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MAGAZINE

NOVEMBER 2011

NOW

THE HORSE HANDLER

Jodi Mullins finds
comfort in caring
for rescued horses.

Also Inside

Loving Life

One Special Teacher

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In the Kitchen

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On The Cover



The gate, with its romantic cowboy and cowgirl, drew Sheri and Jeffrey Matthews to settle down in this home.

Photo by Opaque Visuals.

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Editor's Note

Hello, Weatherford!

During November, there is always more going on than just our national day of Thanksgiving! On the 12th of this month in Parker County, members of all the local 4-H clubs are walking in the Juvenile Diabetes Research Foundation Walk, starting at 3:00 p.m. at the First Monday Grounds. In order to help the JDRF search for ways to prevent, treat and cure Type 1 diabetes, local 4-Hers have spent the last month putting together teams and raising money. Such an endeavor prepares our youth for adult life.

I remember my days as a 4-Her. We learned leadership skills in every meeting, presentation skills in every dog obedience class and patience through every sewing project. You'll notice I do not claim to have learned patience through dog-training. No, ask my dad about *that* one! Looking back on my 4-H memories, I have to give credit where credit's due. So this month, I say, "Thanks!" to my parents, Ace and Judy Rawlins.

Melissa

Melissa Rawlins
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The Horse H



Jodi Mullins has been around horses nearly her entire life. Her family moved around in her younger years, living in Pennsylvania, California and finally settling in Texas. That is when she really learned to love the majestic creatures while helping her mother care for horses as a young girl.

In 2007, Jodi became part of the Bluebonnet Equine Humane Society (BEHS) and has spent many hours rescuing horses in need and caring for them at home. Today, she volunteers as the district coordinator for the organization, which was formed in 2005. BEHS now has about 50 foster families and 500 members in Texas and surrounding states.

The goal for Jodi and the other volunteers is get to the

horses they foster back to good health, for many of the horses that means gaining a lot of weight. "We evaluate them to find out what they know, if they're broke to ride and what their personality is like. It's really interesting to see a horse that could barely stand, go to being basically fat and sassy, running through the pasture. Their whole personalities change," Jodi said.

The 2011 drought has taken a toll on the Texas landscape, so hay has been difficult to find or is more expensive because supplies are low. Many horse owners call the BEHS to care for their animals when they cannot afford to keep them. Jodi estimates each month it costs her about \$250 per horse just for hay and feed. Water and shelter are added expenses, and BEHS takes care of the vet bills for fostered horses once certain criteria has been met.

Jodi has about three acres of land at her home in Weatherford, and with three equines of her own, she is only able

andler

— By Amber D. Browne

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to help more horses to
find good, safe,
forever homes,”*



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to foster one horse at a time. "I would like to have about 20 to 25 acres and be able to help more horses to find good, safe, forever homes," Jodi explained. She has a soft heart, which her husband, Brad, says could be her downfall. Besides the horses, Jodi also has a Dachshund named Xena, and two pugs, Miss Priss and Cowboy. "If I could get away with it, I would help every animal I come across," Jodi admitted.

Jodi has fostered or temporarily cared for several horses over the past two years. She gets a good feeling when her horses regain their health and find good homes. Most of the other volunteers are like that, too. Whether or not the horse has papers or great bloodlines, the volunteers take them in and care for them. "It's a horse; it's an animal. They love it regardless. They treat it like it's their own child."

She compared letting a horse go to an adoptive family to her children moving on to the next stage in their lives. Her two children, 20-year-old Alan and 17-year-old Trá, do not pay too much attention to the horses. "Occasionally, I can get Trá to ride, but it's not very often," Jodi said. She wishes her children would get involved, because they would learn a few things about the horses and about life in general. "The horses could actually teach them that if you make a mistake, it's OK," Jodi said.

The horses have taught Jodi a few things. She and her personal rescue horse, Mikey, have a special bond. Jodi admits she needs her "Mikey time" on bad days. "I think if he could talk, he'd tell me that everything will be OK. Just let it go," she said. She describes Mikey as an expressive horse that can almost tell her what he is



thinking with just a simple look.

"Having a bond with a horse like I do with Mikey — there's nothing like it," Jodi said, speaking fondly of her 17-year-old gelding. "I can go out, and he automatically knows if something is wrong with me. He will come up and nudge me, and he'll just give little soft nickers, just to tell me, 'It's OK, Mom.'" Jodi feels like she can talk to her horses, and they understand her. "They don't talk back nor storm off like the kids do," she chuckled.

Even though her horses cannot speak with words, Jodi will pick up on signs from the animals to determine what they might be trying to express. If they are in pain, Jodi can decipher those signs, and make adjustments with her equipment. If they are not responding to commands during training, Jodi can make a few



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changes to get the horse to respond.

Jodi is currently working with wild mustangs and calls others for advice with training. Usually, all it takes is a simple change, like moving over just an inch to get the horse to do what you want. "Everything one does around a horse is training," Jodi said. "We just do it in a way that they learn the lesson."

As a foster home, BEHS takes in many horses knowing nothing about their past. These horses are treated as if



they've had no training. Jodi must be very hands-on when it comes to training them. She listens to the horse and learns by watching other trainers. "I have to work at it," she confessed. Safety is always a top priority, and Jodi never works with the animals without a second person there to dial 9-1-1 if an accident were to happen.

"I like tall, stout, big horses," Jodi said with a laugh. Mikey is the largest of her three horses at more than 1,200 pounds. Her adopted 9-year-old mare, Baby, is 1,100 pounds, while her last foster horse, 9-year-old Bandi, was just about a 1,000 pounds. "It's like a Great Dane knocking down a toddler," Jodi said of getting pushed over by one of the large animals.

