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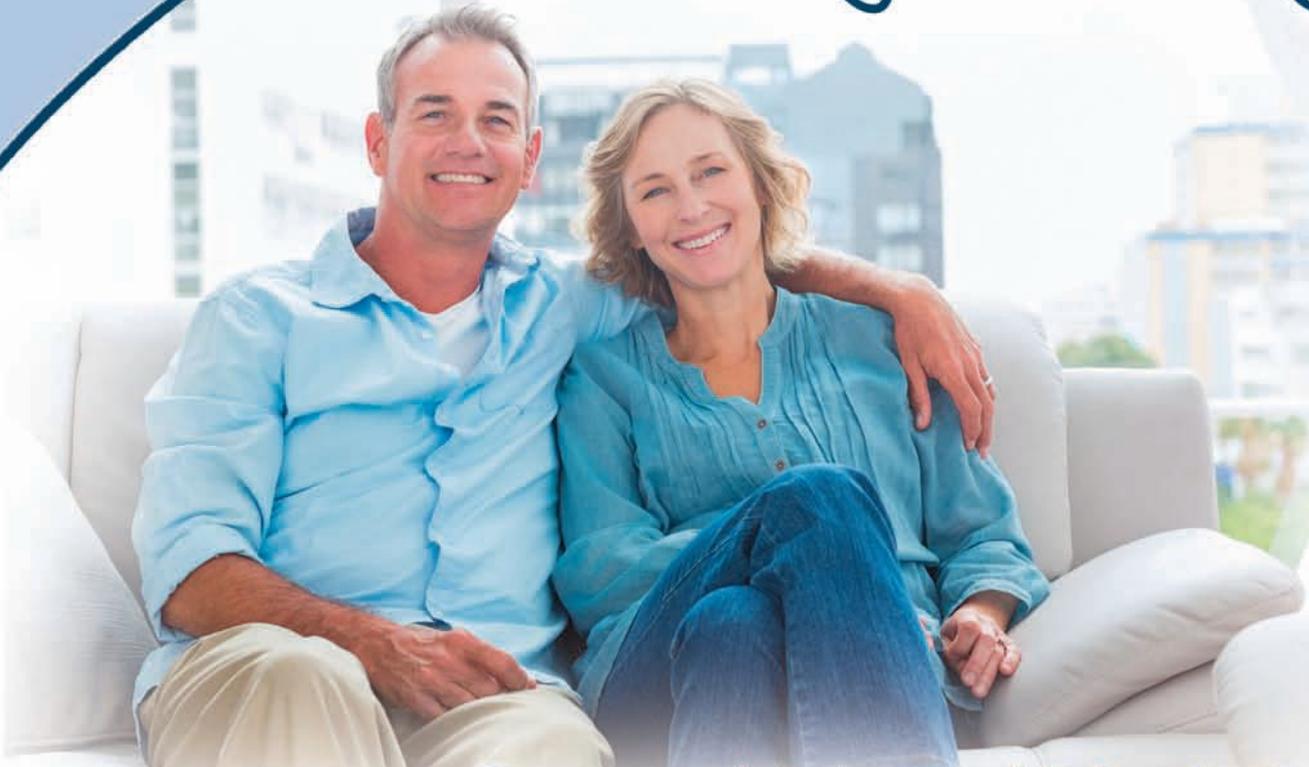
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ON THE COVER



Old Glory and Petty Officer Fields stand tall for America.

Photo by Memories by Melissa.

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Editor's Note

Celebrate Freedom, Corsicana!

When I first sighted the Grand Teton Mountains from a roadside park, I was speechless. This is a great land "from sea to shining sea"! It was July, but the high peaks were snowcapped as are many of our mountainous national parks, even in summer. July is National Parks and Recreation Month, and a visit to Texas' own Padre Island National Seashore, Big Bend National Park or Guadalupe Mountains National Park would make a great way to celebrate our American heritage and history, while enjoying the recreational experiences the parks offer. My family has traveled to all 50 states and many of our national parks, historical sites and trails. Our experiences have been memorable and make the best stories, which I will be sharing this month as I host my family's reunion on the Fourth.

Virginia

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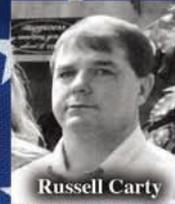
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DUTY *and* HONOR

— By Virginia Riddle

A resolution passed by the Continental Congress on October 13, 1775, authorized the U.S. Navy into existence: “Resolved, that a swift sailing vessel, to carry ten carriage guns, and a proportionable number of swivels, with 80 men, be fitted, with all possible despatch, for a cruise of three months, and that the commander be instructed to cruize [sic] eastward, for intercepting such transports as may be laden with warlike stores and other supplies for our enemies, and for such other purposes as the Congress shall direct.” Since that time, the intent of the resolution has not changed, but Congress’ directives have broadened the scope of the Navy significantly. “This is a career field. We are looking more for the valedictorian and the top 10 percent of the high school graduating class to join. It’s easier to get into college than into the Navy today,” MN2 (SW) U.S. Navy Recruiter Joseph Fields said.

As the Navy recruiter for the Corsicana area, Mineman 2nd Class (Enlisted Surface Warfare Specialist) Fields is looking for men and women to fulfill the Navy’s new motto: “To get to you, they’d have to get past us.” Released in 2014, the motto presents the Navy’s worldwide mission and ability to operate on, above and below the sea to recruits and to sailors who are currently serving. “Jobs in today’s Navy are techno-advanced. We must pay attention to detail, because we’re working with multimillion dollar equipment and lives are important,” MN2 (SW) Fields stated.

