

# Corsicana

M A G A Z I N E  
JUNE 2015

# NOW



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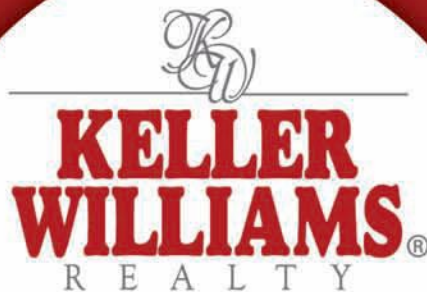
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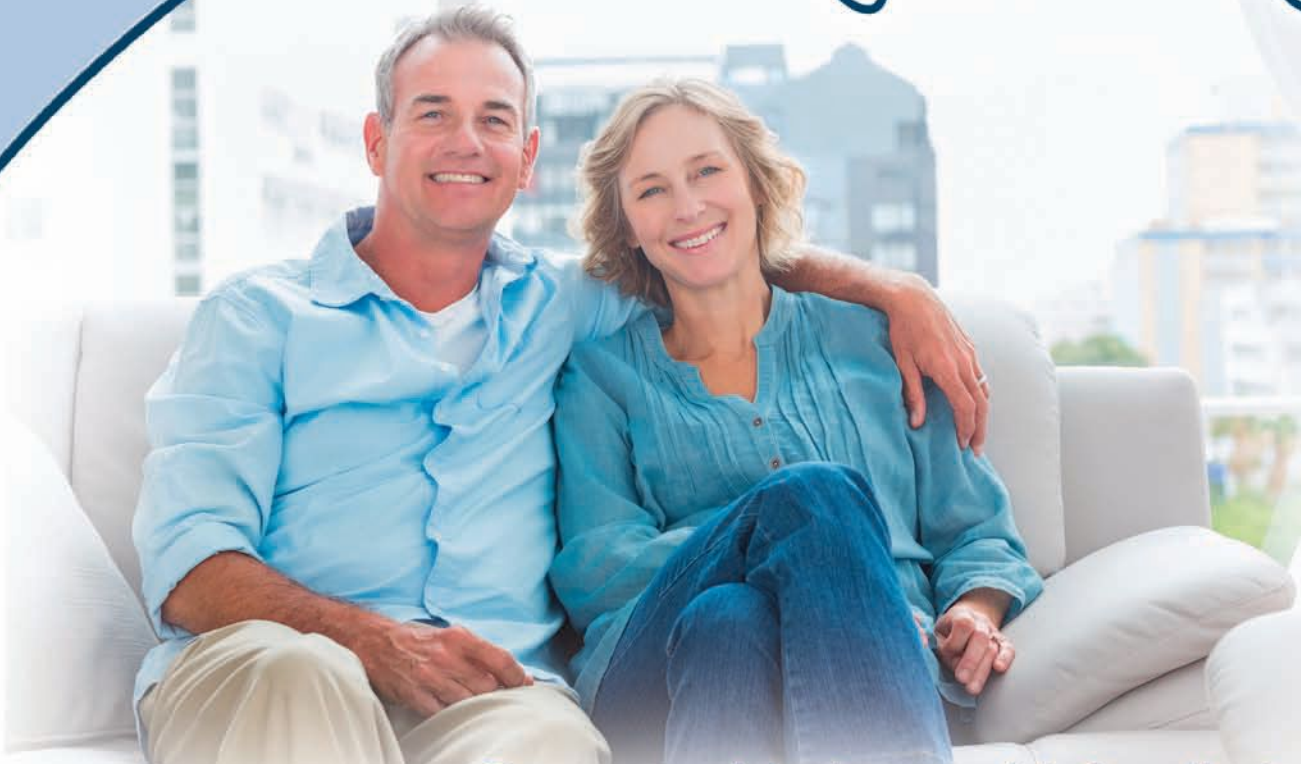
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## ON THE COVER



*The Singleton and Updegraff families take advantage of the Child Watch program at the YMCA.*

*Photo by Memories by Melissa.*

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## Editor's Note

*Hello, Corsicana!*

Let's celebrate the longest day of the year and every day of this glorious month with plenty of outdoor fun. June is usually not too hot, and the lazy days of summer seem to stretch endlessly ahead for this community's children. Our city's fantastic Parks and Recreation Department, the YMCA, the Corsicana Public Library and Kerens Public Library will have plenty of opportunities for the youth of the area to get out and fill these days with fun learning. It's so great to see adult volunteers and area businesses helping out with all the varied programs that keep every child from saying, "I'm so bored! There's nothing to do!"

June is also National Adopt a Cat Month. Make a place in your home and heart to adopt a furry feline or donate to the Corsicana Humane Society.

## Virginia

Virginia Riddle  
*CorsicanaNOW* Editor  
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# Parenting Partnership

— By Virginia Riddle

*The scene is a daily event — moms and dads dropping off children at the Corsicana YMCA Child Watch room, a convenience for parents while they are working out at the Y. Increasingly, it's dads who are very capably balancing a child, backpack and diaper bag, while opening doors and holding an older child's hand. Many of these fathers are full-time dads or share parenting duties with moms. Eric Singleton and Travis Updegraff are two such dads. They enjoy working out together at the Y, while using the Child Watch service and bonding together in an informal dads' network. Eric co-parents 3-year-old, Paislee, with his wife, Kasey. "It's fun spending time with Paislee. I don't miss seeing her grow up. Every week there are changes," Eric remarked.*

As a firefighter/paramedic with Grand Prairie Fire Department, Eric is on the job for days at a time, but is also off for days in a row. Kasey is a dental hygienist with Restore Dental in Corsicana. Raising their child without daily child care presents challenges, but this couple's

work schedules allow them to coordinate Paislee's care. "Communication is the biggest factor in making this arrangement successful. We failed at that a couple of times, and it didn't work out well," Kasey said. "It's hard being a working mom, so having Eric taking care of Paislee makes me feel better."

Communication is essential for delivering doses of medicine and scheduling naptimes. "Naptimes and bedtimes are the hardest to keep on schedule," Kasey admitted. Weather and traffic conditions can delay Eric's arrival to take over his dad duties. "Occasionally, Paislee has had to go to work with me, and she just sits there quietly," Kasey said proudly.

Travis is a full-time dad and co-parent of Caden, age 11; Adalee, age 8; and Isla, age 4. On the days he spends working as a fireman with Corsicana Fire Department, the kids are supervised at home by Travis' mom who lives in Rice or by their mother, Amber, who is taking classes at Texas A&M University in College Station or Amber's parents who live in Corsicana. "I don't have a lot of personal time, since I put the kids first. I coach their sports teams and like to fish and hunt with the kids. This year, Caden got his first deer," Travis remembered proudly.

Both Eric and Travis admit their professional training helps in perfecting





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Left to right: Kasey, Paislee and Eric Singleton  
enjoy the day with Caden, Travis, Isla and Adalee Updegraff.



