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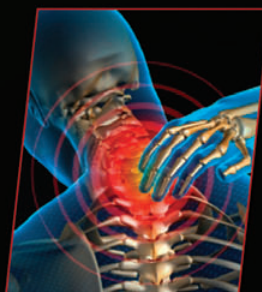
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ON THE COVER



These sisters can "break a leg" and then "take a bow."

Photo by Memories by Melissa.

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Editor's Note

Hello, Corsicana!

It's so wonderful to see folks outside using our city parks, playgrounds and ball fields during this first month of summer. On June 4, we celebrate National Trails Day. There are several historical national trails in Texas that can be explored and many state parks with hiking, biking and equestrian trails. If you are interested in getting a little exercise while you enjoy nature and perhaps some cultural events in our parks, check

out our *CorsicanaNOW* calendar or visit <https://tpwd.texas.gov> or www.americantrails.org for more information.

I also enjoy visiting area farmers markets, which will be full of fresh, homegrown fruits, veggies and baked goods. Our own local market will feature all sorts of plants for our gardens. What a treat it is to venture to downtown Corsicana, see friends and neighbors and eat healthy!

Enjoy the great outdoors!

Virginia

Virginia Riddle
CorsicanaNOW Editor
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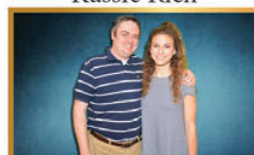
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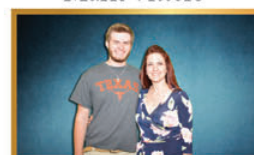
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10020 FM 744-Barry

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209 Starcrest

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NEW LISTING!

1703 E. Beverly Dr.

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FM 1126

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TBD W. 2nd Ave.

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2108 Arcady Ln.

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NEW LISTING!

517 Wesley Dr.

4-bedroom, 2-bath home. Come see it soon! Kitchen just needs your finishing touches on it!



NEW LISTING!

1915 Mimosa Dr.

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2501 Park Row

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TALENTED TWO



Out beyond the curtain, the audience quiets down, and attendees get to their theater seats. On the stage side of the curtain, nervous actors take a deep breath and scurry quickly to their spots. The stage becomes darkened and hushed just before the curtain begins to rise, and then it comes to life with light and voices. "Acting isn't easy. The audience sees the final outcome, but there's lots of hard work and dedication that happens first," Lexie Owen said.

— By Virginia Riddle

SOME



Lexie and her sister, McKenna Owen, will be a senior and freshman respectively at Corsicana High School this coming year. They both have several stage credits to their names, having grown up in the Warehouse Living Arts Center's Children's Company and attending summer camps and performing in school plays. "I've always liked acting and went to theater shows at an early age, but I started classes in the fourth grade," Lexie said.

Gammie, known by others as Carole Davenport, said, "All of our grandchildren have their own pillowcases at our house. Lexie's says 'Drama Queen.'" At CHS, Lexie has played Betty Hopewell in *The Bridegroom of Blowing Rock*; a fairy in Shakespeare's *A Midsummer Night's Dream*; Sissy in *A Piece of My Heart*; the lead in *Tinkerbell, the Musical*; and she had a solo in *Godspell Jr.* Additionally, Lexie played the popular role of Jo March in the Warehouse production of *Little Women* and Nicole in *The Would-Be Gentleman* at Grayson College's Performing Arts Center Theatre Camp. Lexie counts current CHS theater teachers, Gloria McLuckie, Azure McLuckie and former CHS theater teacher, Abe Ramirez, as her mentors. "We know we've done well when Ms. Mac says she's proud of us," Lexie said.

As much as she loves the stage, Lexie is moving into the technical world of theater. She served as sound technician for CHS's One Act Play production of *Playhouse Creatures*, worked in special effects makeup and built sets. She has taken different CHS theater classes and has served as vice president of the school's Thespian Troupe. Much of Lexie's time is spent in rehearsals, excelling in her schoolwork and volunteering at CHS as a special education peer coach. She also volunteers at the Warehouse in costuming and helps with young child actors during the shows.



Sisters Lexie and McKenna Owen share a love for the stage.

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Lexie in stage makeup.

McKenna has performed in Warehouse productions of *Alice in Wonderland* and *Little Mermaid Jr.* She was Beth in Collins Middle School's *Oz*, for which she was awarded the Cast Acting Award at OAP competition. Mrs. Frances Dodds, CMS teacher, encouraged McKenna to try out for the part. "I had bad stage fright at first, but I had fun with everyone in the cast," McKenna remembered. "Backstage I helped by doing the munchkins' makeup." She overcame her stage fright by realizing she's not herself on stage. "The audience is laughing at my character, not me," she said.

Dance class, choir, Pre-AP classes and serving as an eighth grade teacher's assistant at CMS have filled in McKenna's time outside of rehearsals. She enjoyed her theater class. "We read through lines, analyzed characters with the director and asked questions about the entire life of our character. There was a lot of memorizing of lines," McKenna said. "My character had so many lines, but we had worked hard so I felt confident about my performance."

Mrs. Dodds was impressed by McKenna's performance. "McKenna is a terrific young actress to work with. She is talented and committed to doing her best. Her dedication to learning her lines and developing a character inspired others in the cast to do better. I loved having her in the show!"

Getting into character is a challenge for most actors. "I usually start with lots of research and analysis of the script," Lexie said. "I have to know about the clothes from that time period and what makeup will be needed, for instance to make me look like I'm Cherokee. Once I walk onto the stage, I run through my lines, freeze, take a deep breath and step



Gloria McLuckie and Frances Dodds encourage and mentor Lexie and McKenna.

into character.” She likes performing in comedies but can find humor in any genre. “Each show has a comic relief character even in dramas,” Lexie said.

A more classical style or horror are McKenna’s favorite genres, whether on stage or when enjoying movies. “It seems more adult,” she said. “I watch movies a lot, but I follow the story line rather than really think about the characters.” McKenna hopes to keep performing on the stages at the Warehouse, CHS and The Palace Theatre during her high school years, but she is also interested in photography. “I’m really into landscapes, portraits and nature photography,” she revealed. “I also love music and dancing.” With the possibility of having this talented twosome on the same playbill this coming year at the high school, McKenna is aiming to focus more on the technical side of theater. “It’s Lexie’s senior year, and I’m a freshman. I want her to have her moments in the spotlight this next year,” McKenna said.

It will be a busy year for Lexie with more travels to competitions, hopefully again advancing all the way to UIL State in Austin, and she is not finished



Lexie and McKenna’s father, Dan Owen, can’t be more proud of their talents.



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with college visits. No matter where she attends college, Lexie knows her major will be theater with a minor in special effects. “I really want to act professionally, and I love special effects like makeup and hair styling.

