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# NOW

M A G A Z I N E

SEPTEMBER 2014

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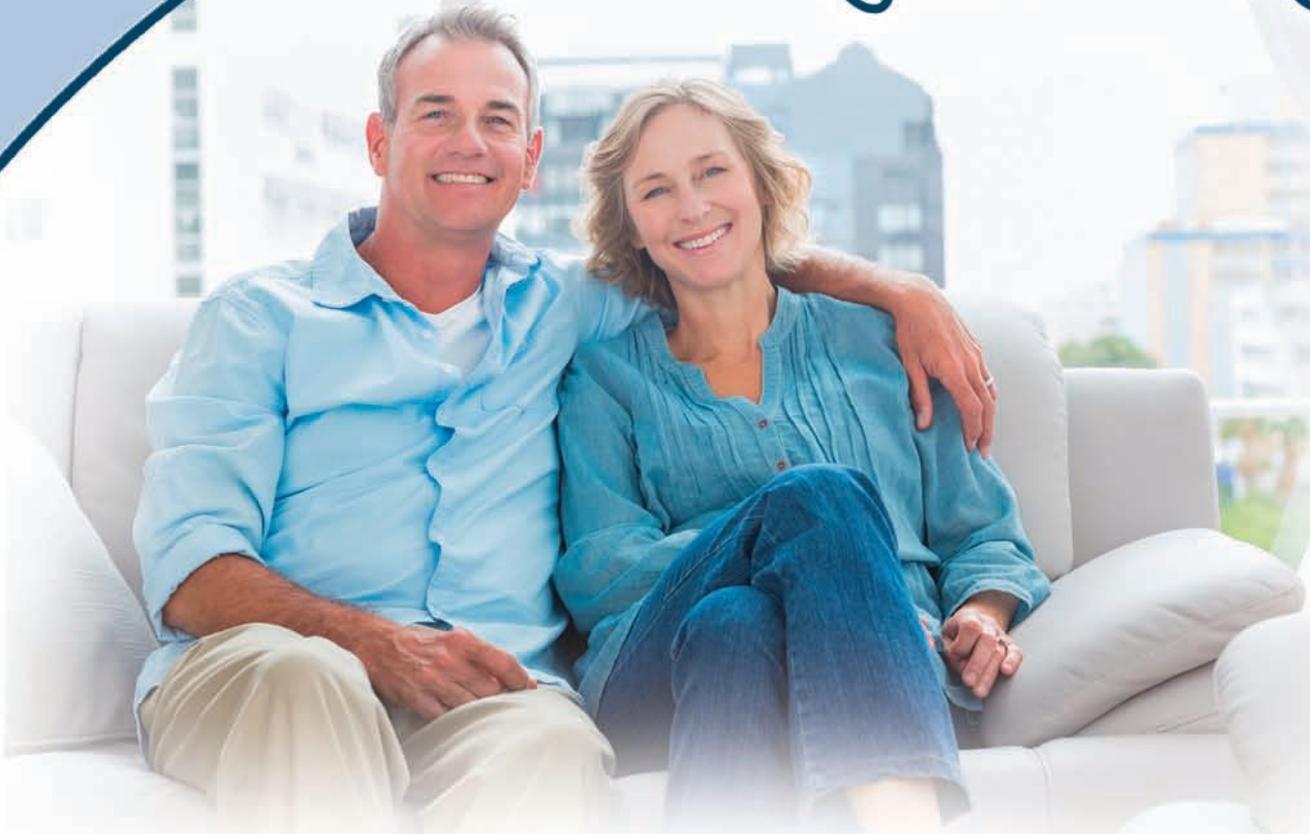
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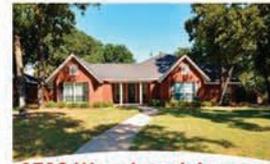
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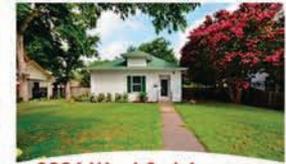
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## ON THE COVER



*The Cook Center's new exhibit tells stories about ancient peoples.*

*Photo by Memories by Melissa.*

# CONTENTS

September 2014 • Volume II, Issue 9

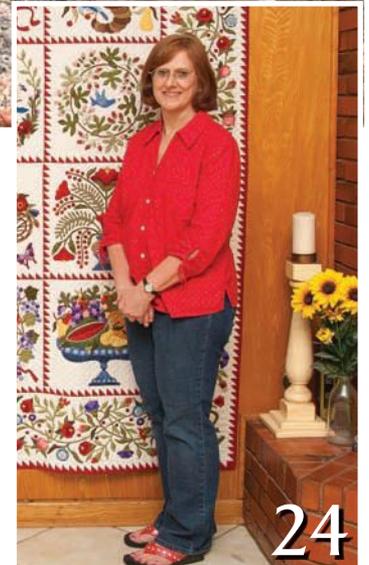


**8 Lives Lived Long Ago**  
Cook Center visitors step back in time.

**16 A Bit of Whimsy**  
At Home With Bill and Betty Barnes.

**24 One Stitch at a Time**  
In the past 20 years, Judy Green has created more than 200 quilts.

**30 Destination: I Do**  
Combining the wedding and honeymoon can be a memorable and cost-saving way to celebrate your special day.



36 BusinessNOW

40 FinanceNOW

42 HealthNOW

44 CookingNOW

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## Editor's Note

*Hello, Friends!*

Labor Day is here along with these last remaining days of summer. I was lucky as a child — school didn't start until Tuesday after Labor Day. My sisters, friends and myself always still had one more weekend of swimming, chasing fireflies, spitting watermelon seeds and lots of cooling pitchers of Kool-Aid (with scoops of sugar added!) to experience before getting seriously studios. I hope that your Labor Day will be relaxing, fun and full

of memories made.

This is also the month to observe United Nations' International Peace Day on September 21. One of my favorite songs to perform is "Let There Be Peace on Earth." That song, written originally for children, reminds us that peace begins with each of us at home. Fortunately, for us, Corsicana is a friendly and wonderful place in which to live and work.

