

A full-page photograph of a young man with light brown hair, wearing a black and white athletic singlet and black shorts, running across a green grassy field. He is captured in mid-stride, looking forward with a slight smile. In the background, a baseball field with a dirt infield and green outfield is visible, along with a chain-link fence and trees under a clear sky.

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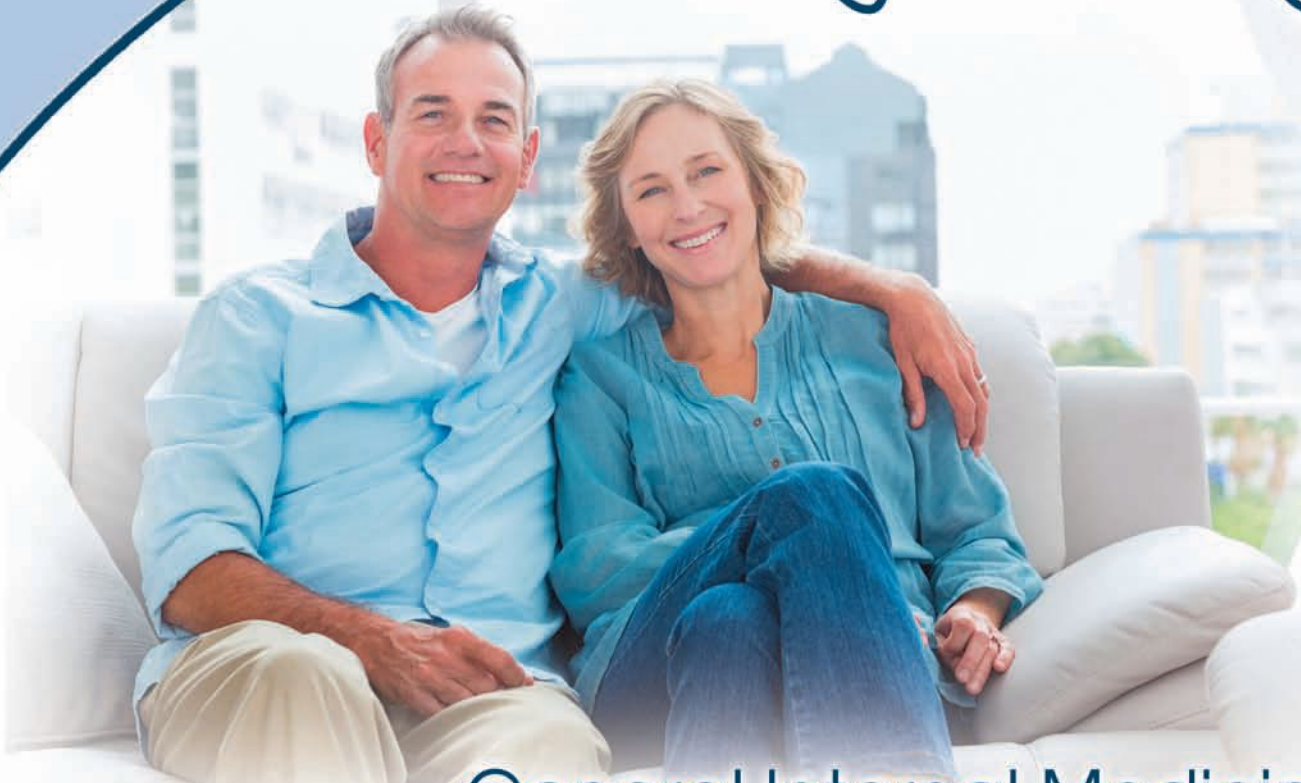

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ON THE COVER



Dawson High School's
Seth Lachney runs to win.

Photo by Memories by Melissa.

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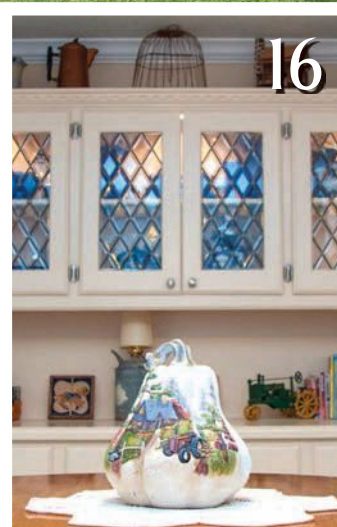
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Editor's Note

Hello, Corsicana!

I hope everyone enjoyed summer and took time out to take advantage of the wonderful, artistic talents that were showcased by the Corsicana Arts District comprised of the Navarro Council of the Arts, The Palace Theatre and the Warehouse Living Arts Center. New talents are coming our way for the fall season. Check out the shows you want to see and make plans. It's great to support the arts!

September 13 is National Grandparents Day. The observance was begun in 1978. Marian McQuade pushed for the legislation after observing that there were so many elderly people whose families lived far away and rarely visited. Please take time to send a card, call, IM or Skype your grandparents, and/or visit a nursing home or an elderly neighbor. Grandparents are a treasure trove of wisdom and knowledge.

