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5521 Monte Carlo St., Corsicana
Check out this beautiful 3-bed, 2-bath home on 5.411 acres near Oak Valley. Nice secluded location with tons of mature trees and an over-sized garage with workshop. This one will not last long. Call to see it soon!



1723 Maplewood Ave., Corsicana
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Introduced in 2009, RED Day, which stands for Renew, Energize and Donate, is Keller Williams Realty's annual day of service. Each year on the second Thursday of May, associates spend the day away from their businesses serving worthy organizations and causes in their communities. RED Day is just another example of our commitment to each other and to the cities and towns where we live and work. Join us!

Keller Williams Corsicana will be having a food drive benefiting Navarro County Food Pantry. Come get a Red Day bag, fill it with food and return it! You keep the bag. We keep the food!



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CONTENTS

May 2017 • Volume 14, Issue 5

6



ON THE COVER



TPWD's Matt Symmank oversees
RCWMA for wildlife and human visitors.

Photo by Memories by Melissa.

6 Life's Better Outside

Various types of wildlife can be found
in the marshes and sloughs of Richland
Creek WMA.

12 Summertime Is Easy

Make plans for a season to remember

22 Safe Haven

At Home With Marsha Dameron.

22



28 BusinessNOW

30 Around TownNOW

36 CookingNOW

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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, Dear Readers!

The weather is wonderful, so it's to the out-of-doors I go this month. I treasure my time in the garden, whether it's my home gardens or an area botanical garden. They are all beginning to burst forth in floral rainbow hues and fresh fruits and vegetables. What a joy!

Let's hope for a few nourishing rains for our gardens and parks. I will be using those rainy days to revisit some of our area museums. We can make a staycation day trip by visiting Corsicana's Cook Education Center, which houses the Pearce Museum and the Cook Planetarium, and Pioneer Village. May 18 has been declared International Museum Day. This year's theme is: "Museums and contested histories: saying the unspeakable in museums." The theme aims to promote peaceful relationships between people by presenting traumatic histories through mediation and different points of view, so we, as the human race, can gain a better understanding of each other.

Enjoy this merry month of May!

Virginia

Virginia Riddle
CorsicanaNOW Editor
virginia.riddle@nowmagazines.com



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LIFE'S

00



BETTER

— By Virginia Riddle

OUTSIDE



Eagles soaring from high nests are joined by peregrine falcons and red-tailed hawks as they hunt for prey in the marshes maintained by the Texas Parks & Wildlife Department at the Richland Creek Wildlife Management Area. “We have just about every kind of duck migrating through here and host wood storks in the summer along with waterfowl during the autumn and winter,” Matt Symmank, TPWD wildlife biologist, said.

Named for Richland Creek, the RCWMA was created in 1987 as mitigation for the loss of wildlife habitat due to the construction of the Richland-Chambers Reservoir. Divided into

North and South Units, the RCWMA is a land mass that spreads across parts of Navarro and Freestone counties. Its headquarters is located just south of the Lake Richland-Chambers dam on FM 488. “Our job is to do a lot of research and to demonstrate to private landowners how an emergent marsh habitat can be managed. We lost an estimated 80 percent of the bottomland hardwood habitat, so we are working with the Stephen F. Austin State University forestry program and reestablishing the oaks — primarily the bur oak — and native pecan,” Matt said. “Working with private landowners and the wildlife creates a winning situation for everyone.”

Hunting and fishing are permitted during season within the North Unit with the appropriate licenses. Mourning dove, deer (by archery and special permit only), feral hogs, squirrels, rabbits, hares, waterfowl and snipe can be hunted during daylight hours. All public users must sign in daily at the registration booths. “Ducks are our biggest hunt, which puts a lot of pressure on the



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birds even though we're at all time high numbers since the counts started in the 1950s," Matt explained. "But my favorite time of the year is when the ducks show up. I love to sit on marshes and watch the birds come in. We've worked all year to grow their favored plant species to become a food resource as they migrate and escape the cold." Matt enjoys the youth hunts the most, since those are the future hunters, and the youth are sharing time with the adult hunters in their lives. "It's all very gratifying," he added.

It's not surprising that groups interested in hunting and conservation volunteer their time and resources to RCWMA. "We don't have a lot of individual volunteers here, but Ducks Unlimited has helped us a lot, starting with a survey and design done in the 1980s," Matt said. Bird-watchers collect data for official counts, but it's Matt and the staff of two technicians and an assistant that get things like road, fence and gate maintenance completed, as well as monitoring water levels on the North Unit and creating and maintaining habitats. "The South Unit is completely dependent on rain water, which is sometimes challenging," Matt revealed. Flooding has brought down the deer population and

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created more road maintenance. "Our technicians need general shop skills such as plumbing, welding, woodworking and operating equipment, but we build on their skills and experience," Matt added. The staff's headquarters building includes office space and full living quarters to house visiting TPWD staff, student interns or Matt and the technicians if they are having to work overnight.

The RCWMA is also visited by youth groups, such as the Boy Scouts of America and neighboring school districts throughout the area and into East Texas. "We present traveling snake and alligator programs for fourth-graders at Fairfield's Food for America and fifth-graders at the Henderson County Spring Rendezvous," Matt stated. "From April-May, we are the destination for a lot of end-of-school field trips. We try to fill all requests." He also participates with Gus Engeling WMA (Anderson County) biologists in presenting a program to fourth-graders about snakes and small alligators titled, "Skins and Skulls." "Texas isn't a big public lands state, but there's a WMA in almost all of the state's ecosystems," Matt added.

