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Editor's Note

Greetings, Dear Readers!

With warmer spring days coming our way, we don't really have to wait until the official Take a Walk in the Park Day on March 30 to enjoy our wonderful walking and bike trails. Walking is a great, no-cost exercise, and being outside gives us all an opportunity to relieve our everyday stress or just clear our minds and enjoy Mother Nature and children's playground laughter. My furry canine friend, Jazz, and I hope to see lots of you along the trails.

Give the gift of a day off to a caregiver in your life on Caregiver Appreciation Day, which is March 3. According to the U.S. Department of Labor, over 40 million Americans, age 15 or older, provide unpaid care to elderly persons. Even more care for the sick and disabled. This day reminds us all to say thank you in some way or step up to help.

May you and yours enjoy a needed Spring Break!

Virginia

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CorsicanaNOW Editor
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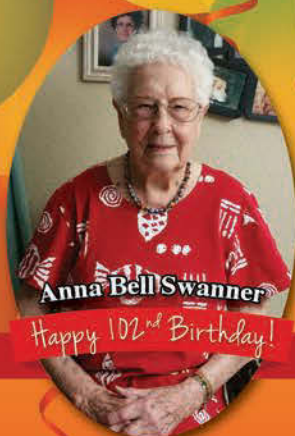


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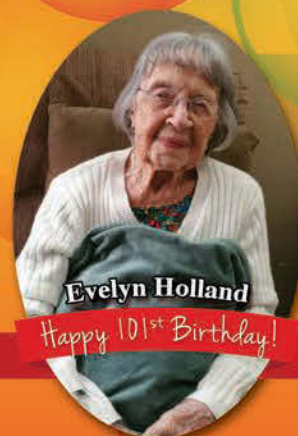
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SOULS

— By Virginia Riddle



It was said by an unknown author, “Four wheels move the body. Two wheels move the soul.” That is what the founder of Christian Motorcyclists Association, Herb Shreve, was hoping for when, as a minister in Hatfield, Arkansas, he found a need to connect with his teenage son through his passion for motorcycles. Founded in 1975, CMA has gone international in 36 countries, and Corsicana’s Great Spirit Riders chapter is one of 890 chartered and active chapters across the USA. Chari Bouse was the founding president, and Sherry McGraw is the current president. “Bikers attract bikers,” Chari said. “We don’t promote individual churches. We promote Jesus.”

The local chapter was formed with a mission to spread the love of Jesus Christ to motorcyclists, but they also offer their assistance to the local community. Great Spirit Riders can be found serving at motorcycle events and prisons, as well as at local community outreaches. “We help the poor, sick and needy locally, so if a need is presented to us, we see what we can do to help,” Chari stated. “We are a multidenominational ministry seeking to change the world one heart at a time.”

Local members participate in group rides and gatherings, as well as motorcycle events in our area. Chari and Sherry also travel to rallies in the South Central region of the U.S., since Chari is the region’s prayer coordinator, and Sherry is the Northeast Texas state prayer leader.

“We’re also the people who help with registration and parking, give out water or coffee or do whatever is needed,” Sherry explained. “While working registration at the Republic of Texas Rally in Austin, we were first to interact with people, some who seemed to have the weight of the world on their shoulders. By the time they left our station, they were laughing and smiling. Other rally sponsors tell us that with CMA on the grounds, they have less to worry about.”

CMA works with three ministries in their international missions program called Run for the Son (RFS): Open Doors (providing Bibles and training for indigenous pastors); Missionary Ventures (providing and maintaining transportation for pastors); and the Jesus Film Project (providing a movie of Jesus’ life in local languages). “We



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as members also have the opportunity to go on mission trips through CMA,” Chari stated. Additionally, on the first Saturday in May, the local chapter has a ride, which is a fundraiser for the RFS. The past two years, the chapter has also hosted a separate fundraiser for missions that included music, chili and live auctions.

Both ladies are active in a worship band along with singer Nita Whitener. Sherry sings and plays keyboard, while Chari plays guitar and Native American flute. “We minister mostly at motorcycle rallies, prisons and for churches groups,” Chari explained. “Sherry’s also an awesome songwriter.”

Chari began riding dirt bikes when she was 19, graduating from Arkansas Tech University, where she attended with the CMA founder’s son. A native of Russellville, Arkansas, Chari’s career as a state prison chaplain brought her to the Corsicana area. She currently rides a white 2011 Harley Fat Boy.

A native of the DFW Metroplex, Sherry and her husband, George, moved to Navarro County in anticipation of his retirement — which has yet to happen. Sherry’s venture into motorcycles started in her late 20s with a Yamaha 350. Her first Harley came 32 years later, and she rides a black 2012 Harley Fat Boy or George’s Can-Am Spyder, depending on how much she needs to carry with her. “George is extremely supportive of my involvement with CMA and this chapter,” Sherry said. “He cooks for our different events.”

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month at the Sirloin Stockade at 7:00 p.m. for fellowship and to plan future events. Even though Chari and Sherry own motorcycles, it is not a requirement. Membership is open to all ages and to men and women, and there are no membership fees. Most of the Great Spirit Riders Chapter members are Navarro County residents, but that is also not a requirement. In good weather, you may also see CMA gathered for ice cream somewhere in town where they socialize and pray bike (or people) blessings over anyone wanting them.

While some motorcyclists enjoy total freedom of no helmets, Chari and Sherry believe in wearing helmets, leather and boots. "While rides are my quiet time with God and no interruptions, usually,

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Sherry McGraw, Nita Whitener and Chari Bouse participate in a worship band.

there have been challenges, such as night rain storms and bugs. I was once stung behind my ear by a yellow jacket and was in extreme pain for 5-10 minutes before I could pull over," Chari recalled.