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their full-time dad duties. They are in their element when changing diapers, providing day-to-day care and handling first-aid issues. "What I do on the job does away with empathy. Everything is a Band-Aid," Travis said laughingly.

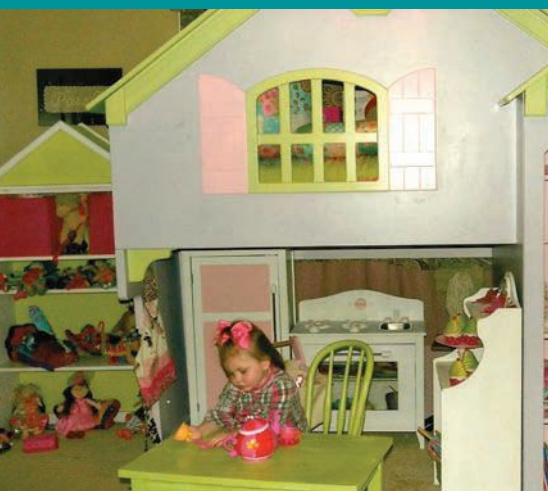
Eric admitted, "I am able to handle stress better because of my training."

Paislee gave her dad an opportunity to prove his statement one night when she was sick and her fever spiked, causing a seizure. "Eric knew we needed to call an ambulance and knew everything that the paramedics needed to know when they arrived," Kasey remembered. "It's difficult when Paislee is sick and wants daddy instead of me, but I know I can trust Eric and focus on work. I know she is in good hands, and it's great to see their father-daughter bond growing."

The couple cherishes learning moments with Paislee. They are teaching her the ABCs and numbers, how to ride a bike and most importantly, the same values. Eric and Kasey spend time in Paislee's pastel, dollhouse-themed room playing and tucking her in for naps and at bedtime. "This is the best of all worlds!" Kasey exclaimed.

Some chores are done individually, however. Kasey packs Paislee's bag and picks out her outfits for the day "so they will match." She also does all house cleaning, and the couple shares laundry duties. "I love that Eric does the cooking, all the outside stuff and picks up the house before I get home," Kasey shared.





One day, she came home and found Eric painting Paislee's toenails. "You have to lower your macho standing, but I haven't let her paint *my* nails," Eric explained. "I've also had to learn to say, 'No.'" Kasey admits Eric is now the firmer disciplinarian.

Often it's "the look" that works best when Eric tells Paislee, "No." "It works for a while, and then it doesn't. But its effectiveness returns," Eric said. "Paislee will even put herself into time-out." As most parents find out, keeping a child busy solves discipline problems. "We go out to I.O.O.F. Park and ride bikes and feed the ducks and ride four-wheelers in the country," Eric said. Bad weather day activities include playing with games, puzzles and reading books. "She stays in her pj's and watches movies, and we play chase in the house. She goes around and

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around the dining room table. I get dizzy, but Paislee doesn't," Eric said. Paislee also enjoys Sunday school at Trinity Assembly of God.

Paislee is blessed with grandparents who live nearby, so they are available and ready when needed, but there is no real road map for co-parenting. "We just picked up on the idea and ran with it. We are big on wanting to raise our kids rather than someone else doing the job. In our families, moms either stay at home or use day care," Eric explained.

Networking with families and other full-time dads at his family's church, Calvary Worship Center, gives Travis additional support, beyond family, that he sometimes needs. "The church has a men's fellowship where I network. The kids and I attend church, Sunday school and children's church. I have great kids," Travis said. Like Eric, he has learned to take care of a little girl's needs. "I can braid hair," he admitted.

Having attended different high schools — Eric at Mildred High School and Kasey at Corsicana High School — they were "set up" on a blind date by cousins and have now been married for eight years. Both graduated Navarro College and Kasey graduated from the Baylor College of Dentistry in Dallas. Both Eric and Travis are working on their emergency management degrees online from West Texas A&M University. "I hang out, work out and study with Travis," Eric said.

Travis summed up his full-time dad role. "I can't stop learning, because the kids are all different. I'm already gone 10 days a month, so I feel like I need to step up and be a full-time dad." With their children thriving, Eric and Kasey and Travis have created a balance between home and work through their parenting choices. **NOW**



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# A Welcoming Loft

— By Callie Revell



*Even though Angel Schiffer moved to Corsicana only two years ago, she already feels right at home. Originally from a small town in Texas, she appreciates the closeness and community Corsicana provides combined with the promising economic opportunities. Angel owns Bittersweet Boutique, a cupcake shop downtown, and her business is what brought her to Corsicana in the first place. "Corsicana is growing," Angel said. "There's a lot of potential in Corsicana. That's really why I chose to come here." Angel chose an apartment downtown and lives there with her two Chihuahuas, Wynter and Rooby.*





## At Home With Angel Schiffer

Her building, owned by Rick Guest, was built in the late 1800s and has had many functions over the years. It was previously a barber shop and men's clothing store. One clue remains by the stairs showing another previous purpose: an old sign painted on the wall that says, *Corsicana Recreation Club — Air Conditioned*. There are two apartments upstairs and one downstairs with a retail space on the street. "Rick bought the building, and he redid everything in it," Angel said. "Everything is brand new, and everything is his design. It's very modern and unique to Corsicana." The lofts feature high ceilings, custom-designed kitchens and hardwood floors.

Angel had her apartment picked out long before she actually moved in. "I

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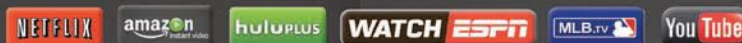
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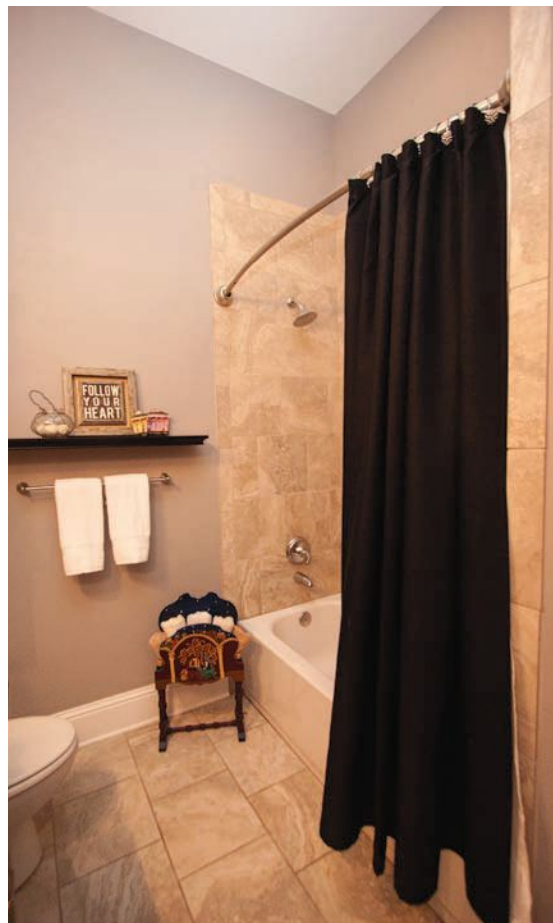


could see a lot of construction going on, so I got to watch the entire process as they were being built,” Angel remembered. “I signed the papers before they even had walls up. I said, ‘It’s mine!’ I knew it was going to be great.” Angel checked in on the apartment periodically and enjoyed watching everything come together, from the floors to the paint on the walls. “I got to see every detail as it happened,” she said.