Jodi rides her horses occasionally and does round pen work at her property in Weatherford. She would like to have a covered arena to do more with the animals some day, but for now, she spends her money on feed and whatever else the horses might need. "My horses eat before I do," Jodi admitted.

Jodi plans to continue fostering horses, not only to help them, but to find comfort herself. "I find it to be a stress relief," she said. And, her horses appreciate what she does for them. They show it in their own way. "I love horses," Jodi said. With a nicker or nudge, Jodi knows the horses love her, too. **NOW**

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LOVING LIFE

— By Melissa Rawlins

For the Aledo Bearcats to win their third championship, athletic director and head football coach, Tim Buchanan, expects total team effort. “Coaches, players, trainers, cheerleaders, school — it takes an entire program and an entire school to win the championship,” Coach Buchanan said. To help move everyone in that direction, the coach named Brodie Sharp honorary assistant coach. After both of the Bearcats’ 2009 and 2010 state championships, Coach Buchanan presented Brodie with glittering rings engraved inside and out with Coach Sharp. Very few Texas teams have ever won a “threepeat,” and Brodie is hoping, as much as every one of the well-trained athletes, for a third ring.

Seven years ago, Coach Buchanan told Brodie he was a natural coach, and Brodie makes use of every opportunity to help the athletes at every game. This 27-year-old who has cerebral palsy stays strapped into his high-tech wheelchair — but since it enables Brodie to stand up, he can observe the players. “They

want me to watch them, see how they’re doing, and then tell them what I see,” Brodie said. Sometimes there are too many Bearcats right in one spot, making it difficult for Brodie to see the athlete in action, so Brodie has to move. His chair can propel him at almost 5 miles per hour. “Sometimes I don’t get there fast enough, so I don’t get to see. But sometimes I do, and I can tell them what I see.”

One of the football players Brodie has helped is #32, Johnathan Gray, the running back who has been written up



in *Sports Illustrated* and was offered a scholarship to The University of Texas at Austin. "A couple times he tried to break it loose, and they caught him by the tennis shoe laces. Very seldom does

"It's fun being around Brodie and seeing a smile on his face."

that ever happen. He's so fast nobody can catch him," Brodie said. "After that, Johnathan asked me how he did, and I told him, 'It'll be OK. You'll get it next time!'"

Johnathan's strongest memory of Brodie is not his coaching during the games but his smiling after the wins. "Everyone was celebrating our first state championship, and Brodie was there with his big old smile, screaming and saying, 'Yes! We did it!' His attitude puts a smile on our face," Johnathan said.

During one of this season's toughest games against Lake Travis, Johnathan walked over to Brodie and said, "Gosh, we can't move the ball. What do we need to do?"

Brodie said, "Hit the hole, hard and fast."

"We did that," Johnathan said. "He's a




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Matt Bishop, quarterback #4 and

big help. It's fun being around him."

Brodie finds his fun in watching the team work their miracles. Ever since Brodie was 3, he and his father, Lynn, have attended all the Bearcats' home games. "Life, during three months of every year, is all about football," Brodie said. "Very seldom do I see anything as magical as when they put #4, quarterback Matthew Bishop, with Johnathan. They both read each other and know when one is going and when to make contact. And Matthew knows where to throw that ball to get it to Johnathan."

This quarterback and running back have known each other since Matt entered the Aledo school system in his sophomore year. "We hang out and go swimming or find something to do — stay out of trouble," Matt said with a grin. Fans call the two, The Dynamic Duo, because Matt knows where John is at all times, and even when he is trapped, head down, he can flip the ball out and John is right there.

Coach Buchanan calls them simply Matt and John. "Matt is the best quarterback I've coached in 29 years of coaching. He's got what we call *IT*. He is not the biggest, nor the fastest, but he knows how to win. He'll do whatever it takes to win, whether run, throw, pitch or hand it off to John," Coach Buchanan

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Jonathan Gray, running back #32

said. "And John was the third in all-time scoring in the nation as a sophomore, when he was named national Sophomore of the Year. As a junior, he was Gatorade Player of the Year and a Tom Landry Award winner. He is currently third in all-time scoring in the nation." You would not suspect this stardom from either of the kids' attitudes, though. Both are humble team players, having a good time while they play and study and serve.

Maybe that is why they are such good friends with Brodie, who likes to laugh and loves life. He especially enjoys being in the great outdoors, whether on the football field or on a hunting expedition with Bo Finley, who runs a hunting ministry for people with disabilities called All Things Outdoors. Brodie displays a turkey and a buck on his bedroom wall, and looks forward to more hunting trips with his friend Randall Brown, a fireman and family friend.

"Randall and Ricky King, whom he's known since he was 7, are blessings to us," said Kelley Sharp, Brodie's mother. "They stay with Brodie when my husband and I want to take a long trip." Brodie will never forget the friends he made during high school days. "Kids that I really didn't know, they found me. They came up to me, and I didn't really know what to say with them — but they just

