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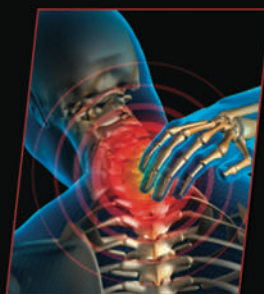
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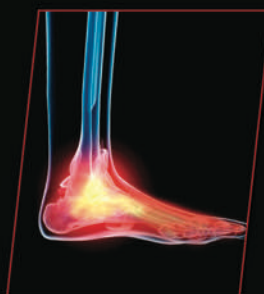
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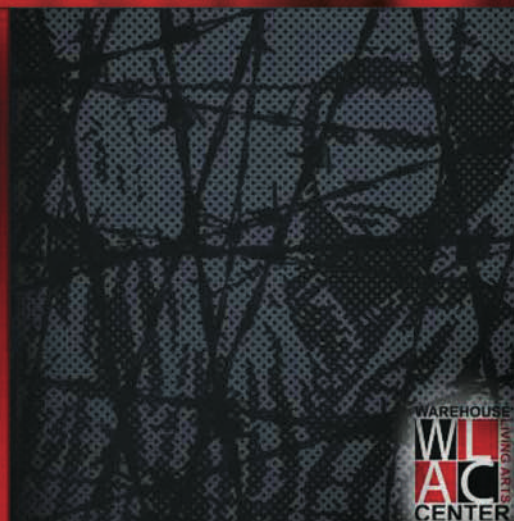
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ON THE COVER

Local farmers offer the freshest of foods at the Navarro County Farmers' Market.

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Virginia

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EDITOR'S NOTE

A Salute to the U.S.!

It's always a treat to spend the Fourth of July at the Rotary's annual celebration in Corsicana's I.O.O.F. Park. Strolling the grounds, watching kids have old-fashioned, outdoor fun playtime; folks fishing while enjoying the aroma of meat cooking on grills; and the musical sounds of entertainment groups makes for a fun day. And right at dusk, the anticipated fireworks show is a definite crowd-pleaser. It's hard to wait even these few remaining days. Get your red, white and blue on and come bling and sing with the rest of us.

Fruits and veggie delights of all types are coming into season. My pear and pecan trees have enjoyed the spring rains almost too much. They are loaded! If you're like me and grow your own, it's great to share the overabundance with friends and our area food banks. But if not, fresh, locally grown produce is available at farmers markets, and some local truck farms offer days of "come pick your own." My kids and I have fond memories of times in the fields when it was hard to fill a bucket because we ate most of what we were picking, usually grapes or blueberries. Now, my grandkids love "field days" spent picking and eating fresh offerings.

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— By Virginia Riddle

FRESH IS BE





Luscious, ripe tomatoes; squash and peppers of different rainbow hues; cantaloupes and watermelons; aromatic herbs; plump potatoes, peaches and other seasonal fruits; greens and eggs; canned goods and plants — there's something for everyone's palate and passion at the Navarro County Farmers' Market. "I like growing something different every year," Ronnie Farmer, the market's manager and a lifetime local grower, said. This year, he's stocking colored carrots — purple, red and yellow!

ST

Since 1970, the market has provided a place for residents to buy the freshest of foods, usually picked one day before or the day of the market. Additionally, it provides local farmers a place to sell. "A few of the vendors sell as a business. Some are state licensed, and this is their livelihood. But for most of us, it's something we enjoy doing and a hobby," Ronnie explained. "We sell our excess produce that we can't eat ourselves at home."

Conveniently located at 608 E. 6th Avenue in downtown Corsicana, the market opened this year in May and will be open on Tuesdays and Saturdays from 7:00 a.m.-noon into the fall. "There's no set closing date. It comes whenever everything runs out," Ronnie said. "We have 14 under-the-cover stalls and usually have 14-20 vendors, with the most topping out currently at 27. The best time to come is early. Fruit selections sell out usually within the first 30 minutes."

"For 6-8 months, we're homebound while Ronnie grows his 5-acre garden," Nancy Farmer, Ronnie's wife, added. Nancy counts the money after each market and keeps the market's Facebook page current.

Known affectionately by vendors, customers and fellow growers as "Mr. Ronnie," he's been the go-to man for eight years, but credits Fred Hayes for keeping the market going "for years." Fred groomed Ronnie to take over the market's management," Nancy said proudly.

The market is a self-sufficient private organization. "All the income for the market comes through the \$30 annual dues paid by each vendor," Ronnie explained. "Vendors rent their booth for \$8 on Saturdays and \$6 on Tuesdays. We allow churches and nonprofits to have a free table to sell baked goods as fundraisers once a month. Market vendors don't cook food on the premises. We follow the state's cottage laws and health department's restrictions, and we don't allow any craft sales." Vendors, for the most part, accept cash or check as payment. All the produce and goods sold must come from within a 75-mile radius of Corsicana, except for watermelons. "They don't like our Blackland soil," Ronnie quipped.