“When I do have spare time, I read. I’m also getting more involved in special effects, and I watch movies,” Lexie said. She is a fan of the Oscars. “I like to figure out why they were winners,” she explained. Her favorite actors are Johnny Depp and Leonardo DiCaprio. “They play very detailed characters, and everything they do is done for a reason.”

These sisters are the daughters of Dan and Shana Owen and granddaughters of H.M. and Carole Davenport, Eddie Owen and Juanita and Ralph Ward. “Every time there’s a performance or competition, our parents and grandparents are there,” McKenna said.

“We get flowers and dinner out after our performances,” Lexie added. “The cast becomes my family, too, and I always enjoy the cast parties.”

“We are so proud of our firstborn grandchild and the young woman she is becoming,” Carole said of Lexie, “and McKenna is so bright and talented. Both have awesome futures ahead of them.”

Lexie explained her joy, “After every performance, when the curtain goes down and the audience applauds, it’s a special moment.” **NOW**

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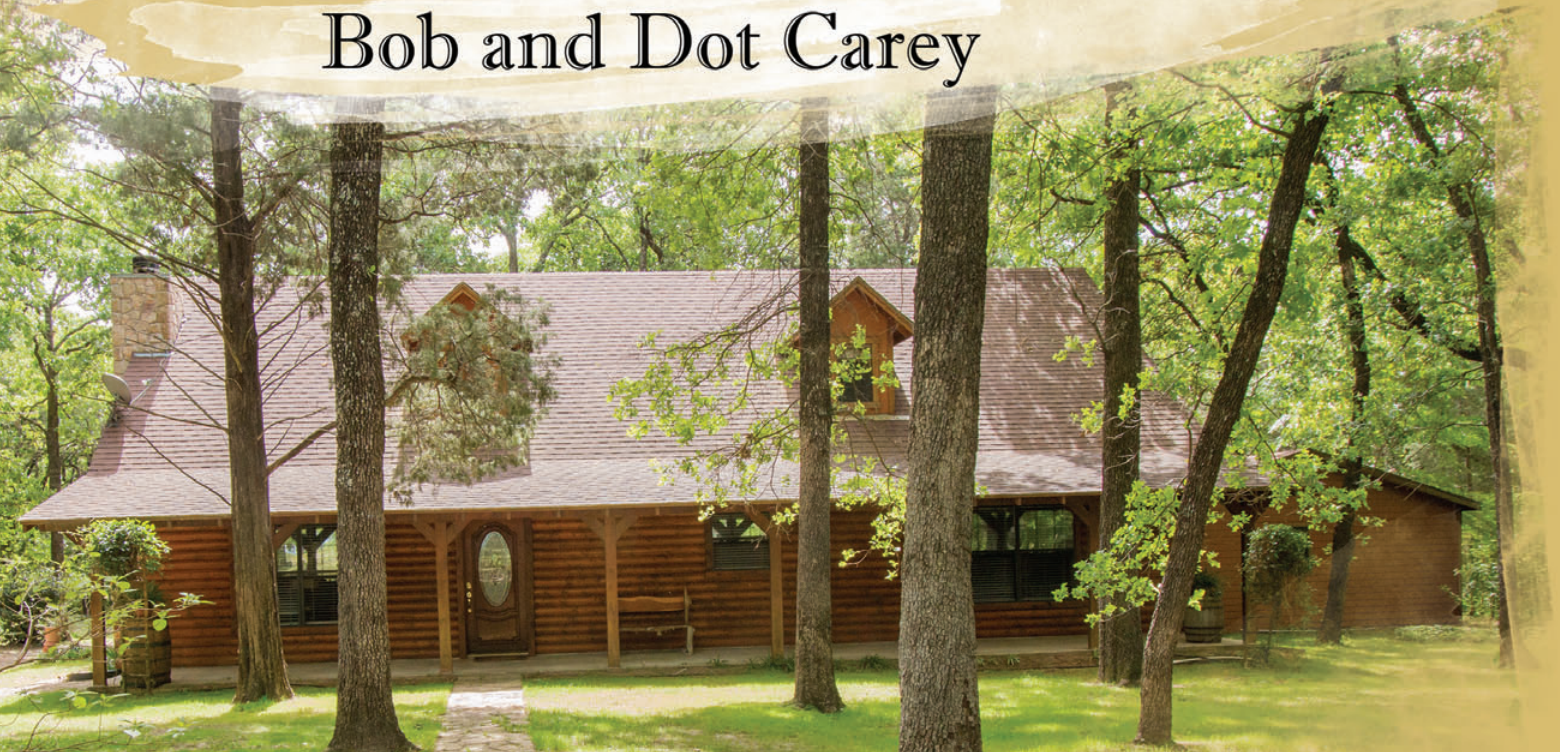
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A Tab Pro

At Home With
Bob and Dot Carey



Let and a promise

— By Virginia Riddle

While their lives were filled with work and raising their two children, Dennis and Kathleen, in Irving, Texas, Bob and Dot Carey loved getting away to lakes. "Summer vacations always started with, 'Let's go to a lake,'" Dot said. "Our children practically grew up in the back of a bass boat."

For 38 years, the family lived in that same home, but as retirement approached, Bob and Dot had different ideas of what life was to become. "This," Dot said, while sweeping her hand over their beautiful living area, "all started with a Big Chief tablet and a promise. Bob sat down at our kitchen table in Irving and drew plans for this home and made me a promise that he would build it."

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The couple bought their land on a Richland Chambers cove in 1996. Wanting their home to be built in the middle of their acreage, they worked to take as few trees out as possible, but over 20 trees were taken down to clear for the slab. Wood from the fallen trees was integrated into the house plans. A cedar tree became the trim on the home's future stairwell, curtain rods and mantel by using a draw blade, pocket blade and an Elkhart, Texas, sawmill.

In 1999, Bob retired from having owned his own shop and as a service manager for a truck leasing company. The couple sold their Irving home and began building their cove-side home in earnest. "Bob had worked for 40-plus

years, while I was very fortunate to be a stay-at-home-mom doing the kid thing. However, once the kids were grown, I worked as an office manager and at florist shops in Mansfield and Irving," Dot said. "Bob's working 'MO' is, 'If it's worth doing, it's worth doing right the first time.' That shows in this home," Dot revealed.

A love of the out-of-doors inspired them to set up a tent city for primitive camping on the building site from October-November that year. "I had just had cancer surgery and was 65 years old then. I was taking radiation and then



coming back to work on the house," Bob said. The couple purchased rough plumbing and the slab, and Satterwhite Log Homes brought in the logs, exterior doors, windows, trusses, stairs, room partitions and roofing.

