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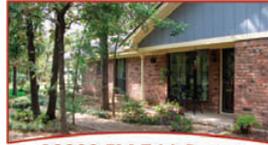
**REDUCED!**  
**13115 Rudys Way**  
Adorable 3-bed, 2-bath home on 1 acre in Rustling Oaks at RC Lake. Upstairs loft, WB fireplace, built-ins, storage building with electric. Must see!



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4 bedrooms, 2 bathrooms, 2 living areas. Completely updated home with new kitchen and baths.



**612 FM 667-Frost**  
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**2001 W. Park Ave.**  
Come home to comfort. 4 bedrooms, 3 bathrooms, 2 dining areas, large living room, covered patio, shaded backyard.



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**219 Northwood Blvd.**  
This townhome will not last long. 2 bedrooms, each with its own bath, large living, study/den. No HOA.



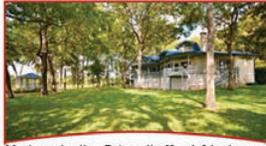
**103 SE CR 3010**  
Great log home on 2.54 acres located in Mildred ISD. 2 bedrooms, 2 bathrooms, open living-kitchen. Updated.



Wow! This property has so much to offer. The log brick home sits on almost 5 acres. Totally fenced. This home is a split floor plan with a huge master bed and bath. Open living, kitchen and dining areas.



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**909 Winged Foot**  
This lovely home is located in The Links gated subdivision. Solid brick construction built in 2013. Great open floor plan. Large walk in closet, separate shower and jetted tub in master bathroom.



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## ON THE COVER



*It's batter up time for Corsicana youth.*

*Photo by Memories by Melissa.*

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (903) 875-0187 or visit [www.nowmagazines.com](http://www.nowmagazines.com).



## Editor's Note

*Let Freedom Ring, Corsicana!*

Summer vacation and staycation time is upon us. A fellow equestrian has been posting photos of her trip to Philadelphia, Boston and Washington, D.C. on a social media site lately. I remember so vividly standing beside the Liberty Bell and walking into Independence Hall in Philadelphia and feeling as though I had stepped back in time to that era. Boston was just as memorable with its historic walking tour of famous sites,

and I always enjoy my trips to D.C. to see my oldest son's family.

On July Fourth, as the day folds into dusk, the beautiful sight of fireworks will guild our Corsicana skies. As they do, let's remember all those men and women who fought in the past for our American freedoms, as well as those who continue to serve our country so bravely.

Happy Fourth of July!

### Virginia

Virginia Riddle  
CorsicanaNOW Editor  
virginia.riddle@nowmagazines.com

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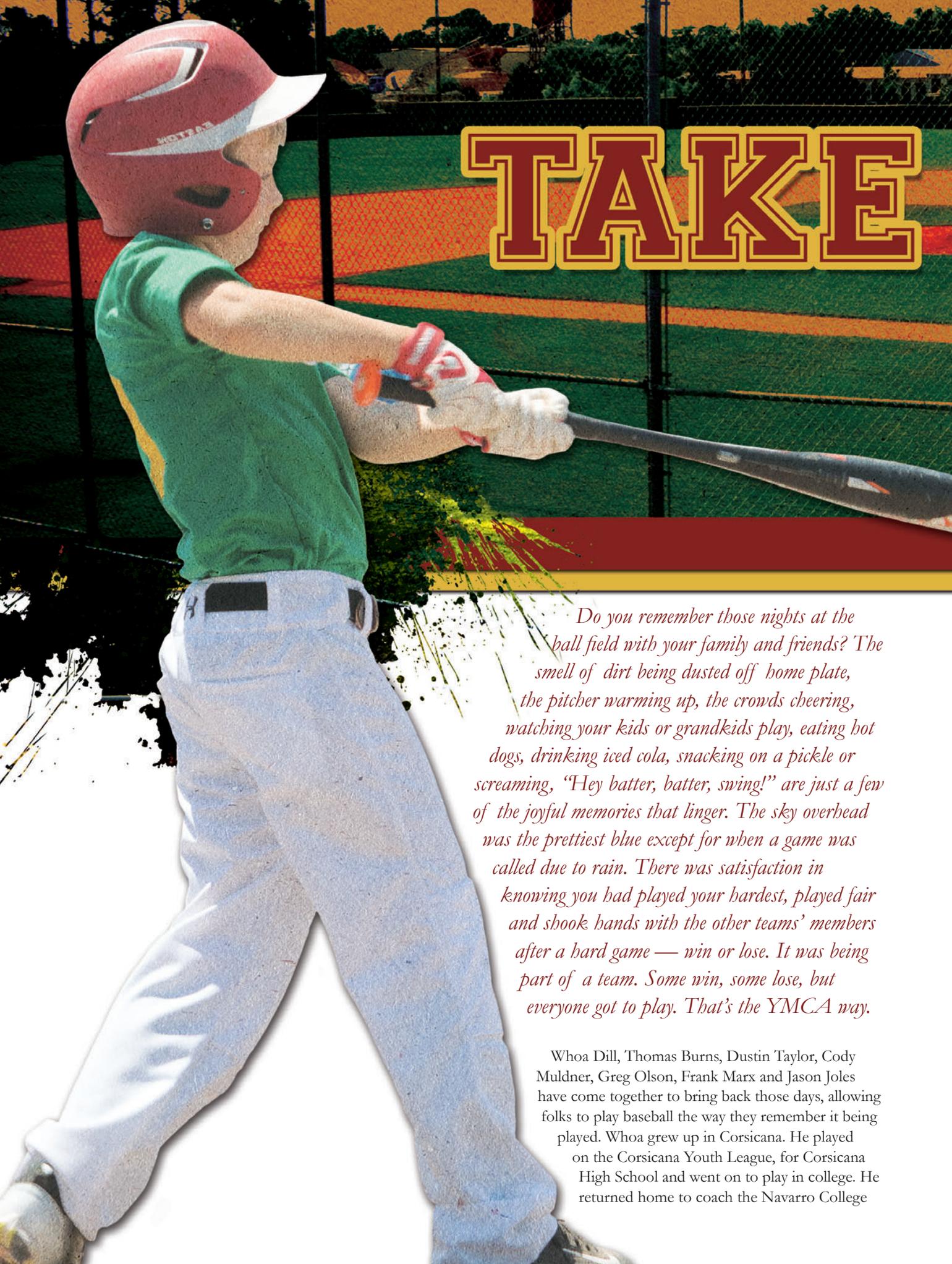
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A young boy in a green jersey and white pants is captured in the middle of a powerful baseball swing. He is wearing a red helmet with a white stripe and white batting gloves. The background shows a baseball field with a chain-link fence and trees in the distance. The word "TAKE" is written in large, bold, yellow-outlined letters in the upper right corner.

