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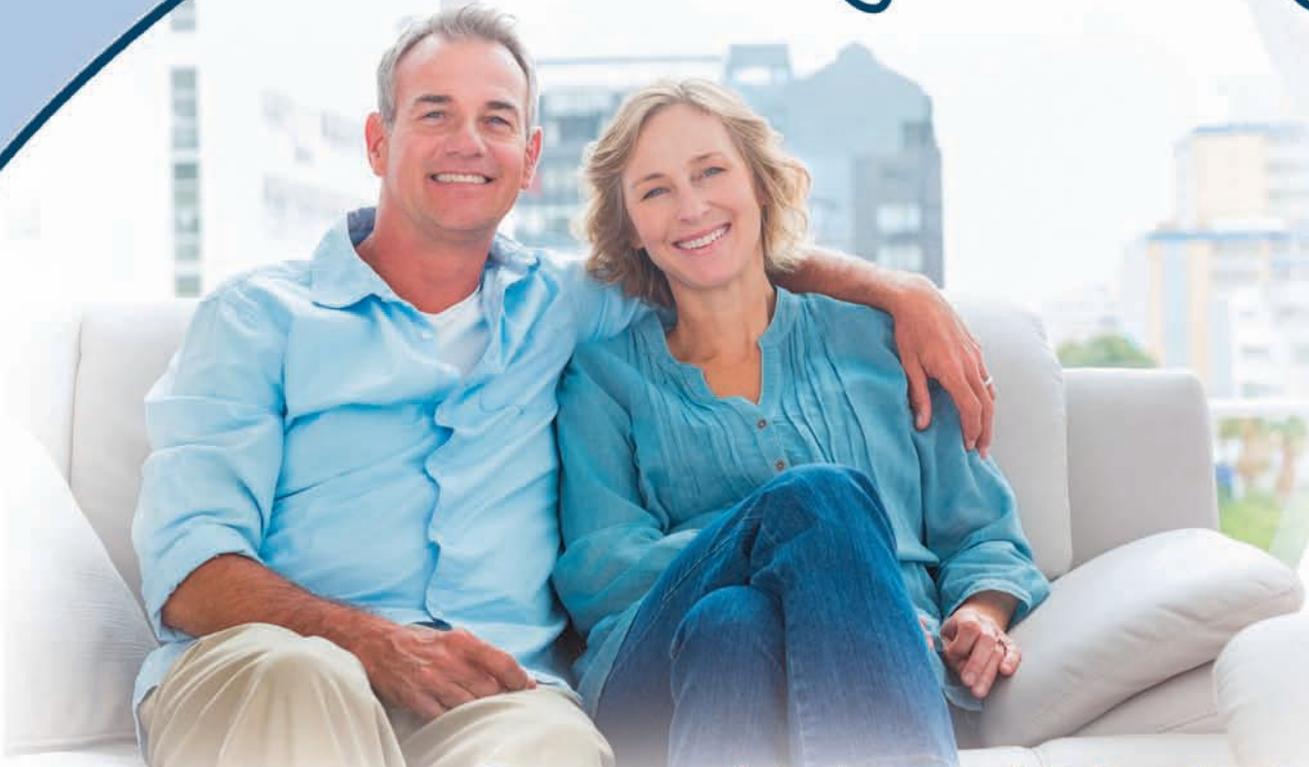


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*Photo by Memories by Melissa.*

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## Editor's Note

*Hello, Corsicana!*

All the fun fall events are now upon us! To our already busy schedules we will now add the usual football games, homecomings, family and class reunions, area fall festivals and upcoming holidays.

October is also the National Eat Better, Eat Together Month. This recognition not only reminds us to eat a healthier diet, but to put down our cell phones and turn off the television and electronic tablets when we eat as a family or group, whether at home or in a restaurant. Some suggestions — involve the kids in the preparation of the meal and table, plan and prepare ahead and give everyone a chance to talk. Having grown up as a baby boomer, I remember Sunday dinners that we prepared together, ate together and then sat around the table talking for hours. Those were joyful times!

Happy October!

### Virginia

Virginia Riddle  
CorsicanaNOW Editor  
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# ARTISTIC Brilliance

— By Carolyn Wills



*When it comes to her art, Star Marie Holdway touches the sky. This brilliant young artist is talented, driven, courageous, curious and, at just 13 years old, often wiser than her years. For her, life is not only about color and vision, technique and perspective or recognition and rewards. “I want to inspire others,” she shared. “It doesn’t matter if someone thinks they can’t do something or believes their work isn’t good enough. What matters is trying your hardest to achieve whatever you want and, most importantly, doing it for enjoyment.”*



Star's passion began as soon as she could hold a crayon. "I started coloring before the age of 4 and, then, I began drawing," she smiled. In the fourth grade, a friend's gift of a book on how to draw animals set Star on the path of exploring, experimenting and refining her favorite subject.

"I mostly draw animals," she said. "I drew my first dog from a picture. I was 8 years old and the dog was a Saint Bernard." She wouldn't have known it at the time, but her perspective and detail were already amazing. "I work by freehand or sometimes, especially for a larger project or portrait, I'll look at a picture, create a grid and draw square-by-square," she explained. She has intricately and exquisitely rendered dogs, horses, cats, cockatoos, ducks, dinosaurs and all kinds of wild animals, as well as a world of imaginary dragons.

"Dragons are really cool, and sometimes I wish they were real," she grinned. On the topic of dragons, Star would very much like to paint a giant mural in her bedroom and, since teal is her favorite color, a future teal dragon is a strong possibility.

Someone who is very real in Star's life and, as of last year, her teacher and mentor, is college art instructor, Jennifer Paden. It was Star's grandmother who facilitated their connection. "My parents live in Orange County, California," Star's mother, Dana

Spencer, explained. "Star usually visits them in the summer and she's very close to her grandmother." Searching for a greater artistic opportunity and education for her granddaughter, Star's grandmother found Jennifer through long-distance research and referrals.

"From Star's earlier work, I believe her abilities come from a vast reservoir of natural talent," Jennifer said. "The perception and renderings of her physical world are well-developed, and she has such an impressive imagination and work ethic. She's eager to explore, try new mediums and to question and solve the problems that invariably occur in the creative process." After talking with Star and her mother, Jennifer accepted Star as her youngest art student and, since July 2014, Star has been taking classes and private lessons.

"Ms. Paden is an amazing artist and teacher," Star said. "I'm learning so much. We've worked with pencils, oil, pastels and also experimented with ink. I love color, and working with ink is really fun."

Beyond learning, Star's self-confidence has likely benefited the most from her lessons. "On my first project, Ms. Paden wrote the word 'prodigy,'" she beamed. From a young lifetime of self-teaching, being validated by an accomplished artist and respected



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You can reserve your booth space at the I.O.O.F Event Center during regular business hours. Reservations can be made by: check, cash, or credit/debit card. \* Credit/Debit cards can also be taken over the phone. There is a 3% charge on all credit card transactions.\*

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instructor is the difference between “trying your hardest” and actually embracing achievement.

Star is now an eighth-grader at Blooming Grove Junior High School. She and her mother moved to the Corsicana area before Star’s 1st birthday, so it’s really the only home Star has known. When she’s at home and not drawing, doodling or reading “anything and everything” about dragons, she’s outside with her three dogs and five horses.