With tents as home, Dot cooked over an open fire. "We were Ma and Pa Kettle. I had my own shower Bob made for me, though there wasn't any hot water except the little the sun made," she remembered. Wildlife was their neighbor, and the cove was their backyard. "The harvest moon was beautiful as it rose over the water," Dot said.

By December, the couple was inside their log home sleeping on the floor on an air mattress with sleeping bags.

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A husband/wife team was brought in to rock the massive fireplace, and Bob and Dennis put in the soaring ceilings of aspen boards Dot had hand-stained. While nephews and Dennis stood on scaffolding, heavy log beams were lifted into place, and Bob attached each one with multiple foot-long screws. "I left the house when they were doing that job!" Dot said. Friends, who were licensed journeymen, gave up their weekends to help with the plumbing, electrical and installation of appliances. "We gave a day-long party when the house was completed. Everyone that had worked on it came with their families," Dot said.

The result of all their planning and work is spectacular. A circular front drive is carved through trees under which grow native woodland flowers and azaleas. Native dogwoods and redbuds abound on the acreage, and a full-length front porch is flanked by vine-covered lattices created by Bob. With a true knack for working in wood, Bob has also made several of the furniture pieces, some dating back to his high school days, and he and Dennis made an outdoor bench for Dot.

The large, open great room combines living, formal dining and an eat-in kitchen along with French doors that exit to a full-length back porch with its rocking chairs. Dot made the curtains that decorate the windows. "I wanted a rustic home look," she said. A walk-through pantry and utility room holds Dot's collection of cookbooks and her neatly arranged jars of canned food from their herb and vegetable gardens.

A hallway of family photos from the 1800s to 1930s leads to a guest bath with wallpaper and wood ceiling Kathleen and Bob installed. The couple's great-grandson's room and bath features Dot's teenage bedroom suite, family quilts and antiques. The master bedroom is furnished with a table and chest-of-drawers that belonged to Bob's



grandmother. The blueprints Bob drew on that Big Chief tablet are framed reminders of how this home came to be. The master bath features custom cabinets and tile Dennis installed. Dot's hummingbird and puppy paintings decorate the wall. "Everything's tongue-in-groove in our home," Bob said proudly.

A second story landing overlooks the great room. "We host about 50 people at Christmas," Dot said, "and we can sit here and never be out of the loop." The couple who eloped "with our parents' blessings" now has five grandchildren, twin great-granddaughters and a 9-year-old great-grandson.

The landing leads to "Dot's treehouse" where she paints in oil. "I put an old T-shirt on our great-grandson, so he can paint with me," Dot shared. She crafts floral decorations and hair bows from her ribbon collections and also enjoys her button and tea cup collections. A sea shell collection reminds her of her growing up days in Southport, North Carolina. A cedar bookcase Bob made and a rocker Dot's mother gave her when Kathleen was born furnish the room.

Dot is a member of Corsicana Art League, Angels of Corsicana Troop Support, the neighborhood's homeowners' association, Community Bible Study and Eureka Crime Watch. "We've gotten to know people of this community, and it's made such an impact on our lives. We are so blessed with great neighbors who look out for each other," said Dot, who has also served as a surrogate parent at New Encounters and Mildred ISD.

Bob uses his experience as a Navy Seabee to work on neighborhood roads when he is able and continues to work on their home. Dot, who enjoys fishing, too, said, "Bob is my Energizer bunny, but when he picks up a fishing pole, he forgets everything. When I pick up a paint brush, I lose all sense of time. We are living our dream." **NOW**

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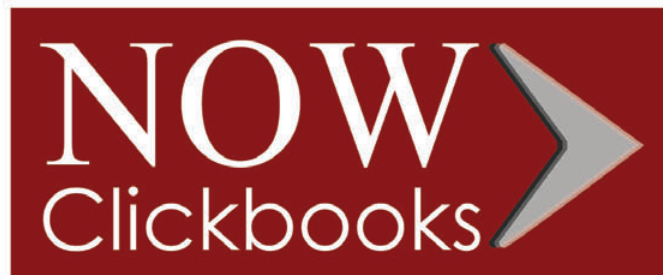
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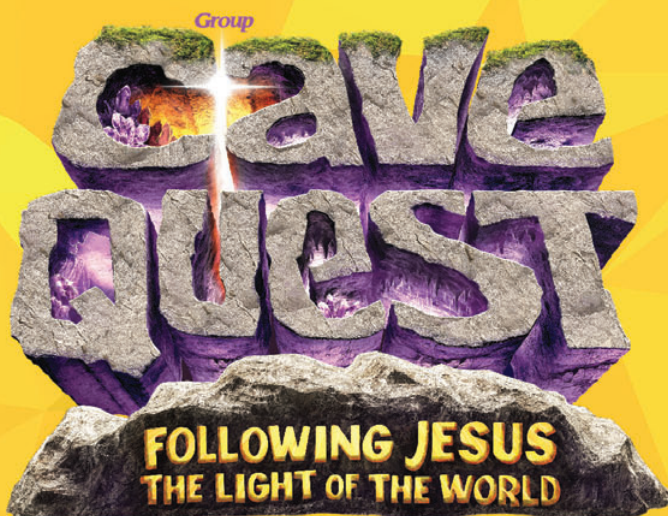
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A Good

— By Nancy Smothermon

Steward

Denise Freeman exudes kindness and confidence. Her position and experience have prepared her for her role in contributing to a healthier and happier community, which encompasses Navarro and Ellis counties. She is one of four Community Services Block Grant case manager coordinators located in the Corsicana area. She is more than qualified to represent Community Services Inc., the federally funded program intended to help those at or below the poverty level rise above and successfully become self-sufficient.

"I've been with Community Services for 28 years, give or take a few months," Denise shared. "I started with the Head Start program that is no longer under the direction of Community Services. I worked with young children, 3- and 4-year-olds. I helped them get a successful beginning in their education. Now, I'm helping young people get a higher education and adults with job training



Kandi Sessions-Walker, Lori Clemons and Denise Freeman love helping people become self-sufficient.

or continuing education. Sometimes, it's simply helping someone get their GED, and I love what I do," Denise said with a smile.

Denise wants to make sure the other coordinators get the recognition they also deserve for their hard work and dedication to the program. Dianna Hatchell covers Collin and Denton counties. Kalena Crossley covers Hunt, Kaufman and Rockwall counties. Kandi



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Coordinators Denise Freeman, Dianna Hatchell and Kandi Sessions-Walker are dedicated to the program.

Sessions-Walker covers Anderson, Henderson and Van Zandt counties. "Most of the work is directed at rural areas," Denise said, reiterating that she serves Navarro and Ellis counties.

