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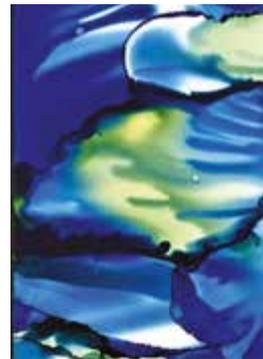
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ON THE COVER

Vivid hues burst forth from this talented artist's brush.

Photo by
Memories by Melissa.

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It's National Children's Dental Health Month!



For National Children's Dental Health Month, I thought I'd share some information on a topic that many parents struggle with. Are thumb-sucking and pacifier habits harmful for a child's teeth? The short answer is yes. These habits may result in long-term problems.

As a parent and a pediatric dentist, I see various oral habits, but the most common of them all is thumb-sucking. Most kids suck their thumbs

because it's soothing and is most prevalent during times of hunger, fatigue, stress, sleep, teething, and shyness. In fact, some children are seen upon ultrasound sucking their thumbs.

The intensity and frequency of the thumb-sucking habit, as well as the pattern of jaw growth, determine whether dental problems will develop. The American Dental Association recommends breaking the thumb-sucking habit before your child's permanent teeth come in. If left uncorrected, thumb-sucking can result in reshaping of the jawbone (narrow upper jaw), flaring of the upper front teeth, poor tongue placement, speech issues, overbite and open bite, and airway issues.

It is important to know that a thumb-sucking habit will typically stop on its own, and that, ideally, it will stop before the permanent teeth erupt. Once the permanent first molars erupt, usually around age 6, there can be changes to the direction of the growth of the jaws. If your child cannot stop by age 4, I recommend a few things:

Talk to your child. Explain what you're worried about. Kids respond better when they know why they are being told "no."

Enforce thumb-sucking limits. Giving up the thumb all at once isn't easy for a child. It is OK to suck his or her thumb in bed,

but not anywhere else. The goal is to have the habit taper off on its own.

Provide a replacement coping skill. Like adults, kids find it hard to break habits if they don't have an alternative way of coping. Consider letting your child have a "lovey" or "fidget" to squeeze when they're anxious.

Help your child recognize the habit. Remind your child when you see them doing it. Not all kids are conscious that they are sucking their thumbs, especially when they're bored or tired. Pointing it out can help them become more self-aware.

Keep in mind that change is not easy and may require lots of patience, which sometimes is easier said than done. If the thumb habit is still present at age 6, enlist your dentist's help. There may be some orthodontic issues developing, so I recommend a consultation to find the most appropriate method for addressing the problem and reversing the dental effects.

Sam Alzayat, DDS

Pediatric Specialist at Navarro Dental Center

Diplomate of the American Board of Pediatric Dentistry

Fellow of the American Academy of Pediatric Dentistry

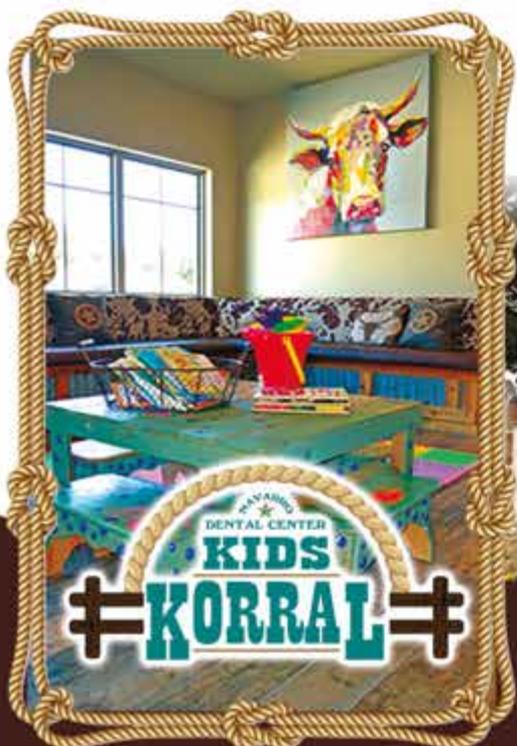
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EDITOR'S NOTE



Virginia

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Hello, Readers!

There are folks each of us is lucky to meet while walking through our lifetimes on this Earth. One such person was my Great-uncle Seth Moore who owned the rendering plant in Hamilton, Texas. When his time came, family and friends packed Seth's First Baptist Church funeral. Laughter and music filled the air as attendees recounted their times with Uncle Seth and the pranks that he loved to play on people he loved. He had served his God, country, family and community of friends well.

I recently attended another similar funeral. Pete Kirven welcomed me and my family 25 years ago to Limestone County. I had taken a "change agent" position as principal, a challenging situation. Pete and his wife, Bennie, parents of two students in the ISD, stood with me through all those hard, but successful years. I once inquired why. He replied, "Right is right." I returned that support when Pete ran, was elected and re-elected as my county commissioner, the first ever African-American. Pete had also served his God, country, family and community of friends well.

Through NOW Magazines, I am blessed to know Navarro County folks who stand together because "right is right," serving their God, families, friends and communities.

Thank you.

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134 Tilton

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1210 Lexington

A charming 2-bed, 2-bath townhome that highlights easy living! This darling home features a great floor plan for entertaining and a formal living room with wood-burning fireplace and large sunroom.



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Visual Experien



Having already lived a fulfilling life, Lianne Pereira Thompson realized a few years ago there was still much ahead. Now, at age 58, she has discovered ranching and art. “It was like being in a foreign country,” she said of moving to a ranch following her marriage to Les Thompson a few years ago. “I’m a city girl. But, it is beautiful and quiet. Sunsets are spectacular.”

And she receives inspiration daily for her new passion, art. She began painting about a year-and-a-half ago, falling in love with alcohol ink. She layers her designs on non-porous objects such as tile, glass, metal and synthetic paper. She loves working with tiles the most.

The idea came to her shortly after moving into their ranch home, while trying to remodel the home’s lighting. “I wanted colorful light fixtures, and for the life of me I couldn’t find anything I liked,” she said. “Then I looked at it and thought, *I could paint that. How hard can it be?* That’s when I found alcohol ink. The colors are vibrant, translucent and rich. I fell in love with this medium. I wanted to see what else I could do with it.”

