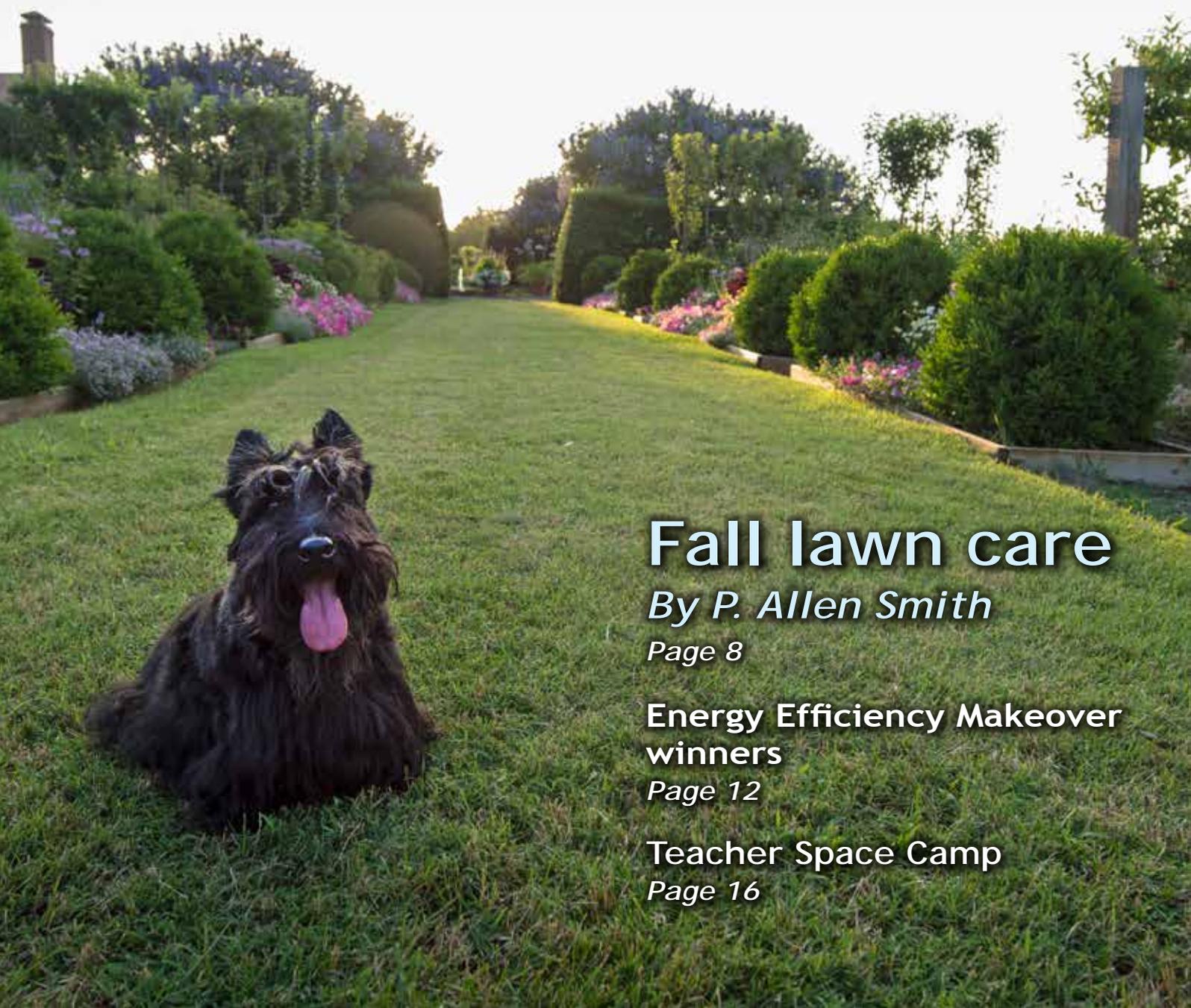


arkansas **living**

SEPTEMBER 2017



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By P. Allen Smith

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2017 ARKANSAS

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P. Allen Smith's dog, Duncan, plays on the beautiful lawn at Moss Mountain Farm.

Photo courtesy of P. Allen Smith



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BY SHEILA YOUNT

September is here — the month we bid farewell to summer and welcome the cool temperatures of autumn and the excitement of football. Farmers are in the fields, harvesting cotton and other crops. It is a time of transition; letting go of the old season and moving into the new.

Typically, we can't wait for fall because we have grown weary of the hot temperatures that usually occur in Arkansas in the summer. Although there have been plenty of hot days, it has not been nearly as oppressive as it can be. There has also been more rain than usual, which means many of our lawns are still green and growing. Despite this good fortune, there are certain chores that must be done now and on into the fall to ensure your lawns' health. Gardening and lifestyle expert P. Allen Smith has tips for that this month in his "From the Farm" column (page 8), which is highlighted on the cover.

September is also the time we feature the winners of the annual Energy Efficiency Makeover Contest sponsored by the Electric Cooperatives of Arkansas. This year,

the 10th one for the contest, 10 winners from each of the state's 17 electric co-ops were selected through a random drawing to receive energy-efficient LED lighting kits. A list of winners and a recap of the contest is on page 12, while Bret Curry has more to say about it in his Smart Energy Tips column on page 24.

With school back in full swing, we are pleased to share an educational story about an Arkansas teacher and her "out-of-this-world" experience at Space Camp (page 16). And the Worth the Drive feature highlights the many offerings of a longtime Arkansas destination — Fairfield Bay on beautiful Greers Ferry Lake (page 20).

The recipes are from our readers, which is always a popular offering (page 34), and the Let's Eat feature on The Social Taco in Rogers will inspire you to spice up your life with a visit to the popular eatery (page 40).

Until next month, happy reading!

Sheila Yount
editor@aeci.com

A virtuous mantle of leadership

BY DUANE HIGHLEY

Think of a historical figure that you admire, someone whom, if you had a time machine, you would like to go back and meet, to talk with. Are you thinking of someone?

Chances are, the person you thought of was someone who had to deal with adversity. If you think of several great leaders, you might observe that the greatest leaders seem to be those that face the greatest challenges.

So here's the question: Do great leaders gravitate toward difficult situations, or do difficult situations create great leaders?

Here's what William F. Halsey, the admiral who led the U.S. Pacific fleet in WWII, had to say about it: "There are no great men, only great challenges that ordinary men are forced by circumstances to meet."

The greatest leaders became great because of the difficult circumstances they faced. Presidents, military commanders and leaders of social justice movements are revered as leaders precisely because they faced a difficult situation and made difficult, often unpleasant choices. If the task were easy and the decisions obvious, these people could never have demonstrated their leadership skills, and they would have never been recognized as leaders.

So what does this mean for us in our everyday lives? Should we shy away from problems, or should we consider them a gift, an opportunity to lead, an example of trust given to us by others? I don't like trouble, but sometimes it helps me feel better to remember that difficult situations provide an opportunity for decision-making that can set things moving in a better direction.

No doubt you are aware of the list of "seven deadly sins." I believe

that the difficulties we face often have their root in one or more of these. Aurelius Prudentius, the fourth-century Roman governor, proposed seven virtues as a guide in counteracting these evils. His list of seven virtues are: chastity (against lust), temperance (against gluttony), charity (against greed), diligence (against sloth), patience (against anger), kindness (against envy) and humility (against pride). Think again of that great leader, the one you'd like to meet. When they faced their greatest trials, did they follow one or more of the virtues? When I think of those I admire, the answer is yes.

At our organization, we work to provide electric power, equipment and services for the 17 local, member-owned electric cooperatives that own us. We strive to make decisions to help those 17 systems improve the welfare of the well over 1 million cooperative member-owners they serve. Of the many decisions we make every day, we don't make them all perfectly, but we try to seek those virtuous ideals. That may seem like an overstatement coming from your electric utility, but because of our unique cooperative

business model, we live it every day. We work for you and are grateful for the opportunity to help solve your greatest energy challenges. That's the cooperative difference. ■

Duane Highley is president and CEO of Arkansas Electric Cooperatives, Inc., (AECI) and Arkansas Electric Cooperative Corporation (AECC). AECI, a statewide service co-op, and AECC, a wholesale power supply co-op, are owned by Arkansas' 17 local electric distribution co-ops, which provide retail electric service to more than 1 million members.



AECI board elects new officers

The Board of Directors for Arkansas Electric Cooperatives, Inc. (AECI), the statewide service organization of Arkansas' electric co-ops and publisher of Arkansas Living, elected new officers at the AECI annual meeting on July 25. They are:

- Mark Cayce, general manager of Ouachita Electric Cooperative — chairman.
- Rusty Pendergraft, chairman of the Southwest Arkansas Electric Cooperative Board of Directors — vice chairman.
- Rob Boaz, chief executive officer and president of Carroll Electric Cooperative — secretary.
- Rick Love, member of First Electric Cooperative Board of Directors — treasurer.