Fishermen, hikers, photographers, bird-watchers, bicyclists and equestrians are welcome on days when hunting seasons aren't in session. However, camping for everyone is restricted to two primitive sites, but it is included in the price of their public lands permit. "I direct people to commercial campgrounds around the lake if they don't want to primitively camp. We do what we can to stimulate the local economy, and we do get a lot of out-of-towners," Matt said. "Some of these activities are better served in state parks, and we work with Texas game wardens and state park officials, since we're separate but under the same larger umbrella of TPWD. Our total visitor count for 2014-2015 was 6,500, but we were down to only

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4,200 visitors last year due to the flooding, which had a huge effect. A 1- or 2-foot difference is huge in a flood plain!"

A portion of the RCWMA is also known as the George W. Shannon Wetlands Water Reuse Project, named for a past official of the Tarrant Regional Water District. The first of its kind in the U.S., the reuse project was completed in October 2013 and encompasses 2,000 acres. Using natural vegetation in a series of sedimentation ponds and wetland cells, water is diverted from the Trinity River to be filtrated and subsequently pumped back to the Tarrant Regional Water District for reuse in 11 counties. This is part of a state water plan to use wetlands to filtrate water for reuse thereby conserving water resources.

Matt was born in Seattle, Washington, but moved to Garland, Texas, with his family at age 4. "My dad had grown up near Giddings, Texas, and still had his farm boy roots. So, I've always had an interest in hunting, fishing, camping, forestry and wildlife. I didn't like city life," Matt admitted. SFA in Nacogdoches was Matt's natural choice for university studies. He received a bachelor's degree in forestry and wildlife management and continued for a master's degree in wildlife management. During that time, he took off from his studies to be a Rotary Ambassador Scholar in New Zealand where he studied wetlands and wildlife. Matt interned with Temple-Inland Forest Products Corp., worked as an environmental consultant in the oil and gas industry and has been at RCWMA for 10 years. He and his wife, Christie, a teacher, have three children.

The RCWMA has an intriguing spirit of renewal about it that's addictive. Come and observe, learn and enjoy the recreations offered at one of Navarro County's greatest natural resources. **NOW**

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Summertime Is Easy

— By Zachary R Urquhart



Every year, kids excitedly await the last school bell before vacation begins. And every year, a week after school is out, kids all around can be heard saying parents' least favorite two words, "I'm bored." But using this helpful guide, you can fill your summer with new, fun and, sometimes, free activities.

Sign up for camps!

- *Dance around town.* Every summer, there are dozens of local dance, cheer and art studios that offer one-week camps. These camps often double as a trial for prospective new patrons, so they are a great way to spend a week



and, at the same time, to see if there is long-term interest. Ask your friends what weeks they are signing up for, so your child will know some people when they arrive the first day.

• *Be a good sport.* Most high schools offer sports camps for youth up through middle school. These camps are a good way for high school coaches to meet future athletes, but they are also great for kids to learn fundamental skills,

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technique and strategy. While seeing kids that may eventually play for them is a bonus, schools do not limit attendance to those in their zones, so you can get football speed training from recent state champion coaches, or technical work from some of the most esteemed soccer coaches in the state.

- *Check dates.* With the number of studios, schools and private entities offering camps for all different ages and skill levels, you will want to spend some time looking for the right fit. Whatever else you do, though, make sure you know when the registration deadlines are. While some might extend registration with an added payment up until the day of the camp, staffing and equipment considerations may make others hold to a solid deadline, so do not let missing a postmark date keep your kid from the camp they want.



VBS, by many names.

- *Look for schedules.* With so many churches offering vacation Bible schools to the public, the first step needs to be looking for a calendar of the offerings. While you will not always find one codex with every option, you might call your city hall to see if they have something consolidated. You can also reach out on social media. There are Facebook pages where people throughout the area post their church's activities. VBS may be in the morning, afternoon or evening and, generally, goes for four to five days, with some churches using the following Sunday service as a grand finale.

- *Ask your friends.* There are literally hundreds of programs offered by local

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churches throughout the summer. It is not difficult to schedule a different vacation Bible school every week for a few months, if you are so inclined. Ask friends which ones they have tried, and find out what types of activities each one offers. Some churches do simple activities in the park, and you can show up for just a few days. Others, though, will require registration ahead of time, as they have professional instructors in various fields come to make the activity portion as great as possible.

• *Figure out the code.* These days, different churches take different philosophies when it comes to VBS. VBX typically means the kids will have one specific activity that takes a lot of their time. Kids' Camp denotes more of a camp atmosphere, with varied activities mixed with the study portions. VBS in the Park is often an outreach seeking to bring in guests from nearby areas throughout the week. And traditional VBS normally blends Bible stories with songs, crafts and large group games.

Free is a great thing.

• *Movies in different places.* While many movie theaters offer cheap summer showings once a week, usually for films that have been out for a year or longer,

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cities often run special movie days and nights throughout the summer, sometimes in local parks or at other outdoor venues. Most local libraries show movies as often as once a week in the afternoons. Because these city events are planned well in advance, they are advertised weeks before showings, so a quick check of your city's website will give you all the details you need.