As it turned out, she was able to do a lot. She is now selling tiles on her website through Etsy, entitled ArtbyLianne. Her work is inspired by the serene countryside of Navarro County, seen very well from her home, along with her many travels over the years. “I think everyone deserves to have things of beauty in their life,” Lianne said. “I’m still learning, but I love this, and I want to share it with people.”

Along with managing her website, Lianne sometimes offers paintings at craft shows. She has created about 200 pieces so far. “She didn’t know she had that talent, then lo and behold,” said longtime friend Marti Fox. “She’s getting her friends hooked on it, as well.”

Marti became interested through Lianne’s excitement. “I’m learning from her. She’s a cool mentor,” Marti shared. And though Marti got into the art genre only recently, she understands her friend’s love for her work. “Sometimes it’s nice to have a newfound passion, and that is where Lianne’s at right now,” Marti said. “I’m amazed at how good she is, and she’s having so much fun.”

— By Rick Mauch

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Lianne's art varies by design. Some of it could be considered classic art, such as a pair of candle holders, while much could fall into the modern art genre. Either way, she's proud of it. "At least three days a week I work in my kitchen and on the patio," she said. "My goal now is to have my own studio." Her art is regularly on display at Uniquely Yours Treasures and at Corsicana's Mimosas at the Market.

Originally from Mansfield, Ohio, Lianne has lived many places. She speaks English, Portuguese and Spanish, and has a degree in English/Portuguese from Associacao Prudentina de Educacao e Cultura in Brazil, where she lived for seven years and taught English as a second language.

"My ex-husband is Brazilian, and I married him in Brazil," she said. "I wanted to speak that language and not sound like a complete idiot, so I went to college there. I have had lifelong relationships with some of my pupils."

But the Brazilian economy began to get the best of her and her family. They moved to the United States, landing in the Metroplex. "I decided if I'm going to be poor, I'm going to be poor back home in the U.S.," she joked.

Lianne spent 10 years as an events planner for Susan G. Komen for the Cure in Dallas. She still does some event planning on her own, in fact. "The last event I planned was my son, Chris', wedding," she said.

Chris is 28 and lives in Houston. Her youngest son, Josh, is 23 and

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lives in Dallas. Lianne's proud to say both sons are Eagle Scouts, and she is a member of the Boy Scouts herself, having been a Venture Crew leader. Volunteerism runs in the family. "My mother was a volunteer (for Komen). I dragged her in," said Lianne, who still volunteers for the foundation. "For years after I left, she still worked with them. I even had my boys involved. I absolutely loved that job."



Lianne also loves to travel. "Before we were engaged, my husband and I drove from Fairbanks, Alaska, all the way up the Arctic Ocean. That's not a trip for the faint of heart!" she said. In addition, she has been to Italy, Australia, Ireland and 48 of the 50 states. "I've never been to North Dakota or Nebraska. Nothing against those. I just never found a reason to go there, though there's still time," she admitted.

She's also gone to the Caribbean and the Bahamas. The latter is where her favorite yoga retreat is. "I was into yoga before yoga was big, even before yoga pants existed," she said. "We used to wear sweat pants."

Today, Lianne prefers to travel wherever her art may lead. "When I put the colors down, where do they want to go?" she said. "I can start with an idea, but the colors are going to go where they go. They have a mind of their own." **NOW**

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I am the current CEO of Oil City Iron Works, Inc., and currently serve Navarro County in the capacity of a volunteer as the Emergency Management Coordinator since 2000.

Over the past 18 years I have served and continue to serve on numerous local, state and national level boards / committees including: North Central Texas Council of Governments REPAC, Navarro County LEPC, VOICE, the Palace Theatre, Corsicana Country Club, United Way of Navarro County, The Navarro Community Foundation, Texas Chapter of the American Foundry Society, Government Affairs Committee of the National AFS, and more.

Local organizations have presented the following awards: VOICE - Gioia Keeney Service Award to Children in 2012, United Way of Navarro County Jane Biltz Volunteer of the Year Award for 2013-2014, Navarro County Volunteer Firefighters Outstanding Service Award of 2015, Corsicana and Navarro County Tom White Citizen of the Year Award 2016. Navarro County Child Advocacy Center room dedication 2017.

I am a graduate of Corsicana High School, 1996, Texas State University with a Bachelor's of Science in Technology and a minor in Industrial Technology - Core Manufacturing, 2000, Jacksonville State University with a Master's of Public Administration / Concentration in Emergency Management, 2006.

I am a 40-year-old, lifelong resident of Navarro County. I am happily married to my wife, Angela, of 14 years. Together we have two wonderful children who are currently enrolled in the Corsicana Independent School District.

I ask for your vote and support for the position as your Navarro County GOP Chairman. I pledge to be a voice for ALL REPUBLICANS in Navarro County!

Peaceful Sanctuary

— By Virginia Riddle



AT HOME WITH THOMAS AND CHRISTINA COZART

Over winding country lanes, gentle hills and creek beds, out where the stars shine bright, Thomas and Christina Cozart and their three children have built their dream home on 20-plus acres. The metal sign declaring Cozart Farm designates a visitor's first view of the hilltop home. "It's a unique area and perfect for our family," Christina said.

The neighborhood, known as Pearl Valley because Harriet Emerson developed the gated community and named it after her mother, offers a lake view from the couple's wide, covered back porch, wildlife viewing and beautiful sunsets. "My parents have lived here for over 16 years, and now we are a golf cart drive away from them," Christina explained. "We feel blessed to have all of this for our family."

Thomas, a seventh-generation Virginian, added some of his family's heritage in the form of a metal bell from the Cozart Farm in North Carolina. It stands sentry on the drive to the home, ready to call the family together

from their fun and chores on the property. "I love how our children always want to play on the tractor or take a tractor ride with Daddy. They ask me to let them ring the bell. It's great to see my family's bell being used again," Thomas said.

A mechanic for the Texas Department of Transportation, Thomas has restored his grandfather's '53 Ferguson tractor and a '71 Chevy truck. "Thomas likes anything that's antique," Christina explained. "It's amazing to watch him restore things. It's second nature to him."

The couple met in Virginia where Christina was working at the time. She and a girlfriend had gone out to eat, and Thomas and a buddy had done the same that evening. "The four of us started talking, and Thomas and I found that we had a lot of mutual interests. We started dating, and at Christmastime Thomas proposed at a botanical garden, surrounded by snow and Christmas lights," Christina remembered. "We were married in Virginia six months later."