## Virginia

Virginia Riddle  
CorsicanaNOW Editor  
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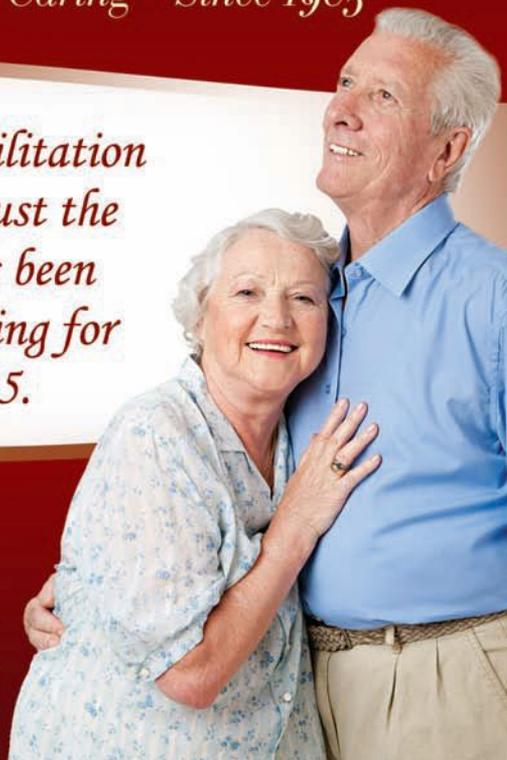
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# LIVES LIVED

*A new, permanent exhibit is opening at the Cook Center. It has been the dream of several people who have worked tirelessly for the last four years to make the Robert S. Reading Collection: The Hunters and Gatherers of the Blackland Prairie a reality. A unique feature of this exhibit is the use of the first person narrative. In this way, the ancient inhabitants of what is now Navarro County and the surrounding area tell their own story of living on this land during their time. "Bill Young, Forrest Green, Tom White and Oliver Albritton were really the catalysts, but they passed away before the project got underway," said Lloyd Huffman, chairman of the board of trustees at Navarro College and owner of Huffman Communications. Lloyd has served as technical resource adviser on this project along with Dr. Don*



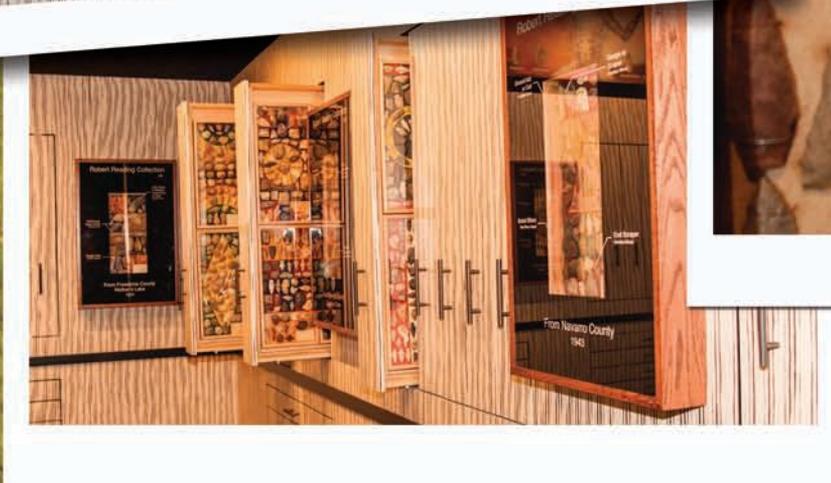
Dr. Tommy Stringer, Lloyd Huffman, Bruce Howard and Ross Edwards worked together to ensure that Oliver Albritton's dream became a reality.

# LONG AGO

— By Virginia Riddle

*Wyckoff, resource consultant, Ross Edwards, designer and project manager and Dr. Tommy Stringer who helped raise the necessary funds. Together they have taken what was once a dream and made the exhibit a reality.*

These individuals all had a vision that through Robert Reading's collection of artifacts, for many years exhibited in the Arrowhead Room of Navarro College, the story could be better presented. The collection's namesake, Robert Reading, served as mayor of Corsicana in the late 1950s and was a civic leader, writer and businessman. During the 1930s-1950s, he followed his interest in archaeology by searching for arrowheads in Navarro and neighboring counties, especially after rains or when farmers were plowing their fields. "It was a good era to do this since this was a farming region, and he knew all the farmers," Lloyd said. The Blackland soil gave up its hidden treasures often to



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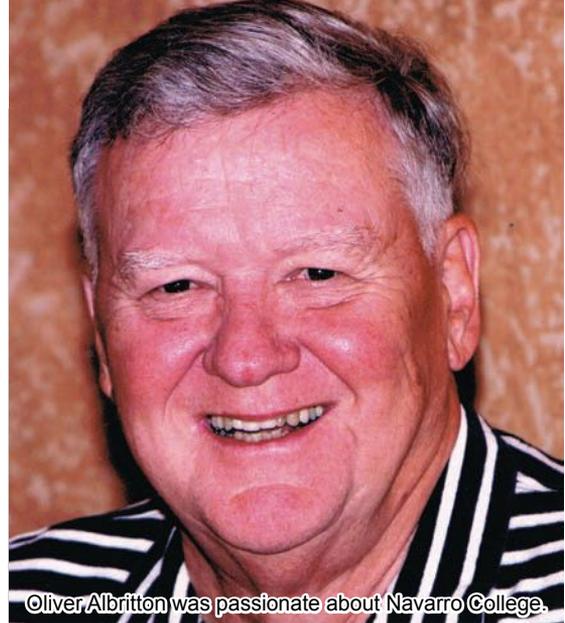
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Oliver Albritton was passionate about Navarro College.

Reading, thus producing a vast collection of points, some of which date back 6,000 years.

With the Cook Center's recent expansion, more space was provided for events, but an odd-shaped 1,400 square feet had been set aside. "The expansion of the Cook Center would not have occurred without Oliver's efforts," Lloyd recalled. "Oliver told us, 'We have this area. We ought to do something with the arrowhead collection.' He started really researching, reading, visiting museums and educating himself. Oliver tried to educate us, and that was the fun part of the project. He just had an energy and knew how to make things happen. Oliver had been a banker and was used to working with so many people from all walks of life, and he had the contacts."

"Oliver was always so passionate about the college, just as his dad had been," Tommy added.

"There was randomness and no logic to the Arrowhead Room display," admitted Don, an award-winning archaeologist and curator emeritus of the Sam Noble Museum of Natural History at the University of Oklahoma. Don had known about the arrowhead collection for about 20 years through his friendship with the late Bill Young. "Oliver came to Oklahoma to meet me and recommended to the board that I get invited down to work on this project," Don remembered. "He would start asking questions and could make us laugh." Some of those questions will be answered for visitors through the scripts Don has written for the exhibit's videos. Now retired, working on this exhibit has been a labor of love that drew Don to cross the Red River to

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OCTOBER, 1960

ensure the story was told accurately.

As always, with a project like this, money had to be raised. Grants and private monetary and in-kind donations from local trusts, businesses and individuals have funded the creation of new cases, interactive exhibits and videos. When funds were still a little short, one more donation came from Arnold Coldiron of Ohio last fall, so the project could move ahead. "We have been graced by donations, such as deer skins and other artifacts, that enhance the exhibit," Don added.

