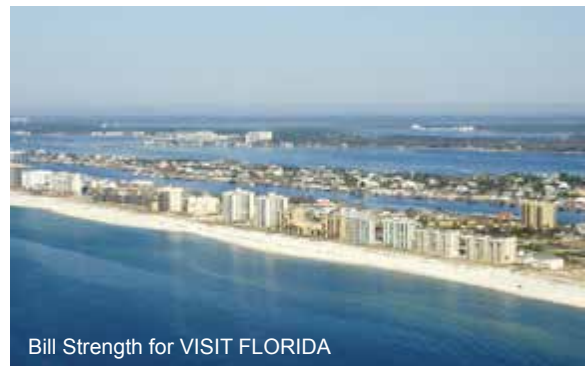
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TravelNOW

Getaway to Good Times

— By Emily Nipps

Northwest Florida often gets less attention than Miami and Orlando, but it makes an ideal spot to explore and relax without the crowds. Sugar-sand beaches, emerald waters, historic landmarks and sunny outdoor adventures await families or couples designing the perfect getaway.

You don't have to venture far beyond the Alabama-Sunshine State border to find a treasure of activities, ranging from museums and mini-golf to waterfront dining and fishing. At the northwest tip of Florida sits beautiful Pensacola, known for its protected beaches and 18th century-era restored neighborhoods.

To get a real-life feel for Pensacola's past, start your trip by passing through Historic Pensacola Village. Whether you explore on your own or discover the area with a guide, don't

miss seeing the T.T. Wentworth, Jr. Florida State Museum, built in 1908.

Aviation geeks won't want to miss visiting the National Naval Aviation Museum. Located on Naval Air Station Pensacola, the museum features more than 150 aircraft on display. It's also where the Blue Angels Naval aerobatics team trains.

Pensacola owes its pivotal role in American aviation history to its famous warm climate and sunny skies. With free museum admission and free guided tours, the National Naval Aviation Museum is an affordable and fun adventure.

From Pensacola, it's about a one-hour drive along Scenic Highway 98 to the unspoiled beaches of Santa Rosa Island. Enjoy luxury beach houses, upscale dining and the unique

artist colony known as Gulf Place. Santa Rosa Beach also has several entrances to Point Washington State Forest, a 15,000-acre preserve known for rich hunting, off-road bicycling and hiking.

Santa Rosa Island is home to five fascinating all-brick forts built to defend coastal Florida after the War of 1812. Fort Pickens, finished in 1834, was active until 1947. Walk through the halls where soldiers were in the Civil War, World War I and World War II and where the great Apache leader, Geronimo, spent seven months after he was captured in 1886.

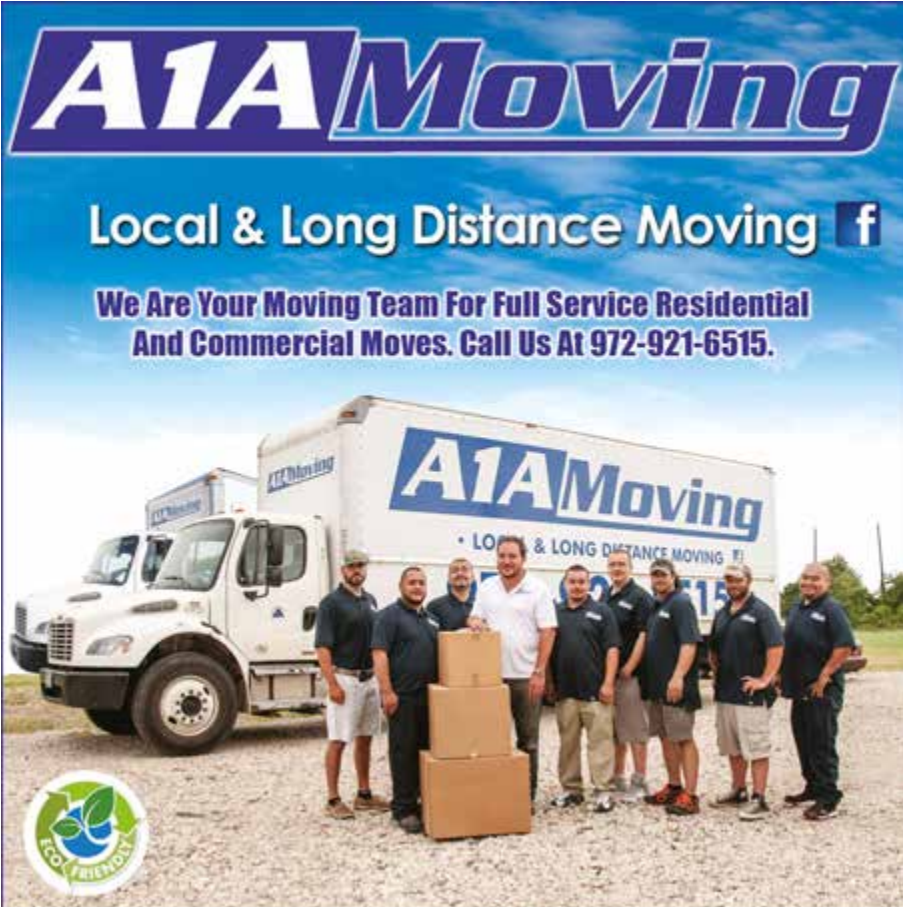
Fort Barrancas was built on the ruins of an old Spanish fort and finished in 1844. Fort McRee was built too close to the water with too much wood in its construction and was blasted to bits by artillery in the first months of the Civil War. The ruins are clearly visible near the surf at Perdido Key.

