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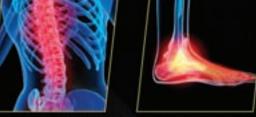
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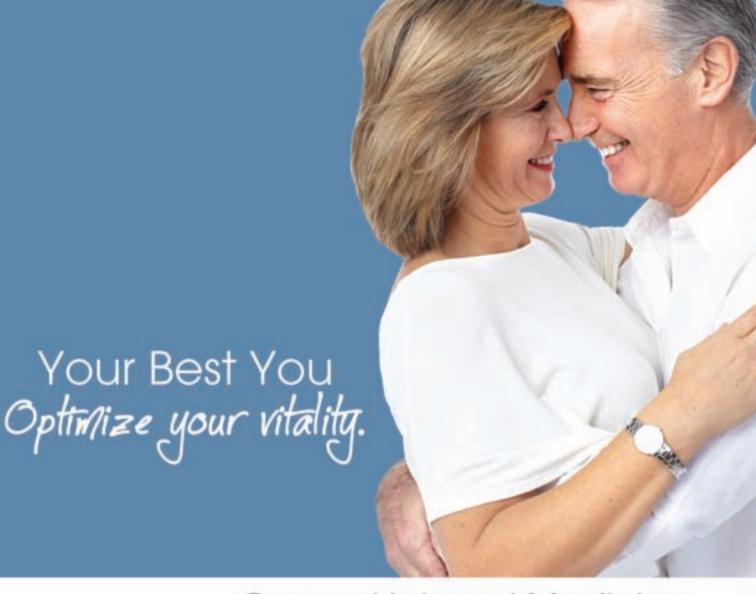


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#### ON THE COVER



Corsicana takes flight with the upcoming Airsho.

Photo by Memories by Melissa.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (903) 875-0187 or visit www.nowmagazines.com.



#### Editor's Note

Hello, Corsicana!

Our world is beginning to be full of color along the highways, in our beautiful parks and around so many neighborhoods. I just love springtime when I can get outside and dig in the dirt, smell the buds and blossoms and treasure another year of my garden coming to life.

This is Keep America Beautiful Month. This program was actually begun in 1953, but gained one of its best

supporters in the person of Lady Bird Johnson, when she promoted her First Lady project of beautifying America's highways. What a legacy she left for all of us to enjoy long before "going green" became popular.

We can all help every year by participating in the Join the Great Cleanup Campaign. Corsicana's downtown revitalization is already leading the way. Let's all pick up trash and recycle what we can.

Have a great month!

#### Virginia

Virginia Riddle CorsicanaNOW Editor virginia.riddle@nowmagazines.com





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Dawn is just rising on the eastern horizon, and from a distance a slight roar is increasing in volume as seconds are counted. Suddenly, prop planes appear flying in formation. No, it's not one of those post WWII black and white movies about that period. On May 14, 2016, WWII vintage aircraft will again be approaching the Corsicana Airport for a day of flying at the annual Corsicana Airsho, sponsored by the Coyote Squadron of Corsicana. 'I enjoy being around a group of guys with such a history. I have flown with a WWII ace and can have a B-17 and B-25 on either side of me," Chip Lamb, a Midlothian pilot and member of the Trojan Phlyers Air Show and Race Team, explained.

As planes and pilots arrive for the show, they are lined up on the tarmac in an orderly manner. Planes are refueled and pilots are ushered into a hangar to Candis Wells, a member from Palestine, who is the Airsho's coordinator and the squadron's finance officer. Registration officials also include two Federal Aviation Agency officials. After completing registration, pilots, crew and team members, and other show participants, such as the jump teams and the pyrotechnics team, meet and greet each other over doughnuts and coffee provided by squadron members and spouses, while everyone awaits the beginning of the air boss meeting.

Randy Henderson and his young son, Jedidiah, have flown in from McKinney. A pilot for Southwest Airlines for 35 years, Randy now participates in international acrobatic competitions and about 15-20 air shows a year. "I used to fly straight and level. Now I explore all angles of flight," Randy said.

Many of the other performers are from out-of-state. Colonel (Ret.) Elaine Dill and her husband arrive every year from Louisiana to "keep the security folks in line."









Dan Summerall helps coordinate the Corsicana Airsho.

Closed to the public that's beginning to arrive at the field, the air boss meeting is focused business. All show participants are required to attend, since everyone's safety depends on mutual understanding and acceptance of the air boss' directives throughout the Airsho. This year's air boss meeting will be similar to that of last fall's rescheduled Airsho.

Last year, the meeting began with Gene Hathorn introducing Air Boss David Anderson. The sequence of acts was passed out to the pilots and heads of teams and all officials were identified. "By this point we're always fire ready, police ready, EMT ready and refueling ready," said Dan Summerall, an Airsho volunteer and Navy pilot for 26 years. David identified the five-mile radius and 1,000 feet altitude of air space that's cleared for the show and the turning points of that area. Radio frequency numbers were given out, so everyone was tuned in to the boss throughout the Airsho.