Enjoying the beauty of nature while riding a motorcycle is one of Sherry's joys, and Chari's most memorable experience, to date, came while riding with a HOG group to a Child Protective Services assessment center where children are held before being placed into foster care. "At the center, we entertained kids and let them sit on our cycles for therapy," Chari said. "A traumatized nonverbal child ran to me, at which time I placed him on my bike. Later, when the child screamed as he was lifted off my bike, I insisted that he could stay. He then smiled and said, 'I'm riding a motorcycle,' to the amazement of CPS staff.

"People are curious about our bikes. They are an attraction," Chari said. "But we're big believers in prayer."

"A couple of years ago," Sherry recalled, "a biker we had prayed with at a Sonic Bike Night told us that he had been going 70 mph when he was forced off the road and crashed. His bike was totaled, but he landed on his feet without harm. Consequently, he wanted his new bike blessed.

"There's something about a CMA woman biker. I think we are perceived to be more approachable," Sherry stated. "We have a lot of interaction with people while we're on the road."

"This is traditionally a male culture. However, they see a mother/grandmother image in us and feel more free to share prayer needs," Chari added. "Changing peoples' lives for the better is the meaning of my life. I believe it's what God called me to do. As a fisher of men, I just catch folks and let the churches clean them." **NOW**

Editor's Note: For more information, email sherry.mcgraw@att.net.



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On a quiet Corsicana cul-de-sac, three young men, along with, as these young men proudly state, their “staff,” have created a home that is beautifully landscaped, warm and inviting and sports smiling faces all around. The home is operated by Corsicana’s Mosaic, and the View Lane Boys, as Anthony, Logan and Matthew call themselves, have bonded into a unique family. Each young man’s personality is reflected in the home, especially in their bedrooms. “They are happy and have staff that understand their worth, capabilities and are caring,” Cheyenne Jock, a Mosaic staff member, said.

POSSIBILITIES ABOUT

At Home With
the View Lane Boys



Cheyenne Jock and Gary Dowd enjoy caring for Logan, Anthony and Matthew.

Matthew is the most recent member of this family. He arrived about five months ago, but he quickly assimilated into the group and daily schedule. "We are busy," he explained. Anthony, Logan and Matthew have a set routine of activities, chores, meals and, of course, their own daily quiet times. After getting ready for each day, breakfast is served in the roomy, eat-in kitchen. They gather around the table located in a bay window and overlooking the backyard with its patio, picnic table, basketball goal and pear trees. On weekdays, all three young men attend Mosaic's day services at the Corsicana Main Street location. Day activities include: vocational training, employment opportunities, volunteer opportunities and classes in gardening, crafts, exercise and cooking. Fun and relaxation happen on the weekends.

"We go to the I-45 McDonald's every Friday night to celebrate the end of the week," Gary Dowd, Mosaic staff and the chief house cook, said. "We teach all

— By Virginia Riddle

three young men how to be successful in the community, and they like to go to restaurants."

It's Gary's task most nights to prepare dinner and prepare and pack lunches for the next day, and he is known for his gourmet cooking. "I like Gary's cooking," Anthony said. After dinner, all three young men have their assigned chores, including sweeping the kitchen floor and wiping the dinner table. Interaction during dinnertime and afterwards in the living room/formal dining room is lively. Then all three young men go to their individual bedrooms for more quiet activities and preparing for bed.

Mosaic, with its commitment to providing people with intellectual disabilities lives full of possibilities, is certified by the state of Texas. The Department of Aging and Disability oversees Mosaic's operations, so there are the required notices on walls and

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doors of this home, and cabinets are kept locked by staff for safety reasons. But otherwise, this is a home like any other in town.

Comfortable seating in the living room provides the View Lane Boys a place to gather for games and visiting while Gary and other staff members work in the office space carved out of a corner of the room. Other staff members serving the home include: Jamar Stanton, Shawn Holloway, Sarah Brackens and Jeff Jelinek. The home is staffed 24/7. "We're here to teach all of them to ultimately live as independently as possible," Gary stated.

Matthew has decorated his bedroom with its large window in browns, greens and cream hues. Posters hanging on the wall show his enthusiasm for Justin Bieber and the Texas Rangers. "I've been to their games twice," Matthew explained. He has books, including the Bible, on his shelves, and uses his recliner while reading. A trophy from Summit Camp dated 2012 is a proud treasure. Matthew visits his biological family during holidays.

Logan is nonverbal but has no trouble registering his enthusiasm and winning spirit as he twirls Cheyenne around his room. Logan's bedroom, with its bright red and black theme, hosts his oversized



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Logan's bedroom hosts his oversized stuffed animal collection and Disney DVD collection.

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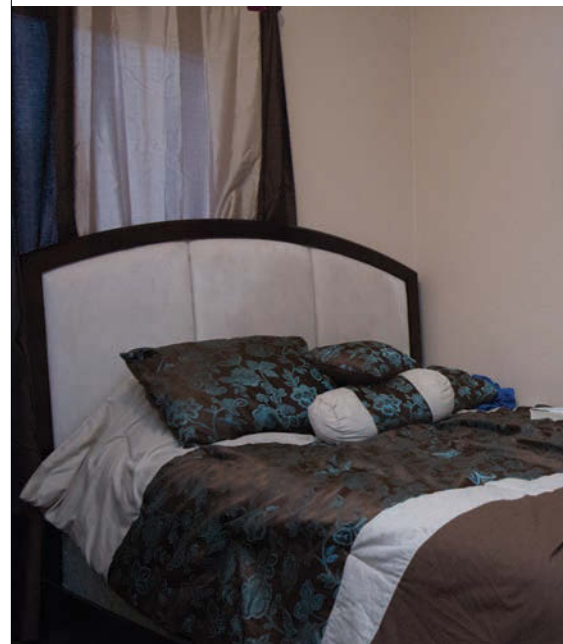
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stuffed animal collection and Disney DVD collection. "We have a DVD player in the van now, so Logan loves to watch his movies on-the-go," Gary said. Logan's certificate of achievement from Lufkin High School, where he attended school prior to coming to this home three years ago as one of the first young men to live here, is proudly displayed.