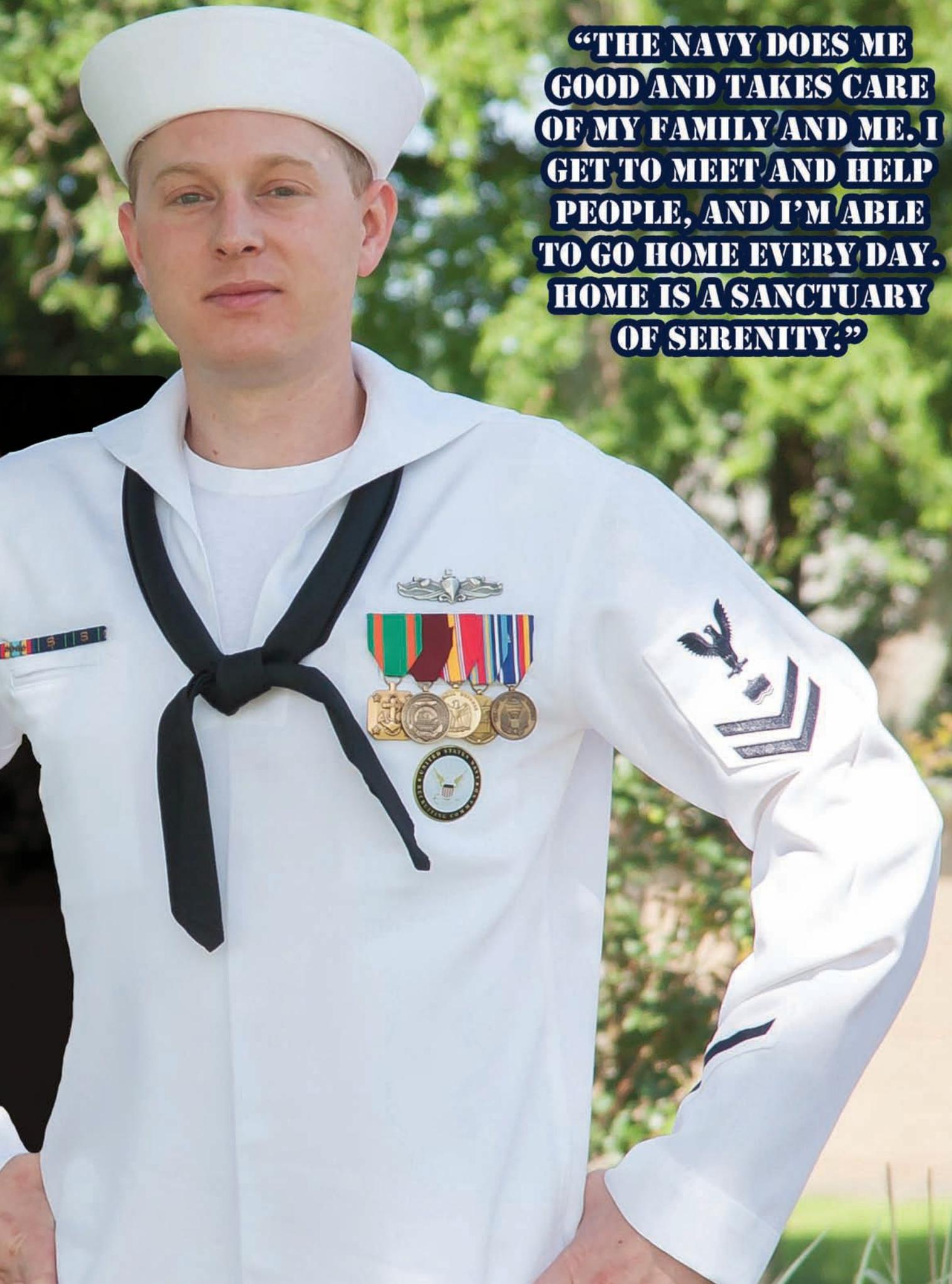
A native of Kentucky, MN2 (SW) Fields had never seen the ocean when he began his Navy career on October 8, 2008, at age 22. After high school graduation, he attended college and followed that experience by working with a stone mason in Colorado. Upon a trip back home, MN2 (SW) Fields decided to call military recruiters, “And the Navy was the one that showed up,” he remembered.

Potential sailors must have a minimum of a high school diploma, or GED, with at least 15 credit hours, be able to pass a background check and credit check and have no visible tattoos or felony convictions. No members of gangs or racist groups are allowed.

His boot camp days were served at Naval Station Great Lakes in Illinois. Not only were the requirements demanding, but it was a very cold winter while he was there. There was the expected physical conditioning and classroom instruction to master. “We all learned the Navy’s terminology, and everyone was trained as a firefighter,” MN2 (SW) Fields said. Lasting eight weeks, sailors were trained to stand watch with a weapon, fold clothes very exactly, basic seamanship, marching, how to man battle stations and were fed three squares a day. “We ate really well, but any wait or down time we had,



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we were expected to read and study our training manuals,” he added. The final testing of each new sailor occurs aboard a ship built by Universal Studios to simulate real-life situations and problems. “This situation just happened, now can you handle it? That’s the test,” MN2 (SW) Fields remarked. “We spend boot camp building a team spirit. My rack mate during boot camp is still my best friend.”

Following boot camp, MN2 (SW) Fields received further training at the Navy’s Mine Warfare Training Center, which at that time, was located in Ingleside, Texas. “That was the first time I had seen the ocean, and I loved Port Aransas,” he remembered. He also met his wife, Erin, in Texas. MN2 (SW) Fields chose that career path since typically mine sweepers are smaller boats. The work is important, since mines and underwater IEDs are easy to buy and cheap to build. Since the end of WWII, mines have either sunk or seriously damaged four times more U.S. Navy ships than the number of ships lost from all other types of attacks combined. “I learned electronic circuitry, which I can use outside the Navy. Most jobs in the Navy have a civilian job that is the same,” MN2 (SW) Fields said.

The next duty call was Naval Base San Diego where MN2 (SW) Fields served for five years. “We loved San Diego,” he said. “It’s a military town, and we received gift cards/discounts from the



local community at Christmastime.” MN2 (SW) Fields has also been stationed at the Sasebo Naval Base in Japan and has been deployed four times with the U.S. Naval Forces Central Command Combined Maritime Forces in Bahrain and the Arabian Sea. Each deployment to Bahrain is six to eight months in duration. “We swap out crews by flying out to the small minesweeping boats. It gets very hot onboard, since sea water is used as air conditioning coolant. In the Arabian Sea, the water temp is about 98 F, so it doesn’t cool very well,” MN2 (SW) Fields said. Conversely, when he was aboard minesweepers while serving in San Diego, the boats were cold, since the Pacific Ocean’s temperature is around 50-60 F. No matter where minesweepers are located, their mission is to ensure global access and commerce.

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four to five people on the bridge at all times. Everyone is cross-trained. Even the cook is a tech,” MN2 (SW) Fields said. He has earned the Navy and Marine Corps Achievement Medal, the Good Conduct Medal, the National Defense Service Medal, Global War on Terror Expeditionary Medal, the War on Terrorism-Deployment Ribbon and Rifle-Pistol Medal.

Serving as a Navy recruiter has its challenges. “I have to talk to large groups of people, and it’s different being in uniform in a civilian world,” MN2 (SW) Fields said. However, there are advantages. The Fields family has grown to five, with the addition of one son, one daughter and another daughter on the way. They are enjoying their time in Corsicana. “The Navy does me good and takes care of my family and me. I get to meet and help people, and I’m able to go home every day. Home is a sanctuary of serenity,” he said. “Corsicana has a lot of people who are helpful. I like its homey, Southern-comfort feeling.” And now, paying it forward, its MN2 (SW) Fields’ turn to be that Navy recruiter who shows up when called by a man or woman seeking to make a career move into the Navy. **NOW**

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STRESS-FREE COUNTRY *Life*

— By Callie Revell

Chris and Jennifer Fields met in their 10th-grade algebra classroom in Mesquite in the early '90s. "My maiden name started with an E, and his started with an F, so he sat right behind me," Jennifer remembered. "We've been together ever since!" From there, they moved to Corsicana, got



At Home With
CHRIS *and* **JENNIFER FIELDS**

married and had two kids, Alexis and Aaron. Jennifer works for Corsicana ISD, and Chris works for Coca-Cola. Between their busy jobs and demanding roles at the volunteer fire department, they are thankful to have a beautiful home to serve as their peaceful retreat.



