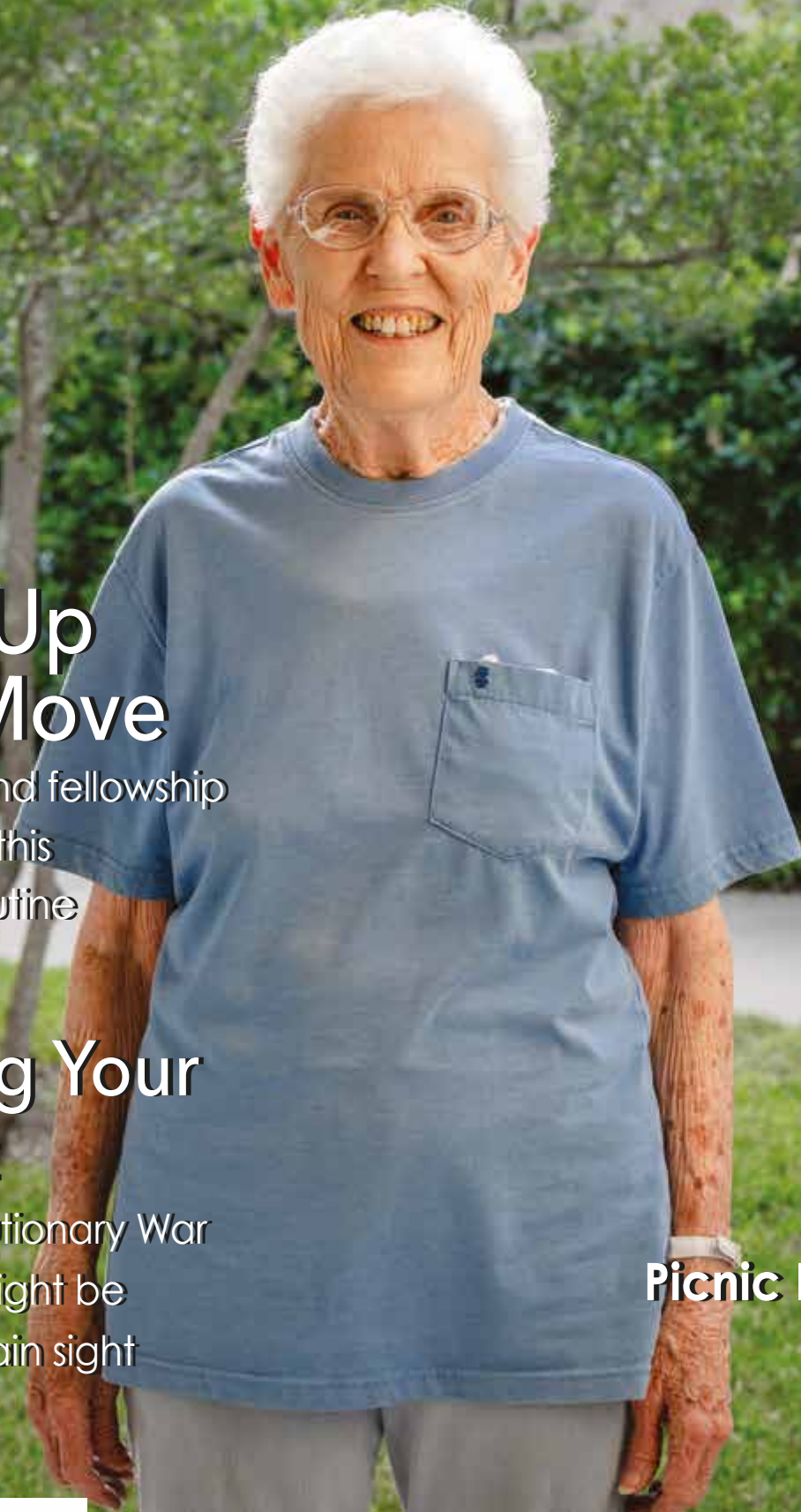


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Lace Up AND MOVE

— By Virginia Riddle



It's not unusual to see folks around Corsicana walking, running and biking early in the mornings. After all, the city has plenty of parks and hike/bike trails to enjoy. But there's one notable group that likes to walk and exercise three days a week at Corsicana's First Baptist Church. They are breaking preconceived ideas about aging, and that doesn't usually happen by aging in place, but by moving. "Most of us are in our 60s, but there are four of us who are in our 90s," Jimmie Buchanan, the exercise group's leader, stated. "If I'm ever the oldest there, I'll probably know it's time to quit and turn the job over to someone younger!"

