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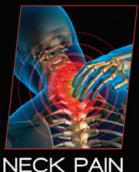
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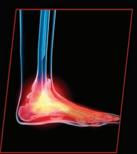
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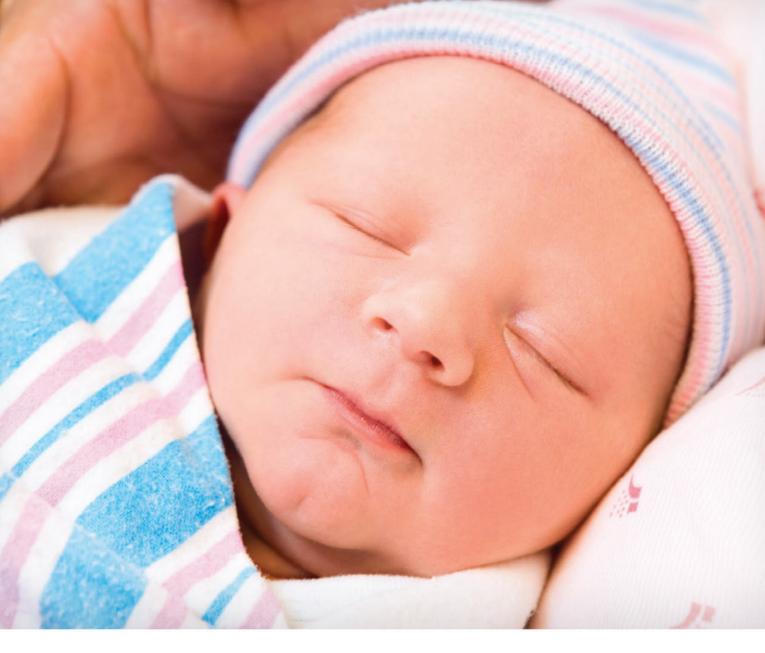
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On The Cover



Elegant dancers are waltzing across Corsicana.

Photo by Memories by Melissa.

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Editor's Note

Welcome to fall!

We celebrate Labor Day on September 5 this year. As a working mom, I have always loved the Labor Day holiday, since it was a time to kind of catch our breath as a family after the start of school studies and extracurricular activities.

This year, I will be honoring Teddy Bear Day, on September 9 and Grandparents Day on September 11. Invited to this combined tea party celebration are my nearly 4-year-old

granddaughter, Sophie, and her teddy bear family. She has a bear named for each of her human family members, and I'm much blessed that she chooses to cuddle every night with Grandma Bear. Named for President Teddy Roosevelt, the original teddy bear was created by toy store owners Morris and Rose Michtom after reading about Roosevelt's refusal to kill a small bear while on a hunt. Teddy bears of all shapes and sizes have since become special companions and comforters for children of all ages around the world.

Have a safe and fun Labor Day holiday,

Virginia

Virginia Riddle CorsicanaNOW Editor virginia.riddle@nowmagazines.com

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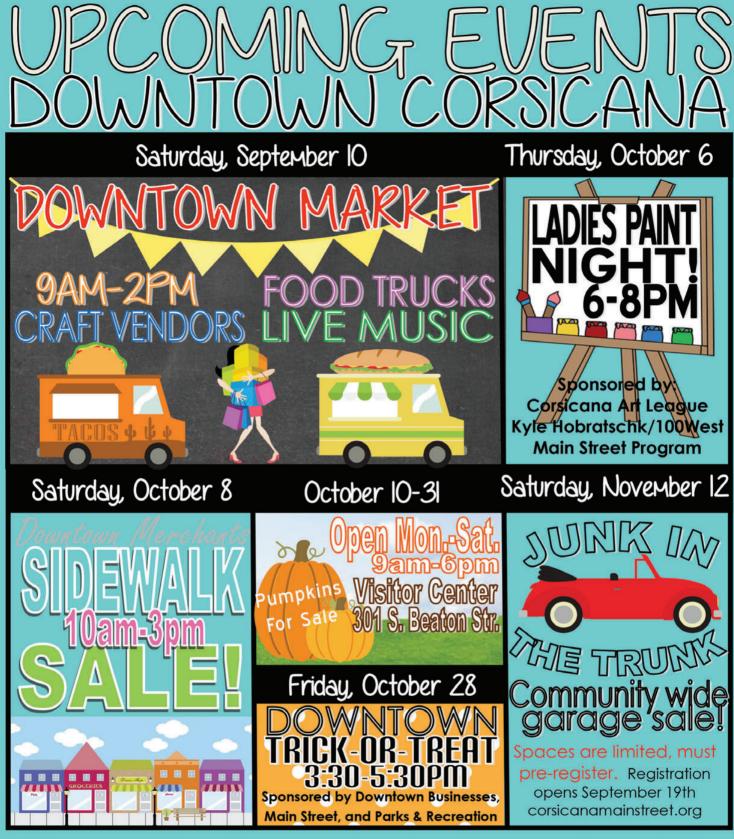


