SHEPHERD COMMUNITY NEWS



Menu Demonstrations and Tasting...

Rustic Vegetable Pizza Mediterranean Beef Pitas Blueberry Cheesecake Bars Peach Pistachio Sorbet Baklava Cups

Moroccan Chicken Thighs Fresh Tomato Salad Roasted Cauliflower Fresh Beet Slaw

EXTENSION

Pre-registration required: No later than Tuesday September 1, 2015. Make checks or money orders payable to: San Jacinto County EPC and mail or bring to the Extension Office:

Mail to: Dinner Tonight P.O. Box 1086 Shepherd, Texas 77371

Other Cooking Schools:

September 15 in Milam County (Cameron), September 21 in Brazos County (College Station), September 23 in Walker County (Huntsville), September 24 in Montgomery County (Conroe), September 28 in Grimes County (Navasota), September 29 in Burleson County (Caldwell),

> September 30 in Lee County (Giddings) For more information contact:

Brandon Gregson- San Jacinto County Extension Agent or Janice Chamblee at (936) 628-6407

Educational programs by the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age or national origin. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas Cooperating. Persons with disabilities requiring auxiliary aids or special accommodations should contac the Extension Office at (936) 628-6407 at least one week prior to the event.

Dinner Tonight Healthy Cooking

School Road Show Just Weeks Away

Mark your calendars now to join us for food and fun at the Dinner Tonight Healthy Cooking School Road Show, which will be presented by Texas A&M AgriLife Extension Service. The local event will be held Tuesday, September 8, 2015 from 12:00 to 1:30 p.m. at the Shepherd Community Center located at 10251 Highway 150 Shepherd, Texas 77371. The doors

a healthy meal plan. In today's fast-paced lifestyle, nutrition and exercise

busy families enjoy healthy and delicious meals, and we even provide

quick and easy-to-make recipes from the Dinner Tonight Cookbook.

fitness tips to help people become more active.

Shepherd Intermediate School Grandparents Breakfast



Grandparents are our heritage and are important members of our families and community.

Shepherd Intermediate School would like for you to invite your grandparents or senior friends to join us in a celebration of National Grandparents Day. Here is an opportunity for you to spend some time and enjoy breakfast with your grandparents.

When: Friday, September 11, 2015 **Time:** 7:20 a.m. – 8:00 a.m. Where: Shepherd Intermediate School cafeteria Food: Breakfast can be purchased through the school cafeteria at a cost of \$1.75 per adult.

We will not require you to register at the office, however, the grandparents and guests must remain in the cafeteria. The grandparents and guests may not go to the students' classroom or other areas of the school. We appreciate you being a part of your grandchild's education and look forward to seeing you on September 11.



Have any good family recipes? Share them with us! You can send them to us through Facebook or email us! mcclains.shepherdnews@gmail.com

House of Mary Aims to Make



By Cyndie Schmidt HOM Marketing Specialist houseofmarymktg@gmail.com

A new ministry has been creating a lot of buzz across social media platforms over the past few weeks. House of Mary, a future crisis pregnancy maternity home, announced their fundraising launch on August 1, and has gotten nothing but full support from every corner of Polk County. The new ministry even has supporters stretching from Kentucky, Hawaii, and the United Kingdom.

The mission at House of Mary (HOM) will be to equip, empower, and enable women and teens in crisis pregnancy situations to raise the "Timothy Generation." This concept is based on the biblical passage of 2 Timothy 1:5, "I have been reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also." By offering expectant mothers a Christ-centered home environment, life skills classes, and community connections, HOM hopes to create a desire in them to provide more for their baby spiritually, mentally, physically, and emotionally.

The fundraising launch is "Phase 1" of many for HOM. During this phase they hope to raise enough funds to cover the majority of their start-up budget. This includes purchasing, building, or acquiring through donation two houses. State law does not permit housing minors and adults together, therefore they will need two separate houses in order to help expectant women of all ages. Funds raised during this time will also cover organization filing fees, utility set-up, and home repairs, among other expenses. Because HOM will be a Christ-centered ministry, all of their funding must come from generous donors and fundraising. Donations can me made online or mailed to House of Mary, P.O. Box 376, Livingston, TX 77351. A full list of financial needs (along with the option to donate) can be found on the HOM website, tackk.com/hom. So far, HOM has completed a successful t-shirt fundraising campaign and also has a benefit garage sale in the works for October 3.