Ross, owner of Creation Nest Visual Art and Display in Midlothian, was already a familiar face around the Pearce Museum due to previous work he had created there. He has again made a story come to life through his design and artistry. An experienced storyteller through art, Ross has worked not only at the Pearce but for other renowned museums, businesses and private collectors. With a background in the studies of philosophy and psychology, Ross came to the team fascinated with the challenge of combining facts in such a way that would be entertaining and interesting to all ages but would also enable the serious researcher to access information easily.

As an artist, Ross specializes in interpretive realism focusing on people, places, and happenings that can be appreciated and understood. His favorite medium is airbrushed acrylic. The exhibit features Ross' talent as a designer of interactive displays and the cases and layouts of articles within the cases.

"The story is rich," Ross revealed. "It's been fun learning about these people

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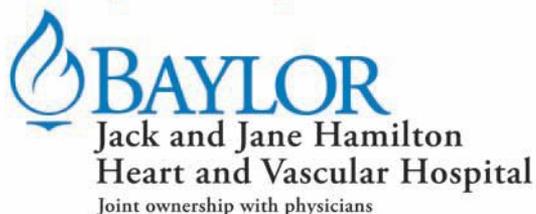
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through working with Don. He has been the silver lining. We have gotten together periodically to make sure all the content is accurate, and Oliver was our inspiration," Ross acknowledged. "I remember when I got the call that he had died. The last thing Oliver told me was that he was looking forward to finishing the project. I think he would be very pleased now, since the exhibit shows how maybe as many as 200 generations of people lived on this land."

Many other local individuals have volunteered much time and expertise in making the Hunters and Gatherers exhibit a reality. That community volunteerism will continue with docents' training and volunteer staffing, but as Helen Albritton, Oliver's widow, pointed out as she viewed the almost completed display, "This was Oliver's brain child, but it also just shows what can happen when fertile brains get together. This exhibit is exciting."

While generations come and go, the land remains through time. "We want people to realize there was someone living on this same land long before them," Tommy explained.

"It has been said we often stand on the shoulders of giants. Oliver was that kind of person — a gentle, self-effacing giant. His support was thoughtful and constant with never a hint of self-promotion or desire for reward," Lloyd concluded. Thanks to the Reading Collection, and these individuals who kept nurturing its creation, the story of those who came many years ago to this land will be faithfully preserved in the Cook Center for the enjoyment and education of future generations. **NOW**



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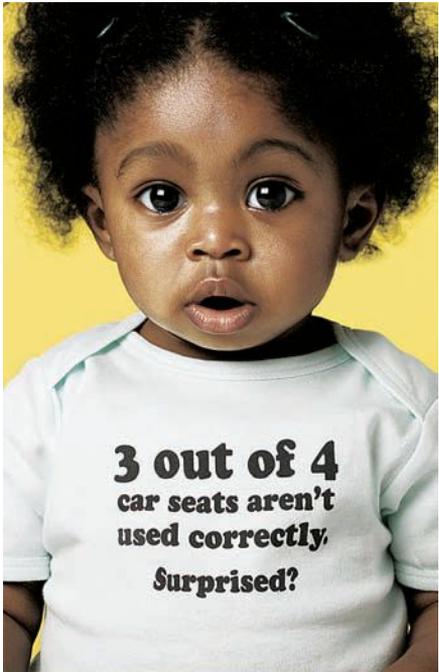


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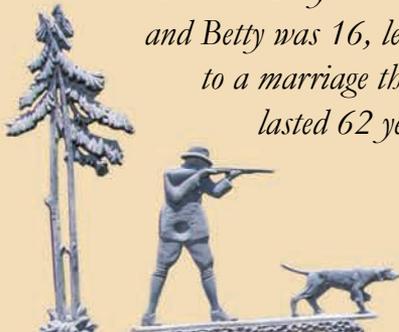
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# A Bit of Whimsy

— By Virginia Riddle

*Third Avenue and Beaton Street was the happening place for young people when Bill and Betty Barnes met. “We met on Beaton Street,” Betty remembered. “Back then, you could make a U-turn at 3rd and another U-turn at 7th. You had to ‘make Beaton,’ and Napoli’s was George’s Grill then.” That meeting, when Bill was 20 years old and Betty was 16, led to a marriage that’s lasted 62 years.*



Bill, a native of Corsicana, and Betty, who moved to the area when she was 6 years old, have seen many changes in Corsicana throughout the years and are excited over the current downtown revival.

Bill’s family was in the café business in Corsicana. “Before going to high school each morning, I would open the café, light the burners and fix breakfast,” Bill recalled. A graduate of Corsicana High School, Bill continued his education as one of the “Barracks Bunch” at Navarro College. Betty is a graduate of Mildred High School. “She was Queen of Mildred High when I got her,” Bill quipped.

With the exception of a few years in which the couple lived in Houston and Conroe when Bill worked for a Brown & Root subsidiary, Corsicana has been home. “I was tired of traveling, public relations and sales,” Bill said, so the couple moved back. In the 1970s, they started a local fencing company, B & D Fencing, with a partner. The business was located in the building that now houses the Meals-On-Wheels where Bill and Betty have volunteered for the last 10 years. “We built the business together,” Bill related. They retired from the business in 1987 when taking care of family became more important.

“We buried three parents in 1989,” Betty recollected of those stressful times.

“We had ‘homesteaded’ around the corner,” Bill revealed, “but Betty wanted a house that looked country, so we built and moved into our home 35 years ago. We were our own architect and contractor. The plans were drawn on a cardboard box.”

“I wanted a bit of whimsy,” Betty confessed. “We love this house, and we have wonderful neighbors.” Betty described the original decor as primitive, but there have been alterations





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made through the years. “Times change and things change,” she said. Betty loves to decorate for the four seasons, while the home has gone through some major transformations itself. For instance, the original carport served in many capacities and has now been converted into the couple’s master bedroom.

Bill and Betty’s love of living outdoors is fulfilled through the many garden seating areas; two patios, one covered and one open; and a wide, covered porch that wraps around three sides of the house. “We have 100 trees on the lot,” Bill said. Bamboo lines the fenced perimeter. In reference to the fast-growing, prolific



bamboo, Bill said, “Once a week, I get out there and reestablish my territory.” Flowers abound along with Bill’s homegrown tomatoes. The open patio features a fire pit, while the covered patio is cooled with floating white gauze. The porch features ceiling fans, wicker furniture, wind chimes and rocking chairs. A soft glow from solar Chinese lanterns and lights lets friends and family enjoy watching flora and fauna day or night.