Matthew and Logan share a hall bath, which has a Peace, Love, Dream, Believe, Praise theme. A fourth bedroom is currently unoccupied in this wing of the home, but it will be ready to receive the next addition to this family.

Anthony occupies the master suite, since he was the first to arrive at the home and wisely picked out the largest room with its private bath. Paintings of sports balls bounce across the walls of this brown, green and cream colored suite. "I like sports," Anthony explained. Posters of inspirational baseball and football sayings; the wrestler, 'The Rock'; and the New York Yankees hang above his antique radio and chest of drawers. A Bible and photo album complete the room.

"We really let each person personalize their room as much as possible," Cheyenne explained. "Mosaic has put people who have been institutionalized into family home settings like this, and they are at home. Whenever they are away, they always tell us, 'I'm going home,' when it's time to return here. This is, 'My stuff and my staff,' according to each of them. Gary gets a lot of 'stuff' for them and always decorates the home for holidays."



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On any given day, Anthony, Logan and Matthew may be found volunteering in the area. "We've volunteered for the Salvation Army, Meals-on-Wheels, read to kids at a daycare center, or called bingo at nursing homes," Cheyenne explained. "We also take field trips, for instance, to the train museum in Ennis, but we really want more opportunities to integrate the people we serve into the community."

Mosaic is funded through some Medicaid dollars, donation drives, grants and "many generous hearts." "Ninety-six percent of Mosaic staff members donate through payroll deductions," Cheyenne revealed. "Our clients would love to work. We just need people to give them a chance, but nationwide 85 percent of persons with intellectual disabilities are unemployed."

Cheyenne's a Corsicana native and graduate of Corsicana High School. Her husband, mother and mother-in-law have all worked at Mosaic. Cheyenne has been a preschool special education teacher and worked in public relations prior to combining those two careers into her Mosaic work.

Gary, also a Corsicana native, has worked for 12 years in Mosaic homes, and his wife is a foster parent for a Mosaic client. Gary concluded, "I treat all of them as my family, treat them with respect and get respect back. The guys don't see color, and they have patience, so they've taught me a lot. We get to make a difference in their lives, too." **NOW**

Editor's Note: For more information, call Mosaic at (903) 874-3364.

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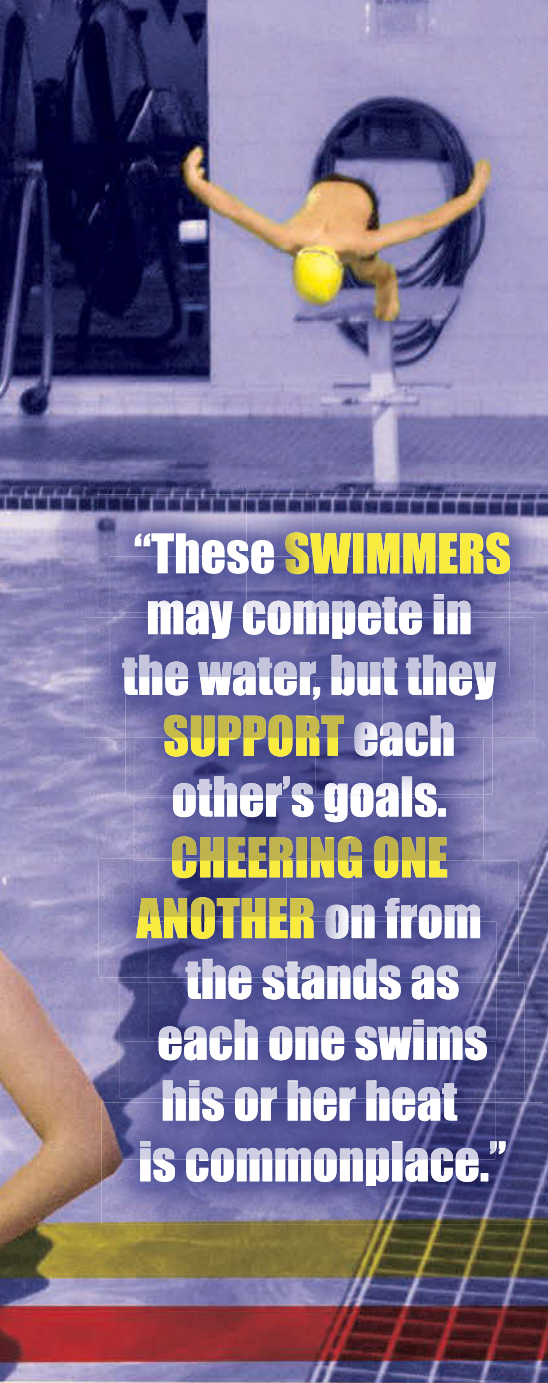
Three swimmers are captured in mid-dive, entering a swimming pool. The background shows a pool deck with lane lines and a large blue and white striped buoy.

— By Nancy Smothermon

Swimming on a team is both an individual competition and a team sport, as well as a worthwhile endeavor. Chances are you recognize names like Michael Phelps, Connor Jaeger, Katie Ledecky and Missy Franklin, but do you know the brightest swimmers of Corsicana? They are strong-minded competitors. These kids are the local Navarro County swim team known as the Tigersharks, and four of the team's swimmers competed with a larger group of swimmers known as the Wahoo Swim Team of North Texas at the 2016 AAU Junior Olympics in Houston, Texas, this past August. They were led by Coach Bug, an accomplished Brentwood YMCA and USA swimming coach. They do deserve more recognition than they and other swimmers receive. When the Summer Olympics roll around, swimming is a hot topic of discussion. These kids work hard all year at their goals, even during the break from practice that is granted during the summer months.



Tigersharks Jacob Reese, Jaycee Simmington, Marissa Butler and Jaxon Simmington made the cut to compete with the Wahoo Swim Team of North Texas.