HOM says their first priority is to bring glory to God and be obedient to His call. The committee members ask that the community join them in prayer and help spread the word as they launch this ministry. They believe HOM has the potential to change lives and impact generations to come. Connect with HOM on Facebook (facebook.com/houseofmaryministry) and Twitter (@ homlivingston) to stay up to date on the progress of this exciting new ministry.

Let's Welcome the New JC's Truecare Pharmacy Owners!



After 17 years of serving the Shepherd and surrounding communities, Mr. Juan Cantu would like you to welcome your new pharmacists and owners of JC's Truecare Pharmacy, Tim Schroeder, PharmD, MS, MBA and Kendra McMullin, PharmD. In August, JC's Truecare Parmacy will be merging with Bluejay Pharmacy based out of Spring, TX. Dr. Schroeder and Dr. McMullin bring a wealth of knowledge and expertise in compounded medications with a special emphasis on nutritional and hormone testing. JC's will now offer services in the following areas:

- 1. Veterinary compounding for your furry family members
- 2. Nutritional/Hormone testing and a full-time Nutritionist on staff (appointment only)
- **3.** Nutraceuticals for health and wellness
- 4. Compounded medications for bio-identical hormone therapy, pain relief, anti-aging, skin care, diabetes, and other areas.

The hours of operation will remain the same - open Monday through Friday from 9:00 a.m. to 6:00 p.m.

Please feel free to contact JC's Pharmacy located at 11011 Hwy 150, Shepherd, TX. Phone: (936) 628-2099 Fax: (936) 628-2530 We accept Medicaid, Medicare, Medicare part D

and most insurance cards (compounds – cash only)

Retired School Personnel to Meet

The San Jacinto County Retired School Personnel Association will resume its monthly meetings on Tuesday, September 1, 2015 at 5:00 p. m. at the Senior Center in Coldspring. President of District 6 Jamie Larson will conduct the program. All school personnel retirees are invited to enjoy a covered dish dinner and are asked to join our group.

Members are reminded to bring children's books for Care Share and Helping Hands. For further information, call President Don Leedy at (936) 377-3946.



Q: How do you organize a space party?



A: You planet!

County Extension experts from seven counties will conduct the food demonstrations. Door prizes will be given throughout the event. Each participant will be provided with a copy of the Dinner Tonight Cookbook and Texas Beef Council recipes in the registration bags. The unique cookbook contains 12 menus which include the entrée, sides, and dessert. This cookbook contains six bonus recipes and is perfect for busy families. We are targeting busy people who still want to make time for meal preparation and feel good about what they are feeding themselves and their family. Our goals are to celebrate family mealtime, teach families healthy meal planning and food preparation techniques, and promote Texas agriculture. The school is limited to the first 80 who register.

This is a unique cooking school because it's a road show. We recognize schedules are busy. So if the San Jacinto County date is not a good date, register for one of the other stops-September 15 in Milam County (Cameron), September 24 in Montgomery County (Conroe), September 28 in Grimes County (Navasota), September 29 in Burleson County (Caldwell), September 30 in Lee County (Giddings).

The cost of the event is \$20 in advance. Pre-registration is required one week prior to the event. Register by mail at P.O. Box 1086 Shepherd, Texas 77371 or in person at 11 Carrier Avenue, Shepherd Texas 77371. For additional information, contact County Extension Agent Brandon Gregson or Janice Chamblee at (936) 628-6407. You can also view recorded food demonstrations on our Dinner Tonight website at http://healthyliving. tamu.edu, with recipes that are easy to download.

Love sharing your opinion? **Share it with us!**



will open at 11:30 a.m.