Vernon Strebeck, known as the "Cantaloupe Man," is the market's vice president. He's growing 300 hills of the popular melons. "There are six of us vendors who do the work ourselves, mostly. My grandkids help, and we vendors help each other when needed," he said. "We're glad for younger help and vendors."

And those younger growers are finding the market a viable outlet for their produce. Kim McAdams, a third-generation farmer, is in her third year of selling at the market. She and her husband, Paul, a fourth-generation farmer, own Two

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Oaks Farm, which supplies fresh produce and eggs to the market. Kim works the farm full time, and Paul, who works a salaried job during the week, runs the tractor and works the booth on Saturdays. "We're part of the naturally grown program. My neighbor and I are each other's peer reviewer. I make my own compost," she explained.

Millennial generation shoppers are coming to the market, largely due to wanting to eat healthier, and Kim and the other vendors help them in selection and with preparation tips. "I learn a lot from the other farmers," Kim, who holds a B.S. degree in horticulture/floriculture from Texas A&M University, said. "Whenever I have a problem, I call on Mr. Ronnie. Donna King, another vendor, is always willing to help and share, too. It's fun running my booth with my booth mates. The customers are great. Farming is a simpler lifestyle, but we're all risk takers with the weather, pests and planting too much or too little."

Vernon, with years of experience, agreed. "The weather can be too hot, too cold or too wet," he said. A seasoned vendor, he has enjoyed knowing "many characters over the years" through the market and his days as a trucker.

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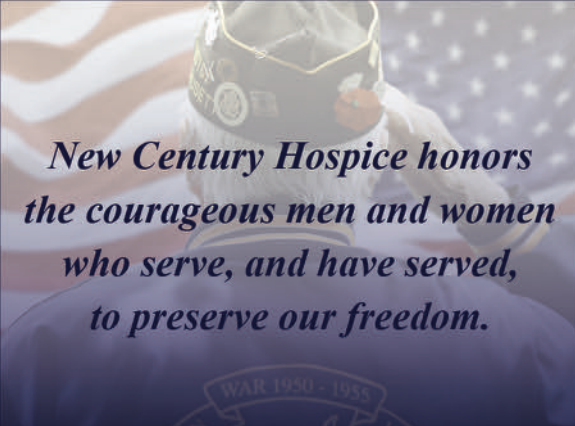
regulations, Ronnie checks every vendor's produce to ensure freshness for the customers. "There's not much that will carry over from one market day to the next," he said. Rarely do vendors have anything left over at closing time, but if that does happen, they usually donate the produce to the fire department. "The chickens and church folks get the rest," Ronnie added. As manager, he assigns booths, collects rents and settles any disputes among the "pretty tight-knit group." Ronnie started selling in 2010 and has developed regular customers. "Every vendor builds their own customer clientele over time," he said.


Born on his family's Corbet dairy farm, Ronnie worked on the dairy until 1990. "I finally decided there was something easier to do," he recalled. He went into ranching until retirement and now farms and manages the market. "It helps to be retired and crazy when doing this," he said jokingly.

Word-of-mouth and Facebook have been the market's primary ways of getting the word out to area residents that it's open. "People come through who have lived in Corsicana for 50 years, and they have never known there's been a farmers' market in Corsicana," Ronnie said.

Nancy mused that Ronnie loves his garden so much, he'll eventually die there. He replied, "Just bring in the backhoe and plant me!" **NOW**

Editor's Note: For more information on the market, visit the group's Facebook page.





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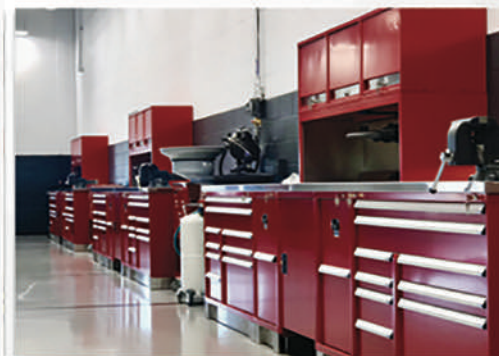


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Moonlight and Starry Nights

— By Virginia Riddle



Having a broad expanse of windows open to moonlit and starry night views wasn't on Harry and Kathy Phillips' list of musts when they were shopping for their Corsicana home, but that's one of the many things they have grown to enjoy about their new life here. "It's a great view," Harry said. "This house just kind of grabbed us. It just needed us."