Family and job opportunities drew Thomas and Christina to Texas. Their family has grown to five, with





the additions of Benjamin, age 5; Madeleine, age 3; and Caroline, age 1. A graduate of the University of North Texas, Christina is the development director for James L. Collins Catholic School, where Benjamin attends preschool. "I work with an amazing group of people who are so caring," Christina said. They are active members at Immaculate Conception Catholic Church where Christina volunteers with women's groups. "I learn so much from being with different generations of women, and everyone is passionate about helping others," Christina said.

Thomas volunteers with the Commemorative Air Force along with Christina's parents. "I volunteer with the Airsho and help maintain the group's ambulance," he stated.



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Time spent with their kids takes priority and is special. “The kids love fishing, swimming or playing outside,” Thomas said. He and Benjamin dig into projects together. An orchard of fruit and pecan trees was planted and nurtured while the home was being built.

Christina, who loves gardening, has plans for raised beds of veggies and flowers. A creek offers natural

wonders to the kids. “The kids are totally happy without high-end entertainment. Everything’s so wonderful in their eyes,” Christina noted. “They love our ‘field trips.’”

A favorite field trip has been to watch the daily construction of their home, where the children’s bedrooms were designed to showcase their favorite interests. Benjamin’s bedroom has an airplane and train

motif, complete with shelves that are airplane propeller blades. “Benjamin loves to read and work with his hands with his dad,” Christina explained.

Madeleine’s room is decorated in pink and purple with flowers. A vintage ice cream table and chairs from Christina’s childhood is a special feature. Caroline chose a butterfly and ballerina bedroom set. “The kids have been so excited about this house,” Christina said.

Certain features are also particularly exciting for Thomas and Christina. Thomas cut the wood for the home’s



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farmhouse dining table on his family's sawmill. The fireplace mantel was fashioned by Thomas out of wood that was gifted to the couple. "The fireplace's limestone is from a Salado quarry. It has fossils embedded in it," Christina explained.

"One of my best memories of building this home was that Christina and I both liked the same stone and brick for the house after we, as a family, drove out to the quarry," Thomas remembered.

Many more memories have been made since then in the family kitchen. With its over-sized island, the kitchen opens onto the dining and living rooms with soaring ceilings and views that bring the out-of-doors inward. "We love cooking and baking with the kids. Our creations aren't perfect, but we have fun," Christina said. "We also use the island to play family card and board games." Another favorite

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pastime is listening to their record collection of “oldies.”

The master bedroom has the first furnishings the couple bought after their wedding while still in Virginia. Windows are throughout the home, but most necessarily in the master. “The nights are gorgeous with the stars,” Christina remarked.

A climb upstairs brings the family to their “book nook,” a library with easy access to the attic. A window gives a view of birds, bunnies and deer. “We watch and identify animals and birds through books,” Christina said.

Their home was designed with family in mind. Both Thomas and Christina agree that Rob Wetli with Structures Design Build Texas caught and created their vision. “Rob thought of good details I wouldn’t have considered. He treated me like a daughter,” Christina recalled. A good thing, since much of the home’s construction was done while Thomas was deployed to Houston to help recovery efforts after Hurricane Harvey.

“We love Corsicana. There are so many amazing school and community activities for kids. We love sharing experiences with our family,” Christina said.

Thomas agreed, “It’s peaceful. There’s not the hustle and bustle, and we’ve met such great, kind people here.” **NOW**

ELECT BOB CARROLL

FOR NAVARRO COUNTY COMMISSIONER PRECINCT 2



I am a candidate for Navarro County Commissioner Precinct 2 on March 6, 2018.

Our family has been ranching and hunting on our land south of Kerens on SH 309 since 2004. Although I was not born in Navarro County, I got here as fast as I could. I have been coming down to the Richland Chambers area with a best friend to his acreage on the lake near Crab Creek Landing since 1988.

I am happily married to my wife of 19 years, Pamela Carroll. Between us, we have been blessed with five wonderful adult children and nine fantastic grandchildren (4 granddaughters-8, 7, 6, and 3; and 5 grandsons-6, 5, 3, 3, and 1).

In April 2016, I retired after 37 years from Atmos Energy, having begun my career with ENSERCH Corp./ Lone Star Gas, then TXU Electric and Gas and finally Atmos.

During my varied career I was the Security Manager and Building/Property Manager for our five building downtown Dallas headquarters for 10 years, managing a multi-million dollar budget and 160 employees (including 34 in-house security officers, 22 Dallas Police part-time employees, building engineers and maintenance, in-house day and night cleaning crews) and managing all contracts with outside contractors.

For 19 years I was the Right-of-Way Manager, managing employees, contractors, and projects in 90 counties across the state of Texas; 7 years for TXU Electric Distribution and TXU Gas (during the merger) and then for 12 years for Atmos Energy over the easements and property rights for gas distribution and high pressure transmission pipelines. I managed numerous employees and oversaw 50+ outside contractors, as well as multi-million dollar easement acquisition projects. I dealt with thousands of land owners over issues and problems with regards to Atmos’ property rights of their natural gas pipelines.

I am a graduate of W. W. Samuell High School in the Pleasant Grove community of Dallas. I graduated from Dallas Baptist University with a B. A. in Theology/Philosophy of Religion.

I have been in the Christian ministry for 47 years, I am an ordained Southern Baptist minister and ordained in the Non-Denominational Bible Church. I continue to preach in churches and conduct weddings and funerals. In 2015 I was the interim pastor for First Baptist Church in Kerens for nine months until they called their new pastor.

For several decades I have been blessed to volunteer (free of charge) as Santa Claus, traveling around Texas visiting hospitals, Christmas parades, schools, churches, charities, nursing homes, homeless shelters, and private homes. I love having the opportunity to tell the original Christmas Story and share the true meaning of Christmas.

I am a committed Christian, a proud American and a Conservative! I was born to serve and have had a lifelong career of serving others!

I am asking for your vote and support for the position of Navarro County Commissioner Precinct 2. I promise to work hard at serving the people of Navarro County overseeing county budgetary responsibilities and the road and bridge maintenance in Precinct 2.