We want to know what you think of Shepherd Community News! Please send us an e-mail telling us what you like, don't like, or think we could improve upon, because we think feedback is awesome, and we want everyone to love our paper just as much as we do mcclains.shepherdnews@gmail.com

By Yvonne Ryba

If you would like to win a Best Buy gift card for \$1,000, buy a raffle ticket from Habitat for Humanity. The drawing will be in Coldspring at Christmas on the Square on December 12, 2015. Habitat Executive Director, Debbie Hanson, is organizing this fund raiser for the non-profit business, which builds houses for those people unable to acquire a home by any other means. I will give you more information on this and Habitat for Humanity San Jacinto County, Inc. in the future. You can look them up on their website and they are always in need of volunteers. Their resale shop at 21 Live Oak St, which is behind Paradise Grill restaurant in Coldspring, seeks donations from any building supply which may be left over from your own projects. They also have furniture, office equipment, lighting etc, so have a look and see what bargain you can find there. You can also be a donor too! Of course, things change rapidly as items come and go so drop by often to see what has come in. Call (936) 653-1890 or (281) 659-5624.

I had lunch with a friend at a new place in Coldspring recently. 'Taco Bar' is exactly that, a small but cosy place to have a satisfying lunch. Situated across from the Court House on the north side, 'Taco Bar' is open from 11:00 a.m. until 2:00 p.m., from 10:00 a.m. until 1:00 p.m. on Saturday. Lunch plates are \$6.75 for an entree and two sides. Drinks are \$1 each. We had the Watermelon drink which was very refreshing. You can choose marinated pork with grilled onions and pineapple or chicken or Carnitas which is spicy pulled pork. Alex Dominguez and his mother in law Merlui run the business. The food is fresh and tastes wonderful and if you don't want to have the lunch plate, you can buy a taco for just \$2.50 each.

We had a ribbon cutting this last week for the new business in Shepherd, Blessed Assurance HomeHealth Care. I mentioned this faith based business last week. It is very well organized and offers many services from 24/7 nursing to help with medications and wound treatment. Call Sheri at (936) 585-4519 or (936) 933-0611 to know more or call in to their office at 11231, Suite A, just along from the Chamber and EDC office. Blessed Assurance gave a lovely reception after their ribbon cutting, thank you for your great hospitality Sheri and her staff!

> Coldspring- San Jacinto Chamber of Commerce, 31. N. Butler St, Coldspring, 73371 (936) 653-2184 www.coldspringtexas.org Shepherd Chamber of Commerce, 11231 Hwy 150, Shepherd, 77371 Mail to: PO Box 520, Shepherd

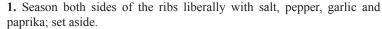
(936) 628-3890 www.greatershepherdchamberofcommerce.org For a FREE business consultation with Director Bob Barragan of Sam Houston State SBDC. Call your nearest Chamber. Bob has been the Director for many years of the Small Business Development Agency at Sam Houston State and is happy to help anyone who has questions or needs more information. Call the Chamber nearest you to make an appointment.

Buy \$mart, Eat Well

Fall Off the Bone Baby Back Ribs

Ingredients

- 2 packs baby back ribs (on sale \$2.99lb!)
- BBQ sauce (Kraft on sale \$0.99ea!)
- 3-4 onions, peeled
- 2 tsp. liquid smoke (optional)
- ½ cup beer or water (approximately)
- Salt
- Pepper
- · Garlic powder
- Paprika **Directions**



2. Slice onions into ½" rings and place them in the bottom of a large roasting pan (or two smaller ones—use whatever you need so that the ribs can cook in a single layer. This is to create a layer that will keep the ribs elevated so that they're never sitting in liquid.)

3. Pour just enough beer into the pan to cover the bottom. *I used a hard* apple cider—use whatever you have, the beer just brings an aromatic element to the recipe. Add liquid smoke to the beer.

4. Arrange rib racks in a single layer on top of onion slices. Cover pan tightly with two layers of aluminum foil (if your pan has a lid, cover with a layer of aluminum foil and the lid). Bake at 300 degrees for 4 hours. Remove ribs from oven and uncover.

5. Drain pan juices from pan (either with a turkey baster or by carefully tipping the pan). Baste ribs with barbecue sauce and return to oven. Continue baking ribs, uncovered, for 15 minutes. Remove ribs from oven, tent with foil and let rest for 15 minutes before serving.