They offer several services including transportation, weatherization, utility assistance and CSBG Direct Client Service. After working with little ones and encouraging their parents to be involved in their child's education, it's been a big jump forward to where Denise is serving now — aiding new clients as they transition out of poverty. "It is fulfilling work," she shared. "Helping people who desire to improve their lives by learning a new trade, gaining a higher education and/or obtaining certification is fulfilling." The program is one of few that actually gives direct support for its clients. People receive help with rent, utilities, transportation, tuition and books and employment support.

"We take people step by step, yes, with some stretching on their part, but patiently encouraging them through vocational training," Denise explained. This allows them to earn a decent wage, making it possible for them to move forward and upward.

The Community Services Block Grant provides tuition assistance, books and rent assistance where and when a specific need is found. Sometimes, they help with gas and food cards as well. "We have helped with uniforms and assistance with obtaining vital records for our clients," she added. "Every situation is handled individually on a case by case basis. Our goal is always to encourage each person to move toward self-sufficiency. It's difficult to become self-sustaining sometimes." The group works hard to treat their clients with respect, and they



are required to observe clients' privacy through the strict policies put in place by TDHCA, their funding agency and by CSI.

"Most of our means for reaching out to individuals with needs is word of mouth," she shared. In 1964, President Lyndon B. Johnson signed the bill authorizing the War on Poverty, which allows the federal government to fund the states for just such programs. Annual funding is from January through December.



Susana Anrade, Kandi Sessions-Walker and Denise Faz work to build up families.

Some individuals receive only one benefit. Everyone, regardless of the benefits received, is given a three-month follow-up. They will each also receive a call back every six months to make sure they're still finding success, and that their needs are being met. "It's about service for the people," Denise said. "We strive to get the services to those who need it most, not to administrative costs. We are a nonprofit organization," she said. "We believe in paying it forward."

They are interested in the clients' goals. While the average client is in their 20s, others are older and have more experience in the work field, but may be changing careers and need help finding new options. There is no real and binding age limit. Help is based on the total household income, with the income guideline for CSBG being 125 percent of the poverty guidelines. This creates a caveat for many 18- and 19-year-olds who are living in their parents' household. There are eligibility criteria, but Denise hopes that doesn't deter individuals from finding out more about the programs in place.



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Denise, Kandi and Dianna show off the
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graduation numbers.

"I really love this organization and
what we do. We are helping young people
become stable and self-sufficient, and
we're helping families keep and live in
their homes," she shared, choking back a
tear. "We're able to determine the need,
so we can be good stewards of the funds
we have available to the community."

It's about putting one foot in front of
the other for the clients, and it's about
tracking progress for Denise and her
co-workers. "I've been here 28 years, and
my heart is still in what I am able to do,"
Denise admitted.

The mission at Community Services
Inc. is to provide support service that
empowers and enriches individuals,
families and communities. By 2015, they
had helped over 15,400 individuals and
500 families with the combined programs
they offer. Their service area includes
up to 15 Texas counties, depending on
the program. "Through our various
programs, we provide assistance to
low-income individuals and families,"
Denise added. "This allows them to
develop and grow through education,
utility support, home energy efficiency
and transportation. Again, we are being
good stewards." **NOW**

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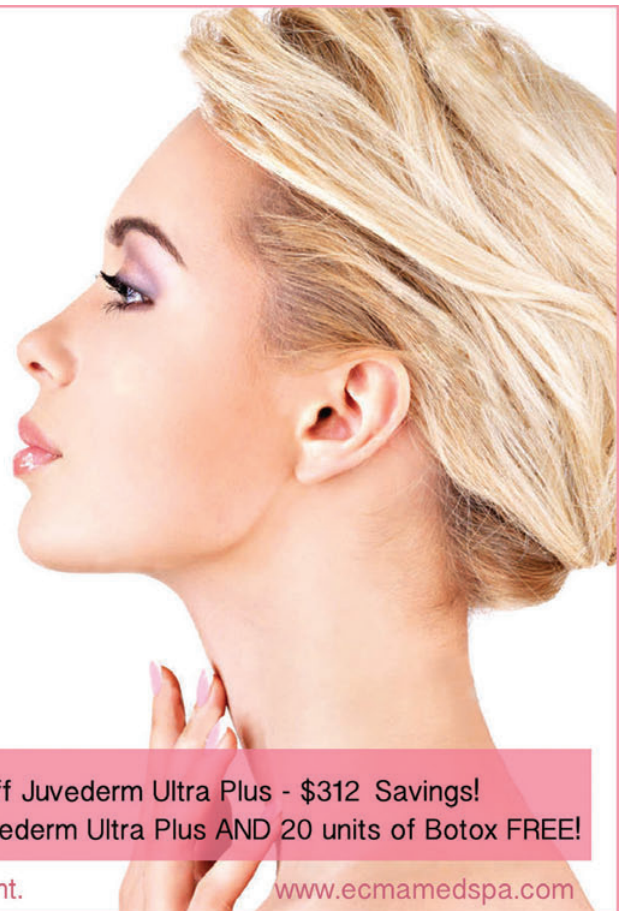
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Bountiful Harvest

— By Melissa Swedoski

The bounty of fresh fruits and vegetables during the summer is one of the great delights of the season. With a little effort and planning, you can enjoy flavorful fare at meals all year long with canning, which is fun and economical, but there are a few things to know to prepare for the process.

Acidity Levels and Canning

Knowing the difference between high- and low-acid foods determines the canning process used. Low-acid foods include meats and vegetables, with the exception of acidified tomatoes and pickled products. High-acid foods include fruits, pickled vegetables, relishes, salsa, pickles and sauerkraut.

Canning requires extreme heat to kill mold, yeast, bacteria or other organisms that cause spoilage. Low-acid foods require pressure canning to destroy the bacteria in temperatures that reach 240 F or higher. High-acid foods can be safely processed by boiling water canning. In general, boiling water canners take less time than pressure canners.



Choosing Produce

Fresh produce is best from a backyard garden, but scouring the local farmers market can yield real gems. Overripe fruit isn't recommended, but if the fruit is fresh, small bruises can be removed and discarded.

- **Fruit** – It is generally better to hot-pack fruit, including apples, pears, apricots, nectarines and peaches. Unless you are making a jam or jelly, berries should be frozen. Tomatoes are a popular item to can and should be cooked before canning.
- **Vegetables** – Asparagus, beets, carrots, green beans, okra, peas, peppers and potatoes are eligible for canning, along with cucumbers, beets, beans, turnips or bell peppers. Tender lettuces, however, can't stand up to preservation techniques.