Their home sits on a developed country road just outside of Corsicana. Built in 2006, the house is 2,200 square feet and sits on 3 acres, with their land totaling 25 acres. Chris and Jennifer bought the house in January 2014 in an unusual set of circumstances. "We weren't really looking to move," Chris said. "One of the board members at the volunteer fire department, Marge Fregerio, lived here on this road. We would kid her all the time and tell her how much we loved her house."

One day, Chris and Jennifer helped Marge carry some things inside, and they both fell in love with the home's interior. Jennifer told Chris if the house ever went on the market, she wanted to buy it. They would check the yard for a "for sale" sign every time they drove by on the way to the fire department. Eventually, their patience paid off. "We saw her at Wal-Mart one day, and she said, 'Are you kids still interested in buying the house?'" Chris remembered. "We thought about it, and it just worked out." Marge didn't want to go through the trouble of listing her house, so she was grateful Chris and Jennifer wanted to buy it right away.

When they moved in, the couple knew they would have to make some changes to make the home theirs. "It was decorated beautifully, very traditionally," Jennifer said. But they've updated the decor to match their own style. "We just think of things that we as a family have enjoyed



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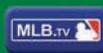


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and focus on that.” However, there were some features of the house they liked and decided to keep, such as the custom curtains and cedar beams in the ceiling. “She picked beautiful cabinets, and everything matches,” Jennifer said. “We’ve been here over a year, and I still tell Chris all the time, ‘I love my house!’” Still, updates have to be made, and they would like to install a circular driveway.

Chris and Jennifer love living in the country. They use their 25 acres to raise cows and goats. “We just like it, because there’s enough room to do whatever we want to do,” Chris said. “It’s the stress-free country life. It’s not the everyday city environment. I can get out and go mow the pasture, take care of the cows and

just get away from the stress. It’s work away from work, but it’s worth it.” Chris also appreciates the value of the environment when it comes to his family. “It’s been nice to raise the kids in the country, to keep them away from the crowd of the big

city and some of the bad things that go along with that,” he said. Because family and friends are so important to him, he loves having a beautiful home to host everyone. “I can bring friends and family and hang out on the patio, and that’s where I want to be,” Chris said. “I’m proud and excited to bring them over. It’s nice to know you’ve got a place where someone can feel comfortable. It goes with our giving personalities.”

The home features a large open-concept



living room, dining room, kitchen and office. Everything is bathed in natural light from the many windows. “I just like the openness, and with the blinds open, it’s really bright,” Jennifer said. She loves the walk-in pantry, which has its own counter space and window with more shelves



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than she'll ever need. The decorations in the house make nods to the volunteer fire department, Chris' job with Coca-Cola and Alexis' school, Texas A&M University.

Chris enjoys having his own space in the form of a side building, which he calls his "Man Cave." The building is insulated and has room for all of his tools and projects. "This is where I spend all my time." His current project is an antique Coke vending machine. He plans to get it running again and turn it into a working refrigerated machine for the back patio.

Although the back patio is a work in progress, it's by far the couple's favorite part of the house. They both describe it as "calm, peaceful and quiet." The porch



stretches the length of the house and faces their large expanse of green grass and trees. "It is so nice to sit outside," Chris said. "Even in the summer when it's hot, we've got the fans, the rocking chairs, the grill — it's great. You can get up in the morning and go out there with a cup of coffee. You can't beat that." Chris and Jennifer love sitting in their rocking chairs

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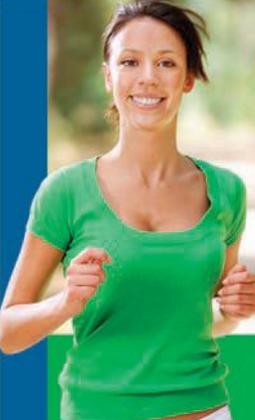
One thing that initially drew them to the house is its proximity to the volunteer fire station a mile up the road. Both Chris and Jennifer are members of the volunteer fire department, and Chris currently serves as assistant chief. Volunteer firefighters are the first responders for people living away from the city limits. It's not unusual for them to get called out of bed in the middle of the night to fight a fire, attend to a car accident or address



a medical emergency. Sometimes, Chris will work all night and still go to his day job in the morning. "The volunteer fire departments are a great asset to the rural community," Chris said. "When you get down to our passions and what we love to do, the fire department is a top priority. That's just who I am. If I learn something, I want to teach it. If I get something, I want to give it."

Being a volunteer firefighter makes Chris appreciate his home even more. "It's nice to know you've got a home to come to," he said. "I go into so many houses in my community, and I realize how fortunate I am. It's humbling." **NOW**

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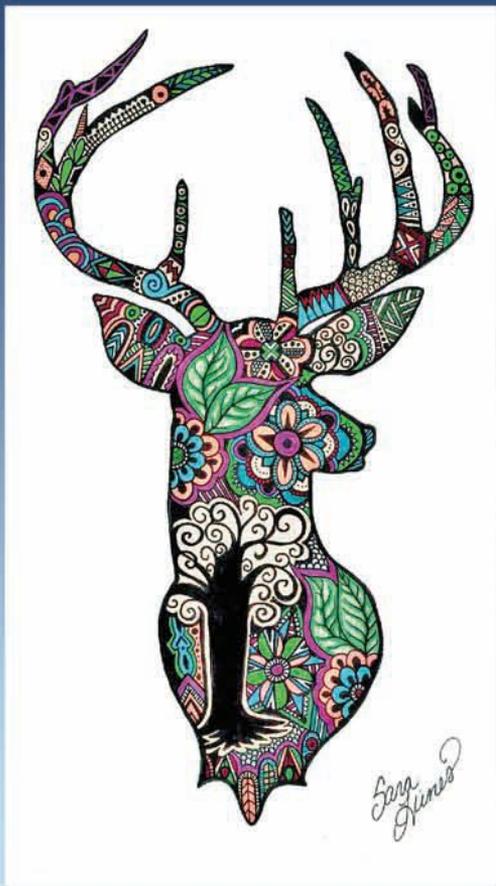
VISUALIZING AN ARTISTIC FUTURE



— By Virginia Riddle



Brilliant colors and intricate designs almost shout off the pages of Sara Hines' sketch book. However, that's just the beginning of what this multitalented artist and Navarro College student, a multimedia major, can accomplish. She works in acrylic, sketches in pencil, designs gift baskets and cards, designs and makes newborn baby tiebacks and loves photography and scrapbooking. Sara is also in the Navarro College band and color guard. "I love my art so much I even draw in my free time. I'll lay on the floor drawing, and it will be past midnight before I realize it. My eyes will be drooping," Sara said, explaining her creative passion.