Mark Cayce



Rusty Pendergraft



Rob Boaz



Rick Love

Keep Arkansas Beautiful's statewide cleanup campaign launches Sept. 9

Each fall, Arkansans improve their communities by volunteering in the Great Arkansas Cleanup (GAC), the Keep Arkansas Beautiful Commission's (KAB) annual litter pickup and community cleanup event. This year's GAC will kick off Saturday, Sept. 9, with cleanups already scheduled around the state, and will continue through October.

Communities and organizations in two-thirds of Arkansas' counties hosted more than 140 local cleanup events last year. More than 7,000 volunteers picked up about 210,000 pounds of litter from roughly 1,735 miles of roadway and waterway, and collected more than 900,000 pounds of bulky waste.

"That level of dedication to removing other people's litter is inspirational, and we hope that this year we see some sort of cleanup event being hosted in every county in Arkansas," said Liz Philpott, KAB volunteer program manager. "We know — and share — the pride Arkansans have in being an Arkansan and living in The Natural State. We know that all across this beautiful place, everyone wants Arkansas to be litter-free."

Those who would like to organize an event in their community or volunteer for

a local event can email info@keeparkansasbeautiful.com, call toll-free 888-742-8701 or visit KeepArkansasBeautiful.com. Organizers may access free promotional tools, such as a cleanup instructional video and printable publicity materials, from KAB's website. KAB will also provide cleanup materials and supplies, such as T-shirts, trash bags, gloves and safety vests, to local events (while supplies last) and to those organizers who register their local cleanup with the KAB office.

The Keep Arkansas Beautiful Commission (KAB), consisting of a professional staff and a nine-member advisory board appointed by the governor, is a division of the Arkansas Department of Parks and Tourism. As a certified state affiliate of Keep America Beautiful, Inc., KAB inspires and educates individuals to reduce litter, recycle and keep Arkansas beautiful. KAB is funded through its 1 percent portion of the eighth-cent Conservation Tax and, by mobilizing volunteers, returns to the state a cost benefit of more than \$6 in community service for each program dollar spent. For more information, visit KeepArkansasBeautiful.com.



Making house calls again

UAMS selected for national home-based primary care education program

The University of Arkansas for Medical Sciences (UAMS) recently was chosen by the Home-Centered Care Institute as one of eight Centers of Excellence for its Home-Based Primary Care program, a first-of-its-kind program designed to make high-quality, home-based primary care a more common practice across the United States.

The institute's program aims to train and expand the home-based primary care workforce of physicians, nurse practitioners and physician assistants from the currently estimated 1,000 providers to 5,000 nationwide over the next five years.

Ann Riggs, M.D., a professor in the UAMS College of Medicine's Donald W. Reynolds Department of Geriatrics, and Jasmine Brathwaite, M.D., an assistant professor in the same department, will teach the curriculum at UAMS along with two advanced practice registered nurses. In September, all four will travel to Chicago for a "training the trainers" course and plan to start teaching classes in home-based primary care by early November.

"This is a new educational component that we can use to help train future house-call physicians how to build medical teams going to the homes," Riggs said.

In 1999, Debra Caradine, M.D., established the House Call clinical program in the UAMS College of Medicine's Department of Geriatrics. Brathwaite now leads the program and, along with two advanced practice registered nurses, sees about 250 patients in their homes.

Home-based primary care makes possible timely and appropriate care, improves medical outcomes and patient and family experience, and reduces health care costs for older Americans with multiple chronic conditions and other medically complex patients, Brathwaite said.

The other Centers of Excellence in the program are Cleveland Clinic, Icahn School of Medicine at Mount Sinai in New York City, MedStar Health-Medical House Call Program in Washington D.C., Northwestern University Feinberg School of Medicine in Chicago, Perelman School of Medicine at the University of Pennsylvania in Philadelphia, University of Arizona Center on Aging in Tucson, Arizona and University of California, San Francisco.



Jasmine Brathwaite, M.D., left, visits with a member of patient Ronald Keeling's family at their home in North Little Rock as part of the Donald W. Reynolds Institute on Aging's House Call Program.



- Visitors use magnifying glasses or telescopes to view exhibits the size of poppy seeds at the Museum of Miniatures in Prague. The tiny art includes fully dressed and accessorized fleas, animals painted on the leg of a mosquito and a miniature parade of camels marching through an eye of a needle.
- The concrete in The Great Wall of China is stronger and more durable than normal concrete, archaeologists say, because it is made of 8 percent sticky rice.
- "In God We Trust" appears on all paper money printed in the U.S. because in 1953 Matthew R. Rothert of Camden, president of the Arkansas Numismatic Society, wrote letters suggesting it to President Eisenhower and the treasury and commerce secretaries, who then recommended it to Congress. It went into effect in 1957.
- Gourds sourced from Pumpkin Hollow Farm in St. Francis appear as props for the apes in the two most recent "Planet of the Apes" blockbusters.
- With at least 260 species of fish, the Mississippi River is home to at least 25 percent of the fish species in North America.
- President Franklin D. Roosevelt's idea for creating the Rural Electrification Administration of 1935 was born 11 years earlier when, as governor of New York, he was stunned to get an electric bill for his getaway cottage in Warm Springs, Georgia that was 18 times higher than the rate he paid for his residence in Hyde Park, New York.
- "If you tell the truth, you don't have to remember anything."
— Mark Twain



Gardening and lifestyle expert P. Allen Smith shares news from his Moss Mountain Farm and Garden Home Retreat near Roland.

Fall lawn care Q & A

Answers to some questions on keeping green, healthy grass

BY P. ALLEN SMITH

When the cool breezes start to blow at nightfall, they bring with them a calming sense of renewal. The grass starts to green up again, fall-blooming perennials load up with buds ready to burst, and my vegetable garden overflows with produce.



A healthy, green lawn is an important element of my landscape design at Moss Mountain Farm. The beautiful, lush lawn really sets off my colorful flower borders. I don't mind spending the time now to complete the fall lawn maintenance tasks of fertilizing, treating for weeds and over-seeding the thin spots to keep

the lawn healthy going into winter. Early fall is the most important time to fertilize lawns in Arkansas, and doing so will reward you with a greener, healthier lawn next spring.

Q: The weeds in my lawn have taken over! What can I do to stop them?

It seems weeds always grow faster than the plants we actually want to grow. That is certainly the case with lawn weeds. Now I'll be the first to admit, I actually let clover grow in my lawn. Since the early 20th century, clover seed was included in many lawn seed mixes, because it is drought-tolerant, resists nearly all lawn pests and diseases, feeds the bees with its blooms and fixes its own nitrogen in the soil so it's always green.

Weeds, like chickweed, hairy bittercress and ground ivy, really need



to be kept under control, or they will eventually take over. If there aren't too many yet, you might prefer to dig them out by hand to avoid using herbicides. There are organic and synthetic options for spot-treating weeds, too, which eliminate the need for a blanket application of weed-and-feed. If your lawn has more weeds than grass, you might want to contact a professional to perform a one-time "rescue operation" to get your weeds under control.

Q: My lawn has been quite brown all summer, but it's finally starting to come back now that we're getting into the fall months. What should I do to it now so that it looks good next year?

You're smart to think ahead when it comes to the health of your lawn. An ounce of prevention leads to a pound of cure, as they say. If you plan to care for your lawn yourself, the first thing I'd recommend is that you get a soil test from a Cooperative Extension Service office near you. The test is usually free or offered for a very low cost, and the report will tell you exactly which nutrients your lawn needs to grow better. Do that before you head to the store and are faced with a mountain of choices in fall lawn-care products. Once you know what kind of fertilizer is needed, apply it in early fall to give your lawn a chance to re-grow a healthy root system before winter. ➤



The Terrace Garden and lawn at Moss Mountain Farm.

Our summers are typically so hot here that many people let their lawn go dormant, which gives it that overall brown cast. Don't worry — it's not a lost cause, at least not yet! Once our temperatures ease up, start watering your lawn regularly to encourage it to "green up" for the fall and early winter months. The combination of fall fertilization and watering will help your lawn go in to winter healthy, so it emerges strong next spring.

Q: We've recently cleaned out a corner of our yard, and we would like to plant new grass there before the winter comes. What kind of grass seed would you recommend?