An executive vice president job offer for Harry, from Eric Myers with Oil City, was the catalyst that



AT HOME WITH HARRY AND KATHY PHILLIPS

enticed the couple to move from Longview, Texas, with their sons, Benjamin, Harry David and Beau, to Corsicana two years ago. "We were concerned that it would be hard to meet people, since our kids are grown, and we were used to meeting people through our kids' activities when they were little," Kathy explained. "But Harry David moved here before the rest of us did and reported back to us that he had found people here were really friendly. We've been amazed at how welcoming this community is."

"The foundry industry is really a small world," Harry said. A Pennsylvania native who's lived in Texas for 40-plus years, Harry's family

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has been involved in that industry for generations. “I’ve had lots of upper management experience in metals. I knew the Myers family, and this industry’s a wonderful fraternity.”

“I knew Eric and his family from business meetings and AFS family outings, so I was comfortable with this move, too,” Kathy added.

Having grown up in McKinney, Texas, Kathy graduated from University of North Texas with a

degree in journalism. She worked at her hometown newspaper until her best friend helped her get a job at Hensley Industries in the accounting department where she met Harry. Harry had served in the U.S. Marine Corps for four years during the Vietnam Conflict. “I saw her Greenpeace sticker in my rearview mirror and thought, *Oh no, another liberal journalist. Are you kidding?*”

Harry and Kathy have been

married 26 years. “Our differences keep life interesting,” Kathy quipped. They are members of the Republican Club of Navarro County and have served as county delegates to the party’s state convention.

“There’s nobody shy in this family,” Harry added. The couple are members of the Corsicana Country Club, where Ben works in the golf shop and as a lifeguard.

Following their move, Kathy had planned to unpack and be a stay-at-home wife and mother before returning to teaching, but an almost instant job offer to teach English at Corsicana High School came. “I love the staff. They are all about the kids,” she said. She’s earned teacher of the month honors at the school.

The retirement of a fellow department teacher led the couple to host a party. “We had over 100 people in this home. Harry was out front directing traffic,” Kathy recalled.

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Harry added, "That party was a big friend maker."

Their love of antiquing and trips to vineyards and Florida beaches are evident in their home. "We ski in the winter and love the beach and time spent at our lake house," Kathy stated.

Large oak and pine trees dot their home's corner lot and three acres. The extended entry's French doors open onto the boys' separate area. Family photos line hallway shelves. The living area features a Franklin stove, comfortable leather seating and a wet bar for entertainment while watching sports or playing games. Books are everywhere. "We all love to read," Kathy said. Two bedrooms and baths complete this area of the home.

Sarah, a student at Navarro College, is Ben's girlfriend. She occupies another bedroom with its separate bath. "This will eventually become a weight room," Kathy explained.

"One of my favorite rooms is the kitchen," Harry said. With its plantation shuttered dining area, brick backsplash and bookcase, and comfortable island seating, it's no wonder that this is a welcome gathering place for morning coffee or a sip of wine in the evenings.

The soaring great room ceiling allows for moon watching during evenings. The view also includes the patio with its flagstone walk. The double-faced fireplace's mantel displays Kathy's grandmother's lantern collection, and vintage foundry tools decorate a sofa table. "So many friends have enjoyed fun times in this room already," Harry said.

Kathy's collection of hearts decorates the walls of the couple's

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living area on their side of the home. "With its golds, reds and hearts, it reminds us of our former home," Kathy said. They enjoy the cozy fireplace on occasional chilly nights.

"Kathy has an eye for color. Every one of our homes has been unique," Harry said. The couple has painted the home's walls but have not otherwise remodeled it.

The master bedroom features another fireplace and Kathy's collection of family heirlooms and antiques. The master bath is a house unto itself, since it was once the home's garage. "It's insanely big and has more cabinets than we can ever fill," Kathy remarked.

A mud room, hall bath, laundry room and walk-in storage closet complete the couple's private area. "I've grown to love having a mud room," Kathy said. A dog run for the family's canine crew, Koda, Luna, Lilo and Abby, is handy for outside times.

A circular staircase rises to the loft overlooking the great room. It's Kathy's *Harry Potter* room and serves as a guest bedroom. "We like to sip wine and enjoy the sunset view from this room's balcony," Harry said. "I'm going to write the next great American novel from here one day."



Not only did Harry's extended family follow him to Texas, but the couple's three sons, all at different colleges during the move, have come home. "Now, one son is getting married, one is still in college and one is working," Kathy said. "We're making great new memories in this home." **NOW**



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Beautiful Noise

— By Rick Mauch

They've got the music in them. And once again, they are bringing it to Corsicana. It's time for the annual Texas Southern Gospel School of Music Summer Music Camp from July 9-20 at Navarro College. Students of all ages will hone their voices and instrument skills, and get a chance to entertain the public. "It's one of the few schools like this left," said Steve Colburn, interim dean of Fine Arts and Humanities at Navarro and an instructor in the camp. "We have students from age 7 to 90."

