

# Organic

From page 1C  
never heard of," she said.

About a year after his 2005 flare, Matt Cadman had another, more severe flare. "He is 6-foot-5 and went from about 165 pounds to 120," she said. "He looked like someone straight out of a concentration camp... He nearly died."

She said they had been eating some organic foods, some of which were difficult or nearly impossible to consistently get, and just decided to get their own ranch, with grass-fed chickens and animals grown without taking antibiotics.

The couple started with a small ranch in Hallsville before moving to a 103-acre ranch near Aringer, where they have 250 free-range laying hens, 28 grass-fed heads of beef, nine milk cows, as well as free-range pigs. The two organic engineering graduates support their family by ranching. Information about the ranch, including recipes,

are at [www.shadygrove-ranch.net](http://www.shadygrove-ranch.net) or (800) 885-7078.

Cadman credits organic foods with improving her husband's health and her own. "He's had a mild flare, but we believe he will never be hospitalized again," she said. "He said his digestive system is probably as healthy as the average American's."

She also said she believes her sons will live healthier lives because of it.

Eating organically means more than just raising a lot of their own food, which in itself takes a lot of toil and time. It means making almost everything from scratch, and doing so on a daily basis, as restaurants don't offer meals made entirely of organic dishes.

"It's a lot of work. I'm a stay-at-home mom, and I have time — or I make the time ... but his health, my health, our sons' health, well, it's just our worth."

The story is a familiar one to Danielle Heard, a certified holistic counselor and certified natural whole foods

chef.

Heard, who holds a series of workshops on shopping for and preparing organic foods, said that a lot of people who attend the classes are sick by the time she sees them.

"Most people have been everywhere and tried everything before they're ready to try this," she said.

The 44-year-old said she practices and teaches a whole foods lifestyle.

"It isn't just taking (vitamin) supplements," she said. "It's a lot of things working synergistically that make up a nutrient rich diet."

"What you don't ingest is as important as what you do, she said.

"No pesticides, no herbicides, no fungicides," she said, explaining that these cause free radicals in the body, which can lead to cancer or heart disease.

"Consumers think they wash it off. The fruits, you can't wash the fruits and vegetables thoroughly enough to remove it," she said.

She also opposes eating antibiotic fed farm animals. Like the Union of Concerned Scientists, she claims farm animals are routinely given antibiotics, even though they aren't sick, making antibiotics less effective in the human population.

Despite being called farm animals, many pigs and chickens are grown in nothing short of factories, "never seeing the light of day," she said.

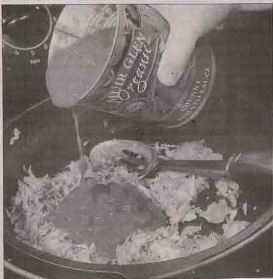
And the pesticides, fungicides and herbicides are bad for the environment.

"So eating ethically is basically good for you, good for the planet and good for farm animals," she said.

Like Cadman, she admits it is time consuming and requires dedication.

"I did this out of necessity," Heard said.

"At 28, I was diagnosed fibromyalgia, mixed connective tissue disease, and a type of genetic depression ... I had terrible allergies and sinus infections most of my life and was looking at being sick for the



Jerica Cadman opens a can of organic whole peeled tomatoes Thursday as she cooks at her home outside of Aringer.

rest of my life."

She said that within two months of being on the diet she created for herself, she was better, and now is one of the healthiest people she

knows.

Heard created Artemis in the City in 2007, a business of teaching others. For information and recipes, visit [www.artemisintheCity.com](http://www.artemisintheCity.com).

# Inmates

From page 1C  
Devin Olquin, Williamson County, and DeAndrea Moffett, of Dallas County, both 16 and participants in the Juvenile Center's long-term residential program, received the honor of being Alice's first trainees.

Although the boys signed releases allowing the newspaper to interview them and use their pictures for the story, Henocraft said she could not reveal what crimes the boys had committed.

However, Henocraft said all youth at the facility had committed at least a Class B misdemeanor.

Devin and DeAndrea were selected to be Alice's trainers after writing the most compelling essays about why they should be chosen for the position.

Devin won the essay contest, while DeAndrea came in second place, but the decision was made to make DeAndrea, the assistant trainer and alternate the responsibilities for caring for Alice between the two boys.

Upon his arrival at the facility, Devin said things were rough. His stay at the facility was prolonged by policy violations.

For him, Alice proved to be a godsend.

Rescued from the Victoria City/County Animal Shelter, Alice is known to many as a sweet little dog who enjoys cuddling in laps, which she did many times this week.

"I didn't know if she was going to like me or not. I didn't think we would get along," said a tattooed Devin as he stroked Alice's fur while she lay contently in his lap. "She was just looking up at me. I picked



AP Photo/The Victoria Advocate

Sixteen-year-old Devin Olquin kisses Alice, a terrier mix dog that is part of a therapy program. Olquin is Alice's first trainer. "Well, Alice loves me and I love her 10-times more," he wrote in his journal.

her up, and she started licking me."

The two quickly became inseparable.

Every day, Devin is responsible for taking Alice to the bathroom, making sure she has adequate food and water; taking her to class with him; making sure she gets enough exercise, and, most importantly, providing her with love and attention.

Excerpts from Devin's journal tell the story of his growth as an animal trainer and the

growth of his relationship with Alice.

Day 1: "Working with Alice today was wonderful. I already taught her how to heel, go to her kennel ... She's a real fast learner. She also knows when to sit on my lap and when to get off. I'm still working on her sitting."