David gave different groups a chance to instruct everyone on particular requirements unique to their acts. Gena Linebarger with the Blastards Detachment of the CAF, had instructions that were important. "We have dynamite placed between the runway and fence line," she told the emergency personnel. "If we have a fire, stop at the end of the field, and let us guide you in." The same rule applied to the jumpers. "If you land in the pyro area, stay put, and let us get you out safely."



David asked for questions, and several points were clarified. Pilots were instructed to be in their planes two acts before their act and to stay hydrated. These planes don't have air conditioning, so cockpit temps are high. David dismissed the meeting with reminders. "Safety comes first," he said. "Keep your heads in the Airsho. Don't rush. Don't do anything you're not comfortable doing."

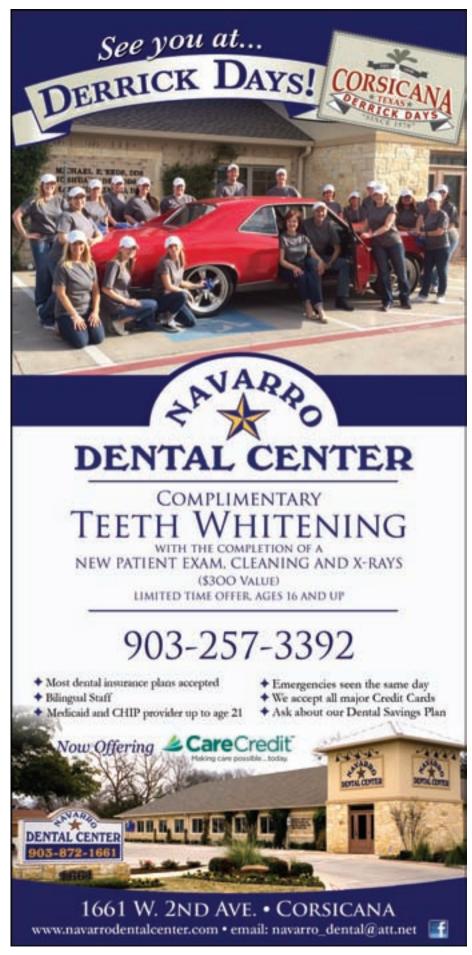
After the meeting, David and Dr. Dave Campbell departed for the "War Room" from which the Airsho was run, and the other participants took a break for a quick grilled-on-the-spot lunch also provided by members and spouses. The tone changed from one of enthusiastic greeting to one of subdued focus. Preparation was over — it was performance time!

Dan, who serves as the assistant Airsho coordinator and the Coyote Squadron's operations officer, summed up his reason for being involved in the Airsho. "It's all about seeing the young children, the crowd's reaction to the acts and the veterans going up and touching the airplanes they either flew or flew on while they reminisce about living through WWII or the Korean War," he said. "As a member of the Coyote Squadron of Corsicana, which is part of the Commemorative Air Force, the Airsho kinda gets in your blood."

The squadron's nearly 50 members are an all-volunteer staff before, during and after the show. The only requirement for membership is having an interest in WWII-era planes. For nearly six years, Candis has coordinated the show and is the squadron's finance officer. Candis and Dan coordinate and organize a host of individuals and groups. "Dr. Campbell is a busy man, whom we can't do without," Candis said. "He's



David Anderson poses with Coyote Squadron members Chris Richmond and Candis Wells.









Keith Barrett enjoys the Corsicana Airsho

everywhere and does everything." Eric Myers is on hand to handle any emergencies. Richland Chambers/287 VFD and the CAF Security Detachment handle crowd control. The Corsicana High School ROTC and Tyler's Civil Air Patrol members help direct and park cars. CAF Marshalling Detachment makes sure pilots get safely in and out of the airspace, and the CAF Third Coast Oil Unit services planes. Corsicana Aviation handles the fueling of airplanes. Public affairs, concessions and vendors, fundraising and sponsorships, admissions, veterans' tent and volunteers are just some of the many tasks handled through committees.

"There are lots of moving parts to this show, but we have it down to a science now," Dan revealed. Airsho meetings begin in January, and an outline is followed. "We have found over the years that we still have to be flexible. Things happen, such as the weather that rained us out last spring," Dan added.

"We treat performers very well. They like to come to Corsicana," Candis said. Many of the acts are nationally known performers, and there's a cross section of all types of vintage planes. "We also try to have something new every year. Candis' husband, Jim, John Ausley and Dan have worked to procure a new act for this year's Airsho. "It will be an awesome act," Candis promised.

"We need to acknowledge the generosity of Corsicana and East Texas sponsors. The money raised goes to producing the show and to operating expenses. It's great to be able to keep planes in airworthy condition rather than just displaying them in a museum," Dan said. "And it's always exciting when David says we're done, and there's been no emergency — just another great Airsho."