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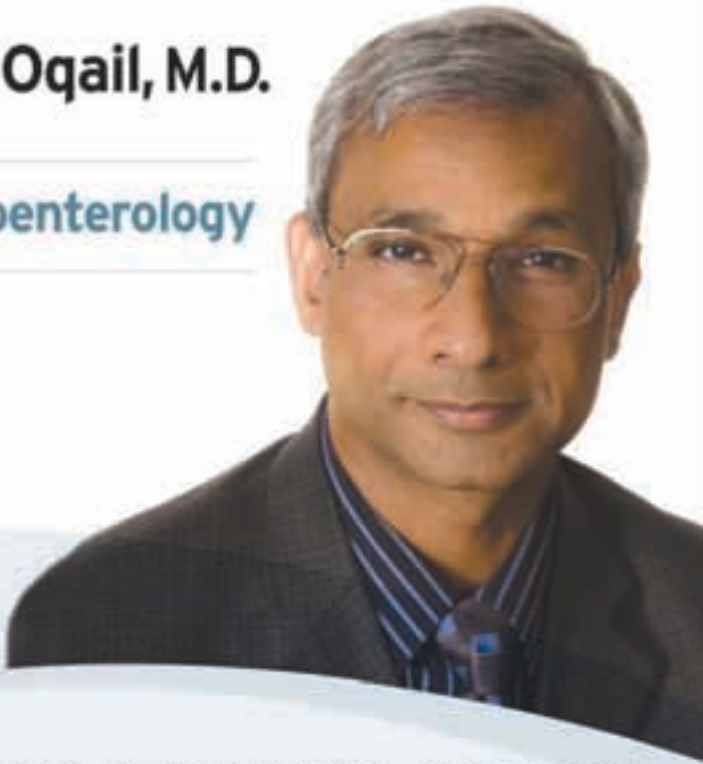
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Syed Oqail, M.D.
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kind of knew once they got to know me. They treated me just like everyone else," Brodie said. In those days, some of the football players picked him up in their truck before games and took him with the entire team out to eat, taking care of cutting up his food and afterwards loading up his wheelchair and taking him to the game.

Lynn Sharp was happy to step back while Brodie joined the Bearcats during his high school days. The family has lived in the Aledo school district for 28 years, and Brodie's sisters, 24-year-old Chelsie Reading and 27-year-old Lacie Hester, both graduated from Aledo High School before Brodie. Beginning in his freshman year in 1999, Brodie began going on the sidelines at the invitation of Coach Buchanan. And through it all, Lynn has made it happen for Brodie. They share other hobbies, like working on classic cars and listening to live music.

Loving life is not just a family tradition; it's a Bearcat tradition. Always loyal to Aledo High School, Brodie coaches the new generation of Bearcats out on the sidelines, where everyone cheers each other on for the same win. "All of the team has a pregame prayer moment," Brodie said. "Me and Matthew do the same thing, but ours is just the two of us. He kneels down next to me. We pray that everybody will do all right and that nobody gets hurt." **NOW**

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Anyone shopping at sponsor businesses between October 14 and December 2 can bring their receipts totaling at least \$250 to the Chamber. That name will go in the drawing for a \$1000 gift card and an Apple iPad. Anyone can bring their receipts from sponsoring businesses to be added to the drawing but you must be a Weatherford Chamber member to be a sponsor.



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Aaron Walker, Chuck Milne and Olivia Potts enjoy lunch at Jorge's Mexican Restaurant.



Ruby Jacquelin Hamilton finds the perfect pumpkin at the Central Christian Church pumpkin patch.



This beautiful fall day finds Bob Morehouse catching up on some reading.



Patty Tijerina and Jan Condor with Texas Health Resources' Mobile Health Unit offer free mammograms to Aledo ISD employees.



David Blair and his team of Aledo YMCA soccer players practice to win.



Garrett Linscombe and Hannah Galo enjoy a game of catch on a sunny Weatherford afternoon.

A Down *to* EARTH FAIRY Tale

— By Melissa Rawlins



Good grass and lots of rain are crucial for cutting horse mamas and their babies to have good bones. So Jeffrey and Sheri Matthews raise their stock on Jeffrey's family farm in North Carolina. Once

the yearling horses are transported to Weatherford, Sheri and Jeffrey raise them up in the heart of the cutting horse industry. The Matthews' training ranch is separate from their secluded Santa Fe-style home — the first ever built in Silverado — because the couple wanted privacy when they ended a dusty day's work.

Sharing cement floors, Persian rugs and leather furniture with three refined Border Collies — Dallas, Lillie and Grace — the Matthews lovingly refer to their home as their dog



At Home With Jeffrey and Sheri Matthews

ranch. “We keep six yearling Holsteins to work the dogs, and the cattle also keep the pasture munched down,” Sheri said, with a grin. A California girl, she met Jeffrey when they were both competing at a horse show in Nevada in 1979. He rode up, asked her out, and after one date in Reno their trails separated until December 13, 2006, when they met again at the cutting horse futurity. They dated for six months before recalling their first date all those years ago.



“The odds,” Jeffrey said, still in awe of his very own love story. “She raised a family in California. I went to North Carolina, and we never dreamed ...” He and Sheri both have dear friends here, and began looking for a home to share in between their two coasts. A rooftop nestled into a little valley in Silverado caught Jeffrey’s attention, and he talked a neighbor and a Realtor into showing them the house — which was not even

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up for sale at the time. “When we walked through those doors from the parking area, the courtyard and overall feel overwhelmed me! I had a deep sense of knowing that this house was meant to be for us,” Jeffrey remarked.

“A cool little sign to us that this was where we would start our life together,” Sheri said, “was the gate with the romantic cowboy and cowgirl and the palm trees that remind us of California

and the beach in North Carolina.” The arched and gated entrance reminded them of Santa Fe’s cobblestoned rock, reclaimed wood, ironwork and windows — an architecture they both favor. The original owner/builder and decorator, Judy Eaton, had designed the kitchen around an antique ceramic washboard sink, just like Sheri’s grandmother’s, and installed a mauve sink in the upstairs guest room — as well as pressed tin ceilings and riveted tin frames around old doors and lace-curtained windows. The antiqued, beaded-wood walls and rock-hearthed fireplaces called out to the couple. And they both fell in love with the screened porch off the master bedroom, where they envisioned watching sunrises together.