Sara always was a doodler, but at about age 10, she felt the encouragement from her dad, Reese Hines, an artist and engineer. A native of Navarro County, Sara and her family moved to Arkansas but returned to Mildred when Sara was in the fifth grade. Teachers in MISD were impressed by her artistic endeavors and encouraged her to pursue those interests.

Hunting — especially bow hunting — fishing, hiking and camping are all activities Sara shares with her dad, whose

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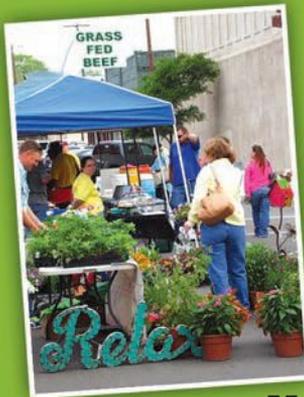
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by John Patterson

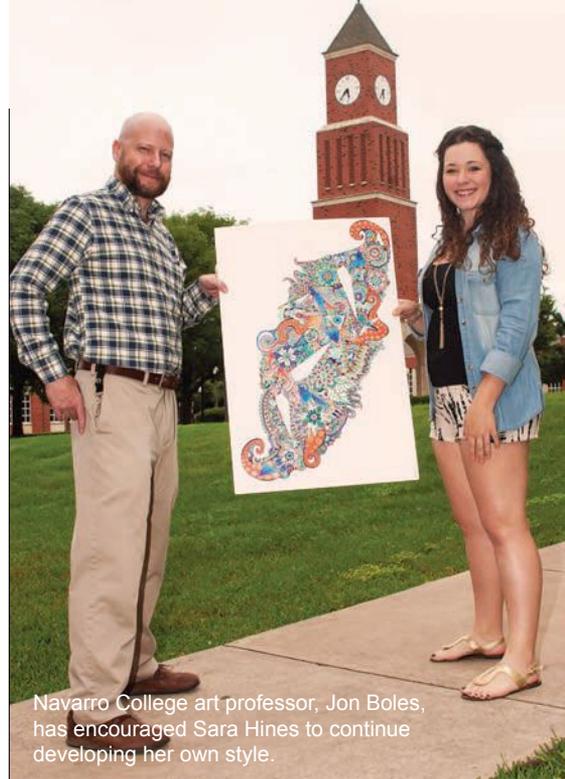
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Navarro College art professor, Jon Boles, has encouraged Sara Hines to continue developing her own style.

art reflects the out-of-doors. "He does a lot of sketches of deer, bobcats and is a taxidermist," Sara said. However, her dad encouraged Sara to find her own way, so in high school she started creating line drawings and abstract art. "I found a niche and kept learning from my own experiences and through Pinterest. Now, I'm ready to experience it all. Once I got started in my art classes, things got better and better," Sara said.

Jon Boles, an art professor at Navarro College, has served as a really good mentor to Sara this past year. During her freshman art classes, she was required to explore several different mediums, but Mr. Boles has encouraged Sara, now a sophomore, to keep exploring the talents that lay within her own style. The results of her work were displayed during the Navarro College Spring Art Show in April at the Cook Center and in last year's college show. "It's been a challenge to find the right people to mentor me on how to get my art out into the public. I had never really thought about doing that, but Mr. Boles has really pushed me. Finding the right teacher makes a lot of difference," Sara explained. "I can spend 20-30 hours of work on just one piece and wonder how I created that piece. I have loved being able to get people's reactions to my work. I appreciate getting criticism, so I can improve."

While creating her bold and bright original designs, Sara uses a vast collection of Sharpies and Prismacolor

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Markers. "They can bleed, but I have conquered that problem. I probably have about 500 Sharpies!" she exclaimed. Sara is influenced by the work of Sophie Roach, an Austin-based artist and illustrator. "I found her work on Instagram and started following her. Her intricate and colorful designs appear on murals and food trucks. My art is very similar to hers, and she is amazing," Sara explained. Most of Sara's designs begin with a flower and continue growing in an outward flow while keeping everything very symmetrical.



Lauren, Sara's younger sister and a student at Mildred High School, is following Sara's lead as a doodler. "She looks up to me, but she will find her own niche in art just like I did," Sara said. Sara's older sister, Emily Pair, and her newborn baby, Harper Faith, were the inspiration for Sara to start designing and creating baby tie-backs. "I looked on Pinterest and Etsy for ideas and decided that I could do that and presented some of my creations at baby showers while my sister was pregnant," Sara said. The head bands were popular. Sara now has her own Etsy store open online. "I am a doting aunt," she admitted. "Harper Faith is cute and adorable and makes the perfect model." Sara's mom, Lori Hines, is one proud parent and grandparent.

A nursing major when she entered college, Sara followed her heart into art and changed majors. "As a multimedia major, I work in 2D and 3D art design," she remarked. Upon earning her associate degree, she plans to eventually pursue her bachelor's degree in visual arts and design at the University of North Texas in Denton. This degree can lead to such jobs as graphic designer, advertising manager, marketing specialist, technical artist or technical animator. With an eye

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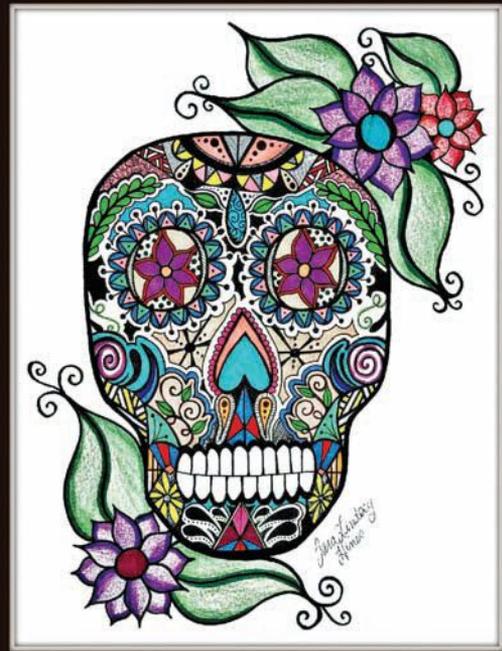
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toward combining art with business, Sara said, "I really want to be a graphic designer and have my own business. Then I can pick the people I want to work with, and I think I can offer a different style of work rather than having to do what I don't enjoy or am not really too good at doing." Another advantage of having her own graphic design business will be the opportunity to offer plenty of workspace to other artists.