Happy September!

Virginia

Virginia Riddle
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Running With Heart

— By Virginia Riddle

Tim Noakes, a runner of over 70 marathons and ultra-distant events gave fellow runners this advice, “Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic.” Seth Lachney, a senior at Dawson High School, is a cross-country runner who is taking aim at winning state this year. “It’s tough. It all comes down to heart and how well you’ve trained yourself,” Seth said.



Seth's coaches, Larry Prince and Will Brumley, prepare him for anything.

“You have to be tough and push yourself. It’s always a challenge to run through the pain experienced either during the race or afterwards.”

Enduring the many cross-country meets leading up to qualifying for the state championships is nothing new for Seth, who has been running in competitive cross-country since the seventh grade. Last year, he qualified for state and placed 27th among 162 Class 2-A boys with a time of 17:59:96. This year’s state championships are scheduled for Saturday, November 7, and will once again be held at the Old Settlers Park in Round Rock, Texas.

“Seth runs about seven meets each fall,” cross-country coach Will Brumley stated. “We participate in some 5- and 6-A meets, so he gets to compete with the best, and we always come home with a placing. Most meets are run in

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circles on tracks, but the state course is quite a bit different. It is run cross country, and a stretch of it is run on the side of a hill."

In cross-country competitions, the boys run a 5K, while the girls run a 3,200-meter race. "We take kids who have never run competitively before and put them through a military-type training regimen to bring them to this level of competition," Coach Brumley said. "There are days I tell them I almost want to see them run hard enough to throw up. The kids have to enjoy and want to be there. They have to trust me and do what I say."

Challenges abound in this sport. Training begins in the heat of August, but by the end of the season, there can be some frosty mornings. The meet can start in sunshine but end in rain. "We were running in puddles at regionals last year," Coach Brumley remembered.

The athletes have to be prepared to run on hills, clay, sand, asphalt, grass or just about any type of surface. "You have to be able to change your footing," Seth said.

According to University Interscholastic League rules, a team must be comprised of five runners. "We don't have enough students to have a boys or girls team. Our program is Seth and usually a couple of other students, but they compete well against teams that have enough students that only the top five runners make their school's team," Coach Brumley said. The runners supply their own shoes, and the school supplies uniforms and equipment, which helps runners recuperate between races.

Seth's training is year-round since he runs in the summers to stay in shape and plays football, baseball, golf and basketball. "Running comes easy for me and helps with the other sports I play,





but it's challenging balancing sports with academics," he said.

Before a meet, Seth does "a lot of thinking and talking" with a friend in Dawson who used to run. "It settles my mind," Seth said. He eats a protein bar and downs a Monster drink before a race. "I can't eat donuts!" Seth explained. At the start of each race, cross-country tends to become a contact sport. "There's a lot of pushing, shoving and elbows thrown during a race," he revealed. "You have to be tough and push yourself. It's always a challenge to run through the pain experienced either during the race or afterwards." Seth cites shin splints, blisters, throbbing, cramping calves and knee problems as pretty common injuries along with just normal wear and tear. "I just have to keep going while staying focused on relaxing and running fast. I am always happy at the finish line if I've done well."

Pain and physical punishment are inherent to the sport. "Seth runs a race nearly every week because it doesn't take him long to recuperate. He doesn't wipe out near the end of a race," Coach Brumley observed.

Coach Brumley has taught for eight years, three of which have been served in Dawson ISD, where he is a science teacher and is also the high school tennis coach and junior high girls' basketball and volleyball coach. He earned his bachelor's degree from Tarleton State University and a master's degree from Lamar University. "I had no previous experience running in or coaching cross-country. One of my major duties is recognizing when runners are hurt. We had a successful first year and have built on that experience, but I can't create success if I don't have great kids to work with," he said.

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“Most of our meets are held during the school week, so parents don’t get to come since they are at work,” Coach Brumley added. “Cross-country is kind of a hidden sport.”

“The kids who participate in cross-country have to be self-motivated. There are no spectators, no stands, no referees,” Dawson ISD Athletic Director and Head Football and Softball Coach Larry Prince said. “The runners must be able to adapt to the unexpected and modify their run accordingly.” In his 23rd year as an educator and coach, Coach Prince has been the AD at Dawson for two years. “It’s my job to put people in the right situation, give them the tools they need, be a cheerleader after everything gets going and then get out of their way and let them do their job,” Coach Prince said. Stephen F. Austin State University is Coach Prince’s undergraduate alma mater, and he has earned a master’s degree from Lamar University.