Now, with their dogs, the Matthews leave home early to work livestock. Border Collies like the Matthews’ are bred and trained to move not just

sheep, but also cattle. “Many modern ranches have gone to moving cattle with four wheelers and even helicopters,” said Sheri, who is a professional writer in the performance horse industry. “We prefer to move cattle with dogs. It keeps the cattle quieter and you can control them better.” Jeffrey and Sheri are proponents of rodear, where people compete and show off their cow dogs in simulations of ranch work.

From a small office tucked between their master suite and their family room,



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the couple keeps their communications simple and efficient — leaving them time to enjoy their ranch, with its 360-degree views of Texas hills and valleys. Every room has a door to a porch, sporting comfortable settees and rocking chairs, tables and artistic fountains brought from Santa Fe — exactly what's necessary for their pattern of living. They make



good use of the screened porch off their bedroom — watching the sun rise above the decorated rock wall with its gate, a wedding gift from their landscape architect, Kim Powell. Stacked-rock exterior walls set off the southern porch, where they entertain during cooler months. A porch with a northern view connects the office with the family room. A huge oak tree spreads its branches over a hundred-year-old millstone brought from North Carolina, where Jeffrey's grandfather had a mill business.

On June 25, 2010, while the sun was setting and the full moon rising, Sheri stepped on the millstone and vowed fidelity to Jeffrey, who gave her this house on the day that he proposed. "It was my birthday," Sheri remembered. "I had no idea he was going to propose. I was speechless all day." After her birthday dinner, Jeffrey surprised her with a book filled with pictures of the house, which was still unavailable as far as Sheri knew. They had comforted themselves by planning to rent a place they liked in Texas. "When I opened the book, it said, 'P.S. We don't have to rent.' I was

overwhelmed that this would be our new home, and that we were engaged. It was quite a big deal."

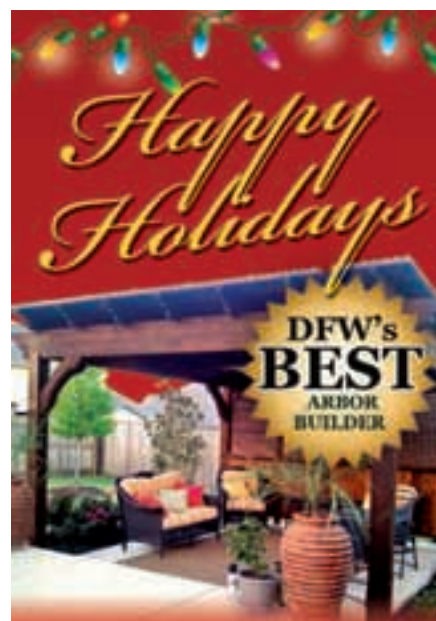
"It still is," Jeffrey added. "We love this house more every day. For us, this home sums up the fact that home is love. We like the nice things in life, but are happiest when we're out with the dogs and the horses."

They have furnished their place with mementos from special people in their lives. Zoe Compton had custom-designed chairs for the family room and bedroom made, as well as hand-painted wall sconce shades. Mementos and portraits of both families warm the interior. Jeffrey's mother's buffet highlights the dining room, and her rugs are found in the family room and master bedroom. A craftsman friend of Jeffrey's made the hutch, entertainment center, master bed, nightstands, dressers, as well as the desk and shelves in the office — all from walnut trees that had fallen in the forest on Jeffrey's grandfather's North Carolina farm. "My family was in the poultry and pork business, and I knew Stanley Cavanaugh's family because they were in the same business. Stanley went in the woods and pulled this wood out,



unbeknownst to me. He had the leaded glass, circa 1800s, from his family. Every piece he built for us is mortised and tenoned together, like they built furniture 100 years ago."

Jeffrey pours a lot of love into the home, too. He built the backyard fire pit, and mans the grill for most of the family dinners. When the couple takes in the view of the water tank out back, they often see roadrunners, birds, squirrels, bunnies, raccoons and deer. The Matthews' life is a bit like a fairy tale, but very down to earth. "This house has anchored us to Texas," Jeffrey said, "and we both are very grateful for that." **NOW**