In its 22nd year at Navarro, the camp still employs the shaped note system of reading music. Now, Steve mentioned, notes are all rounded. "This system was started in the 1800s as a way for common folk to be able to read music," he said. "This is a true American art form. It needs to be continued."

During their time in the nonprofit camp, students stay in dorms (unless they are local and choose otherwise) and study in such classes as songwriting, conducting, music theory and more. There is group singing time, in which they even record new songs onto a compact disc. They can also receive private lessons in such topics as piano, voice, guitar and beginning violin.

"We have a gentleman who, for the past two summers, has driven from Sebring, Florida. He has a son who lives in Arlington. He goes to a church in his hometown that still sings this style of music," Steve said.

"We had a couple of girls. Their parents were deployed to Korea, but they came over," said Liz Autry, TSGSM board president. "Not only are they eager to learn, but they love being here, meeting friends and having fun."

The camp ends with a closing program for the public on the final night, July 20 at 7:00 p.m. in the Cook Education Center. The public is invited and admission is free.

Several students from the camp over the years have gone on to perform with various gospel groups. They

include Caleb Matheny with the Melody Boys and Bethany Hogg Perez with Maranatha.

Steve knows that experience. He was a member of the quartet Shiloh from 2005-2010. "We had some great guys. We sang at the White House in 2006. We sold out Bass Performance Hall (in Fort Worth) at a southern gospel concert. We even did an international tour to Southeast Asia in 2009.

"We had some great years together, but I enjoy sleeping in my own bed every night," he said with a laugh. Steve now serves as a worship leader at his church.

Liz is a former curator for the music museum at the Southern Gospel Music Association Hall of Fame and Museum at Dollywood in Pigeon Forge. She also booked acts for the Grand Ole Gospel Reunion.

Ellen Marsh, another of the camp's instructors, was inducted into the Southern Gospel Piano Roll of Honor. She's worked with a variety of stars, including Brenda Lee, Patti Page, Boots Randolph, Mel Tillis, Marty Robbins and Hank Williams Jr.

"TSGSM is a wonderful school and a coming together for teachers and our awesome students. Most students come with very little knowledge of music, but leave with wonderful new knowledge and great new friends for life," Ellen said. "I can't imagine not teaching in this school. I am so honored with teachers I didn't know, and yet I now know them as lifelong friends."

To which Liz added, "They may never be big-time performers, but perhaps a church performer, a church pianist or perform for their Lions or Rotary Club. This may be the place they come to make a lifetime friend. We're investing in the life of a human." **NOW**

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CookingNOW

In the Kitchen With

SILVIA CERNA

— By Virginia Riddle



For Silvia Cerna, cooking is both her hobby and her part-time job. She grew up in Zacatecas, Mexico, where her grandmother and mother started teaching her, at age 9, how to cook. “My grandmother was my favorite cook, and my hometown greatly influences my cooking,” Silvia said. She’s included her favorite recipe, Zacatecas Tamales.

Silvia works her magic in Corsicana’s First Methodist Church’s kitchen and when she takes care of older residents in their homes. “I use garlic, onions, cumin and cloves in nearly all my recipes,” she revealed. She has a passion for baking and grilling down-home, ethnic and gourmet Mexican and American dishes. “I have a gift when I’m cooking,” Silvia explained. “I just add ingredients and create new recipes that friends, relatives and all people love.” **NOW**

Apple Salad

Serves 5.

8 oz. sour cream
1 14-oz. can Nestlé La Lechera
6 apples, cored and diced
1 lb. fresh strawberries, diced
1/4 cup pecans, chopped

1. Mix the sour cream and la lechera. Add the remaining ingredients; mix well.
2. Refrigerate for 30 minutes prior to serving.

Zacatecas Tamales

3 lbs. pork
2 onions
1 garlic head
7 tsp. salt (divided use)
6 tsp. black pepper

1 1/2 red chilies
6 tomatillos
8 cloves
1 tsp. ground cumin
8 garlic cloves
1 16-oz. bottle pork lard (divided use)
1 4-lb. bag masa mix
1 8-oz. bag corn husks

1. In a pot, bring water to a boil; add the pork, onions, garlic head, 5 tsp. salt and pepper; cover. On medium heat, cook for 2 hours; reserve the broth.
2. In another pot, add 2 cups water; bring to a boil. Add the red chilies and tomatillos. Simmer until softened; drain.
3. In a blender, add the cloves, cumin and garlic cloves; mix well into a sauce.
4. In a skillet, add 2 oz. of pork lard; on medium heat, cook the chilies mixture for 5 minutes.