Seth remembers that as a little kid he was always running everywhere. His mother is Jamie Lachney, and Seth has younger twin brothers, Levy and Lance with whom he runs and rides bikes. Following his graduation this next spring, Seth plans to attend a junior college, possibly go out for a sport as a walk-on and obtain his associate degree. He is currently undecided on a major course of study, but he is open to exploring all possibilities. After all, through his running, Seth has learned that quitting is never an option, and he already knows how to run his own life’s race well — even when no one is looking or cheering him onward. **NOW**



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Love and Laughter

— By Carolyn Wills



At Home With
Dan and Ann Griffin

Dan and Ann Griffin's rose-colored brick home shares a street with similar stylish single-story townhomes. Theirs is the one with the green door, leaded glass windows and proudly displayed American flag.

The Griffins moved back to the city a year ago. "The time was right, and the townhome was every bit of the room we needed," Ann smiled. For most of their 57-year marriage, the couple lived and worked near the town of Dawson. "Dan owned a grocery store and also raised cows and hay," she explained. Through the years, Ann worked at a bank, was a teacher's aide and did monogramming. Eventually, she and Dan began buying, remodeling and selling old homes. Clearly, theirs was and is a partnership built on love, labor, creativity and old-fashioned fun.

"Now we do what, if and when we want," she grinned. "Dan loves playing dominoes and, for me, it's mostly quilting and crocheting."

From the outside, their nearly 1,750-square-foot home is a buttoned-up, traditional beauty and, on the inside, it is truly a treasure chest. The front door opens to a small entryway and a one-of-a-kind mirror encircled by an award-winning "crazy quilt" frame. "I made it for a special challenge at the guild," Ann explained. More patchwork art than quilting, crazy quilts became popular in the late 1800s. "If you look closely, you'll find a hidden spider web in every crazy quilt," she said. "It stands



for good luck.” Ann’s intricate frame of varying shapes, colors and textiles includes an embroidered spider web, as well as little remembrance charms in honor of her family members. Not surprisingly, the mirror finished in first place at a show.

A spacious living room, eating area, see-through kitchen, dining room and enclosed “back patio” den are aligned to the left of the Griffins’ floorplan. With glossy white trim and a beautiful, green-marble tile surround, the fireplace mantel in the living room is the perfect showcase for the Griffins’ 50th anniversary photos. One photo shows them walking away hand-in-hand with Dan dressed in overalls. “He loves his overalls,” Ann smiled.

Most of the Griffins’ home is carpeted, framed in crown molding and painted a soft khaki. “We didn’t have to do much more than replace the carpet and paint,” she said.

Admittedly, Ann is more of the collector than Dan. “He tends to collect dust,” she grinned. Together, though,



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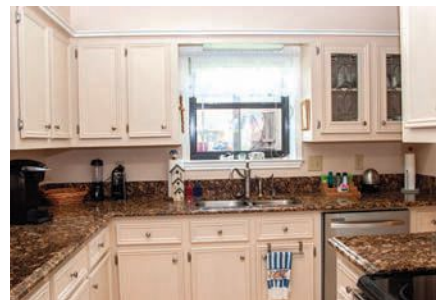
their personal, whimsical and historic accessories like an old Singer leather sewing machine, antique gas stove, blue dishes and crystal, Ann's wonderful collections of trains, tigers (in honor of Corsicana High School), nativity sets, "wee tiny to big" bird houses and her sister's art only begin to highlight their special home. Added to these lifetime

treats are Ann's stunning handmade quilts ranging from postage-stamp doll quilts to wall hangings to full-blown bedspreads.

"My pride and joy is a redwork quilt that I call *Best Friends*," she said. Typically embroidered with red threads, redwork quilts tend to be light-weight quilts. When it is not earning ribbons at a quilt show, Ann's *Best Friends* quilt serves as a prominent and beautiful work of art in their home.

To the right of the living room, an array of six handmade quilts are spread one after the other atop a full-sized bed in the spacious guest room. Most, if not all, have been winners at quilt shows. "I've belonged to the Piecemakers' Quilt Guild of Corsicana for about 15 years," Ann said. The Guild meets monthly and smaller groups get together for a whole week each month to work on each other's projects. "We're a close group," she smiled. "We quilt together, solve all the world's problems and then probably cause a few more."

From October 6-30, the Piecemakers are hosting their 35th Annual Piecemakers' Quilt Show at Corsicana's



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Warehouse Living Arts Center. "It's our biggest project," Ann explained. The event is a judged show involving more than 100 quilts from local quilters.


Happily, another feature of the Griffins' home is Ann's sewing room. Chocked full of quilting and crocheting materials, patterns and projects, its walls are lined with winning ribbons as a result of her work. When she's not quilting, she enjoys crocheting wedding doilies as bridal gifts. "I crochet a white doily and attach money to it," she explained. "The harder the pattern is the better because I have to concentrate!"

Next to the sewing room and at the back of the house is a warm and comfortable master suite. In addition to her sister's original pastel portraits, the bedroom features a stunning heirloom painting above the bed upon which is found Ann's first handmade quilt.