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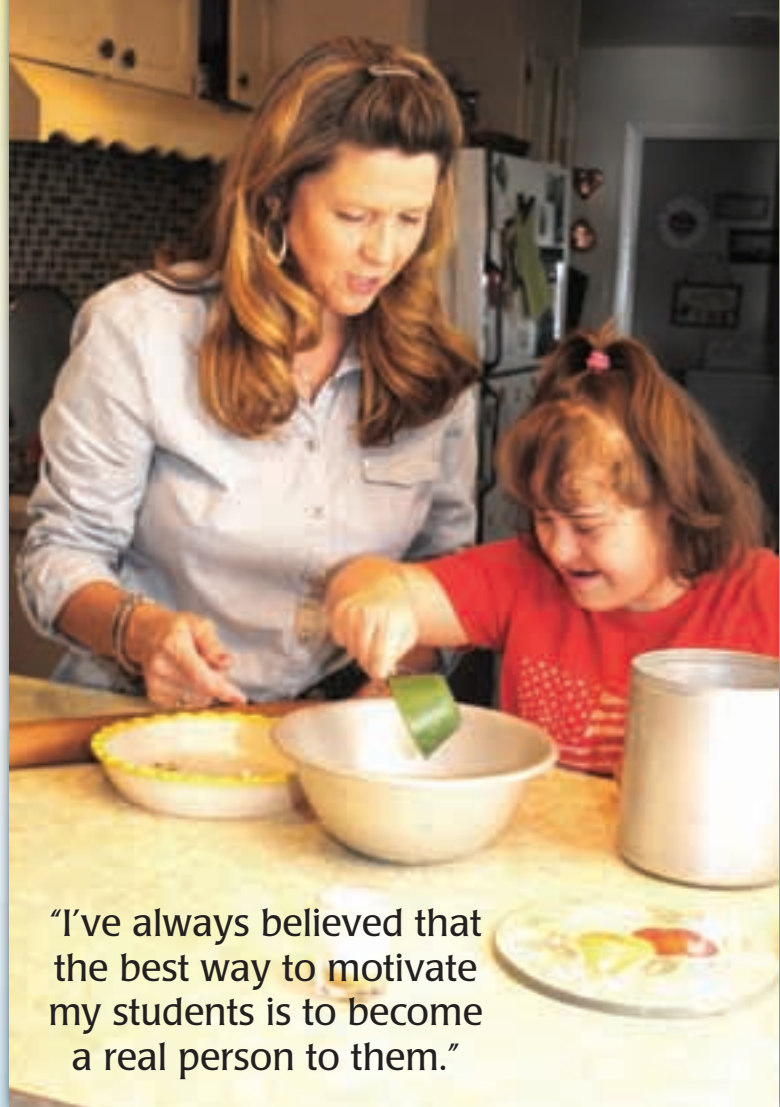
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One *Special Teacher*

— By Amber D. Browne

Teaching students with special needs takes a special person, and Rena Jennings is just right for the job. Rena grew up the oldest of three, so she took care of her siblings, as well as several of the neighborhood children. Her sister was a child with special needs, so, “my heart was there, and I knew that’s what I wanted to do,” Rena explained. Although Rena had disliked school as a student, she always loved working



“I’ve always believed that the best way to motivate my students is to become a real person to them.”



with children. Feeling like she didn't have a single teacher who influenced or helped shape her life, it was following her grandparents' example that motivated her to become a teacher.

Rena has always taught children with higher special needs, including students with behavioral issues. She now teaches severe and profound students at Hall Middle School in Weatherford. School officials gave her an opportunity during the 2010-2011 school year to teach the Life Skills Class. Rena took that opportunity and made the best of it. She exudes love and patience, which is needed to teach students with special needs basic life skills. Of her six students last year, only two could speak, while three were in wheelchairs. "It was the hardest thing I've ever done in my life," Rena admitted, "and I wouldn't want to teach anything else now."

General education students learn reading, writing and arithmetic. But in special education, Rena's goal is to teach her students how to use a stamp to write their names, go to the bathroom on their



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own and feed themselves. "My goal is to teach them to make it in the world," she said.

The class had a team of teaching assistants: Billy Bass, Debbie Solano and Donna Morgan, who worked together to make their students happy. "The four of us truly worked as a unified team. We didn't have to say a word; we understood the kids' needs came first." Due to state budget cuts, Donna is not back in the classroom this year. "I think more funding is needed for all classes," Rena said, "not just special needs classes."

Teaching students with special needs is sometimes overwhelming. Rena has never worked harder in her life. Her work is rewarding to her because at the end of the day, it gives her a bigger sense of accomplishment. "Our No.1 goal is to make the kids happy and have a better quality of life," Rena said. "Overall that gives you a much warmer, fuzzier feeling when you go home at the end of the day."

"Despite the hard work, we have probably more fun all day long than anybody else in the school," Rena continued with a grin. "The kids start the day trying to cook their own breakfast. They have a blast doing that."

Her students also have a reading lesson plan, but it's not like what is taught in a general education classroom. Rena's students are shown a picture to recognize familiar objects. They learn to communicate with images. "For them to be able to recognize a picture of their mom and realize that's Mom, is a huge step," Rena said. The students also do

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mathematics by learning a counting system, with one student learning to count to 22 last year. Her students enjoy singing in the classroom, which teaches them rhythm and balance. Art is also a daily enjoyment for the students, with all of them able to hold a crayon by the end of the school year.

"I think the most wonderful thing is that our students created friendships," Rena said about last year's class. General education students would visit the class, and her students with special needs ate with them in the cafeteria. "Our kids all left last year being affectionate," she said proudly. One student's former teacher could not believe how the student had blossomed, simply by giving a hug to show affection.

Just seeing them happy, Rena said, is the best thing that happened during the school year. "Happiness is truly a state of mind," Rena stated, also mentioning a common saying that the only thing a person can control is their attitude. Attitude is all her students need. "They are overcoming more than we would ever imagine having to overcome," she admitted, "and they choose to be happy."

Parents are very involved. They bring snacks and other goodies for the classroom. "Our parents would bend over backward to make sure we get what the students needed," Rena said thankfully. She sees her students' parents nearly every day. Some parents, due to work schedules, may not be able to be as hands-on as others. "But don't worry. If you're not at school, I come to you,"

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Rena said, explaining how she visits her students' homes to update parents about their child's progress.

As a resource, the parents look to her for support, and Rena enjoys helping out. For the past 15 years Rena has worked in education, extending her own family to her classroom. Although her two children are now grown and out of the house, all of her students and their parents know her family. "I've always believed that the best way to motivate my students is to become a real person to them," she explained. She has even had birthday parties in her classroom and gone on joint camping trips with her own children and her school children.

Rena is now working with North Side Baptist Church in Weatherford to offer free childcare for parents of those with special needs. The church was discussing the idea when Rena went to them and offered her services to train the caretakers. Once a month for a few hours, the church will offer free childcare for all the children in a home with a child with special needs. "To be a parent of a child with special needs 24-hours a day can be completely overwhelming," Rena said. "The church childcare will give the parents an opportunity for a well-deserved night out together."