Star and her mother live in a home surrounded by 4 acres and a creek. Star’s love for animals is eagerly shared with her cattle dogs (aka Heelers) Sapphire, Daisy and Dale; her palomino/appaloosa stallion, Spirit; the two mares, Buttercup and Annie; and their foals, Blu and Spur. “I did a portrait of Spirit when I was 11, and it’s the drawing that I wanted Ms. Paden to have,” she smiled.

According to Jennifer, Star’s ever-expanding portfolio goes beyond her many animals to also include a collection of creatures, characters and fashion designs that would “put many art school students to shame.” Among these creatures and characters are dragons (of course), semi-realistic cats and cartoons, all influenced by Star’s appreciation of anime, a style of animation made



Dana Spencer has always supported her daughter's talent.



Jennifer Paden's work with Star pays off with every work of art.

popular in Japan. She's also a big fan of computer-generated Vocaloid Japanese music. On Instagram, she has created an account for her realistic art and another for her fantasy work and, together, they display an enormous breadth of creativity.

Clearly, art is Star's passion, yet there's room for more. A love for music prompted her to try out for band, her favorite class out of all the offerings. Seeing a need in the group led her to choose the trombone and, ultimately, to be selected to join two honor bands last year. She was third chair in the Association of Texas Bands and the only seventh-grader to make it into the Centex Honor Band.

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School mornings at 7:20 a.m., she boards the bus to head to band practice, iPad in hand. Creative productivity as well as the extra challenge of AP (Advanced Placement) curriculum makes for one busy schedule, yet she uses her spaces of free time to draw on her iPad. “I can work anywhere,” she smiled. “I like to draw eyes, and sometimes I’ll fill a page with eyes in different shapes and colors. I love the explosion of colors.”

For now, this talented teen is happy to continue learning and creating art, playing the trombone, spending time with friends, family and her animals and, most importantly, inspiring others. In the future, she plans to attend college and possibly become a professional artist. She also dreams of visiting Germany, France and/or Japan and, odds are, her dreams will come true. Through her eyes and iPad, travels may well become another favorite subject.

Star is soft-spoken and beautiful with gorgeous eyes and expressive eyebrows. In another era, she might easily have been the subject of a classic oil painting. She admits to being shy and remains careful not to hurt anyone’s feelings.

“She’s aware of her talents and passionate about nurturing them, yet presents herself with an air of grace and modesty that is as charming as her talents are extraordinary,” Jennifer affirmed. “Vocabulary.com defines prodigy as ‘an unusually gifted or intelligent (young) person; someone whose talents excite wonder and admiration,’” she said. “I am one of those individuals who is excited to wonder and have admiration for Star and her many talents.” **NOW**



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Sat. October 10th



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Sat. November 14th



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Fri. December 4th



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6PM: Lighting Ceremony & Fireworks to follow  
Sponsored by Parks & Recreation and Main Street

Sat. December 5th



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Fri. December 11th



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Sat. December 12th



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Thurs. December 17th



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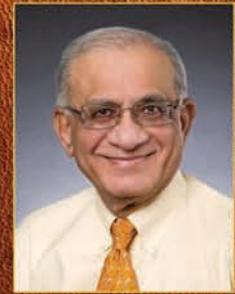
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# Windows to the World

— By Virginia Riddle

*“Light, bright and white” were three guiding rules established by Pat and Faye Frasier when they designed and built their French Country home. With 101 windows and ceiling light tubes, their home exceeds expectations. A pond that has been created from a former stock tank invites wildlife to come near for viewing through the windows or from outdoor entertainment spaces. “We love the wildlife, but I had never lived in the country before and had never seen so many spiders in my life,” Faye remarked.*

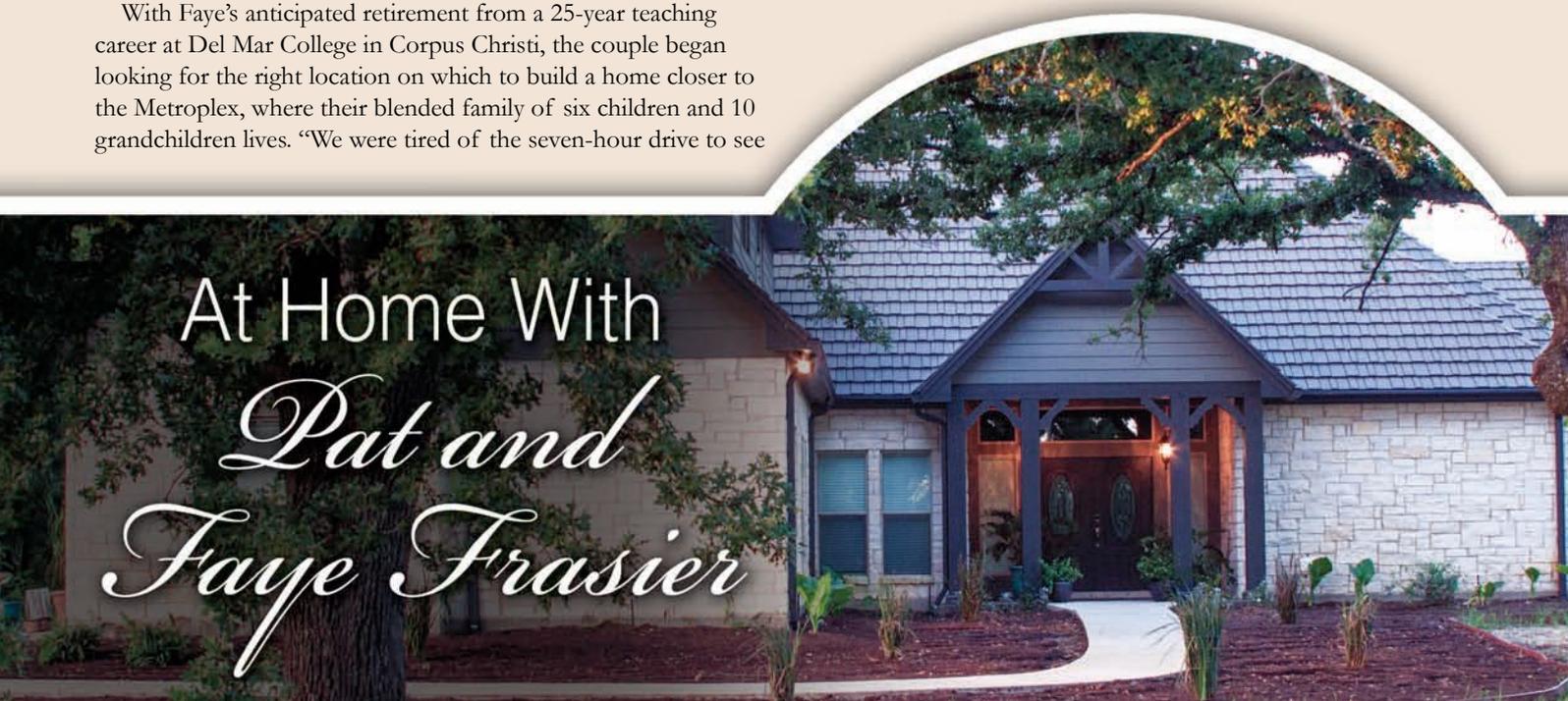
With Faye’s anticipated retirement from a 25-year teaching career at Del Mar College in Corpus Christi, the couple began looking for the right location on which to build a home closer to the Metroplex, where their blended family of six children and 10 grandchildren lives. “We were tired of the seven-hour drive to see

the kids,” Faye said. Pat knew he could operate his oil-related business, Alpha Integration Systems, partially from a home office. “He’s my alpha male,” Faye likes to quip.