A kitchen and separate dining room with built-in cabinetry and leaded glass are located opposite of the sewing room. Beyond the dining room is a bright room believed to have been a patio at one time, which is now a den. "The back room is where Dan and I stay most of the time," Ann said. "I sit in my recliner in the corner and quilt and watch TV."

"It's where I play dominoes on the computer and watch TV or listen to the radio," Dan commented.

"Dan loves his dominoes," she smiled. "He plays for bragging rights and has for



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as long as I've known him. There were always domino groups in Dawson and, since we've moved to Corsicana, he goes into town in the mornings to play and, then, also plays on the computer."

Ann was born and grew up in Corsicana. Dan was born in Silver City. They met by chance when Ann was a young X-ray student and Dan, a patient needing an X-ray. He called her in June. They were engaged in August and married in September. They have two daughters, Amy and Anna, and three granddaughters and one grandson. "Our daughter, Amy, is an elementary school principal in Corsicana," Ann said, "and Anna is an elementary physical education teacher in Dawson."



As passionate as they are about individual interests, Dan and Ann are also devoted to starting each day together. "We go out to breakfast in the mornings and have for years," she smiled. "Dan is up by 4:00 in the morning. I'm usually up at 5:00, and depending on any appointments, we decide where to go."

Ann is a young 76-year-old and Dan is 86. Their home is a testimony to two active, patient and creative people with the courage to move and grow and the wisdom to love and laugh wherever they go. **NOW**



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In Search of Stars

— By Virginia Riddle



A team of volunteer interviewers and videographers is on a mission in Navarro County. The Star Trek Project was so named because they “trek” around the county looking for interesting local individuals, or “stars,” to interview. These volunteers are creating a collection of oral history videos that will be preserved for the generations yet to come. “So many of our county’s residents have lived through some pretty significant events in history. They are living all around us, and this is an opportunity for them to share their knowledge,” Richard “Dick” Lancaster, one of the videographers, said.

The Star Trek Project is being conducted through a cooperative effort between the Liz Gillispie Genealogy Department of the Corsicana Library and the Navarro County Genealogical Society. The resulting videos are being recorded on DVDs and stored in the genealogy

Front row, left to right: Dick Lancaster and Mike Dunavant. Back row, left to right: Debra Aday and Dana Stubbs.

“None of our interviews, military or otherwise, have been disappointing. It’s been a revelation to me how different veterans’ military experiences are.”

department at the library for family members and researchers to peruse as part of a living firsthand history of Navarro County. Additionally, each subject or his or her family receives a DVD. “Driving through Corsicana, one can’t help but be affected by its history,” Dick, a native son and retired educator, stated. “We want to make sure history is preserved and made accessible to the public.”

Mike Dunavant, retired veterinarian and project interviewer, concurred. While serving in the Vietnam War and realizing he was seeing history made, Mike decided that when he returned home to the states he would tape record his father’s oral history of his service in WWII. “My dad died one month before I got home. This history of Corsicana is going away in the same way,” he said.

The idea of conducting the Star Trek Project originated during a conversation between Mike and Dana Stubbs, Corsicana Public Library’s designated librarian for the genealogy department. Other volunteers have been

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Corsicana Field personnel during WWII.



Interview with Linda Williams, who served in the army in the Vietnam era.



Linda Williams
in uniform.

recruited since the project's beginning. Interviewers, other than Mike and Dana, include: Lea Murray, Debra Aday, Barbara Honea and Pat Spiller. Dick and David Penque serve as the videographers. "I am so glad other

people in the community feel that this project is worthwhile," Mike said.

Word of the project is getting around Navarro County, as well as other areas of Texas. "We have had a number of calls from other librarians asking for information. They are interested in starting their own Star Trek Project," Dana revealed.

The project is focused, for the time being, on county residents aged 50-plus who wish to share their stories about growing up and attending school, their military service, the jobs they've held and about friends and family perhaps long gone. Some of the stars who have been previously interviewed volunteered their stories, while others were nominated by friends or family members. Potential stars are contacted by Dana or a volunteer, given general information about the project and a date, time and place are set for the interview to be videoed. "Our first interview was held last December at a local assisted living facility," Mike



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remembered. The military veteran being interviewed had suffered a recent stroke. Since December, 25 interviews have been conducted.

Interviewers work from a multipage list of questions. Some surprises have occurred, however, and it helps the interviewing process that the volunteers are well-steeped in historical details. "I like to 'chase' the story," Mike admitted.

"We have to be curious and know when something needs to be explained so future generations will understand the information given," Dick said. For instance, during another military veteran's interview, the veteran made a reference to the taking of Jane Russell Hill in the Korean Conflict. "Even today, younger folks wouldn't understand without additional information being given why the hill was named by American troops after the actress Jane Russell," he added. Interviewers also question more thoroughly when apparent contradictions are cited by subjects.