Rena's ultimate goal is to have a day facility at her home for adults with special needs. The adults would be given a task such as feeding animals, cleaning stalls or playing with Rena's dogs and horses. "They want a sense of self-worth, and they have to feel like they have a purpose," Rena explained. And, Rena does just that in her classroom. While she has helped her students learn life skills, they have taught her how to live. Definitely one of the main highlights is seeing her students come to be happy with who they are. **NOW**

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Amarillo, the big city that tops the Texas Panhandle, has been welcoming travelers since the first Conestoga wagons rolled across the Texas Panhandle in the 1870s. Today's visitors still find rugged beauty, vast starry skies and great things to see and do while receiving the same warm Western hospitality.

One way to feel like you are still on those early wagons is a trip to Palo Duro Canyon State Park. This 30,000-acre park about 25 miles south of Amarillo is one of Texas' natural crown jewels and appears to the visitor much as it did when the first Anglo settlers came to the area. Hike, bike, camp, ride horses, view the canyon's wildlife or cool your feet in a stream, it's all easy to do in the canyon.

In the summer, you won't want to miss the outdoor musical drama *TEXAS*, an epic stage play about the settling of the Texas panhandle performed in the Pioneer Amphitheater with Palo Duro Canyon's walls as the backdrop. Or stay in town to enjoy our newly revamped downtown entertainment district and catch a show or sporting event at the Globe-News Center for the Performing Arts or the Amarillo Civic Center. Choose from a wide array of restaurants along or near Polk St. One of Amarillo's newest hotel properties, the Courtyard by Marriott Downtown in the historic Fisk Building along Polk St., is open and ready.

People always get a kick out of Historic Route 66 along Sixth Avenue between Georgia and Western. Lots of restaurants, shops and boutiques line this stretch of the highway that passed

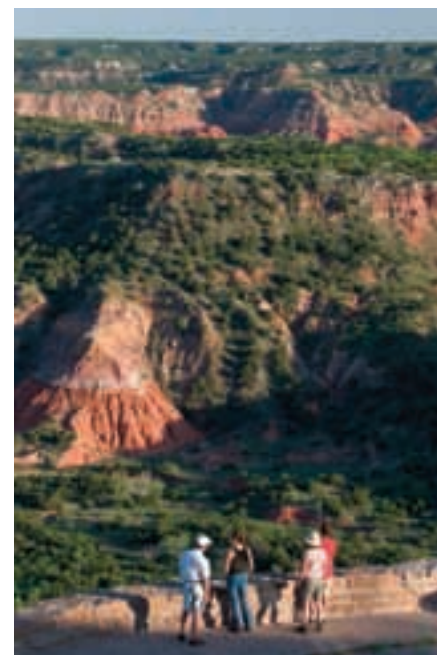
through Amarillo. Shopping for new cowboy boots and a hat? Check out all the Western items at outlets throughout the city.

Amarillo has a great assortment of family-friendly museums. The Panhandle-Plains Historical Museum is like the Smithsonian, but with a Texas accent. The American Quarter Horse Hall of Fame & Museum tells the story of the horse that won the West. The Kwahadi Museum of the American Indian has a collection of Native American art and artifacts and offers performances by the Kwahadi Indian Dancers. Looking for hands-on science and a great education experience for the whole family? Visit the Don Harrington Discovery Center. Finally, the Amarillo Museum of Art hosts eclectic exhibits from throughout the art world.

New this summer were a \$52 million passenger terminal at Rick Husband Amarillo International Airport and a new full service hotel, the Holiday Inn West.

And we've barely mentioned the world-famous Big Texan Steak Ranch (now with a microbrewery), Splash Amarillo (the area's only water park), the World Championship Ranch Rodeo (held each November), the quirky and popular Cadillac Ranch, minor league baseball, hockey and indoor football and motor sports at Route 66 Motor Speedway and Amarillo Dragway. **NOW**

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Daisy (the dog) enjoys being at Heritage House as much as Mary Lou Baumann, who works hard to help her customers enjoy shopping for home decor.



Surrounded by Home

Celebrating their 10th anniversary this month, Heritage House unveils unique gifts and home decor.

— By Melissa Rawlins

At Heritage House, pleasure comes from wandering aimlessly through four rooms that feel like home-away-from-home. Sampling food in the gourmet room starts your shopping on a sweet, or sometimes savory, note. And if you are looking for something special, Mary Lou Baumann and Amanda Hendrix will go the extra step to find it for you. Carrying a captivating variety of contemporary and casual gifts and home accessories, Heritage House accommodates special orders, too.

Amanda specializes in custom florals. She helps you select colors that will accentuate your home and your style, then heads upstairs to unleash her creativity. A graphic artist by trade, Amanda manages Heritage House and happens to be the proper size to work in the low-ceilinged attic. There, she builds your arrangement from a grand assortment of silk florals.

"Whether you're buying for your table, your company or your hosts, we find out what idea you have in mind when you come in," said Mary Lou, who opened Heritage House in 2001 after retiring from a retail consulting career. "I decided to sell fine home decor because I like being in a home where I find refuge, and I like the customers. I surround myself here with the feeling of being at home." Her customers appreciate the feeling, too, and drive from Fort Worth, Graham, Azle, Granbury and as far away as Dallas for items ranging from custom-designed furniture to tasteful Kino and housewarming gifts priced under \$9.00.

Making it easy for men, who want to know what their wife wants, Mary Lou and Amanda keep a wish list behind the counter for husbands to consult. Once customers select their gifts from gently arranged groupings of quality accessories

exclusive to Weatherford, the ladies at Heritage House gift wrap for free — not just at Christmas or during the holidays, but all year long.