Arkansas' climate puts us in a transition zone between cold-season and warm-season grasses, so the grass seed mixes sold here typically contain a blend of varieties. Bermuda, centipede, St. Augustine, tall fescue and zoysia grasses are popular choices for our state. Kentucky bluegrass is not the best choice for most of our state, but it does grow well in the northernmost counties. State law requires that all grass seed mixes are labeled with their exact contents, so check to make sure it contains the varieties you need before you buy it.

Q: Do I have to rake the leaves off of my lawn in the fall, or can I leave them there to decompose on their own?

Leaves are one of Mother Nature's most valuable resources, yet so many people are adamant about raking every last leaf off the ground in fall. Did you know that studies have shown that mulching leaves into your lawn over a period of three years can virtually eliminate dandelions and crabgrass? So set your mower deck up high, and take a few passes over your fallen leaves this fall instead of raking them every week. The little shreds of leaves will filter down into the soil, smother any weed seeds and add essential nutrients to the earth.

P. Allen Smith, an author, television host and conservationist, is one of America's most recognized garden experts. His show "Garden Home" airs on AETN-2 Create TV. Check your local listings for "Garden Style." Smith uses his Arkansas home, Moss Mountain Farm, as an epicenter for promoting the local food movement, organic gardening and the preservation of heritage poultry breeds. Tours may be booked at pallensmith.com/tours.



Gather friends and family to visit Moss Mountain Farm. Tour the abundant gardens and Allen's private home, then sit down to a garden-to-table dining experience featuring recipes selected from Allen's best-selling cookbook, *Seasonal Recipes from the Garden*.



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Lighting the way to energy savings

170 electric co-op members win LEDs

BY SHEILA YOUNT

Thanks to technological improvements, one of the most cost-effective and easiest ways to save energy in your home is through one simple process: replacement of your old incandescent and compact fluorescent lights (CFLs) with ultra-efficient light-emitting diode (LED) bulbs.

To help members understand the significance of the lighting change, Arkansas' electric co-ops made energy-efficient lighting the theme of the 2017 Electric Cooperatives of Arkansas' Energy Efficiency Makeover Contest, now in its 10th year.

And the members listened.

Approximately 13,000 entries were received during the contest, which kicked off in June and ended in mid-July. The winners were chosen through a random drawing, with 170 lucky electric cooperative members, 10 from each of the state's 17 electric co-ops, winning LED lighting retrofit kits.

The kits included 72 General Electric (GE) energy-efficient LED general purpose, recessed, outdoor flood and decorative candelabra bulbs. GE has partnered with the Electric Cooperatives of Arkansas in eight of the past 10 contests.

Bret Curry, residential energy marketing manager for Arkansas Electric Cooperative Corporation (AECC), said the light change-outs for the winners could save enough energy statewide to power dozens of homes.



From left: Tonya Sexton, First Electric; Yvonne Lawrence, makeover winner from Benton holding one of her new LEDs; David Hannah, Jamie McAfee and Nancy Meador of First Electric.

In the past decade, Arkansas' electric co-ops have completed seven whole-home energy efficiency makeovers including a manufactured home along with 34 mini-makeovers. This was the first year for the lighting kit promotion.

"This year's contest entries exceeded our expectations. That's a reminder that energy efficiency education, manageable electric bills and a comfortable home are still important to our cooperative members," Curry said.

The winners are listed below, by electric cooperative.

Arkansas Valley Electric Cooperative

Jason Davis, Alma
John Bellinghausen, Altus
Royce Moore, Jr, Dover
Danny Hattabaugh, Knoxville
John S. Bostic, London
Alvin Warden, Ozark
Charles Ross, Ozark
Francis Zielinski, Van Buren
Kristine Deason, Van Buren
Cathy Sandifer, Waldron

Ashley-Chicot Electric Cooperative

Dan Jordan, Bastrop, La.
Judy Walker, Crossett
Milton R. White, Crossett
Ray and Gladys Tucker, Crossett
Tiffanie Guyewski, Crossett
Charlene Holland, Hamburg
John Gee, Hamburg
Kirby Bonds, Hamburg
Nancy Meziere, Hamburg
Reagan Craig, Hamburg

C & L Electric Cooperative

Deborah Axsom, Carthage
Heath Moreland, Dumas
Scott Higginbotham, Monticello
Paul Whitten, New Edinburg
Eva Sobanski, Pine Bluff
Lynn Wooley, Rison
Joy Smoot, Sheridan
Kristi Ferguson, Star City
Charles Stone, Star City
Dennis Crabb, Warren

Carroll Electric Cooperative

Kendra Brown, Bella Vista
Tisha Berger, Bentonville
Cindy Flowers, Berryville
John Haynes, Blue Eye, Mo.
Becky Garrett, Centerton
Larry Lea, Eagle Rock
Jennifer Enos, Huntsville
Anthony Kent, Jasper
Sharon Stilwell, Rogers
David Isbell, Siloam Springs ➤



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Clay County Electric Cooperative

Kenny Francis, Corning
Gary Gregory, Maynard
Mike Kasinger, Maynard
Donnie Aaron Kirby, Peach Orchard
Teresa French, Peach Orchard
Larry L. Simpson, Piggott
Randy and Sandy Low, Piggott
Doris Krutsinger, Pocahontas
George and Deborah Bearden, Pollard
Nancy and P. Dismang, Warm Springs

Craighead Electric Cooperative

Betty Smith, Brookland
Dorothy McKinney, Earle
Joe Latham, Imboden
David and Shellie Gibson, Jonesboro
James Daniels, Jonesboro
Betty Knapp, Lepanto
Danny and Joann Counce, Marked Tree
Michael and Natasha Moreno, Paragould
David Allen, Strawberry
Everett Tacker, Tyrnosa

Farmers Electric Cooperative

Jimmy Eskew, Amagon
Jennifer Robison, Bradford
Kimberly Malott, Bradford
Bob Bailey, Newport
Dickey and Peggy Reid, Newport
Joe McDonald, Newport
Kenneth and Helen Bullard, Newport



SHEILA YOUNT

Tonya Sexton of First Electric changes out an old lightbulb with a new LED.

Leroy Kirkwood, Newport
Margaret Price, Newport
Tommy Clark, Newport

First Electric Cooperative

George Butler, Alexander
Henry Piver, Benton
Marty Sadler, Benton
Yvonne Lawrence, Benton
Bonnie Jacoby, Cabot
Carolyn Morriss, Cabot
Steve Curry, Higden
Richard Johnson, Hot Springs Village
David Clark, Jacksonville
Doris McCutcheon, Searcy

Mississippi County Electric Cooperative

Beth Williams, Blytheville
Frank Humble, Blytheville
Harvey Tillman, Jr., Blytheville
James Crowell, Blytheville
Jason Clark, Blytheville
Lisa Green, Blytheville
Tim Benton, Lepanto
Tracy Godsey, Manila
Johnny Williams, Manila
Kirby Anderson, Osceola

North Arkansas Electric Cooperative

Pete Landrum, Horseshoe Bend
Linda Dempsey, Mammoth Spring
Alan Whitely, Midway
Beverly Arrowood, Mountain Home
Chris and Brandy Proctor, Mountain Home
Fred Bach, Mountain Home
Heather McCurley, Mountain Home
John Ruff, Mountain Home
Joyce Sturms, Mountain Home
Sandra Olson, Mountain Home

Ouachita Electric Cooperative

Mary Marshall, Banks
Damon Dacheux, Camden
Georgia Marie Morrison, Camden
Kenneth McKelvin, Camden
Mark Heffernan, Camden
Tequilla Brownlee, Camden
Deanna Wilson, Chidester
John M. Robertson, Hampton
Michael Atkins, Louann
Tommy Castleberry, Sparkman



GARY BEAN

Bret Curry installs LEDs at a makeover winner's home.