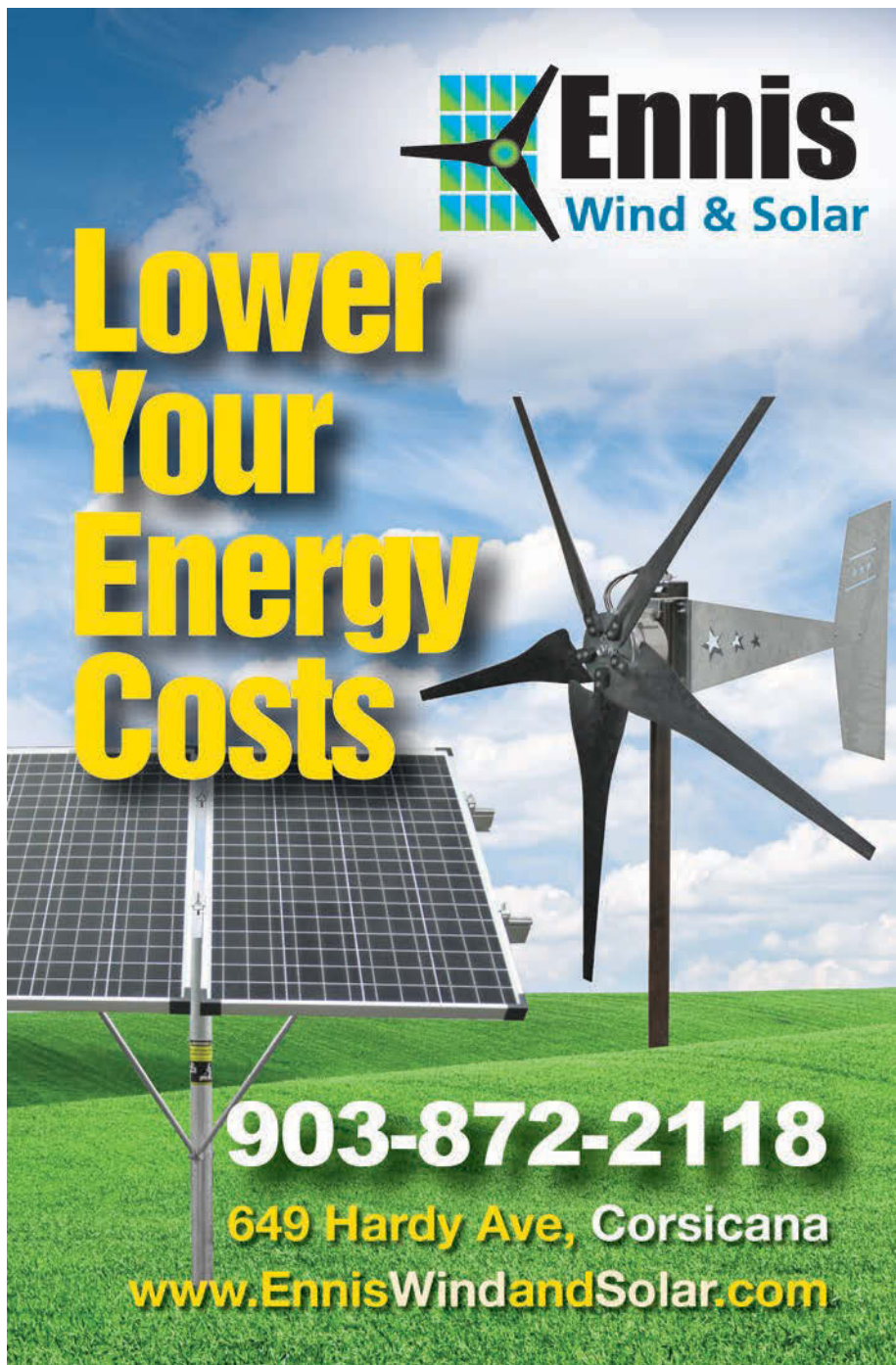


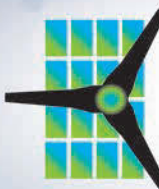
"These SWIMMERS
may compete in
the water, but they
SUPPORT each
other's goals.
CHEERING ONE
ANOTHER on from
the stands as
each one swims
his or her heat
is commonplace."

Marissa Butler, age 14; Jaycee Simmington, age 14; Jaxon Simmington, age 8; and Jacob Reese, age 14, are the members of the Tigersharks team that made the cut. They are coached by Dave Robertstad and Holly Smith, who lead these young people during practice five days a week at the Corsicana YMCA indoor pool. They are good kids, well-versed in academics, and act as a committed team at practices and meets. In between swim heats and on the sidelines of practice, they function as a close family — chatting, teasing and, more importantly, supporting one another in and out of the water. They are a close-knit unit, even though they



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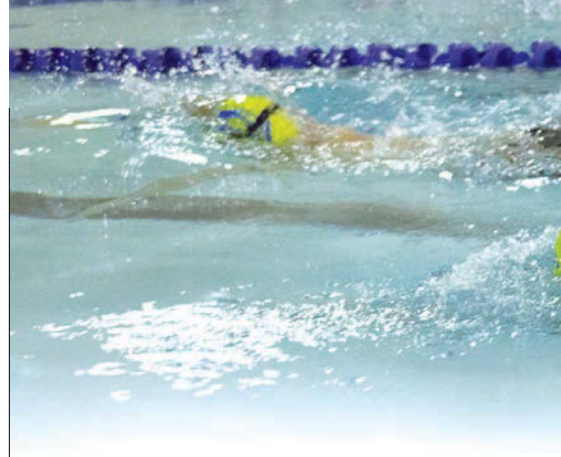
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swim as individuals and gain points for the team. “Dave and Holly are devoted coaches,” said Jacob’s mother, Kelly Reese.

“These swimmers may compete in the water, but they support each other’s goals. Cheering one another on from the stands as each one swims his or her heat is commonplace,” Kayla Simmington proudly stated.