Currently, Sara is undecided as to what minor field of study she wishes to pursue. While her nursing school choice might have been more practical when job security and financial soundness were on her mind, she thinks that she has made the right choice. "I finally had to go for something that made me happiest and realized that money could not be a consideration," she stated.

Viewing the exhibits of other artists' work at the Warehouse Living Arts Gallery has been an inspiration to Sara during her formative years. "The people in Corsicana and Mildred and the jobs I've had have really been great. Everyone has stuck around and grown on me, and, of course, I love my family. It's going to be hard to someday leave and go to UNT, but it's a great program," Sara said. However, that's the very thing that everyone who appreciates Sara's talent wants — for her to pursue the opportunities that come her way and to achieve her dreams. **NOW**

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Revamping the Kid's Room

— By Sara Edgell

The decor of a house is a direct reflection of the family that resides within, and the same is true of a child's bedroom. As children grow, their interests, hobbies and tastes change. What they find appealing from ages 4 to 7 will very likely be different from an 8- to 12-year-old and definitely different from a teen. Luckily, remodeling, redesigning and redecorating their personal space to encompass the things they love doesn't have to be an expensive undertaking.



Getting Started

Use the experience as an opportunity to work on the project together and bond. The very first thing to do is talk about the things your child would like to see in the space. Discuss current likes and dislikes, favorite colors, interests, hobbies and needs.

A wonderful place to start is with a theme, as this can determine color palette, accessories, bedding and even furniture. For example, if a 12-year-old girl is dreaming of a shabby-chic, vintage cottage bedroom, the colors will likely be soft pastels. The decor will include lots of floral fabrics and refurbished furniture pieces, such as a whitewashed, vintage vanity and nightstand. Repurposed picket fence planks could also be used to build a



headboard and/or shelving units, or they could be used to line the walls, starting at the baseboard and coming half way up the wall.

Assessing the project and what it will entail before developing a plan is important. Make a list of items to be purchased, as well as those that can be repurposed, determine “do it yourself” projects versus those requiring the expertise of professionals and, lastly, decide a budget and stick to it. Then, you are ready to begin.

Painting

Painting is perhaps the most inexpensive and easiest way to revamp a room. With a little prep and good old-fashioned elbow grease, a space can be completely transformed in a matter of hours. Because color can greatly

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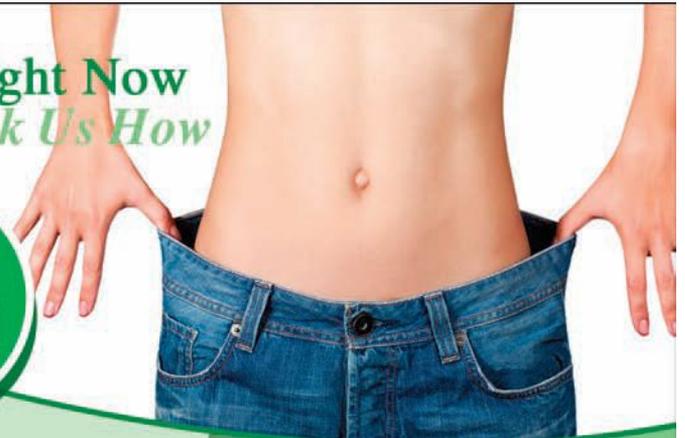
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influence mood, and since children are typically drawn to bright, bold colors, compromising on paint selections is crucial.

Take into consideration the size of the room. Lighter shades of blue, teal, purple and green can open up a smaller space, whereas darker, richer tones like plum, magenta, burnt orange and ruby can be overpowering, making the space feel even smaller and cramped. Lighting is another factor to consider. Natural light will show the truest color, whereas incandescent and florescent lighting will cast hues on the color, altering its appearance. Give your child the freedom to pick their paint color, with a bit of compromise considering these factors.

Personal Touches

Decorative painting techniques are also an option. Many craft stores carry a variety of stencils that could be used to create a slew of personalized wall graphics. You can also make your own stencil using a piece of cardboard, pencil and box cutter. Simply draw the design on the cardboard and carefully cut it out. From the popular chevron pattern to more specific designs like sailboats and anchors, cheetah print or a favorite quote, stencils — whether store-bought or homemade — make the job a breeze.

While stencils are helpful, they will not enable you to create the whimsical ambience only a custom-painted mural can deliver. From magical fairytale forests to vibrant cityscapes, nothing can top the work of a local artist or painter. These individuals are easy to find and can bring your child's vision to life like no one else can do.

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Storage and functionality are two areas to consider. Understanding the activities the space will accommodate is key. For example, is a desk needed for homework?

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Will a television and gaming system be kept in the room? Are there lots of toys or books requiring storage? All of these factors must be determined in order to decide the specific types of furniture the room will need.

You may be able to carry over large pieces of furniture, such as a bed or dresser, into the new room or update them with paint to fit the theme your child has chosen. However, in some cases, purchasing new furniture may be necessary. If your child wants a super-cool and highly functional loft bed complete with a shelving unit and desk underneath, or maybe they desire their own hidey-hole built into the window frame, hiring a carpenter is in order. These professionals can build custom pieces of furniture, shelving and closet organization, or even change the layout of a room by removing or building new walls.

For new lighting fixture installation or construction, master electricians are needed. Not only can they effortlessly install anything from a ceiling fan to recess or track lighting, they can also add extra outlets. No matter the job, when it comes to dealing with high voltage, letting a professional handle the task is the way to go.



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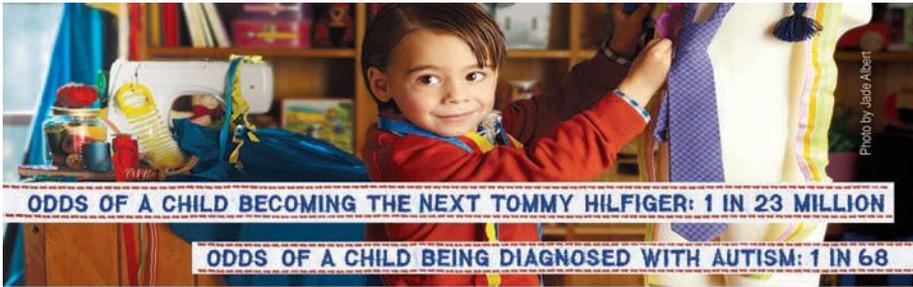


Photo by Jade Albert

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Accessories

Additional personal touches can be added to the space with specialized accessories. These specialty items can be found anywhere and can be anything. For instance, a 7-year-old boy may want a sports-themed bedroom, complete with a basketball goal and scoreboard, a football field floor and custom-painted stadium wall.

To complement these major room components, posters can be framed and hung on the wall. Sports cards could be used to decoupage the surface of a desk or the back of a shelf. Old baseball bats could be repurposed into a bed frame or curtain rods. Jerseys could easily be transformed into curtain panels or bedding.