Ozarks Electric Cooperative

Hope Callahan, Elkins
Barbara Snodgrass, Fayetteville
David Anderson, Fayetteville
Janie Blagg, Fayetteville
Zoe Caywood, Hindsville
Dorothy Hoyle, Springdale
Jess McCall, Springdale
Leann St. Mary, Springdale
Randy Burris, West Fork
Paul Bowden, Winslow

Petit Jean Electric Cooperative

Kevin Kelley, Bee Branch
Brad Bergdoll, Clinton
H.R. Perkins, Clinton
Wesley Ambrose, Clinton
Kevin Donahue, Clinton
Tanya Thomas, Damascus
Chester Calvert, Hattieville
Janice Lipscomb, Shirley
Mary Joan Grandon, Shirley
Patricia G. Knight, Shirley

Rich Mountain Electric Cooperative

John Fannin, Dierks
Roger Dagherts, Hatfield
Dewayne Lewis, Mena
Freddie Strothers, Mena
Greg Dourns, Mena
Gregg Sirmon, Mena
Larry Lay, Mena
Shelly Staggs, Mena
William Lambert, Mena
Garland Owens, Smithville

South Central Arkansas Electric Cooperative

James D. Hargrove, Amity
Faith Campbell, Arkadelphia
Ima Rainwater, Arkadelphia
Keith Runyan, Arkadelphia
Stanley Rhodes, Arkadelphia
Gary Wofford, Delight
Sarah McBride, Malvern
Betty Woodley, Murfreesboro
Tammy Fant, Newhope
Gene Cearley, Prescott

Southwest Arkansas Electric Cooperative

Danny Cannon, Bradley
Patrick Barnes, Doddridge
James Brooks, Foreman
Helen Bell, Lockesburg
John Hicks, Mineral Springs
Malinda Melson, Nashville
Larry Thornton, Taylor
Billy Kyles, Texarkana
Bobby Honea, Texarkana
Bonnie Robinson, Wickes

Woodruff Electric Cooperative

David Hoots, Cherry Valley
Pat Gerling, Cherry Valley
Dwight Wayne Jumper, Forrest City
Thomas M. Peterson, Forrest City
Roosevelt Johnson, Marianna
Paul Fowler, McCrary
Charles McGowan, Palestine
Donna Sims, Wynne
Jessica Campbell, Wynne
Randy Dewitt, Wynne

Images of winners are posted at www.facebook.com/smartenergytips.org

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BATESVILLE Vicki Haas	CROSSETT Dan Pevy Deb Zeigler	GREENWOOD Phil Hicks	NORTH LITTLE ROCK Dan Cook Brian Cress Monica Reiners Curtis Short	SHERWOOD Becky Bradley Scott Richards
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BOONEVILLE Jerald Baker	FAYETTEVILLE Whit Hensman Drew Trucks Taylor Wethers	HOT SPRINGS VILLAGE Josh Putman	PARIS Jimmy Pannell	WALNUT RIDGE Danny Gibson Sue Gibson
BRYANT Laryssa Calley Cory Pratt Matt Steele	FORT SMITH Jeff Clark Brent Lovell Patrick Pruitt	IMBODEN Denny & Kelly Durham	PERRYVILLE Baylor House	WARREN Greg Harton
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Teacher Space Camp

One Arkansas educator's out-of-this-world experience

BY JENNY BOULDEN

Every teacher works hard getting ready for the new school year, but Mindy Bissett's preparations this summer were quite literally astronomical.

Bissett, a Gifted and Talented (GT) teacher whose main school is Seventh Street Elementary in North Little Rock, was the lone Arkansas educator selected to attend the 2017 Honeywell Educators at Space Academy (HESA) at the U.S. Space & Rocket Center's Space Academy in Huntsville, Alabama. Every year, Honeywell brings 200 middle school math and science teachers from all over the world together for an all-expense paid week of professional development in science, technology, engineering and math (STEM) education.

"Basically, it's Teacher Space Camp," Bissett summarized. "And it was the single most life-changing professional development opportunity I've ever had — definitely the most fun."

Bissett works with students in kindergarten through fifth grades. "Besides GT, I also do a lot of STEM, advanced math, computer science and coding with my kids because that is where the future is, where the jobs are," she said. "I really try to inspire my little ones to grasp those computer science concepts and love coding."

This year's camp included educators from 45 states and 33 countries. The week's 45 hours of classroom and laboratory activities included astronaut-style exercises such as high-performance jet simulation, scenario-based space missions, coding challenges, land and water survival training and



Mindy Bissett, third from left in back row, posed with her 16-member multi-national team and instructors in front of the Space Shuttle Orbiter Pathfinder during the 2017 Honeywell Educators at Space Academy in Huntsville, Ala.

interactive flight dynamics programs. Yet, unlike the normal Space Camp curricula for kids and families, all activities were designed specifically for middle school STEM educators, with collaborative teams exchanging ideas, lesson plans and materials to use in their classrooms back home.

Bissett's 16-member team included teachers from five countries. The team's simulated Mars mission was one of her highlights. "It was so fun," she remembered. "Once we got onto the surface of Mars, I had to install a solar panel to power the habitat. It was so cool, because it was as real as it gets, experiencing microgravity in a spacesuit and moon boots. It wasn't at all physically challenging, except that we were laughing so hard."

Energetic, relentlessly positive and brimming with enthusiasm for her experience and new ideas for her students, Bissett clearly loves her work. In addition to the "loads" of other Space Camp swag included for participants, ➤

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Customer Rating **★★★★★**

SAVE 66%

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she got to keep her personalized flight suit, which she wore for students on the first day of class to get them excited about what lies ahead.

Just a few of the Space Camp-inspired projects she is planning for the school year are:

- Creating a photo book and interactive presentation of her Space Camp experiences to inspire students.
- Participating in Tomatosphere, a program in the U.S. and Canada where students grow tomato seeds that have traveled to the International Space Station, then record how they grow after being exposed to the extremities of the space environment. Results will help NASA prepare for future space missions, such as colonizing Mars.
- Having students engineer the smallest package possible to ship a single Pringles potato chip across the world without it breaking, as part of a worldwide “Ship the Chip” challenge.
- Recreating some of the fun projects her team undertook, such as using a raw egg to test a heat shield they created with nontraditional materials.
- Working with community partners to found a Space Club in North Little Rock, open to any student with an interest in space.

Another idea she got and learned how to do at Space Camp: launching a weather balloon. “I knew about weather balloons, but didn’t know that was something I could do with students myself!” she said, clearly excited. “Basically,

RIGHT Mindy Bissett (left) and her teammate Miriam Harms of Geneva, N. Y., geared up in spacesuits for tasks during their simulated Mars mission.

BELOW Mindy Bissett of the North Little Rock School District.



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you get a weather balloon, attach a GoPro to it, and you send it up into those near-space altitudes, then it will come back down. You get all these

brehtaking videos and pictures of the sphere of the earth from outer space! It just sounds so cool to have the kids research and own that learning and take part in every part of the launch process.”

Besides her many classroom endeavors and her hopes to share her experience with other Arkansas educators, Bissett has one big goal. “I’d love to be able to take some kids to Space Camp from Seventh Street Elementary,” she said, explaining that at her school 99 percent of students qualify for free or reduced lunches. “I don’t know if we can do it, but I know that if we don’t try at school, Space Camp’s something that would never in their lives happen. But if we can fundraise, and we can get some support from people in the community, maybe we can make it happen for these kids.”

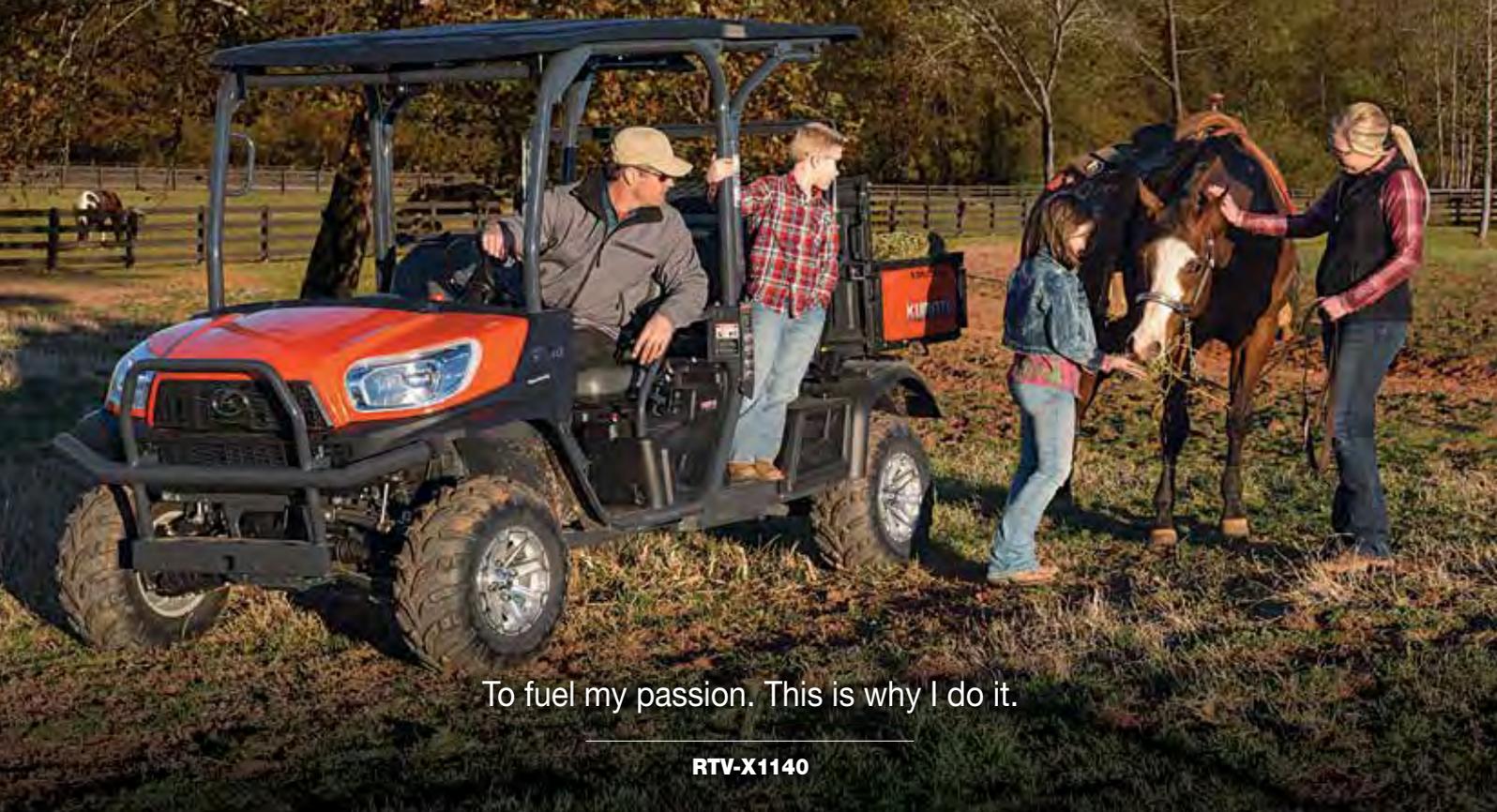
Camp’s long over, but the experience continues; Bissett has stayed in touch with more than 50 of her classmates, as they still share resources, support and ideas. “Honeywell has put together such an inspiring program,” Bissett said, describing how grateful and humbled she is to have qualified. “I hope it’s something many more Arkansas teachers have a chance to experience. It’s just incredible.”