# TAKE

*Do you remember those nights at the ball field with your family and friends? The smell of dirt being dusted off home plate, the pitcher warming up, the crowds cheering, watching your kids or grandkids play, eating hot dogs, drinking iced cola, snacking on a pickle or screaming, "Hey batter, batter, swing!" are just a few of the joyful memories that linger. The sky overhead was the prettiest blue except for when a game was called due to rain. There was satisfaction in knowing you had played your hardest, played fair and shook hands with the other teams' members after a hard game — win or lose. It was being part of a team. Some win, some lose, but everyone got to play. That's the YMCA way.*

Whoa Dill, Thomas Burns, Dustin Taylor, Cody Muldner, Greg Olson, Frank Marx and Jason Joles have come together to bring back those days, allowing folks to play baseball the way they remember it being played. Whoa grew up in Corsicana. He played on the Corsicana Youth League, for Corsicana High School and went on to play in college. He returned home to coach the Navarro College

# ME OUT TO THE Ball Game

— By Nancy Smothermon

Bulldogs, taking them to the national championships. Thomas grew up playing Little League baseball in San Angelo and knows the need for kids to have such sports opportunities available to them, especially through the summer. He brings years of experience to the board. There are some well-known names from the previous league on the board. They have the backing of the YMCA, the Dixie Baseball Association and the city of Corsicana. Together, they are working to bring back the spirit of those nights on the field, at the park, with family and friends.

“We want to expand it, grow it, get back to baseball as we knew it,” Whoa, president of the newly formed Corsicana YMCA Premier Baseball Association, stated.

“It’s still Corsicana Youth Baseball, only expanded through the YMCA, and we have adopted the Dixie Baseball Association,” Thomas, the YMCA program director, added.

The two gentlemen expressed their desire to see youth-oriented baseball grow and expand in Navarro County. “We want to see the number of kids playing grow and the number of teams playing expand to include communities like Blooming Grove, Mildred, Rice and Kerens,” Whoa



# Choosing a Skilled Nursing Facility or Nursing Home for your loved one

By Allison Sims, Regional Director  
of Business Development  
Senior Care Centers LLC

When it comes time to choose a skilled nursing center for you or a loved one, whether it is for short stay rehabilitation or long-term care, you might feel overwhelmed by all the options available. When making a decision about what center is right for you and your loved one, remember, each short-stay patient or long-term resident - young, older, bedridden, or disabled - has different needs, preferences, and desires that should be taken into account in the selection of a center. At a minimum, you should consider the following when making your decision:

## Care Services

Every skilled nursing center offers different levels of care in varying environments. Some facilities focus purely on long-term care residents while others are more geared toward post-hospital, short-stay care, and some cater to both.

## Licensure and Certification

While you can probably assume a skilled nursing center has all the appropriate licensure and certifications, you should make sure.

## Amenities

Just as care varies by center so do the amenities. Some centers are 30 or 40 years old and have not changed since that time while others have been fully renovated and have new technology and other upgrades.

## Staff

It is important to inquire about required training and qualifications of staff, in addition to the community's general philosophy. Visiting the center and personally observing the interactions between staff and patients or residents is also a great way to judge your compatibility with the center.

## Cost and Fees

While you may not have a choice about needing skilled nursing care, understanding cost and whether the stay will be covered by Medicare, Medicaid or private insurance is important. If not, you or your loved one will need to pay for the care using personal funds. Any center should be able to assess your financial situation and determine your eligibility for payor assistance or insurance eligibility. In addition, be sure to inquire about additional fees that you may be responsible for including TV, phone, transportation, beauty/barber, or other types of services.