When Angel moved into her apartment in February 2014, it still wasn’t quite done. “The floors weren’t finished yet,” she said. “They

didn’t have any stain on them. There was no trim. Everything was covered in plastic. Everything else was still under construction. I was the only one in the building. It was kind of creepy at first, but it was a cool experience.” A couple of months later, Angel got neighbors, and everyone in the building gets along well. “I love my next door neighbors, and my landlord is so great,” Angel shared.

Angel had to take a leap of faith when she signed her lease. “When I found out this was being built, there was nothing in here,” she said. “I had









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no idea what it was going to look like.” Although she had a few other options, nothing compared to this loft. “For me, it was exactly what I wanted,” Angel said. “Being single, it’s hard to find a one-bedroom loft downtown. I have one of the only ones. The design also swayed my decision quite a bit. I’d previously lived in a little house in town, but you can’t really beat this location. I don’t think I can move after living here!”

Her favorite time of year to be downtown is Christmastime. “During the holidays, it’s so fun to look out my window and see fireworks and the Christmas tree. It’s really cool to be in the center of it.” In fact, the Christmas festivities downtown helped her make the decision to move to Corsicana back in 2013. “When I first drove into Corsicana, the first thing I saw were all the Christmas decorations lighting up downtown,” Angel remembered. “It was so beautiful, and that’s what made me fall in love with Corsicana.”

After living on her own for a while, Angel was ready for a fresh start. “When I moved in here, I pretty much got rid of everything I owned, and I started new,” Angel said. “That’s why I love this place. You can walk in, and it’s done. I liked that I didn’t have to do anything to it. It was ready to go. It’s nice to have something that requires no work or maintenance.” Angel describes her decorating style as “minimalist.” “One of my goals was to keep the place very clean, but warm,” she said. “A lot of people feel very comfortable here. I’ve created it so anyone can walk in and feel welcome.” Besides her 100-year-old hope chest, Angel doesn’t have very many

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sentimental pieces in her apartment. She surrounds herself with motivational quotes and enjoys decorating with pieces from her travels. "I like items with a story," she said.

The walls are painted in soothing gray tones with white trim. There are three rooms: a bedroom, a bathroom and a great room that includes the living room and kitchen. Huge floor-to-ceiling windows offer a rooftop view outside and bathe the entire apartment in natural light. Transoms on the bedroom and bathroom walls make sure even interior rooms are well-lit. "I hardly ever have to turn the lights on during the day, because there's so much natural light," Angel said. Another bonus is an abundance of storage in what would otherwise be wasted space near the ceiling. "I can't reach it, but it's there!" Angel laughed. "I'm 5 feet 2 inches tall, and I have 12-foot ceilings." The high ceilings make the small space seem much bigger than it really is. "The way they designed it with the storage and the height of the ceilings makes it feel very open," Angel said.

As a baker, Angel's favorite room is naturally her kitchen. "Whenever Rick designed the place, one of the big points for me was having my amazing kitchen," she said. The stainless steel appliances complement the gray walls well, and everything looks clean and polished. Angel specifically wanted a gas oven and stove, and she got her wish. The granite countertops complete the high-end look. Angel uses her kitchen to experiment with new recipes. "Every Friday, I cook a gourmet meal," she said. "I'll recreate a dish from my travels. It's nice to have a great kitchen to be able to do that. It's fulfilling for me. I find it relaxing."

There is, however, one thing her apartment doesn't have. "I miss having a backyard area for my dogs," she said. "We do go on walks every day, and it's fun to walk around downtown and see all the business owners. It works for us." For Angel, the advantages outweigh the disadvantages. "I love the downtown area," she said. "I love being in the middle of everything." Angel feels like living downtown helps her stay involved in her community and helps her meet people. "I'm downtown constantly, and it's good to know what's going on. Living elsewhere, I felt out of touch. Being here keeps me connected." **NOW**

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**June 14<sup>th</sup> - Sunday Morning - Session (1) - 9:45am**

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Katie Ragan and Arelette Cobb offer a valuable service to residents of Navarro and Ellis counties.

# Safe Passage

— By Virginia Riddle

*Maroon and white buses are a familiar sight on the roadways of Navarro and Ellis counties, so much so that most residents aren't aware of the unassuming but valuable service that Katie Ragan, Arelette Cobb and other employees of Community Transit Services provide. "We couldn't ask for a better job, because we know we help individuals. It's not just a service. It's all about caring and having compassion," Arelette said.*

Texans love their trucks and cars, which are needed since most of the state is still rural, necessitating miles of travel between small towns, the farm or ranch and major shopping and medical centers. As they anticipate getting a driver's license, teenagers understand that a license and vehicle represent *freedom*. But what if that freedom is not available anymore? A call to Community Transit Services will be answered by Katie, operations manager, or Arelette, the office manager, and a ride can quickly be scheduled. "There is no income requirement. We serve the general public," Arelette revealed. Their nonprofit service is part of Community Services, Inc., which receives additional funding



**"It's not just  
a service.  
It's all about  
caring and  
having  
compassion."**



at the state and federal levels and through organizations such as United Way.

Most of the residents served by Community Transit Services are the elderly, disabled (the service is ADA approved) and Navarro College students. As Katie stated, "We are all an accident away from not being able to drive ourselves, at least temporarily." Children are allowed to ride, with an accompanying adult, age 21-plus. If 7 years of age or younger, the child must be secured in a safety seat. All passengers must be seated and secured with seat belts during rides, and shopping bags must be secured by the passenger. Drivers will load wheelchairs and help riders on the bus steps, but if

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6. Medication treatment for ADHD is almost always life-changing.

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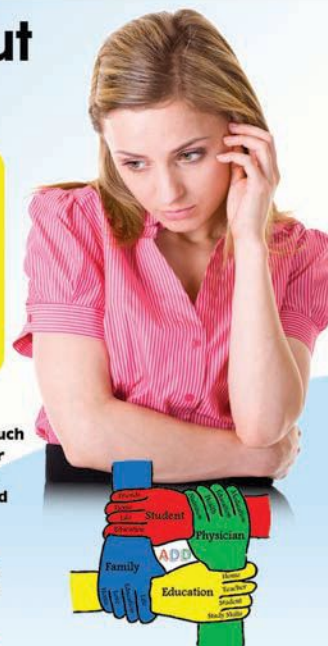
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passengers need further assistance, they must arrange for a personal care attendant (PCA) to ride with them, but there is no charge for the PCA.