The trick is to be creative and allow your child the power of choice when picking accessories for their new space.

In the end, a room redo is all about updating the space to be a true reflection of the child who occupies it. By revamping your child's room to fit their current interests and personality, you are not only acknowledging them as an individual but also providing them with a space all their own. **NOW**

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Dr. Michael E. and Evie Eeds are dedicated to restoring and enhancing the natural beauty of smiles. Dr. Manuel Pazmino discusses dental care with Mercedes Mims.

Excellent Personalized Care

Navarro Dental Center is expanding its building and dental services.

— By Virginia Riddle

Navarro Dental Center, established in 2009 by Michael E. Eeds, D.D.S. is adding a new wing to its facility built three years ago. Completion of the new construction is scheduled for the fourth quarter of this year. Dr. Eeds, clinical director, shared, "This expansion will allow us to continue to provide our patients with a convenient, state-of-the-art experience in a warm and relaxing atmosphere."

As the practice has grown, so has the team. Doctors Jariel E. Norton, D.D.S.; Brea Pazmino, D.D.S.; and Manuel Pazmino, D.D.S. bring an exciting mix of skill and experience to expand the services offered at Navarro Dental Center. Being of Cuban and Ecuadorian ancestry, Dr. Manuel Pazmino is a fluent English and Spanish speaker.

The practice administrator, Evie Eeds, Dr. Eeds wife, is joined by friendly, well-trained and experienced team members. Emergencies are seen the same day, and bilingual staff is available. The staff is continuing to build a foundation of trust by treating patients as special individuals. "We understand how uneasy some patients may feel about their dental visits, and we know we can make a difference by providing a relaxing and positive experience. Our entire team is dedicated to providing each patient with excellent personalized care and service to make visits as comfortable and pleasant as possible," Evie shared. The doctors are able to offer nitrous oxide (laughing gas) and prescription options to help ease the anxiety some patients may feel. In addition to the full scope of preventive, restorative, cosmetic and orthodontic

Business **NOW**

services already offered, the center also offers the innovative, safe and affordable Six Months Smile method of perfecting adult smiles. “Our Corsicana family dental practice is devoted to restoring and enhancing the natural beauty of smiles for all ages, so patients can achieve optimal dental health,” Dr. Eeds stated.

On May 16 this year, the Navarro Dental Center team, in addition to numerous others, volunteered their services as they hosted Dentistry From The Heart, an event which offered free dentistry to those in need. In the past seven years, Dentistry From The Heart, a national nonprofit organization, has contributed over \$1 million in free dentistry care to over 5,000 patients in the U.S. “This Dentistry From The Heart event was our way of giving back to the community,” Dr. Eeds said. They have plans to do this annually.

A native of Dallas, Dr. Eeds graduated from The University of Texas at Arlington and Baylor College of Dentistry. In the practice of dentistry since 1974, Dr. Eeds is a member of the American Orthodontic Society. He has also been pursuing post-doctoral studies in the field of dental sleep medicine. For patients who snore or have been diagnosed with obstructive airway disorders, he is now able to offer a dental solution for this medical condition through Navarro Sleep and Snoring Solutions. “Your health starts with how you sleep,” Dr. Eeds explained. “The American Academy of Sleep Medicine estimates that over 18 million Americans have obstructive sleep apnea. Sleep apnea causes more serious problems than just snoring. If you suffer from snoring or sleep apnea there’s a good chance a dental device can help.”

In their leisure time, Dr. Eeds and Evie enjoy traveling. Their scuba diving hobby has taken them to many of the most beautiful places in the world — Cozumel, Mexico, remains their favorite. Dr. Eeds is a bass guitar player and plays in the contemporary worship team at First Baptist Church Corsicana, where the couple are members. He also enjoys his classic cars and Harley Davidson motorcycles. Evie is the incoming Corsicana Rotary Club vice president and serves as secretary to the Corsicana Preservation Foundation. She enjoys attending the Women’s Community Bible Study. **NOW**



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A Spanish dressage drill team performs at the G.W. Jackson Heritage Rodeo.



Helen Albritton demonstrates her artistic talents during the Kinsloe House Floriade Garden Tour.



Staff at Navarro Dental Center host Dentistry From the Heart for patients in need of free dental care.



John Robinson, James Boober, Star Brock and Ron Wright will serve as the new officers of the Vietnam Veterans of America Chapter 1009.



Cotton Kisses opens in downtown Corsicana.



James L. Collins Catholic School presents the animals of Narnia in their presentation of The Lion, the Witch and the Wardrobe.



Carolyn French, Suzanne Smith and Margaret Thomas honor James Blair Chapter, DAR sisters.



Angels of Corsicana Troop Support volunteers pack boxes to send overseas to active military personnel.



It is ribbon cutting and Starbucks coffee time at the Beautique & Books.



The Navarro County Retired Teachers Association install officers for the coming year.

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File a police report. This offers a chance to recover your wallet and provides some protection against identity theft. It's also a good way to catalog your wallet's contents. Request a copy of the report for your records.

Get a new license. Contact your local Department of Motor Vehicles to learn how. Some offices offer online replacement services, while others require you to appear in person.

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- **Social Security card:** The U.S. Social Security Administration offers clear steps for replacing your Social Security card. Additionally, request a copy of your Personal Earnings and Benefits Estimate Statement after filing taxes to check for inaccuracies. Moving forward, avoid carrying your Social Security card in your wallet.

- **Auto and health insurance information:** Notify your insurance carriers and ask for new policy numbers. **NOW**

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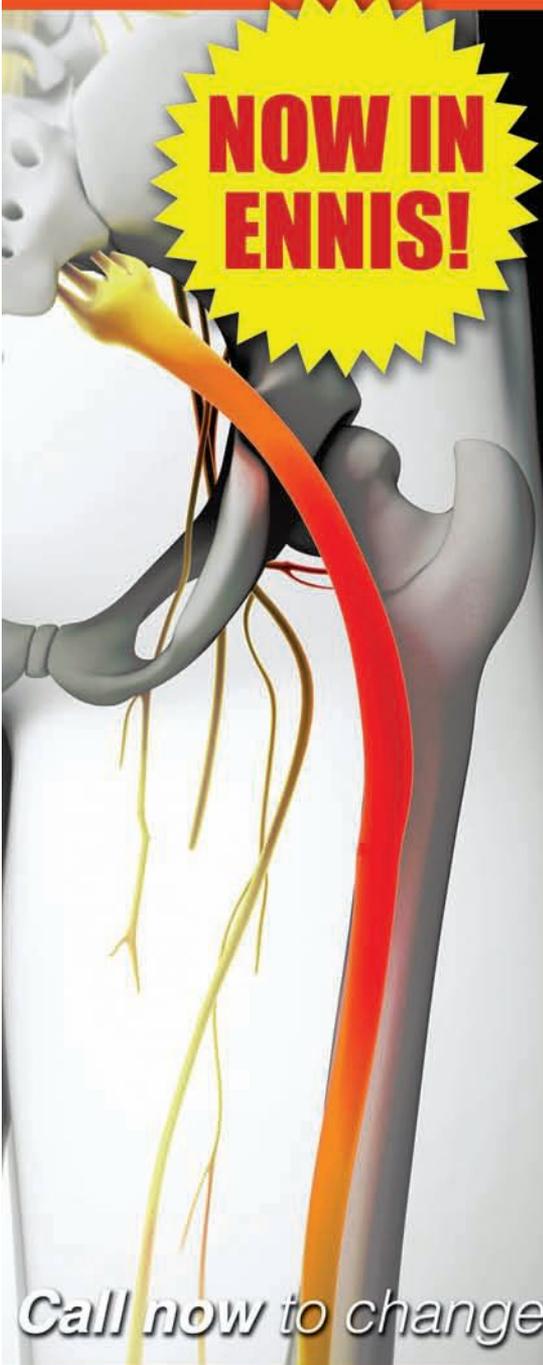
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Urinary Incontinence