## Family Members

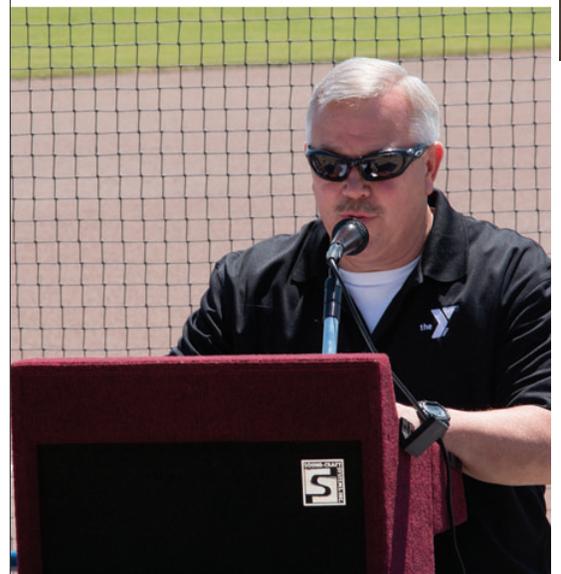
If you are helping a loved one to select a center, you should involve that person in the process when they are able. At the end of the day, you want to make sure they are in a location where they feel comfortable. By planning ahead, you can ensure that your loved one will be provided with the most compatible quality of care and quality of life. So, when choosing a skilled nursing center, consider all the options. Written materials or websites can be useful tools for comparing centers. When possible, touring the facility and asking questions is the best way to determine a good fit. As an alternative, phone interviews can also be effective to gather the information discussed in this article. In the end, by researching and reviewing all aspects of the care and services, you and your loved one will likely have a significantly better experience.

Senior Care Centers manages several nursing facilities throughout Texas and Louisiana. For more information you may contact the Central Intake Line at (844) 722-8800.



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explained. "We are extending the schedule to include games into the summer. We are giving our communities and kids more than one sport to choose from." Frost and Dawson leagues have recently made the commitment to join.

The city of Corsicana has already started construction on new fields near the high school. The newly formed league will also be using the favored and nostalgic Beebe Fields near the YMCA. With the support of the YMCA and the city of Corsicana, funding the league is easier. It will also allow scholarships and financial aid to the many members of the community who may not get to participate otherwise. "This is for the kids of Navarro County," Whoa and Thomas said simultaneously.

The number of players has been dropping over the last several years. This may be attributed to the competition among leagues, the draw of soccer and/or the costs involved in playing more than one sport. "The league wants to make playing baseball affordable and fun for every kid again," Thomas shared, referring to the 75 percent of children currently on the reduced or free lunch program in the area public schools. "We want to see the sport grow in popularity again."



“Most kids and parents feel they have to choose only one sport to play,” Whoa pointed out. “That isn’t the case now.”

The board hopes to put the spirit of winning back into team sports. Teaching players the fundamentals, practicing regularly and stretching their abilities to take themselves and a team to district, regionals and even state is on the agenda. Part of the lessons learned from playing team sports will serve the community, as kids grow up and put those lessons into practice in everyday life, not just on the playing field.

The league is offering games into July. T-ball will now be offered as part of the league’s program. Dixie Baseball Association will be responsible for record keeping, and hopefully taking the league to state. “Our board will oversee schedules, rules, number of games and just about everything else,” Whoa added.

“We’re hoping to have enough players to have an All-star Team playoff,” Thomas added. “It is about competition,” Whoa exclaimed.

The joy in their voices was contagious as they spoke of expanding the league by numbers, community involvement and excitement. They reminisced of their days playing baseball with wonder in their eyes and nostalgia on their lips.

The word is already out. There are flyers being sent home from schools with children, yard signs and the marquee outside the YMCA facility. “We want to see rows of cars parked around the fields, the stands full of spectators and the concession stand



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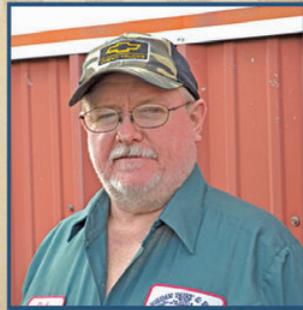
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surrounded by lines of kids wanting a hot dog. It's about family fun," Whoa said. "We want to grow baseball in Corsicana again!"

The YMCA is all about youth development, healthy living and social responsibility. Baseball is still one of the favorite American pastimes where some win, some lose, but all play and everyone goes home with good memories. The league is committed to reaching out to all kids, and is eager to increase the number of African-American and Hispanic players.

There will be individual statistics kept for all teams. Safety and rules will be stressed. Pitch count rules will be implemented instead of innings pitched. This will avoid some of the injuries that have occurred over the last several years when rules were relaxed.