The couple decided to relocate to the Corsicana area since they were both familiar with the area. Christmas Eve 2007 found the couple “tromping through the woods” and having a picnic dinner on land they would sign for on Christmas Day after church mass. “It was a God thing,” Faye said.

An architect friend drew the plans, and the couple contracted with David Anderson to build their home of cedar, limestone and glass. By 2013, their lot was cleared, and the couple had begun life in a 31-foot trailer nearby. They were able to witness the construction starting with the floating foundations laid for both the house and barn. “We could see the house coming up out of the ground inch by inch,” Pat remarked. On December 11, 2014, the couple moved in and were able to celebrate Christmas dinner *inside* their new home.

The home and grounds are now known as The Flying F. The grounds include towering trees, Faye’s flower and



## At Home With Pat and Faye Frasier



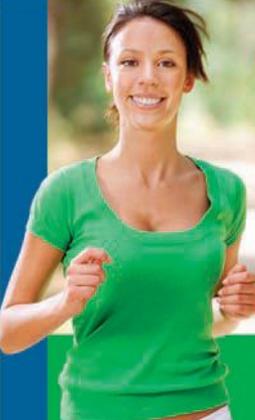
vegetable gardens and a barn. Smith Ann Wesson, the resident rescued dog, and Winchester, the rescued cat, sound the alarm and greet visitors. “We have a theme going in our pets’ names,” Faye revealed.

Much of the home, including the grand entry, showcases Faye’s gifts from former students and collections from the couple’s travels. Faye taught English for Speakers of Other Languages (ESOL) to international students. “Faye’s been to 42 countries and many states. I’ve been to about half that,” Pat said. The couple shares a passion for snorkeling that has taken them to Caribbean, South American and U.S. beaches.

The living room has two focal points — windows that look through an enclosed back porch to the pond and the massive custom-built cabinetry and fireplace. Furnishings throughout the home are a collection of antiques from Faye’s family, as well as from her love of



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shopping for antiques. The living room light tubes are adjustable to create better television viewing.

Black-veined, white marble tops the custom cabinets throughout the home. Faye used a leftover piece to top a dresser she keeps in the master bedroom, and upon which her collection of crystal resides. Silk floral arrangements from their wedding 15 years ago decorate the room, which looks out to the pond. The couple met in Corpus while dancing a waltz together. “We met on Friday,

October 13 and got married on another Friday, October 13 with family, friends and 150 international students in my backyard,” Faye recalled.

Faye’s make-up table is enviable with its 16 electrical plugs behind the drawers. A glass-enclosed, 104-inch-tall shower with wheelchair access is another smart feature. “Everything is ADA approved,” Faye said. A hidden water manifold controls the shut-off valves to every faucet and sink in the home, all of which are square and rectangular designs

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respectively. Mirrored closet doors open to a walk-in closet with double racks for alternating seasonal clothing.

The kitchen holds more unique features. Appliances that would normally take up counter space are housed in cabinetry with electrical outlets and can be used where they are stored. Two trash receptacles are available — one for trash, the other for recyclable items. The buffet and dining table date to 1905. “They create my own Downton Abbey,” Faye said.

One step through the door leads to the porch with its fireplace and ceiling fans for year-round comfort. Another door leads to steps and a sitting area by the pond. Beyond the pond and surrounding trees is lake frontage. “We enjoy sitting on the porch or patio with our feet propped up, reading and listening to the frogs and watching the wildlife,” Faye stated. Rain drains from the roof to the pond which is used for landscape irrigation.

The '40s era Nostalgic Bath accommodates a table and chairs for the young mothers and grandchildren in their family. “We had three grandchildren born in the same hospital, on the same day, three hours apart. Two are twins!” Pat said. Framed black and white “emotion teaching photos” complete the room.

The Tropical Bedroom displays mementos from beaches the couple have visited, including Costa Rica, the site of



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a daughter's destination wedding. Art by Janet Stewart graces the walls.

Faye's collection of quilts, heirlooms and family photos are displayed in the Family Bedroom. A window seat provides extra storage along with a "hopeless chest" that once belonged to an old maid. Six antique beveled mirrors hang on a hall wall — one for each of their children.

The wash room/catch-all/study has drawers that offer a place for craft supplies. Pat created a laptop desk for Faye out of an armoire, and photos of Faye's African safari show where she had the time of her life. "The desk is only one of Pat's many inventions," Faye said.



"I always have a 'honey-do' list, and I love to make Faye happy," Pat said.

Upstairs, above the garage, is the exercise, playroom and Pat's study, an all-in-one room. A large Christmas decorations storage closet provides extra storage in the garage area.

"This is another stage of life for us. We love doing grandparent-type things, and now I'm close enough to grab a purse, go to Dallas and be at the grandkids' school or sports events.

"Meeting people of all races through teaching and travels has been a joy. We will continue to learn all the things they can teach us through more adventures," Faye concluded. **NOW**

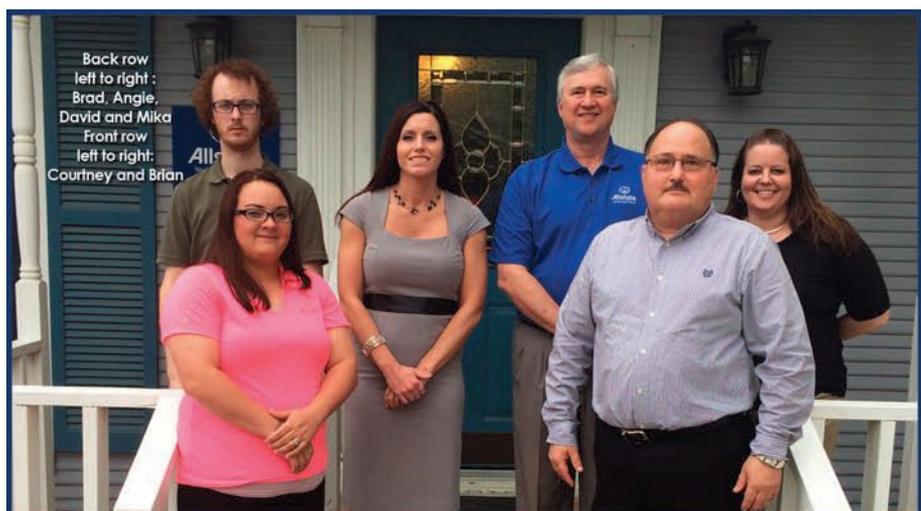
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A woman with short, styled hair, wearing an orange t-shirt with a green alligator graphic and the text 'ONKLETS', and light blue jeans, is standing by a body of water. She is holding a fishing rod and reel. The background shows a calm lake, a grassy area, and trees under a clear sky. The title 'A Loving, Helpful Spirit' is written in a large, orange, cursive font across the top right of the image.

# A Loving, Helpful Spirit

— By Virginia Riddle

*When Debra Ballard isn't cooking or serving fish, she might be found with a fishing pole. "I love to go fishing at Lake Richland Chambers or people's tanks around Kerens and Powell," Debra said.*

Catfish, perch, bass and croppy are all on her list of favorite catches. "It's just relaxing to pull off my shoes and walk in the water or sit awhile," Debra said. Her fishing expeditions are some of her favorite memories since they have always involved other family members. "My mother, Bertha Lee, taught us all how to fish, and momma would have us fishing day and night. We would sometimes camp out, clean the fish and barbecue. Everyone was involved," Debra remembered. These days, among Debra's fishing companions are her daughter, Falesha, and her cousin, Diane. "Falesha can catch more fish than me most of the time. My daughter is amazing, no matter what's she's doing. She's my pride and joy," Debra said.