Considering the miles traveled, the fares are made affordable to most customers. A \$10 bus pass allows the customer four stops within hub cities, but they can customize their options. The fare is \$4 without a pass per one-way stop within hub cities and \$5 per stop within a county. For customers wishing to travel between Navarro and Ellis counties, the charge is \$1 per mile. "The majority of our customers use the bus pass for our customized, concierge, curb-to-curb service when they need it," Arelette stated. When calling the service, customers must give accurate times of appointments, addresses and dates. All reservations are based on availability, so customers are encouraged to call a day in advance. Rides between counties must be reserved two weeks in advance. "We can handle some same-day calls, but it's all based on availability," Arelette said. Katie told of an instance where a mom got home and realized there was no food for the children that night. "That's when we will do whatever we can. We are a family here, and that includes our customers."

Katie has been an employee for 13 years, and Arelette has been with the service for seven years. Both ladies personally know the daily distances covered by the fleet of 2006-2016 Chevrolet and Ford cutaway models and their drivers. Since drivers start each day from the Corsicana location, Ellis County





routes average 300 miles per day, while Navarro County routes average about half that. Katie and Arelette arrange regular maintenance and repairs with different area vendors. "It's rough when a bus is out of commission. We do oil changes and rotate and align tires every 5,000 miles," Katie explained.

"We have to make sure the vehicles are safe," Arelette agreed. Drivers are responsible for taking care of cleaning bus interiors. "We provide masks, gloves, and Clorox, so they can keep it as germ-free as possible, since we transport people with compromised immune systems," Katie added.

Drivers must have a current Texas CDL license and the special temperament required of those who work with the public. "We have to be patient. We see people's good and bad days. Some of our customers are on dialysis. Others are cancer patients. Sometimes we don't know what that person is going through," Katie explained.

Customers are encouraged to be waiting at pick-up sites, since drivers do not wait more than five minutes. However, exceptions are made. "If a driver knows that person's routine, and they aren't answering their phone or door, we check on them or have an apartment manager or someone check. We know when something is happening that's out of character for that customer," Arelette said.

Likewise, regular customers get to know their drivers. "They have their favorites and may request a certain

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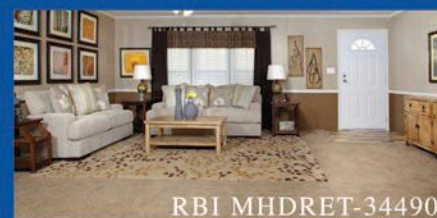
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driver,” Katie remarked laughingly. Longtime customers who know Katie and Arelette call to check up on them. “One lady just calls to talk. She always tells us, ‘I love ya’ll,’” Katie said.

However, there are challenges. Time slots and routes are built daily, and having sick drivers or equipment failure can make the original schedule impossible to keep. Texas weather is especially challenging. “It’s very hard to keep the buses clean when the weather is bad,” Katie said. The drivers run the buses through car washes or outsource the job. If the roads get too bad, the service has to shut down. “That causes us double duty, since we have already scheduled everyone, and then have to call to cancel and reschedule,” Katie explained.

Currently, the service runs Monday-Friday from 5:00 a.m.-5:00 p.m., which requires drivers going to Midlothian from Corsicana to leave as early as 4:15 a.m., but Community Transit Services is not daunted. Future possible changes include expanding service to Saturdays and transporting veterans to and from the Dallas VA hospital.

Both Katie and Arelette enjoy their jobs so much, they find it hard to leave after clocking out some days. Both ladies are Corsicana natives and graduates of Corsicana High School. They can easily recall why they do this challenging job. “I have been able to meet so many new people,” Katie said.

“It’s the joy of seeing a 90-year-old lady who’s tickled that she can get where she wants to go, and as a driver, I was able to see new places in neighborhoods and rural areas I had never gone to,” Arelette revealed. “I can say I have been to Italy and Venus all in one day!” **NOW**

*Editor’s Note: For more information, call service at (903) 872-2405 or 1-800-834-1924.*



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# How Does *Your* Garden Grow?

— By Virginia Riddle

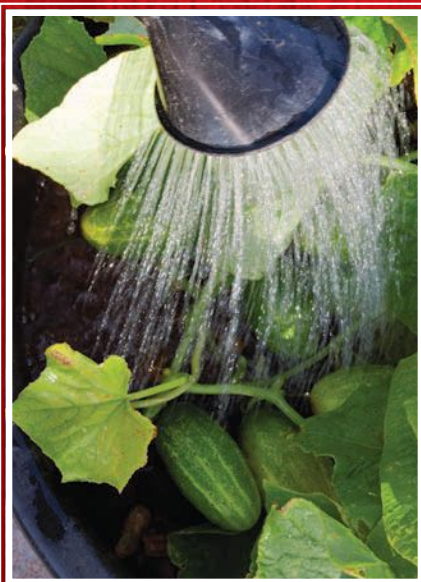


*By June, vegetable garden rows or containers full of your favorites should be standing at attention in full flower or should be producing the beginning fruits of your springtime labors. But if you are to keep your kitchen stocked with fresh produce, you must master the challenges your thriving young vegetable plants will face during these Texas summer months.*



## Weather and Watering

Summer high temperatures for our Blackland Prairie Region average around 95 F, with the possibility of 100-plus F successive days. Nights rarely cool below 75 F, and typically, the prairie gets about 30-35 inches of moisture a year, mostly in the spring and fall seasons. Additionally, the soils are generally shallow. We love our cold drinks, and our plants need to drink also. Compare a tomato that is about 95-percent water to a human body that is about 75-percent water, and you will appreciate your plants' summer watering needs.



Some helpful watering hints include:

1. Watering too much or too little is a problem. When soil is dry to the touch, water to a depth of 1-2 inches at least once a week. Remember, leaves can wilt from being too wet or too dry.
2. Use drip or trickle irrigation to avoid waste. Run hoses slowly in furrows so every costly drop soaks in, and use overhead irrigation only as a last resort, since watering in this fashion allows water to evaporate rather than soak in and promotes disease on leaves and rot of fruit. Use wicking or refillable watering bottles available at your garden center for container plants.
3. Water early in the morning or early evening to avoid greater evaporation during the heat of the day.
4. Keep your garden weeded since weeds drink precious and expensive

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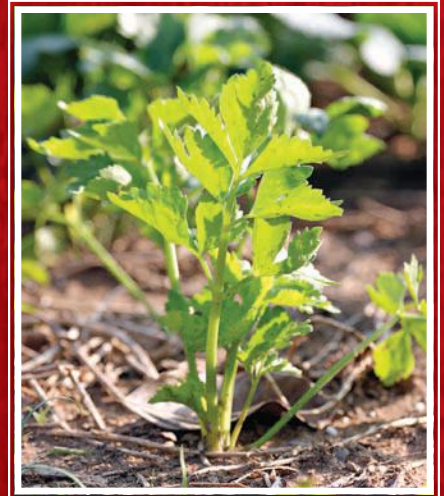
water. Use a Cape Cod weeder, swan hoe and/or collinear hoe for weeding.