“They make good grades and work hard at school. Then they regularly attend practice together Mondays through Fridays,” Kevin Reese pointed out about the kids.

“I swim because I like it, and the discipline it teaches me,” Marissa shared.

“I enjoy swimming because I am learning to set goals and how to achieve them and set new ones as I go,” Jaycee stated proudly.

Jaxson quickly added, “I am very competitive!” To which his mother nodded in agreement.

Jacob added, “I’m hoping to earn a scholarship and swim for Oklahoma Christian University, coached by five-time Olympic medalist swimmer Josh Davis.”

“Me, too!” exclaimed Jaxson, as they shared a heartwarming, family-like moment of similar interest.

Not only did these four athletes earn the right to swim with the Wahoo Swim Team this past year, but each of them routinely qualifies to swim numerous races at the four-day Lone Star State Championship meet. As a team, they placed 10th overall. They swam against other teams, some numbering well over 100 members per team. More than 600 swimmers overall competed at the state championships. The event has been a huge learning experience, as well as a rewarding one for each of these young athletes.

Last summer, they traveled to Houston for the Junior Olympics. The



two four-day events, Lone Star State Championships and Junior Olympics were held back-to-back requiring the kids to swim eight days out of 12. The Junior Olympic competition, like most other meets, is divided into two parts, based on age groups. Swimmers ages 11 through 18 compete in the morning heats, while swimmers ages 10 and under compete in the afternoons. Only the top 16 competitors from the preliminary heats move up to the finals. Swimmers can qualify for up to 10 individual events, and there are two relays, making it possible for a swimmer to win a total of 12 medals.

Marissa and Jaycee placed and received one medal each at the Junior Olympics, placing 10th in the 200-meter Freestyle and 8th in the 400-meter Medley Relay. Jaxson placed 8th in Freestyle, 6th in the Backstroke, 10th in the Breaststroke and 11th in the Butterfly. Jacob placed 8th in the 100-meter Breaststroke, 5th in the 100-meter Butterfly and 7th in the 200-meter Individual Medley. He went on to place 11th in the 50-meter Freestyle and 12th in the 100-meter Freestyle.

Jacob has attended several swim clinics. He has developed close friendships with other swimmers throughout Texas while attending swim camps that are hosted at universities and conducted by university coaches. He is excited about having met and swum with Josh Davis, a three-time gold medalist and two-time silver Olympic medalist. Jacob hopes to one day compete for Josh. Marissa has also attended one camp thus far, and she and Jaycee hope to attend more in the future.

Swimming as a sport is probably least recognized for its extreme athleticism. It requires so much more of each participant than what might be observed on television during the Olympics. What lies beneath the water, the tight swimsuits and the extremely loud screaming and whistle blowing is a group of athletes as



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dedicated and passionate about their sport as any other. The Tigersharks, as a whole, deserve recognition and hope to grow the team. At one time, they had a larger team, but some teammates moved away, leaving their numbers small. They hope to see new young people try out and join them on their journey to winning, both at state and the Junior Olympics.



There is a sense of belonging and immediate gratification from each race. There is a strong sense of accomplishment both as individuals and as a team when referring to points. "Watching the kids swim both at practice and at a meet brings with it a feeling of excitement as they compete against each other. Observing them as they urge one another on to try harder and succeed is inspiring," Kevin said.

The YMCA is so supportive of young people and wants to see Corsicana's youth thrive, succeed and grow. Sports are a vital tool to teaching youth about working with others, leading and following. It may not be all about the winning, but it's about the trying and sometimes trying more than once. The Tigersharks are striving daily to improve their skills, keep up their grades and perform as a solidified team. "They deserve more recognition than they receive," Kevin stated. "We're hoping to inspire other parents to bring their kids in to participate and experience the close-knit family-like feeling this team of swimmers has found success in."

"Coaches Robertstad and Holly are lots of fun. They are with us at every practice and teach us with a kindness and strength all swimmers need. They know what we are good at and help us get better," Jaycee said. The others all nodded in agreement.

"Oh yeah, I get to eat lots of food, and I don't gain weight," laughed Jacob, as he popped a piece of fudge in his mouth. **NOW**

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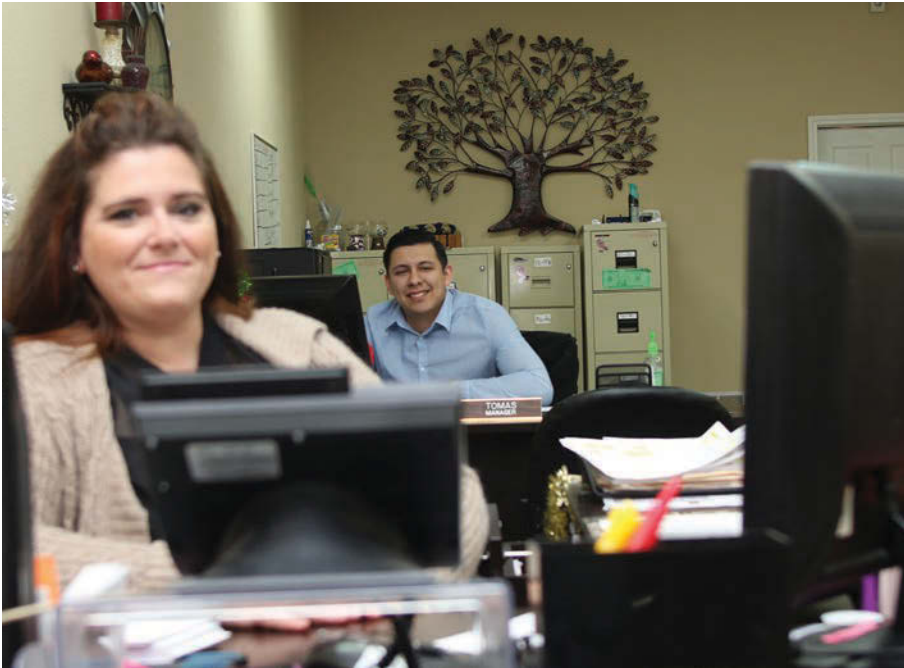


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CREATING SOLUTIONS

Toledo Finance Corporation helps customers weather through tough times. — By Virginia Riddle

Who do you call when unexpected emergencies happen, higher than usual utility bills hit, or a sudden home improvement is needed? Since 1967 the answer and solution has come from the friendly folks at Toledo Finance. “Some of our customers use our services when they need to take a trip or for everyday spending, but most need a solution because life just happens,” Tomas Luevanos, manager, said.