• *Libraries have more than just books.*

In addition to family-friendly movie showings, most public libraries ramp up a full slate of summer activities. From bringing in magicians and other performers, to presenting informational sessions on a variety of topics, your local library is probably a great spot for free family fun, while you get out of the sweltering Texas heat. If nothing else, you can grab a summer reading log and have your kids earn treats and prizes for opening books during their months off from school.

• *Free events with memberships.*

If you have passes for local zoos, botanical gardens or museums, be sure and check out their catalogue of events. While they always offer exciting exhibits, most places add a few seasonal specials to entice new families. If you are not a member yet, it may be worth spending \$100 or so for a yearlong membership that lets your entire family have access to special activities, concerts and, usually, even gets you passes to bring friends along for a visit.

The summer can be a great, relaxing time to break from the routine of school and work, but it can sometimes turn into an exhausting endeavor trying to keep your kids from the doldrums of too much free time. With trips to these great local spots, you can be sure your summer is one to remember. **NOW**

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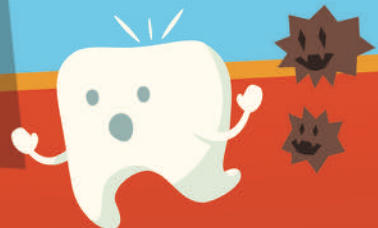
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Safe Ha

At Home With Marsha

The welcome mat is out and says it all. Marsha Dameron welcomes everyone to her home, but her allegiance is to her alma mater, the University of Oklahoma. However, this Oklahoma native has eased into a full life at her lakeside retreat. "My neighborhood has people from all walks of life, and we have so many get-togethers that are often attended en masse. I'm close to my neighbors here," Marsha said.

It has been those neighbors and family who continue to help Marsha after her husband of 41 years, Rodger, known as Rod, became ill and passed away two years ago. "We met in college, lived in Tulsa for a year and then moved to Midland, Rod's hometown. He worked alongside his father in the oil business, while Marsha taught childbirth classes for 15 years, and then worked as a customer service and sales manager for a gourmet candy company for 11 years.

"Moving here after 35 years in our Midland home was more his dream. Rod wanted trees and water," Marsha recalled. The couple looked at Lake Whitney, but when a fishing guide there told them about Lake Richland Chambers, they came to look and were "hooked."

The couple looked at "thousands of house plans" after buying their cove side lot in 2005. Construction began in 2008, with Marsha on-site often to make necessary changes. "This is a his-and-her house, since we picked out our own areas to plan and decorate," Marsha explained. "We really put so much time and thought into it. I love to cook, so I even measured my pots and pans to see how deep my drawers needed to be. The couple was able to move into their new home in 2009. "It was 100 percent the way we wanted it to be," Marsha stated.





VEN — By Virginia Riddle

ha Dameron

The wide cul-de-sac and circular drive provide ample guest parking when Marsha hosts parties. "This is a party house now. It's often full of people," she said. When guests pass across that OU welcome mat, they are greeted in the entry's wide expanse that is open to a view of the great room with its windows facing the lake. Dressed in neutral tones but accented with red and blue shades taken from the Oriental scrolls that flank built-in cabinets, the room provides comfortable and ample seating for a gathering. "The scrolls are from our trip to Midland's sister city, Dongying, China," Marsha said.

A wet bar, a replica of the bar that was in Rod's childhood home, provides seating for four. "This area was planned by Rod," Marsha said. She pointed out the granite countertop in which there are sea fossils embedded, her father-in-law's mandolin from WWII days that hangs on the wall, the family's crest in stained glass and Rod's lava lamp



