

## FEATURES

# 34 Kurt Stallings

### BALANCING FITNESS & ADVENTURE THIS HOLIDAY SEASON

Join us as we spotlight Kurt Stallings, owner of 806 Fit, whose passion for personal fitness began in high school and has evolved into a thriving career. From steer wrestling on the college rodeo team to guiding hunts in the breathtaking Palo Duro Canyon, Kurt exemplifies how to maintain a healthy lifestyle while enjoying life's adventures. Discover his tips for celebrating the holidays without sacrificing your fitness goals!



12  
UPDATE

#### AMARILLO COLLEGE STEM RESEARCH CENTER

Established in 2018, the Center is a hub of innovation, collaboration and education.



23  
ALFRED ROWE

#### FOUNDER OF MCLEAN + RO RANCH, LOST ABOARD THE TITANIC

Uncover the story of Alfred Rowe, founder of the RO Ranch and the town of McLean. A frequent traveler to England, Rowe was aboard the Titanic when it tragically sank.



30  
GUEST EDITORIAL

#### DR. HOWIE BATSON REFLECTS ON GRATITUDE

Being grateful really is life-changing, isn't it? It unlocks the fullness of life and turns what we have into enough, and more.

#### 20 TALES FROM TOMMY: STORY OF AN OL' TOUGH COWMAN

An old-timer said Brooks was a good bronc rider when he was young. Even after he was old, he'd ride horses young men wouldn't.

#### 21 ONE SQUARE INCH: BEDBUGS, BLISTERS AND BAGGAGE

Travel blessings sometimes come from the most unlikely sources.

#### 44 PARENTING: HELPING FAMILIES DURING DIFFICULT TIMES

When someone around you is dealing with an extended illness or a prolonged hospital stay, it can be difficult to know how to help. Some of the best ways to help are simple actions that can leave a lasting impact.

#### 47 ENTERTAINING IDEAS: SOUP IS NOT A MEAL, OR IS IT?

Different soups are perfect for various seasons, as they reflect seasonal ingredients and the kind of comfort you might crave

depending on the weather. They are the perfect way to celebrate fresh produce or stay cozy all year!

## DEPARTMENTS

6 **Buzzwords:** Business news on people, promotions, moves and more.

8 **Calendar:** Christmas Roundup...Quilt show...WRCA World Championship Ranch Rodeo...Tidings of the Trees... plus Balls and football!

11 **In Focus:** Ladd Lecture - Dr. Nicole R. Myers from Dallas Museum of Art spoke on The Impressionist Revolution.

14 **Good Cause:** Pictures from the Medical Center League House's Dinner in the Garden.

15 **Night Out:** Great entertainment at Martha's Home's A Night on the Town: New York.

16 **Alma Mater:** This year's WTAMU Distinguished Alumni Awards honored Dr. Jim Cornette, Brenda Schroer, and Clay Stribling.

32 **Fun Time:** Beautiful day for the 3rd Annual Valerie Kiper ALS Golf tournament.

33 **Saddle Up:** Hutchinson County Historical Museum's Cowboy Poetry & Song Gathering.

42 **Good Time:** HOPE gala spectacular evening to raise money for cancer, especially for those in need in Hutchinson County.

54 **Chomp:** Ideas on eating out or picking up a meal to go.



On the cover:  
Kurt & Audrey  
Stallings

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