Make It A Meal! Cook up a big ole pot of beans (Bush's Baked Beans, Ranch Style Beans & Van Camp's Pork N Beans all on sale!) and a bowl of potato salad (5lb bag potatoes, Hellman's Mayo, French's Mustard and Del Dixi Relish all on sale!) to make this a delicious BBQ meal worthy of Labor Day! Recipe from www.southyourmouth.com

Obituary

James W. "Pete" Spurlock



September 25, 1924 - August 10, 2015

James W. "Pete" Spurlock, 90, of Shepherd, Texas passed away on Monday, August 10, 2015. He was born on Thursday, September 25, 1924 in Shelby County, Texas to George Jefferson Spurlock and Berthie Elva Spurlock, both of whom have preceded him in death. James was also preceded in death by his wife, Cecil Laverne Spurlock and three of his sisters and 1 brother. Left to cherish his memory is his loving family, Janie Hollie and husband Buddy, Jimmie Spurlock, Linda Baloy and husband Steve; sister, Helen Estes; grandchildren, Tim Robison and husband Gary, Debbie Hollie, James Hollie and fiancé Brenda, Christy Baloy, James Baloy and wife Delisha, Carolyn Spurlock; great-grandchildren, Peyton, Camryon and Carson Robison, Cody Johnson and fiance' Nichole, Cody Hollie, Dyllan Hicks, Trent, Aulstin and Case Baloy, T.J. Wiley and Amanda Cole; great great grandchild, Drayden Johnson, along with numerous other loving family and treasured friends.

Visitation for James was held at Neal Funeral Home on Wednesday, August 12, 2015 from 6:00 p.m. to 9:00 p.m. Funeral Services were held at Neal Funeral Home on Thursday, August 13, 2015 at 4:00 p.m. Interment for Pete immediately followed at Morgan Cemetery. Reverend Trey Buxton officiated.

All services were handled under the trusted care of Neal Funeral Home.

Senior Menu

TUE 9/1: Pork loin & Gravy, Mashed Potatoes, Lima Beans, Cornbread,

WED 9/2: Chicken & Dumplings, Greens, Tossed Salad, Cornbread, Fruit THUR 9/3: Breaded Pork Cutlets, Gravy, Tater Tots, Purple Hull Peas,

Cornbread FRI 9/4: Chicken Quesadillas, Mexican Corn, Cheesy Refried Beans,

MON 9/7: CLOSED FOR LABOR DAY

TUE 9/8: Smothered Chicken in Brown Gravy, Buttered Rice, Green Lima Beans, Cornbread, Salad, Fruit

WED 9/9: Fried Fish, Hush Puppies, Tater Tots, Carrot & Raisin Salad, Tossed Salad, Banana Pudding

THUR 9/10: Pork Roast, Mashed Potatoes, Gravy, Broccoli & Cheese,

Rolls, Salad, Fruit FRI 9/11: Chicken Lasagna, Mixed Veggies, Rolls, Salad, Fruit

MON 9/14: Meatloaf, Cheesy Potatoes, Black-eyed Peas, Cornbread, Salad, Fruit

TUE 9/15: Beef Sausage, Grilled Onions & Sauerkraut, Corn Casserole, Wheat Bread, Salad, Fruit

WED 9/16: Fried Chicken, Mashed Potatoes, Cream Gravy, Cabbage, Salad, Rolls, Fruit

THUR 9/17: Salmon Patties, Pasta Salad, Fried Okra, Garlic Bread, Salad, Fruit FRI 9/18: Egg Rolls, Sweet & Sour Sauce, Fried Rice, Squash, Salad, Roll, Fruit MON 9/21: King Ranch Chicken, Pinto Beans, Fried Okra, Cornbread,

TUE 9/22: Hamburger Patty with Onions, Brown Gravy, Mashed Potatoes, Greens, Cornbread, Salad, Fruit

WED 9/23: Chicken & Dressing with Gravy, Buttered Yams, Green Beans, Salad, Rolls, Pudding

THUR 9/24: Grilled Pork Cutlets, Hash Brown Potatoes, Crowder Peas & Okra, Corn Muffins, Salad, Fruit

FRI 9/25: BBQ Chicken, Potato Salad, Baked Beans, Wheat Bread, Salad, Fruit MON 9/28: Chicken Spaghetti, Beets, Corn Casserole, Garlic Bread, Salad, Fruit