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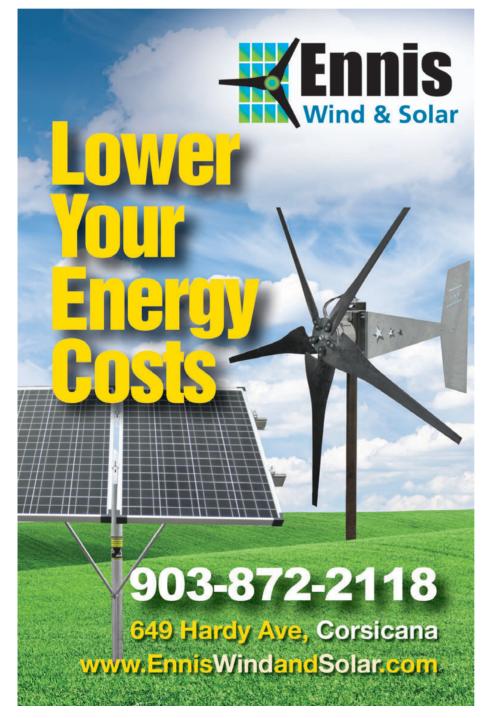


The music begins, and at just the right beat, the couples clad in flowing ball gowns and white tails begin to glide across the floor. The elegance and drama of the dance is brought to life, reminiscent of Fred Astaire and Ginger Rogers during the ballroom dancing, big band days of the 1930s and '40s. The recent Dancing for Our Stars benefit was a hit and has, in part, brought ballroom dancing back to Corsicana in a big way.

The Magic o

Susanne Kesterson did not need that night to sell her on the idea of taking ballroom dance classes. As a teen in Germany, she grew up in dance classes because all her classmates were also dancing. "We learned international ballroom steps and had dances similar to proms there," Susanne said. She met and married her husband, Jason E. Kesterson, while he was stationed in Germany with the U.S. Army. By 2013, they had moved to Corsicana for his job in nearby Dallas, but Susanne still wanted to continue to dance. When Rudy Amezquita Gonzales started teaching ballroom dancing classes in January 2016, Susanne was one of his first students. "It is the elegance, and you are dancing with a partner instead of by yourself. We also are exercising our bodies as well as our brains when we have to remember so many steps. I found a skirt in my closet that now fits well again," Susanne said. "We get to dress up and tell a story with our dance."





Instructor Rudy Gonzales teaches his pupils elegance and grace with each new dance.



Rudy Gonzales (right) demonstrates proper technique for Cliff Patterson and Betina Hawkins.

Some of Susanne's fellow dancers are also returning to their youthful days when ballroom dancing was all the rage. Others are newly inspired by an upcoming cruise, the recent Navarro College Foundation's Dancing for Our Stars competition or the television show, *Dancing With the Stars*. "I wanted to do what they were doing and know more about the dances," Kimberly Munday, a first grade teacher at James L. Collins Catholic School, said. "I had never danced in my life until spring 2015 when I took an eight-week class at the Corsicana YMCA. I hate to exercise, but ballroom dancing does not feel like a chore. It's fun."

Class is held on Monday nights at Collins Catholic School's cafeteria. Music is from a recorded play list, and everyone is welcome. "I love meeting new people and having a place to go to do something enjoyable with other people," Kimberly said.

To date, the class has learned the foxtrot, country-western waltz, two-step, progressive two-step, rumba, cha-cha, east coast swing, jitterbug and the slow waltz. "I enjoy dancing the smooth dances that are elegant and the rhythmic dances like the cha-cha and rumba. In the cha-cha I get to be a flirt, and the rumba, which originated in the West Indies, is a showing of love," Susanne said. No wonder, the root word for rumba is the West Indian word *rumbear*, which means parties, dancing and having a good time.

The dances reflect the art, culture and history of their countries of origin, but many have evolved over the years. Dance students learn the meanings of the different rhythms and learn about the different instruments used to create the music. For instance, the familiar and popular waltz derives its name from the German word *walzen*, which means to roll, turn or glide. The dance is believed to have been first created in Vienna, Austria, during the 17th century where it was popular in the Hapsburg royal ballrooms. Peasants danced the similar weller, or turning dance. Many of the waltz's familiar melodies written in 3/4 time have their origins in peasant vodeling melodies. A steady beat, the emphasis falls on the first count of every 3/4 musical measure.

Research studies give documentation of the benefits of dancing that both Susanne and Kimberly have validated, plus the additional benefits of increased energy levels, improvement in flexibility and balance and a strengthening of bones and the heart no matter the age of the dancer. "You do not have to do everything. Sometimes there is an alternate step for physical limitations. That is OK," Susanne explained.

Another dancer, James Robbins, started taking dance lessons about two years ago to support his wife in her new hobby. "It is great exercise, and it has helped me to become more outgoing," James, a computer support specialist, said.

Just as in most other activities, practice makes perfect. But while perfection is the goal, students aren't pressured but are corrected. "I get frustrated because I'm still pretty new and am not used to all the moves," Kimberly said. "And I've had to get used to not having the same partner every time. That makes us grow in our ability to dance anywhere with anyone. I'm going to continue to learn more about each dance and keep getting better while



Rudy shows Susanne and Jason Kesterson that practice makes perfect.



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learning new steps." She prefers the waltz because of its elegant nature.