The league is hosting several events over the summer that will have players and fans alike singing, "Take Me Out to the Ball Game." "We want everyone to come out and watch us play," Whoa shared. "But mostly, we want kids from all over Navarro County to come on out and play ball!" **NOW**

*Editor's Note: For more information, call the YMCA at (903) 872-2412 or email Thomas Burns at [thomas@corsicanaymca.org](mailto:thomas@corsicanaymca.org).*



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# Bloom

— By Virginia Riddle

# Where Pla



## At Home With Clark & Joanna Fritz

*A drive under overhanging trees leads to Clark and Joanna Fritz's colonial eclectic home nestled in its surrounding woodland landscape and edged by Lake Richland Chamber's shoreline. The redbrick and limestone walls hint of strength, and lanterns light the way to the elegant entrance. Their home is warm and inviting. "God provided us with this home to share with others," Joanna said.*

Clark, a native of Montana, is a mining engineer, so his job has moved Joanna and their son, John, to many locations in the western United States. While residing in Sheridan, Wyoming, they saw the house plan for their current home in the local newspaper. "We knew it needed the right lot," Joanna said. "We ordered a set of the 8 1/2 x 11-inch plans and stuck them away. Ten years later, we moved here and found this lot."



nted

“We said, “That old set of plans will work,”” Clark added. “Then we made some changes to the plans to fit our lifestyle.”

The couple used a builder, but Joanna explained, “This was our third home to build together, so we pretty well knew what we wanted and did a lot of the work ourselves.”

“We never argue with each other over building, Joanna’s the interior designer,” Clark added.

“I was here every single day during construction,” Joanna said. “I’m the oldest child, so I have to be in charge. It’s a burden us oldest children bear.”

Clark and Joanna met while in college at Montana Tech. Joanna received her bachelor’s degree in technical communications, and Clark earned a bachelor’s and master’s degree. The couple has been married for 31 years and has family spread across the West from Clark’s parents in North Dakota to Joanna’s mom in Montana.



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John graduated from the University of Wyoming, where he majored in political science. He spent two summers interning in Washington, D.C., and on the state level in Wyoming. He will enter the University of Wyoming Law School this fall.

Through all the moves, including the last one from Rock Springs, Wyoming, Joanna has found work that used her skills in public relations and marketing. Recently, she became the president and CEO of the Corsicana & Navarro County Chamber of Commerce. With her busy schedule, she treasures the drive homeward. "I listen to the radio and

play music. It's my therapy time," she said. "I've decompressed when I come through the gate." Clark serves as the project manager of the Luminant mine located south of Mexia, Texas. They are welcomed home by Jui Ling (good soul), their beautiful dog. "She's the third Chow we've owned, so it seems to be the breed for us," Joanna said.

Joanna is a native of Louisiana, and she remembers feeling right at home during family vacations to Texas. Clark and Joanna have actually returned to Texas. "We lived in Dallas and College Station, and we would stop in Corsicana when traveling. We left Texas in 1995 and returned in 2009. It's easy to get to know people here, so we've always felt like this was home," she said. "We always wanted to get back here."

They settled into their home in May 2010. The large lot accommodates a separate garage for Clark's antique classic cars, which he takes to car shows. Getting out on the lake and riding Jet Skis provides fun times for this couple, and Joanna also enjoys gardening.

Both Clark and Joanna describe themselves as avid readers which explains



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the need for the built-in bookshelves, which occupy one living room wall. Windows give a view of the lake from the comfortable leather seating. "We do most of our living on the main floor," Joanna said.

Their formal dining room glows warmly in the soft lighting provided by wall sconces and natural light from windows overlooking the lake. The heart of the home, the kitchen, is what attracted Joanna to the home's design. "The flow is great. There's never a bottleneck when everyone gathers in the kitchen. People can sit and visit while I cook," she said. A Lone Star and fleur-de-lis are hung with pride, signifying the family's roots. The table in the breakfast room is surrounded by Joanna's collection of photographs of Louisiana taken during the Great Depression. "I dabble in photography, preferring landscapes and animals," she explained.

A musician, Joanna has a "Wall of Fame" which includes photos, programs and honors received from her many performances. "I started performing at age 3 with my daddy," she said. Her daddy played the fiddle and guitar and taught Joanna chords on the guitar and the mandolin. Today, she plays many instruments, is the pianist for both Lakeside United Methodist Church and

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the New Hope Baptist Church, and one-third of the Bella Voce Trio. “Clark makes a good roadie for Bella Voce,” she said. Joanna is often a thespian at the Warehouse Living Arts Center and serves on its board. “I always directed John’s school plays,” she said.

Some winters, the guest bedroom and bath welcomes Clark’s parents. “They enjoy it here,” Joanna said. An oil painting by Joanna’s dad is a much-treasured focal point in the master bedroom. “He painted a lot of old western scenes, but he’s passed on now,” Joanna said.

An office loft completes the main floor, but the real surprise is the full basement — the “public gathering place.” Here, deejays set up for dances, and a mini kitchen, along with foosball, pool and café tables, create a party mood. A ground entrance allows access to both the lake and the driveway. The fireplace, giant bean bag chairs and book shelves give way to quiet repose. The tri-color scheme was inspired by a local restaurant. “This is funky different and lake eclectic. You can see all three colors no matter where you stand,” Joanna said. “The basement wasn’t in the plans. We designed this to be open, accessible and light.” Two bedrooms, a bath, powder room and the craft room Clark designed for Joanna complete the basement.

Helping neighbors with projects and working on their own home is a joy for this couple. “We are always working on something. This home is a constant work in progress,” Joanna said.

The best memory made in their home to date has been John’s high school graduation. The couple has entertained the Chamber board, interns from Luminant, family and friends. “We host neighborhood parties. Our neighbors are great people,” Joanna said.