If the family is up for another three-hour drive continuing east on US-98, St. George Island is a perfect getaway along the water. Climb the 92 stairs to the top of the Cape Saint George Lighthouse, built in 1852, for a beautiful view of the island and surrounding waterways. St. George Island is also home to 17 miles of paved bike paths and numerous off-road trails for exploring. Jolly Roger Beach Shop rents bikes by the hour, day and week and is located in the center of the island.

For sunset, stop by the Blue Parrot Oceanfront Café for fresh seafood, cocktails and a great view of the water. Don't miss trying the fresh Apalachicola Bay oysters while you're there.

And if you want an even closer look at the sparkling waters, check out Journeys of St. George Island to charter boat trips for great fishing, rent kayaks or take your little ones on the guided dolphin tour or sunset cruise.

Whether you wish to relax or explore, look no farther than the sunny shoreline of northwest Florida. Its rich history combined with soft beaches and nature trails make it your getaway for good times. **NOW**



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A Brand New You

— By Zachary R. Urquhart

There's never a bad time to start exercising, dump bad habits or learn a new skill, and the beginning of the new year can be the jumpstart needed to make a change. If eating healthier is your goal this year, here are some ideas for a fresh start on becoming a new you.

Gluten-free vs. Low-carb¹

- *Know why you are changing.* Celiac disease and wheat allergies cause a small percentage of people to be unable to digest the protein from wheat properly, but many others have cut gluten and seen improvements in their health. It isn't clear if everyone would be healthier on a gluten-free diet, but if it means you avoid cookies or donuts and don't drink beer, less gluten would make you healthier. The key is understanding what you are avoiding and why, so you don't miss nutrients like fiber.

- *Eat less bread.* If you aren't actively staying away from breads and wheat-based starches, you are likely eating more bread than you need. While enjoying a roll with dinner may not be a bad thing, going for third and fourths is over-consumption.

- *There are other carbs.* The gluten-free trend stemmed from an earlier craze of reducing carbohydrates. But there are many types of carbs. Fruit is high in natural sugars, which is better than foods with added sugar, but too much fruit can still be a bad thing. The key in low-carb eating for weight loss is to avoid sugar and sugar substitutes like aspartame and sucralose as much as possible. If you need something other than water to drink, try unsweetened tea with a fruit wedge, instead of diet soda.

Diabetic Diets²

- *Control your glucose.* Diabetics should eat at regular times, with a focus on healthier foods like fruits, vegetables and healthy carbs. This helps the body produce and regulate the insulin it either makes or gets from injections.

- *Know what to avoid.* Diabetics are at a higher risk of heart problems, so limiting the amount of both saturated and trans fats is important. Fats in avocados and almonds are healthy in moderation, but animal proteins and processed foods aren't. Sodium and cholesterol should also be limited.

Heart Healthy³

• *Eat better to live longer.* If the goal is long-term health, you will want to make some long-term diet decisions. Choose whole grains over refined flour or calorie-high muffins and pastries. Add plenty of fruits and vegetables, while limiting sodium. Keeping portion sizes down to limit your caloric intake will improve your overall health.

• *Make good choices.* A heart-healthy menu includes good fats like those in healthy oils, nuts and seeds. Limit saturated fats and avoid untrimmed beef or hot dogs. Instead, choose good proteins like lean ground meat or poultry, eggs and legumes.

• *Follow a plan.* Find a variety of healthy options and buy groceries with a menu in mind to get food that meets your nutritional needs, while limiting the unhealthy options you are trying to avoid. And include a sensible “cheat” meal once in a while to curb cravings for unhealthy options.