— By Betty Tryon, BSN

Actresses Kirstie Alley and Whoopi Goldberg, using their comedic talents, have helped to make bladder leakage an acceptable topic for conversation. However, if you have urinary incontinence, it's no laughing matter. Urinary incontinence is the involuntary loss of bladder control. This inability to control the leakage of urine could be as minor as a small amount of leakage of urine escaping with a sneeze or cough to an uncontrollable urge to urinate and not be able to make it to the bathroom in time.

Depending upon the cause, this condition might be temporary or chronic. It can also occur from several sources at the same time. Some of the more common causes are pregnancy, prostate concerns, neurological disorders, age and weight. Hormones from pregnancy can weaken the pelvic floor support and cause the muscles to weaken. As the uterus grows, it will press against the bladder. If the sphincter muscles which hold the urine in are weak, leakage can occur. Treatment from prostate cancer can affect the ability to control urination. With neurological disorders, there can be a disruption of the nerves that control bladder function. Age-related changes could be attributed to a decline in the function of the bladder muscle. It's important to note that age does not cause incontinence but can predispose one to the condition. Extra weight can press down on the bladder, causing urine to leak with a sudden forced movement such as a sneeze, cough or laughter. Urinary incontinence

can also be affected by some drinks and medications, such as caffeinated drinks and diuretics.

If you suffer from urinary incontinence, it is important to keep yourself as clean and dry as possible to avoid rashes, open wounds and infections. Use barrier creams or ointments such as Vaseline, Desitin, cocoa butter or something similar to protect your skin from urine. If incontinence cannot be completely contained by medical or pharmaceutical means, protective gear such as pads or the use of catheters may be used.

Diagnosis and treatment will depend on what type of incontinence you have. Stress incontinence occurs with pressure on the abdomen. Urge incontinence, or overactive bladder, is when there is a strong urge to urinate followed by loss of bladder control. Overflow incontinence is a bladder that doesn't empty properly, resulting in dribbling of urine. If you are unable to get to the toilet because of physical or mental impairment, you have functional incontinence.

Urinary incontinence can be very distressing on one's social and personal life. However, check with your doctor to eliminate any underlying conditions that may precipitate the problem and ease your distress. **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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Jester Park and Bunert Park Pools: pool hours for Jester Park are **Wednesdays-Saturdays**, 1:00-6:00 p.m.; **Sundays**, 1:00-5:00 p.m.; Pool hours for Bunert Park are **Wednesdays-Saturdays**, 1:00-6:00 p.m. For more information, call (903) 654-4874.

July 1 — August 22

Summer Fun at the Y: Times and dates vary, Corsicana YMCA. For more information or to register, call (903) 872-2412 or visit www.corsicanaymca.org.

July 4

Rotary Club Freedom Festival at I.O.O.F. Park: 6:00 p.m. For more information, call (903) 654-4874.

July 6

Piecemakers' Quilt Guild of Corsicana: 9:30 a.m., Church of Christ Fellowship Hall, 3400 Highway 22. For more information, visit www.corsicanaquiltguild.com or email pqcorsicana@gmail.com.

July 6 — 13

16th Annual Corsicana Children's Company Theatre Camp: Warehouse Living Arts Center. For more information, call (903) 872-5421.

July 7, 21

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

July 9 — 11

Air & Space Camp: 9:00 a.m.-noon, Cook Center. This miniature aircraft camp is open to all kids from ages 9-14. For more information, call (903) 654-4874.

July 9 — 18

The Canterville Ghost: Warehouse Living Arts Theatre. This is a family friendly, fun for everybody show. For more information, call (903) 872-5421.

July 13

A Midsummer Night's Dream: 7:00 p.m., Warehouse Living Arts Center back parking lot. For more information, call (903) 872-5421.

July 14, 28

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

July 14, 15

Racquetball Camp: 10:00 a.m.-noon. Corsicana YMCA. This activity is for kids ages 7-12. For more information, call (903) 654-4874.

July 16, 17

Bowling: 1:00-3:00 p.m., Bulldog Lanes. Kids from ages 7-12 are invited to learn or perfect their skills on the lanes. For more information, call (903) 654-4874.

July 20, 22

Messy Art: 9:00-11:30 a.m. Collin Street Annex. This activity is designed with kids ages 8-12 in mind. For more information, call (903) 654-4813.

July 28

Slip N Slide Day: 9:00-11:30 a.m., Community Park. This activity will be fun in the sun for all ages. For more information, call (903) 654-4813.

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



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In the Kitchen With Lisa Magenheimer

— By Virginia Riddle

Chicken fried in the South’s traditional iron skillet, served with mashed potatoes, cream gravy and a dessert created from scratch — these were Lisa Magenheimer’s childhood food memories. At about age 10, she began to create her Saturday specialties of homemade cinnamon rolls and bread. “All those family recipes are hidden in the pantry, and new, healthier recipes have taken their place,” Lisa revealed.

Four years ago, Lisa removed gluten, soy, sugar and dairy products from her diet. This change was made even more urgent when her husband, Brian, was diagnosed a year ago with celiac disease. “We now have a gluten-free kitchen and enjoy cooking together and experimenting with new recipes,” Lisa said. **NOW**

Crock-Pot Stuffed Mushrooms

- 4 garlic cloves, minced**
- 1/2 lb. ground sausage or turkey, browned**
- 5 green onions, chopped**
- 1/2 cup fresh parsley, finely chopped**
- 1/4 tsp. ground black pepper**
- Salt, to taste**
- 1/2 cup almonds, sliced**
- 3 oz. cream cheese**
- 4 large Portabella mushrooms**
- 1 tsp. olive oil**
- Parmesan cheese**

- 1.** Mix first 8 ingredients in a medium-size bowl; blend well.
- 2.** Clean mushrooms with dry cloth; remove stems.
- 3.** Chop stems and add to sausage/turkey mix.