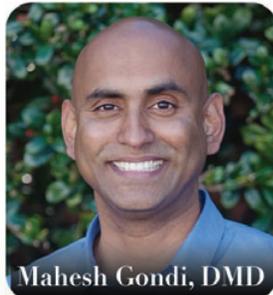
“When you move around, you have to get involved. We’ve found Corsicana to be very welcoming,” Clark said. **NOW**



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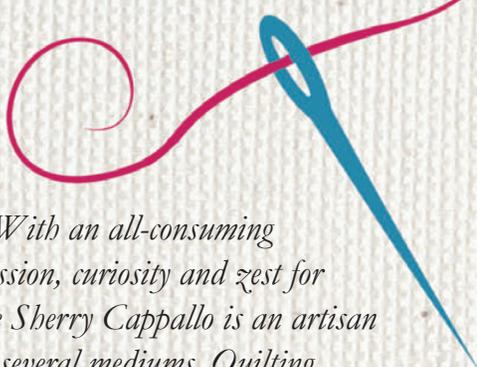
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# Deeds Done Well

— By Virginia Riddle



*With an all-consuming passion, curiosity and zest for life Sherry Cappallo is an artisan in several mediums. Quilting, machine embroidery, candy making, flower arranging, singing, basket weaving and writing poetry are her fortes, but Sherry is enthused about becoming a student in the world of glass fusion and ribbon embroidery. “I like to keep busy, and I enjoy learning new things,” Sherry said.*

A native of New Haven, Connecticut, Sherry and her family moved to Upstate New York when she was 8 years old. “There were about 800 people in the town, and only 10 students in my high school graduating class of which I was valedictorian,” Sherry remembered. She learned to be self-sufficient during her childhood.

Her first date with her now husband, Bob, marked Sherry’s first time to go to a nice restaurant. Later, after she and Bob married, they and their family lived off the land by gardening and raising animals. “We made our own baby food and clothes,” Sherry said.

Bob worked for a large company, so following their marriage 39 years ago, business entertainment and attending social events were a must. “I taught myself how





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to entertain by reading books,” Sherry said. A corporate move brought the couple and their three sons from New York to Grapevine, Texas. “We wanted to live on a lake where we could put a boat dock on our property. When we saw this home and its potential at Lake Richland Chambers, we said, ‘OK, this is it,’” Sherry recalled. “We’ve been in Texas 20-plus years now and have seen a lot of new building, met a lot of new people and made this home ours.”

Sherry is retired from working outside of their home now, but she has worked in several areas that afforded her opportunities for growth — as a nurses’ aide, in an herb store and as a massage therapist. She also substitute taught in Mildred ISD and Corsicana ISD for 10 years. Sherry’s love of learning prodded her to go back to school, and she graduated from Navarro College with an associate degree in business information technology at the age of 59. “I just wanted to do something for me. I gave my high school valedictorian speech and spoke at my college graduation, too,” she said proudly.

Even though Sherry didn’t learn to sew in her high school home economics class due to a lack of interest at that time, she now loves to sew. “In high school, I always managed to be sick on the days we sewed,” she quipped.

Using his woodworking skills in his home workshop, Bob helped Sherry turn a guest bedroom in their home into a crafter’s dream of a work area with custom-built cupboards for her candy molds, jewelry supplies and books facing a cutting/project table. But any room in her home can find Sherry with some project in her hands. “I don’t ever just sit and watch TV. I am always working on something,” she said.

Quilts and pillow shams abound throughout her home. Sherry has a quilt



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depicting each of the four seasons for her living room couch. She has decorated her home to reflect her family members' interests through her quilting skills. Some examples include a very royal red king-size quilt, a window pane quilt with horses, a blue rose quilt and a Minnie Mouse quilt. All the pillow shams are quilted or machine embroidered with matching or complementary designs, such as hummingbirds and butterflies. "I love bright colors, and I like to make my house feel homey. People say it's warm and inviting," Sherry said.

However, Sherry doesn't keep all of her works of art. She is very sharing. "Most of what I make I give to friends or family members or donate to fundraisers or good causes," she stated. She made a Christmas quilt for a friend, and placemats and matching napkins for her sister. Quilted pot holders were a gift to her sister-in-law, and her daughter-in-law received a quilt with French sayings, since she is from Canada. Sherry makes baby quilts for the new arrivals in her family. "I try to make something special and unique just for that person," she said.

Sherry has worked on the Quilts of Valor, Kids Quilts and Breast Cancer Pillow projects with her fellow members of the Piecemakers Quilt Guild. "The Kids Quilts go to children who are having problems of some kind," she explained. A member also of the Corsicana Newcomers Club, Sherry donated a Texas-style quilt for the group's charity fundraiser. She made items for the store at the guild's latest quilt show, but hasn't yet competed in the show. "I got back into quilting the last few years, so it feels like a beginning, but maybe next year," she said.

Her latest donated project is on display at the family's church, Lakeside United Methodist Church, where Sherry



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also sings in the choir. She has kept her embroidery machine busy creating crosses that can be used throughout the year and altar cloths for Easter and Christmas. The intricate designs of Jesus in the garden, the empty tomb and crosses require her to make many thread color changes throughout the process, but the results are spectacular. "Everyone has their favorite piece," she said.

Working in oils and other paint mediums, Sherry also creates designs. She helped members of the Corsicana Art League work on hand-painted stockings to donate to the Angels of Corsicana Troop Support.