Tomas would know. A Corsicana native, he once had an unexpected flat tire on his car and used a short-term loan to purchase a new tire. “We offer credit starter loans, signature loans and secured loans — all ranging from \$100-\$1,340 in Texas,” Tomas explained. “Customers usually get an answer within approximately 30 minutes or less.”

Tomas and his staff feel that the most important aspect of providing service to customers is listening to them and coming to an understanding of their problems. Establishing great relationships and communications is paramount to Toledo Finance’s success over so many years. Tomas is bilingual in English and Spanish, which facilitates communication.

Educating the customer is also very important, especially young people with no credit who can qualify for a starter loan of \$200 that they pay off during the required six-month period. Just getting started in life with a car purchase or renting an apartment requires good credit, but it’s important to make sure they know what they are signing and how to manage their money, so the staff spends time educating them every month when they come

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in to make their payment. Payments have to be made in person at the same Toledo Finance location from which the loan was originated or payment can be mailed to that location. Cash, debit card and credit card payments are accepted.

With competition from 33 other Toledo Finance offices, the Corsicana office has earned the Star Office of the Year Award four times for services rendered to its public. The business is a member of Corsicana & Navarro County Chamber of Commerce and Corsicana Main Street. Toledo Finance has a \$200 drawing for customers each month and donates monies to Corsicana Main Street and area kids' soccer and baseball teams.

"Some of our customers use our services when they need to take a trip or for everyday spending, but most need a solution because life just happens."

This industry is highly regulated and ever-changing, so both Tomas and other staff members receive company training on a regular basis. "All three learning styles are addressed during training, and training is hands-on in other office locations," Tomas stated.

Toledo Finance stands by its motto: "Our community, our customers, our pleasure" by offering complete transparency during the loan process. Its online calculator makes it easy for customers to find out what their payments will be even prior to visiting the office. The business is family-owned and is focused on helping families in the communities it serves to weather occasional financial storms.

As a father of two young children, Tomas loves seeing Corsicana grow and working downtown where he sees people he knows. "I want to give back to my community and provide for my children while learning more myself," he stated. "My grandmother and great-grandmother always asked me, 'Are you making a difference?' I think at Toledo Finance, we're making a difference for our customers, our families and our communities by helping people in need. I want to pass that tradition down to my children." **NOW**

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The Navarro College Choral, under the direction of Christopher Price, perform at the college's Martin Luther King Jr. Breakfast.



Karin Hall, Breanna's stepmother, congratulates her as the scholarship recipient at Navarro College's MLK annual breakfast.



Debbie Wilson and Laura Capehart are ready to enjoy a night of networking and awards at the Annual Corsicana & Navarro County Chamber of Commerce Banquet.



Meridith Chase, presenter at the Chamber's Lunch & Learn, catches up with Suzanne Ppher, owner of Thyme & Elegance Catering.



Navarro College basketball players enjoy playing a friendly, fun game with students at James L. Collins Catholic School.



The crack of the bat rings through the air at Navarro College.



These ladies serve as chairpersons for Corsicana Newcomers Club.



Steve and Annie Avery enjoy an evening of entertainment at the annual Warehouse Living Arts Center awards presentation.



Michael Stewart, CEO of Navarro Regional Hospital, receives the Tom White Citizen of the Year Award from Joanna Fritz, president and CEO of the Corsicana & Navarro County Chamber of Commerce.

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Insure Your Home-based Business

A home-based business may not be covered under your home insurance policy. You may need to add one of the following options (if available) to help make sure you're protected.

Option 1: Homeowners Policy With Business Property Increased Limit

Your State Farm homeowners policy will cover up to \$1,500 worth of personal property, such as a desk, or merchandise held as samples (i.e., Mary Kay Cosmetics). The coverage is intended for business use while property is on the residence premise, and up to \$750 worth of property when the property is away from the residence premise. If your home-based business is small, this might be enough. If not, you have the option to increase those coverage amounts with a homeowners policy endorsement. You might consider this if you:

- Only plan to have less than \$4,999 worth of business property kept at your home-based business location.
- Don't invite customers to your home-based business location.
- Only have \$750 worth of personal property intended for business use outside your home.

Option 2: Business Insurance Policy (Highly Recommended)

While your homeowners insurance policy comes with liability protection for incidents that happen inside your home, this

coverage does not extend to home-based business-related activities — for example, if a customer comes to your home to exchange payment for goods or services and suffers an injury, there may not be coverage. This coverage gap can easily be fixed with a Business insurance policy, which also provides Loss of Income coverage. You might consider a Business insurance policy if you:

- Offer services in your home, such as tax preparation or hair services, which may require additional specialized liability coverage.
- Plan to have \$5,000 or more worth of business property kept at your home-based business location.
- Rely on the income from your business to support your household.

Additional Coverage

If you're using your vehicle for home-based, business-related activities, ask your agent about getting it rated as a business vehicle on your auto policy to make sure it's properly covered.

Talk to your agent today for additional information and help getting started. **NOW**

Lynda Housley is a State Farm agent based in Corsicana.