Applications for the 2018 HESA are accepted Sept. 5 - Nov. 14. For complete information about HESA and an application visit: educators.honeywell.com. ■



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Mindy Bissett, spinning every direction in the Multi-Axis trainer, which simulates the disorientation astronauts feel in a tumble spin during reentry into the Earth’s atmosphere.



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Fairfield Bay resort offers outdoor fun year-round

BY JILL ROHRBACH

Established as a resort and retirement village, Fairfield Bay is full of weekend retreat opportunities featuring condos, luxury residences and lodgings with resort-style amenities.

Here are 10 reasons Fairfield Bay is a perfect family recreation destination for all ages and is certainly worth the drive.

1. Sugar Loaf Mountain

Getting to Sugar Loaf Mountain in the middle of Greers Ferry Lake is half the fun via a shuttle from Fairfield Bay Marina. Then take the short trek (1.6 miles roundtrip) to the high point for panoramic views. Another trail circles the base of the mountaintop. Along Arkansas's first designated National Scenic Trail, you'll see wildlife, bluff formations and native flora and fauna. A series of wooden stairs at the southern end leads to the top for amazing vistas from 500 feet above the surface area of the lake.



2. Greers Ferry Lake

This 40,000-acre lake, formed by Greers Ferry Dam, was completed in July 1964. Both were dedicated by President John F. Kennedy in one of his last public appearances before the fateful trip to Dallas. Greers Ferry Lake is noted for its pristine shoreline of rock outcroppings, trees and wildlife, and deep crystal clear waters for boating, fishing and scuba diving. Excellent camping and hiking facilities are available.

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3. Fairfield Bay Marina

If you're looking to play in the water, this marina has a toy for you: kayaks, pedal boats, stand-up paddle boards, Eclipse SUPs, pontoon boats, ski boats, jet skis, tubes, kneeboards, wakeboards, fishing boats and more. In addition to the shuttles to Sugar Loaf Mountain that are offered year-round, the marina offers scenic cruises aboard The Belle of the Bay. Enjoy a two-hour narrated cruise in the climate-controlled boat.

Passengers are seated at tables and chairs inside and are welcome to bring food and drink or pick up a snack at the marina. Call 501-884-6030 for rentals, shuttle service or to reserve a spot on a cruise.



4. Fishing

Every type of game fish native to the state has been stocked in Greers Ferry Lake by the Arkansas Game & Fish Commission, but Greers Ferry is known for walleye and striped bass. The Little Red River that runs out of Greers Ferry Lake offers additional challenges for rainbow, cutthroat and brown trout. The river and the lake are stocked from a fish hatchery located just below the dam. Fishing guide services are available for both lake and river.

5. Indian Rock House Cave

Nestled under a hillside and beside a golf course green at Indian Hills Country Club, this natural sandstone grotto was home to Native Americans. Today,



it's a cool place to explore and see petroglyphs. Historians say many of the petroglyphs were made during the difficult winter of 1776, when the cave was used as a refuge during 16 days of freezing weather. Large groups encamped there, including Quapaw, Osage, Cherokee, Shawnee and Delaware nations. The cave opening is 100 feet across. The ceiling is 50 feet high and the cave is 97 feet deep. Just follow the wooden stairs from the Old Log Cabin to get there.

6. Old Log Cabin and Museum

Providing a glimpse back in time to home life in the late 1800s, the cabin features a variety of tools and household items, as well as clothing and toys, a loom and a yarn winder. Additional contents include antique jewelry and furniture, taxidermied local birds and animal specimens, a colonial American flag and more. The cabin, which dates to mid-1850, was dismantled elsewhere and reconstructed on this site. Admission is free.

7. Golf

Two 18-hole golf courses, Indian Hills Course and Mountain Ranch Course, challenge you to play. There is also a new foot golf course, where you kick soccer balls to giant holes on the golf course.



Miniature golf and disc golf round out the fun.

8. Tennis

Bring your own equipment or rent some rackets and hit one of the eight championship tennis courts.

9. Parks and pools

Three resort-style pools and a spray pool are available throughout the resort community. Plus, parks offer shuffleboard, volleyball, basketball, picnic pavilions and grills and horseshoes.

10. Extras

As if that weren't enough, you can feed the fish and take your picture with your head sticking through the Fish Feeding Frenzy sign at the marina. A fitness center, library, country club with casual and formal dining, conference center and art gallery also can be found in Fairfield Bay.

Popular events take place throughout the year here. Among the upcoming events are the Paddle Battle at the Bay, featuring canoe and kayak races set for Sept 16 at the Fairfield Bay Marina, and the popular Oktoberfest and StoryFest on Oct. 7 at the Fairfield

Bay Conference Center. Other events include: Bloomin' in the Bay (April), Surf the Bay (June), 4th of July, other fall festivals, holiday festivals and music, plays and more at the outdoor amphitheater. Located 75 miles north of Little Rock, the Bay is along Arkansas 16, east of Clinton. Find more information online at VisitFairfieldBay.com. ▀

Jill Rohrbach is a travel writer for the Arkansas Department of Parks and Tourism. You can read her blog and those of other department travel writers at arkansas.com.

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Makeover winners set to save money with LED lighting kits

BY BRET CURRY

Congratulations to all 170 winners of our 10th Annual Energy Efficiency Makeover contest! What's the result when all of the makeover winners exchange Edison-style incandescent bulbs and CFLs with energy efficient General Electric (GE) LEDs? Well, there are several answers. For instance, each member will reduce the energy requirements for lighting their home, which lowers their electric bill. Furthermore, the combined energy savings, if every winner swaps out incandescent bulbs, could reach nearly 633 kilowatts. This reduction of energy is a win-win because stewardship of consumption helps manage and lower the operating costs for energy production that is shared by all co-op members. Using less energy means fewer fuel resources are required to run power plants. Also, implementing energy efficiency helps defer construction of additional power plants.

Furthermore, LEDs emit less unwanted heat into the home and help reduce summer air conditioning costs. LEDs last longer than conventional bulbs and are perfect for high ceilings and hard-to-reach places. The color temperature, or Kelvin (K on retail boxes), perfectly matches an incandescent for those who prefer a warm color temperature. LEDs are pretty tough. Since they do not have a filament and do not have glass bodies, most will continue to function if bumped or dropped.

When it comes to energy usage, most average-sized, single-family homes require approximately 10 to 15 kilowatts of energy to power regular energy needs. The energy savings potential of our makeover winners could provide enough energy to supply the total electricity needs of approximately 42 homes. Imagine the savings impact if every Arkansan switched to LEDs. Now imagine if 323 million Americans switched to LEDs. The energy savings would be staggering. The U.S. Department of Energy reports that by the year 2027, the savings potential for using LEDs could reach the equivalent energy output of nearly 44 power plants and a total savings of more than \$30 billion at today's electricity prices. Everybody wins when we use LEDs!