“It’s just gorgeous,” Betty exclaimed. “We live on the porch.”

The couple has built two storage units that complement the house. One is Bill’s tackle room, containing his fishing equipment. “I fish a lot — bass fishing primarily,” Bill clarified. The other space is Betty’s “theme room,” holding her crafts and decor items.

The Barneses’ home is entered through a beautiful antique door. In the entryway, a hall tree with seat storage is the base for an antique mirror. The comfortable den’s focal points are the massive fireplace and an antique theater booth converted into a wet bar.




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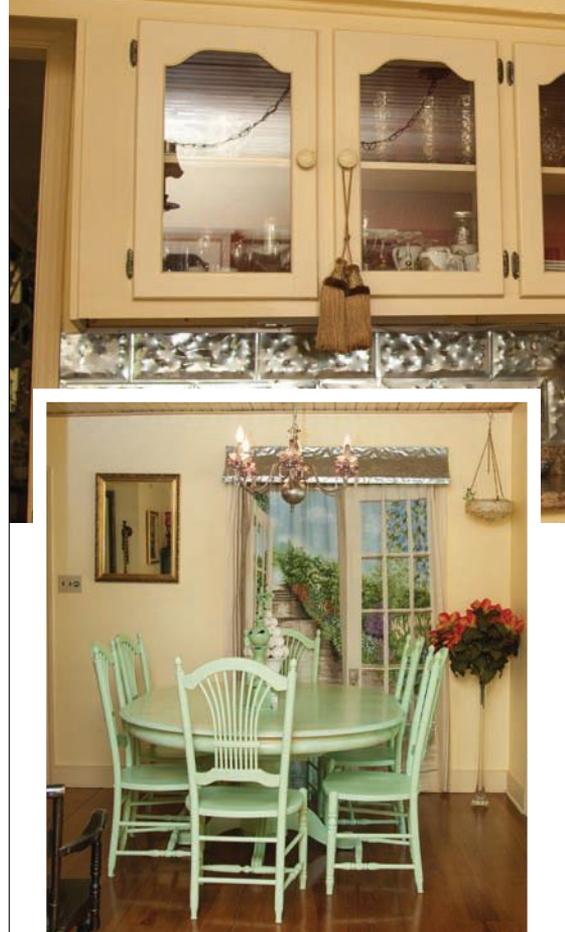
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In the country kitchen, a table allows Bill and Betty a view of the front porch. A bead board ceiling, tin backsplash and wide pine tongue-in-groove flooring complete the old-fashioned look. Just off the kitchen is the keeping room. Keeping rooms date back to colonial times, when families would sleep in this area for the extra warmth provided by the kitchen stove. "A carpenter building the house named the keeping room," Bill explained. "He said it was where the peas were shelled and the babies were rocked."

A walk through Bill and Betty's keeping room, which has extra storage, brings friends and family to the dining room with its "door to nowhere" window treatment and patio doors. Cornices throughout the home are antique tin shelving turned upside down. The windows are decorated with draping vines. The master bedroom takes advantage of full yard views, while other upstairs bedrooms are available for guests and family to enjoy a rest.

Sharing their home has provided this couple the most joy. Family includes their son Mark and the couple's daughter-in-law Brenda, as well as grown granddaughters, Hannah and Haeley, and godchildren Jason, Sara and Jenna Duncan, who live in Alabama.

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“They are precious,” Betty said of Hannah and Haeley.

“They both look like their grandfather!” Bill added.

Best of all memories are the family’s Thursday night dinners. “We have been having the dinners since Hannah and Haeley were 3 and 6 years old respectfully,” Betty said. “It’s rare that we miss it. Everyone in town knows about our dinners, since we have had an assortment of CHS kids at our tables throughout the years.”

“We include the girls’ ‘current squeezes,’” Bill related. One regular squeeze is now Hannah’s husband, Michael. The young couple owns two pit bulls, which Betty claims as her “grand dogs,” Dallas and Darla.

Bill and Betty have enjoyed traveling extensively. Hawaii, Europe, Canada, Jamaica and Alaska have all been ports of call on their international vacations. “On our Alaska trip, we lived on a private boat for three days,” Bill recalled.

They now forgo long trips for shorter driving journeys. “We travel for adventure, and we have never taken a wrong turn,” Betty enthused. “We may have a change of course, but we have never been disappointed with what we find no matter where we end up going. We are not on any schedule, but we are always rewarded with what we find while traveling the roads.”

But all the roads they’ve traveled have led Bill and Betty back to their beautiful home. “I’m playing in the fourth quarter of life,” Bill reflected. With ingredients of love, hospitality, a spirit of adventure, a hard work ethic and volunteering to aid others in the Corsicana they love, Bill and Betty have found the perfect recipe for making this time of life the winningest season of all. **NOW**

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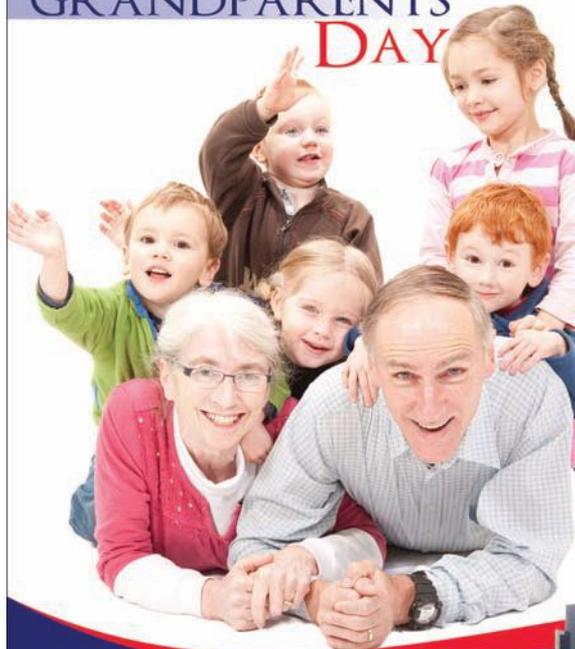
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# One Stitch at a Time

— By Donnielle Tynner



*Quilting is more than a pastime for Judy Green. Quilting is a form of therapy. Born in Dallas, Judy moved to Kaufman her senior year in high school and there met her husband. After graduation, the two were married and went to East Texas State University (now Texas A&M University-Commerce). Shortly after, Judy gave birth to the first of her three children. The Green family eventually arrived in Corsicana in 1991, and the following year, a friend suggested she check out the Piecemakers Quilt Guild. “I learned*

*how to sew in high school,” Judy reminisced. “It was required back then, but once I found quilting, I jumped in with both feet.”*

Like most quilters, Judy was self-taught. When she first joined the Piecemakers Guild, a lady who taught an introduction to quilting class helped her with the tools of the trade while showcasing the various types of quilting. Since then, Judy has worked on a project every day. Whether it's at the machine or hand work, she

quilts every night. "I can't watch TV without something in my hands," she joked. Once she was experienced enough, she started teaching in 1995 at a quilt shop in Garland, creating new patterns for the following quarter. As a result, her home is filled with quilts. Eventually, she had to retire from teaching due to a string of unfortunate family illnesses.