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#### At Home With Russell & Nikki Mazoch





The willingness to go the extra mile for each other and those they love has set the stage for this caring, generous couple. Both Russell and Nikki Mazoch come from strong families with faithful backgrounds. Family is important. Their home reflects this love and devotion. Upon meeting Russell on their first date, Nikki was impressed with his willingness to stay with her through a long evening at the Ft. Worth Stock Show & Rodeo. She was there with her son, Brennan, while he showed his steer. The events ran late and Russell was so positive about meeting and spending time with Nikki and her son that he stayed the entire evening. They still enjoy each other's company, and it's evident right away.

> After meeting online, dating and marrying, Russell and Nikki lived in several places like Marble Falls, Granbury and, for a brief time separately, while Russell worked a new job in Waxahachie and Nikki worked as a teacher under contract. The





commute and distance was not for them. They began looking for a better fit for their family, concentrating on a good school system for their young daughter, now age 5. Cesili is an adorable addition to their family and older brother, Brennan, age 21, is her favorite person. Today, Russell works for himself, never traveling too far from family.

Russell and Nikki are opposites in many ways. But, their differences complement one another. Their lovely home is warm and inviting. Every room is decorated with a friendly flavor. Speaking of flavor, the kitchen has to be everyone's favorite. "I loved the kitchen right away," Nikki said, referring to the first time they saw the home.

"This is the house you're going to want, isn't it?" Russell said, remembering all too well that first visit to the house they now call home. "I could tell from her response to the kitchen







we were not going to have to look any further. We had found the house for our new family."

Their home, nestled in tall trees on a quiet street on the north side of Corsicana, is the perfect cozy place to come home to. With a large family room and three bedrooms, there is room for everyone. "But, we usually all gather right here in this room," Nikki said smiling as she reached for Russell's hand.

"The previous owners of this early '70s ranch-style home remodeled the double garage into what is now more dining space and a laundry room that suits my need for lots of space to exercise my 'naval-trained, laundry-folding," Russell said with a laugh, while Nikki nodded in agreement. "It is a great use of the space."

"I love having room for our dining room table and chairs," Nikki said. She pointed out the vintage-looking chairs











with ornate detailing and neutralcolored, linen upholstery. There is a convenient built-in desk area with space for bookshelves above and two big windows for light — a beautiful and functional space for this family that enjoys sharing time cooking and baking together.

The entryway, with a painting done by Nikki's father, sets the scene for what is a family-focused couple. Two more paintings hang just around the corner in the hallway. "My family is both artistic and athletic," Nikki spoke proudly.

"This is some of her DIY handiwork," Russel added, as she explained the unique mirror and knob combination used in the entryway. It's easy to see, Russell enjoys bragging on his wife and her many accomplishments.

"I am usually the quiet one," Nikki explained, "while Russell never meets a stranger."

"I love my wife," Russell said proudly. "I love being a father for the first time. Being Cesili's dad is a blessing I never thought I would experience." The couple sat close to each other, while their young daughter listened from the other side of the family room.

At the end of the hall leading to the bedrooms and hung above Cesili's bedroom is a sign that reads, Princess

Path. Brennan had picked it up for her on a date with a young lady who wanted it for herself. Brennan had another idea and surprised his little sister with the sign that lovingly and best describes her role in the family. Her room is decorated just as you would imagine, complete with a Barbie mansion. "I spent about three hours putting it together," Russell said.

A lovely, antique, four-poster bed is found in the master bedroom. "I have to have a step stool to get in bed," Nikki laughed. The master suite is complete with a small powder room and a sign written in French indicating thatit belongst of he queen of the house.

Brennan's room doubles as the art room. With all the artistic talent in the family, Nikki and Russell enjoy creating mosaic artwork and stained glass creations. Nikki stores her facepainting supplies on a work table built for two. Russell shared one of his mosaic creations, a black ribbon design serving as a reminder for Nikki of her brave and successful win over melanoma cancer. Brennan gladly shares his loving mother with his new sister and father. So, sharing a room when he comes home from Texas State University is just another blessing.

Nikki's parents traveled from place to place, since her father was once a Baptist preacher and both her parents



were coaches. She has carried on the family coaching tradition, as she is coach to the junior high boys at Collins Catholic School. She and Russell have found work that satisfies them both. They are a "onefaith family," as Russell stated. They are active in church, school, community and,



most importantly, in holding their family together. There is love in their home love for their church family and a strong sense of civic responsibility that's evident in their lifestyle. "Russell often volunteers me for duties without consulting me first," she said with a smile. "He is so enthusiastic and outgoing."