A project of the magnitude of our makeover contest could not be accomplished without relationships with those who embrace energy efficiency. Longtime makeover partner GE has been in lockstep with us since our second makeover project. We are appreciative of their contribution of the



From left: An incandescent bulb, a CFL and an LED lightbulb. LEDs are much more efficient than their predecessors and are quickly becoming ubiquitous.

LEDs for this year's project. Over the past eight makeovers, GE has supplied Energy Star appliances and thousands of LEDs, and we thank them for their commitment to energy efficiency education and awareness.

LEDs are quickly becoming ubiquitous. Their applications are not just for the home. LEDs are used in outdoor landscape fixtures, holiday and ornamental lighting, vehicles, aviation, news studios, entertainment and many more applications. Soon, the incandescent bulb will go by the wayside like floppy disks, movie store rentals and pay phones. LEDs are here to stay until the next bright lighting idea is invented.

Many thanks to the over 13,000 electric co-op members who entered the contest. For those who didn't win, LEDs remain an easy and affordable way to incorporate energy efficiency into your home. Various styles of LEDs are abundant at retail and home supply box stores. A complete list of winners is listed in this publication and on our website. Please feel free to contact me at smartenergytips@aecc.com with any energy efficiency questions. Also, be sure to follow us on Facebook at www.facebook.com/smartenergytips.org, as well as listen to our podcasts. ■

Bret Curry is the residential energy marketing manager for Arkansas Electric Cooperative Corporation (AECC), which supplies wholesale electricity to the state's 17 electric distribution co-ops.



First Electric Cooperative

Improving Quality of Life

Makeover contest winners receive LED light kits

First Electric Cooperative announced 10 winners in the 10th Annual Energy Efficiency Makeover Contest.

The members each won 72 General Electric energy-efficient LED bulbs for general purpose, recessed, outdoor flood and decorative candelabra lighting.

“Changing out light bulbs to LED results in savings on your electric bill,” Tonya Sexton, vice president of Marketing and Communications said. “The energy savings potential for each of our winners can result in a significant kilowatt hour reduction for their homes.”

The Electric Cooperatives of Arkansas conducts the makeover contest each year. General Electric has partnered with the Electric Cooperatives of Arkansas in eight of the past 10 contests.

The winning members were:

- George Butler of Alexander
- Henry Piver of Benton
- Marty Sadler of Benton
- Yvonne Lawrence of Benton
- Bonnie Jacoby of Cabot
- Carolyn Morriss of Cabot
- Steve Curry of Higden
- Richard Johnson of Hot Springs Village
- David Clark of Jacksonville
- Doris McCutcheon of Searcy



George Butler of Alexander



Steve Curry of Higden



Shannon & Marty Sadler of Benton



David Clark of Jacksonville



Bonnie Jacoby of Cabot

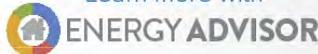


Doris McCutcheon of Searcy

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Crockett retires from Board with 43 years of service

After 43 years representing the Heber Springs district as a First Electric Cooperative Board of Director, Jimmie W. Crockett retired on July 31.

Crockett, a lifelong resident of Rose Bud, has served on the Board since June 1974. In 2008, he retired from Crockett's Grocery, the business he owned and operated with his brother for more than 43 years.

He and his brother now farm and raise cattle. Crockett and his wife, Sharen, have three daughters and six grandchildren.

Crockett said he enjoyed being on the Board because it offered him an opportunity to serve his community and to help keep electric rates low for First Electric members.



Jimmie Crockett of Rose Bud

"We appreciate Jimmie's valuable service to our Board. He is an honorable man who always had our member's interest at heart," President/CEO Don Crabbe said. "We wish him the best and hope that he enjoys his much-deserved retirement."

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Four winners will win
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First Electric Cooperative

You must be a member in good standing to win. Winners chosen at random. Contest ends 9/15.

First Electric hosts NWS SKYWARN® storm spotter training

First Electric Cooperative and the National Weather Service at Little Rock invite area residents to participate in SKYWARN® storm spotter training classes conducted by NWS. The classes are open to the public and free of charge.

The class is intended for anyone with an interest in learning more about severe weather. This is part of an area-wide severe weather preparedness campaign conducted by NWS. Attendees at each class will be entered into a drawing for a chance to win a Midland WR120 Weather Alert Radio.

"By attending this class, you will learn how to identify dangerous storms by sight, and then learn how to communicate that information to help keep the people in your community safe," Dennis Cavanaugh, warning coordinator meteorologist with the NWS in Little Rock said.

SKYWARN® Storm Spotter Training




Attend for a chance to win a Weather Radio!





Storm Spotter Training Course

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The classes will be held:

- Tuesday, Sept. 19 at 10 a.m. in Bryant – Bishop Park, First Electric Room, 6401 Boone Road
- Wednesday, Sept. 20 at 10 a.m. in Heber Springs — First Electric's office located at 150 Industrial Park Road
- Thursday, Sept. 21 at 10

- a.m. in Perryville — First Electric's office located at 801 South Fourche
- Tuesday, Sept. 26 at 10 a.m. in Hot Springs Village – Ponce de Leon Center, 1101 Desoto Blvd.
- Thursday, Sept 28. at 10 a.m. in Stuttgart — First Electric's office located at 1824

- South Main
 - Thursday, Sept. 28 at 6 p.m. in Jacksonville — First Electric's office located at 1000 South J.P. Wright Loop Road
- Class size is limited. To register for classes: call (501)985-4543, register online at [eventbrite.com](https://www.eventbrite.com) or at www.facebook.com/FirstElectric.

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Snapshots from our readers

Reflections



Lucy, and her big catch of the day!
Kristen Brandon, Arkadelphia.



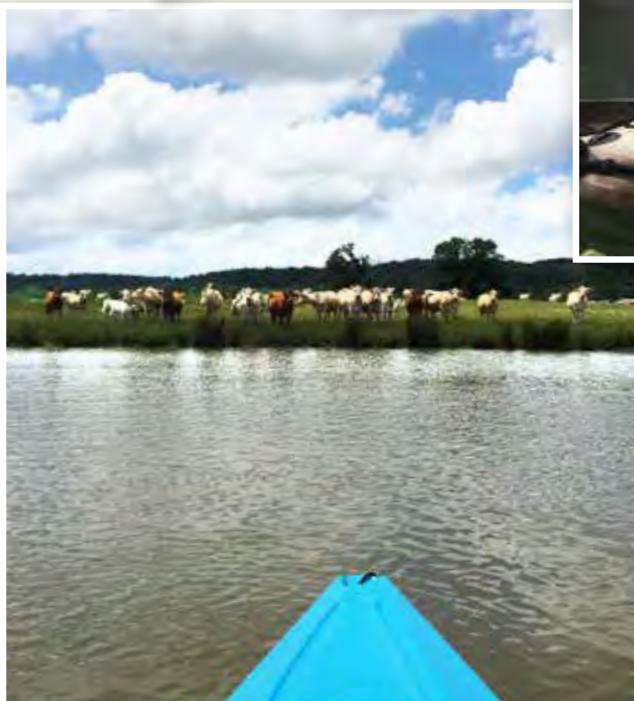
Arden loves to catch fish at the pond. Arden Razaq, Texarkana.



Everybody wants to see Jake's fish. Brandon Murphy, Pocahontas.



HD, with a nice trout.
Kristie Sanders, Monette.



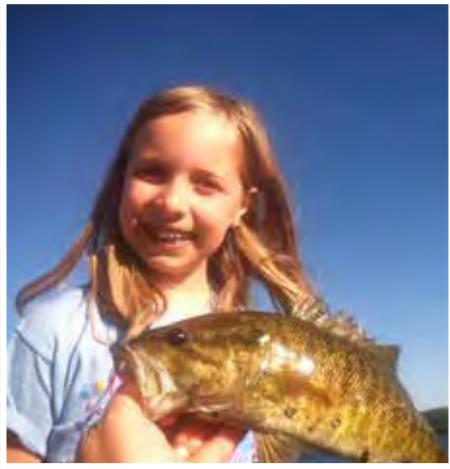
I don't think the cows have ever seen a kayak.
Courtney Watkins, Bee Branch.



Squirrel, doing some fancy moves. Cathy Tipton, Huntsville.



Si, hard at work on the old tractor. Rick Greb, Ratcliff.



Olivia caught a smallmouth bass.
Chris "Pappy" McClung, Grassy Knob.



Jase got five bream on his first fishing trip. David and Carolyn Wood, El Paso.



Matt, with his catfish from the St. Francis River. Linda Walker, Dixie.