5. Separate the meat into small pieces; add the sauce. Prepare the bag of masa according to the package instructions.
6. To the masa, add the remaining pork lard, salt and pork broth.
7. Knead the masa mixture. Soak corn husks in water until softened; drain.
8. Spread the masa dough over the corn husks up to 1/2-inch thick. Place 1 Tbsp. of the meat mixture into the center. Fold the husk sides toward the center.

Chiles Rellenos

Serves 6.

6 green poblano chilies
1 8-oz. pkg. grated mozzarella cheese
4 eggs, separated
1/2 cup all-purpose flour
1/2 tsp. salt
1 cup vegetable oil

1. With burner on high, char the chilies on a grate or under a broiler on both sides until blackened. Allow the peppers to steam for about 15 minutes until cooled; peel and remove the seeds.
2. Fill each pepper with cheese. Whip the egg whites until stiffened. Add the yolks; blend well.
3. Mix the flour and salt; roll the chilies in the egg mix, then into the flour mix.
4. In a skillet, fry the chilies in oil until softened and the cheese is melted.

Mexican Enchiladas

Serves 5.

- 8 red chilies, dried
- 3 tomatillos
- 1 garlic clove, minced
- Pinch of salt
- 1 tsp. grease
- 1 10-ct. pkg. tortillas
- 1 8-oz. pkg. mozzarella cheese (divided use)
- 1 onion, diced

1. Boil the chilies and tomatillos until softened. Add garlic and salt; blend well in a blender.
2. In a skillet, add the grease and chili sauce; bring to a boil. Remove; let cool.
3. Soak the tortillas in water until softened. Drain; lay out flat. Add cheese, chili mixture and onion to each tortilla; roll into an enchilada shape.
4. Lay enchiladas on a cookie sheet treated with nonstick cooking spray. Top each enchilada with additional cheese.
5. Bake at 350 F until cheese melts.

Meat Soup

Serves 5.

- 1/2 liter water
- 1 1/2 lbs. roast beef, cut into bite-size squares
- 1/2 tsp. salt
- 12 tomatillos
- 1 garlic clove
- 1/2 onion
- 6 cilantro stems and leaves

1. In a soup pot, add water, beef and salt; simmer on low until the meat is cooked. Reserve the resulting meat broth.
2. In a blender, add the tomatillos, garlic, onion and cilantro; mix well.
3. Add the tomatillos sauce to the beef and broth; bring to a boil before serving.

To search for more great recipes from any of the 10 NOW Magazines publications, visit www.nowmagazines.com.

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— By Virginia Riddle

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The restful atmosphere of Dr. Darrell Van Horn's Corsicana office helps ease even the most nervous patient and his or her family. An experienced and smiling staff greets patients. He's been licensed by the State of Texas to practice dentistry for 32 years, with 29 years of serving patients in Corsicana and Fairfield. "I've built many long-term multigenerational and family relationships," he said.

For children, teenagers and adults of all ages who desire to have a beautiful smile, Dr. Van Horn offers different types of braces — traditional metal braces in a choice of colors, clear Invisalign or Lingual braces. Payment options are available: no down payment; monthly payment plans with no interest, major credit cards; and many insurance plans are accepted. Free consultations and same-day emergency appointments are available to help patients throughout the process. Locally owned, Dr. Van Horn's practice has each patient's best interest and needs at heart. "We care about the quality of the outcome and our patients," Dr. Van Horn explained.

A Kansas native, Dr. Van Horn's a graduate of The University of Texas at Austin. He received a MPH degree from Harvard School of Public Health and received his dental credentials at the Harvard School of Dental Medicine. Dr. Van Horn completed a two-year mentorship with Dr.

Richard McLaughlin in San Diego, California. Van Horn Orthodontics is a member of the American Association of Orthodontists, the American Dental Association and the Texas Dental Association. Dr. Van Horn's a member of the College of Diplomates of the American Board of Orthodontics. "Only about one-third of orthodontists are board certified," Dr. Van Horn stated.

Dr. Van Horn took advantage of an opportunity in Waco, Texas, and opened his practice there before expanding what was originally a satellite office into Corsicana.

Helping to serve patients in both Corsicana and Fairfield are Dana Colvin, Teresa Guerry, Shauna Duke, Taylor Price, Amy Mullican and Leeza Robinson. The practice took Corsicana's Best of the Best orthodontics office honors in 2016 and 2017. This team volunteers with Wednesday's Child and works with an area church in providing care for children.