Judy has pieces of quilts everywhere, each in different stages of completion. She even has a project that is portable. It was one of these movable projects that helped her keep her sanity during a time of unbelievable sorrow. In 2005, her mother passed away and three months later her youngest brother fell ill and died. Over three years, Judy and her remaining brother were the caretakers of their elderly father who passed away in 2008 and four months later, Judy's other brother died. When Judy was going back and forth between hospital stays and sitting by bedsides, she needed something to occupy her mind and her hands. "I carried this pattern called grandmother's flower garden with me to each family member's bedside," Judy recalled. "After they were gone, it went in the closet. I kept thinking about it. *Either I can't look at it again, or I need to get it out and make something beautiful out of it.*" Judy chose to take the pieces she created during that sorrowful



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time and create a special quilt she has named *Memories*. The quilt serves as a tribute to her family.

Another quilt Judy considers her pride and joy is displayed in her living room. This quilt took Judy two long years and over 1,000 hours to make. The pattern was created by Sue Garman, one of Judy's favorite quilt designers. This beautiful and intricately detailed quilt was the most extensive work Judy has ever put into her hobby, and after submitting it to a few quilt shows, it placed well.



The border of Judy's sewing room is lined with the ribbons her quilts have received at quilt shows starting in 1994. "I spend most of my time in my sewing room," Judy explained. "Looking back, the first quilt I entered in a show was so awful, but if you get it judged, you get a critique, and you can learn from your mistakes. You just can't get your feelings hurt." These mistakes and her time with the Piecemakers Quilt Guild has enabled Judy to grow as a seamstress.

The Piecemakers Quilt Guild was founded in November 1986 by a group of local women who wanted to make new friends while sharpening their quilting skills. The goals of the guild are to preserve the heritage of quilting and to share information (and the fruits of their labor) with the community. The guild meets at West Hill Church of Christ once a month. At these meetings, they have either a teacher, workshop, guest speaker and/or a program. There are two groups within the guild that meet the third week of each month — Monday through Friday — to quilt during the day.

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Members of these two smaller groups prefer hand quilting to using sewing machines. "It's just like an old-fashioned quilting bee," Judy shared, "where everything in the world is discussed, and we try to solve all the world's problems."

The guild has long been involved in various community and national projects. Each year, every guild member makes a kid's quilt that's donated. They try to find children in need within the community to bless with these works of art, but if there is an overabundance, the quilts are donated to the Ronald McDonald House. Since the price of fabric has increased,



the guild has found new and creative patterns to donate, such as pillow cases and portable carriers for books. More recently, the guild has been involved with making heart-shaped pillows that are given to Navarro County Hospital and M.D. Anderson Hospital for breast cancer patients.

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Every October, the guild presents its annual quilt show at the Warehouse Living Arts Center. It's a communitywide event and participants don't have to be a member of the Piecemakers Quilt Guild. "That is the one difference in our quilt shows," Judy explained. "We will take any quilt from the community, and you can choose to have it judged or just displayed. We usually have about 100 quilts each year." During the show, there will be a donated quilt for a raffle. The majority of proceeds go back into the guild, while a portion benefits various charities that are dear to the guild.

Throughout life's ups and downs, Judy has found comfort in quilting, whether in the act itself or through the friends she has made over the years at the Piecemakers Quilt Guild. "You'll never meet anyone like a quilter," admitted Judy who has herself made over 200 quilts to date. "They are the most generous people in the world. Quilting is my therapy. I don't know what life would be like without it." **NOW**

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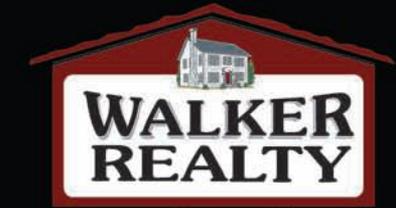
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# DESTINATION:

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— By Shannon Pfaff

*Planning a wedding can be a hectic experience. The preparation can take months, yet the actual wedding day passes so quickly. With all the details that go into planning the wedding, it seems like the honeymoon is the time to recover. Why not get the vacation started early with a destination wedding? A destination wedding can be a unique and exciting way to get married and have a honeymoon all in one shot!*

When considering a destination wedding, it may seem like it would be more expensive than having a traditional wedding at home. Depending on the type of wedding and the location, having a destination wedding may actually save money. Many resorts will include the ceremony for free when you stay and have the reception at their location. This will save you from having to find two locations for the ceremony and the reception. Several resorts also offer credits toward the ceremony package to include: flowers, linens, chairs and the officiant, as well as room upgrades for the bride and groom. Some packages even include table settings and the wedding cake. The cost to the couple is the food, drinks and any additional guests not covered by the package.



The expense of the event will also vary depending on the number of guests and any additional activities paid for by the bride and groom. Since you are requesting for people to travel for your wedding, it makes sense to plan some fun for you and your guests. Destination weddings tend to be more intimate affairs with a smaller guest list, which helps keep costs down. While the couple is responsible for the ceremony and reception expenses, wedding guests should expect to cover their own travel expenses. To help their traveling guests, the bride and groom can arrange a flight and room block to help guests with making arrangements. Some hotels offer group discounts when booking several rooms, which will help your guests save money. This is a great incentive to start the planning process early.

Because the party generally pays for their own accommodations, the bride and groom should choose their attendants as soon as possible. Once the attendants are chosen, the couple should inform them of their plans to have a destination



wedding. This gives each person in the wedding party time to set aside funds for their trip. Encourage your guests to book early as well, which will help them save money. Be prepared to make necessary changes if someone you ask cannot afford the trip. If you can afford it, you can always help someone who is in financial need, but this is not a requirement. Consider having a reception

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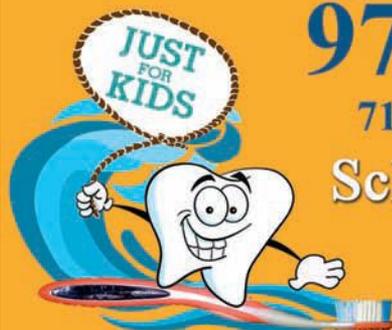
later on to include those who could not attend your wedding.