The Presley house, in Damascus, built in 1875. Betty Presley, Harrison.



Shoes thinks the birds might need to go somewhere else. Sandy Albert, Dover.



Emily and Allie, having fun on Big Creek. Jessica Wheeler, Mt. Judea.



Brodie, fishing on the Saline River. Joe Bass, taken in Benton.

Share your photos with your fellow Arkansas Living readers! Please send high-resolution photos with detailed information about the pictures (who took it, where, who is in it, etc.) to: Dixie.Rogers@aeci.com

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***In FL policy is renewable until age 121.

Gourds in the garden



BY JANET B. CARSON

Gourds have been cultivated for thousands of years and were used as utensils, storage containers and instruments. Once a utilitarian item, they are now showing up in painted crafts, birdhouses or scattered around with pumpkins and mums for fall décor. Although it is too late to grow them this year, it's good to plan ahead for next season.

Gourd is the common name applied to a group of plants in the Cucurbit family. They are closely related to squash and pumpkins. These warm-season vining plants produce hard-shelled fruits. There are three main classes of gourds that are commonly grown. Cucurbitas are the ornamental gourds, which include a variety of shapes with bright-colored mature fruits. The Lagenaria gourds are those that encompass the large utilitarian gourds such as birdhouse, dippers and bottle gourds. And, lastly, there are the luffas, or the sponge gourds.

All gourds like warm soil, full sun and a relatively long growing period. Wait for all chances of frost to pass before you plant gourds, and allow the soil temperature to warm up. Usually late April to early May is the soonest you should plant, with subsequent plantings up through June or early July.

Gourd vines, like many members of

the Cucurbit family, are prolific growers. Give them room to grow and spread, or give them a fence or trellis to grow on. For the long club, dipper and bottle gourds, trellising them will provide straight fruits.

Prepare the soil by adding organic matter prior to planting. Try to have the area as weed-free as possible, and mulch to prevent the growth of grass and weeds.

Fertilize with a complete fertilizer at planting, but don't overdo it as fertilizer will give you more vines and fewer flowers and fruit. If you plant your gourds like pumpkins and watermelons in hills, with several seeds per hill, you will need to thin them back to two or three plants per hill after germination. Water is essential to good production, especially when it gets hot and dry.

Gourds, like all other members of the Cucurbit family, produce separate male and female blossoms, which must be pollinated by insects. They also suffer from the same pest and disease problems as squash and cucumbers — the squash vine borer, squash bugs, cucumber beetles and powdery mildew.

Most gourds require a long growing period. Usually a minimum of 90 days up to 180 days is required from seed to harvest. At maturity, the fruits will develop hard, glossy shells. They are ready to be harvested when the stems

dry and turn brown. The stems are usually quite tough, so harvest with pruning shears, knife or scissors to cut them off



Bottle gourds can be made into birdhouses.

the stem. Be sure to leave an inch or two of stem attached, to help them last longer. Handle the gourds with care. Avoid bruising, scratching or puncturing the fruits. It is best to harvest most of your gourds prior to a frost.

Gourds benefit from being cured after they have been picked. To cure gourds, first start with clean gourds. Wash off the soil, and then wipe the fruits with a cloth dipped in rubbing alcohol, or dip the gourds into a bath of one part Clorox to nine parts of water. Don't soak them, just a quick dip. Then lay them out so that they aren't touching each other. Those gourds that you want to use for birdhouses, dippers or as painted crafts should cure even longer, up to three or four weeks, depending on the type and size of the gourd. Periodically turn the fruit to discourage shriveling and promote



Luffa, or sponge gourd.



Various gourds in fall colors.

even curing. If you can provide warmth during this time period, it will speed up the drying and discourage decay. Once they are completely dry, the gourd becomes very lightweight and you can hear the seeds rattling around inside.

Luffa, or sponge gourds, should be harvested when the outer shell is dry. When you can hear the seeds begin to rattle around inside, remove the stem end and shake out the seeds from the center cavity. Then you can begin to remove the outer rind. You can peel the skin, or soak the gourds in warm water until the outer skin softens to the point where it can be easily removed, or use running water to help soften the outer skin. Once the sponge is removed, soak it in one part bleach to nine parts water to obtain a creamy white appearance. Rinse it in clear water and dry before using. 🍃

Janet B. Carson is an extension horticulture specialist for the University of Arkansas Cooperative Extension Service.

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From our readers

This month's recipes have been submitted by Arkansas Living's readers. We hope you will enjoy testing them out in your kitchen.

Bowtie Pasta Salad

- 1 16 oz. package bowtie pasta
- 1 tablespoon seasoning salt
- 1 tablespoon Accent
- 3 tablespoons lemon juice
- 4 tablespoons vegetable oil
- 1/2 cup celery, chopped
- 1/2 cup bell pepper, chopped
- 1/2 cup green onion, chopped
- 1 small can chopped black olives, drained
- 1 small jar pimentos, drained
- 3 tablespoons Duke's Mayonnaise
- 1/2 cup bacon bits

Cook and drain pasta. Add seasoning salt, Accent, lemon juice and vegetable oil. Cool in refrigerator for 4 hours. Add the rest of ingredients and stir well. Top with bacon bits. Great for potlucks!

Jimmie Worthington, Texarkana

Chile Rellenos Pie

- 1 8 oz. can refrigerated crescent rolls
- 2 tablespoons cornmeal
- 1 1/2 cups shredded Monterey Jack cheese, divided
- 1 cup shredded cheddar cheese, divided
- 1 4 oz. can chopped green chiles, drained
- 3 eggs
- 3/4 cup sour cream



Heat oven to 350 F. Separate dough into 8 triangles. Place triangles in ungreased 9-inch pie pan or square pan, press over bottom and sides to form crust. Sprinkle cornmeal over crust and press into it.

In a small bowl, combine cheeses, reserving 1/2 cup for topping. Add chiles to cheese and sprinkle over crust. Beat eggs and sour cream together until smooth, then pour over cheese mixture. Sprinkle with reserved 1/2 cup of cheese.

Cover edge of crust with foil during first 20 minutes of baking to prevent over-browning. Bake at 350 F for 33-43 minutes, until a knife inserted near center comes out clean. Cool 5 minutes before serving. Cut into wedges or squares to serve. Serves 6.

Gena Stout, Ravenden

Creamy Corn Salad

- 6 cups fresh or frozen corn
 - 3 cups chopped and seeded tomatoes (I use grape tomatoes and cut them in half)
 - 1 cup avocado, chopped
 - 2/3 cup green bell pepper, chopped
 - 2/3 cup red bell pepper, chopped
 - 1/2 cup red or white onion, chopped
- Mix all ingredients and set aside.

Dressing

- 1 cup mayonnaise
- 4 tablespoons red wine vinegar
- 2 tablespoons yellow mustard
- 1 teaspoon salt
- 1/8 teaspoon black pepper

- 2 teaspoons cumin powder
- 1 teaspoon chili powder
- 2 tablespoons lime juice

Whisk all ingredients until smooth. Pour over corn salad and mix well.

Serve at room temperature or cold. Store any left overs in the refrigerator.

Glenda McClelland, Van Buren

Miss Ida Mae's Dip

- 2 pounds sausage
- 1/2 cup onion, finely chopped
- 1 garlic clove, crushed
- 2 teaspoons chili powder
- 1/2 teaspoon cumin
- 3 15 oz. cans chili without beans
- 1 pound processed cheese loaf (such as Velveeta), cut into cubes
- 8 oz. Monterey Jack cheese, cut into cubes
- 2-3 jalapeño peppers (optional), seeded and chopped
- 2 10 oz. cans diced tomatoes and green chiles, drained

Brown sausage, onion and garlic in large saucepan over medium heat, stirring often. Drain well. Add chili powder, cumin, canned chili, cheeses.



pepper, tomatoes and green chiles.

Cook over low to medium heat, stirring frequently to prevent cheese from sticking.

Serve warm from a slow cooker or a chafing dish. Serves 20.

Thirty years ago I started making this dip — it's a family favorite!

Gina Smith, Paragould

Granny's Meatballs

- 1 cup ketchup
- 1 cup tomato sauce
- 1 cup grape jelly
- 1 cup apple juice
- 5 pounds frozen meatballs

Combine all ingredients in a slow cooker. Cover and cook on low for 5 hours.

I take this to potluck dinners. At home, I serve this over noodles or creamed potatoes, with a salad and rolls. I cut the recipe in half for my family. It is easy and you will love it!

Jenny P. Melson, Lamar

Poor Boy Casserole

- 1 pound ground beef
- 2 tablespoons onion, grated
- 1 small potato, grated
- 1 carrot, grated
- 1/2 teaspoon garlic salt
- 1 large egg

Mix all ingredients together. Form into small meatballs the size of a quarter. Place in 9 x 13-inch pan. Bake until done, 20-30 minutes. Drain off all grease.