Every December, her attention turns to creating works of art in chocolate with her candy molds. It takes her about two weeks to make all her candy gifts. "I'm pretty well caught up with it," she said. Attending neighborhood gatherings with fellow "Lakers" means baking cookies. "If I don't bring my cookies, I'm in trouble," Sherry said jokingly.

Bob and Sherry have raised three sons and are enjoying time spent with three grandchildren who live "not so far away." The couple's dog, Missy, is at Sherry's side while she creates her arts and crafts projects.

Traveling is a shared hobby for this active couple who enjoy remembering the national parks they've toured through photographs framed by Bob. But wherever she goes, Sherry is always looking for design inspiration. "I visit different quilt shops. Each reflects its owner, so they have a different feeling and different fabrics. I learn new techniques and get ideas," she said.

Seeing someone enjoy her creations is Sherry's joy. "It comes from seeing their faces," she explained, "and knowing that my work will be enjoyed and remembered for many years!" **NOW**

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This team is behind many of Corsicana's smiling faces.

# Creating Beautiful Smiles

*Dr. Van Horn and his staff have over 100 years of combined experience. — By Virginia Riddle*

The beautifully landscaped grounds of Dr. Darrell Van Horn's Corsicana office help ease even the most nervous patient and his or her family. Patients are greeted into the homey atmosphere with smiles from an experienced staff. With 26 years of serving patients in Corsicana and Fairfield, Dr. Van Horn said, "I enjoy seeing the results, and working with the usual age group of orthodontic patients is lots of fun. I've built many long-term, multigenerational and family relationships."

For children, teenagers and adults of all ages who desire to have a beautiful smile, Dr. Van Horn offers a choice of different types of braces — traditional metal braces in a choice of colors, clear Invisalign braces and Lingual braces that are placed on the

inside of teeth. Cost and payment options are available: no down payment, monthly payment plans with no interest, major credit cards and many insurance plans are accepted. Free consultations and same-day emergency appointments are available to help patients through the process. Locally owned, Dr. Van Horn's orthodontics practice has each patient's best interest and needs at heart.

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

McLaughlin in San Diego, California. He is a member of the American Association of Orthodontics, the American Dental Association and the Texas Dental Association. Dr. Van Horn is a member of the College of Diplomates of the American Board of Orthodontics.

**“I’ve built many long-term, multigenerational and family relationships.”**

Dr. Van Horn took advantage of an opportunity in Waco, Texas, and opened his practice there before expanding what was originally a satellite office into Corsicana. He has been licensed by the state of Texas to practice dentistry since 1986. “Corsicana is an older community that’s settled with a history. I’ve gotten to know a lot of people here,” he stated.

Serving patients with Dr. Van Horn are Dana Colvin, office manager, and four chairside staff members — Teresa Guerry, Shauna Duke, Taylor Price and Amy Mullican. Leeza Robinson is a part-time assistant officer manager, and Sandra Ware works in the Fairfield office.

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

In his spare time, Dr. Van Horn enjoys snow skiing and traveling with his two Australian Shepherds to dog shows. “My Aussies compete in agility trials through the Australian Shepherd Club of America. Last fall, we competed in the national trials in Tennessee. I have lots of fun with them,” he shared.

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

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*Navarro County Firefighters Association's Guns and Hoses Team keeps smiling in the rain at Relay for Life.*



*Volunteers Judy L. Keeney and Kathy Snider inspect the brisket entries at the Kerens BBQ on the Bricks Festival.*



*The Falcon Flight Crew register for a day of fun at the Corsicana Airsho.*



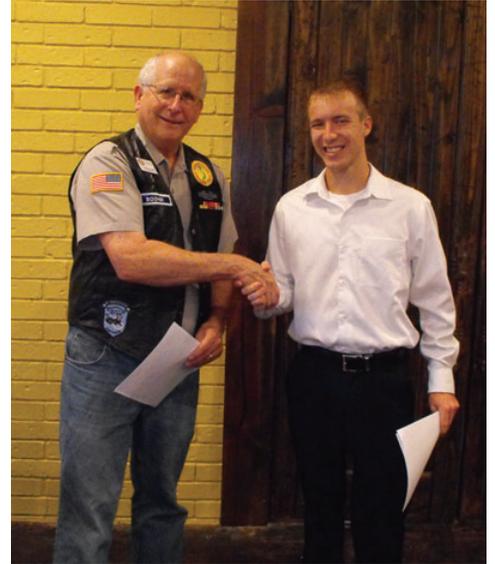
*K.C. Wyatt, Tim Hartley, Jeff Smith and Rusty Hitt tee off at the Corsicana & Navarro County Chamber of Commerce 2016 Annual Golf Classic.*



*Corsicana & Navarro County Chamber of Commerce board members host the Quarterly Chamber Membership Luncheon.*



*Centex Citizens Credit Union opens their new facility in Corsicana.*



*Vietnam Veterans of America Chapter 1009 President James Booher awards a \$1,500 scholarship to Corsicana HS graduate Brent Brand.*



*Connie Beal, Billie Piper and Linda Eastman bring their bling to the Corsicana Newcomers Luncheon at Angelita's Winery.*



*Shayleigh and Ryder Randle compete in the Annual Bang By the Lake stereo competition held at Lake Halbert.*