Nikki hugged Russell, and he kissed her forehead lightly. They are blessed with a warm home. They survived the October flooding in Corsicana. They had to evacuate their home and are working on a few repairs, but most all their belongings survived, and they are thriving. "God is good," Nikki said. NOW









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4th Annual Oil Baron's Ball Corsicana Opry and Event Center 7 PM-11 PM

#### Wednesday, April 27





5 PM-7 PM Byron Haynie

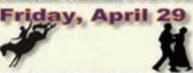


#### Thursday, April 28

Downtown Wine and Cheese Stroll The Andy Meadows Orchestra Downtown Corsicana 5 PM-7 PM



Navarro County Derrick Days Pro Rodeo Navarro County Expo Center Doors Open at 6 PM, Rodeo at 8 PM



Derrick Days Concert Deryl Dodd & Homesick Cowboys The Moontower Bar and Grill 8 PM

#### Saturday, April 30

Derrick Days Annual Parade Downtown Corsicana at 9 AM

Chili Cookoff Citizens National Bank Parking Lot 9 AM to 4 PM

Vendor and Food Booths Downtown 9 AM to 5 PM

Pancake Breakfast and Street Tacos Beaton St. and 6th Ave. 7 AM to 10 AM



Oilfield History Film and Tours Warehouse Living Arts Center

SPIKE OUT Volleyball Tournament 111 E 5th Ave. at 9 AM



Horseshoe and Washer Tournament West 3rd Ave. at 12 PM



Music and Choral Performances

Car Show and Auto Swap Meet

Beaton St. and 7th Ave. 9 AM to 3 PM

Navarro County Derrick Days Pro Rodeo Navarro County Expo Center Doors Open at 6 PM, Rodeo at 8 PM



Various Locations Throughout the Day

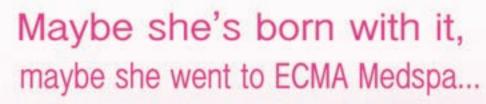


106.9 The Ranch Drillers Dance with Jamie Richards The Moontower Bar and Grill 8 PM

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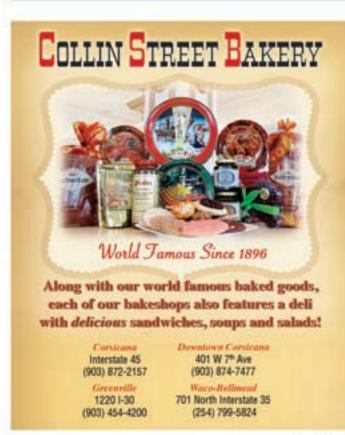


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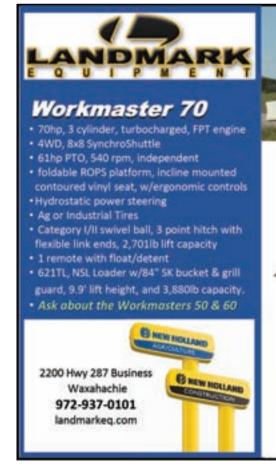
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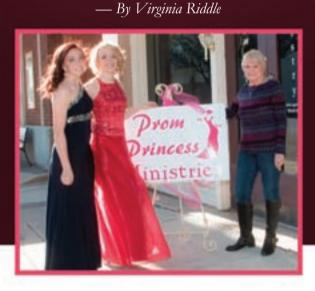
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# Making Preams Come True



About four years ago, P.J. Jones crossed paths with Prom Princess Project while visiting Granbury, Texas, near her lake house. Recalling memories of her own prom and how special that night was to her, P.J. was inspired to act. "The Good Lord kept telling me that this was something I had to learn more about and do. He just kept tugging on my heart," P.J. said. "Tve patterned my ministry after the Prom Princess Project, which exists in large cities, but we're not affiliated, since mine is a religious organization."



April is busy for P.J. and Prom Princess Ministries. Girls, usually accompanied by their moms and/or girlfriends or their prom dates, arrive on Saturdays or by prearranged appointments during prom season at PPM, which is located conveniently at 110 West 6th Street in Corsicana. "I start getting the calls from girls as prom season approaches and all throughout April and May. All girls classified as juniors and seniors from any Navarro County high schools, Fairfield High School and Wortham High School are welcomed with smiles from P.J. and volunteers, including her daughter, Laurie Smith, from Salado, Texas. "We offer complete prom outfits, free of charge, to girls regardless of financial need," P.J. explained. "We get their names and phone numbers for the Prom Princess drawing. The girl whose name is drawn is given a basket full of goodies and a hair and makeup session, too. I ask the girls to send me a prom picture, but that's not a requirement," P.J. said. "Also, the girls can return or keep their outfits."



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Looking for just the right dress at PPM is an enthusiastic event for the girls. P.J. works year-round to find dresses, shoes, jewelry and handbags, so the selection will provide something for every girl. Prom, after five, wedding, bridesmaids and flower girl dresses are donated by individuals. "We make wedding attire available for \$50 a dress," P.J. said. That charge helps pay for the rental of the storefront. P.J. and the volunteers take no remuneration of any kind. P.J. is helped in the search of dresses and accessories by Corsicana's Salvation Army, Corsicana Lion's Club, Century 21 Marrs & Associates Realty and her church, Cowboy Church of Corsicana. "I first turned to my church, and the members came through like gangbusters," P.J. recalled. "God has been good to all of us, and this is a way to pay it forward." P.J. is working on achieving 501(c) (3) status, but dress and accessory donations of all sizes and some monetary donations are still forthcoming. "We are always in need of more donations, but it will help when donations to this ministry become tax deductible," she said. "I thank volunteers and donors all over the place."