"I get frustrated when I think that I should still know that from previous ballroom experience, but I've had to change from International ballroom dancing to American ballroom dancing, and it's a little different," Susanne said. Only recently has Jason joined her on the dance floor. "I'm hoping to be able to enter some local dance competitions in my age group eventually," she added.

For James, the challenge is to keep in time with the beat after accomplishing a special move, but those moves are also his greatest triumphs in dancing. His favorite dances, to date, are the two-step and the ranchero. "I enjoy dancing them and can do several moves with them," he said. He admires Rudy's abilities on the dance floor.

Kimberly, who taught previously in Corsicana ISD, grew up in Ennis where her family still resides. When not on the dance floor, she enjoys spending her spare moments reading, doing cross-stitch and gardening.

A nurse for 10 years in Germany, Susanne is now a crossing guard at Fannin Elementary School where her son is a student. "Sometimes I act really crazy and start dancing in the street," she said laughingly. Susanne's other hobbies include reading, horseback riding and swimming. Together, she and Jason are raising seven chickens, two horses, goats, four dogs and one cat besides their son, Matthew. "I grew up in Germany's countryside," she said, "and I guess I'm still a country girl at heart who likes to dress up and dance these elegant dances."

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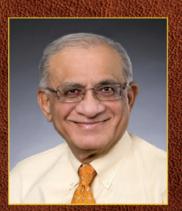
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— By Virginia Riddle

When Nobel Prize winning Irish poet and playwright William Butler Yeats said, "There are no strangers here; only friends you haven't met yet," he could have been speaking of Virginia Ray. Ninety-plus years young, Virginia has filled her life with family, church, travel, friends, volunteer work and a career. "There's always time and places to make friends. People float in and out of our lives for some reason and bless us," Virginia said.

AT HOME WITH Virginia Ray Virginia is a member of Kinsloe House; James Blair Chapter, DAR; and she's the oldest active member of St. John's Episcopal Church. "My church and its caring people are just wonderful. They're my Corsicana family," Virginia said. An avid reader, she enjoys membership in the Quintilian Literary Club. "We started that club with four members, and now we're up to 40 wonderful, interesting young members who enjoy reviewing books," Virginia reported.

Since 2013, Virginia's home has been a cottage in Cambridge Crossing Senior Apartments. "I used to volunteer with Meals on Wheels and at the hospital, but now I'm so busy here with activities," she said. She listed the dining and party room and an up-to-date library as her favorite places in the complex. "We have pot lucks once a month and those attending are women who have always cooked. They take great pride in what they bring," Virginia revealed. A longtime bridge player, she enjoys playing that game and is learning to play other games with her fellow residents.

Highland Park in Dallas looked very different during Virginia's youth. "Highland Park was in the country



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when my family built our home in 1927, but everyone was predicting that a toll road would be built through the area," she recalled. It took a long time, but, eventually, the toll road was indeed built. Virginia graduated from Highland Park ISD and attended Mary Baldwin College in Virginia for a year. "Those were the war years [WWII], and my father brought me back home because he was worried about my being so close to D.C.," she said.

She continued her education at Oklahoma State University but left to become John Gravelle's June bride in 1943. "I fell in love with John when I was a senior in high school, and he was 10 years older

> than me," Virginia said. "He was going into the U.S. Marine Corps, so we married, and I moved to New Jersey with him." John soon shipped out to the Pacific Theater, and after his return to the states, the couple moved back to Dallas.

"John wanted to raise our children outside



but near to the Metroplex, so he started looking for a business opportunity and found a washateria in Corsicana that he purchased, so we moved here in the 1950s," Virginia recalled. "He sold it after about seven years, and went to work for Blackford Printing and then the Corsicana State Home. John loved taking care of the children until his death in 1975," Virginia said. The couple was raising their own children, too — David, who has raised his family in Virginia's Highland Park childhood home, and Cathy, who now lives in North Carolina. Virginia has four grandchildren and five great-grandchildren

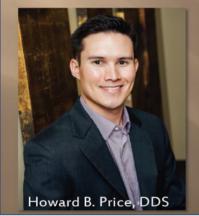
Virginia established her career as clinic supervisor at the Medical Arts Clinic. "I saw so many changes in my 24 years there. We went from eight doctors to 32, and I helped design the computer system," she said.







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In 1978, Virginia married Rogers Ray, and together they retired and traveled extensively throughout Europe and on cruises to the Caribbean and Alaska. "Growing up, I had seen every battlefield and state park, and with John, I had seen his home state of Montana. I loved cruising and walking on glaciers," Virginia said. Rogers passed away in 1997.

The couple built a home in Corsicana that had a beautiful, terraced garden Virginia enjoyed, but one day, she decided she just didn't want to work that hard to maintain the gardens anymore. A friend had already moved to Cambridge Crossing, and Virginia made the downsizing move to a nearby two-bedroom cottage. "I can sit on my patio and feel like I'm in the country, and I don't have to do yard work," Virginia said.

A church friend, Tom Adams, helped Virginia move and decide where to put everything. "Tom told me to wait two weeks, and if I didn't like it, he would move things again. I haven't moved anything, and I'm happy here," she said.