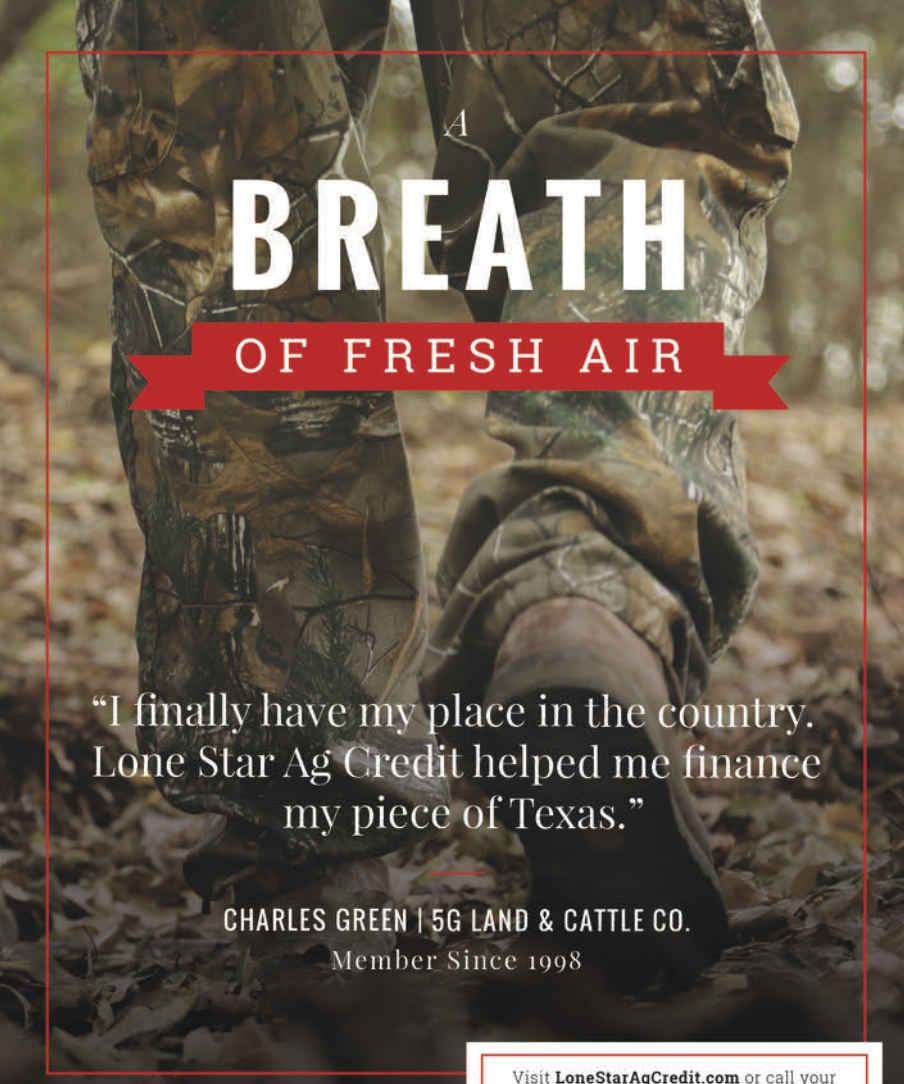

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from the '70s. "The light still works," she said. Custom cabinets provide a beautiful backdrop.

The master bedroom suite offers a lake and a cove view through windows covered with silk paneled blinds. The room is decorated in warm blues and creams. A painting of the bridge on which Marsha's grandparents courted hangs on the wall, and family bridal photos are displayed on a chest. Marsha's daughter and son live in Texas with their spouses, and Marsha is a four-times-over grandmother.

The his/her theme really is displayed in the master bath with two completely separate bath and dressing areas

connected only through the large walk-thru closets and shower. Natural light floods through a glass block window.

Marsha's office with its ample window seat reflects her interest in scrapbooking and genealogy research. A law library style bookcase that belonged to her grandfather who was a small-town doctor occupies a special place. Marsha also likes to travel, especially to Maui, which she visits every two years. "It's my happy place," she revealed.

The Red Room is so named for the Chinese theme in Marsha's formal dining room. Light streaming through the celestial windows highlights the hardwood floors. The hall powder

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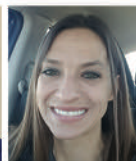
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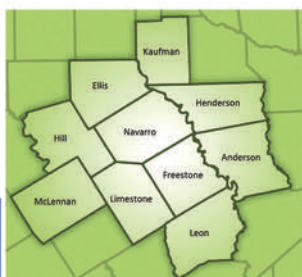
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room has a Chinese-influenced cabinet, and the laundry room sports a Navajo rug that was once in Marsha's grandparents' home.

The kitchen, with its island, is a cook's dream. "I picked out the granite and built the colors around it," Marsha explained. Custom cabinets lift heavy equipment up to the countertop for use, and a pot filler over the stove comes in handy.

The couple commissioned an artist to create the hand-painted scene on the tile backsplash in which a bottle of wine carries the home's name, Safe Haven.

The kitchen's spacious breakfast bar and informal dining area can accommodate many guests. "I've hosted a big OU/Texas party for each of the past seven years," Marsha said.

Guests can spill out the double back door to a covered patio with repeated tiered patio areas and steps that lead to the shore's paved promenade/retaining wall with its red benches shaded by tall trees. At the promenade's end is a pier and boat dock. Deer come out of the forested area across the cove to drink.





"There's a calmness about it," Marsha said. "We built the promenade first. I can see water from anywhere in my house."

For overnight guest's stays, there are two bedroom/bath suites, both with views of the lake. The Maui themed bedroom's bath opens to the patio for easy access from the patio and lake areas. In pink and blue with an Aloha pillow, this bedroom contrasts well with the comforting browns of the other guest bedroom.

A wall of photos of Rod fishing with friends and the couple's grandkids leads to a room with a door with *Pappy's Cave* etched in the glass. "Pappy was Rod's grandfather name, so this was his man cave, which can also be another guest bedroom," Marsha said. A chess set board made for Rod by his son-in-law sits on a side table, and *Dameron* is featured in a needlepoint creation by a loyal employee of one of Rod's companies.

Marsha is still making decorating choices based on her own tastes. "This has become more of a 'me house,'" she explained. "This house is a happy testament. I can't envision ever leaving here."

"Corsicana reminds me of a small Midland with its really close connections and friendly people," Marsha said. "I started meeting people through Kinsloe House, Corsicana Newcomers Club and our homeowners' association," she said. She's served as recording secretary or secretary for all three organizations. "In my neighborhood, we have a supper club, and we exercise and Christmas carol together," she said. "It's a good life." **NOW**



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The Kindred at Home staff provides patients a bridge between their doctors and home.

— By Virginia Riddle

Independence is a word that describes what all humans strive for from birth into their elder days, but when setbacks from independence occur due to a serious illness, a chronic disease or recovery from surgery, it's nice to know that the nurses, therapists, social workers and aides of Kindred at Home are available to care for patients in their own homes. "Our mission statement says it all," Shirley Irvin, RN and director, stated. "We help patients remain at home and in their own communities, surrounded by friends and family, while receiving the highest quality, most compassionate home-based care possible."