5. When plants are at least 4-6 inches tall, add more mulch around the stems. The best types of mulches are organic — bark, compost, pine needles or shredded leaves. However, if you use a black plastic liner, cover it with a thick layer of organic mulch, since it will soak up the summer sun's heat if left bare. Organic mulches lower or moderate soil temperatures.

6. Keep plastic buckets handy and use them to cover your smaller plants before occasional hailstorms occur.

## Insects

By including cilantro and mint in your garden plantings, you will attract beneficial insects, which include: bees, lady bugs and green garden spiders. For grasshoppers, spider mites and other problem insects that eat what you love, purchase horticultural oils and soaps that are sold at garden centers and use them as directed. If you use heavily based chemical sprays, be sure to scrub your veggies well before eating them!



## Animals

Bambi is cute until he consumes your nearly ready-to-eat corn. Deer, raccoons, skunks, wild hogs and/or rabbits can be discouraged by installing small-charge electric fencing that can be turned off and on. Additionally, a live animal trap can be used to capture, relocate and release small animal poachers into a more suitable habitat. Finally, mesh netting can be laid on the ground for about 10-15



feet surrounding the garden. Secure netting with ground staples. Deer and other four-footed hooved animals don't like poor footing. They are less likely to walk on something that might entangle them. Old CDs can be hung to scare away animals and birds.

Beneficial animals include: nonvenomous snakes, toads, frogs and earthworms. Be sure to know your snakes, and always stick your long-handled hoe under or into plants to check for their presence before you risk a snake or spider bite!

## Fertilizing and Feeding

Feeding vegetables during this growth spurt season is important, especially if your plants are growing in containers. Choose an organic or nonorganic, soluble complete-and-balanced plant food or high nitrogen fertilizer that is



the right complement for your soil, based on its previous test. Your garden center expert or county extension agent can advise you. Follow the package directions for application and frequency. It's best to spray early in the morning, keeping the fertilizer off leaves, and water thoroughly right after feeding to avoid fertilizer burn from the hot sun. Organic compost tea or manure tea can be made by mixing a bushel of either with 20 gallons of water in a plastic garbage can. Let the tea brew for at least four days, agitating it once a day. Apply at plant roots with a spray bottle used only for this tea, then water thoroughly.

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## Pot-bound Container Grown Vegetables

If your tomato potted plants have branched out and are looking a little ragged, transplant them to larger pots, after trimming their roots slightly. If the pots have been used previously, be sure to clean them with a 10-percent solution of laundry bleach to kill any organisms or insect eggs before you refill the pot with new potting soil.

## Harvesting

Pick your mature vegetables during mid-morning hours, just after dew has dried but before the sun causes the wilting of leaves or saps the flavors. Harvest herbs before the plants have gone to seed.



## Plan Your Fall Garden

Our first freeze is normally about November 15. Count back the days from that date to establish a second summer planting early enough for the crops to mature before the first freeze. Favorite fall starters that go into the winter months include: lettuces, spinach, leeks, kale and collards. Start these from seeds and plant them in the garden or containers in October. **NOW**





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The McMullens find joy in providing a peaceful setting where people can relax.



# Lazy Lakeside Living

*A relaxing Corsicana staycation is only a few minutes away.*

— By Virginia Riddle

Looking for a quick, relaxing getaway close to Corsicana? Just a short drive from Beaton Street takes guests to Sunset Cove Marina, Campground & Resort, the only commercial property on the north end of Lake Richland Chambers. Resident owners and managers, John and Susan McMullen, have built a campground and resort in a peaceful setting that takes full advantage of beautiful sunrises and sunsets. “People enjoy just coming here and escaping the world,” Susan said.

Accommodations can be arranged for any of the 11 full-hook-up RV sites or at tent sites. Some tent sites offer electricity and water. Guests can take advantage of nightly, weekly and monthly rates with free Wi-Fi.

There are plenty of activities to keep everyone as busy as they wish to be. Guests can sun on the beach, swim in the lake, ride bicycles or hike the country roads, rent a kayak or paddle boat, picnic under a canopy of pecan trees, fish from the pier or launch privately owned boats or other recreational watercraft to take a spin around Lake Richland Chambers or fish in open water. Birdwatchers can spot many varieties of water fowl. At the end of the day, guests can grill their catch of fish over a campfire and enjoy sitting around the fire into the night while sharing time-honored camping traditions, such as: making s’mores, telling stories, singing and making memories.

Sunset Cove Marina, Campground & Resort’s convenience



store carries snacks, ice, drinks, ice cream and camping supplies as well as some clothing. Booths allow guests to sit and visit, and there is plenty of public parking for guests who just want to come enjoy the activities for a day without spending the night.

Stop at the bait shop to pick up night crawlers, goldfish and minnows to ensure a good catch of the day. A laundromat is available on-site as well as public restrooms. "Since we are a mom-and-pop operation, we are small enough to offer a real camping experience, but we have what guests want," John said.

John and Susan relocated from Arizona where John was building boat

**"People enjoy just coming here and escaping the world."**

docks "in ponds in the desert." John, a pilot and minister, dreamed of owning an amphibian plane and being able to land on the lake. Originally from Michigan, John's dad dreamed of doing the same. "My 1973 boat-bottomed plane is a fulfillment of my dad's dream," John said.

The couple met when John was hired by Susan, who is now a family medicine physician with East Texas Medical Center in nearby Gun Barrel City, to do some construction work on her home in Glendale, Arizona. "I was impressed that he showed up on time. We kept talking, and started going to church together. He asked me out when I had written his final check," she recalled.

"We became best friends before we got married," John said.

John's construction experience and Susan's can-do attitude have come in handy while the couple has been doing extensive renovations and learning the business since purchasing the property. "People make suggestions and some campers have helped us with the marina and campground's renovations. Sam Washington from Dallas has been an awesome friend to us," Susan said. "It's a joy to meet so many people and see people enjoying the lake." **NOW**

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*Stuart Smith State Farm celebrates their ribbon cutting.*



*It takes a lot of helping hands to help a cowboy ride this bull at the Navarro County Derrick Days Pro Rodeo!*



*Carol Cundiff displays the Corsicana Newcomers' Club's new logo she helped design.*



*It's Legos at the Library fun for all ages.*



*Smiles are plentiful at the Strength of Our Roots Hope Center's banquet.*



*Mrs. America Michelle Evans adds glamor to the 2015 Mrs. Texas Pageant.*



*The staff at Chickadee's Embroidery Shop host guests at the Downtown Wine and Cheese Stroll.*



*Finalists in the Derrick Days wing eating contest get a free supper for their efforts.*



*Steven Palmer, Jan Noblett and JoAnn Hawk peruse the selections at the Friends of the Corsicana Library's book sale.*



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## Watch for These Credit Score Myths

Your credit score is complex, but your understanding doesn't have to be. Take note of these six common credit score myths, so you can work to improve your rating, not hurt it.