No matter where P.J. travels, she's always on the lookout for prom, wedding



and after-five attire. "I've brought in items from San Antonio, Big Spring and other cities," she said. She shops estate and garage sales. Even though some outfits aren't appropriate for prom, P.J. sometimes can sell them online to help finance the ministry.

Dress sizes range from 1-28, so there's something for everyone. Dorothy Weaver is a volunteer seamstress who repairs tears and replaces nonworking zippers, and Currington Cleaners makes sure the dresses appear in like-new condition. Clothing racks and other displays help the girls shop for the right total look for their special night or wedding. "I can always use more volunteer help sorting, displaying and helping the girls shop," P.J. said.

A monetary donation allowed P.J. to advertise recently in *CorsicanaNOW Magazine*. Ann Merritt saw that ad and called P.J. offering to make the rounds of area high schools to talk to counselors and pass out flyers to help get the word about the ministry out to girls. "I want the word to get out, so that not one girl who wants to go to prom will miss out because she doesn't have the outfit of her dreams. I'm available to speak to community groups, too," P.J. said. "Prom is so expensive for students and their families, and this is one expense they don't have to pay."

P.J. remembers well her efforts to purchase her own prom dress while in high school in Iowa. "I worked as a babysitter for \$0.25 an hour and saved my money. I was able to buy the perfect outfit, but on the day of the prom, I went to the local YMCA to tan in their tanning bed. I ended up looking like a lobster in a prom dress! The economy wasn't great then, but that night is one of my greatest memories even though I wasn't very comfortable," she shared.

The ministry will be expanding into a larger, neighboring space. "I want to







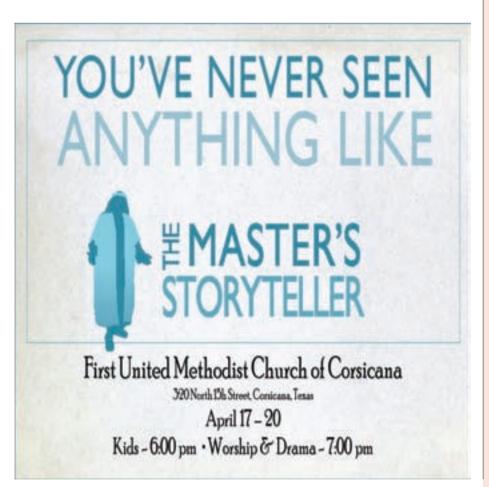


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expand into being able to offer more party, after-five and Sunday church type dresses and accessories and offer attire not only to high school girls but also Navarro College coeds," P.I. said.

With a father who was in construction, P.J. moved often "like an Army brat" spending time in Kansas, Iowa and Nebraska. She moved to Texas from California and met her husband, Jerry. "I met him before I could get out of Texas," P.J. quipped. Her mother, who recently passed away, also found her way to reside in Corsicana in her later years. Jerry retired from ExxonMobil Pipeline Company, and P.J. is the former owner of Corsicana's Magnolia House. The couple owns Tri-County Properties and Royal Flush Plumbing, Inc. in Corsicana. They enjoy playing golf and traveling in their spare time. "We've taken our motor home to Tennessee and look forward to seeing a lot more of the U.S.," P.J. said.

"I loved raising my two sons in Corsicana," P.J. said. The couple lost one son, Jei Milam, to cancer, and their other son, David Milam, lives in Fort Worth. "He's the sweetest, most thoughtful son," P.J. revealed. "My daughter, Laurie, retired, and when she moved to Salado, she started looking for me. I had given her up for adoption when I was too young to raise a child. She gives a lot of time to this ministry, and we love spending that time together," P.J. shared.

"Working with Prom Princess Ministries is very satisfying and fun," P.J. said. "It's very gratifying to see the sparkles in these girls' eyes and the smiles on their faces, as well as the relief on their moms' faces."

Editor's Note: To donate or borrow, contact P.J. Jones at pjdjones17@yahoo.com.





#### Business NOW







#### **Once Upon a Table Catering**

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# Tasty Food Served Well

Big and small events or a meal for the family — Once Upon a Table Catering does it all. — By Virginia Riddle

Satisfying customers with great food and quality amenities, whether full service with wait staff available or serving buffet style, is important to Shae Hillock and her husband, Mickey, owners of Once Upon a Table Catering. "We talk to our staff about excellent customer service before every event, and we emphasize that the service they give is just as important as the taste of the food," Shae said.

Relatively new to catering, the Hillocks have another partner who has plenty of experience. Margaret Davis, longtime owner of Evening Shade Catering in Corsicana, is Shae's aunt. "The business was originally owned by my aunt for 16 years. She is a fantastic cook. When Aunt Margaret came to us about purchasing her business, we jumped at the chance. We all work

well together, and she has stayed on as head chef to help us," Shae explained. When needed, a crew of waiters and kitchen staff help the Hillocks and Margaret.

"We offer catering for large and small events, such as banquets, weddings, meetings and parties," Shae said. The business also provides weekly menus for customers who don't have time to cook for their families or don't enjoy cooking. "I started out baking gourmet cupcakes, but thanks to Tresa Shimonek, who contacted me through Facebook about cooking weekly meals, I started a small weekly menu. From there it has snowballed," Shae added.