Working with the patient's physician to develop a plan of care, the staff of Kindred at Home offers home health care, hospice care and personal home care assistance (light housekeeping

included) with the goal always being to allow as much of an independent lifestyle as possible and, hopefully, a return to their full lifestyle. "This is a very rewarding job, since we empower our patients to live at home at their highest capacity of independence possible, while providing the education and safety equipment they need," Shirley stated.

The staff includes 11 RN and LVN nurses; two managers of clinical practice; two care team coordinators; physical, occupational and speech therapists; a social worker; and a home health specialist. "As a team, we're very family oriented," Shirley explained. "We follow up in patient care and in meeting patients' needs. Our staff members' tenure is remarkable, especially in the area of retention of nurses." With many of the nurses living in

the Kindred at Home service areas of Navarro, Ellis, Freestone, Henderson, Kaufman and southern Dallas counties, it's neighbors caring for neighbors. The company is a member of the Chambers of Commerce in many of its service area cities and the American Nurses Association.

Methods of payment include Medicare Part A and Medicare Advantage plans, Medicaid, most private insurance and private pay. While Medicare Part A pays 100 percent of the cost of home health for those who qualify, other plans may have benefit restrictions.

"This is a very rewarding job, since we empower our patients to live at home at their highest capacity of independence possible, while providing the education and safety equipment they need."

Kindred at Home was originally founded as Girling Home Health and Community Care in the early 1950s. Shirley has been with the company for seven years and became the director five years ago. Having experienced her brother's fight with cancer at an early age, Shirley was inspired to earn a BSN degree from The University of Texas at Arlington, and she is now working on her master's degree in nursing. "I wanted to be able to take care of my other family members," she said. "I like the home-town atmosphere of Corsicana. Its people are friendly, and I work with a great team every day." A native of Kemp, Texas, Shirley has three sons. "In my spare time, I enjoy cruising, snow skiing or joining in on whatever my kids are doing," she said.

The ever-changing worlds of health care and health insurance are challenging, but Shirley and the Kindred at Home team are here to help. "This work is my heart," Shirley said. We want to go the extra mile, paint the full picture for each patient and be the change agent in our patients' lives." **NOW**

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The team of dentists, sponsors and volunteers plan to provide help to over 100 people in need of dental work – treating patients in need of fillings, extractions and cleanings. This year's event promises to be a great way to give back to our community.

At last year's Dentistry From the Heart event at Navarro Dental Center, the team of 20 volunteers served 152 patients in need and donated over \$50,000 worth of dental services.

Dentistry From The Heart (DFTH) is a national non-profit organization with a simple mission – making people smile. Founded in 2001 by a dentist in Florida, DFTH was created to aid those in need, including the growing population of under-insured Americans. Over 100 million Americans lack dental insurance, and over 30 percent of adults have untreated cavities. Without events like DFTH, dental care simply isn't an option for many of the uninsured. To date, DFTH has helped over 5,000 patients and provided over \$8 million in dental care.

"Now more than ever, I know there are people out there who need our services, but have no means to afford them – whether they're out of a job, or just don't have dental insurance. This Dentistry From The Heart event is our way of giving back to the community, and being there for the people who are in need of dental work," said Dr. Michael Eeds, Clinical Director of Navarro Dental Center.

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First things first: Do you have enough money saved for a down payment? You don't have to put down 20 percent, but you should aim for 20 percent or more of average housing costs in your area to avoid paying for private mortgage insurance. If you've set that amount aside and have been preapproved for a mortgage loan, then you're on the right track.

But before falling in love with your dream home, it's important to understand what you can — and can't — afford. In addition to a mortgage payment, your monthly expenses may include property taxes and insurance, which vary by location.

These can add up to more than you might think: According to the Insurance Information Institute, home insurance premium costs average more than \$1,000. On top of that, you'll want to factor in maintenance costs and desired upgrades.

Buying a car

Buying a car also requires more than being able to cover monthly payments. If you've saved up for additional costs, including fuel, insurance premiums, routine maintenance and repairs, you're almost ready for car ownership.

Next step: Do your research. First, find a car that's financially reasonable — the monthly total of *all* of your household's car payments shouldn't exceed 20-percent of your household's take-home pay. Then make sure your desired car won't rapidly depreciate in value (resale value) and is well-suited to your driving needs.

Purchasing life insurance

A life insurance policy can help support your loved ones financially when you're gone. It isn't just for married couples with children, either. If you have dependents of any kind, you may be ready to consider life insurance. Before committing to a policy, decide whether term or whole life insurance is best for you. **NOW**

Lynda Housley is a State Farm agent based in Corsicana.



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Spotlight on the Dangers of Diabetes

Five actions you can take to keep blood sugar at healthy levels

Diabetes affects nearly 30 million people in the United States — a stunning 10 percent of the overall population. And recent research reveals that diabetes is now the third leading cause of death, not the seventh, as was previously thought. Perhaps the most concerning statistic is that one in four persons living with diabetes is unaware that they have the disease.