Bob Carroll - Lone Star Ranch
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Success Starts Here

— By Virginia Riddle

Drane, one of the most historic Corsicana ISD buildings, has been repurposed as the Drane Learning Center. Over last summer, it was transformed to become a place of learning for children ages 3-4 and gifted and talented students in grades one-four. Being repurposed is nothing new for this grande dame of CISD campuses. Since 1927, Drane has helped educate either high school, junior high or fifth-sixth grade students. “It’s important that the heritage of this building is being preserved, while we are planting seeds of learning in new generations of students,” Early Childhood Coordinator Lisa West stated.

Getting ready for the “littles” wasn’t easy. Stairwell handrails had to be adjusted, furniture and supplies moved and arranged, an outdoor recess area and a playground were built last summer, and a new plan for dropping off and picking up students was initiated. Many early education programs are now provided at this campus — preschool

for children with disabilities, pre-kindergarten dual language (English/Spanish), bilingual pre-kindergarten and Head Start programs. The 277 pre-school students are taught by a teacher and aide per classroom located on the basement and first floors of Drane. Students have access to a full-time nurse and the library. Breakfast and lunch are served to morning students, and lunch is served to afternoon students. Early Head Start, ages birth to 2 1/2-year-old students, are taught in the blue building across the street. “We’ve provided a safe place in which students and staff are having a blast learning,” Lisa said. “They are learning to get along with others. The gym’s noise level is about 500 decibels, all full of joy.”

Lisa describes a typical day as high spirited. “This old building and the learning that’s happening here is an adventure. We are blessed to be able to do this,” she said. “Our teachers are great and their strategies in the classroom are amazing!”

Student success is celebrated and rewarded often. Students can become Super Stars by learning what is being taught in the classroom and can also earn Tiger Heart Awards by showing kindness toward friends. “We’re giving the little

students big dreams that they can be whatever they want to be," Lisa said.

The school's motto, "Success Starts Here," appears everywhere in English and Spanish. The Dual Language Pre-K program, an extension of the Dual Language Program offered at Sam Houston Elementary, is an intensive program taught in both languages.

Besides the early childhood programs, the Gifted and Talented program for elementary students is taught at Drane Learning Center by teacher Kayla Simmington. "It's not just about extension of the curriculum. Guest speakers come to the campus, and field trips are planned. Talents are being used to produce future leaders," Lisa explained.

The district's Child Nutrition Program has also relocated to Drane, and the Corsicana ISD Clothing Center is now across the street. All of these programs that were once scattered across the district are now centrally located to better serve students.

"I love the challenge of bringing people in our town together," Lisa said. "We believe the Drane Learning Center can connect to our parents and extended families and build relationships that will make them feel at home."

Acknowledging a strong Parent Teacher Organization, Lisa is thrilled to see her work come full circle with the help of Drane moms and dads. "I'm working with former students who are now parents of these kids. The fun of being an educator is that I got to see high school students I helped graduate last spring, and this spring I'll be back at the beginning to witness students begin their education journey," she said.

Ultimately, Lisa finds fulfillment in her role at Drane. "It's a blessing to serve my classmates, former students, friends and neighbors and their sweet toddlers at home!" she said. "I became an educator to change my community for the better, so when I retire, I can look back and know that I did just that." **NOW**

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CookingNOW

In the Kitchen With

MEREDITH DAVIDSON

— By Virginia Riddle



It took surgery and a two-week hospital stay, plus weeks at home recovering to spark Meredith Davidson's recent passion for cooking. "I started watching cooking shows on TV, and really caught the fever," Meredith recalled. Her experience until that point had been basic, box meals and frozen foods. "A friend and co-worker, Brenda Parrish, used to call me the Lucille Ball of the kitchen," Meredith joked about her lack of expertise.

The owner of Golden Hairpin, Meredith stays busy. "Most people start cooking at a younger age, and when they get older they slow down cooking, but I started at a more mature age, and I'm having the best time. I love sharing what I prepare. I think folks enjoy eating as much as I enjoy cooking." **NOW**

Pumpkin Bread

Makes 2 loaves.

- 2 1/2 cups all-purpose flour
- 2 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1 3.4-oz. pkg. instant lemon pudding mix
- 1 3.4-oz. pkg. instant butterscotch pudding mix
- 1/2 cup pecans, chopped
- 15-oz. pumpkin puree
- 2 cups sugar
- 1 1/2 cups canola or vegetable oil
- 5 eggs

1. Preheat the oven to 350 F; grease 2 loaf pans.
2. In a large bowl, whisk together the flour, baking soda, salt, cinnamon, pudding mixes and pecans.
3. In another bowl, stir together the pumpkin,

sugar, oil and eggs until the mixture is smooth.

4. Stir the dry ingredient mixture into the wet ingredient mixture until it's uniform; pour into the loaf pans.
5. Bake for 25-30 minutes, or until a tester comes out clean.

Taco Quesadillas

- 1 to 1 1/2 lbs. ground beef
- 2 Tbsp. chili powder
- 1 tsp. cumin
- 1/2 tsp. cayenne
- 3 Tbsp. tomato paste
- 1 cup water
- 3/4 tsp. salt or to taste
- Butter, enough to cover bottom of skillet
- 8 corn or flour tortillas
- 12 oz. Monterey Jack cheese, grated
- Shredded lettuce and pico de gallo

1. In a large skillet, brown the ground beef over medium-high heat; drain.
2. Add the chili powder, cumin, cayenne, tomato paste, water and salt; stir well. Simmer for a few minutes; keep warm.
3. On medium, heat a separate skillet; add butter. Place a tortilla in the skillet.
4. Top the tortilla with a generous amount of cheese; sprinkle with beef mixture. Top with another tortilla.
5. Let the tortillas cook for 2 minutes or until the cheese starts to melt; using a spatula, flip the tortillas to the other side. Cook until the cheese is totally melted and the edges of the tortillas are starting to sizzle.
6. Remove from heat; repeat with the other tortillas and ingredients. Slice the finished quesadillas in half. Top with lettuce and pico de gallo; serve.