After retiring in 1998 from teaching business classes at Corsicana High School, Jimmie connected with Lucy Waterman, who said she was in an exercise class at First Methodist Corsicana and enjoyed it. "I wanted to exercise, and the Lord said I could lead a class, so I paid my way to train in Kentucky for a week," Jimmie recalled. At the first Body Recall class she led in the First

Baptist gym, Jimmie had 43 attendees. "We used half the gym, and I taught from under the basketball goal."

These days, Jimmie is no longer under the basketball goal. The class works through the exercise routine while in a circle. "That's not for exercising purposes," Jimmie explained. "Working in a circle helps everyone bond. There's no right or wrong way to exercise. We start in chairs and then do either floor exercises or walk around the gym. We work on balance exercises and then get in the circle again. There's lots of laughter when we work with the balloons, but we also work with balls and ropes. There's nothing slow about what we do. It's fast moving."

The class meets on a Monday, Wednesday, Friday schedule beginning at 9:00 a.m., but Jimmie is there earlier to get out equipment. All abilities and ages are welcome, and the class is co-ed. "It's simply watch and do, and those attending can try an exercise, and if they need to modify it, they can do so in any way that will help. If people come and move, that's better than staying at home and doing

nothing to exercise," Jimmie said. "Besides, we don't exercise to music, so we can talk. You don't have to be a church member or Baptist. It's no cost, and we pray in the circle."

Jimmie grew up in Morton, Texas, west of Lubbock. "My dad had a farm, but we lived in town," she remembered. After high school, Baylor University was her next stop, from which she graduated in three years. "I have never considered myself to be an athlete," she said. "I played basketball in high school, but that's all."

She married and moved with her husband who was a Chamber president and then a sales representative. "We moved to Corsicana with his sales position and lived downtown, at first, after coming here," Jimmie recalled. "I love being here. Corsicana is home, and I enjoy having my former high school students come to our exercise classes." Her teaching career spanned two years at La Vega ISD and 28 years at

Corsicana ISD.

Retirement has given Jimmie the opportunity to have many interests. "I volunteered at Navarro Regional Hospital for 20 years, volunteered in the school district before COVID and have been delivering Food for Fitness meals, which I started doing when I started the Body Recall classes," she stated. "I have been blessed by participating in these ministries." She enjoyed traveling with the hospital's Senior Circle on a trip with Connie Beal through the states to Niagara Falls, New York, and back home. She also transcribed and typed letters that are part of the Pearce Museum's Civil War collection. "That was an interesting volunteer job," Jimmie said. "It was a challenge reading the old cursive writing and an education for me because I wasn't ever a history buff." She Facetimes with friends and family, and she enjoys hosting 42 games at her home. Her consistent hobby throughout her days is walking, 2 to 3 miles at least three days a week.



"I love walking," she explained.

Next year marks Jimmie's 27th year leading the exercise class. "At first, I found it a little intimidating, and it was challenging when we lost the gym's roof for a while, and then there was COVID," she recalled. "The exercise class works more for me than for the ones who attend, I think. At 91 years young, I enjoy the laughter and being around people who attend to have fun and enjoy relaxing and living. Most of us exercise other ways during the week, like gardening and working around the house. Retirement and/or other life changes don't have to mean we quit living. Come join us, and give exercise a try!" **NOW**

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4 Navarro County Historical Commission

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— By Emma McKay

With your little ones out of school, summer poses a fun time to make long-lasting family memories. Whether you're going on vacation, to the local pool or staying in your own backyard, there are a few health hazards to be aware of, so you can keep your family safe while creating joyous memories.