*This summer,*

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# When It May Make Sense to Borrow Money

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

## Good Times to Borrow

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

## Good Times to Wait

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

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

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

## Good Rules of Thumb

- **Borrow only what you need.** While it's tempting to borrow more, you'll end up having more to pay back and risk undermining your budget.
- **Shop around for good rates.** Compare interest rates and payment terms. If you have a good credit score, you may be able to negotiate a better offer.
- **Pay off credit card balances every month.** Carrying a balance means you'll pay more for every purchase you make, in the form of interest charges on the amount.
- **Check your credit report once a year.** Knowing your credit score may help you secure more favorable rates. Get your annual report for free by visiting AnnualCreditReport.com. **NOW**

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

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# Shannon Childs

ACNP-BC, FNP-BC, Family Nurse Practitioner

Shannon Childs is an Ellis County native who has practiced in Ennis since 2001. She received her master's degree in nursing administration with a minor in education from The University of Texas at Arlington. Shannon received her Acute Care Nurse Practitioner Certificate in 2000 and her Family Nurse Practitioner Certificate in 2009. She is board certified in both acute care and family nursing. Shannon is the proud mother of three daughters and has two beautiful grandsons. Shannon is accepting NEW patients of all ages.



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**John M. Sullivan**  
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Laparoscopy Surgery

# Displaced Trouble

— By Betty Tryon, BSN

One of the latest fads among the trendy people is nasal septum piercing. Although it definitely gives the wearer a different look, the nasal septum is not there to be a supporting structure for a fashion accessory. It does serve a purpose, and if there is something wrong with it, your quality of health may be affected.

One of the things that can go wrong is having a deviated septum. The nasal septum is a structure consisting mostly of cartilage and is located inside your nose. Its purpose is to divide the nasal cavity in half. About 80 percent of us have a septum that is somewhat displaced or off-center, but if the displacement is significant, the deviated nasal septum, DNS, can cause problems.

As one side pushes into the territory of the other cavity, the function of that cavity is compromised, and you may have difficulty breathing through your nose. Other symptoms may be nasal congestion; headaches; postnasal drip; sinus drainage problems; allergic reactions; sleep disruptions, such as snoring; and frequent sinus infections. Symptoms can be more severe on the side of the blockage.

Treatment may be as conservative as antihistamine medication to prevent allergic reactions and reducing nasal swelling with decongestants. Always take the recommended dose of these medications, and seek the advice of a physician if your symptoms do not improve. Nasal corticosteroid sprays are

prescribed for the inflammation. If medication does not solve the difficulty or ease the problem, surgery is another option. Septoplasty is a surgical procedure that is performed inside the nose. When repairing the septum inside the nose, some surgical indications call for rhinoplasty (a nose job) to be combined with the septoplasty. These procedures are performed during outpatient surgery.

A DNS can be present at birth or occur from an injury to the face. Prevention involves being aware of possible situations that could cause harm, such as being in an automobile accident or certain sports activities. Always wear seatbelts to minimize your risks of injury to any part of your body and wear protective headgear when playing contact sports and riding bicycles, motorcycles and all-terrain vehicles.

Many of the symptoms with DNS can arise from other sources and difficulties. If you think your problems may be originating from DNS, see a medical doctor who is a specialist in diagnosing and treating ear, nose and throat disorders (an otolaryngologist) for a more definitive diagnosis. Together you can formulate the best plan for treatment and relief. **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.*

The advertisement for Double D Dance Hall is set against a dark, wood-grain background. At the top center is a large, blue-outlined logo of the letters 'DD' with a diamond shape above the second 'D'. Below the logo, the address '3701 N. I 45 (Garrett exit #255)' is written in white. To the left, the phone number '972-872-9000' and the website 'DoubleDDanceHall.com' are listed, with a Facebook icon. To the right, a photo of BBQ ribs is shown next to the text 'BEST BBQ YOU CAN FIND ANYWHERE!'. At the bottom, a photo of the red barn-style building is displayed. On the right side, a vertical list of events is shown: 'Ladies' night every Friday night! Bring your date for drink specials!', 'Karaoke Contest Thursday Nights' (with a 'KARAOKE' sign and photo), 'Free Dance Lessons Wednesday Nights' (with a photo of dancers), and 'Live Music Saturday Nights' (with a photo of a band performing).

### July 1

Surfs Up Luau Senior Dance: 6:00-8:00 p.m., The Cook Center. For more information, contact Connie Beal at (903) 654-6892.

### July 1 — 31

Corsicana Parks & Recreation Department's Summer Programs: Times, events, and locations vary, but for family fun and children's activities please visit [www.cityofcorsicana.com](http://www.cityofcorsicana.com) or call (903) 654-4874.

### July 1 — August 19

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

### July 4

Rotary Club Freedom Festival: 4:00-10:00 p.m., I.O.O.F Park. Admission is free. For more information, call (903) 654-4874.

### July 5, 12, 19, 26

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

### July 7, 14, 21, 28

Live Performances at the Library: 10:00 a.m., Corsicana Public Library. For more information, call (903) 654-4810.

### July 9

Angels of Corsicana Troop Support packing: 9:00 a.m., 1020 N. Business I45. Donations may be dropped off at this site **Monday-Friday** 8:00-11:00 a.m. To leave the name of a deployed military person or donate, call Jean O'Connor at (903) 851-2560 or visit the group's Facebook page.