**Myth #1:** It's impossible to improve your credit score.

**The truth:** You can rebuild credit over time with patience and good debt management. As you consistently make prompt payments, lenders will notice the negative marks on your credit history less. Learn more from your financial advisor about improving your credit score.

**Myth #2:** Checking your credit can hurt your credit score.

**The truth:** Pulling your own credit report, also known as a "soft inquiry," doesn't affect your credit score. In fact, regularly checking your credit report is a responsible financial practice. You are entitled by law to one free report from each of the three reporting bureaus every 12 months. Keep in mind: If a lender pulls your score to approve a new line of credit, it is a "hard inquiry" and can lower your credit score. You typically have to authorize this process.

**Myth #3:** Closing old accounts can boost your credit score.

**The truth:** Closing an account lowers your available credit —

which can raise your debt-to-credit ratio and therefore lower your score, especially if you carry balances on other cards.

**Myth #4:** Closing old accounts can shorten your credit history.

**The truth:** Accounts with no negative marks that are paid in full will remain on your report for 10 years after being closed.

**Myth #5:** Cosigning for a loan or credit card won't affect your credit score.

**The truth:** You are just as responsible if the borrower misses a payment or exceeds his or her limit — and your credit score will be penalized.

**Myth #6:** Paying cash is the best thing you can do for your credit score.

**The truth:** A good credit score means a solid credit history — which can't be built or maintained by paying for everything with cash. **NOW**

*Lynda Housley is a State Farm agent based in Corsicana.*




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# The Space Place

— By Angel Morris

The National Aeronautics and Space Administration's center for human spaceflight activities has a big name to encompass a big mission — the study of space research and travel. Better known as NASA Space Center, the facility is located in Houston and is the official visitor center of the Lyndon B. Johnson Space Center.

For children who love all things outer space and adults interested in spaceflight, the Space Center Houston is a day of educational fun. Encompassing 1,620 acres of NASA efforts, the center includes exhibits and activities simulating astronauts' out-of-this-world experiences. Besides navigating miniature remote-controlled space equipment, patrons can land a shuttle and experience first-hand, anti-gravitational moon walking. In the Space Center Theater — the largest screen in Texas — viewers can watch the evolution of astronaut training and equipment, while a second theater simulates the sensation of a blast-off.

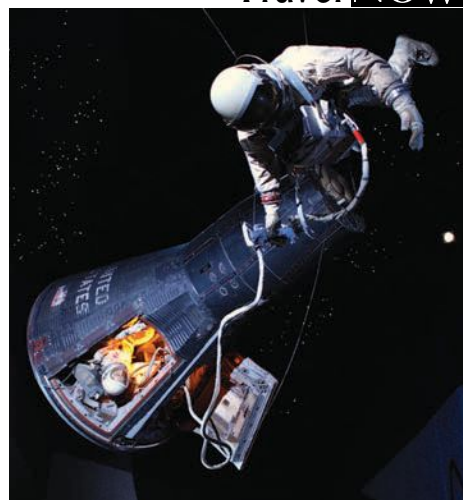
Among other presentations are the Stellar Science Show, Living in Space, the Gallery Wall (crew photos of every astronaut to have flown in space), as well as actual space suits and equipment exhibits. A popular attraction is the NASA Tram Tour, a guided ride around the center featuring recorded voices of astronauts telling their own stories of space exploration. Tour participants visit Historic Mission Control and Building 9, where astronauts train for the next trip to the International Space Station. The tour also includes a stop at the new Saturn V Complex at Rocket Park.

Perhaps most memorable is the tour's pause at the Space Center's Memorial Garden, where trees are planted to honor fallen astronauts, as well as researchers who have dedicated their careers to space exploration. Guests might also be interested in scheduling

Lunch With an Astronaut — a casual dining event with a NASA astronaut sharing firsthand stories over a “cosmic” catered lunch. The cost of lunch includes Space Center admission and a personalized lithograph from the guest astronaut.

For ages 5 and up, the 30-minute film *Destination Station: The International Space Station* offers a glimpse of the future of space research. The film explores the seemingly impossible partnership between the U.S. and Russia in forming a long-term outer space outpost and forecasts where the science of today will lead space exploration tomorrow. And if that topic seems a little weighty for younger viewers, you can recapture their attention in the Angry Birds area, where creatures from the popular app game experience space exploration in a variety of ways!

Space enthusiasts of all ages can wrap up their visit with a trip to the Space Center gift shop, where moon rocks, dried ice cream (like the astronauts eat) and replica space gear is available for purchase. For families visiting the area, Space Center Houston is a must-see attraction offering insight from the real space pioneers who made the dream a reality and perhaps inspiring the new frontiersmen and women of tomorrow. **NOW**





# Painful Crystals

— By Betty Tryon, BSN

Your big toe feels as if it is spouting red-hot flames. Red and swollen, it seems to be holding on to the cauldron of fire. You may have gout. A veteran at a VA hospital said this about gout, "I've been shot, beat up, stabbed and thrown out of a helicopter, but none of that compared to the gout."<sup>1</sup> The good news is it's very treatable and even possible to lessen the risk of a recurrence of an outbreak, or at least to minimize the flare-ups.

Gout is the buildup of too much uric acid in the body, which causes it to solidify in joints. Uric acid deposits are crystals in a needle like formation, and they are very painful. Many times the big toe is the initial point of attack of the uric acid, but other joints can be affected, in addition to or even without involvement of the big toe. Feet, heels, ankles, knees, fingers, wrists and elbows are some, not all, of the joints that can be targeted. All of the joints affected are subject to swelling, inflammation and pain.

You can be predisposed to develop gout by some things you do and by who you are. Eating red meat, particularly large quantities of organ meats, such as liver, heart and kidneys, can raise the level of uric acid. Some seafood, such as anchovies, sardines and herring, can also raise the level of uric acid. Another consumption that can predispose one to gout is alcohol. Drinking more than two beers a day can raise your uric acid level. Men are more likely to develop

gout than women. However, after menopause, a woman's risk increases. Obesity poses a greater risk, because a greater amount of uric acid is produced, and people who are very overweight have the added burden of it developing at an earlier age. If you have a family history of gout, the chances are greater for you.

Treating gout is something your physician will discuss with you in order to prepare a plan that addresses your specific needs. Some of the medications used are nonsteroidal anti-inflammatory drugs (NSAIDs). Some of these, such as Aleve and Advil, may be conveniently purchased over the counter. Stronger ones are available by prescription. Colchicine is sometimes prescribed to help with the pain. Corticosteroids may be prescribed to help with the pain and inflammation.

If you experience any of the symptoms of gout, seek the care of a physician with the first flare-up. Ignoring it can lead to joint damage. There is help out there to lessen the symptoms and the recurrence of this condition. **NOW**

Source:

1. <http://www.medicalnewstoday.com/articles/144827.php>

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

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### June 5

An Evening With Larry Gatlin: 7:30 p.m., The Palace Theatre. For more information or to reserve tickets, visit [www.corsicanapalacetheatre.com](http://www.corsicanapalacetheatre.com).