An American flag flies proudly at Virginia's front porch with its comfortable seating. Virginia welcomes friends into her living room decorated in red, green and blue hues and furnished with family pieces. "All of my life and family surrounds me here," she said. "Everything in this cottage is a memory."

She beams when asked about the porcelain roses in the custom glass case. "I had always wanted a rose garden, so Rogers started giving me those roses for every occasion and had the case built," Virginia said. Mother and daughter porcelain dolls that Virginia found in Spain stand atop the case. Virginia's mother's chair anchors the comfortable seating, and a game table doubles for bridge or dining. Books and family photos line the shelves and an antique family clock presides over the room. Virginia's leaded glass collection includes a celery stand that her grandmother won for horsemanship.

The bright kitchen and breakfast bar are flanked by a built-in desk and bookcase where a collection of crosses are hung along with a caricature sketch of Rogers. A stained glass hanging separates the kitchen from the living room.

Virginia's master bedroom furniture was shipped from England to the Alabama property owned by her family and stored in a barn. During a visit, Virginia's mom liked it, and the friend gifted it to her. "I've slept in that bed all my life," Virginia said. The bed with its rose spread is flanked by Victorian-era lamps. Her mother's needlepoint covers a chair seat, and family photos and mementoes include her Spengler family seal, her father and mother's baby pictures and her dad's first love letter to her mom after they were married. "As you can tell by now, I like roses. Rose is my middle name," Virginia explained.



Cathy's childhood trundle bed and Virginia's mother's repurposed hope chest welcome guests in the additional bedroom. A photo of Virginia, her brother and mother holds an honored place.

Memories of John's war service are displayed proudly in the hallway. "We didn't find out about his service and that he had been honored until David did some research," Virginia said.

Virginia recommends that others stay busy, and she follows that recommendation herself. "The hardest year of my life came when I turned 30. Ever since that birthday, life has been great!" NOW

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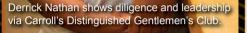
Do you remember the hall monitors in school? W hat about the crossing guards chosen from among the students you went to school with? Perhaps, you recall the boy or girl selected to take names on the chalkboard while the teacher stepped out of the classroom. W hat about the cafeteria monitors who walked around making sure you were eating and not playing with your food or using your fork improperly? They didn't want you flipping peas off the end of your

eating utensils across the table or sticking chewing gum under the tables. Then there were the kids entrusted with the solemn duty of raising the flags each morning prior to the ringing of the first bell. As a young person, these were the duties many hoped to be called upon to perform. Duties associated with respect.

By Nancy Smothermon

Brock Jenkins, a second grade hall monitor at Carroll Elementary, stood in the office the final week of the 2015-16 school year. He was taking his work very seriously. He held a walkie-talkie in his hand, and as he walked out of the office door he could be heard saying, "Mr. Betts, you're wanted in the front office."

The school secretary, Mrs. Cooksey, smiled and called Mrs. Howell and Mr. Betts on



"I TELL THEM TO BE GOOD AND NOT GET IN TROUBLE."

the intercom. "He is excited to be helping us out," she said, referring to Brock.

"We were blown away when the boys stepped up and started taking charge. They were quick to set a good example for other students. Not only were they helping with flag duty, but they soon started greeting parents and other students in the mornings," Stephanie Howell said. The principal and assistant principal were delighted to share the success being experienced at Carroll Elementary since the integration of a new program called Positive Behavior Integrated System.

Principal Stephanie Howell has just completed her first year at Carroll Elementary. She is a Corsicana alumna and was an administrator at the elementary, junior high and high school level before joining the administration team at Carroll. Assistant Principal Tim Betts is also completing his first year at Carroll. He, too, is a Corsicana alumnus. Both of them graduated in 1994. The two of them, along with Marvelous Betts (related to Tim), a second grade teacher, have worked hard creating this program



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to encourage better behavior from the boys at Carroll Elementary and promote better etiquette — two things that had been lacking at the school.

It starts at the top. With this administration setting the tone for the teachers, the teachers set an example, and the boys in the club started stepping up. The club known as Carroll's Distinguished Gentlemen's Club was formed at the beginning of the 2015-16 school year. "We have been working out the bumps in the road since," Tim added with a nod and a grin.

"Mr. Marvelous Betts got online and looked for similar programs. With the help of teachers and parents we were soon developing young leaders," Stephanie explained. "It's about leadership, etiquette lessons, enforcing the dress code and providing strong role models for the male students here at Carroll."

"It began with teachers modeling behaviors expected in common areas. Then a small group of boys were charged with the same responsibility of setting good examples for others," Tim said. First, the advisory board reviewed discipline referrals. They considered information from the Dojo software being used in the classrooms. Teachers and parents were asked to recommend students they felt were capable of handling the responsibility. "Step up they did!" Stephanie and Tim exclaimed in unison.

"In addition to raising the flag, they were soon taking up the microphone and reading announcements, reciting



the pledge, and some of our shy students suddenly were finding the confidence to participate," Tim proudly added.

The kids were being held accountable for their behavior and at the same time becoming natural leaders. "Which will not only benefit us here at Carroll, but at Drane next year as these young leaders move

up," Stephanie offered positively.