Vanilla Wafer Cake

- 3/4 cup butter
- 1 1/2 cups sugar
- 6 eggs
- 1/2 cup milk
- 12 oz. vanilla wafers, crushed
- 1 cup nuts, pieces
- 1 8-oz. can coconut

1. Cream butter and sugar together. Add eggs, one at a time; blend well.

2. Alternately, add milk and wafers. Add nuts and coconut; mix well. Pour batter into a prepared Bundt pan.

3. Bake at 325 F for 1 hour. Remove from oven, and leave cake in the pan for 10 minutes to cool before removing it from the pan.

Firehouse Bread Pudding

pudding:

Nonstick cooking spray

2 loaves white bread, pulled into small pieces

1 1/2 to 2 cups sugar

2 tsp. vanilla

1 stick butter or margarine, softened

4 eggs

Milk, as needed

Topping:

1 stick margarine

1 cup brown sugar

2 tsp. vanilla

2 cups pecans, chopped

1 cup coconut

1 1/2 cups milk

1. *For pudding:* Prepare disposable roaster pan with nonstick cooking spray.

2. In a bowl, mix all ingredients together until pudding is the consistency of cake mix batter; pour into roaster pan.

3. *For topping:* In a saucepan, combine all ingredients; bring the mixture to a boil until butter is melted. Mix well; pour the topping on the pudding. Slide the roaster pan under the broiler; broil until coconut and pecans are lightly browned.

Cranberry Salad

1 6-oz. pkg. cherry Jell-O

1/2 cup sugar

2 cups boiling water

1 14-oz. can whole cranberry sauce, chilled

1 8-oz. can crushed pineapple, including juice

1 cup pecans, chopped

1. Mix the Jell-O, sugar and boiling water together; set aside to cool.

2. When cooled, add the cranberry sauce, crushed pineapple and pecans; chill according to Jell-O package instructions before serving.

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



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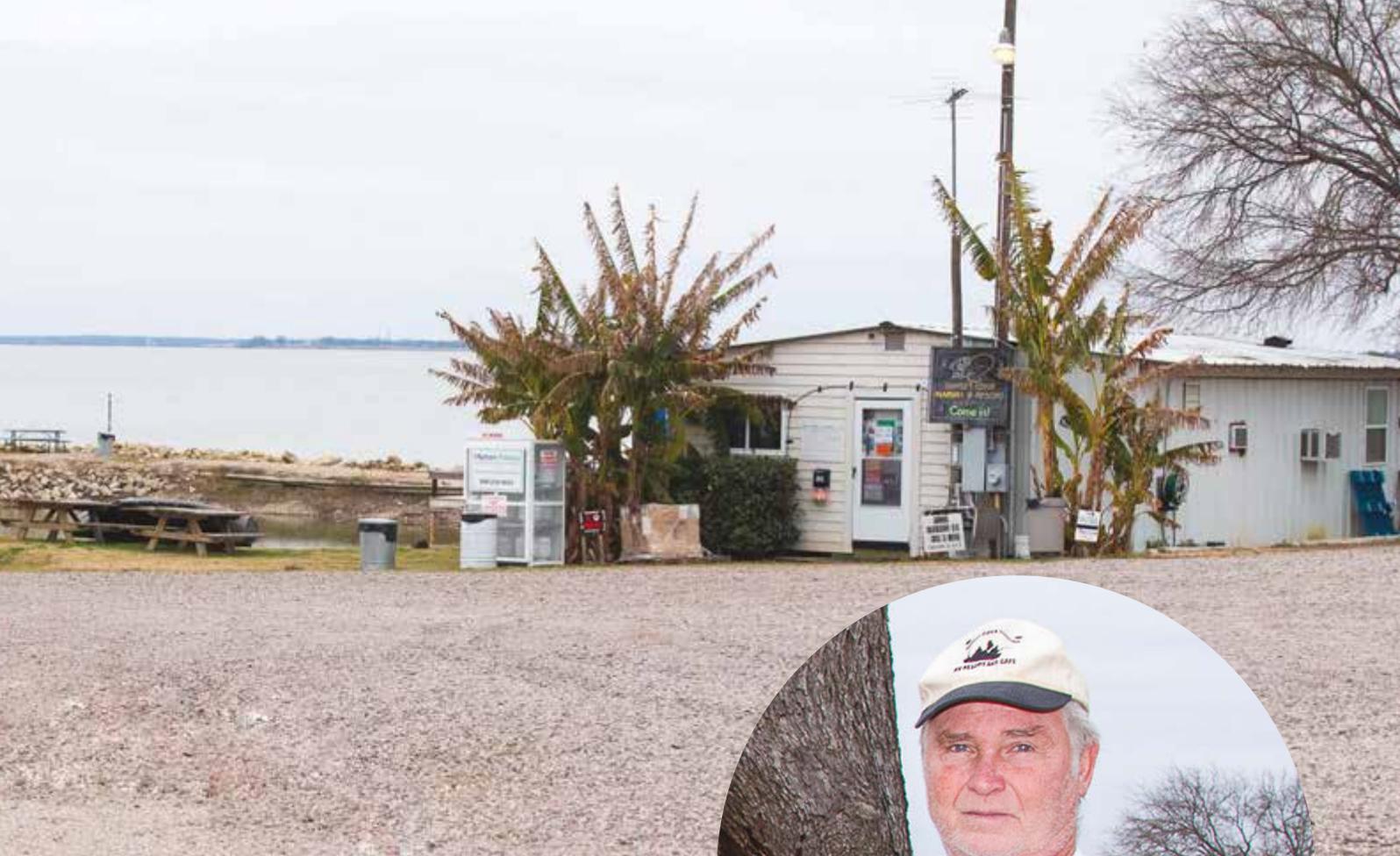
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— By Virginia Riddle

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Proprietors John and Dr. Susan McMullen invite guests to enjoy the beautiful marina, campground and café on Lake Richland Chambers that they have created. “We want everyone to have an enjoyable, family-oriented time. We’ve created a fun environment,” Susan said.

A family medicine physician with East Texas Medical

Center’s Gun Barrel City clinic, Susan leaves most of the day-to-day operations to John, who is a pilot and handy with everything. Much of the resort and the new café has been built by his hands. The new café features all prime Black Angus beef, salads and Mexican and down-home cooking. The shiny kitchen is staffed by experienced cooks who prepare all-day breakfast, lunch and dinner choices. “I’ve built a screened porch and patio area overlooking the lake, and diners can come by land or by water to eat,” John said.