Day 8: "The best and smartest dog I've ever seen. We just need to work on keeping her focused. Other than that, she's great."

Day 11: "Well, Alice loves me, and I love her 10-times more. She got a wonderful bond. She's got her paws on me right now wagging her tail. I'm really going to be sad if I have to give her up and not take her home."

As Alice playfully licked his hand, Devin said she has taught him responsibility.

"I don't see her as my friend. I see her as my daughter," he said. "She has really opened up my heart and made me a calm person."

# Amish

From page 1C  
PBS filmmakers spent a year on "The Amish," getting to know the people and building trust that they weren't looking to exploit the church. They learned their way around the restrictions. While church rules prohibit the Amish from posing for pictures, filmmakers could take footage of members working on farms or walking into church — at least to a point.

"There will be a time when someone walks over and invites you to leave, and you need to respect that," Samels said.

Similarly, they don't give on-camera interviews because of a tradition of individuals not calling attention to themselves, said Donald Kraybill, a scholar at Elizabethtown College and author of books on the Amish. Church members did speak off-camera, and as a result, the PBS film is essentially narrated by the Amish.

Kraybill, who advised the PBS filmmakers, said "The Amish" was very well done, even historically because of the breadth of knowledge it offers. "They did it with a remarkable measure of respect and integrity, with an enormous amount of sensitivity to the Amish moral guidelines," he said.

The Amish have no central church structure, and have many different subgroups of ten distinguished by the color of their buggies. Each congregation has about 25 to 35 different families, with services held in homes and conducted by members. The 1,900 congregations make their own rules; some don't permit members to ride bicycles, for instance, while another one a few miles away may allow it.

"You say, 'What do the Amish think and believe?' and you have to ask, 'Which Amish are you talking about?'" Samels said. "It's maddeningly complex."

Society's modernization created conflicts with the Amish way of life. They resist laws requiring smoke detec-

tors in homes, believing a machine should not interfere with God's will. For years, Pennsylvania fought against the Amish tradition of removing their children from school after the eighth grade, until the U.S. Supreme Court permitted it in 1972.

A tragic narration of the real world into the Amish way of life came in 2008, when a man entered a one-room schoolhouse in Lancaster County, Pennsylvania, and shot 10 Amish girls, five of them fatally, before committing suicide.

What seemed remarkable to outsiders was that several Amish went to the home of the assailant's family that night to offer forgiveness. Thirty Amish went to the funeral, including some parents of his victims.

The PBS filmmakers speak to the parents of one dead girl, and it's evident how difficult it was to forgive. "I cry," the mother said. "It hurts."

"You can hear the tension in that woman between her beliefs and her emotions," Samels said. "She's as angry and grief-stricken as any of us (would) be, but she's finding solace in her beliefs."

The interview nearly forced Samels into a difficult decision. The parents consented to speak to PBS, but insisted that actors deliver their words instead of them. Valuable as the interview was, Samels was concerned this would hurt the film's authenticity. Finally, near the end of filming, the couple changed their minds and spoke.

The Amish "also includes interviews with two people who have left the church, unable to handle the sublimation of individuality, and addresses the difficult topic of shunning. People who leave the church are cut off by their family and friends as if they are no longer alive, an excruciating fate in a community that sticks so closely to itself."

"We didn't want it to be this romanticized view of the Amish," Samels said. "We wanted it to be real."

- If you go**
- **What:** Zonta Club of Longview Antiques Show and Sale
  - **When:** 10 a.m. to 6 p.m. Friday and Saturday, 11 a.m. to 4 p.m. March 4
  - **Where:** Maude Cobb Convention and Activity Center
  - **Why:** To raise money to fund area scholarships and to provide grants for many in the Longview area assisting women and children.
  - **Other:** The Zonta Tea Room and Dessert Bar will provide lunch, snacks and a variety of pies.
  - **Cost:** Tickets are \$10 for a weekend pass.

**Zonta**

From page 1C  
nishings and accessories.

"Our vendors come from all over the United States," she said. "This is going to be our largest show ever."

While many attendees come for the chance to view antiques, Lawrence said another big draw for many is the Zonta Tea Room and Dessert Bar. Zonta Club volunteers will be serving a variety of lunch entrees, snacks and dozens of types of pies made from popular recipes that keep guests coming back.

The show kicks off at 10

a.m. Friday and will wind up at 4 p.m. Sunday. While antiques and fine food may be the focus of the weekend, Lawrence said all the effort is to raise money that will be returned to the Longview area in the form of grants to local organizations helping women and children and to fund scholarships provided to local students.

"This is our biggest fundraiser of the year," she said. "Last year we were able to award \$17,000 in grants and \$8,750 in scholarships that were awarded to

local students."

Among groups receiving grants in the past year were Longview's Partners in Prevention, the Interfaith Hospitality Network, Longview Habitat for Humanity and the Parenting Resource Center, she said.

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**ZONTA Club of Longview**  
Presents the 35th Annual  
**Antiques Show & Sale**

Featuring the Zonta Tea Room & Dessert Bar

**\$10 Weekend Ticket**

Friday & Saturday, March 2 & 3  
10AM - 6PM  
Sunday, March 4  
11AM - 4PM

**Maude Cobb Convention & Activity Center**  
located at 100 Grand Boulevard just off of Cotton Street

Proceeds to support non-profits helping women & children