DEHYDRATION

Dehydration occurs when your body loses more fluids than you take in. Because the human body is 78 percent water, it needs around 64 ounces a day to function. If not properly hydrated, you can experience dizziness, fatigue, headaches and even heatstroke.

When spending the day in the sun, you lose a lot of water through sweat, so keep a water bottle close at hand. Even though you may feel refreshed while swimming in cool water, you can still become dehydrated. Listen to your body. The earliest sign of dehydration is feeling thirsty. Other signs to look for are dry mouth/dry lips, flushed skin, loss of appetite, dizziness and headaches. To prevent dehydration, drink lots of water and occasional sport drinks to replenish your electrolytes.

DROWNING

Playing in the water can be a great way to beat the Texas heat, but the risk of drowning is present. According to the CDC, there are an estimated 4,000 unintentional drowning deaths in the United States each year.

Drownings can occur in a matter of seconds in as little as 2 inches of water, so be sure to keep an eye on your children while they play, and keep backyard pools fenced off when you're not around. If you have a pool, ensure the drain cover is in place and isn't cracked, so no one gets caught while swimming near it. Young children should always wear appropriate life jackets that support their weight and keep their heads above water.

Enroll your children in swimming lessons. Not only is this an important safety skill to have, but they'll also get to socialize with kids their age. If you don't know how to swim, check if anyone offers adult swimming classes in your area. There's no shame in learning later in life. Finally, learn CPR. If the worst-case scenario occurs, it's important to know how to keep your loved ones safe until medical professionals arrive.

SUNBURNS

While most sunburns will only last for a few days, frequent burning can lead to rapidly aged skin and skin cancer. Even if you have melanated skin, you're still at risk of sunburn and its long-term effects.

Wear sunscreen daily. Ultraviolet rays can still get through even on overcast days. When spending an

excess amount of time outside, reapply your sunscreen every 90 minutes. Before going into the pool, let the sunscreen completely dry on your skin, so it doesn't immediately wash away. You can also wear protective clothing such as wide-brimmed hats, UV ray filtering sunglasses and long-sleeved shirts or pants.

If you get sunburned, there are a few ways to treat it. Apply cooling creams — such as aloe vera or hydrocortisone — to the affected areas. Cover your burned skin when you must be outside, and take cool showers to keep the pain at bay. Bathe in oatmeal or baking soda. Leave the blisters alone, so you don't worsen your skin's healing process.

HEAT INJURIES

Dehydration, sunburn and prolonged exposure to the sun can lead to heat-related injuries, such as heat exhaustion, heatstroke, heat cramps and heat rashes. According to Blackstone Career Institute, "most heat-related injuries start with dehydration from spending too much time in the sun."

To avoid heat illnesses, take the same precautions you would to avoid sunburn and dehydration. Limit your time outside between the hours of 11:00 a.m. and 4:00 p.m., when the day is at its hottest. Find activities to make memories with your kids away from the sun, such as going to an indoor water park, playing glow-in-the-dark mini golf, exploring a children's museum or having an under-the-stars picnic. **NOW**

Sources:

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2. cdc.gov/drowning/data-research/facts/index.html.
3. health.clevelandclinic.org/summer-health-risks.
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The good news is that this is one of the most answerable questions in genealogy. Here's how to find out.

Before opening any database, write out everything you know about your family, and talk to older relatives. Family stories aren't evidence, but they are excellent starting points. "Great-grandma always said we had someone at Valley Forge" is absolutely worth following up on.

From there, build a documented chain from yourself back through each generation. Every link needs a record to support it — birth certificates and marriage licenses for recent generations, then census records, church registers, wills and land deeds as you push back into the 1800s and 1700s. FamilySearch.org is free and a great first stop. Your local library may also provide free access to Ancestry.com and Fold3.