Most importantly, however, are the fishing lessons being taught to Debra's three grandsons. "The kids have always loved to play with the worms and minnows. Fishing brings everyone in my family together, which is a whole lot of folks! It's the only way to do that today," Debra stated. "In life, you deal with a lot, but the water relaxes you, so even if you don't catch a fish, it's worth going."

Bringing people together is what Debra does best, whether relaxing with a fishing pole or at work. Most Corsicana area residents know her through the Kinsloe House, where she is the house manager, or through parties and events that she helps Alisha Greer cater. "Kinsloe House has been my life ever since

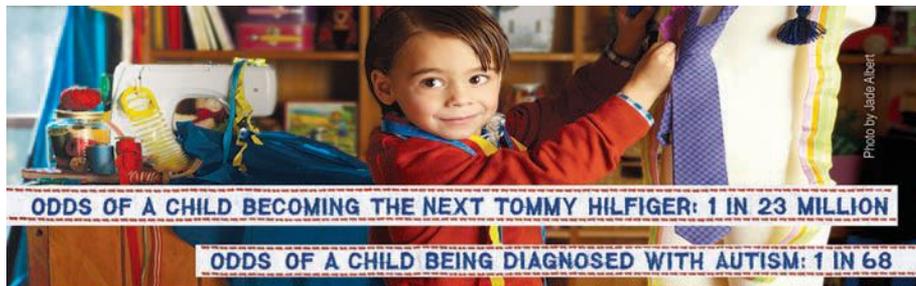


Bill Clinton was president. My brother, Shiner, was already working there, and he asked me to help. Eventually he left, and I ended up staying,” Debra recalled. She received on-the-job training that has served her well. “I didn’t know it then, but I do now. Adolphus Tarbutton was my mentor,” she added.

An outgoing person, Debra cites meeting and talking with Corsicana area residents as her greatest delight. “I have seen so many happenings over the years and been a part of peoples’ lives during special moments — bridal showers, rehearsal dinners and holidays. You have to love people like I do,” she advised. “I’ve worked with all the chefs through the years, and I enjoy the ladies of Kinsloe House. I’m there for them, and I try to show my appreciation for what they do for the community and the house.”

Debra has worked most of her life starting with babysitting at age 13 and holding paying jobs at age 16. From an early age, she combined fun with chores. As one of six siblings, Debra grew up “living on the edge” of Barry, then Frost. And then, her large family moved to Corsicana. “My mom worked for P. Samuels, a man’s clothing store that was on Beaton Street. My dad lived and worked in Austin, so it was up to my mother to raise us, and she worked, too,” Debra said. “That’s where I get my work ethic.”

Debra recalls her early days of life in the country. “Everyone in my family had a job and helped. We barely had an indoor toilet in those days, and we raised



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Debra Ballard loves to be surrounded by her family, Derwin Price; daughter, Falesha Cleveland; and grandsons, Tavontay, Tavayon and Tyler.

chickens, pigeons, hogs and rabbits. All their pens had to be cleaned out, and they all had to be fed and watered," she said. Wash day brought out the bluing, a scrub board, lye soap and wash tubs. Before Sunday dinners, chickens necks were rung and feathers were plucked. "If you wanted to eat, you had to help out," Debra said.

"There were fun times, too. My aunt made the best homemade ice cream. We all had to take turns churning if we wanted a taste, and my mother made German chocolate cakes that were so good she sold them," Debra remembered. Every fall, as the pecans ripened and fell from trees, the family helped pick up pecans. "Otherwise, you didn't get Christmas," Debra said.

Debra must have been a very good little girl during the third grade because



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that year she received a new bicycle. "We didn't have any toys. We played in barrels by rolling them down hills with someone in the barrel. My brothers made go-carts, and we all rode bikes, but I was the only one in the family that ever got a brand new bike," she remembered proudly.

At 16, Debra left Jackson High School behind and set out into the work force. "I had to work for a living to help out," she explained. While visiting her father in Austin, Debra got a job at a day care. Upon her return to Corsicana, she worked at the Holiday Inn, both the "old and new hospitals" and Collin Street Bakery prior to Kinsloe House. "I stayed with each job for a while, and when working at the motel, I met the actress, Della Reese," Debra said.

Corsicana has changed over the years Debra has lived "in town." She feels that one of the most significant changes occurred when the downtown I-45 Business overpass was completed.

A constant focus in Debra's life is family. Sunday dinners are a tradition, just like Kinsloe House rolls. "Don't let my grandsons get around those rolls when they come out of the oven," Debra said. She looks forward to her large family reunion held for a weekend every August at Camp Wanika. She shoots hoops with her grandsons, Tavontay, age 12;

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Tavayon, age 11; and Tyler, age 10, and is their cheerleader at most of their South Oak Cliff (Dallas) Gator youth football games. "They are Granny's babies. I was there for every one of their births," she said. "I have all three of their numbers on my Gator shirts from all four years they've played. I just get to hollering at those games until I'm hoarse. I love my family and wouldn't trade them for anything."

Her church family is important, too. Debra is a volunteer cook at her church, New Cornerstone Baptist Church, and she enjoys meals served at Corsicana's First Baptist and First Methodist churches.

Experiencing travel is on Debra's bucket list. A family vacation to San Antonio and a passion for romance novels only whets her appetite for more trips. "I want to see China, London, Paris and New York. Maybe one day, I'll win the lottery!" she said. **NOW**

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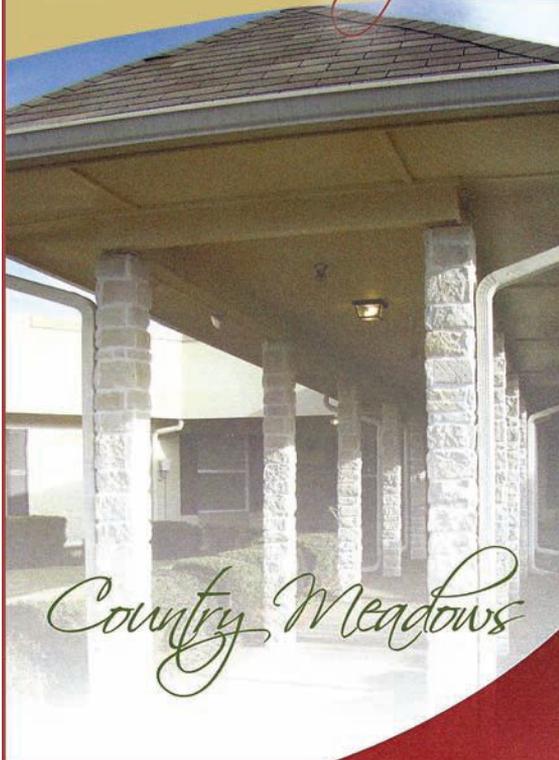


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# CABINET REFRESH 101

— By Jill Rose

*Looking for an inexpensive way to dramatically change the look of your kitchen? Painting cabinets is a great way to get the look of a new kitchen without the price tag of a complete remodel.*

## **FIND THE PERFECT COLOR**

For most people, one of the hardest parts of painting kitchen cabinets is finding the right color. With all the paint options available, even opting for white cabinets can result in having to sift through hundreds of variations to find the “right” white.