Mary Lou and Amanda shopped together at showrooms and suppliers in Dallas, Atlanta and Las Vegas for the coming Christmas season. Though they rarely reorder, they restock favorite food items and give away recipes for customers to experiment with. “You can make something from our foods that could pass for homemade-from-scratch — tasting unusual and looking pretty,” Mary Lou said. “Your houseguests think you stayed up all night, and it tastes just like what Mom used to make.”

Known for their gift baskets, Amanda and Mary Lou will match your favorite food items with recipes they have developed and package it up inside pretty, customized wrapping. During Heritage House’s Holiday Open House on Saturday, November 5 (10:00 a.m.-5:00 p.m.), you can sample foods like sauces and salad dressings, excellent barbecue rubs and seasonings, soups, marinades, jams, jellies, coffee and Republic teas.

While there, browse the store for seasonal gifts like their best-selling ornaments by Ne’ Qwa Art, which specializes in distinctive glass ornaments and lamps hand-painted from the inside, including a Chandor Gardens limited edition. For heirloom gifts, the one-of-a-kind nativity set or 12 days of Christmas set comes in its own solid mahogany presentation box with a brass plaque engraved with your family’s name and the year it was purchased.

At Heritage House you can always find quality housewares imported from Italy, Pennsylvania, Czechoslovakia, Seattle, Colorado and Taos, New Mexico. The variety downstairs — from original oil paintings to customized slipcovers to lamps and unusual carved birds — will astound you. Upstairs, bridal party gifts, quilts and throws, pillows, evening purses, travel bags and washable totes are on view while your nose is serenaded by scents of French and Italian bath and body products. Six days every week, shopping for gifts, home decor and personal items is a beautiful experience at Heritage House. **NOW**

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Supplement for Color

— By Betty Tryon, BSN

Are you feeling weak, fatigued, dizzy, looking pale and perhaps craving substances that are not food such as chalk, clay or paper? You may have iron deficiency anemia, a condition characterized by not having enough red blood cells (RBC). Mild cases of anemia often go untreated because the symptoms are not distressing enough to send someone to the doctor for diagnosis. However, as the anemia becomes more pronounced, obviously the symptoms become more alarming. Your red blood cells are the vehicle for oxygen transport. If you do not have enough RBC, your body is not receiving the proper amount of oxygen, which can make you feel very fatigued, as well as cause other problems. Other symptoms of iron deficiency are headaches, inflamed or painful tongue, fast heartbeat and pale skin.

If you are not aware or paying attention to your health, you can be at risk for iron deficiency. A slow bleed over a period of time from conditions such as peptic ulcers, polyps, hemorrhoids or colon cancer can cause anemia. Women who have heavy menstrual periods can be at risk. Pregnant females must take precautions against becoming iron deficient, since they must provide iron not only for their body but also for their growing baby. Diets lacking in iron-enriching foods will also contribute to this condition. Usually, this deficiency can be corrected by taking iron supplements. Just

as Vitamin D is important for the absorption of calcium, Vitamin C aids in the absorption of iron. However, check with your physician before drinking a big glass of orange juice with your iron supplement to make sure other conditions are not a factor.

If you suspect your iron levels are low, get a diagnosis instead of treating yourself. Too much iron in your body can damage your liver and cause complications. In addition, trying to self-medicate without knowing the reason for the problem, could delay appropriate treatment for a more serious condition. If your health care provider determines you have iron deficiency anemia, the next logical step is to discover why and treat the disorder. Treatment may be as simple as taking iron supplements and eating an iron-rich diet. If the anemia is from a more serious condition such as ulcers or cancer, the physician will follow the protocol necessary for treatment.

In most cases, you can prevent iron deficiency anemia by eating a healthy diet that includes iron-rich foods such as eggs, dark leafy vegetables, red meat and iron-fortified cereals. As the saying goes, an ounce of prevention is worth a pound of cure. **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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November 1-19

8th Annual Thanksgiving Food Drive: 10:00 a.m.-2:00 p.m., Jerry Durant Auto Group – GMC Dealership, 3118 Fort Worth Hwy., Hudson Oaks. Benefiting the Center of Hope of Parker County and hosted by Snow, Garrett & Company. There will be various drop-off locations throughout Parker County for non-perishable foods. Contact Snow, Garrett & Company at (817) 596-9301 for more information.

November 3

Free classes on end of life issues and loss and grief: 7:00 p.m., Santa Fe Health & Rehab, 1205 Santa Fe Drive. Area on Agency on Aging is hosting these free classes. Door prizes and light snacks provided. Register with Pam Brandon at (817) 528-9399.

November 4-6

First Monday Trade Days: 9:00 a.m.-4:00 p.m., 200 block of Santa Fe Drive.

November 5 and 12

Holiday candy making and homemade bread making classes: 9:00 a.m.-noon, Clark Gardens, 567 Maddux Road. Deadline to register is the Tuesday prior to the class. Cost is \$50, or \$45 for members. For more information, visit www.clarkgardens.com or call Beverly at (940) 682-4856.

November 9-27

Student art exhibition, Marjorie Black Alkek Fine Arts Center, Weatherford College, 225 College Park Dr. For more information, call (817) 594-5471.

November 10

Home for the Holidays: 10:00 a.m.-1:30 p.m., Coutts Memorial United Methodist Church, 802 N. Elm Street. Cost: \$10; includes lunch and a recipe book. Call Parker County Extension Office at (817) 598-6168 for details.