Here's something many people don't know: You don't need a soldier in the family to qualify as a Revolutionary War descendant. Both the Daughters of the American Revolution (DAR) and Sons of the American Revolution (SAR) recognize a broad range of qualifying service, including civil service roles, signing loyalty oaths, paying special war taxes and providing material support to the cause. Far more Americans have qualifying ancestors than they realize.

Two federal record collections are your most powerful tools. Compiled Military Service Records (CMSRs) are searchable for free on FamilySearch and document roughly 80,000 individual soldiers from muster and pay rolls. But the real treasure is

the Revolutionary War Pension Files, available on Fold3 and Ancestry.com. Veterans applying for pensions decades after the war had to prove their service, so they wrote detailed narratives describing battles, naming comrades and often listing wives and children. A single pension file can answer years' worth of genealogical questions.

Also check the DAR Ancestor Database at dar.org and the SAR Patriot Research System at sar.org before you do anything else. A relative may have already proven part of your lineage, and an approved post-1985 DAR application can count as proof for the generations it covers.

The standard for proving ancestry is higher than just finding a promising name. You need evidence of the parent-child relationship at each generation, not just evidence that someone existed. Keep copies of every document, and note exactly where you found it. Family tradition, no matter how vivid, is not accepted as proof by lineage societies. The records have to do the talking.

Somewhere in the pension files and muster rolls, in old wills and church registers, your family's chapter in this country's founding may be waiting. All it takes is curiosity, patience and a willingness to follow the evidence wherever it leads. Happy hunting! **NOW**

Resources:

1. *Daughters of the American Revolution. "Using the Genealogical Research System (GRS)." dar.org/research.*
2. *National Society Sons of the American Revolution. "Apply in 4 Easy Steps." sar.org/how-to-apply.*
3. *FamilySearch Wiki. "Revolutionary War Pension Records and Bounty Land Warrants." familysearch.org.*
4. *Fold3. "Revolutionary War Pension Files." blog.fold3.com.*

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Zoomed In: Teri Stewart

By Virginia Riddle

Teri Stewart became a Navarro College Bulldog as a GED student on her way to earning a master's degree. Today, she networks with business leaders in her role with the Small Business Development Center.

A native of Lancaster, Texas, Teri and her husband, Reggie, owned and managed roller rinks. Reggie serves as pastor of J Bar C Cowboy Church. Married for 33 years, the couple has three grown daughters and one son. "We love anywhere outside — especially beaches or mountains," Teri said. She loves to fish, take walks, read and travel.

"I'm a woman of faith. Jesus and Navarro College changed my life," Teri said. She shares her education and faith journey through her Teri Talk programs.



Crystal Richardson leads a lively discussion during Savvy Seniors at the Senior Activity Center.



Marverick, Annaleigh and Ellie enjoy a treat out with grandmother, Alicia Rogers.



Jackson McGrath presents a reading of his work written while a resident at 100West.



The newly elected Corsicana Newcomers officers pose for a photo.



Balloon designs are popular at the Corsicana Public Library's Summer Reading Kickoff.

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Zoomed In: Nancy Neal

By Virginia Riddle

A Corsicana native and retired educator, Nancy Neal and her husband, Danny, raised their children in Frisco, Texas, but retirement and family brought them back to Corsicana. "I love the people here, and I was welcomed back with open arms," Nancy shared.

Nancy enjoys playing mahjong, flipping homes in Corsicana and Frisco and time spent with the couple's three red-headed grandsons. She's "Fancy Nancy" to them.

As the incoming president of Kinsloe House, Nancy is holding the door open to current and new members. She concluded, "I looked forward always to becoming a Kinsloe House member. Kinsloe has been here since 1938, and we're throwing the doors open, wanting inclusion and every member to feel free to participate."



Hillary Harper, FNP-C moderates the panel discussion during NRH's Heart to Heart event.



Congratulations go to Javier Zavala, Aralynn Yamamoto and Cameron Waites after receiving UIL Texas State Solo and Ensemble superior ratings.



