

AUGUST 2012

AVENUES

A Free Magazine for the Ozarks

Health & Wellness in the Ozarks

- **Patient Comfort:** Down to an art
- **White River Medical Center:** Building for the future
- **Two new VA clinics** coming to the Ozarks

Also:

10 A MODERN FLAIR FOR
COUNTRY LIVING

The home of Chad and Sarah
Bookout of Horseshoe Bend, Ark.

40 LADIES, IT'S TIME TO
ROCK THIS HOUSE

42 MAKING A DIFFERENCE,
ONE VETERAN AT A TIME





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Letter from the editor

“Knowing trees, I understand
the meaning of patience.
Knowing grass, I can
appreciate persistence.”
- Hal Borland

Well, it's been a dry and brittle summer so far – I know my poor Ozarks garden sure isn't doing very well. Hope your gardens are doing a bit better.

In this edition of Avenues, we're going to try to green things up a bit by touring the beautiful farm home of this year's IZARD COUNTY Farm Family, Chad and Sarah Bookout, and focus on the local medical providers in our area. We'll meet up with the new Fulton County Hospital Administrator, check out the new wing at White River Medical Center, learn about two new Veterans Clinics opening up in the Ozarks and about an organization that is helping veterans to find the services they need, and meeting a very special – and talented – hospital volunteer.

So kick off your shoes, find a shady spot to relax in and enjoy this month's edition of Avenues.

Niki



AVENUES

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STORY BY TAMMY CURTIS
PHOTOS BY STEVEN LOONEY

A Modern Flair in Country Living

The Home of Chad and Sarah Bookout of Horseshoe Bend, Ark.



FAMILY HEIRLOOMS with a touch of modern flair are the essentials in the home of Chad and Sarah Bookout of Horseshoe Bend.

Making their home on a quaint farm that represents eight generations of Bookouts, with a deed dating back to 1843, Chad and Sarah's home incorporates plenty of family history, while remaining comfortable and showcasing an air of beauty and simplicity the couple loves. Chad's brother, Brad, of Precision Plus Construction, built the house from plans the couple began making in 2005.

They started building the house the day they got married 16 years ago, by ripping out pages of magazines and dreaming of the perfect home they would eventually build.

The three-level home, located just south of Horseshoe Bend, sits alone in the middle of the family's farm. The living area is showcased by huge floor to ceiling

windows, and a fireplace that give the living area a cozy feeling. The wood floors add to the open, airy feeling as do the tall ceilings.

With an open floor plan that is perfect for entertaining, Sarah loves the industrial stove in the family's kitchen, and this stove gets a workout. Living in the country a good distance from many restaurants, she said she loves to cook, and cooks every meal at home. Thanks to the open layout, she can enjoy her family from the adjoining living room. Sarah said Chad tells people, "I couldn't get a belly like this without her cooking." The lights above the island that separate the kitchen from the living room are unique, looking similar to lights that hang over gas stations.

Surrounding the Bookouts are little mementos and treasures of generations of both sides of their family. Nearly every item in the house has a purpose, and, for the most part, was either handed down from a family member or incorporated into

the décor from a special memory or event. The living room walls have built-in shelving, adding to the rustic appeal on either side of the fireplace. Sarah has some unique family heirlooms, including a very old Paul Bunyan toy. She said her mother's family was from Minnesota so the figure was a fitting piece to pay tribute to him. Also gracing the shelves are old Prince Albert cans and tractors that were her grandfathers.

The china cabinet is laden with family dishes and interesting pieces of her mother's. Sarah explained she grew up in



Mountain Home, but her family had everything organic, from milking their own cows to making their own bread. This is something Sarah still strives to do at home. Although eating healthy is a concern, she does not milk her own cows. She laughs as she recalls her first encounter with chocolate milk after entering public school in second grade. "I saw the chocolate milk in the lunch room and thought, 'Oh, I will have some,' and after tasting it, that stuff tasted awful. My chocolate milk at home was always made with black strap molasses."

On display near her china cabinet is a portrait of a woman who resembles Calamity Jane. Sarah explained the cowboy-hat sporting woman is actually her mother, Sandra Dodge, who she said is an "avid cowgirl." Sarah also shares her love of riding, and said she can't wait until her children can ride horses at her mother's house. Sarah's mother made sure to get an early start on instilling a love of horses into her grandchildren by making them a wooden rocking horse that her daughter, Dylan, rides every day.