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The Benefits of a Colonoscopy

The exact causes of colon cancer are unknown. One of the most important preventive steps is to get a colonoscopy, a screening test to detect any signs of cancer. A colonoscopy is a procedure to see inside the colon and rectum. Used as either a screening test or a diagnostic tool, it can help your doctor investigate unusual symptoms, such as unexplained changes in bowel habits, abdominal pain, rectal bleeding and weight loss.

A colonoscopy is performed using a long, thin, flexible tube equipped with a light and a tiny camera that transmits images of the patient's intestinal lining to a computer screen located at the bedside. This enhanced view allows the doctor to see inflamed tissue and any abnormal growths.

If polyps (growths) are found during the exam, they are quickly and painlessly removed at that time, and later tested in a laboratory for signs of cancer. Polyps are common in adults, and usually harmless. However, most colorectal cancer begins as a polyp, so removing polyps early is an effective preventive method. Your doctor can also take samples from abnormal-looking tissues — a biopsy — during the colonoscopy, so that any suspicious areas can be examined for signs of disease and treated, if necessary.

The American Cancer Society recommends a routine colonoscopy screening for all adult men and women beginning at age 50, or earlier, if you have specific risk factors. Industry guidelines suggest that a repeat screening be conducted every 10 years for adults with normal risk.

Your risk level for colon cancer varies according to your age, gender and ethnic background, as well as your overall health and lifestyle. Factors that affect your risk level include:

- Advancing age (over age 50)

- Male gender
- African-American ethnic status
- A family or personal history of polyps (growths inside the rectum or colon) or colorectal cancer
- A high-fat diet
- Certain digestive diseases, diabetes, Crohn's disease or ulcerative colitis

Depending on your age, a colonoscopy screening may be a covered "wellness" test under your insurance plan — and most plans cover a colonoscopy completely as a follow-up test or diagnostic tool. March is National Colon Cancer Awareness month. Check with your insurance provider and your doctor's office for help in scheduling a screening exam. **NOW**

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


Sources:

American Cancer Society: www.cancer.org

National Cancer Institute: www.cancer.gov

National Institute of Diabetes and Digestive and Kidney Diseases: www2.niddk.nih.gov/

Provided by Navarro Regional Hospital.



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March 1

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

March 2

Dr. Seuss Day!: 3:30-5:30 p.m., Corsicana Public Library. Call (903) 654- 4810.

March 3

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. Contact Connie Beal at (903) 654-6892.

March 6

Piecemakers' Quilt Guild meeting: 9:30 a.m., Westhill Church of Christ Fellowship Hall. Contact Jan Upton at (254) 576-1525.

March 7

Economic Development Partnership meeting: 8:00-9:00 a.m., Corsicana Public Library. For more information, call (903) 874-4731.

March 10

Navarro County Retired Teachers Association: 9:45 a.m., Northwest Apartments Community Center. Scams!!! Email pk2@airmail.net.

March 11

Angels of Corsicana Troop Support packing day: 9:00 a.m., 1020 N. Business 145. Contact Jean O'Conner at (903) 851-2560.

Storytelling with Thatcher Freund: 10:00 a.m., Corsicana Public Library. Sponsored by the Navarro County Genealogical Society. Call (903) 654-4808.

March 13 — 17

Spring Break Fun: 1:00 p.m., Corsicana Public Library. Call (903) 654-4810.

March 15

Senior Circle Lunch Bunch: 11:30 a.m.-1:00 p.m., Fiesta Grill. Contact Connie Beal at (903) 654-6892.

March 21

Vietnam Veterans of America, Chapter 1009 meeting: 7:00 p.m., La Pradera Restaurant. Email roy.messick@gmail.com for more information.

March 23

Corsicana Newcomers' Club: 11:00 a.m., Kinsloe House. For confirmed reservations, contact Annie Avery at (714) 345-6707.

March 24

Mark Chesnutt and Joe Diffie: 7:30 p.m., The Palace Theatre. For more information or to reserve tickets, call (903) 874-7792.

March 27

Corsicana Writers' Guild meeting: 6:30 p.m., Corsicana Public Library. For more information, call (903) 654-4810.

March 29

Mosaic's Partners in Possibility Fundraiser and Celebration Event: Noon, I.O.O.F. Event Center. Contact Cheyenne Jock at (903) 874-3364.

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

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In the Kitchen With Jima Montfort

— *By Virginia Riddle*

Jima Montfort enjoys creating her streusel muffins for friends and family. “I was very active in 4-H while growing up on a ranch in the Texas Hill Country, and I won the 4-H food show in the third grade with this muffin recipe,” Jima said. A counselor at CISD’s Collins Middle School, Jima started selling her cookies under the name, Ranch Roots Baking Company, after friends and co-workers enjoyed them so much. Her husband, Clint, is her taste tester, and her children, Gaycie and Cole are learning to cook.

“My favorite recipes are those with a special story — either who I got the recipe from or a specific time in my life,” Jima stated. “There’s nothing better in the world than a warm cookie and a glass of milk!” **NOW**

Swiss Cheese Bread

- 1 loaf French bread, sliced
- 2 sticks butter, softened
- 2 cups Swiss cheese, shredded
- 3/4 tsp. celery seed
- 3/4 tsp. garlic powder
- 3 Tbsp. parsley flakes

1. Preheat oven to 425 F. Place bread on foil.
2. In a bowl, mix remaining ingredients; spread mixture between slices, top and sides of bread.
3. Cover loosely with another sheet of foil; bake 20-30 minutes removing top piece of foil for last 5 minutes of baking.

Breakfast Cookies

Note: These cookies freeze well for 3 months.