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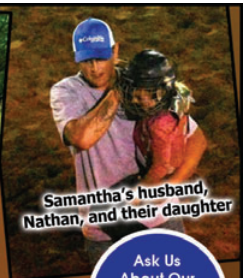
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Jars and Lids

Mason jars are the best choice for home canning, since they come in pint and quart sizes and, if used properly, can be reused in future seasons. To pack whole fruit and vegetables, use a wide-mouth jar, which makes the process easier.



Two-part lids are necessary, as the screw band will secure the canning lid to the jar during processing. Screw bands can be reused as long as they aren't bent or rusty, but lids are designed for a one-time use since the sealing compound can lose effectiveness over time.

Jar lifters are good for moving hot jars, while jar funnels will help reduce spills during filling. A magnetic lid wand allows you to drop lids and bands into the hot water of the canner to sterilize them and soften the sealing compound, combining two steps in one.

General Guidelines

Make sure the food is thoroughly washed and trimmed and practice arranging produce in a jar. Once you've cleaned all the tools and sliced and diced the produce, use a large spoon or ladle to put the produce loosely into jars. Fill the jars with boiling water, pickling solution or sweet syrup. Use white grape juice for fruit.





Use proper headspace to ensure that all the contents reach the appropriate temperature for safety and sealing. Juices, jams, jellies and relishes need 1/4 inch. Fruits, tomatoes and pickles need 1/2 inch. Meats and vegetables need 1 to 1 1/2 inches.

Remove air bubbles with a nonmetal utensil, frequently found in a canning kit, by working down the jar sides. If the headspace changes as bubbles release, add more hot food or liquid to maintain the balance. Clean the jar's rim, put the lid on, screw the band on and tighten. Place the jars into the canner and position so they are not touching.

A boiling water canner resembles a big pot with a lid and a rack in the bottom. Fill the pot halfway with water and preheat to 140 F, for raw-packed foods, or 180 F, for hot-packed foods. Insert the canning rack and jars, cover and bring water to a slow, steady boil. Allow to process for the designated time.

Pressure canners use a heavy pot with a rack, tight-fitting lid with a vent, dial or weighted pressure gauge and a safety fuse. Heat foods to 240-250 F and hold that temperature for as long as necessary. Put 2 to 3 inches of water in the bottom, insert the jars, put the lid on and increase the pressure. When processing is finished, let the pressure drop before opening the canner.

Canning Shelf Life

Some foods don't require canning, including carrots, turnips and rutabagas, while green or lima beans, peas, okra,



Choosing a Skilled Nursing Facility or Nursing Home for your loved one

*By Allison Sims, Regional Director
of Business Development
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When it comes time to choose a skilled nursing center for you or a loved one, whether it is for short-stay rehabilitation or long-term care, you might feel overwhelmed by all the options available. When making a decision about what center is right for you, remember, each short-stay patient or long-term resident — young, older, bedridden or disabled — has different needs, preferences and desires that should be taken into account in the selection of a center. At a minimum, you should consider the following when making your decision:

Care Services

Every skilled nursing center offers different levels of care in varying environments. Some facilities focus purely on long-term care residents while others are more geared toward post-hospital, short stay care, and some cater to both.

Licensure and Certification

While you can probably assume a skilled nursing center has all the appropriate licensure and certifications, you should make sure.

Amenities

Just as care varies by center, so do the amenities. Some centers are 30 or 40 years old and haven't changed since that time, while others have been fully renovated and have new technologies and upgrades.

Staff

It is important to inquire about required training and qualifications, in addition to the community's general philosophy. Visiting the center and personally observing the interactions between staff and patients or residents is also a great way to judge your compatibility with the center.

Cost and Fees

While you may not have a choice about needing skilled nursing care, it is important to understand cost and whether you will be covered by Medicare, Medicaid or private insurance. If not, you will need to pay for your care out of pocket. Any center should be able to assess your financial situation and determine your eligibility. In addition, be sure to inquire about hidden fees that you may be responsible for, including TV, phone, transportation, beauty/barber or other types of services.

Family Members

If you are helping a loved one to select a center, you should involve that person in the process when they are able. Because at the end of the day, you want to make sure they are in a location where they feel comfortable. By planning ahead, you can ensure that your loved one will be provided with the highest quality of care and quality of life. So when choosing a skilled nursing center, consider all the options. Written materials or websites can be useful tools for comparing centers. When able, touring the facility and asking questions is the best way to determine a good fit, but phone interviews using the guide above can also be effective. In the end, by researching and reviewing all aspects of the care and services, your success in recovery or transition to long-term care will be much easier.

Senior Care Centers manages several Nursing facilities throughout Texas and Louisiana. For more information you may contact our Central Intake Line at (844) 722-8800.



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cucumbers, eggplant, peppers, summer squash, green tomatoes and most fruit will remain good for about a month in dark storage. Other crops, such as kale, collards, parsnips, leeks and Brussels sprouts are hardy enough to survive cold weather and can be left in a garden into the winter. Kale, chard and spinach can be frozen, as can summer squash, but only after it's been baked.

Generally, canned items are good for a year and are best stored in a cool, dry place, ideally at 50-70 F. Items should also be stored in the dark, so if closed cabinets aren't available, jars can be stored in boxes. Always double check for any signs of spoilage before eating your canned items. Things to check for include:

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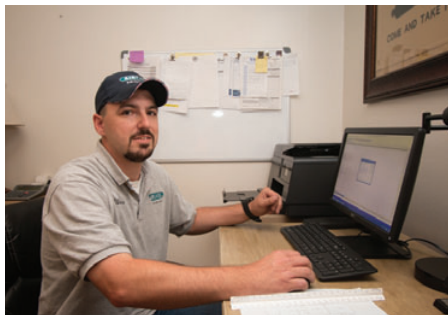
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Honest, Dependable Service

*When HVAC problems need fixing, Lynn Winstead is there to do the job.
— By Virginia Riddle*

The return of summer heat takes its toll on North Texas residents and businesses alike, but Lynn Winstead, owner of Winstead Climate Control, understands the ever-changing Texas weather demands. Since June 2015, Lynn has proudly served his fellow hometown customers' HVAC needs. "I focus on making sure every job is done correctly and efficiently, and that every customer is completely satisfied," Lynn said.

Winstead Climate Control provides installation, maintenance and repairs to residential and commercial HVAC systems and is licensed through the Texas Department of Licensing and Regulation. Customized servicing includes maintenance agreements, expert total system efficiency analyses and free

bids on projects. Lynn is an Environmental Protection Agency-certified technician. "I keep equipment running at peak efficiency for whatever the climate requires, and I have invested in the latest tools that are more accurate and dependable," Lynn stated.

Since systems seem to become problematic at the least convenient times, Lynn is available 24/7 to fix problems quickly. The company provides new equipment and replacement parts through AirEase, which has been providing HVAC systems since 1928, Trane and Goodman, but Lynn can service any make of equipment. Winstead Climate Control is working on being able to offer financing plans.