Deloras St. Clair is the on-site manager. “She’s an incredible asset to us,” Susan said. The resort offers a convenience store; public restrooms, inside and outside, with showers; a 10-foot wide jetty with a fishing pier; a protected swim pier; a three-lane dredged boat ramp; shaded picnic tables; a playground; primitive tent sites without electricity and water; and RV sites with full hook-ups for both 50 and 30 amps. “We have daily, weekly and monthly rates that include access to these amenities,” John

said. Wi-Fi, a laundry room and water craft (kayaks, canoe and paddle boat) are available, too. Day swimming and fishing fees are \$5, with children 5 and under free. Payments can be made by cash, check or with a major credit card. The resort belongs to the Corsicana & Navarro County Chamber of Commerce and Rover Pass.

The couple met in Arizona when John was hired by Susan to do some construction work on her home in Glendale. "I was impressed that he showed up on time. We kept talking, and started going to church together. He asked me out when I had written his final check," she recalled. They moved to this area for Susan's job.

"We want everyone to have an enjoyable, family-oriented time. We've created a fun environment."

Their plan was to start a business that would become "something [they] could do in retirement." As a result, they acquired the resort property in May 2013. "We thought this would be something different. We've really enjoyed seeing this business come to life, and we're not finished yet," Susan said. "We enjoy sharing this beautiful place with visitors who wish to follow the rules that are for everyone's safety and enjoyment. Even John's son and grandkids have followed us to Navarro County."

Come and receive a warm welcome, but if fishing, beware of Bandit, the appropriately named feral, but resident cat. "He'll grab folks' fish if he's hungry," John said.

Susan added, "The resort and campground has changed a lot. If it's been a while since you last visited, come out and visit us again. Our sunsets are wonderful!" **NOW**



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Photos provided by Town of Silverton/Silverton Area Chamber of Commerce.



TravelNOW

Basecamp for Adventure

— By Lisa Branner

Nestled at 9,318 feet above sea level in Colorado’s San Juan Mountains, Silverton is a picturesque former mining town steeped in Old West history. Established in 1874 as Baker’s Park, the town was named a National Historic Landmark in 1961. Today Silverton has a population of 600, and has become a perfect basecamp for adventurous travelers of all stripes.

The San Juans boast some of the most rugged and beautiful terrain in the lower 48, and are home to 13 of Colorado’s “Fourteeners,” mountains so called because their peaks rise to over 14,000 feet. The range is dotted with alpine lakes and waterfalls, fields of wildflowers and historic ghost towns that are relics of a bygone era.

Train buffs can enjoy an unforgettable adventure on the Durango & Silverton Narrow Gauge Railroad, traveling by

coal-fired, steam-powered locomotive on the same tracks that miners, cowboys and settlers took over a century ago. Climbing nearly 3,000 feet, the train winds through spectacular canyons and remote wilderness. Travelers disembark on Notorious Blair Street, whose wooden sidewalks were once lined with saloons, gambling halls and bordellos.

The Million Dollar Highway, built as a toll road in the late 1880s by railroad magnate Otto Mears, is one of the most spectacular drives in the USA. This journey weaves through the mountains, clinging to tight curves and topping out at an elevation of 11,017 feet on Red Mountain Pass before dropping into the town of Ouray. In autumn, the abundance of Aspen trees makes this ideal for leaf peepers.

For the adventurous, a jeep or OHV tour along the Alpine

Loop provides a full day of thrills. This 65-mile, four-wheel-drive byway connects Silverton, Lake City and Ouray, climbing over two 12,000-foot passes. Along the way, stop for a visit to Animas Forks, a well-preserved ghost town. In its heyday, this bustling mining hub had more than 30 structures including hotels, saloons, a post office and a general store. Today fewer than a dozen buildings remain, restored by the San Juan County Historical Society.

Silverton is a mecca for winter recreation, too, with two ski areas and boundless backcountry. Kendall Mountain offers affordable family fun, with 240 feet of vertical drop, four groomed trails and one double chair lift. Ice skating, sledding and snowshoeing are allowed any time. For fat bikes and Nordic skiers, the Town Loop offers 2.5 miles of groomed cross-country trails accessed right from town. For the advanced skier, Silverton Mountain is a challenging big mountain experience with expert-only terrain and heli-skiing. The extensive winter trails on Molas Pass can be explored on your own or with a local snowmobile outfitter like Ice Pirates. Be sure to bring a camera to capture the impressive views.

Summer visitors seeking tranquility will relish Molas Lake Campground, rated "Most Scenic Campground in Colorado" by AAA. Just six miles south of Silverton, atop Molas Pass, the well-maintained campground provides unforgettable scenery, starry skies, a stocked 25-acre lake and hiking access to the Colorado Trail.

For year-round accommodations with historic flair, the Grand Imperial Hotel provides an upscale lodging experience in the heart of downtown Silverton. Built in 1882, recent renovations have returned this 135-year-old landmark to its original grandeur.

For more information or to plan your trip to the heart of Colorado's high country, visit www.silvertoncolorado.com. **NOW**

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The Sweetest Valentine

— By Zachary R. Urquhart

There is no bad time to open your heart to a new family member, but some people use Valentine's Day as the perfect reason to bring a four-legged friend into their home. If you have been thinking about adopting a pet, maybe this month is the time to make it happen. Here are some tips for selecting an animal for your family to love.

Choosing an Animal

• *Give it some thought.* There are dog people, and there are cat people. Probably the first thing you should do, if you think your family is ready to adopt a pet, is get an idea of what type animal you want to adopt. You might even decide that a bunny, bird or fish is what your family needs. There are so many animals out there that need a home. If you head into a shelter without any thought, you might be overwhelmed. Before heading out, a little research regarding animals, their personalities and needs may make your decision easier.

• *Be flexible.* Even though you should go in with a plan, do not assume the exact color or breed of dog or cat you want will be there waiting to be adopted. If you are really wanting something specific, call

the local clinics and shelters to see if they have what you are seeking. Because the size and temperament of dogs is so widely varied, if you are leaning toward a canine, there are some things you need to decide. Think about the size each breed is as an adult, how well they will interact with children and how much yard or house space you have to spare.

• *Start sooner rather than later.* If you are really set on a Valentine's Day adoption, you will want to get yourself ready within the first few days of the month. The actual adoption process at a clinic or shelter is relatively simple, but if there is any specificity in what you are looking to adopt, you should give yourself a few days to find the pet that is just what your family wants.