If you are planning to travel out of the country, make sure your passport is up-to-date and that you meet all the necessary requirements to get married in that location. Some countries have residency restrictions, so it's important to plan ample travel time to meet the required number of days, if necessary. A wedding planner at your destination is a great tool to help you understand the country's requirements, communicate with vendors, set up travel arrangements and make your dream a reality. A wedding planner close to home is also a great source to help you coordinate your wedding. Whether they help you plan the entire event or just assist you in some of



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the details, they can help save time and money in the planning process.

Another wedding professional you should consider hiring is a travel agent. A travel agent can help simplify your travel arrangements. They can research destinations, compare prices, negotiate with hotels, as well as help plan excursions. It's best to select a local travel agent that you can meet personally. When selecting a travel agent, make sure you check their certifications. This will ensure they are certified with credible agencies. You will also want to interview the agent before selecting one. Ask them about their experience and their fees.

Selecting a destination is important in determining the wedding type, travel time and budget for the event. Some popular

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Whichever location you choose, make sure you research the weather patterns when setting a date. Keep in mind that optimal weather conditions usually coincide with high tourist season, which will mean higher prices. Shoulder season is the best time to travel for good prices and great weather. This is the time that falls between high season and low season when tourists are few and the weather is on the edge of ideal. During this time, resorts are lowering their rates due to receding tourism. The Internet is a great source for understanding the best times to travel to various locations.

Once you have chosen your destination, selected a date, advised your attendants and family, the fun truly begins in the planning process. With all of the major and more difficult decisions out of the way, you are free to think about planning your trip. There will be other wedding details to consider, but you should also think about some fun with your friends and family. Consider planning a welcome dinner when everyone arrives. A destination wedding is a great way for you to celebrate a significant moment in your life. You will be able to spend time with close friends and family and make memories that will be part of the foundation of your future together. **NOW**

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The staff at Hand in Hand Hospice (top left) assist Michelle Shaw, owner, and Rick Taylor, operations and marketing director (above), in providing compassionate care for their patients. Sheryl Bearden (bottom left) helps keep things running smoothly in her role as assistant administrator.



# A World of Care

*Hand In Hand Hospice brings love to patient care.*

— By Virginia Riddle

New beginnings have been a theme at Hand In Hand Hospice this past year. Michelle Shaw, owner/administrator and director of nurses, married Rick Taylor, the company's new operations and marketing director. Together, they have been busy designing a new logo, informational material and a website for the company that Michelle founded in 2005 after 13 years' experience as a registered nurse in the Dallas area. Rick and Michelle's new mission is to better educate the public about hospice care. "There are so many misconceptions about what hospice is," Michelle stated.

The company's motto puts its approach in perspective: "Touching One Life At A Time." The 13-member team at Hand In Hand Hospice provides "highly skilled, compassionate care for terminally ill patients and their families" in a 10-county area

surrounding Navarro County. "We are privately owned and operated by a nurse, and Michelle is very involved with all of our patients every day," Rick said.

One common public misconception about hospice care concerns the cost of services, which are provided at no cost to the patient or family. Medicare, Medicaid or private insurance covers the costs. "Caregivers often wait to contact us because of costs until a patient's final days when they could be receiving this help so much sooner," Michelle revealed.

How a patient qualifies for hospice poses another frequent misunderstanding. "Patients can be on hospice as long as they need it, and can get off the service if their health improves," Michelle said. Some of the diagnoses that qualify patients for hospice include Alzheimer's, congestive heart failure, chronic

## Business **NOW**

obstructive pulmonary disease, dementia, cancer, Parkinson's and multiple sclerosis. "The main thing to understand is that a patient doesn't have to be actively dying to get help from hospice care," Michelle said. "Families can go to the company's website and use the Hospice Eligibility Check to see if their loved one may be eligible for Hospice Care."

Finally, Rick and Michelle want to make it clear that hospice isn't a bad word. "Often patients and their families are unwilling or afraid to ask their doctors about hospice, and often doctors are hesitant to start this discussion with patients," Michelle said. Hospice, Michelle stressed, is a caring, well-rounded, holistic approach to helping patients. It uses a team approach.

Hand In Hand Hospice employs Dr. Ron Rodriguez, medical director, who works with patients' doctors and the Hand In Hand team. The company also employs nurses, a social worker and chaplain, nurse aides and provides volunteers.

Per Medicare guidelines, 5 percent of total patient care must be performed by volunteers. After passing a criminal background check, hospice volunteers are trained by the staff. "They go into homes and nursing homes and sit with patients and paint nails, read or just have a conversation," Michelle said. "Volunteers perform a great service to patients and their families."

Hand In Hand Hospice surveys patients and family members quarterly to assure quality service. Following a patient's passing, the staff also works with surviving family members for the next 14 months. "Our patients are what keep us going," Michelle acknowledged. "I have learned so much from patients and their families. They have the best stories, and I've even learned how to garden! Patients are our blessing."

"We are so excited about the future," Rick added. "Deciding to seek hospice care and which service to use is a very personal choice. Patients need to know that the choice is theirs to make. We want to help patients and family members to understand the benefits they may receive and how hospice can help a family in many ways." **NOW**

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Few of us go through life without ever applying for a loan or borrowing money. Borrowing and repaying money can help you establish a credit history that will make it easier to get financing when you need it. But use credit judiciously, so it can help, rather than hurt, your finances. These examples help illustrate the difference between “good” and “bad” borrowing practices.

**Good times to borrow**

- **You're buying a home.** To make a home purchase, most buyers need a mortgage loan. This type of financing is often considered good debt, because a home is an investment that's anticipated to increase in value over time. The caveat? Look at your entire financial picture before taking on a home loan, and make sure you're buying a home you can truly afford.
- **You're adding to your education.** If you're finishing up an advanced degree or need additional training to move ahead in your career, taking out a student loan can be a smart move. Shop around for the most favorable rates and repayment plan.
- **You're setting up a household.** You'll need some basics to begin with, such as a bed or a refrigerator. Essential appliances and furniture often can be purchased via installment financing through the store — but don't overdo. Not everything in your first place needs to be new. Thrift stores, yard sales and family members can be good sources of basic furnishings that tide you over until you can afford the items you want.
- **You're consolidating debt.** If you have several credit cards with high interest rates, it may make sense to get a loan to achieve a lower overall interest rate and smaller payments. But note: Put those cards away. Don't rack up new charges as you're paying off the consolidation loan.

**Good times to wait**

- **You want to buy extravagant holiday gifts.** It's never a good idea to borrow money

— either through a loan or on your credit card — to spend above your means. Temper your generosity and choose meaningful, less expensive ways to remember others at the holidays.