Dick and Mike agree that military veterans are far more modest about their experiences than they need to be. "None of our interviews, military or otherwise, have been disappointing," Dick said. Not only will the military-related interviews become part of the Star Trek Project, but they are also being sent in an unedited version to the Library of Congress to become part of its collection. "It's been a revelation to me how different veterans' military experiences are," Dick added.

Two lights and a sound boom are used by the videographers to get the best results, and they edit before recording the CDs. "I see the interview on a big



Dick Lancaster and Mike Dunavant setting up for an interview with Linda Williams.

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screen while editing. I am “framing” each moment in time while working for hours on enhancing the sound and color. It’s amazing to me how the years come back in a rush during the interviews,” Dick admitted.

Mike and Dick have had some memorable interviews. “I didn’t know how the project would go, but people have opened up and been like the Velveteen Rabbit — open and honest,” Mike said. They agree that a memorable moment came when Babette Samuels broke into song, but Mike also cites his interview with Dr. Carroll, longtime veterinarian, as one of his favorite moments. “Being a fellow veterinarian, I realized the importance of the legacy of his practice,” Mike said.

“We have also had stories that reflected the race relations of those years,” Dick said. One of his poignant moments came while interviewing a black military veteran who shared his experiences.

Mike, a native of Ropesville, Texas, spent his high school years in Brownwood before becoming an Aggie and veterinarian. After having practiced in Lubbock and Austin, he and his wife, former Corsicana resident, Judy Johnson Dunavant, retired to Corsicana. Having become active in the community, Mike said, “I have a goal to make a positive difference that will add value to other people’s lives, and I have met so many wonderful people here.”

The project is seeking more stars to interview. “That person could be a family member or a next door neighbor,” Mike said. But the person the project is really designed to benefit remains unknown. “It will be the man or woman who will be curious enough to come to the library of the future.” **NOW**

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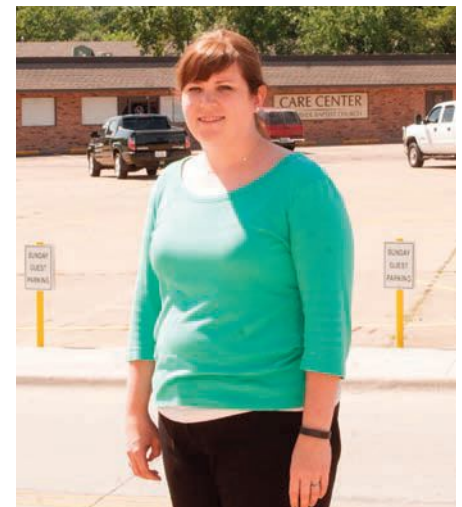
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Services and activities:

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Wednesday: 5:00-8:30 p.m.



Phil Moore, Rick Lamb and Randal Whitt come together to make a successful service each week. Kimberly Rainey finishes a productive day's work at the Care Center.

On Point for God

Northside Baptist Church helps people live their lives to the fullest.

— By Virginia Riddle

“Helping people experience life in all its fullness” is the Mission of Northside Baptist Church. “Joy is seeing people’s lives changed and enhanced. We see them overcome old habits, which sets them free from things that have kept them in bondage,” Lead Pastor Rick Lamb said.

“We are on a mission for God no matter where we are or what day it is,” Associate Pastor Randal Whitt stated. “We *are* the church all the time — we *gather* at select times.”

Begun in 1934 as a mission church on the far north side of Corsicana, Northside Baptist Church has grown to 1,700-plus members with programs serving every age group. Sunday worship begins with Bible study for each age category: nursery and preschool (birth – kindergarten) under the direction of

Debbie Taylor; children (grades one-six) led by Jana Fox; student ministry; and adults of all ages. Sunday church services begin at 11:00 a.m. The choir and orchestra are led by Phil Moore, minister of music and media. The nursery remains open during all worship services.

Wednesday night activities (during the school year) begin at 5:00 p.m. with the serving of a meal. The church feeds between 250 and 325 people on Wednesday nights. Choir practice follows at 6:00 p.m. and is open to anyone wanting to make a joyful noise. The orchestra meets on Sundays at 8:30 a.m. to rehearse. Members are required to have a minimum of three years’ experience playing their instrument. Musicians also perform in musicals and pageants. “However,” Phil said,

"we are the worship leaders every week. We worship in a blended style with no set pattern."

Wednesday nights also feature a wide variety of "GROW" discipleship classes, studying various books of the Bible, classes about parenting, money management and a wide range of other topics. The youth, under the direction of Matt and Katie Kresge, enjoy a worship experience with a live band and a time of teaching. A ministry to those who are grieving, called GriefShare, meets on Tuesday nights.

For community residents unable to physically attend, services can be accessed live locally on Northland Cable Channel 3 each Sunday or later in the week through the church's website or app. "This church decided to have a media presence many years ago," Pastor Rick said. Deacons serve communion to members in nursing homes and assisted living situations to enable them to partake of the Lord's Supper with the church family once per quarter via television.