Challenges arise, as with any business for a medical professional in sole practice, but Dr. Van Horn cites only one. "We work very hard at encouraging patients to help themselves and cooperate with their treatment."

In his spare time, Dr. Van Horn enjoys golfing and travels with his three Australian Shepherds to dog shows. "My Aussies compete at the national level as a team in agility trials through the Australian Shepherd Club of America. I have lots of fun with them," he shared. He's a member of Corsicana's Church in the Park.

Dr. Van Horn loves the world of art and sees his practice of orthodontics as a form of artistry. "Orthodontics was the best fit for me as a career choice, since I have always had an interest in both science and art," he stated. And the beautiful smiles he's created are testimony enough to Dr. Van Horn's success. **NOW**



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TravelNOW A Charming Delight

— By Katie Kubitskey

Louisville, Kentucky, has steadily become one of the hottest travel destinations in the U.S. From its booming bourbon renaissance to its culinary jewels and one-of-a-kind attractions, the city offers a menu of things to see and do all wrapped within its hallmark Southern charm. Urban distilleries, culinary artisans, burgeoning neighborhoods, classic cocktail bars, great places to eat and iconic attractions and events make Louisville a top destination.

With more than 120 attractions, Louisville has something for everyone to see and do. The iconic Churchill Downs and Kentucky Derby Museum pay homage to the thoroughbred horse — a symbol of what makes Kentucky so special. The bat of choice used by most major league baseball teams is made at Louisville Slugger Museum & Factory. The *Belle of Louisville* is the oldest operating steamboat still in existence. And, Louisville's native son, Muhammad Ali, is now remembered with a self-guided

tour of “Ali's Footsteps of Greatness,” which includes his boyhood home, the Muhammad Ali Center and his final resting place in Cave Hill Cemetery.

Museum Row on Main Street is a must on your first visit to the city. Make sure to notice the original cast-iron building facades that have been preserved since the late 19th century. On this brief walk, you will see the Louisville Slugger Museum & Factory, the Frazier History Museum, the Kentucky Science Center, KMAC Museum, a few bourbon distilleries and tons of restaurants.

Another hallmark of Kentucky — bourbon — has taken center stage as a “must-do” when visiting the city. The Urban Bourbon Experience is comprised of 10 distilleries within the city limits that are open for public tours and tastings. The Urban Bourbon Trail boasts more than 35 bars and restaurants with more than 50 bourbons and bourbon-inspired culinary delights — so grab a passport,

collect your stamps and enjoy a special prize at the end.

If the arts are more to your liking, Louisville is one of only a handful of U.S. cities with a professional full-time orchestra, opera, ballet, children's theater, dinner theater and Broadway Series. The Speed Art Museum and the Kentucky Museum of Art & Craft both recently underwent renovations. These, plus a zoo, amusement park, breweries, historic homes, confectionaries, parks and music festivals comprise the fabric of Louisville's cultural scene.

Speaking of festivals, visitors are likely to run into one of many of the city's festivals during their visit, from the world-renowned Forecastle Music Festival, Bourbon & Beyond Festival and Kentucky Derby Festival to the neighborhood gems like Old Louisville Springfest, St. James Court Art Show and Downtown's WorldFest. And Louisville's growing food reputation is putting the city on the national culinary map.

It's not just the city's eclectic, innovative and award-winning restaurant scene, but also locally made products that are setting the city apart — with and beyond the bourbon! The accolades continue to grow, from *Saveur's* recognition as a Notable City in its Culinary Travel Awards to *Southern Living* magazine's "Top 10 tastiest towns in the South," to Zagat naming Louisville "one of the top eight 'awesome foodie getaways in the world.'"

Louisville's also easy to get to. It is within a day's drive of nearly half the U.S. population, and the Louisville International Airport is serviced by nearly every major airline, with nonstop service to 23 destinations and convenient connections to cities worldwide. Help planning your getaway to this Southern star is one click away at gotolouisville.com. **NOW**

Photos courtesy of Louisville CVB.

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Let's Get Physical

— By Zachary R. Urquhart

There are more ways to get fit than ever before, and now that we have hit the calendar's halfway point, the time is right to renew any resolutions that have come and gone from the new year. If you want to improve your fitness but pounding the pavement in your neighborhood is not your thing, here are some ideas to help you get into the best shape of your life.

Stretch It Out

- *Yoga is for everyone.* Yoga is nothing new, but it has grown in popularity over the last few decades. While the uninitiated sometimes see it as nothing more than stretching, yoga is a tried-and-true exercise option that people have been using for thousands of years. You can find a nearby yoga studio, look for a group in the park or even follow videos online for a workout you will not believe until you try it.