- **You'd like a nice wedding.** Taking out a loan to put on a lavish ceremony and reception that you can't truly afford could start your marriage out under a financial eight ball. Scale back your plans to fit your budget and focus more on the occasion than the show surrounding it.
- **You need a vacation.** Travel typically costs more than you think it will, and if you have to take a loan simply to go on the trip, you're better off finding more affordable ways to relax and recharge.

**Good rules of thumb**

- **Borrow only what you need.** While it's tempting to borrow more, you'll end up having more to pay back and risk undermining your budget.
- **Shop around for good rates.** Compare interest rates and payment terms. If you have a good credit score, you may be able to negotiate a better offer.
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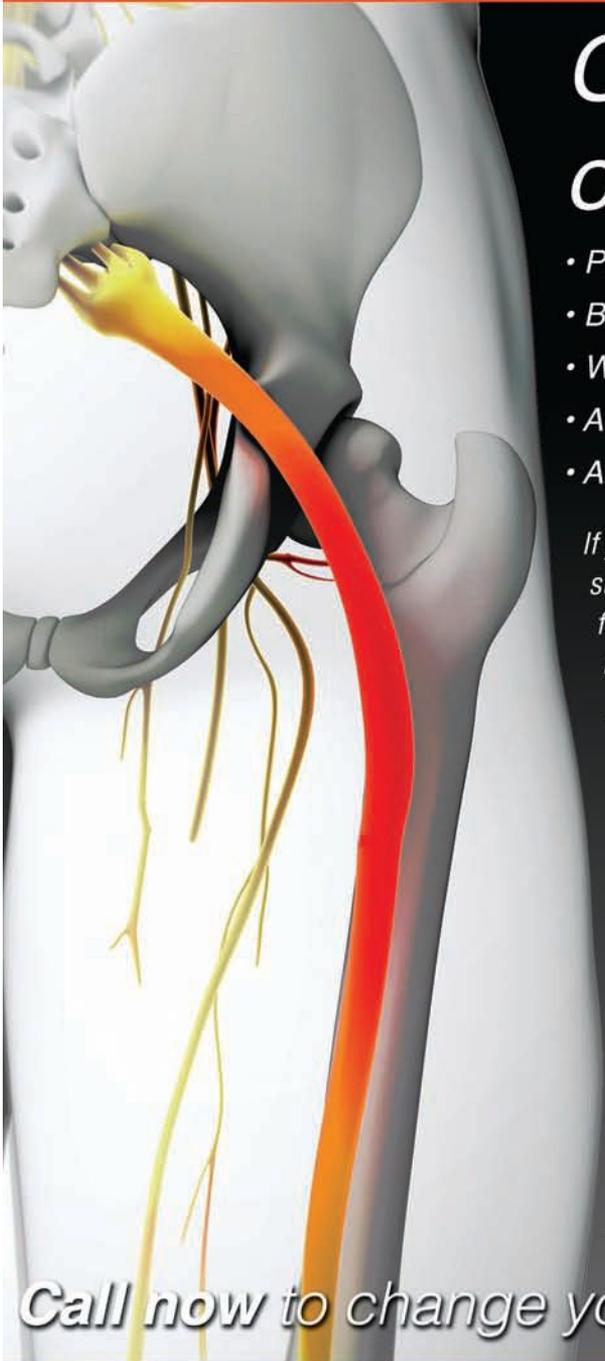
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# In the Grip of a Cramp

— By Betty Tryon, BSN

Muscles that contract are doing what they were made to do. A problem occurs when the muscle does not return to a relaxed state. A muscle or muscles can create incredible pain when the contraction continues and becomes a cramp. Involuntary muscle cramps can last a few seconds to almost an hour. Regrettably, on occasion, they can last longer.

We have three types of muscles: smooth, cardiac and skeletal. Smooth muscles line the inner organs in the body. For example, they are what propel food through the digestive system or cause you to regurgitate something unpleasant. Cardiac muscles power the functions of the heart. Smooth and cardiac muscles are involuntary, meaning you can't control their action. Skeletal muscles are voluntary and can be controlled by you. They are what allow you to move your arms and legs at will. The majority of muscle cramps occur in the skeletal muscles. You can see the muscle bunch up and become hard while in the grip of the cramp.

Muscle cramps can be alarming, but they are not uncommon. They occur most often in older adults. Cramps can be caused by a variety of conditions. Injury to a muscle or nerve can cause cramping. Dehydration, cold weather, pregnancy, depletion of certain minerals and deficiencies of some vitamins can be the source of muscle cramps. Overusing a certain group of muscles or even being in one position an extensively long time might trigger cramping. Cramping can be the side

effect of some medications. Medical problems, such as peripheral artery disease, can also be the cause of cramps because of inadequate blood flow to an area.

The treatment for muscle cramps is relatively simple. If it occurs from injuries, then medications such as muscle relaxants and/or anti-inflammatory drugs, may be prescribed. Usually, stretching alleviates the cramped muscle. Relief can also be found with the use of heating pads or soaking in a tub of warm water. Massage can bring a reprieve from the pain. If the disorder is occurring from a medical or physical condition, then that needs to be addressed. If you develop cramps from dehydration, rehydration should solve the problem.

Prevention of muscle cramps should focus on the reason the cramp is taking place. If cramps occur in a calf muscle from running, then stretching adequately before exercise will help. Make sure you are well-hydrated before exercising. For nighttime cramping, stretching before bedtime may help. If you think a medication is causing your cramping, consult your doctor. Do not discontinue medication before seeking the advice of your physician. With a little investigation and preparation, you may be able to keep muscle cramps at bay. **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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Red, White and Tuna: Warehouse Living Arts Center. For more information or to reserve seating, call (903) 872-5421.

### September 12

Navarro County Retired Teachers meeting: 9:45 a.m., Northwest Apartments Community Center. For more information, email [pk2@aimail.net](mailto: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) 654-6800.

### Hope Center Golf Tournament:

11:30-1:00 p.m., lunch; 1:00, tee off; Corsicana Country Club. For more information or to register to play, call (903) 872-2881.

### September 13

Second Saturday “Texas Mardi Gras”: 4:00-8:00 p.m., Beaton Street, downtown Corsicana. For more information, contact the

### Main Street Program at

(903) 654-4850 or visit [www.cityofcorsicana.com/secondsaturdays](http://www.cityofcorsicana.com/secondsaturdays).

### September 17

Senior Circle Lunch Bunch: 11:30 a.m.-1:00 p.m., Don Jose’s. For more information, contact Connie Beal at (903) 654-6800.

### September 20

Corsicana Newcomers’ Club’s Fall Fundraiser: 5:00 p.m., social hour; 6:00 p.m., dinner; 7:00 p.m., live auction; Corsicana Country Club. For more information or to make confirmed reservations, contact Marge Oslick at (903) 872-3508.