TUE 9/29: Pork Loin, Brown Gravy, Mashed Potatoes, Fried Okra, Cornbread, Salad, Fruit

WED 9/30: Griddled Hamburger Steak & Gravy, Stuffed Baked Potato, Cabbage, Rolls, Salad, Pudding

Second Tuesday Of Each Month Dessert Includes Birthday Cake/ Menu's Are Subject To Change Due To Availability Call (936) 628-3733 By 9:30 a.m. To Reserve A Meal

Senior Citizens Center Monthly Newsletter

We would like to take this opportunity to say a special "JOB WELL DONE!" to Brenda Myers, Executive Director of Community and Children's Impact Center and her staff. Brenda, and volunteers she recruited, helped an elderly gentleman of our community in need of assistance with issues at his home. This organization stepped up to the plate because they are an important part of a caring community. Thank you!

We are planning to have Bingo on September 3rd and September 17th, from 9:30 a.m. until approximately 11:00 a.m. Cards cost 25 cents each with a maximum of 4 cards per player. Come join the FUN! If you like to play cards or dominoes come join in and get a game started and enjoy the fellowship, conversation, and enjoyment of being with others.

If you are bored at home, the kids are back in school and you have time on your hands, come see us about volunteering at the center. No matter if you only have a couple hours a day, a week, or a month. Come help us make a difference in the community we serve.

Our volunteers are a special group of caring individuals and we thank them for all the hard work they do. They are the perfect example of giving without expecting something in return. They give their time and that is the most valuable thing to give.

Want to have lunch with us? Check out the menu in the McClain's Shepherd Community News, call us at (936) 628-3733 or come by and pick up a copy of the monthly menu to hang on the refrigerator. Select your favorite menu then call us by 9:30 a.m. and let us know you are coming! We will set a place for you at the table! Our kitchen staff, lovingly prepare home cooked meals 5 days a week for our guests. We strive to make everyone feel welcome and hope they leave with full tummies and ready for a nap when they get home! Your meal includes meat/entrée, veggies, bread, dessert, and a drink. Hope to see you soon!

Lastly, our resale shop is open Monday through Friday from 8:30 a.m until 1:00 p.m. We are always rotating our stock and are willing to help you find items you may be searching for. We have "BAG DAY" on September 4th and September 18th. Fill a grocery bag level full with clothing only for \$3.00! What a deal!



<u> McClain's Food Market''</u> Like us on Facebook

New Releases Coming to McClain's **DVD** Kiosk This Week



Mad Max: Fury Road (R) action/adventure: A woman rebels against a tyrannical ruler in post apocalyptic Australia in search for her homeland with the help of a group of female prisoners, a psychotic worshiper, and a drifter named Max, who is anything but happy.

Starring: Tom Hardy, Charlize Theron, Nicholas Hoult

I'll See You In My Dreams (PG-13) comedy/drama: A widow and former songstress discovers that life can begin anew at any age.

Starring: Blythe Danner, Martin Starr, Sam Elliot

McClain's does not maintain Cajun DVD movie kiosk and therefore cannot guarantee all movie releases.

September 2, 2015 Community Classifieds

YARD WORK: I want to mow your grass! Please call (936) 714-4299. METAL WANTED: I want your junk cars, trucks or any metal. Please call (936) 714-4299.

WANTED: Affordable housing for senior widow with dogs in desperate need of affordable housing. Please help. 281-709-8893

WANTED: All non-working A/C units, washers, dryers, stoves, ice boxes, riding mowers, motorcycles, campers & 4-wheelers. Please call (936) 252-9043.

FOR RENT: 2 bedroom/1 ½ bath home on 13 acres in Coldspring/Camilla Area, \$550 per month, first and last months rent, no deposit. Please call (936) 217-5217.

FOR SALE: Lots in north end of San Jacinto County, access to boat ramps. Please call (936) 714-4299.

FOR SALE: '99 Eddie Bauer Ford Expedition, low mileage, extra clean, 7 passenger 3 seats, dual air, "loaded". Perfect school car! Only asking \$4200.00 cash. Please call (936) 653-5231.