One of the biggest obstacles to choosing a color is lighting. The number of windows in your space (natural lighting), as well as the type of bulbs you use (soft white, bright white, daylight, etc.), can drastically change the way a color will look. Buying your paint from a paint specialty store can alleviate a great deal of indecision, as the employees in these stores are able to provide you with the best options, depending on your lighting. Keep in mind, homes with a lot of natural light tend to cast a blue hue on white paints, whereas homes with artificial lighting can cast colors ranging from blue to orange, depending on the bulb used.

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After selecting a few sample colors, purchase scrap pieces of wood strips that are the same species as your cabinets and paint them using the sample colors. Leave the samples in your kitchen for a few days to see how the color changes throughout the day. Once you've decided on a color, select your sheen. Choose a high-gloss sheen for a more modern look or an eggshell for a more classic feel.

## PREP YOUR AREA

Begin by taking the cabinet doors off and removing the hinges. Be sure to label each cabinet door and hinge for reassembly. Next, tape off the wall area around the cabinet frames.



## GIVE EVERYTHING A GOOD SANDING

Whether your cabinet doors, drawers and frames are painted or covered in stain, you will need to sand them. Begin by using a 100-grit sandpaper, and then move on to 120-grit sandpaper. Note: Most of the cabinet can be sanded with an orbital sander, but the smaller areas will need to be sanded by hand.

After sanding everything, remove the dust created. The frames are easy to clean, but doors and drawers can be tricky. Dust will ruin your paint job, and you will find yourself having to sand

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out specks and reapply paint. To ensure maximum dust removal, start by simply turning the cabinet door or drawer over and patting the back so most of the dust falls out. Follow this with a quick pass over with a vacuum wand. Finally, use a duster and get into the crevices. If you find you still have dust specs, use mineral spirits and a rag to remove any remaining dust.

## FIX ANY GOUGES OR DENTS

If you have deep scratches or dents, fill them in with wood filler. Let it dry, and then sand it down using a 180- or 220-grit sandpaper. Be sure to clean away any excess dust.

## PRIME THE CABINETS DRAWERS/FRAMES

Using a 2-inch paint brush, apply a light coat of primer to the cabinets, drawers and frames. Tinting your primer to match the color of the new cabinet paint is excellent insurance against future nicks and scratches showing.

Begin by priming the back of the cabinet door. Start in the center panel section. If you get primer on the stiles or rails, make sure you brush them out, so they don't leave a blotchy finish.

Next, prime the rails, and then the stiles. Do not prime the edges of the cabinets at this stage. After priming the cabinet doors, move on to priming the drawers. Since drawers only have a front, prime the entire drawer (edges included). The next step is to prime the cabinet frames. If desired, prime the inside of the cabinets, also.

Once all items have been primed, allow them to cure for at least 24 hours before

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lightly sanding (by hand) all the primed surfaces with a 300-grit sandpaper. Sand them just enough to remove any imperfections or random pieces of dust that may have fallen on them while they were still wet.

Turn the cabinet doors over to the front, and repeat the entire process above. Be sure to prime the edges of the cabinets, and allow them to cure for 24 hours.

## PAINT THE CABINETS/ DRAWERS/FRAMES

After the primed pieces have been allowed to cure for 24 hours, begin painting. Painting is really no different than priming, and you should follow the same process as priming. Begin by painting the back of the cabinet door, and then lightly sand out any imperfections before moving on to the drawers and cabinet frames. Allow them to cure for 24 hours, and then repeat the entire process for a total of two coats of paint.

After the second coat has been allowed to cure for 24 hours, move on to painting the front of the cabinet doors. Again, follow the same process as above (panel, rails, stiles but now also the edges). Allow them to cure for 24 hours, and then repeat the entire process.

## ADD THE POLYURETHANE

Before actually adding the polyurethane, lightly smooth out the door's finish using a 300-grit sandpaper. Apply the polyurethane with a foam brush for a suggested total of three coats on each side. Allow the polyurethane to cure per label, reassemble the cabinets and enjoy the beautiful new look of your kitchen for years to come!

## TROUBLESHOOTING

The biggest concern most people have with painting their cabinets are brush marks. Inferior products are one of the biggest reasons for brush marks. If you use high-quality primer, paint and brushes, and apply the paint in thin coats, you should not have this problem. **NOW**

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**Tea Room:**

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**Hours:**

Wednesday-Saturday: 11:00 a.m.-2:00 p.m.

**Dress Shop:**

(903) 874-2723

**Hours:**

Monday-Saturday: 9:30 a.m.-5:30 p.m.



Owner Carol Langham (seated center) and staff create a pleasant dining/shopping experience for their customers.



# A Precious Place

*Dress in style and have tea for two or more at Uniquely Yours.*

— By Virginia Riddle

With a recipe of roses, lace and vintage style, Carol Langham and her family have created a nostalgic and peaceful atmosphere at the Uniquely Yours Tea Room. Carol's daughter, Stephanie, is a co-owner. Her son, Jimmy, installed the computer and the wonderful music that fills the venue's dining rooms. Vernon Fleet, Carol's brother-in-law, created the amazing gardens. "Victoria Wofford is the tea room manager, and our gourmet girls who oversee the kitchen are Davis Nutt, well-known Corsicana chef, and Joyce Cawthorn. We have fabulous help," Carol said. "The servers all have very precious spirits that make people feel welcomed." Carol, who volunteers in women's ministries, explained, "We have a group prayer before we begin each day."

Relaxing music, comfortable seating, the servers' colorful aprons, table linens and china are the condiments that add to perfect dining pleasure. "We wanted to give Corsicana a little touch of England," Carol said.

She describes her husband, Jim, as the "dream maker" of the tea room and dress shop. About 10 years ago, Jim retired from a full-time practice as a CPA, and the couple began transitioning from life in Plano, Texas, to Richland Chambers Lake. Carol, who has a B.S. in home economics with a minor in nutrition, had already retired from teaching. The dress shop was opened first, and when the property next door became available, they purchased it to house the tea room. "It's been quite an adventure!" Carol exclaimed.

It took a year to restore the 1920s home. Changes made to the existing house include handicapped accessibility, tin ceilings, shiplap walls, lace-covered windows, pocket doors and a spacious wraparound porch (which is air conditioned and heated). The furnishings, which were acquired from estate sales, help create the vintage Victorian atmosphere. Carol stated,

*“We wanted to give Corsicana a little touch of England.”*

“We have hosted various events and special occasions. The tea room can seat large groups up to 50 diners, and the wraparound porch accommodates up to 40 additional diners.

“The tea room features 20 varieties of tea, daily signature specials and delicious homemade desserts,” Carol said. “When choosing between the three dining rooms, Faith, Hope or Love, you will always feel welcomed. Visitors have become friends, and many come from out of town and even out of state.”

The dress shop next door offers a wide variety of casual to evening wear, handbags, jewelry, scarves, hats and shoes in traditional to contemporary styles, some of which are imported. Sizes range from 2-18. “The goal of the dress shop is to help every woman look as ‘unique’ as they are,” Carol said.