### October 4

Corsicana ISD Education Foundation’s Third Annual C&B Seen Gala: 6:00-11:00 p.m., I.O.O.F. Event Center. For reservations or more information, call (903) 602-8133 or email [CEF@CISD.ORG](mailto:CEF@CISD.ORG).

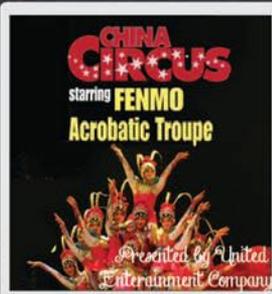
*Submissions are welcome and published as space allows. Send your current event details to [virginia.riddle@nowmagazines.com](mailto:virginia.riddle@nowmagazines.com).*

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## Fall Arts Preview



*China Circus*  
Saturday, Sept. 13  
2 & 7 pm



*Clint Black*  
Saturday, Oct. 18  
7:30 pm



*United States Field Band  
Jazz Ambassadors*  
November 4, 7:30 pm



*Harry the Dirty Dog*  
October 27 & 28



*Hot Club of Cowtown*  
Thursday, Dec. 4  
7:30 pm






## In the Kitchen With Bette Ary

— By Virginia Riddle

An enthusiasm for baking and entertaining came naturally to Bette Ary. While growing up in Dallas, she spent time in her Aunt Myrtle's bakery in Oak Lawn. "I saw all that baking, and my mom was a good cook at home," Betty revealed. "There was always some cooking going on in those days." She has now passed on her love of cooking to her daughter, Heidi Evans, and three grandchildren. "I love the family camaraderie," Bette said.

Bette's specialties are desserts and soups. She and her husband, Tom, enjoy hosting their church groups. "I always get excited thinking about what I am going to make when it's my turn to host," Bette enthused. **NOW**

### Theresa's Coconut Cake

- 1 yellow cake mix
- 1 1/2 cups milk
- 1/2 cup sugar
- 2 1/2 cups coconut (divided use)
- 1 8-oz. container Cool Whip, thawed

1. Prepare cake mix according to package directions; bake as directed in a 9x13-inch dish. Cool for 15 minutes. Poke holes through cake with long-tined fork.
2. Mix milk, sugar and 1 cup of coconut in a saucepan; bring to a boil while stirring. Reduce heat; simmer 1 minute.
3. Spoon mixture over warm cake; cool completely.
4. Fold 1 cup coconut into Cool Whip; spread over cake.
5. Sprinkle top with remaining coconut; chill overnight before serving.

### Dad's Jalapeño Cornbread

- 3 eggs, well beaten
- 1 10 3/4-oz. can cream-styled corn
- 1 cup buttermilk
- 2/3 cup bacon grease
- 1 1/2 cups corn meal, sifted well
- 1 tsp. salt
- 1 tsp. baking powder
- 3 jalapeños, diced
- 1 cup grated cheese
- 1/3 cup bacon, diced (optional)

1. Mix ingredients in order of listing; stir well after each addition.
2. Pour into a greased baking pan or iron skillet; bake at 425 F for 30 minutes.

### Mother's Italian Meat Loaf

- 1 1/2 lbs. lean ground beef

- 1 14-oz. can tomato sauce (divided use)
- 1 tsp. Parmesan cheese
- 1 egg
- 3/4 cup cracker crumbs
- 1/2 cup onion, finely chopped
- 1 tsp. salt
- 1/2 tsp. oregano
- 1/8 tsp. pepper
- 2 cups shredded mozzarella cheese

1. Mix ground beef with 1/3 cup of tomato sauce and Parmesan cheese. Add all other ingredients except mozzarella cheese; mix well.
2. Spray baking dish with Pam; flatten meat mixture into a rectangle. Add mozzarella cheese lengthwise along center of meatloaf leaving 1 inch on each side.
3. Bake at 350 F for one hour. Remove from oven; drain. Pour remaining tomato sauce over top of loaf; bake an additional 15 minutes.

### Tropical Grilled Shrimp

- 2 cups pineapple juice
- 1 cup soy sauce
- 1/4 cup olive oil
- 3 tsp. Worcestershire sauce
- 1/4 cup molasses
- 1 onion, cut into medium wedges
- 2-3 lbs. unshelled shrimp
- Array of tropical fruits, cut to bite-size

1. Mix first 6 ingredients; set aside 1/2 cup for basting. Add shrimp; refrigerate overnight.
2. Baste with set aside marinade while grilling shrimp over medium coals for 4-6 minutes.
3. Serve in enamel or glass bowl with an array of tropical fruits as accompanying dish.

### Roquefort Dressing

Note: If dressing separates, add 2-3 eggs.

- 1/4 lb. bleu cheese
- 1 pt. cottage cheese, large curd
- 1 tsp. garlic powder
- 1 tsp. pepper
- 1 qt. mayonnaise
- 2 Tbsp. wine vinegar
- 2/3 cup buttermilk
- 1/2 cup half-and-half
- 1 cup vegetable cooking oil

1. Mix two cheeses together on lowest speed. Add all other ingredients in order listed; mix only enough to blend.

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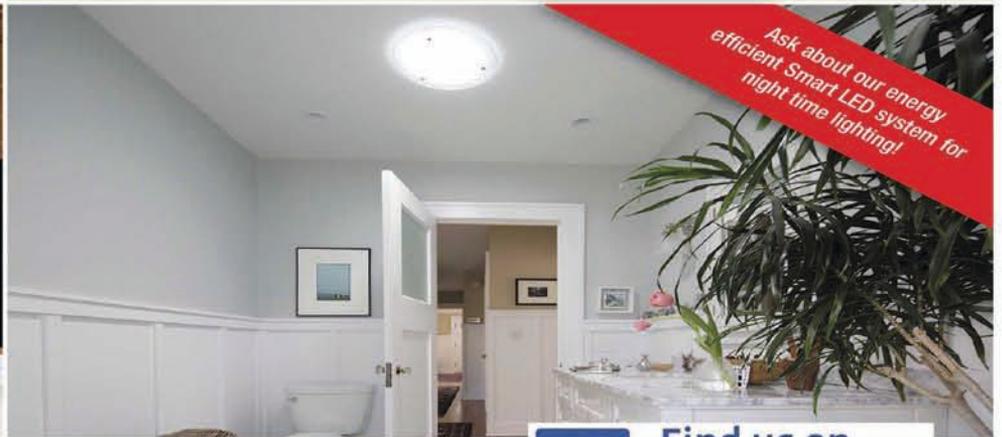
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