- *Yoga is not created equal.* There are many unique styles of yoga, some that are more about weight loss and others that are about stress reduction and relaxation. So, before you just start a workout, you will get better results if you know what you want to accomplish and have a plan. And in the last few decades, hot yoga studios have appeared, offering a good sweat while stretching your muscles and your mind.

Spin It Out

- *Turn for the burn.* Stationary spin and recumbent bicycles have long been a staple of fitness clubs and home gyms. Spin class, though, is something else completely. With dozens of cyclists riding in place, energetic music and an instructor yelling encouragement to help the room fight through their collective pain, spin classes offer a high-octane, calorie- and fat-burning experience. Spin classes are generally available at any large fitness club, so you can probably get started today.



• *Burn without leaving.* While classes are easy to find, you do not necessarily have to go anywhere to feel the spin class burn. You can find online spin classes, and some modern bikes come with a screen where you can link up with live instructors and people across the country for the spin class atmosphere without leaving your home. Whether you are in your living room or a gym full of strangers, do not be intimidated by people who are pedaling faster and harder than you. Remember, every expert started out as a beginner.

Cross It Out

• *It is more than just a fad.* Over the last decade or so, new workout methods and styles have become all the rage. Things like CrossFit and Camp Gladiator are great for getting a high-energy workout where you can work at your own pace, while being pushed by the people that can do just a little more than you. These high-intensity, body-weight or resistance-based workouts have proven results for people just trying to lose weight and those trying to get into the best shape of their lives.

Whatever workout you plan on starting, you will likely have greater success if you do not go it alone. Whether you find a regular spin or yoga class to join, or you just find a friend or two to help keep you accountable, having someone to help you along will go a long way toward your success. With all the options available, there is no better time than now to start on the road to fitness. **NOW**

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Zoomed In: Donna Miller

By Virginia Riddle

For six years, Donna Miller has been a Community National Bank and Trust of Texas banker. With 36 years in banking, she's passionate about serving her community through The Salvation Army, Relay for Life of Navarro County and First United Methodist Church Corsicana. "I was able to jump right into volunteering after my husband, Larry, and I moved here," Donna said. "People are so giving."

Larry, a retired banker, and Donna enjoy traveling in their RV. "I also love having a nice yard," Donna added. "But most of all, I enjoy time spent with our three grandkids. We've got one on the way, too." Donna's going to have an extra reason to smile when she rings that Salvation Army bell!



Alyssa Walker, Lana Gober and Mallory Walker, the GoCo Girls, sell summer treats in front of GoCo Trucking on Hardy Avenue.



Vernon Strebeck, member of Chapter 1009 VWA Corsicana, congratulates scholarship recipient Justin Azua.



James L. Collins Catholic School students present the musical, The Lion King, Jr. in grand style.



Heather Miller with Miles Furniture Company, a Premier Hole Sponsor of the Chamber Golf Classic, lounges in a chair that one lucky winner will take home.



Volunteers brave the heat to set up for the 4th Annual G.W. Jackson Heritage Rodeo.



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1

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Saturdays, *More Than Meets the Eye*.

Cook Education Center; 2:00 p.m.

Admission is \$2 per person for each presentation. Call ahead to check

verify showing (903) 875-7596. **Runs**

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Summer Fun at the Y: Times and dates vary, Corsicana YMCA.

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872-2412 for more details. **Runs**

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“Libraries Rock!” Summer Reading Program: Corsicana Public Library.

Register online or in the library.

Children, ages 2-17, program ends

July 27. Adults, 18+, ends **August**

31. Visit the library or online at

www.cityofcorsicana.com for a

complete monthly calendar of all

events and the Summer Food Service

Program or call (903) 654-4810.

1 — 31

Jester Park and Bunert Park Pools:

Pool hours for Jester Park are

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6:00 p.m.; **Sundays**, 1:00-5:00 p.m.

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p.m. Call pool managers to reserve a

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Department's Summer Programs:

Times, events and locations vary. For

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visit www.cityofcorsicana.com or call

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Pearce Museum: **Monday-Friday**,

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Noon-4:00 p.m. The Pearce Museum.

Visit www.pearcemuseum.com.

2

Piecemakers' Quilt Guild of

Corsicana: 9:30 a.m., Church of

Christ Fellowship Hall, 3400 Hwy. 22.

Visit www.corsicanaquiltguild.com.

2, 9, 16, 23

Free Summer Family Movies and

Popcorn: 1:00 p.m., Corsicana Public

Library. Call (903) 654-4810.



4

Rotary Club Freedom Festival: 6:30

p.m., I.O.O.F. Park. Admission is free.

Call (903) 654-4874.