Psalms 139: “You are uniquely and wonderfully made.” This verse is on every shopping bag at the dress shop and on the napkin covers at the tea room. This year, the dress shop is celebrating 10 years of business, and the tea room is celebrating its first year. “We give God the glory,” Carol said. “He is the heartbeat of everything we do.” **NOW**



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*Guild Mortgage Company celebrates its grand opening.*



*Slip N Slide is fun for all ages at Community Park.*



*Jack Bradley is presented an award for sponsoring new members by fellow Corsicana Lions Club member Roger Warner.*



*CHS cheerleaders greet fellow students at the 2015 Back to School Stay-in-School Rally.*



*James Booher, at right, representing Vietnam Veterans of America Chapter 1009, presents \$500 to Wayne Norcross, a member of the Home of the Brave committee who are building a house for a wounded veteran.*



*Sheila Moore and Ruby Songer host Ladies Night Out at Prayers from Heaven.*



*It's an enjoyable evening for all at Immaculate Conception Catholic Church's Pete's Dueling Pianos fundraiser.*



*Navarro Regional Hospital hosts the Community Health Fair.*

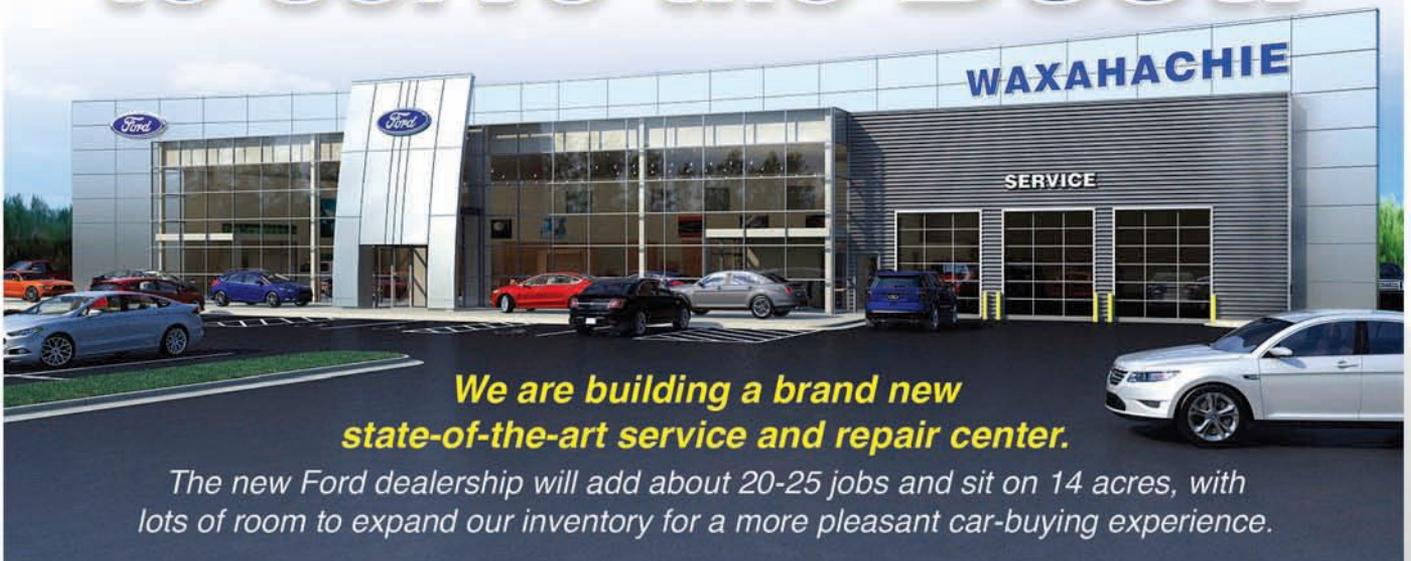


*Susan Campbell from Science Safari presents a hands-on Corsicana Public Library children's program.*

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## Money Management for Teens

For many teenagers, living on their own at college is a major reality check. While 71 percent of teens feel confident in their money-managing skills, many lack practical experience.<sup>1</sup> Teach your child how to make sound financial decisions — without your help. Here are three important lessons in money management for teens:

### Lesson 1: Creating a Budget

Help teens understand where their money is going with a basic budget.

- *Track spending.* Before deciding how to allocate expenses, teens should track where their money goes for a few weeks. Include items they might not pay for now but will in the future, such as clothing, entertainment or extracurricular activities.
- *Do the math.* Help your teen come up with an income total for each month, including allowance, gifts or after-school jobs. Then budget necessary expenses first. If there's a shortfall, discuss ways to cut discretionary spending or increase income.

### Lesson 2: Saving Money

- Make setting aside income second nature for your teen.
- *Be consistent.* Teens should strive to put the same percentage of their income each month toward savings goals. This will help make savings a habit.

- *Watch it grow.* Once your teen is saving consistently each month, open a savings account and explain how compound interest can increase savings.

### Lesson 3: Building Credit

Teach your teen the benefits — and risks — of buying on credit.

- *Use responsibly.* By carrying a balance from month to month, your teen could pay hundreds of dollars in compound interest charges. Discourage teens from charging purchases they can't really afford.
- *Scores matter.* Explain how to build a good credit history by avoiding late payments and keeping card balances low. Good credit will help your teen years down the road when securing a car or home loan. **NOW**

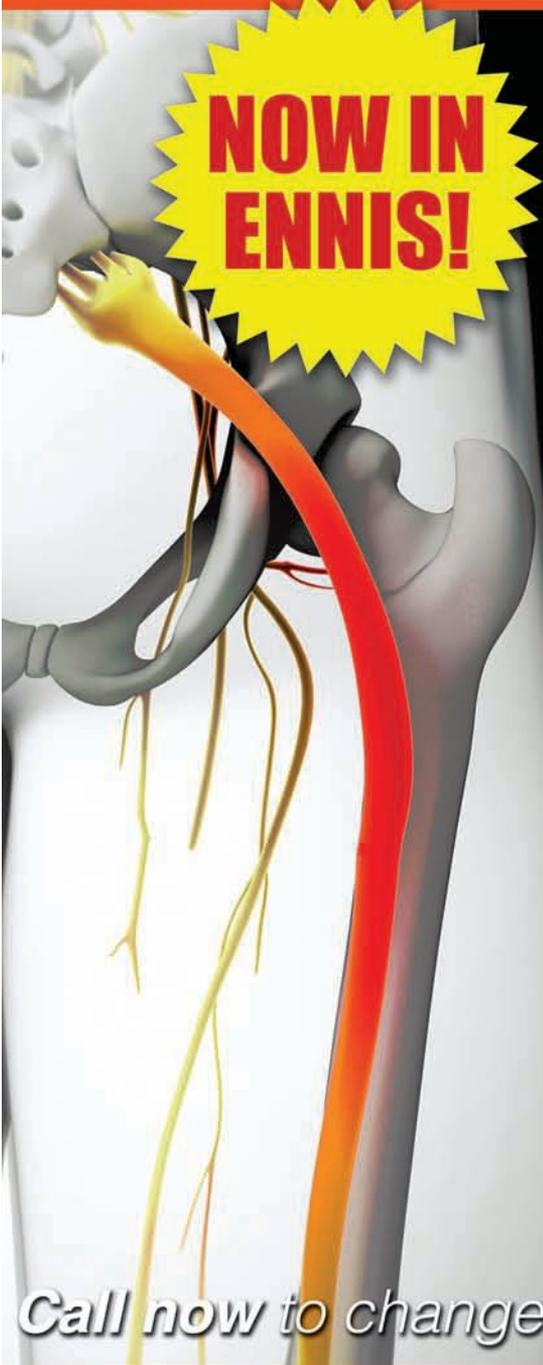
Source:

1. <http://www.businesswire.com/news/home/20130722005575/en/Capital-One%E2%80%99s-Annual-Back-to-School-Shopping-Survey-Finds#.VTIPYmRVhBd>.