The joys of being a caterer outweigh the challenges. "We get to meet so many people and do so many different things. I

#### Business NOW

know it sounds funny, but making and serving a pretty plate provides complete satisfaction to the customer and us," Shae said. She cites the long hours and hard work as challenges, but adds that it does pay off with job satisfaction in the end.

"We talk to our staff about excellent customer service before every event, and we emphasize that the service they give is just as important as the taste of the food."

Safely transporting the food and serving dishes is another challenge, but with a great team that works well together, the Once Upon a Table Catering staff handles whatever occurs. Shae remembered when Mickey was pulling their trailer full of equipment and food to an event. Mickey had stacked the coolers filled with green beans instead of placing each one separately on the trailer's floor. "When we got to the event and opened the trailer's door, the floor was covered in green beans. It was frustrating but funny at the same time. Luckily, we had extra green beans, so we didn't run out," she recalled.

A native of Corsicana, Shae graduated from Corsicana High School and Navarro College and is a licensed occupational therapy assistant. "My entire family lives in Corsicana. I have help from my mom, daughters, son-in-law, cousins and whoever else wants to join in all the fun we have," Shae said. When not working, she enjoys traveling, shopping, bakingg ourmet cupcakes and being with her family.

Sharing in customers' important life events is an added joy for her. "I have been around my aunt since she started the business, and I have learned so much from her," Shae said. I'm now able to cater to people I've known since I was a small child. The people of this small town are great folks, and we love making them happy.



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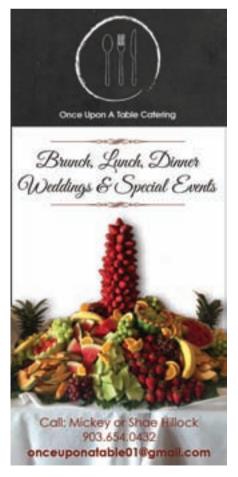
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#### Around Town NOW



Quite a crowd greets the opening of downtown Corsicana's Lady Diana's Zen Cafe.



Connie Beal with Navarro Regional Hospital speaks to the Corsicana Newsomers Club.



There are smiles all around at the 2016 Dancing for Our Stars dinner.



Dr. Matt and Cathy Branch are the 2016 winners of Dancing for Our Stars.



It's break a leg time for the cast of Kill me, Deadly at Navarro College.



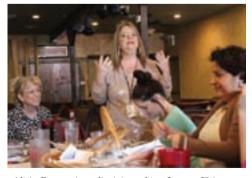
And they're off in the Heart for the House 5K run and walk benefitting House of Refuge.



Dr. Barbara Kavalier and John Gantt, members of the Navarro College Foundation, show appreciation to Mary Love Sanders at the opening of the Malakoff Heads exhibit at the Cook Center.



Batter up and good wishes for the Dangs baseball team's season.



Alicia Rogers (standing) introduces Joanna Fritz, president and CEO of the Corsicana & Navarro County Chamber of Commerce, as the speaker at the Navarro County Health Alliance meeting.



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#### Online Credit Monitoring Tools

Have you ever wondered what information is on your credit report? You should. Your credit report defines your entire reported credit history and is a major determining factor for future credit.

You may want to consider monitoring your credit report at least once a year, if not once a quarter, to make sure it's accurate and up to date. Take the necessary steps to report any errors you find immediately. Mistakes and omissions still affect your credit score!

#### Safeguard Against Identity Theft

Another reason to check your credit report is to safeguard against identity theft. The Federal Trade Commission (FTC) estimates that 9 million Americans have their identity stolen each year. Your credit report will show if someone has opened a credit card account in your name. Not only will the new account be listed, but also the amount owed or delinquent on the account. (Yes, delinquent. You can be sure that the thief opening credit cards in your name isn't paying the bills.)

If you suspect you've been the victim of identity theft, you'll need to place a fraud alert on your credit report, close those accounts and file a police report and a complaint with the FTC.

#### Get Your Free Credit Report

The Fair Credit Reporting Act guarantees you a free credit report once a year, by law, from each of the three national reporting agencies, or credit bureaus: Equifax, Experian and TransUnion. Why all three? Your credit score and report may vary by agency, depending on the information it has received from lenders.

AnnualCreditReport.com is the only authorized website for ordering free credit reports through the Fair Credit Reporting Act. All others making such claims have

been known to either charge a fee or require you to buy other services to receive a "free" credit report.

It's important to note that only your credit report is free. You can purchase your credit score directly from the credit bureaus or from FICO (formerly known as Fair Isaac Corporation), the company that created the first credit score system. The fee for a one-time look at your credit score is about \$15 for one credit bureau's score and report, and \$40 for scores and reports from all three.