The Corsicana ISD administration is involved, too. One of the board members has even made Carroll one of his favorite stops to observe the success of this exciting new program. He was one of the first speakers to visit and talk to the boys with parents and teachers. "They can see the confidence that is building among our students at Carroll," Tim stated.

"The boys are greeting and opening doors in the mornings, displaying manners in the cafeteria, learning new social skills and will even be assisting our parents in our résumé teaching. We're excited about the implementation of Needs of the Parents. Our students will be helping their parents learn new technology. They want to lead," Tim explained. "We already have two special education students who have applied for this year's program. We are about including all children. No labels."

The parents and teachers are excited and proud to be a part of such a positive, developing program. There is an advisory board set in place chosen from among members of the community. Made up of fathers, businessmen and retired college teachers, the board will be working with the teachers. This is groundbreaking, and Tim was instrumental in making sure everything was set up for launching such an undertaking. Public relations are in place. They have designed T-shirts to help spread the word. No one wears their shirt more proudly than one of the boys chosen for this year's program - fifthgrader, Derrick Nathan. "His word of mouth has served to spread the exciting





Kami Matthews (HHC), Autumn Grounds, Gannan Stewart, Ashley Watson (LVN) & Ryan Watson (Branch Manager)

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news more than any PR we've been able to do," Stephanie admitted.

"He's going on to middle school at Drane next year, and we have no doubt he will be a shining example of the Carroll's Distinguished Gentlemen's Club there," Tim said. "Derrick has inspired many."

"I think it will be fun," Derrick said. The experience has helped grow the confidence in this once shy young student. "They [other students] treat me better. They treat me as a leader," he smiled. "I wanted to do this because it would make me famous. I tell them to be good and not get in trouble. My parents are excited. They signed me up for basketball. Younger kids are watching and want to do it, too. My grades have even gotten better."

These boys have much to look forward to. With the support of the administration, the school board, teachers, community leaders and especially a renewed interest and parental involvement, the fifth grade boys of Carroll Elementary are riding the crest of success. Theirs' will surely be new paw prints to follow.



Business NOW



SWFA Outdoors

5840 E. U.S. Hwy. 287 Midlothian, TX 76065 (972) 726-7348 swfa.com Facebook: SWFA Outdoors

Hours:

Monday-Friday: 8:30 a.m.-4:30 p.m. Saturday: 10:00 a.m.-4:00 p.m.



High-quality hunting weaponry and excellent customer service are the specialties of SWFA's Christopher, Chris and Norma Farris.

Keeping the Wagon Full

SWFA continues to stand on exceptional customer service. — By Sandra Strong

Under the ownership of Jim and Norma Farris, Southwestern Firearms Inc. (SWFA) began selling firearms to the public in 1973 from a gun store on Jefferson Boulevard in Oak Cliff. "My dad has always been a huge gun collector," said Chris Farris, son and current co-owner. "I grew up around guns and everything that has to do with guns and hunting."

As the years came and went, the crime rate in Oak Cliff grew to a level where Jim and Norma had a decision to make. They could have closed the shop or relocated altogether, but what they did was one step better. "They started doing 50 gun shows a year. Most weekends were spent at gun shows," Chris explained. "During those years, we ate Thanksgiving dinner at Luby's Cafeteria in St. Louis, Missouri. Those were years of travel from Hollywood, California, to Hollywood, Florida." One of the largest gun shows that brought the family a great deal of their yearly revenue was held in California at the Pomona Fairgrounds. This particular year, the event was taking place at the same time the O.J. Simpson verdict was being handed down. "The National Guard shut the show down," Chris remembered. "We were left with a massive inventory." They were able to successfully "unload" the stock by advertising in national gun magazines. In fact, the print ads were so successful, they were able to slow down on the weekend shows. "Within five years, we were no longer traveling all over the United States. Most of the stock was being sold through print advertising," Chris stated. "This was also the time when Internet became popular."

As SWFA outgrew one building after another with the advances in technology, Jim decided it was time for another

Business NOW

change. "Dad retired, allowing us to take it to the next level," Chris said. "Dad is old school. The business got too big and grew too fast for his liking. He did tell me I needed two things in order to take my place as a co-owner of the family business — intelligence and a willingness to work."

These are two things Chris and Norma have plenty of when it comes to taking SWFA into the future. The new building was designed by Chris. "I drew it out on paper with a pencil," he smiled. "It's not your normal floor plan."

SWFA takes great pride in having a large inventory on hand at all times.

The 40,000-square-foot building may appear large, but the company still offers the same personal customer service they did at their onset over 40 years ago. The store front offers customers over 1,000 different types of ammunition, guns in all makes and models and an atmosphere that offers an ease for first-time buyers, as well as for repeat customers.

Half the building is store front, offices and break/meeting rooms. The other half is SWFA's warehouse. When Chris designed the store front, he wanted something "premium" for customers. This want manifested as a mural of North American iconic animals in the large meeting room that can be easily seen from the showroom. The artist from Kansas created a 3-D rendition of wildlife that in some cases looks far away, and in other instances, can be seen up close and personal, as if looking through a high-powered scope or binoculars. It took six months to create and a full week to install.

You won't find "cheap Saturday night specials" at SWFA. What customers will find is high-quality inventory and handson customer service that's second to none. SWFA takes great pride in having a large inventory on hand at all times. As Chris and Norma can attest, "You can't sell from an empty wagon!"