FOR SALE: Nice spotted saddle horse, 8 year old gelding. Very good riding horse, gaited. Asking \$1,000.00. Needs a little work. Please call Carol at (936) 933-8917 if interested.

FOR SALE: Porcelain Doll collection. Several Shirley Temple dolls, from Ashton Drake Gallery, very reasonable. Please call Carol at (936) 933-8917.

Community Calendar

9/1: Retired School personelle to meet; 5PM Senior Center in Coldspring. 9/4: Bob Brannagan's monthly consultations with current or prospective business owners, 10am-noon/Chamber Office

9/4: Senior Resale Shop Bag Day

9/7: City Council Meeting, 7pm/Community Center

9/7: Monday EDC Meeting, 7pm/EDC Building 9/8: First station auxiliary meeting at 7PM

9/11: SISD Grandparents Day Breakfast

9/13: Grandparents Day

9/18: Senior Resale Shop Bag Day

9/28: Shepherd Chamber of Commerce meeting, 6pm/EDC

Church News

HARMONY CHURCH: An independent spirit filled church with life message services—Sunday Bible class 10:00 a.m.—morning worship 11:00 a.m.—Sunday evening 6:00 p.m.—Wednesday evening 6:30 p.m. Third Sunday pot luck, men and women's groups. Come worship with us! Rev. Ben Cartwright, Pastor HARMONY CHURCH: We will be having our Annual Bar-B-Que on

September 4th & 5th! There will be a change in the menu this year! We will have pulled pork, chopped beef and sausage sandwiches with potato salad, beans and bread. Due to the rough budget year and the changing leadership we are unable to provide our usual briskets. Next year it will be back. Please bear with us as we adjust. Thank you for all your support. God Bless. SPRING HILL BAPTIST CHURCH: We would like to extend an invitation to come and worship with us at Spring Hill Baptist Church for our Church Anniversary on September 27, 2015 at 3:00 p.m. Theme: "The Chosen Church" Rev. Clement Hutchinson & Mount Zion BC.

SPRING HILL BAPTIST CHURCH: Pastor's Aide Program on October 11, 2015 at 3:00 p.m. Theme: "Roar Like a Lion" Rev. Roy Milburn, Jr. & North Mount Olives MC. Contact Sister Rosie Reed (936) 653-4531.

SHEPHERD CHURCH OF CHRIST: We will celebrate our 50th Anniversary & Homecoming on September 13, 2015 with Bro. Bill Yasko. The church had its first Service in their present building on September 5, 1965 with Bro. Woodrow Pringle as the preacher. Please come & celebrate with us. There will be a covered dish luncheon following the morning worship service in our "Outback Building" which we didn't have back then.

Pastor's Aid Program

October 11th at 3:00 p.m. at the Spring Hill Baptist Church 9130 State Hwy 150 West, Evergreen, TX Guest Speaker: Rev. Milburn North Mt. Olive Baptist Church Cleveland, TX **Theme:** Laboring for the Lord **Scripture:** 1 Corinthians 15:10 But by the Grace of God I am what I am: and his grace Which was bestowed upon me was not in vain. But I labored more abundantly then them all: Yet not I but the grace of God which was with me. Pastor Dr. Frank L. Mason Jr. For more info please contact Sis. Rosie Reed (936) 653-4531

Business News

ATTENTION

Due to the increasing number of business ad submissions there will now be a fee implemented for submitting a business advertisement into the Shepherd News newspaper as of May 28, 2015. The fee will be \$20 per business advertisement per week, or \$75 for four weeks. Ad cannot exceed the size of a regular business card. Payments will need to be given to McClain's Courtesy Booth at time of submission. If you are emailing your ad directly to Shepherd News, a payment will still need to be dropped by the Courtesy Booth. We will only be able to take cash for advertisements at this time. All advertisements subject to available space. If allotted space is not available, ad will be pushed back to a later week at editor's discretion.



Inside Valero Gas Station on Highway 59 2 Free Cookies with this ad!



For news or special events to be published in Shepherd Community News: Drop off your information/picture at McClain's, e-mail to mcclains.shepherdnews@gmail.com, or fax to (936) 628-2866. Information may not be taken over the telephone. Include contact information on your request to have something published Our deadline is 6 p.m. Tuesday for the following week.