Lynn graduated from Rice High School in 2001 and Texas State Technical College-Waco in 2003 with an associate degree in HVAC. "I've always been a hands-on kind of guy and knew early on in life that an office job wasn't for me," he said. "An 18-year-old high school senior doesn't usually think about getting a job with a lot of long-range security, but I did, and air conditioning and heating will always be needed."

To gain experience on the job, Lynn worked for two other area companies before opening Winstead Climate Control. "I learned a lot during those years, but I always wanted to be my own boss, and I wanted to see the HVAC industry change and grow and be a part of it," he said. "We have to have so many different kinds of skills — plumbing, electrical, carpentry — really everything."

His white truck with black lettering is a familiar sight around Navarro County and in neighboring counties. "My job is different every day," Lynn revealed. "Some days are challenging, and being able to meet those challenges and solve problems is exciting. I never know what I'm going to be dealing with when going to a site. I work in extreme heat and cold temperatures, in small crawl spaces under pier-and-beam homes and in attics." When the temperature gets comfortable again for his customers, Lynn knows his work is done.

Taking time to educate customers about their HVAC systems is also important to Lynn. "The equipment and technology is changing rapidly. I work hard to keep up with the changes." When new equipment is installed, often customers need a little help understanding how to make their new systems operate most efficiently.

Lynn's family has lived in Navarro County for a long time. When he does have a little down time, he enjoys fishing and hunting with friends and family members. His wife of 11 years, Blaire, helps Lynn in their office when she's not on her job as a medical assistant. "This is home, and we love the small-town feel," Lynn said. "I look forward to servicing our Navarro County area neighbors' HVAC needs." **NOW**

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Dr. Tommy Stringer signs his latest book, We Are Navarro!



Dr. Shellie O'Neal performs her one-woman show, The Mystery of Angels, for members of the Corsicana Newcomers Club.



Jessica Kindon assists artist and author, Ed Copley, at the Pearce Museum's opening of his Hiawatha Art Exhibit.



Aggies gather for their annual Aggie Muster.



A salute from friends goes out to Gaynelle Verdeen, played by Alicia Rogers, in the Warehouse's comedy, Rex's Exes.



It's cheers and confetti all around for the grand re-opening of the newly remodeled Corsicana HEB.



A salute to the flag begins the Derrick Days Pro Rodeo.



Adriana Ramos, Rocio Fernandez and Jamie Altman take a break during the Downtown Wine and Cheese Stroll.



Andy Williams and Carey Dean put on the dogs for lunch during Derrick Days.

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How to Afford Long-term Care

It's likely that at some point in your life you will need assistance with your daily activities. In fact, the U.S. Department of Health and Human Services estimates that 70 percent of people over age 65 will eventually need long-term care, whether in a home setting, a senior living community or a nursing home.

Long-term care insurance can help cover the costs of these services and may help you preserve your financial resources. Keep these factors in mind if you're thinking about purchasing coverage:

- **Age.** Look at long-term care insurance well before you need it. The older you are, the more you can expect to pay for your plan. Also, if you wait, it's more likely you'll have developed a health condition that may disqualify you from getting coverage. While there's no "right" age to buy, the American Association for Long-Term Care Insurance estimates more than half of long-term care policies are purchased by people ages 55 to 64.

- **Affordability.** Coverage and cost vary, so shop around for a plan that will be reasonably affordable rather than choosing one that breaks your budget. The National Association of Insurance Commissioners recommends spending no more than 5 percent of your income on a long-term care policy.

- **Features.** It's not easy to evaluate different plans. Be sure to compare these key features:
Benefit trigger. The criteria or event the insurer uses to determine when your policy will go into effect.

- Elimination period.* The number of days you'll pay for care out of your own pocket before you begin receiving benefits. Thirty days is the minimum elimination period for many long-term care plans.

- Daily benefits.* The amount the policy will pay on a daily basis. Some plans pay benefits based on the hours of service, such as the number of hours a home health aide visits your home.

- Inflation adjustment.* A feature that helps your benefits keep pace with rising costs.

- Types of services.* A description of what's covered under each plan and where you may receive this care — at home or in an assisted living residence, adult day care facility, nursing home or other setting.

- Duration of benefits.* The length of time you'll receive benefits, from a few years to as long as you live.

- Exclusions.* Stipulated conditions or acts that the benefits won't cover. These could include conditions caused by alcoholism or dangerous behaviors.

Learn more about long-term care insurance from the HHS National Clearinghouse for Long-Term Care Information. Contact your insurance agent to discuss policy options that may be available to you. **NOW**

The information in this article was obtained from various sources. While we believe it to be reliable and accurate, we do not warrant the accuracy or reliability of the information. These suggestions are not a complete list of every loss-control measure. The information is not intended to replace manuals or instructions provided by the manufacturer or the advice of a qualified professional. Nor is it intended to affect coverage under any policy. State Farm makes no guarantees of results from use of this information. We assume no liability in connection with the information nor the suggestions made.

Lynda Housley is a State Farm agent based in Corsicana.