Annual family-centered activities include: an Easter egg hunt, a fall festival, summer children's and youth camps, Vacation Bible School, a Sportsman Banquet and local and foreign mission opportunities. Each Monday, Wednesday and Friday, volunteers operate the Care Center, a benevolence ministry offering a food pantry and clothing/household goods to Navarro County residents in need, under the direction of Kimberly Rainey. Kimberly's husband, Grant, is minister to college-age students at the church and on the Navarro College campus.

Since its beginning, Northside Baptist Church members have built and remodeled facility space to accommodate the extensive programs. "Our members are supportive, involved and dedicated to the church's mission," Pastor Rick said. "Ultimately though, it's not about size. It's about helping families and individuals who are struggling. Our church is about how we relate to one another and help people sincerely connect to God through Jesus Christ, His Son," Pastor Rick said. "We want to enable people to be victors, not victims." **NOW**

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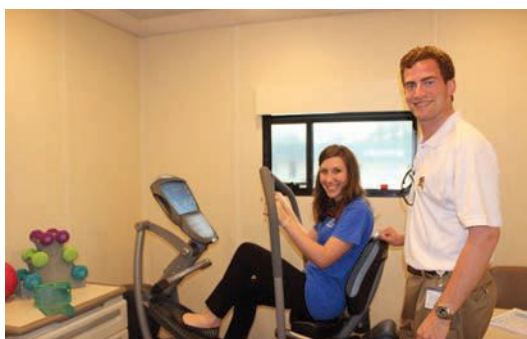
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There are potential risks when co-signing a loan.

- *You are 100-percent responsible for the debt.* When you co-sign, you agree to pay the loan back in full — plus any late fees or collection costs — if the primary borrower defaults or misses just one payment. If you can't pay, the lender could sue you or garnish your wages.
- *It can lower your credit score.* The primary borrower's late or missed payments can prevent you from qualifying for personal loans or other lines of credit in the future.

Before Co-signing: Factors to Consider

Think about the following before agreeing to co-sign a loan.

• *Is the borrower able to make payments on time?* If the primary borrower doesn't have a steady source of income, making on-time payments may become an issue.

• *How can you protect your credit?* Ask the borrower to make any missed payments within 30 days to ensure your credit score (theirs, too) doesn't take a hit.

Your Investment Is Key

If you're comfortable co-signing a loan, treat the debt like it's your own.

• *Set a timeline.* Agree on a specific date to get your name off the account. To do this, the primary borrower must refinance the loan or close the credit card.

• *Monitor the account.* Review online statements to make sure the primary borrower is regularly making payments. **NOW**

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A Primer to Prenatal Testing

Preparing for a new baby is a busy and exciting time, however the most important job of a mother-to-be is staying healthy, for herself and her baby. An obstetrician monitors the mother's health, as well as the growth and health of the baby, and provides guidelines to follow to provide an optimal environment for the baby's development. Expectant mothers have a variety of screening tests available to make sure their baby is thriving and healthy. Routine tests administered to all pregnant women include blood and urine tests and blood pressure monitoring. These tests not only check the health of the mother and baby, but can also give the obstetrician information about the baby including his or her size, sex and gestational age.

It's important to remember some tests are screening tests, that is, they detect the risk of a potential health condition. Others are diagnostic, which means they can determine — with a good degree of accuracy — the existence of a health condition in the mother or baby. Some of these tests are performed just once, some at every OB appointment and others periodically.

Routine prenatal screenings include:

- **Blood test** — Blood tests are taken at the first OB visit and also later in pregnancy. They check for anemia, or low red blood cell count, which can make mothers-to-be feel especially tired and also raise the risk of pre-term delivery. Blood tests also confirm the mother's blood type and detect whether the mother has an absence of Rh factor protein, which may indicate incompatibility between the mother's and baby's blood type. Blood type incompatibility can cause potential health risks for the baby if not recognized and treated. Blood tests will also be ordered that check for various diseases and conditions, which may affect the baby's health, such as: diabetes, syphilis, hepatitis B and HIV.

- **Urine test** — Urine tests check for bacteria in the urine, which could indicate a urinary tract infection; the presence of sugar, a possible sign of gestational diabetes; or protein in the urine, which indicates either an infection or preeclampsia, a pregnancy-related complication that includes high blood pressure.

- **Cervical test** — These tests are performed at the first prenatal visit and check the mother for cancer of the cervix and certain sexually transmitted diseases, including chlamydia, gonorrhea and herpes.