#### Use a Monitoring Service

You can also use a monitoring service to monitor your credit reports daily. These services, which cost around \$15 a month from the credit bureaus and FICO, alert you when your credit score changes and monitor all three of your credit reports for the following: new accounts, credit inquiries, increases in balances, changes in account status, inactive accounts becoming active, changes to and new public records and collection agency records, name changes and new addresses and phone numbers.

Many people find this type of service useful and worth the price because they're immediately tipped off about any fraudulent activity. Whether you're checking your credit report or score quarterly or annually, or having it monitored for you more frequently, only use an agency authorized to provide credit reports. Credit inquiries by unauthorized agencies may lower your credit score in the short term.

Lynda Housley is a State Farm agent based in Corsicana.









#### Rotation Into Pain

— By Betty Tryon, BSN

A network of muscles concentrated in a small area of the body can literally bring your way of life to a halt. This is certainly the case with the rotator cuff. The rotator cuff is located in the shoulder area of the body as a network of muscles that come together to hold your arm in its shoulder socket. The health of this structure is what enables you to have full range of motion in your shoulder area. Because of this, if an athlete, such as a baseball pitcher, is injured in that area, the consequences could be dire.

Although an athlete's career could end because of trauma to the rotator cuff, a person not involved in sports can experience the same devastating results. Anyone, such as carpenters and painters, who use repetitive motions that involve the shoulder for extended periods of time, can be at risk. Even if the significance of the injury isn't severe, a person must still deal with the pain that can come from a rotator cuff injury. Something as simple as the ability to raise your arms over your head to reach for something can be impaired. Age also increases the risk of this injury due to repeated overuse and a decrease in blood supply to the area.

The most common presentation in a rotator cuff injury is pain. The level of pain varies and does not necessarily coincide with the severity of the injury. You may experience an ache that is constant or a sharp pain when using your shoulder muscles. Many wake up with terrible pain in that area because of sleeping on the injured shoulder. A weakness in the arm that limits its full range of motion is another symptom of rotator cuff injury. You may experience a popping or snapping sensation with accompanying weakness and pain.

Repetitive overuse is not the only cause of damage to the rotator cuff. It can also occur from a sudden injury, such as a fall, or by lifting heavy objects. Whether the injury is from progressive degeneration or from a traumatic injury, you should visit a physician for an assessment of the problem and for diagnosis. Treatment could be as uncomplicated as resting the area and using ice and anti-inflammatory medication. Or treatment could be as invasive as surgery. In any case, physical therapy may be recommended to restore the area to its best-possible health status. A torn rotator cuff injury may be traumatic, but with proper treatment you can expect increased strength, less pain and more mobility.

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





#### April 1 — 8

The Legend of Hiawatha Art Exhibit: **Monday-Friday**, 10:00 a.m.-4:00 p.m.; **Saturday**, 12:00-4:00 p.m. For more information, call (903) 875-7642.

#### April 2

The Humane Society of Navarro County Car Show: Car Show, 2:00-7:00 p.m.; Live Music, 6:00-10:00 p.m.; Schulman's Movie Bowl Grille. For more information, call (254) 248-7291.

#### April 5

Navarro Regional Hospital's Lunch and Learn: 11:30 a.m.-1:00 p.m., Hospital Classroom. Call Connie Beal at (903) 654-6892 a week prior.

#### April 7

Second Partners in Progress: 5:30 p.m., 100W Corsicana, 100 W. 3rd Ave., 1st floor. Contact terri.mitchell@navarrocollege.edu.

#### April 8

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. For more information, contact Connie Beal at (903) 654-6892 or email connie beal@chs.net.

#### April 8, 9

Alladin: 7:00 p.m., Palace Theatre. This musical is

a presentation by the students of James L. Collins Catholic School. For more information, call (903) 874-7792 or (830) 220-9743.

#### April 9

Angels of Corsicana Troop Support Packing Day: 9:00 a.m., 1020 N. Business 45. Contact Jean O'Connor at (903) 851-2560.

Corsicana Art League's Call to Artists: 10:00 a.m.-2:00 p.m., Warehouse Living Arts Center. Email Gladys Espenson at 65gladys53@gmail.com.

#### April 11

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

#### **April 14-23**

Rex's Exes: Warehouse Living Arts Center Gallery. Call (903) 872-4556

#### April 16

Cowgirls of CCC Spring Event: 6:00 p.m., Cowboy Church of Corsicana, 5864 W. Hwy. 31. Email cowgirls@cowboychurchofcorsicana.com.

#### April 19

Vietnam Veterans of America Chapter 1009 meeting: 7:00 p.m., LaPradera Restaurant.

Email Roy Messick at roy.messick@gmail.com.