### June 6

Corsicana Public Library Summer Reading Program Registration: 10:00 a.m.-4:00 p.m., Corsicana Public Library. The summer reading program will end on **July 31**. For more information, call (903) 654-4810.

### June 9

Carter Blood Drive: 10:00 a.m.-2:00 p.m., Navarro Regional Hospital classroom. For more information, contact Connie Beal at (903) 654-6892 or email [connie\\_beal@chs.net](mailto:connie_beal@chs.net).

### June 9, 23

Legos at the Library: 1:00-3:00 p.m., Corsicana Public Library. All ages are welcome. For more information, call (903) 654-4810.

### June 9 — August 22

Summer Fun at the Y: Times and dates vary, Corsicana YMCA. Summer programs include basketball camp, healthy kids camp, machine pitch baseball, volleyball, day camp, kid pitch baseball and T-ball. For more information or to register, call (903) 872-2412 or visit [www.corsicanaymca.org](http://www.corsicanaymca.org).

### June 10, 11

Jester Park and Bunert Park openings: Pool hours for Jester Park starting **June 10** are **Wednesdays-Saturdays**, 1:00-6:00 p.m.; **Sundays**, 1:00-5:00 p.m.; Pool hours for Bunert Park starting **June 11** are **Wednesdays-Saturdays**, 1:00-6:00 p.m. Call pool managers to reserve a morning or evening pool party time. For more information, call (903) 654-4874.

### June 11, 18, 25

Special Guest Appearances: 10:00 a.m., Corsicana Public Library. All ages will enjoy Professor Brainius, David Chicken and The Comedy Magic of John O'Bryan on respective dates. For more information, call (903) 654-4810.

### June 12

An Evening with Travis Tritt: 8:00 p.m., The Palace Theatre. For more information or to reserve tickets, visit [www.corsicanapalacetheatre.com](http://www.corsicanapalacetheatre.com).

### Senior Circle Pot Luck Luncheon:

11:30 a.m.-1:00 p.m., Navarro Regional Hospital. Bring a salad, vegetable, casserole or dessert and enjoy a round of bingo after lunch. For more information, contact Connie Beal at (903) 654-6892 or email [connie\\_beal@chs.net](mailto:connie_beal@chs.net).

### June 13

The City of Corsicana Second Saturday: 11:00 a.m.-2:00 p.m., Beaton Street/ Downtown Corsicana. For more information, call (903) 654-4851.

### June 15 — 18

Tennis Camp: Times vary by age groups 5-16 years old, Mertz Tennis Center. For more information, call (903) 654-4874.

### June 16

Vietnam Veterans of America, Chapter 1009 meeting: 7:00 p.m., LaPradera Restaurant. For more information, email Roy Messick at [roy.messick@gmail.com](mailto:roy.messick@gmail.com)

### June 16, 30

Arts and Crafts Tuesdays: 1:00-3:00 p.m., Corsicana Public Library. Ages 8-12 are welcomed. For more information, call (903) 654-4810.

### June 15 — 23, July 6 — 13

Children's Company Theatre Camp 2015: 1:00-5:00 p.m., Warehouse Living Arts Center. Offered for campers in grades 3-12. For more information, call (903) 872-5421 or visit [www.warehouselivingartscenter.com](http://www.warehouselivingartscenter.com).

### June 17

Senior Circle Lunch Bunch: 11:30 a.m.-1:00 p.m., Sirloin Stockade. Join Navarro Regional Hospital's Senior Circle members for fun, food and fellowship. For more information, contact Connie Beal at (903) 654-6892.

### June 18

Pioneer Library Club meeting: 4:00 p.m., Kerens Library. For more information, call (903) 396-2665.

### June 19

Free Movie in the Park: 7:30-10:30 p.m., Fullerton Garitty Park. The whole family will enjoy this night out. For more information, call (903) 654-4874.

### June 22

Slip N Slide Day: 9:00-11:30 a.m., Community Park. All ages are welcome. For more information, call (903) 654-4874.

### June 23, 24

Navarro Regional Hospital Auxiliary Book Fair: 7:00 a.m.-4:00 p.m., **Tuesday**; 7:00 a.m.-1:00 p.m., **Wednesday**; Navarro Regional Hospital. All proceeds benefit the Auxiliary Scholarship Fund. For more information, contact Connie Beal at (903) 654-6892 or email [connie\\_beal@chs.net](mailto:connie_beal@chs.net).

### June 25

Lake Halbert Round-up: 9:00-11:30 a.m., Lake Halbert Park. This activity is for ages 6-12. For more information, call (903) 654-4874.

Corsicana Newcomers' Club: 11:00 a.m., Angelita Vineyard and Winery, 254 Shadycreek Ln., Angus (Corsicana). It's time for a garden party and wine tasting, so wear your sun hats, sundresses or favorite floral outfit. For more information or to confirm reservations, contact Annie Avery at (714) 345-6707.

### June 26

Gone Fishing: 8:30-11:30 a.m., I.O.O.F. Lake. This activity is for ages 7-12. For more information, call (903) 654-4874.

### June 30

The Sweet Treat Tour & Eat: 9:00-11:00 a.m., Collin Street Bakery. This activity is for ages 7-12. For more information, call (903) 654-4874.

### July 4

Rotary Club Freedom Festival at I.O.O.F. Park: 6:00 p.m., music, concessions and children's activities; 7:30 p.m. patriotic celebration; 9:00 p.m. fireworks. For more information, call (903) 654-4874.

### Ongoing:

#### Mondays

Story Time: 6:30 p.m., Corsicana Public Library. This program is for all ages. For more information, call (903) 654-4810.

#### Wednesdays

Story Time: 10:00 a.m., Corsicana Public Library. This program is for all ages. For more information, call (903) 654-4810.

*Submissions are welcome and published as space allows. Send your current event details to [virginia.riddle@nowmagazines.com](mailto:virginia.riddle@nowmagazines.com).*





## In the Kitchen With Heidi Elder

— *By Virginia Riddle*

An only child, Heidi Elder grew up close to her mom and dad, but professes, “I was a daddy’s girl.” She learned to cook from both parents and now, “puts that love” into her cooking. Heidi has learned to adapt her recipes for a crowd that today includes her husband, Kyle, their four children and friends and family who know they are always welcome.

Heidi has mastered her mom’s art of tortilla making and enjoys cooking deer, lamb and Mexican food. “It’s fun to try all kinds of things,” Heidi said. “I cook almost every night and love the experience of us gathered around the table talking and sharing our day.” **NOW**

### Chicken Lazone

**1/2 tsp. salt**  
**1 1/2 tsp. chili powder**  
**1 1/2 tsp. onion powder**  
**2 tsp. garlic powder**  
**1/4 tsp. cayenne pepper**  
**2 lbs. skinless chicken breast, cubed**  
**1/4 cup butter**  
**2 cups heavy cream**  
**1/3 cup sour cream**  
**1 cup chives, chopped**  
**Pasta, mashed potatoes or white rice**

1. Combine salt, chili powder, onion powder, garlic powder and cayenne pepper; dip chicken into the mix.
2. In a large pan, melt butter; thoroughly cook chicken.
3. Add cream and sour cream to chicken and butter; lower heat and simmer for 5-7 minutes until sauce thickens.
4. Top mixture with chives. Serve over pasta, mashed potatoes or white rice.