- **Ultrasound** — An ultrasound is usually first performed at 18 to 20 weeks — although it may be done earlier to determine the age of the baby — and sometimes repeated, depending on the nature of the pregnancy and doctor's recommendations. The ultrasound shows the shape and position of the baby in the uterus and the baby's gender, records the baby's heartbeat and looks for physical problems or issues such as cleft palate,

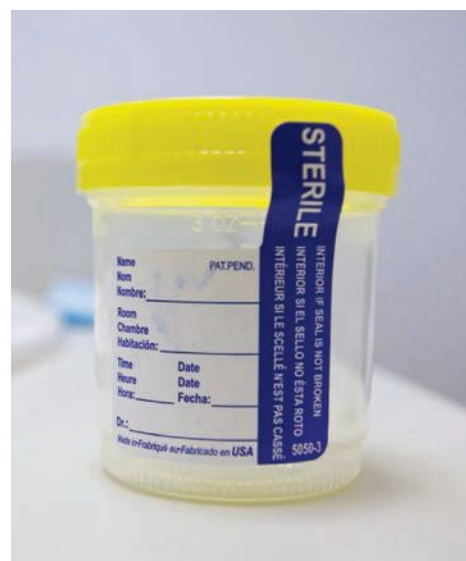
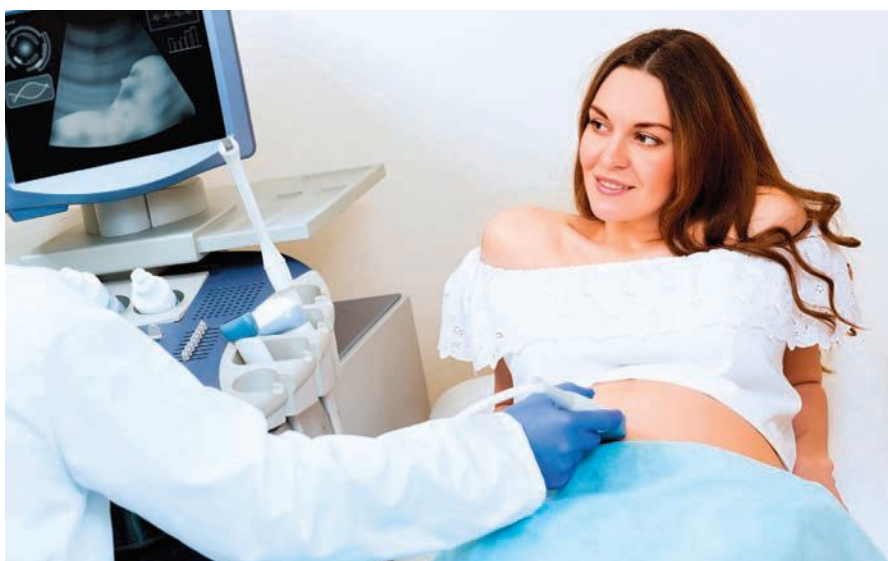


congenital heart defects or malformation of internal organs. It also evaluates the placenta.

- **Glucose screening (done at 24 to 28 weeks)** — This blood test checks for gestational diabetes, a temporary form of diabetes that develops in 3 to 8 percent of pregnancies. Women at increased risk are those who are older than age 25, are obese, have a family history of diabetes, have previously given birth to a baby weighing more than 9 pounds or have sugar in their urine during routine testing. These women will often receive an early screen in addition to the 24- to 28-week test.

- **Group B streptococcus (GBS) test** — This test is given later in pregnancy (usually 35 to 37 weeks) by swabbing the vagina and rectum to detect the presence of Group B streptococcus (GBS) bacteria. Although GBS bacteria are found naturally in the vaginas of many women, it can cause infections in newborns when present during the delivery. If found, an antibiotic will be given to the mother during labor to reduce the baby's chances of exposure.

Additionally, other tests may be performed if a mother has a



specific health condition or family history of certain conditions that could affect her pregnancy.

Elective tests include:

- *Chorionic villus sampling (CVS)* — The test is used to detect chromosomal disorders, such as hemophilia, which prevents blood from clotting properly, or Down syndrome, which causes mental retardation and physical defects. The test is offered as an early alternative to amniocentesis and involves taking a tiny tissue sample from the placenta, either through the abdominal wall or cervix. CVS can be administered earlier than amniocentesis, but carries higher risks of infection, spotting/bleeding or miscarriage. It must be done at a subspecialist's office and requires a referral from an obstetrician.

- *Amniocentesis* — This test samples amniotic fluid from the womb — taken via a thin needle inserted through the belly button — and analyzes it to determine the risk for Down

syndrome and other chromosomal abnormalities, as well as some other specific disorders.

- *Maternal blood screening/ triple screen* — This maternal blood test, offered at 15 to 20 weeks is used to determine the risk for Down syndrome, other specific chromosomal disorders and spina bifida.

An expectant mother can make an informed decision about what's right for her and her baby by learning as much as possible about the available tests and talking with her doctor. **NOW**

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

Rebecca Guinn, M.D. is an OB/GYN with Medical Associates of Navarro County and a member of the Medical Staff at Navarro Regional Hospital.