#### April 23

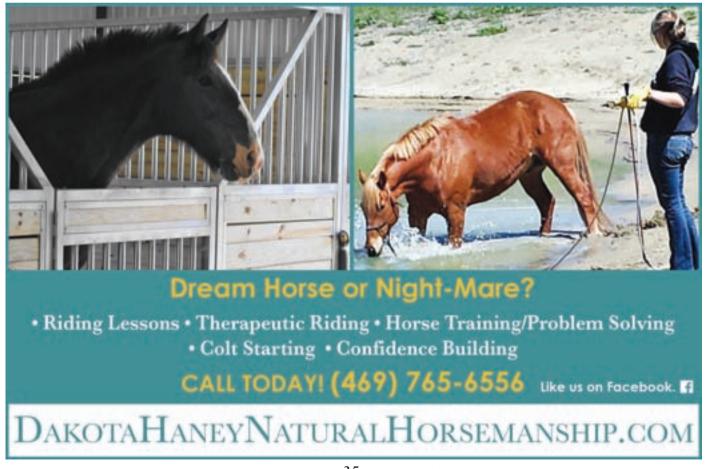
2015 Genealogy Class "Spring Cleaning": 10:00 a.m., Corsicana Public Library. The public is invited. Call (903) 654-4808.

4th Annual Oil Baron's Ball-Pawsitively Chic: 7:00-11:00 p.m., Corsicana Opry. This dinner, dance and live auction benefit The Humane Society of Navarro County. Call (903) 872-6779.

#### April 23 — 30

Corsicana's Annual Derrick Days: For a complete listing of all the many activities, times and forms, visit www.derrickdays.com.

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



#### Cooking NOW



#### In the Kitchen With Connie Vyers

— By Virginia Riddle

As the youngest of nine children, Connie Vyers said, "I was pretty much kept out of the kitchen. I have never studied cooking but learned from my sisters and by trial and error. I don't know how my two daughters survived!"

"I absolutely love my Crock-Pot," said Connie, a librarian at the Corsicana Public Library. "Slow cookers are a working woman's best friend! Who has all day to cook now?"

With her children grown, Connie cooks for her husband, Loran, and visiting family. She finds recipes on Pinterest and from family members. When not cooking, Connie likes to read, refinish old furniture and make soap. "I find making soap and cooking relaxing," she said.

#### Cheesecake

66 vanilla wafers (divided use)

- 1 1/4 cups sugar (divided use)
- 1/4 cup margarine or butter, melted
- 3 8-oz. pkgs. cream cheese, softened
- 3 eggs
- 1/2 cup sour cream
- 1 1/2 tsp. vanilla
- 1 1.75-oz. jar strawberry ice cream topping
- **1.** Finely crush 50 wafers; mix with 1/4 cup sugar and margarine or butter. Press mixture firmly on bottom of a 9-inch spring form pan.
- **2.** Stand remaining wafers around the edge of the pan; press into crust.
- **3.** Beat cream cheese and remaining sugar with a mixer until creamy.
- **4.** Mix in eggs, sour cream and vanilla until smooth; pour into crust.

- **5.** Bake at 325 F for 45-50 minutes or until barely set.
- **6.** Let cool 30 minutes in the oven with the door partially open; remove from oven; cool completely on a wire rack.
- **7.** Refrigerate 4 hours or overnight; carefully remove pan; add strawberry ice cream topping and serve.

#### **Taco Soup**

- I lb. hamburger meat
- 1 lb. sausage
- 2 15.25-oz. cans whole kernel corn
- 2 15.5-oz. cans Ranch Style beans
- 2 10-oz. cans Ro-Tel tomatoes
- 1 15-oz. can tomato sauce
- I tomato sauce can of water
- I 1-oz. packet Hidden Valley Ranch Dressing mix

#### 1 1.5-oz. packet taco seasoning Shredded cheese, to taste

- **1.** Brown hamburger meat and sausage; drain.
- **2.** Add meat and remaining ingredients to a soup pot; cook until hot.
- **3.** Top with shredded cheese.

#### Easy Enchiladas

- 1 lb. hamburger meat
- 1 16-oz. jar taco sauce
- 1 pkg. tortillas
- 2 15-oz. jars Tostitos Salsa Con Queso (divided use)
- 1. Brown meat: drain.
- **2.** Add taco sauce following instructions on the package.
- **3.** Lay out tortillas; with the back of a spoon, spread a layer of gueso on the tortillas.
- **4.** Layer a spoonful of taco meat; roll tortillas; place in a baking pan.
- **5.** Top enchiladas with remaining queso; bake 20 minutes at 375 E

#### **Arabic Salad**

- 2 large cucumbers, peeled and finely chopped
- 6-8 Roma tomatoes, finely chopped
- 2 tsp. cilantro or parsley, finely chopped
- 1 Roman lettuce heart, chopped
- 1/2 cup olive oil
- 1/2 cup salad olives, chopped
- 1 Tbsp. Sumac Spice (purchase at Whole Foods)

Salt and pepper, to taste

**1.** Add all ingredients to a salad bowl; mix and serve.

#### Crock-Pot Smothered Steak

- 1 10.75-oz. can cream of mushroom soup
- 1 2-oz. pkg. onion soup mix
- 1 1/2 cups water
- 4-6 lbs. cubed steak, cut into strips Rice or noodles, to taste
- **1.** Mix soup, soup mix and water.
- **2.** Place steak and soups into a Crock Pot; cook 6 hours on high until it boils, then adjust to low setting.
- 3. Serve over rice or noodles.

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



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