November 12

CDA Craft Fair: 9:00 a.m.-3:00 p.m., St. Stephen Catholic Church, 1802 Bethel Rd. The Mother of Serenity Court 2466 of the Catholic Daughters of the Americas hosts their second annual craft fair to raise money for scholarships and other charities. Stop by the church office Monday-Friday, 9:00 a.m.-3:00 p.m., call (817) 596-9585 or e-mail cdacraftfair@gmail.com.

Parker County Veterans Day Parade: 9:45 a.m., American Legion Post 163, 703 Eureka. This annual Veterans Day parade features special guest speakers, parade floats, events and a surprise flyover from Mechem and Alliance flying clubs.

Parker County 4-H Juvenile Diabetes Research Foundation Walk: Registration: 3:00 p.m.; walk

begins at 4:00 p.m., First Monday Grounds. For more information, call the Parker County Extension Office at (817) 598-6172.

The Blackwood Legacy Gospel Trio: 7:00 p.m., Community Baptist Church, 1101 West Ball Street. The entire Weatherford community is invited to this free concert. For more information, please contact Martin Parmer at (817) 599-0406.

November 17-20

Weatherford College student and community musical production, *How to Succeed in Business Without Really Trying*: All day; November 20 matinee: 2:00 p.m., Weatherford College, 225 College Park Dr. For more information, call (817) 594-5471.

December 1-17

Clark Gardens Holiday Festival: 3:00 p.m.-8:30 p.m., 567 Maddux Rd. Thousands of lights, horse drawn hay ride, model trains, Santa and carolers. Visit www.clarkgardens.org for more information.

Submissions are welcome and published as space allows. Send your event details to melissa.rawlins@nowmagazines.com.



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In The Kitchen With Suzanne McLennan

— By Melissa Rawlins

Bodie McLennan loves everything his wife, Suzanne, cooks, and his favorite dessert is her Chocolate Chip Cake. Cooking for and with her family — who always seem to gravitate to the kitchen — Suzanne especially enjoys holiday preparations. She and her granddaughters, Macy and Katy, begin with Suzanne's famous cutout sugar cookies, which they decorate with colored frosting and all manner of sprinkles. Macy and Katy have written their own cookbook for kids, *Cooking with Sugar and Spice*. And after Suzanne retired from education in 2005, she published her cookbook memoir, *Praise the Lord and Pass the Biscuits*. Beginning every Thanksgiving holiday with pumpkin bread, Suzanne cannot count the number of loaves she prepared for each "dedicated soul" who taught her children, Matt and Ashley. **NOW**

Pumpkin Bread

- 3 1/2 cup s flour
- 1/2 tsp. allspice
- 3 cup s sugar
- 1 tsp. salt
- 2 tsp. bakings oda
- 1/4 tsp. ground cloves
- 2 tsp. ground cinamon
- 1 tsp. ground nutmeg
- 1 cup Crisco oil
- 4 eggs
- 2/3 cup water
- 2 cups pumpkin
- 1 cup chopped nuts (optional)

1. Stir together all dry ingredients. Make a well in the center and add oil, eggs, water, pumpkin and nuts. Mix until smooth.
2. Grease and flour 2-3 large loaf pans. Fill each

pan about 2/3 full. Bake at 350 F for about 45 minutes to 1 hour or until done in center.

Bodie's Favorite Chocolate Chip Cake

- 1 18.25-oz. box chocolate cake mix
- 1 3.4-oz. box instant chocolate pudding mix
- 4 eggs
- 1/2 cup water
- 1/4 cup cooking oil
- 1 cup sour cream
- 12oz. semi-sweet chocolate chips
- 1 cup pecans, chopped (optional)

1. Preheat oven to 350 F
2. Mix together cake mix and dry pudding mix.

3. Stir in eggs, water and oil.
4. Fold in sour cream; stir in chocolate chips and pecans (if desired).
5. Pour cake into a greased and floured Bundt pan. Bake for about 50 minutes to 1 hour.
6. Allow cake to cool. Place cake plate on top of cake pan. Carefully invert pan so cake will sit on a cake plate. After cake is completely cool, dust with powdered sugar if desired. You can also place a nosegay of seasonal flowers in a small glass and place it in the center.

Sugar Cookies

- 3 1/2 cups all-purpose flour
- 1 tsp. baking powder
- 1 1/2 cups sugar
- 1 cup margarine
- 1 8-oz. pkg. Philadelphia cream cheese
- 1 egg
- 1 tsp. vanilla
- Non-Stick Cooking Spray
- Decorations (sugar sprinkles, red hots, chocolate chips, etc.)

Frosting:

- 1 cup powdered sugar
- 1 tsp. margarine
- 1-2 Tbsp. milk
- 2-3 drops food coloring
(be creative)

1. For cookie dough: stir together flour and baking powder in bowl; set aside. In large mixing bowl, combine sugar, margarine and cream cheese. Using an electric mixer at medium-high speed, mix until fluffy.
2. Add egg and vanilla and continue mixing until smooth.
3. Add flour and baking powder to creamed mixture; combine thoroughly by hand. Allow dough to chill.
4. Roll dough out on a floured surface, cut with cookie cutters into desired shapes and place on cookie sheets, lightly sprayed with a non-stick spray. Bake in 375 F oven for 8-10 minutes. Cool on wire racks.
5. For frosting: mix together powdered sugar, margarine and milk until smooth and the consistency of gravy. Add food coloring as desired.
6. Decorate as desired. (Cookie dough can be colored before baking to make colored cookies, if desired.) Dip each cookie, face down, into the frosting and place face side up on a wire rack to drain excess. Decorations adhere best if sprinkled onto cookie while frosting is still wet.

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