Whatever your diet and health goals are this year, your first steps should be researching and deciding on a firm plan to follow. No matter your goal, knowing what to and what not to eat will help you become the new you that you are hoping to be. **NOW**


Sources:

1. “Is Eating Gluten-Free Healthier” obtained from <http://www.eatingwell.com/article/9943/is-eating-gluten-free-healthier/>

2. “Diabetes Diet: Create your healthy-eating plan” obtained from <http://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-diet/art-20044295>

3. “Heart Healthy Diet: 8 Steps to prevent heart disease” obtained from <http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>



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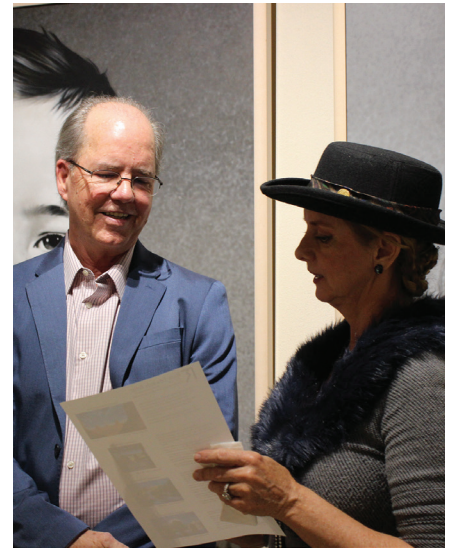


Zoomed In: Liz Spann

By Virginia Riddle

For 18 years, Liz Spann has helped Copy Center Office and Supplies customers, but she's often found "on the street" painting the store's front windows for holidays. Liz and her husband, David, came to this area to help a friend build a church. David's now pastor of Corsicana's Community Baptist Church. The couple have a son and his family who live in nearby Tool, Texas, and they enjoy spending time with all their friends and family which now includes nine grandchildren.

Liz participates in a woman's non-denominational ministry, S.I.P. "I was raised in the country, so Corsicana's just like coming home. It's nice because everyone knows everyone," Liz said. I've loved working here and getting to see the refurbishing of all the old downtown buildings."



Ross Edwards, whose *Dreaming of Places and Parables* works are showing at the Cook Center's Western Art Gallery, discusses his work with Corsicana Art League's president, Gladys Espenson.



Boy Scout Troop 253 help the Vietnam Veterans of America Chapter 1009 place flags on area cemeteries' veterans' graves commemorating Veterans Day.



Holly Ellington, Jennifer Tatum and Larry Hodge help collect donations for the Navarro County Food Pantry's holiday needs.



Navarro College's Woodwind Quintet play beautiful melodies during the annual Christmas Tree Lighting.



Voters are greeted with warm smiles at the Corsicana Rotary Club Annual Chili Fest.



Danny Combs, Senator Brian Birdwell, Dr. David Campbell and Col. Dan Summerall celebrate the CAF-Coyote Squadron's Veterans Day Open Hanger.



The CHS Honor Guard helps Navarro Dental Center kick off their Stars, Stripes and Smiles Day.



Tnyst's Tiffany and Shelly Simington host the business' Christmas open house.

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5

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. Contact Connie Beal at (903) 654-6800.

8

Piecemakers' Quilt Guild meeting: 9:30 a.m., Westhill Church of Christ. Visitors are welcome. Visit corsicanaquiltguild.com.

Eclectic Readers Book Club: 6:30 p.m., Corsicana Public Library. Call (903) 654-4810.



13

Angels of Corsicana Troop Support packing: 9:00 a.m. packing, 1020 N. Business I45. All ages are welcome. For more details, call Jean O'Connor at (903) 851-2560.

15

Dr. Martin Luther King Jr. Day Celebration: 2:00 p.m., Corsicana Public Library. Call (903) 654-4810.

16

5th Annual Martin Luther King Jr. Breakfast: 7:00-9:00 a.m., Cook

Education Center. Contact lori.tatsch@navarrocollege.edu or call (903) 875-7321.

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

Teddy Bear Time: 7:00 p.m., Corsicana Public Library. Wear PJs, grab a favorite Teddy bear and bring a blankie for evenings of bedtime stories, Teddy bear songs and rhymes. Call (903) 654-4810.



17

Senior Circle Lunch Bunch: 11:30 a.m., Across the Street Diner. Contact Connie Beal at (903) 654-6892.

18

Corsicana & Navarro County Chamber of Commerce's Java with Joanna: 7:30-8:30 a.m., Chamber office. Call (903) 874-4731.

19

Corsicana & Navarro County Chamber of Commerce's Lunch and Learn: 11:30 a.m.-1:00 p.m., Chamber board room. Call (903) 874-4731.

22

Senior Circle Lunch and Learn: 11:30 a.m., Navarro Regional Hospital. For

more information, contact Connie Beal at (903) 654-6800.

Art for the Rest of Us: 6:00 p.m., Corsicana Public Library. Ages 16+. Free and open to the public. For more information, call (903) 654-4810.

25

Corsicana Newcomers' Club: 11:00 a.m., Kinsloe House. Lunch is \$15. The 2018 officers will be inducted. Contact Annie Avery at (714) 345-6707.

27

Corsicana Ducks Unlimited Banquet and Auction: 5:00 p.m., I.O.O.F. Event Center. Contact Ross Reamy at (903) 654-7704.

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Corsicana Writers Guild meeting: 6:30 p.m., Corsicana Public Library. Call (903) 654-4810.



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