Choose an Organization

• *There are many options.* Probably the most well-known pet adoption agency is the SPCA. But in any given area, there are typically dozens of adoption locations. If you are specifically looking for a canine or feline, veterinary clinics and city pounds will sometimes have pets that face a short future if they are not adopted. Different agencies will have varying services, fees and requirements, so your willingness to welcome a pet with an unknown health history may be a major factor in where you adopt.

- *There are online options.* In the last decade or so, many Internet pet-finder services have begun helping people find the pet that fits their family. If you have specific needs, or if you are looking for a less common breed or type of pet, using an online search engine may be your best bet. If you do find an animal this way, though, be sure to contact the pet's current home before leaving. Some sites are third parties, so there could be a lag from animals being adopted to websites being updated.

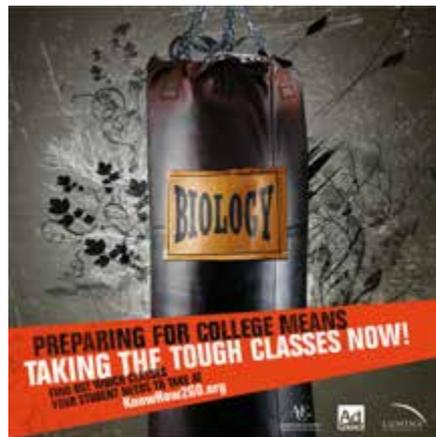
Get Ready

- *Make living arrangements.* If you are bringing a dog or cat into your home, you will need to have a place for them. With the relative cold this time of year, plan on having them inside the house, even if that means they are sleeping in a laundry room or other extra space. Have a litter box for your cat or a piddle pad if you have chosen a puppy. While you do not need to safeguard your house the same way you would when bringing a baby into the home, you do want to put up anything a new pet could either hurt themselves with or anything that you do not want damaged. And if your pet is a more contained animal like a fish or reptile, be sure you have a safe spot for the bowl or terrarium that a young child would not easily knock over or break.

- *Buy supplies.* You should wait until you are sure of the exact breed of pet you are getting before buying food, in case the Chihuahua you think you want turns into a Golden Retriever that needs a heartier diet. Buying more neutral items — like a water bowl or chew toy — might help the rest of your family and any existing pets transition more easily.

- *Prep the paperwork.* For the most part, all you will need to complete the adoption will be a nominal fee and your ID. Before you head to the shelter, make sure there is nothing else required. While you are getting any pre-adoption paperwork in order, make sure you have identified a local veterinarian so that you have a plan for the first time your pet needs to go in.

Use Valentine's Day to make your pet adoption a big event. Bring your pet home to heart-shaped tags, or wrap your crate, kennel or carrier with a red bow. Whatever pet you are considering, February 14 is a special time to add to your family through adoption. **NOW**



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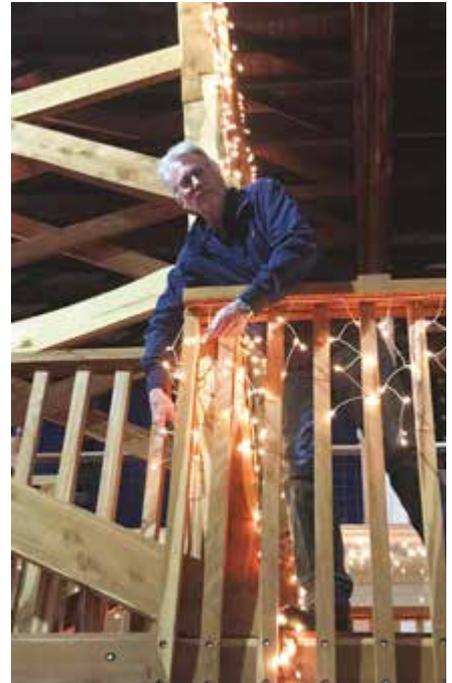


Zoomed In: Renee Bennett

By Virginia Riddle

In 1978, Renee Bennett's husband, John's, job transfer brought her to Corsicana. She taught German which she'd learned from her grandmother, and world geography at Corsicana High School. After Renee "retired," she opened Emporium 1905 on Beaton Street. She can be found sitting outside the store at a sidewalk table during fair weather. "It's a gift being on Beaton and getting to hear people's stories," Renee said. "I love this second arts district, and I'm as busy as I want to be."

She enjoys painting projects, "upcycling items," walks with her dogs, reading and time with family. My 2-year-old granddaughter, Cora Rose, named for two great-great-grandmothers, came along when we didn't expect it," Renee said. What a lovely and treasured surprise!



Dave Shultz hangs lights on the Corsicana Opry Derrick for upcoming 2018 events.



Yebel Shlimovitch, Tania Gonzales and Yolanda Medrano welcome hungry folks to Taco Station.



Spellers compete in the CHS Fine Arts Department production The 25th Annual Putnam County Spelling Bee.



It's warm smiles, hot chocolate or coffee on this cold day at Timbers' Mimosa at the Market.



French's Auto Repair owner Victor Estrada inspects a vehicle before sending it safely back on the road.



Shane Widener and Casey Henson discuss agenda topics at the first 2018 meeting of The Core.



Delta Kappa Gamma Society International members Jo Beth Ellis and Lana Stites host Corsicana's animal control officer, Marc Smith, at the chapter's meeting.



Cub Pack 1253's Russell Turner and Jason Herod receive a donation from John Robinson with the Vietnam Veterans for the scouts' participation in putting flags on Corsicana veterans' graves.

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The advertisement features a dark purple background with several pink hearts of various sizes. A portrait of Jonathan Howard, a man with a beard wearing a light-colored button-down shirt, is set against a red square. The text is in white and red, with 'HEART' and 'CAR' in a large, stylized font. The company name 'JORDAN PAINT & BODY' is in a metallic, 3D-style font. At the bottom, there is a black banner with white text.

Vote!! Vote!! Vote!!