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Around Town NOW



It's a pink flamingo theme for the Corsicana Newcomers Club's summer social.



Joe McLaughlin and Dan Summerall preside at a monthly meeting of the Coyote Squadron.



Volunteers with the Angels of Corsicana Troop Support pack boxes for military personnel serving oversees.



Gavin and Anthony play with The Strikers, one of the YMCA youth soccer teams.



Corsicana NOW Editor Virginia Riddle is honored with other award winning essayists at the book signing for Ten Spurs held by its publisher, UNT Press, at the Mayborn School of Journalism's annual conference.



Congirls of Cowboy Church of Corsicana and friends are entertained at their In God We Trust summer event.



Members of Cars of Navarro County auction items at their car show benefiting Mary Peterson Child Care Center.



The colors are presented proudly by the Navarro County Sherrif's Department at the courthouse rededication and open house ceremony.

CARGE AND AND ARE C



Bobby and Sissy Perry with grandson, Kolton Perry, exhibit their car and support at the Back the Blue Car Show.







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By investing in a mutual fund, you're essentially pooling your money with other investors to access a broader range of stocks or bonds than most people could own by themselves. According to the Investment Company Institute[®], there are more than 8,900 mutual fund choices in the United States today controlling close to \$15 trillion in assets¹. The investment company uses the assets in the fund to buy and sell securities, such as stocks or bonds, in pursuit of a specific objective as outlined by the company charter. **Mutual Fund Objectives**

One objective a mutual fund may attempt to achieve is longterm growth of capital. This may be done by purchasing the stock of large companies that have consistently made a profit, or buying the inexpensive stock of smaller companies in hopes that the value increases. Some funds may be invested primarily in foreign companies, while others invest in specific market sectors, such as technology or health care.

Some funds are developed to generate income for the investors. Dividends from bonds or preferred stocks held by

these funds are accumulated and distributed to investors on a regular basis. If the fund's assets are invested in municipal bonds, the dividends may be exempt from federal taxes, which would provide the investor with income taxed solely at the state or local level.

How a Fund Is Managed

Many funds are actively managed, meaning an experienced investment advisor will take an active role in determining the portfolio, or holdings, of the fund. The securities held in a fund may change based on how well a security performs and meets the objective of the fund.

Other funds are called index funds and attempt to mirror the performance of a given index, such as the S&P 500[®] or the Russell 2000[®] Indexes. The fund portfolio will generally contain stocks of as many companies in the index as is possible in amounts reflecting the weighting assigned by the index.

Source: 1. ICI 2014 Fact Book. Lynda Housley is a State Farm agent based in Corsicana.



Refinance • Investment Properties • New Construction Purchase • Land • Home Equity • Home Improvement







Exquisite home on landscaped lot, located on a cul-de-sac. Great home for indoor and outdoor entertaining! Open living and dining areas, 3 fireplaces, 4/3/2, wet bar, screened sun room. Heated pool for all seasons enjoyment! Attention to detailed craftsmanship throughout this custom home. Rich wood tones, brick floors, beamed ceiling and pretty tiles accent the décor.



Wonderful home with a lot of great living space! Nice living room has pretty fireplace and opens to private study with wall of built-in extras. Formal dining room plus breakfast area in large kitchen featuring many custom cabinets, built-ins and work island. Large shaded lot, open deck and hidden garden. Awesome hobby room in garage or climate controlled storage.



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Health NOW

Health Screening During the Golden Years

By age 70, many Americans have completed their working lives and moved into the golden years of retirement. After decades of hard work and planning, those in later life should enjoy peace of mind rather than worry about their health. Maintaining a schedule of health screenings can contribute to a happy, healthy retirement.

Health screenings are as individual and unique as the person involved. Personal and family health history and other factors will influence the schedule of testing recommended by your primary care provider. Whether caring for yourself or a loved one, it can be beneficial to understand the generally recommended screenings for people in this age group.

Certain tests should be done regularly regardless of gender. People over the age of 70, just like their children in their 40s, should regularly have their blood pressure checked and should have a cholesterol, thyroid, dental, hearing and vision exam every year or two. The vision exam should include a check for glaucoma, a condition that can damage the optic nerve but has few noticeable symptoms. General blood screens can effectively detect many conditions, and your physician can determine how often a screen should be performed. Tests done on a person's stool and an internal procedure known as a colonoscopy can identify certain types of cancer, and anyone over the age of 45 should seriously consider being tested for type 2 diabetes. Physicians may also check for physical abilities, such as walking and balancing to make sure a person can safely navigate everyday activities.

Some types of screening are gender-specific. By this age, men should be having a prostate exam regularly. These exams take only a few minutes and are helpful in detecting a number of conditions. Women should continue to have clinical breast exams, mammograms and pap tests every year or two until otherwise directed by their physician. They should also have a bone density scan, as bone health is highly important for women in their 70s.