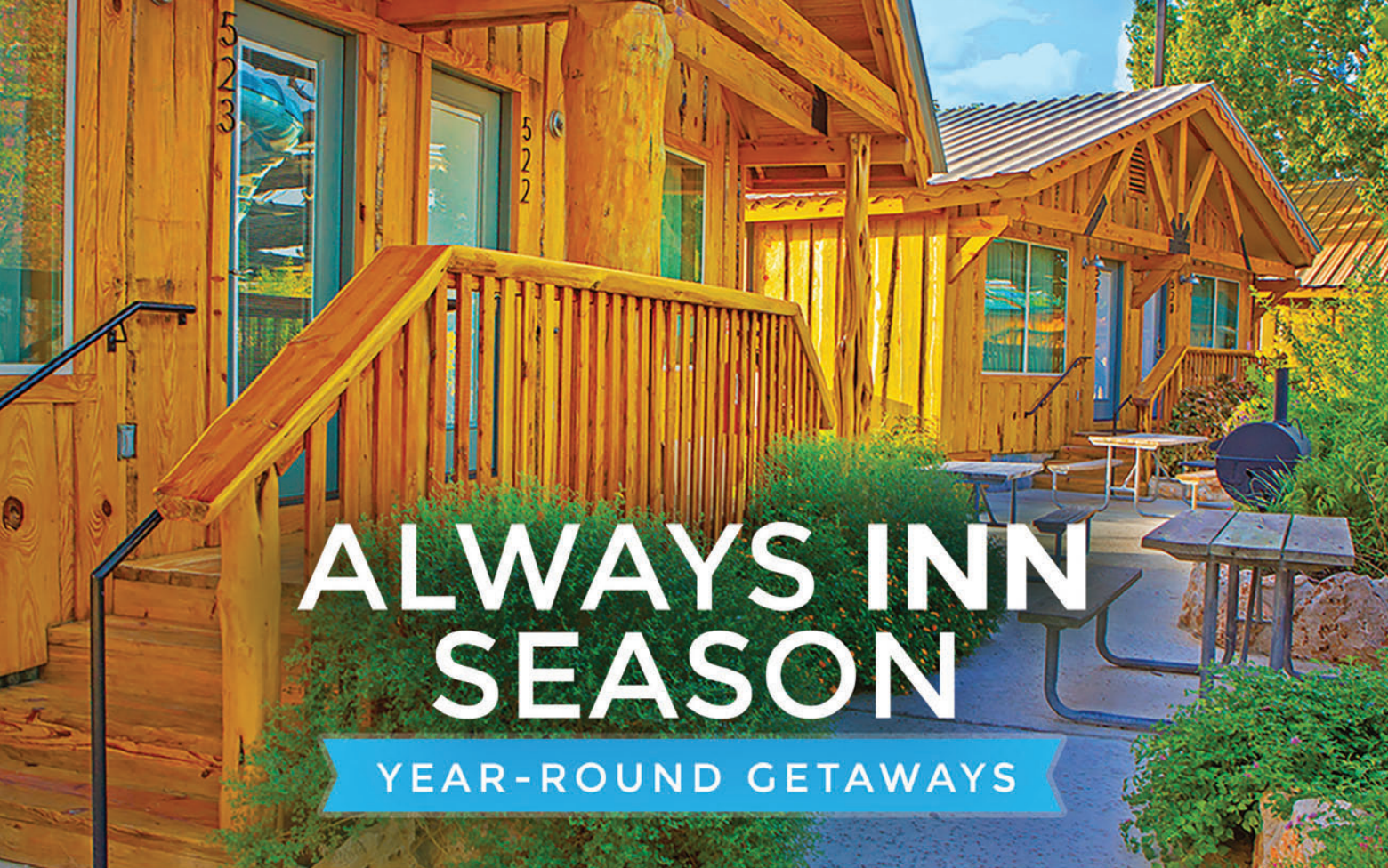
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Central Vision Black Out

— By Betty Tryon, BSN

Slowly, but surely, the small fuzzy spots of visual loss grew larger and merged into one giant blind spot in the central visual field of the eye. This description is representative of the vision one sees in macular degeneration. Macular degeneration is an incurable eye disease. Another term for the disease is age-related macular degeneration, or AMD. Because of the large numbers of Americans over the age of 65, AMD is a growing problem in the populace.

It begins in the macula, which is located in the middle of the retina and affects central vision. The macula's job is to collect images and send them by the optic nerve to the brain. If the macula starts to deteriorate, the information it collects is flawed and vision is negatively impacted. The more the macula degenerates, the greater the loss of vision. This is the leading cause of vision loss in America.

There are two types of AMD — dry and wet. Dry macular degeneration is the more common of the two diseases. It progresses slowly and may take years before there is substantial central vision loss. Dry AMD can advance to wet AMD when blood vessels grow under the retina and start to leak. This is the most serious type of the disease, and vision loss could be devastatingly rapid.

The first symptom that something is wrong is your central vision starts to become blurred. Straight lines become distorted. Color may be less intense. As the disease progresses, skills such as reading

and driving may become so difficult that you are no longer able to do them. Over time, your central vision is completely eliminated. See your health care specialist or ophthalmologist as soon as you experience any of these symptoms.

Researchers have not been able to definitively say what causes macular degeneration. Some studies have suggested that heredity and environment play a part. They have found some genetic components, which point to the development of this disease. Other risk factors are being over the age of 65, being Caucasian or Chinese, smoking or being exposed to smoking. Obesity increases your chances of developing the more severe form of the disease.

Some evidence exists that some nutritional supplements or a diet rich in these elements — vitamins A, C, E, lutein and zeaxanthin — may slow progression of the disease. An occupational therapist can help with improving your quality of life. There is no cure, but you do have options — some of which are very promising, offering some hope of either slowing down the disease and/or regaining some vision. Just don't give up! **NOW**

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 4

Mid-Way Regional Airport Annual Pancake Breakfast Fly-In: 8:00-11:00 a.m., Mid-Way Regional Airport, Midlothian. Breakfast tickets: adults and children 8 and over, \$6; children under 8, \$3. This event features classic airplanes, helicopter and airplane rides, fly-overs, live music, children's activities, Midlothian Classic Wheels and Gold Wing Road Riders. Parking is free. Public is invited. For more information, call (972) 923-0080 or visit www.mid-wayregional.com.

Corsicana Public Library Summer Reading Program registration for adults and children: 10:00 a.m.-noon, face painting and balloon sculpting; Noon-2:00 p.m., Legos; 2:00-4:00 p.m., come-and-go crafts; Corsicana Public Library. For more information, call (903) 654-4810.

June 6, 13, 20, 27

Free Family Movies: 1:00 p.m., Corsicana Public Library. For more information, call (903) 654-4810.

June 6 — August 19

Summer Fun at the Y: times and dates vary for all the many activities, Corsicana YMCA. Summer programs include basketball camp, baseball, volleyball, day camp, karate, swimming lessons and T-ball. For more information or to register, call (903) 872-2412 or visit www.corsicanaymca.org.

June 7, 14, 21, 28

Legos at the Library: 1:00-3:00 p.m., Corsicana Public Library. Call (903) 654-4810 for more information.

June 8, 9

Jester Park and Bunert Park pool openings: pool hours for Jester Park starting **June 8** are Wednesdays-Saturdays 1:00-6:00 p.m., Sundays 1:00-5:00 p.m.; pool hours for Bunert Park starting **June 9** 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 9 — 18

Secrets of a Soccer Mom: Warehouse Living Arts Center. For more information or for reservations, call (903) 872-5421 or visit www.warehouselivingartscenter.com.

June 9, 16, 23, 30

Professional performers in live performances: 10:00 a.m., Corsicana Public Library. For more information, call (903) 654-4810.

June 10

It's Book Time with Ronald McDonald Show: 10:30 a.m., Corsicana Public Library. For more information, call (903) 654-4810.

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. Contact Connie Beal at (903) 654-6892 For more information.

June 11

Angels of Corsicana Troop Support packing: 9:00 a.m., 1020 N. Business I45. Donations may be dropped off at this site Monday-Friday 8:00-11:00 a.m. To leave the name of a deployed military person or donate, call Jean O'Connor at (903) 851-2560 or visit the group's Facebook page.