6

Senior Circle Pot Luck Luncheon:

11:30 a.m., Navarro Regional

Hospital. Bring a salad, vegetable,

casserole or dessert. Contact Connie

Beal at (903) 654-6892.

9

Eclectic Readers Book Club: 6:30

p.m., Corsicana Public Library. This

month's selection is *Before We Were*

Yours by Lisa Wingate. For more

details, call (903) 654-4810.



11, 18, 25

Super Summer Storytime: 10:00

a.m., Corsicana Public Library. This

program is for all ages. For more

information, call (903) 654-4810.

It's Wacky Wednesdays: 2:00-3:00

p.m., Kerens Public Library Reading

Program. Call (903) 396-2665 or visit

www.kerenslibrary.com.

13

Corsicana Ghost Walk: 8:00-10:30

p.m. For more details, visit

www.corsicanaghostwalk.com.

13 — 15

And a Child Shall Lead: Warehouse

Living Arts Theatre. To

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14

Angels of Corsicana Troop Support

packing: 9:00 a.m., 1020 N. Bus. 145. Call Jean O'Connor at (903) 851-2560 or visit the group's Facebook page.

Cowgirls of CCC Summer Event: 6:00 p.m., Cowboy Church of Corsicana. The potluck dinner will feature LeAnn Hart, guest entertainer. To RSVP, please visit www.cowgirls@cowboychurchofcorsicana.com.

18

Senior Circle Lunch Bunch: 11:30 a.m., Roy's Cafe, 111 E. Collin St. For more details, contact Connie Beal at (903) 654-6892.

21

Navarro Fiber Friends meeting: 10:00 a.m., Corsicana & Navarro County Chamber of Commerce. Bring a sack lunch. Beverages will be provided.

For more information, contact Beth Barrows (210) 422-1775 or visit their Facebook page.

24

Corsicana Newcomers' Club: 11:00 a.m., Uniquely Yours Tea Room. Lunch is \$20 and will include musical entertainment. To confirm reservations, contact Annie Avery at (714) 345-6707.

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

26

Senior Bowlarama: 10:00 a.m.-1:00 p.m., Bulldog Lanes. Contact Connie Beal at (903) 654-6892.

27 — 29

Little Red: Life in the Hood: Warehouse Living Arts Theatre. Visit www.warehouselivingartscenter.com.

28

Corsicana Public Library's End of Summer Reading Party: 10:00 a.m.-noon, Jester Park Pool. For more details, call (903) 654-4813.

30

19th Annual Theatre Camp: Times vary per age grouping, Warehouse Living Arts Center. For more details, call (903) 872-5421. **Runs through August 3.**

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

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Forged by the Sea

— By Virginia Riddle

A love of the ocean drew Megan McLean into the U.S. Navy. An E-3 airman assigned to the USS *George H.W. Bush* carrier's CVN-77 Striker Group Two, Megan is an ordnance tech. "The rest of the sailors in my group and I earned a Battle E Award recently," she said proudly.

In the Navy for just more than a year, Megan is accustomed to winning. She was featured in *CorsicanaNOW Magazine's* August 2012 issue as a Corsicana High School student and Arabian Horse Association equine enthusiast. "Showing horses taught me many skills I now use on the job, such as goal setting, sticking to a timeline, attention to detail and working within a new environment with new people," she explained. "A lack of attention in my job could cause injury to not only myself, but to my shipmates and the pilot flying with our ordnance." Her most memorable experience, to date, came when she first landed on the carrier while it was out to sea.

An "Army brat," Megan joined the Navy to see the world and follow in her dad, Dan McLean's, footsteps. "My dad retired as an Army lieutenant colonel. My older brother is

in the Air Force, and my younger brother recently joined the Air Force," Megan said. Angie McLean, Megan's mom, is proud of all of their service. "The Navy's been a great fit for me. When we're deployed, we visit about five to six foreign countries," Megan added.

Megan earned an associate degree from Navarro College prior to enlisting. "My degree automatically earned me an E-3, and I'll be up for advancement sooner than some of the other people I joined with," she said. Her college credits will also apply toward earning a bachelor's degree in physical therapy — Megan's ultimate professional goal.

Following her eight-week basic training in Chicago, Illinois, Megan trained for five weeks at the Navy's tech school in Pensacola, Florida. She's currently based in Norfolk, Virginia. "Life in Virginia is fun," Megan remarked. "There's lots of history and lots of things to do here, and I live on the beach." When on board the ship, she shares living quarters with about 50 others. "We all work together, and life on board ship is a bit hectic," she added.

"The pace on board ship is challenging," she admitted. "We're constantly training, and we have to be ready to go, if and when, we're called. Being away from home and adjusting to my life in the Navy has been challenging, but it's been worth every second. I can't imagine living my life any other way." **NOW**



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