- 1 cup butter
- 1 cup smooth peanut butter
- 2 1/2 cups sugar

- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup water
- 2 eggs
- 2 Tbsp. vanilla
- 3 cups all-purpose flour
- 2 cups quick oats
- 6 cups Multi Grain Cheerios
- 2 cups chocolate chips (optional)

1. Preheat oven to 375 F. In a large bowl, beat the butter and peanut butter with an electric mixer until mixture is smooth.
2. Add sugar, baking soda, salt, water, eggs and vanilla; beat until well-blended.
3. Beat in flour, scraping bowl’s sides; beat in quick oats followed by the Cheerios and chocolate chips, if desired.
4. Using a jumbo cookie scoop, drop dough onto an ungreased cookie sheet; flatten slightly.
5. Bake 10 minutes or until edges are slightly browned; cool on cookie sheet; transfer to wire rack; cool completely.

Pumpkin Apple Streusel Muffins

Muffins:

- 2 1/2 cups all-purpose flour
- 1 Tbsp. pumpkin pie spice
- 1 tsp. baking soda
- 2 cups sugar
- 1/2 tsp. salt
- 2 eggs, lightly beaten
- 1 cup canned pumpkin
- 1/2 cup vegetable oil
- 2 cups apples, peeled and finely chopped

Topping:

- 2 Tbsp. flour
- 1/4 cup sugar
- 1/2 tsp. cinnamon
- 4 Tbsp. butter

1. *For muffins:* Preheat oven to 350 F. In a large bowl, combine flour, pumpkin pie spice, baking soda, sugar and salt.
2. In another large bowl, combine eggs, pumpkin and oil; add to dry ingredients; stir well.
3. Stir in apples; spoon into greased muffin pan.
4. *For topping:* Combine first three ingredients; cut butter into mixture; mix until crumbly.
5. Sprinkle topping over muffins; bake 35-40 minutes.

Amarillo Sausage

- 1 lb. sausage
- 3/4 cup uncooked white rice
- 1 10.75-oz. can cream of celery soup
- 1 cup water
- 2 Tbsp. ketchup
- 2 tsp. Worcestershire sauce
- 1/4 tsp. ground oregano
- Salt and pepper, to taste

1. Preheat oven to 350 F. In a large skillet, brown sausage; drain.
2. Mix remaining ingredients with sausage in the skillet; simmer 15 minutes.
3. Pour mixture into greased casserole dish; cover and bake 20-30 minutes or until rice is tender.

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

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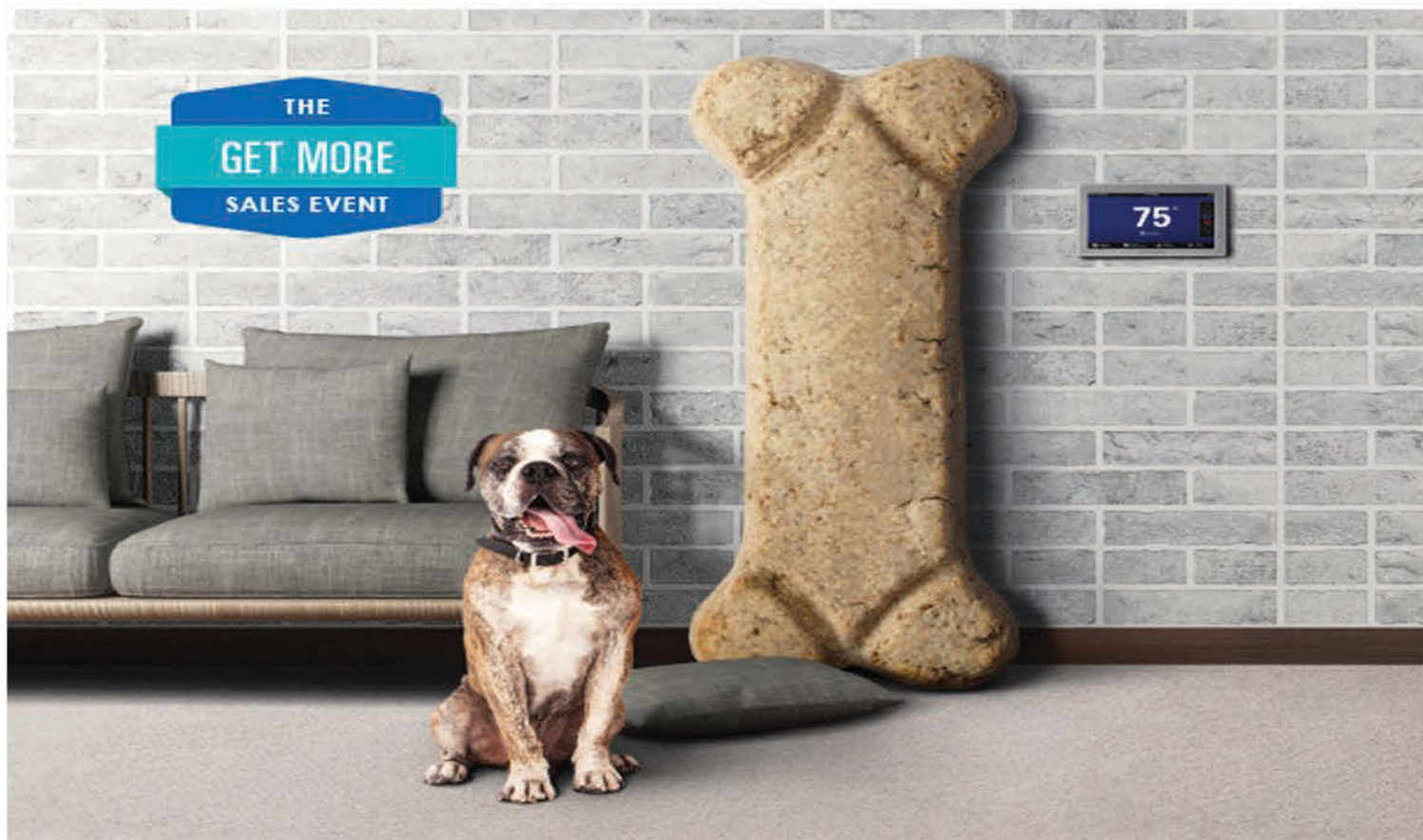
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