### Mexican Spaghetti

**2 lbs. hamburger meat**  
**2 cups flour**  
**4 cups water**  
**1/4 cup chili powder**  
**2 cubes tomato bouillon**  
**Salt and pepper, to taste**  
**1/3 cup olive oil**  
**2 lbs. fideo pasta**  
**8 potatoes, peeled and cut into chunks**  
**1/2 cup white onion, chopped**  
**2 cups shredded Mexican cheese**  
**Tortillas or corn chips**

1. Brown hamburger meat; drain and set aside.
2. In another skillet, add flour, water, chili powder, tomato bouillon and salt and pepper; stir until mixture thickens.
3. In a third skillet, heat olive oil on medium heat. Add fideo pasta; cook until pasta turns golden brown and drain.
4. In a large soup pot, combine all three

skillet mixtures with potatoes and onion. Cover and simmer for 35-40 minutes or until pasta and potatoes are softened.

**5.** Add cheese to top of mixture; cover and simmer for an additional 10 minutes. Serve with tortillas or corn chips.

### Stuffed Biscuits

**1/3 cup brown sugar**  
**1/3 cup sugar**  
**1/4 cup butter**  
**1 family-size can biscuits (8-12 biscuits)**  
**1 8-oz. can apples, pears, cherries or peaches**  
**Vegetable oil, for frying**  
**Vanilla ice cream, to taste**  
**Chocolate or caramel syrup, to taste**  
**Whipped cream, to taste**

1. Mix sugars in a bowl; melt butter in another bowl.
2. Roll biscuits out flat; dip in butter then coat with sugar mixture.
3. Add chosen fruit onto middle of flattened biscuits; fold over each biscuit and seal edges with a fork.
4. Drop biscuits into hot oil in a deep fryer or skillet; cook until biscuits are golden and fluffy.
5. Serve topped with vanilla ice cream, choice of syrup and whipped cream.

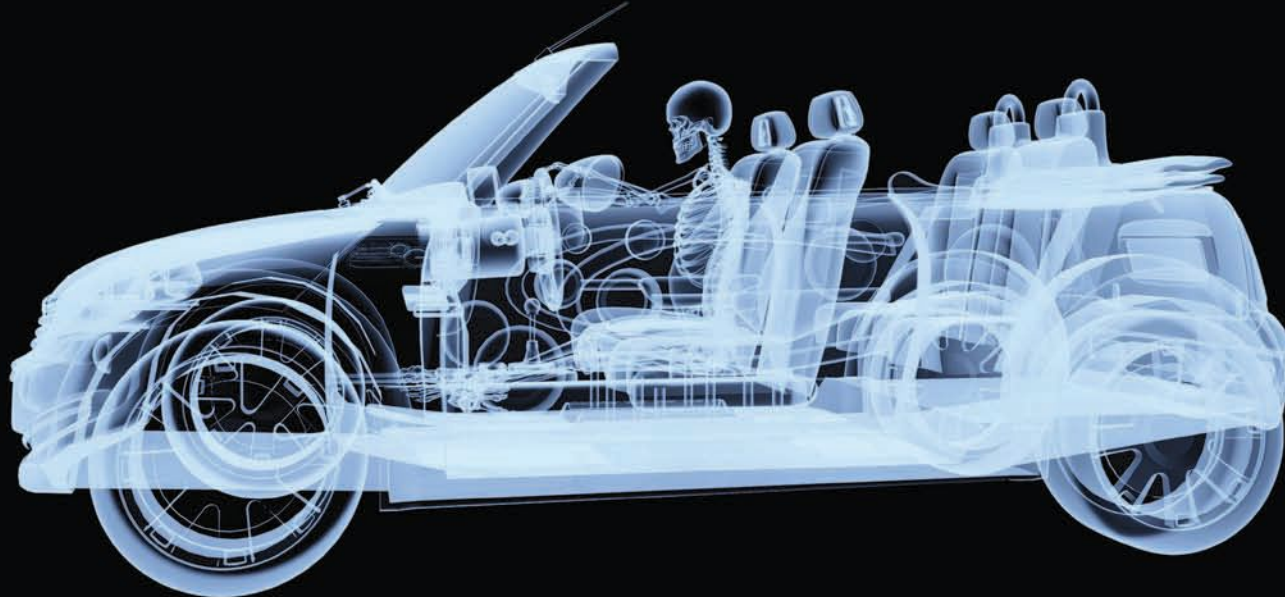
### Grilled Banana Sandwich

**Peanut butter**  
**2 pieces of bread**  
**1 banana**  
**1/2 tsp. brown sugar**  
**1/2 tsp. cinnamon**  
**Pat of butter**  
**1/3 cup caramel or chocolate sauce**  
**1/2 tsp. powdered sugar**

1. Spread peanut butter on bread; slice banana in half lengthwise.
2. Place banana between bread slices to make a sandwich; sprinkle with brown sugar and cinnamon.
3. Melt butter on a hot griddle; add sandwich and cook until toasted on both sides.
4. Serve topped with caramel or chocolate sauce and powdered sugar.

**To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).**





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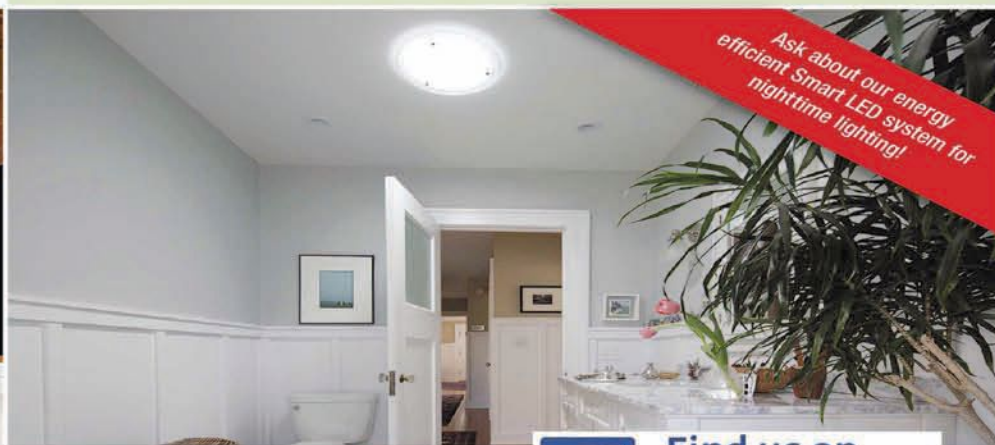
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