Navarro County Genealogical Society meeting: 10:00 a.m., Nancy Robert's Room, Corsicana Public Library. The public is invited to hear Dana Stubb's speech, "Cemetery Work." For more information, call (903) 654-4808.

The City of Corsicana Second Saturday: Beaton Street/Downtown Corsicana. For more information, call The Main Street Program at (903) 654-4851.

June 13

Eclectic Readers Book Club: 6:30 p.m., Corsicana Public Library. *Fates and Furies* by Lauren Groff will be discussed. For more information, call (903) 654-4810.

June 15

Senior Circle Lunch Bunch: 11:30 a.m.-1:00 p.m., Summer Palace, 2110 W. 7th Ave. Join Navarro Regional Hospital's Senior Circle members for fun, food and fellowship. For more information, contact Connie Beal at (903) 654-6892.

June 13 — 16

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

June 17

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 21

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

June 22 — 25

Air and Space Camp: 9:00 a.m.-Noon, Cook Center. This activity is for ages 10-13. For more information, call (903) 654-4874.

June 23

PALs Club (People for Active Living): 11:30 a.m.-12:30 p.m., Cook Center. For more information, call (903) 874-1211.

Corsicana Newcomers' Club: 11:00 a.m., Kinsloe House. The speaker will be Eric Myers of the Navarro Office of Emergency Management and Sheriff Elmer Tanner. For more information or to confirm reservations, contact Annie Avery at (714) 345-6707 by **June 20**.

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

June 23, 24

Pioneer Days: 8:30-11:30 a.m., Pioneer Village. This activity is for ages 6-12. For more information, call (903) 654-4874.

June 28

Messy Art: 9:00-11:00 a.m., Annex Building. This activity is for ages 6-10. For more information, call (903) 654-4874.

July 1

Surfs Up Luau Senior Dance: 6:00-8:00 p.m., The Cook Center. For more information, contact Connie Beal at (903) 654-6892.

July 4

Rotary Club Freedom Festival: 6:30 p.m., I.O.O.F. Park. For more information, call (903) 654-4874.

Ongoing:

Tuesdays

Super Summer Storytime: 7:00 p.m., Corsicana Public Library. This program is for all ages. For more information, call (903) 654-4810.

Wednesdays

Super Summer Storytime: 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.



In the Kitchen With Lorie Stovall

— By Virginia Riddle

Lorie Stovall, Navarro County's Texas A&M AgriLife extension agent and a former teacher, learned to cook as a child from her mother, Carolyn Stovall, and a neighbor, Barbara Peters. "The first things I learned to cook were desserts, and I love to cook for special events," Lorie said. "In our family, holidays revolve around food and recipes that have been handed down by relatives over time, while adding a few new ones each year. I rarely follow a recipe without tweaking it a little."

June Latta encouraged Lorie to join 4-H at a young age. "I competed in 4-H food shows and the Navarro County Youth Expo," Lorie said. Now, she presents health and wellness programs and 4-H consumer science programs, which include food and nutrition projects, to community residents. **NOW**

Southern Roast Beef

- 1 5-6 lb. roast
- 2 large cloves garlic, sliced
- 1 tsp. salt
- 1 tsp. pepper
- 1/4 cup all-purpose flour
- 1/3 cup olive oil
- 8 small red potatoes, quartered
- 6 carrots, quartered
- 1/2 medium onion, sliced
- 1 cup red wine
- 1 15-oz. can tomato sauce
- 2 Tbsp. brown sugar
- 1 tsp. oregano
- 1 Tbsp. prepared horseradish
- 1 Tbsp. Dijon mustard

1. Make small slits in the roast; insert garlic cloves.

- 2. Rub roast with salt and pepper; dredge in flour.
- 3. In a skillet, brown roast on all sides in olive oil; remove and place roast in a Crock-Pot with potatoes and carrots.
- 4. In a skillet, heat remaining ingredients until bubbly; pour over roast.
- 5. Cook for 6 hours in Crock-Pot on low, or 4 hours on high, until roast, potatoes and carrots are fork tender.

Crème Brûlée

Serves 6.

- 2 cups heavy cream
- 4 egg yolks
- 2 1/2 Tbsp. sugar
- 2 tsp. vanilla
- 1/4 cup brown sugar

- 1. Pour cream into a bowl; beat in egg yolks by hand, while slowly adding sugar. Add vanilla and stir.
- 2. Prepare a large baking pan by filling it halfway with water.
- 3. Pour the beaten liquid into 6 oven-proof ramekins or small bowls; place the ramekins or bowls in the pan with enough water to cover the dishes halfway.
- 4. Bake at 325 F for about 30-40 minutes or until liquid is set; remove and chill for several hours.
- 5. Before serving, sprinkle brown sugar over tops of each ramekin or bowl; torch or broil in oven until brown sugar is bubbly. Serve immediately.

Sweet and Sour Meatballs

- 1 32-oz. pkg. frozen Italian meatballs
- 1 cup apple cider vinegar
- 3/4 cup sugar
- 3 Tbsp. corn starch
- 1 15-oz. can tomato sauce
- 1 20-oz. can pineapple chunks with juice
- 2 Tbsp. Worcestershire sauce
- 1 green bell pepper, sliced into bite-size chunks

- 1. Bake meatballs according to package directions.
- 2. In a saucepan, heat vinegar, sugar and corn starch until mixture thickens.
- 3. Add remaining ingredients; bring mixture to a boil; lower heat to a simmer until meatballs are finished baking.
- 4. Place meatballs in a Crock-Pot; pour sauce over the meatballs; heat and serve hot.

Jalapeño and Cranberry Salsa

- 1 12-oz. bag fresh cranberries
- 1 or 2 jalapeños, seeded
- 4-5 green onions
- 1/2 cup cilantro
- 3/4 cup sugar
- 1 Tbsp. olive oil
- Juice of 1 lime
- 1 8-oz. pkg. cream cheese
- Tortilla chips

- 1. Place cranberries, jalapeños, onions and cilantro in a food processor; chop.
- 2. Stir together with sugar, oil and lime juice; refrigerate for 2 hours.
- 3. Serve cold over cream cheese block with tortilla chips.

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



EXPERIENCE Compassion.

Sandra Wakefield, chaplain at Ennis Regional Medical Center, understands the power of compassion. As a patient, she's experienced it firsthand.

Five years ago, Sandra spent ten days in ERMC due to severe gall bladder issues. After undergoing extensive surgery, Sandra was impressed by the way the doctors, nurses, therapists and staff rallied around her. Everyone from the dietician to the physical and occupational therapists provided positive encouragement and quality care.

Sandra was deeply moved, but not surprised. During the last years of her elderly mother's life, she also experienced compassion from the entire Ennis staff during her mom's stay at the hospital. She is thankful to have so many people who care so close to home.

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