Tim Lee, Texas Retired Teachers Association executive director, presents thoughts on the next election and legislative priorities to members from Navarro, Limestone and Freestone counties.



Blooming Grove HS seniors receive 2026 Navarro County Area Go Texan scholarships.



Lindsay Liepman presents some of the artifacts from songwriter, Cindy Walker's, home to Mexia Friday Club members.

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SCAN TO BOOK

HAPPY
4th
of
July



Independence Day calls for outdoor gatherings filled with friends, family and festive foods that capture the spirit of summer. Whether you're hosting a backyard barbecue or heading to the park, these recipes can help make your Fourth of July picnic truly memorable. **NOW**

American Flag Fruit Cake

1 1/2 cups all-purpose flour
1 1/2 tsp. baking powder
1/4 tsp. salt
1/2 cup unsalted butter, softened
1 cup granulated sugar
3 large eggs
1 tsp. vanilla extract
1/2 cup whole milk

Frosting:

8 oz. cream cheese, softened
1/4 cup powdered sugar
1 cup heavy whipping cream

Decorations:

1 cup fresh blueberries
2 cups fresh strawberries, sliced

1. For the cake: Preheat the oven to 350 F; grease a 9x13-inch baking pan.
2. In a medium bowl, whisk together the flour, baking powder and salt.
3. In a large bowl, beat the butter and sugar until light and fluffy.
4. Add the eggs, one at a time, beating well after each addition. Stir in the vanilla.
5. Alternately add the flour mixture and milk to the butter mixture, beginning and ending with the flour.
6. Pour the batter into the prepared pan; bake for 25-30 minutes until a toothpick comes out clean. Let the cake cool completely in the pan.
7. For the frosting: In a medium bowl, beat the cream cheese and powdered sugar until smooth.

8. In a separate bowl, whip the heavy cream until stiff peaks form. Fold the whipped cream into the cream cheese mixture until well combined.

9. Spread the frosting evenly over the cooled cake.

10. To decorate: In the upper left corner, arrange the blueberries in a rectangle to create the "stars" section of the flag.

11. Arrange the sliced strawberries in horizontal rows across the rest of the cake to create the "stripes." Leave white frosting stripes between the strawberry rows to complete the American flag pattern.

12. Refrigerate for at least 1 hour before serving.

Classic BBQ Pulled Pork Sandwiches

2 Tbsp. brown sugar
1 Tbsp. paprika
1 Tbsp. garlic powder
1 Tbsp. onion powder
2 tsp. salt
1 tsp. black pepper
4 lbs. pork shoulder
1 cup chicken broth
1 1/2 cups barbecue sauce of your choice
12 hamburger buns
2 cups coleslaw

1. In a small bowl, mix together the first 6 ingredients.
2. Rub the spice mixture all over the

pork shoulder, coating it completely.

3. Place the seasoned pork in a slow cooker; pour the chicken broth around it.

4. Cook on low for 8-10 hours until the meat is fork-tender and shreds easily.

5. Remove the meat from the slow cooker; shred it using two forks. Discard excess fat; return the shredded meat to the slow cooker.

6. Stir in the barbecue sauce; keep warm until ready to serve.

7. Toast the hamburger buns lightly if desired. Pile the pulled pork onto the bottom buns; top with coleslaw. Cover with the top buns; serve immediately.

Baked Beans

6 slices bacon, chopped
1 medium onion, diced
4 15-oz. cans navy beans, drained
1 cup ketchup
1/2 cup brown sugar
1/4 cup molasses
2 Tbsp. yellow mustard
1 tsp. Worcestershire sauce

1. Preheat oven to 350 F.
2. In a skillet, cook the chopped bacon until crispy; remove and set aside.
3. In the bacon drippings, sauté the onions until softened.
4. In a large baking dish, combine the beans, bacon and onions. Stir in the remaining ingredients.
5. Bake, uncovered, for 45-50 minutes until bubbly and slightly thickened.

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