*Lynda Housley is a State Farm agent based in Corsicana.*

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If you are experiencing any of these problems, you may be suffering from sciatica. Sciatica affects everything you do, from work to play and ultimately, your quality of life. If you are tired of taking drugs that only mask the problem, or you are facing surgery, we invite you to come in and find relief. We want you to know there is hope. You can get rid of your sciatica pain and get your life back. We have helped hundreds of people just like you.

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## Is Knee Replacement Surgery Right for You?

Each year, knee pain keeps thousands of active Americans from enjoying the life they wish to lead. For those who have tried various treatment plans without relief, knee replacement surgery has become an increasingly popular solution. According to the Agency for Healthcare Research and Quality, more than 600,000 knee replacements are performed each year in the United States. If you are experiencing consistent knee pain, replacement surgery may be the right choice for you.

Knee replacement offers many benefits for those experiencing long-term pain. During replacement surgery, a surgeon cuts away damaged bone and cartilage from the thighbone, shinbone and kneecap, and replaces it with a prosthesis. The surgery not only relieves pain, but improves mobility in the knee joint. According to the AAOS, more than 95 percent of knee replacement recipients experience pain relief, increased movement and a better quality of life. However, not everyone with knee pain is a good candidate for replacement surgery.

Consider knee replacement only if:

- **You have pain that interferes with daily life.** A prime candidate for knee replacement experiences knee pain that makes it difficult to perform daily activities, such as walking, gardening or climbing stairs.
- **You have limited function and mobility.** The knee stiffness makes it difficult to sit and bend the knee.
- **You have tried other methods to relieve pain.** Knee replacement is major surgery, so it should not be considered until other prescribed

methods to relieve pain have been exhausted, including weight loss, medication and physical therapy.

- **You have certain joint disorders.** Patients with advanced joint conditions, such as osteoarthritis and rheumatoid arthritis, are good candidates for knee replacement. Osteoarthritis causes the wearing of the cartilage, which allows the surfaces of the bones to rub directly against each other. Rheumatoid arthritis is caused by the immune system's attacks on the body's own cells and tissues. Patients with rheumatoid arthritis may even experience pain when not participating in exercise or weight-bearing activities.

The decision to undergo knee replacement can only be made by you, your physician and your surgeon. Knee replacement is a serious surgery, requiring extensive rehabilitation and physical therapy, so a candidate must be in good general health. Remember, a knee replacement is not for everyone, but for many, it can greatly improve quality of life. For more information, talk to your physician. **NOW**

*Michael Malone, D.O., is a member of the medical staff at Navarro Regional Hospital.*

## October 3

Hike for Life: 8:00 a.m., I.O.O.F. Park. Hosted by the Knights of Columbus, the walk will benefit the Hope Center of Corsicana. For more information or to register to walk or donate, contact Angela Williams at (903) 872-2881.

Corsicana ISD Education Foundation's Brazilian Carnival: 6:00 p.m., I.O.O.F. Event Center. This event includes a gourmet dinner, dessert bar, open bar, silent and live auctions, music and other special entertainment. Tickets are \$75 per person. For reservations or more information, call (903) 602-8133 or email CEF@CISD.ORG.

## October 6, 13, 20, 27

Children's Storytime: 7:00 p.m., Corsicana Public Library. For more information, call (903) 654-4810.

## October 6 — 30

Annual Piecemaker's Quilt Guild Show: 10:00 a.m.-4:00 p.m., Warehouse Living Arts Gallery. This free public showing of quilts will fill the gallery's rooms, including a room reserved for the Quilts of Valor that the guild sends to U.S. military veterans. Classes will be offered during the show, and a Country Store will be filled with items made by guild members. For more information, visit [corsicanaquiltguild.com](http://corsicanaquiltguild.com).

## October 7, 14, 21, 28

Preschool Story Time: 10:00 a.m., Corsicana Public Library. For more information, call (903) 654-4810.

## October 8, 27

Moncrief Cancer Institute Mobile Cancer Survivor Clinic: Navarro Mall parking lot. For more information or to secure an appointment, call (800) 405-7739.

## October 9

Navarro County Retired Teachers meeting: 9:45 a.m., Northwest Apartments Community Center. All retired school personnel are invited to attend. For more information, email [pk2@airmail.net](mailto:pk2@airmail.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.

## October 10

Downtown Wine Walk: Noon-6:00 p.m., Downtown Corsicana. This is a Main Street Second Saturday event. For more information, call (903) 654-4851.

Trinity Star Arts Council's Jazz and Art Fest: Freestone County Courthouse Square. For more

information, contact Joanna Fritz at (903) 602-9107.

Brass Transit—The Music of Chicago: 7:30 p.m., The Palace Theatre. Tickets are \$15-25. For more information, visit [www.corsicanapalace.com](http://www.corsicanapalace.com).

## October 10, 24

Navarro College Bulldogs Football Home Games: Tiger Field. For more information, call 1-800-NAVARRO.

## October 12

Eclectic Readers Book Club: 6:30 p.m., Corsicana Public Library. For more information, contact Lisa Magenheimer at (903) 654-4810.

## October 15-31

4th Annual Pumpkin Patch: **Mondays-Thursdays**, 10:00 a.m.-6:00 p.m.; **Fridays-Saturdays**, 10:00 a.m.-7:00 p.m., 301 S. Beaton St. Pumpkins of all sizes will be available for purchase. For more information, call (903) 654-4851 or visit [www.corsicanamainstreet.org](http://www.corsicanamainstreet.org).

## October 16

Cook Center Planetarium presents Starry Nights and Shows: 7:00 p.m., *The Voyager Encounters*; 8:00 p.m., *Night Lights*. Admission is \$3 per person, per presentation. Free telescope viewings will be available from sunset-9:00 p.m. For more information, call (903) 874-1211 or 1 (800) 988-5317.

## October 17

Cotton Harvest Festival and Cotton Row 1K and 5K Fun Run/Walk: 7:00 a.m., registration; 8:00 a.m. run/walk begins, downtown Kerens. \$15 registration fee before **October 5**; \$20 fee on-site. Following the run, the harvest festival features all-day entertainment for the entire family and craft and food booths. For more information, contact Tresa Darby at (903) 654-8138 or visit [CottonRowRunKerensTex@gmail.com](mailto:CottonRowRunKerensTex@gmail.com).

When Are We Going Home Ministry's 11th Annual Music Concert: 4:00 p.m., First Baptist Church, Rice. Music will be provided by Cheryl Dunn and Roxanne Flagler Smith. This event is a fundraiser for medically challenged, special needs, disabled area children, and their immediate siblings up to age 21 and foster children. For more information, call (903) 345-9333.

Denim and Diamonds: 6:00-9:00 p.m., Corsicana Country Club. Sponsored by the Corsicana Newcomer's Club, this event features a dinner, silent auction and musical entertainment. Proceeds support local community non-profit organizations. Tickets are \$30 per person. For

more information, to donate auction items or to make reservations, contact Benji Pardee at (281) 773-8175 or Lianne Thompson at (214) 801-0322.

## October 17, 21

Navarro College Bulldogs Soccer Home Games: For more information, call 1-800-NAVARRO.

## October 19

Corsicana Art League meeting: 5:30 p.m., Cook Center. Gladys Espenson will present a hands-on glass fusing session. Cost to members is free, to non-members is \$15, but observing is free-of-charge. For more information, contact Gladys Espenson at [65gladys53@gmail.com](mailto:65gladys53@gmail.com).