The incidence of type 2 diabetes in this country has tripled in the last 20 years. The adoption of sugary diets and sedentary lifestyles has caused the disease to reach epidemic proportions. On the positive side, this condition doesn't have to be a death sentence. It's almost always avoidable, and even reversible, with serious lifestyle changes.

Researchers estimate that if current trends continue, one in three Americans will have diabetes by the year 2050. Left untreated, diabetes can lead to kidney failure, limb amputations, blindness and even death. Early diagnosis and treatment is critical to preventing irreversible damage to your health and longevity, so awareness and access to care are the key areas of focus.

Here are the top five ways to keep blood sugar at healthy levels, and to keep type 2 diabetes from impacting you and your loved ones:

1. **Get more physical activity.** You don't have to run marathons for physical activity to add years to your life. Just 30 minutes of intentional activity, at least five times per week, can make a huge difference for insulin resistance. A mix of aerobic, heart-pumping activity with some resistance training is the best plan.
2. **Get plenty of fiber.** Fiber has many benefits, including improving blood sugar management. Sources of fiber include fruits, vegetables, beans, whole grains and nuts.

3. **Choose whole grains.** Make sure at least half of your grain intake is whole grains. Whole grains are prepared as close to the source from the Earth as possible. Look for labels that say "whole grains," and opt for organic when possible.

4. **Lose a little weight.** Losing even five or 10 pounds appears to have an impact on reducing blood sugar levels and insulin resistance. Don't focus on huge goals — celebrate the small wins!

5. **Skip the fad diets.** Yo-yo dieting and fad diets are hard on the heart, the mind and your organs. Just make good, whole food choices 80 percent of the time, and your body will work the way it was designed.

If you have a family history of diabetes, you are at increased risk for developing type 2 diabetes yourself. Also, the condition is more common in African-Americans, Hispanics, Native Americans, Asians and Pacific Islanders. Above-average body weight increases diabetes risk for people of all backgrounds.

Only your doctor can tell for sure if you are diabetic or pre-diabetic. As part of your annual health physical, be sure to talk to your doctor about the results of your fasting blood sugar and A1C tests. If your numbers are heading in the wrong direction, you can act quickly to get back on the right track. If you need assistance in diagnosing or managing your metabolic health, connect with your primary care physician or an endocrinologist. **NOW**

Dr. Barton Giessel is a family medicine physician at Medical Associates of Navarro County and a member of the medical staff at Navarro Regional Hospital.



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May 1

Piecemakers' Quilt Guild meeting: 9:30 a.m., Westhill Church of Christ Fellowship Hall. Visit pqgcorsicana.com.

ABWA May Day Expo: 11:30 a.m.-1:30 p.m., Downtown Pocket Park. Join friends for a \$5 brown bag lunch. Contact Alicia Rogers at (903) 519-1044.

May 3

MEN-Richland Chambers Crime Watch meeting: 1:00 p.m., Eureka United Methodist Church. This is the former Eureka Crime Watch organization. Email pk2@airmail.net.

May 4

Corsicana Community Blood Drive: 12:30-5:30 p.m., Corsicana First United Methodist Church, Martin Hall. Visit www.redcrossblood.org.

May 5

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

May 8

Eclectic Readers Book Club: 6:30 p.m., Corsicana Public Library. The book being discussed this month is *The School of Essential Ingredients* by Erica Bauermeister Sweeney. Call (903) 654-4810.

May 9

National Active and Retired Federal Employees Association Chapter 1191 meeting: 11:00 a.m.-1:00 p.m., Sirloin Stockade. Call (972) 775-2463 or email rjcarey1@gmail.com.

May 12

Navarro County Retired Teachers Association meeting: 11:30 a.m., Northwest Apartments Community Center. A catered lunch will be served, and incoming officers will be installed. To make confirmed reservations, contact Kathy Huffman at (903) 654-2849.

May 12, 13

Legally Blond Jr., the Musical: 7:00 p.m., The Palace Theatre. This musical is presented by James L. Collins Catholic School students. Tickets are \$10 when purchased from a JLCCS student or \$15 at the door. Call (903) 872-1751.

May 13

19th Annual Corsicana Airshow: Gates open at 8:30 a.m.; patrons may walk among the planes until 11:30 a.m.; show begins at noon, Navarro Municipal Airport. Rides will be available in several war birds Friday and Saturday. Cost is

\$10 per person or \$20 per car. All veterans, active military and their families attend free. Vendors are onsite. No pets or coolers allowed. Bring lawn chairs. Visit www.coyotesquadron.org.

Angels of Corsicana Troop Support Packing Day: 9:00 a.m., 1020 N. Business 45. All ages are welcome. To volunteer, donate or submit a name of a deployed military person, Contact Jean O'Connor at (903) 851-2560 or visit the group's Facebook page.

May 15

Senior Circle Lunch and Learn: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital Classrooms. The program is Parkinson's Disease Exercises — Innovative Therapies. Contact Connie Beal at (903) 654-6892 or email connie_beal@chs.net.

May 16

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

May 17

Senior Circle Lunch Bunch: 11:30 a.m., China One. Contact Connie Beal at (903) 654-6892 or email connie_beal@chs.net.

May 18

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

May 18, 19

Books Are Fun: **Thursday**: 7:00 a.m.-7:00 p.m.; **Friday**: 7:00 a.m.-4:00 p.m., Navarro Regional Hospital dining room. The NRH Auxiliary's book fair fundraiser benefits the auxiliary's scholarship fund. Contact Connie Beal at (903) 654-6892 or email connie_beal@chs.net.