In the Kitchen With Candace Jock

— *By Virginia Riddle*

Family is at the heart of Candace Jock's cooking. "I love being a stay-at-home mom and wife," she said. Together with her husband, J.D. Jock, Candace is raising their daughter, Emery, and son, Jase. "By getting to be at home, I get the chance to cook and bake for my husband, children and extended family and pass my cooking skills on to our children," Candace explained.

She remembers learning to cook about age 5 from a multigenerational team consisting of her great-grandmother, grandmother and mother who also taught Candace's two sisters. "My mother couldn't keep me out of the kitchen! She always told me that putting my heart into my cooking makes it special." **NOW**

Spicy Shrimp Over Rice

1 medium onion, thinly sliced
1 Tbsp. olive oil
1 6-oz. can tomato paste
3-oz. water
1 Tbsp. dry mustard
1/2 tsp. cayenne pepper
Salt, to taste
1 16-oz. pkg. medium shrimp, peeled and deveined
1 14-oz. pkg. Minute White Rice
French bread

1. In a skillet, sauté onions in olive oil.
2. Add tomato paste, water, mustard, cayenne pepper, salt and shrimp; stir occasionally on simmer until shrimp is light pink.
3. Cook rice according to package directions. Pour shrimp mixture over rice.
4. Serve with French bread.

Jalapeño Popper Dip

2 8-oz. pkgs. cream cheese, softened
1 cup mayonnaise
1/2 cup shredded cheddar cheese
1 4-oz. can green chilies
1 4-oz. can diced jalapeños (use two cans if hotter taste is preferred)
1/2 cup shredded Parmesan cheese (divided use)
1/2 cup seasoned breadcrumbs
1 Tbsp. olive oil
Corn chips, tortilla chips or crackers

1. Preheat oven to 350 F. Mix cream cheese, mayonnaise, cheese, green chilies, jalapeños and 1/4 cup Parmesan cheese; place mixture in a baking dish.
2. Mix breadcrumbs, olive oil and remaining Parmesan cheese; sprinkle on top of cream cheese mixture.
3. Bake 30 minutes; let cool and chill.

4. Serve with corn chips, tortilla chips or a choice of crackers.

Easy Stuffed Chicken Breasts

1 tsp. dry basil
1 tsp. dry parsley
2 Tbsp. garlic and herb seasoning
2 Tbsp. McCormick Montreal Chicken Seasoning
5 lbs. thin-cut chicken breasts, boneless and skinless
1 12-oz. pkg. Stouffer's stuffing
Toothpicks
.87-oz. pkg. McCormick Chicken Gravy or homemade chicken gravy (optional)

1. Preheat oven to 350 F. Mix herbs and seasonings together; sprinkle over both sides of chicken breasts.
2. Prepare stuffing according to package directions; place stuffing on breasts.
3. Roll each chicken breast and secure it with a toothpick.
4. Bake 45 minutes. If desired, prepare and add chicken gravy.

Hobo Dinners

2 lbs. hamburger meat
Aluminum foil
Salt and pepper, to taste (divided use)
Liquid smoke, to taste (divided use)
6 baking potatoes, peeled and sliced
2 bell peppers, thinly sliced
2 medium onions, sliced
1 lb. pkg. fresh baby carrots
1 15.25-oz. can sweet corn, drained
Sliced jalapeños, to taste (optional)

1. Preheat oven to 350 F.
2. Shape hamburger meat into thin patties; place each patty onto its own piece of aluminum foil.
3. Sprinkle salt, pepper and liquid smoke onto each patty and top with vegetables; close aluminum foil packets tightly.
4. Bake for 1 1/2 hours.

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



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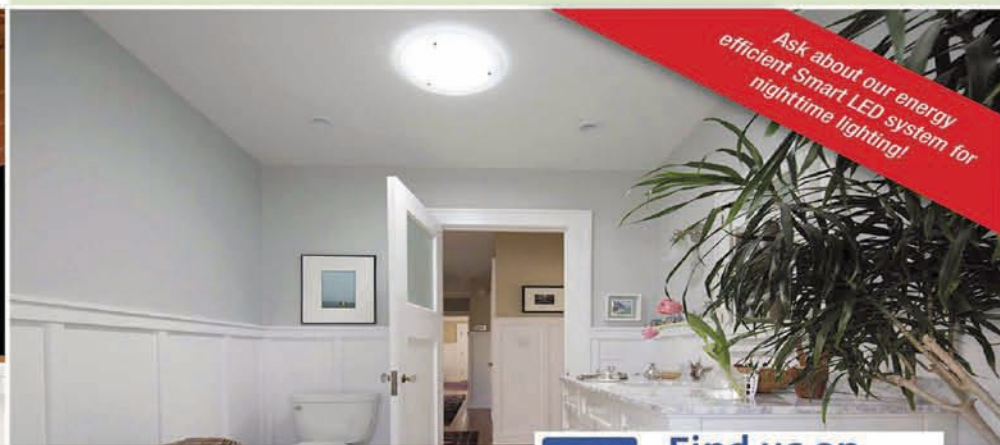
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