- 4.** Drizzle oil into 6-qt. slow cooker. Stuff each mushroom with 1/4 sausage/turkey mix; place in cooker.
- 5.** Cover and cook on high 3-4 hours or on low for 6-8 hours.
- 6.** Remove mushrooms; sprinkle with Parmesan cheese and serve.

Gluten-free Fantastic Cake

- 1 pkg. Gluten-free Betty Crocker Devil’s Food Cake Mix**
- 1 pkg. Gluten-free Betty Crocker Brownie Mix**
- 1 14-oz. can sweetened condensed milk**
- 1 container caramel ice cream topping**
- 1 8-oz. tub Cool Whip**
- 1 8-oz. pkg. HEATH Bar Bits**

- 1.** Mix dry ingredients from both mixes; add ingredients listed on the boxes.

- 2.** Bake in a 9x13-inch pan according to box recommendations; remove and let cool.
- 3.** Poke holes in cake with a spoon handle. Pour milk over cake slowly, letting it absorb and run into the holes.
- 4.** Pour caramel slowly until absorbed.
- 5.** Spread Cool Whip evenly over cake; garnish with bits. Cake can be made 1 day ahead; don’t add last 2 ingredients until ready to serve.

Chicken Enchiladas

- 1 1/2 lbs. skinless, boneless chicken breast halves**
- 2 tsp. olive oil**
- 2 cups onion, chopped**
- 1/2 cup water**
- 1 Tbsp. chili powder**
- 1 1/2 tsp. ground cumin**
- 1/2 tsp. salt**
- 1/2 tsp. black pepper**
- 1 14.5-oz. can no-salt-added diced tomatoes, undrained**
- 1 4-oz. can chopped green chilies, drained**
- 1 8-oz. tub light cream cheese**
- Cooking spray**
- 12 6-inch corn tortillas (check for gluten)**
- 1 cup shredded reduced-fat sharp cheddar cheese**
- Green onions, chopped**
- Fresh cilantro, chopped**

- 1.** Preheat oven to 350 F
- 2.** Place chicken in a medium saucepan; cover with water. Bring to boil. Cover; reduce heat, and simmer for 15 minutes. Drain.
- 3.** Cool; shred chicken with 2 forks, and place in a large bowl.
- 4.** On medium high, heat oil in a large nonstick skillet. Sauté onion 5 minutes; drain.
- 5.** Add half of onion to chicken. Place remaining onion and next 7 ingredients in a blender; process until smooth.
- 6.** Add 1/2 tomato mixture and cream cheese to chicken mixture; keep warm on low heat.
- 7.** Coat a 13x9-inch baking dish with cooking spray; spread with remaining tomato mixture.
- 8.** Dip 1 tortilla at a time in warm tomato mix; coat both sides. Place tortilla on a plate. Add 3 Tbsp. chicken mixture; roll and place in the baking dish.
- 9.** Spoon remaining tomato mixture over enchiladas; sprinkle with cheddar cheese.
- 10.** Bake uncovered 30 minutes; garnish with green onions and cilantro.

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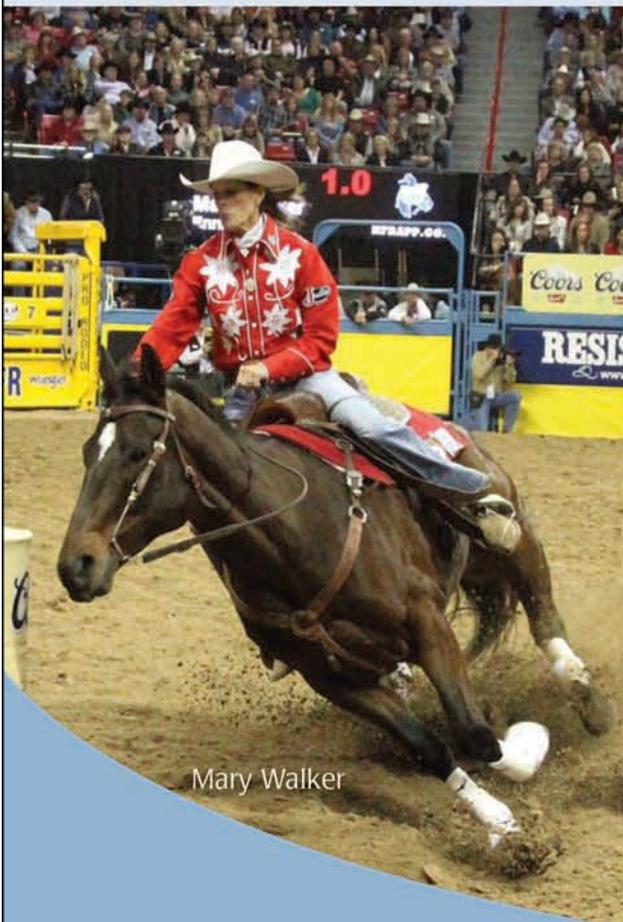
The highly-trained physical therapists and occupational therapists focused on Mary’s capabilities rather than disability to put her back in the saddle and on the trail to recovery and independence. Ennis Regional Medical Center congratulates Mary’s season title win at the 2012 National Finals Rodeo in Las Vegas.

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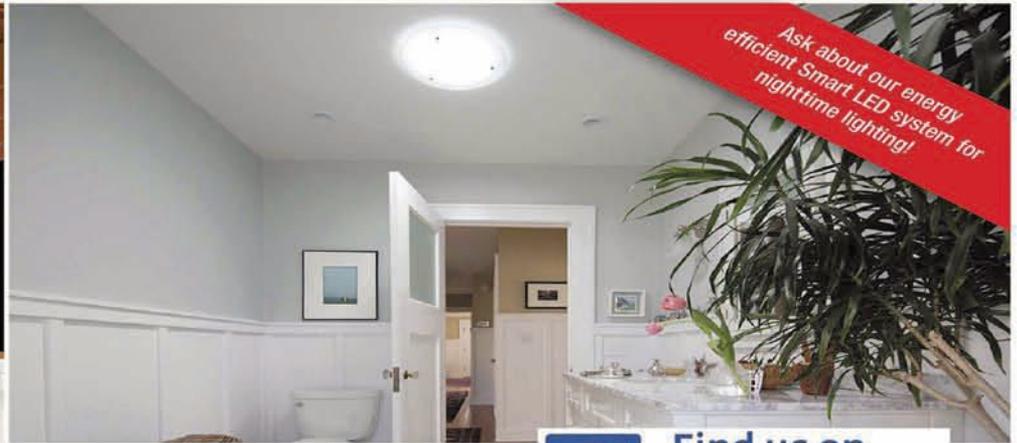
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