May 19

Corsicana & Navarro County Chamber of Commerce Golf Classic Tournament: 1:00 p.m., Corsicana Country Club. Call (903) 874-4731.

May 20

Melissa Manchester: 7:30 p.m., The Palace Theatre. To reserve tickets, call (903) 874-7792.

Relay For Life of Navarro County 2017: 4:00 p.m., Cook Center. This fundraiser is a fun, family event celebrating/remembering cancer survivors and raising monies for cancer research. To register a team or individual walker, visit www.relay.acsevents.org.

Oakwood 2017 Odyssey: 5:30-8:30 p.m.,

Oakwood Cemetery. This guided walking tour is presented by the Navarro County Genealogical Society and the Liz Gillispie Genealogy Department, Corsicana Public Library. For times and ticket information, call (903) 654-4808.

May 22

Corsicana Writers' Guild Meeting: 6:30 p.m., Corsicana Public Library. Meet with other area writers to share projects, ideas and critiques. Call (903) 654-4810.

May 25

Corsicana Newcomers' Club: 11:00 a.m., Angelita's Winery, 254 Shady Creek Lane, Angus. This will be a fun social, celebrating the beauty of flowers, food and fellowship. Lunch, including beverages and dessert, will be served for \$15. For visitors to confirm reservations, contact Annie Avery at (714) 345-6707 by **May 22**. Members are requested to respond to their Evite.

Family Caregiver Support Group of Navarro County meeting: 2:00 p.m., Corsicana YMCA Conference Room. Contact Mark Thommarson at (903) 641-9592.

May 29

9th Annual Memorial Service: 1:00 p.m., Woodland Cemetery Gazebo. This service is sponsored by Single Believers Ministries and the Woodland Cemetery Association. Contact Cathy Douglas at (903)-602-0373.

June 1

Bobby Bare and Friends: 7:30 p.m., The Palace Theatre. To reserve tickets, call (903) 874-7792.

June 3

Annual Pancake Breakfast Fly-in: 8:00-11:30 a.m., Mid-Way Regional Airport, 131 Airport Dr., Midlothian. The event will include classic airplanes and fighters, helicopter rides, fly-overs, Midlothian Classic Wheels, Gold Wing Road Riders, RC model airplanes, live music and children's activities. Breakfast tickets are \$6 for adults and children over the age of 8. Children under 8 are \$3. Parking is free. Call (972) 923-0080.

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 Sharon Hall

— By Virginia Riddle

Born and raised in Pasadena, Texas, Sharon Hall learned to cook with her father who used lots of spices. “I have a lot of family recipes that I cook often. My favorite is my grandmother’s chicken and dumplings,” Sharon shared.

Sharon’s three “always hungry” sons kept her cooking. “We lived in the country and had a large vegetable garden,” she said. “I taught my sons to cook.” Sharon retired after a career with Child Protective Services, MHMR and the public schools. These days she cooks for her husband, Danny, and twice a month, she makes a dish for Senior Circle and People for Active Living’s potluck. “I’m the president of PAL and am very active in Senior Circle. I love their activities and trips, and I love to cook. **NOW**

Chicken and Dumplings

Chicken:

- 1 whole chicken, skinned**
- Salt and pepper, to taste**
- 1/2 onion, diced**
- 2 stalks celery, diced**

Dumplings:

- 2 cups flour**
- 1/2 tsp. salt**
- 1/2 tsp. baking powder**
- 2 Tbsp. Crisco**
- 1 egg**
- 3 Tbsp. butter, softened (divided use)**
- 1 cup milk**

1. For chicken: Boil the chicken with salt, pepper, onion and celery until done; debone and shred chicken; set aside chicken and its broth.

2. For dumplings: Mix flour, salt, baking powder, Crisco, egg and 1 Tbsp. of butter.

3. Roll out dough like pie crust, about 1/4-inch thick; cut into rectangles.

4. Bring the chicken broth to a simmer; drop

each rectangle into chicken broth for 30-45 minutes; stir often; dumplings’ flour can stick to the bottom of the pot.

5. To check for doneness, slice a dumpling in half; if done in the center, remove from heat; add 2 Tbsp. butter and milk; serve.

Italian Meatballs and Spaghetti

Meatballs:

- 3/4 lb. hamburger**
- 1/2 lb. sausage**
- 1/2 cup grated Parmesan cheese**
- 1 Tbsp. parsley, chopped**
- 1 tsp. Italian seasoning**
- 1 clove garlic, minced**
- Cayenne pepper, to taste**
- 1/2 cup milk**
- 2 eggs, beaten**
- 1/2 tsp. salt**
- 1/4 tsp. pepper**

Sauce:

- 1/2 cup onion, chopped**
- 1 clove garlic, minced**
- 3 Tbsp. olive oil**

- 2 28-oz. cans whole tomatoes, mashed**
- 1 15-oz. can tomato sauce**
- 1 6-oz. can tomato paste**
- 1 4-oz. can or fresh mushrooms**
- Salt and pepper, to taste**
- 1 tsp. red pepper flakes**
- 1 tsp. basil**
- 1 tsp. Italian seasoning**
- 2 Tbsp. parsley, diced**
- Spaghetti, cooked according to package instructions**

1. For meatballs: Mix all ingredients together; roll into balls. Place meatballs in a baking dish; cook for 45 minutes to 1 hour depending on size of balls.