In the dining area, a unique wooden

two-piece sled graces the floor. Sarah explained her grandfather used a sled similar to it up until 1994. The piece is an antique version of sleds children rode years ago. Also in the dining area is what Sarah calls, "a piece of our first home" – an antique butter churn. The couple's first home was given to them by Chad's grandfather, after the contents of the 1900s home were liquidated. When they moved in, they found the churn was overlooked during the sale, because it was hidden in a closet. It is displayed proudly as a memory of their first home. A vase containing





For beautiful eyes, look for the good in others, for beautiful lips, speak only words of kindness, and for poise, walk with the knowledge that you are never alone
Audrey Hepburn



For beautiful eyes, look for the good in others, for beautiful lips, speak only words of kindness, and for poise, walk with the knowledge that you are never alone.

Audrey Hepburn



cattails native to the Wisconsin area where her father was from serves as a decorative piece near the sled.

The main floor also features the family's office, where farm records are maintained. It is not without memories, as the wall is laden with quilts and blankets, something Sarah says she loves. Her best friend, Ashley, who owns The Quilted Heart in Horseshoe Bend, made a quilt for her after she served as maid of honor in her wedding. The piece is stitched with an Audrey Hepburn quote. She laughed and said "She was always Audrey Hepburn and I was Marilyn Monroe." An Indian blanket her mother picked up when she was a teenager is the prominent piece in the office area, while a chair from her grandfather serves as an accent piece.

The upstairs, which overlooks the large living area in a loft design, is the location of Chad and Sarah's bedroom. Neutral colors set off a beautiful chest that Sarah's father-in-law gave her as a graduation gift. "I sanded it and painted it myself," she said. Her love of horses is also evident in a large painting on the wall. The horse in the artwork is reminiscent of her horse, Lady Bell, and she received the print as a Christmas gift, also from her father-in-law. Perhaps the most special piece in the couple's bedroom is the rocking chair. Sarah laughs and said, "My dad picked that up at a garage sale before I was born and it was tattered. My mom rocked all of us kids in it, and I rocked both my kids in it too." She refinished the rocker, and added leather accents to the back to provide more comfort.

The couple's bathroom is also a center for relaxation, with a large whirlpool tub as the center. The tub was created from one in a room at a bed and breakfast the Bookouts stayed in on an anniversary trip. Her love of Marilyn Monroe is obvious, as a visitor's first glimpse of décor in the bathroom appears as a reflection of the late movie star in the mirror.

The downstairs is what Sarah calls the children's "domain." Besides housing the bedrooms of both four-year-old Cole and two-year-old Dylan, there is also a family room with the pool table that was in



Chad's home as a teenager, and a bar area. Cole's room is decorated in a western theme, with tractors and other symbols of farm life highlighting every nook and cranny. The oak bed was Chad's as a child, and Sarah used it in college. She said it is very durable and oak never goes out of style. The first quilt Sarah's friend made graces Cole's wall – it was given to Brad and Sarah as a baby shower gift. Chad's childhood desk is also utilized in the room for storage, and eventually for Cole to study on.

Entering little Dylan's room is almost like entering a fairy tale, as you are prompted to join antique dolls at their tea table with pinkies out for a tea party sporting their best china. The pink girly décor screams "princess." Many of the pieces came from Sarah's mother, including the dresser.

Sarah explained she tries to incorporate family vacations into rooms and, in the downstairs bath, are mementos from a South Carolina beach trip. She plans to complete other walls in the family area downstairs, including one with a New Orleans train trip the couple took with her best friends.

It is fascinating how generations of heritage have gone into the building and decorating of the Bookout's cozy home. Besides being selected as Avenues' August home tour, the Bookouts were recently honored as the 2012 Izard County Farm Family of the Year. Sarah teaches special education at Highland High School, and is the Dean of Students. Chad is involved in three companies: Trico Paving and Construction, Trico Quarry and Pro-Lix, a business his family owns, which markets a liquid feed supplement for cattle.





Health & Wellness in the Ozarks