Along with these tests, people in later life should remain current on their vaccinations. It is important for this age group to get a flu shot every year. Ninety percent of flu-related deaths are among people 65 and older. Pneumonia is another serious condition, accounting for thousands of deaths annually among the elderly. Experts estimate that 50-percent of pneumonia-related deaths could be prevented by proper vaccination. Most people need only one pneumonia shot, generally around age 65 and sometimes earlier. Your provider can determine whether a person needs to be vaccinated for measles, mumps and rubella, hepatitis B or other conditions.

Risk factors and previous conditions will influence the frequency of screening. For example, a male with chronic high blood pressure or a female with a family history of cancer might require more frequent tests for these conditions. On the other hand, people who have been consistently healthy in areas, such as cholesterol or blood pressure, might require less frequent testing in these areas. Individuals who have used tobacco on a regular basis should be tested for an abdominal aortic aneurysm as well as be checked for oral cancers.

The golden years should be relaxing and enjoyable. While they will never be entirely free of health-related issues, appropriate and timely health exams can help ensure the highest quality of life possible. Contact your physician to determine an individualized schedule of health screening.

Toula Glass, N.P. Geriatric Medicine Medical Associates of Navarro County



www.nowmagazines.com 34 CorsicanaNOW September 2016

Calendar

September 3

Corsicana YMCA sign-up deadlines: flag football and cheerleading. For more information, call Thomas Burns at (903) 872-2412.

September 7

The Eureka, Mildred, Navarro and Richland Chambers Lake Crime Watch pot luck luncheon and meeting: 1:00 p.m., Eureka UMC. For more information, email Patty Knauth at pk2@airmail.net.

September 8

Monster Yard Sale: 8:00 a.m.-3:00 p.m.; Lakeshore Methodist Church, 515 FM 416, Streetman. For more information, call (903) 599-4008.

September 9

Navarro County Retired Teachers meeting: 9:45 a.m., Northwest Apartments Community Center. For more information, email Patty Knauth at pk2@aimail.net.

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

September 10

Corsicana Main Street's Downtown Market: 9:00 a.m.-2:00 p.m., Beaton Street between 4th and 5th avenues. For more information, call (903) 654-4850.

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 to 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., Liz Gillispie Genealogy Department, Corsicana Public Library. The public is invited to learn about the genealogy department. For more information, call (903) 654-4808.

September 12

The Piecemakers' Quilt Guild meeting and pot luck luncheon: 9:30 a.m., Westhill Church of Christ Fellowship Hall, 3400 Texas 22. For more information, visit www.piecemakersquiltguild.com or email pqgcorsicana@gmail.com.

SEPTEMBER 2016

September19

Corsicana Art League meeting: 6:00-8:00 p.m., The Cook Center. For more information, email Gladys Espenson at 65gladys53@gmail.com.

September 20

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

September 22

Corsicana Newcomers' Club Annual Style Show: 11:00 a.m. p.m., Kinsloe House. For more information or to confirm reservations, call Annie Avery at (714) 345-6707.

Corsicana & Navarro County Chamber of Commerce Business After Hours: 5:32-6:32 p.m., Community National Bank & Trust. For more information, call (903) 874-4731.

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



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Cooking **NOW**



In the Kitchen With Bettye Ward Criddle

— By Virginia Riddle

Nurse, seamstress and professional decorative cake maker have been careers in Bettye Ward Criddle's life. Now retired, she still bakes cakes for every occasion and cooks for her church family at Eastside Church of Christ. "I enjoy any kind of cooking, and I own a lot of cookbooks and clip recipes from magazines and newspapers," Bettye said.

"I started cooking at 9 years of age. My mother and older siblings worked in the fields, and my father worked a split-shift job in town. "My father taught me how to cook and care for my two younger sisters," she remembered.

Carpentry, sewing, crafting and cooking are Bettye's hobbies. "I enjoy doing most anything. I'm a jack-of-all-trades and master of most," she said with a twinkle in her eye.

Bettye's Pineapple Pie

Note: An original recipe everyone loves!

20-oz. can crushed pineapple
 1/2 cup water
 1/4 cups sugar
 1/4 tsp. salt
 1/2 cup cornstarch
 3 egg yolks, reserve whites for meringue
 1 tsp. vanilla
 3 Tbsp. butter

 Drain pineapple; combine pineapple juice with enough water to equal 1 cup of liquid.
 Add another 1/2 cup water to total 1 1/2 cups.

3. Mix sugar, salt and cornstarch well.

Beat egg yolks well; add to water mixture.
4. Combine with sugar mixture; add vanilla and butter. Cook over medium heat until thick and bubbly. Cook for two additional minutes.
5. Add pineapple to mixture; pour into two precooked, 9-inch deep-dish pie crusts.
6. Top pie filling with meringue of choice made with reserved egg whites; bake pies until meringue tips are browned.

Vegan Chocolate Cake

Note: Tweaked from regular chocolate cake recipe.

Cake: 3 cups flour 2 cups Sugar In The Raw 6 Tbsp. cocoa powder 2 tsp. baking soda 1 tsp. salt 2 cups water 3/4 cup safflower oil 2 Tbsp. vinegar 2 tsp. vanilla Baker's Joy cooking spray

Icing: 2 cups powdered sugar 4-5 Tbsp. cocoa powder 1 Tbsp. safflower oil 1 tsp. vanilla Coconut milk

 For cake: Preheat oven to 350 F; thoroughly mix dry ingredients.
 Add wet ingredients in order of listing; continue mixing until batter is even with no lumps.