2. For sauce: Sauté onion and garlic in olive oil. Add remaining ingredients, except spaghetti; mix.

3. Simmer sauce for 30 minutes or longer; add meatballs and serve over spaghetti.

Beef Stroganoff

Salt and pepper, to taste

- 1 1/2 lbs. round steak, tenderized and cut into strips**

Flour

- 1 stick butter**
- 1 4-oz. can or fresh mushrooms**
- 1 14.5-oz. can beef broth**
- 1 cup sour cream**
- 1 10.5-oz. can mushroom soup**
- Noodles or rice, cooked to package instructions**

1. Salt and pepper steak strips; dredge them in flour.

2. In a large frying pan, melt butter; brown steak strips on both sides.

3. Remove strips; add 1 Tbsp. flour to make gravy.

4. Add mushrooms and beef broth; return steak strips to pan; simmer for 30 minutes.

5. Add sour cream and soup; stir and serve over noodles or rice.

Strawberry-Banana Cheesecake Salad

- 1 10-oz. bag mini-marshmallows**
- 1 16-oz. tub sour cream**
- 1 8-oz. tub Cool Whip, thawed**
- 1 3-oz. box Jell-O Cheesecake Instant Pudding and Pie Filling**
- 3-4 bananas, sliced**
- 1 pint strawberries, sliced**

1. Mix all ingredients; chill before serving.



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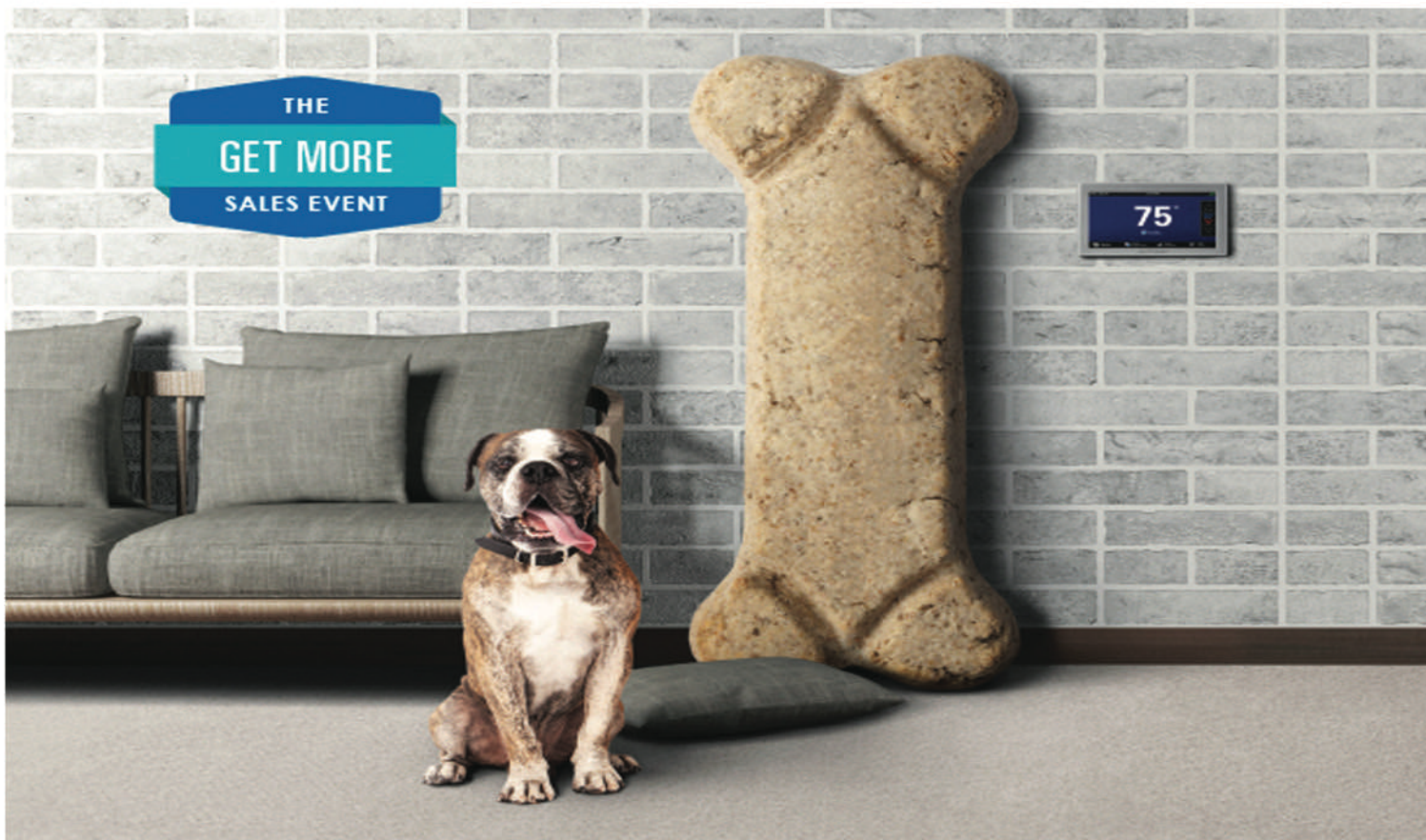
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