## October 20

Vietnam Veterans of America Chapter 1009 meeting: 7:00 p.m., La Pradera. For more information, email Roy Messick at [roy.messick@gmail.com](mailto:roy.messick@gmail.com).

## October 21

Navarro College Bulldogs Volleyball Home Game: For more information, call 1-800-NAVARRO.

## October 22

Sgt. Pepper's Lonely Bluegrass Band: 7:30 p.m., The Palace Theatre. Tickets are \$10-15 per person. For more information, visit [www.corsicanapalace.com](http://www.corsicanapalace.com).

## October 24

20th Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., historic downtown Waxahachie. Join Bob Phillips, host of the weekly TV show, *Texas Country Reporter*, for a day of arts and music. Enjoy a free concert with America as they take the main stage. Admission is free. For more information, call the Waxahachie Convention & Visitors Bureau at (469) 309-4040 or visit [www.waxahachiecvb.com](http://www.waxahachiecvb.com).

3rd Annual Community Expo & Taste of Navarro County: 10:00 a.m.-2:00 p.m., I.O.O.F. Event Center. For more information, call (903) 874-4731 or visit [www.Corsicana.org](http://www.Corsicana.org).

Octoberfest at Faith Lutheran Church: 11:30 a.m.-6:00 p.m., 3824 W. Highway 22, Corsicana. For more information, contact Ned Easterling at (903) 872-3569 or (903) 874-8795.

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



## In the Kitchen With Kylie Aspegren and June D'Souza

— *By Virginia Riddle*

Kylie Aspegren and June D'Souza are registered dietitians with Moncrief Cancer Institute, which brings a mobile unit to Corsicana twice a month. "Healthy eating and maintaining a healthy weight can reduce the risk of cancer by 30 percent," Kylie said. She recommends the use of the spice turmeric as an anti-inflammatory agent that possibly reduces cancer risk.

Both Kylie and June enjoy adapting recipes from their childhood days when they learned to cook. June's parents are from India, but she grew up in East Africa. "East African food is a mixture of Arab, African, British and German food," she said. Kylie grew up in Kansas but lived in New Orleans where dishes are "chock-full of pungent spices." **NOW**

### Bruschetta With Balsamic Tomatoes and Basil

Loaf of whole wheat baguette (works best if a day old)

4 Tbsp. olive oil (divided use)

6 fresh basil leaves or one stem of basil

1 pint cherry tomatoes, quartered

2 Tbsp. balsamic vinegar

Salt and pepper, to taste

1 garlic clove

1. Preheat broiler on low.

2. Slice baguette into 1-inch slices; place slices on a baking sheet and lightly brush with 2 Tbsp. of olive oil. Broil 10 minutes until bread turns golden.

3. Chiffonade basil into very small strips. Sprinkle basil over tomatoes; stir in remaining olive oil, vinegar, salt and pepper.

4. Remove bread from oven; rub garlic clove over warm bread.

5. Top with tomato mixture; serve.

### Herbed Chickpea Wraps With Grapes and Walnuts

Makes 8 servings.

1 15-oz. can chickpeas (garbanzo beans), drained and rinsed

2 cups seedless red grapes

1/2 cup red onion, finely chopped

1/2 cup roasted walnuts, coarsely chopped

1 Tbsp. each: fresh basil, fresh rosemary and fresh thyme, all finely chopped

1/2 cup plain, low-fat Greek yogurt

2 Tbsp. fresh lime juice

1 tsp. Dijon mustard

Salt and freshly ground black pepper, to taste

8 8-inch whole wheat tortillas

Toothpicks

1. In a large mixing bowl, gently mash chickpeas with a potato masher to break the skins.

2. Place whole grapes on a dinner plate. Stack another dinner plate on top. Gently press plates to hold grapes in place. With your other hand, use a serrated knife to cut grapes in half by cutting at the edge of the top plate.

3. Add grapes and remaining ingredients, except tortillas, to chickpeas and gently mix.

4. On the bottom half of each tortilla, spoon 1/2 cup of mixture in a broad line.

5. Fold the left and right sides of the tortilla toward the center until almost touching.

6. Fold the bottom edge of the tortilla toward the center; roll wrap firmly upward.

7. Place a toothpick 2 inches from each end of the tortilla. Slice the wrap diagonally; place cut side up on a plate or platter.

8. Repeat with other 7 tortillas. Serve immediately or cover and refrigerate to serve later in the day.

### Turmeric, Honey and Ginger Tea

1 cup water

1/4 tsp. ground turmeric

1/4 tsp. ground ginger

Splash of milk (1% nut or soy)

Honey, to taste

1. In a small saucepan, bring water to a boil.

2. Add turmeric and ginger; reduce heat to simmer for 10 minutes.

3. Stir in milk; strain tea into cup.

4. Add honey.

### Coconut Pecan Date Rolls

1 3/4 cups dates, seeded

1/2 cup pecans, chopped

3/4 cup coconut, shredded and unsweetened (divided use)

1. In a food processor or by hand, finely chop dates.

2. Add pecans and half of the coconut; stir/pulse until a paste forms.

3. Shape into 17 balls; roll in remaining coconut.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).



## EXPERIENCE Compassion.

**Sandra Wakefield**, chaplain at Ennis Regional Medical Center, understands the power of compassion. As a patient, she's experienced it firsthand.

Five years ago, Sandra spent ten days in ERMC due to severe gall bladder issues. After undergoing extensive surgery, Sandra was impressed by the way the doctors, nurses, therapists and staff rallied around her. Everyone from the dietician to the physical and occupational therapists provided positive encouragement and quality care.

Sandra was deeply moved, but not surprised. During the last years of her elderly mother's life, she also experienced compassion from the entire Ennis staff during her mom's stay at the hospital. She is thankful to have so many people who care so close to home.

**EXPERIENCE** Ennis Regional Medical Center.



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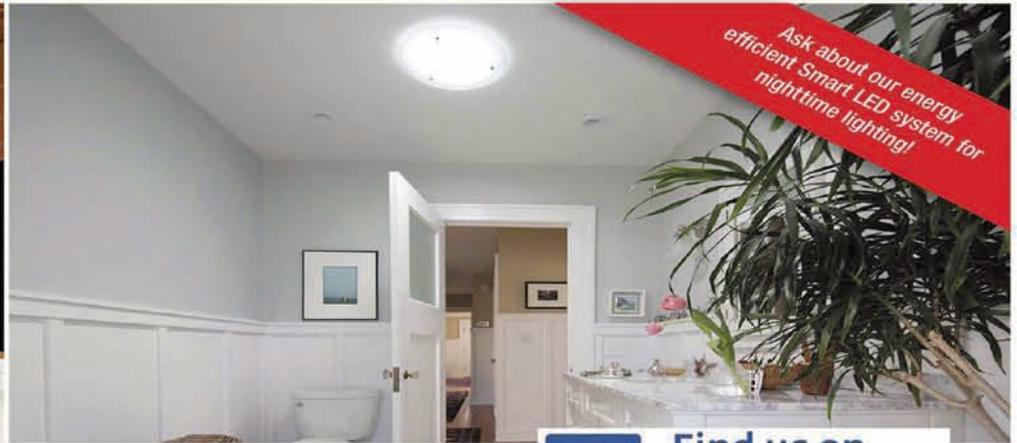
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