3. Spray an 8-inch Bundt or stem cake pan with Baker's Joy; pour in batter.

4. Bake until a toothpick is dry when removed; remove from oven and let cool.
5. For icing: Combine all ingredients except coconut milk; beat with an electric mixer, adding coconut milk 1 Tbsp. at a time until desired texture is achieved. Ice cake when cooled.

Lazy Woman's Cake

- I box Pillsbury German Chocolate Cake Mix
- 1 12-oz. can evaporated milk
- 1 cup sugar
- 3 egg yolks
- I stick butter
- 1 tsp. vanilla
- 1 1/2 cups coconut, shredded
- 1 1/2 cups chopped pecans

I. *For cake*: Cook box cake according to package directions; bake in 2 8-inch cake pans.

2. For icing: Combine milk, sugar and egg yolks in a saucepan; cook until thickened.
3. Add butter; stir until melted. Add vanilla, coconut and pecans; mix well; spread over and between stacked cake layers.

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

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NEW LISTING!



2605 Sandy Circle Nice older home in an established neighborhood. 3/2 with large, fenced backyard with 2-car garage.



9015 SE County Road 2175 4/3/2 custom built Austin stone home on 12 acres. Fenced and cross-fenced with 20x17 workshop. No HOA



Blooming Grove ISD! Beautiful 3-bedroom, 2-bath with media room and large open kitchen. Large shop on 3 acres. This place has something for everyone.



12021 County Rd. 2160, Kerens Very spacious home nestled in the trees. Open floorplan with 2 living areas, mudroom, fireplace, and kitchen with corian countertops. Master downstairs has sitting room. Tons of storage.



109 Granger St., Blooming Grove Beautiful 2-story, brick remodel with 3/2/1, granite, stainless steel appliances, large corner lot.



344 NW CR 2171, Barry Country living on 14.841 acres! Beautiful 2-story home with 5/3 lots of storage space and only 10 miles from Corsicana.



2401 Renee, Corsicana Great 3-bedroom, 2 bathroom home with open kitchen and living. Landscaped backyard. Garage has built-ins for storage. This home is move-in ready and will not last long.



Enjoy Navarro Mills Lake in your backyard! Large open concept with expansive views of the lake. In Blooming Grove ISD.



2004 Enfield Dr. Charm and character are found here in the 3 bed 3 bath home perfect for entertaining. Original hardwood floors, brick and saltillo tile floors, 3 fireplaces, formal living room.



Highway 45 South Frontage 7-plus acres with easy assess to Hwy. 45. Great for service station.



304 Trailridge Dr. Just 2 miles from Wal-Mart! Great neighborhood! Come see this 4/3 home with some updates. Features include above ground pool, fenced yard on .688 acre.



735 Grandview Motivated seller. Bring all offers! 4 bedrooms 4-and-a-half baths. Four levels with 3 living areas. Open floor plan, large master, large guest bedroom, as well as a huge game room with a bar, storage galore and a work room



This stunning homes sits on 30 acres, has a large stocked pond and a barn. Lots of trees and some open pastures. This home has so much to offer!



2021 W. Park Ave. One of Corsicana's finest home! Fantastic floor plan for entertainment. Comes complete with 3 split bedrooms, master suite and bath, walk in closets, 3 living, walk-in pantry and built in wine cooler.



Cozy cottage on corner lot. 3/1/1 darling home.



1100 East 8th Ave. Great corner lot to build vour home!



WOW! This property has so much to offer. The log brick home sits on almost 5 acres. Totally fenced, this home is a split floor plan with a huge master bed and bath. Open living, kitchen and dining areas.



909 Winged Foot This lovely home is located in The Links gated subdivision. Solid brick construction built in 2013. Great open floor plan. Large walk-in closet, separate shower and jetted tub in master bathroom.



2408 Point of View Dr. Light and airy. Perfect for family getaway! 5 beds 4 baths, & sleeping loft upstairs. Recent paint & updates. Open living & dining. Doors to deck in master, bed #2, living & dining. All furnishings are included in this price!



400 N. 37th St. This home is a meticulously restored, decorator's dream with a fabulous layout! 3 bedrooms, 1.5 baths with original hardwood flooring, updated paint, 2 living spaces, formal dining and eat-in kitchen.



0000 Powell St. & East 6th Need to build a new home? Check out this great corner lot!



Located in historical downtown Corsicana. With a little TLC this will be a great location for a restaurant, shopping or office building. The possibilities are unlimited. Great store front, large upstairs area with a loading ramp.



10143 W. FM 744 3-bed, 2-bath home close to town. Newly remodeled kitchen with granite counters and a breakfast bar. Sunroom has beautiful views of property. Living with vaulted ceilings and fireplace opens to dining.



3054 NW CR 1030, Corsicana Newly updated 4/2 with fireplace, swimming pool, deck for entertaining, on almost 1 acre.



2020 W. 1st Lovely chic home. Could be starter home or rental property investment! Move-in ready and priced right. Open floorplan with 2 spacious bedrooms, 1 full bathroom and recent updates.





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