### July 11

Piecemakers' Quilt Guild of Corsicana: 9:30 a.m., Church of Christ Fellowship Hall, 3400 Hwy. 22. For more information, visit [www.pqcorsicana.com](http://www.pqcorsicana.com).

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

### July 11, 18, 25

Free Family Movies: 1:00 p.m., Corsicana Public Library. For more information, call (903) 654-4810.

### July 15

Piano Sing-Along with Margie Talkington: 1:00-2:00 p.m., Corsicana Public Library. All ages are welcome. For more information, call (903) 654-4810.

### July 19

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

### July 21 — 30

*The Addams Family*: Warehouse Living Arts Theatre. For more information or to make reservations, call (903) 872-5421.

### July 28

Corsicana Newcomers' Club: 11:00 a.m., The Harbor Inn. This club social theme is "Pink Flamingo Party". For more information or to confirm reservations, contact Annie Avery at (714) 345-6707 by July 25.

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



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## In the Kitchen With June Strain

— *By Virginia Riddle*

June Strain learned to cook from her mother and aunts. “I was the oldest of nine children. I helped in the kitchen all the time,” June recalled. Her mother was a cook for that era’s largest café in Corsicana. “I began washing dishes there at age 10 and was cooking there by age 12,” June said. She made history by becoming the first black waitress in a white-only café just as the Civil Rights Movement was beginning.

About 20 years ago, June and a girlfriend owned a catering business. “I still do wedding cakes for family and close friends,” she said. “Being a great-grandmother and currently a foster mom for four children, I’m always cooking — usually something that’s down-home style — especially at Thanksgiving. Everyone’s welcome.” **NOW**

### Aunt Emmaline’s Tea Cakes

- 1 tsp. baking soda**
- 1 cup buttermilk**
- 6-8 cups flour (divided use)**
- 1 tsp. baking powder**
- 1 cup pure lard**
- 3 cups sugar**
- 3 eggs**
- 2 tsp. vanilla**

- 1.** Combine baking soda and buttermilk in a small bowl; set aside.
- 2.** In another bowl, sift 3 cups of flour with baking powder; set aside.
- 3.** In a large mixing bowl, cream lard and sugar; add eggs one at a time, beating mixture after each egg.
- 4.** Add vanilla; slowly pour the buttermilk mixture into lard mixture; continue beating the batter.
- 5.** Slowly add the flour mixture; beat until smooth. Slowly add more flour as needed until dough becomes the consistency of biscuit dough.

- 6.** Place half of the dough on a floured surface; lightly roll over in flour.
- 7.** Roll dough out flat; use biscuit cutter to cut into cakes; bake at 350 F for 10 minutes.
- 8.** Repeat process with the other half of dough.

### Mama Pansy’s Ring of Coconut Pound Cake

*Filling:*

- 1/4 cup sugar**
- 1 egg**
- 1 8-oz. pkg. cream cheese, softened**
- 1 tsp. vanilla**
- 1/2 cup coconut**
- 1 cup semi-sweet chocolate morsels**

*Cake:*

- 2 cups sugar**
- 1 cup oil**
- 2 eggs**
- 3 cups flour**
- 1/4 cup cocoa**

- 2 tsp. baking soda**
- 2 tsp. baking powder**
- 1 1/2 tsp. salt**
- 1 cup buttermilk**
- 1 cup hot coffee**
- 1 tsp. vanilla**
- 1/2 cup nuts**

*Glaze:*

- 1 cup powdered sugar**
- 3 Tbsp. cocoa**
- 2 Tbsp. butter**
- 2 tsp. vanilla**
- 1-3 Tbsp. hot water**

- 1.** For filling: Cream sugar, egg and cream cheese.
- 2.** Add vanilla; stir in coconut and chocolate by hand. Set aside for later use.
- 3.** For cake: Preheat oven to 350 F; grease and flour a 10-inch tube pan.
- 4.** In a large bowl, combine sugar, oil and eggs; beat 1 minute on high.
- 5.** Add remaining dry ingredients; add buttermilk; beat until blended.
- 6.** Add coffee and vanilla; beat 3 minutes on medium or by hand. Add nuts; mix well.
- 7.** Pour half the batter into the pan; carefully spoon filling over the batter. Top with remaining batter; bake 65-75 minutes. Cool upright in the pan for 15 minutes; remove.
- 8.** For glaze: Combine powdered sugar, cocoa, butter and vanilla.
- 9.** Add water to glaze depending on desired thickness; drizzle cake with glaze.

### Buttermilk Pecan Pies

- 3 1/2 cups sugar**
- 1/2 cup flour**
- 1/2 tsp. salt**
- 6 eggs, lightly beaten**
- 1 cup buttermilk**
- 1 1/2 tsp. vanilla**
- 1 cup butter, melted**
- 2 unbaked pie shells**
- 2-3 cups pecans, chopped**

- 1.** By hand, blend sugar, flour and salt; add eggs.
- 2.** Stir in buttermilk and vanilla; quickly add butter and blend.
- 3.** Pour mixture into pie shells; top with pecans. Bake at 350 F for 40 minutes or until center is set.

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.

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