Re-elect
Darrell Waller

Navarro County Justice of the Peace
Precinct 2

Pol. Ad paid for by Darrell Waller, Treasurer: Tracy Jock

The advertisement features a large American flag at the top, waving. The background below the flag is a solid dark blue. The text is in white, with 'Vote!! Vote!! Vote!!' in a bold, sans-serif font. Below that, 'Re-elect Darrell Waller' is written in a larger, bold, serif font. Underneath, 'Navarro County Justice of the Peace Precinct 2' is written in a smaller, sans-serif font. At the bottom, there is a line of smaller text: 'Pol. Ad paid for by Darrell Waller, Treasurer: Tracy Jock'.

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1

The West in Winter: Masterworks from the Permanent Collection. Pearce Museum at Navarro College. Visit www.pearcemuseum.com. Runs through **March 3**.

2

Senior Circle Pot Luck Luncheon: 11:30 a.m.-12:30 p.m., Navarro Regional Hospital. Contact Connie Beal at (903) 654-6892.

3

Mardi Gras: 6:30-11:00 p.m., James L. Collins Catholic School Gymnasium. This Cajun dinner, dance, casino tables and car raffle benefits James L. Collins Catholic School. For more details, call (903) 872-1751.

6

“My Darling Girl” Letters of Love and Longing from the Pearce Museum Collection. Pearce Museum at Navarro College. Visit www.pearcemuseum.com. Runs through **March 31**.

9

Navarro County Retired Teachers meeting: 9:45 a.m., Northwest Apartments Community Center. Email pk2@aimail.net.



10

Angels of Corsicana Troop Support packing: 9:00 a.m., 1020 N. Bus. 145. For more information, call Jean O'Connor at (903) 851-2560.

Valentine's Day Crafternoon: 1:00 p.m., Corsicana Public Library. Fun for kids age 5+. For more information, call (903) 654-4810.

Navarro College Foundation's Dancing for Our Stars: 6:00-11:00 p.m., Cook Center. For more information, call (903) 875-7591.

15

Corsicana & Navarro County Chamber of Commerce Gold & Silver Awards Luncheon: 11:30 a.m.-1:00 p.m., Cook Center. For more details, call (903) 874-4731.

20

Vietnam Veterans of America, Chapter 1009 meeting: 7:00 p.m., La Pradera Restaurant. Contact Roy Messick at roy.messick@gmail.com.



21

Navarro Regional Hospital Senior Circle Lunch Bunch: 11:30 a.m.-12:30 p.m., Across the Street Diner. Contact Connie Beal at (903) 654-6892.

22

Corsicana Newcomers' Club: 11:00 a.m., Kinsloe House. The speaker will be Diana Castillo from the Shall We Dance Studio. Lunch is \$15. Contact Annie Avery at (714) 345-6707.

24

Black History Month Celebration: 1:00 p.m., Corsicana Public Library. Call (903) 654-4810.

26

Corsicana Writers Guild meeting: 6:30 p.m., Corsicana Public Library. Call (903) 654-4810.



27

Quarterly Corsicana & Navarro County Chamber of Commerce Luncheon: Noon-1:00 p.m., G.W. Jackson Multicultural Society. For more details, call (903) 874-4731 or email chamber@corsicana.org.

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

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HealthNOW

Nurturing Nutrients

— By Betty Tryon, BSN

“Eat your vegetables!” Is there a mother on this earth who hasn’t directed her reluctant child to do this? The reason for this universal plea is obvious. Vegetables are full of healthy nutrients our bodies need. Nutrients strengthen and support by providing necessary essentials for muscles and bones. Nutrients feed our cells, provide energy and help regulate bodily functions, such as digestion. They also repair and replace tissues to allow our bodies to be a powerful self-regenerating organism.

Nutrients are everything in nutrition. They come from myriad food sources regarded as proteins, fats, carbohydrates, vitamins and minerals. The more variety in your food selection, the more different types of nutrients you can ingest to benefit your body. Because of this, it pays to understand and manage your nutrition to its optimum level by eating healthy. Today, nutrition labels can give you valuable information about a food product’s contents. Checking with your health care provider is always a good idea before making a significant change in your diet. They may have some suggestions about your daily intake of

sodium and sugar. Here is a hint — most of us eat too much of both every day!

A healthy eating plan with enough nutrients for you to function at your optimum level is relatively easy to make. With fruits and vegetables, look for the brightest and deepest color. Those foods contain the greatest concentration of essential nutrients, such as vitamins A, C, E and K, with minerals like calcium, magnesium and zinc to name a few. Make an effort to eat a greater variety of fruits and vegetables. Aim for at least five portions a day. Look for different sources of protein other than red meats. Beans, seeds, nuts, tofu and fish are good examples. Protein provides structure for muscle growth and helps to maintain our tissues and cells.

Remarks about healthy nutrition would be remiss without cautioning against eating too much unhealthy fat. Some fat in your diet is actually healthy and required. Monounsaturated fats found in olive oil, nuts and avocados are good for you. Saturated fats in red meats and Trans fats in fried and snack foods may taste good, but they increase your cholesterol and your risk of cardiovascular disease. Eating foods that are good for you is the only way to ingest proper nutrients for your health, and that is good enough reason to eat your vegetables! **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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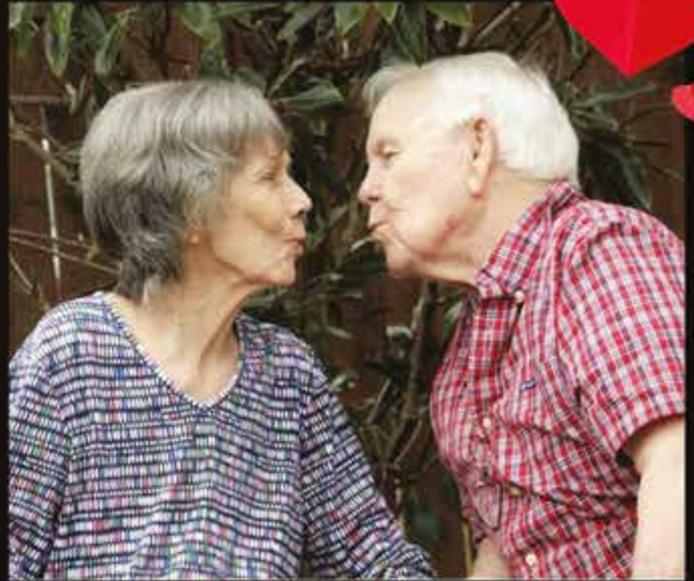
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