Mix the following:

- 1 can cream of mushroom soup
- 1/2 cup cooked rice
- 1 can evaporated milk
- 1/4 teaspoon black pepper

Mix well and pour over meatballs. Put into a 9-inch square or round pan.

Bake at 350 F for 40-45 minutes, until bubbly.

Debbie Harmon, Lafa

Pineapple Fritters

- 1 cup flour
- 1 tablespoon sugar
- 1 egg
- 1/4 cup milk
- 1/4 teaspoon salt
- 1 tablespoon melted butter or oleo
- 1 teaspoon baking powder
- 1 cup crushed pineapple, drained
- 1 cup sugar
- 1 teaspoon cinnamon

Mix all ingredients together and drop by tablespoons into a deep fryer. Fry until golden brown, 3-5 minutes. Drain on paper towels, then roll in a cinnamon/sugar mixture.

Makes 1 1/2 dozen.

Rita Yates, Calico Rock

Grandma Murray's Apple Cake

- 4 cups apples, chopped
- 2 cups sugar
- 2 eggs, beaten
- 3/4 cup oil
- 3 cups flour
- 2 teaspoons baking soda
- pinch of salt



- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg

Mix apples and sugar. Let stand 1 hour. Beat eggs and oil well, by hand. Add 1/2 of apples at once and half of the flour with soda mixed in. Mix well.

Add remaining apples and flour/soda. Mix well.

Add salt and vanilla. Mix all together well. Pour into a 13 x 9-inch greased pan.

Bake 1 hour at 350 F. Cool.

Frosting

- 1-2 cups powdered sugar
- 1 tablespoon melted butter
- 1-2 tablespoons milk

Mix well. The frosting will be runny. Drizzle frosting over the cooled cake and enjoy!

This recipe was my grandmother, Virginia Murray's, recipe. This is the most amazing apple cake ever!

Marci Allison, Bentonville

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YOU BUILD \$4899	WE BUILD \$7099	WE BUILD \$8599

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30' X 40'	• (2) 9'x7' garage doors. 4121604/87	W/ ATTACHED 10' SIDE SHED
YOU BUILD \$7999	WE BUILD \$11399	WE BUILD \$13699

36' X 40'	• (2) 10'x8' garage doors. 0000000	W/ ATTACHED 8' SIDE SHED
YOU BUILD \$9999	WE BUILD \$13999	WE BUILD \$15999

30' X 50'	• 12' sidewalls. • (2) 10'x10' garage doors 8578262	W/ ATTACHED 12' SIDE SHED
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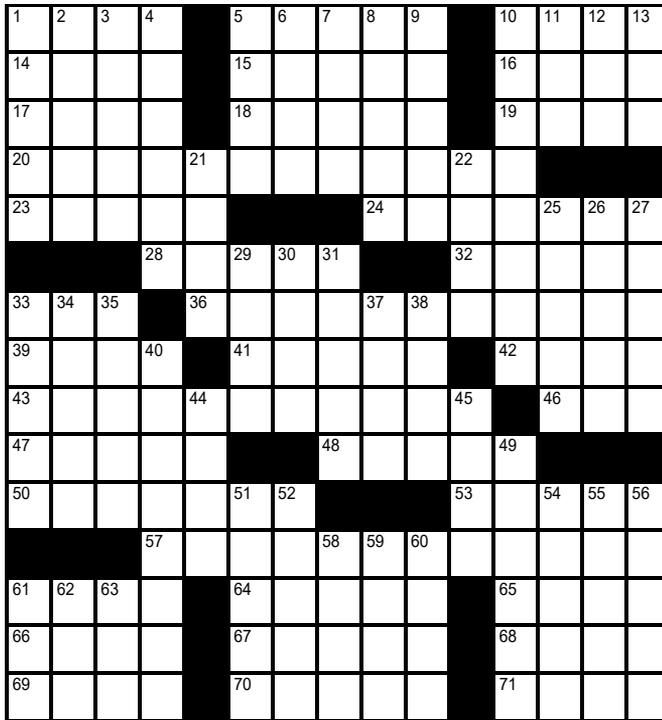
*Building package prices are approximate and may vary due to daily changes in commodity market conditions. Free estimates on complete or partial building packages are available. Customers should check local building codes before starting building projects. The building packages illustrated are suggested designs and plans are available at Sutherlands store locations. A trip fee may be applied to jobs beyond 100 miles from store location. We reserve the right to limit quantities to the amount reasonable for homeowners and our regular contractor customers. Some items may vary slightly from illustrations. We cannot be held responsible for printing errors, however, we will make every effort to clarify any confusion they may cause. All warranty information is available at the service counter. See store for details.

crosswordpuzzle

BY JULIE K. COHEN

ACROSS

1. Farm young
5. Not true
10. Bit of dust
14. Car bar
15. Homeric epic
16. Native Arkansas plant, 5 Across ___
17. Footnote abbr.
18. Not fresh
19. TV's "American ___"
20. Dock worker
23. Clean (e.g. a chimney)
24. Big State Park?
28. Chip dip
32. Money ___ (Arkansas Scholarship Lottery ticket)
33. Father figures
36. Overly large
39. Bed board
41. Adorable one
42. Lacquered metalware
43. What 56 Down makes
46. Compass points
47. Peruvian beast
48. Found a new tenant for
50. Controlled
53. ___ River (origin to Bull Shoals Lake)
57. Historic caches
61. "What's gotten ___ you?"
64. Tree, 53 Across ___
65. Overlook
66. Eat
67. Mites
68. Hay bundle
69. Withdraws, with "out"
70. To oppose
71. Glance over



14. Not true
17. Bit of dust
20. Car bar
23. Clean (e.g. a chimney)
27. Archaeological site with mounds (or famous glass artist)
29. Daft
30. Give the cold shoulder
31. Moving about
33. Hymn
34. "Be-Bop-___" (Gene Vincent hit)
35. Prince of Darkness
37. Scrabble piece
38. Casting need
40. Pink ones come from Bradley County
44. O. Henry's "The Gift of the ___"
45. Stitches
49. ___ up!
51. Imprison
52. Prepare for winter takeoff
54. Kind of artery
55. Electronics pioneer Nikola
56. German industrial city
58. Grouch
59. Farm division
60. Doctor on TV
61. Bachelor's last words
62. Puppy's bite
63. Atlanta-based station

DOWN

1. Doesn't succeed
2. U shaped lake
3. Skirt style
4. Cliff protrusions

Crossword answers on page 41



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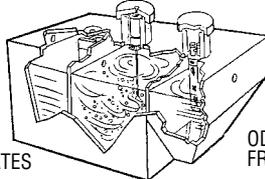
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The Social Taco puts love in every creation

BY ROB ROEDEL

Some restaurants just feel right when you walk in the door. Such is the case for The Social Taco in Rogers. Thanks to Chef Fernando Martinez, the restaurant is quickly gaining fans after opening in February 2016.

Martinez is no stranger to the restaurant business; he has more than 44 years of experience in the industry. He was visiting his daughter, Stephanie Danielle Martinez, in Northwest Arkansas when he fell in love with the area and decided to open The Social Taco with a partner. Martinez has a degree in restaurant and hospitality management from the University of Houston and has run dozens of large

and fine dining restaurants, taught at the University of North Texas and been an instructor at Le Cordon Bleu Institute of Culinary Arts – Dallas.

“Our recipes for great food are simple,” he said. “We use high-quality ingredients and take great pride in our preparation of the dishes we serve. Our tacos and food are made with love.”

The Social Taco is more than a Mexican restaurant, as the menu includes tasty foods from North, South and Central America including crawfish etouffee, hamburgers, fish, steak and a popular brunch on Sundays.

“Since opening, we have adjusted to customer demand,” Martinez said. “We pride ourselves on excellent customer service and really caring about our guests’ dining experience. We are passionate about what we do. We create artisan tacos and hand-crafted pieces of art through our food.”

The Social Taco hosts geographic location specialty menus that have proven very, very popular and have included fare from Argentina, Spain, Mexico, Chicago and Texas. Martinez and his team enjoy preparing the “local” foods for the targeted area, and patrons love the concept.

My first sample of the menu was the Fiesta appetizer, which included freshly cooked corn tortilla chips, queso dip, salsa and guacamole. Of course, each



ROB ROEDEL



The Mayan Style and Baja Shrimp Tacos were awesome.

The Shrimp Ceviche was big on flavor and presentation.

dip is made in house and all are must-tries for dip lovers. The

Fried Sweet Plantains are a perfectly prepared treat. My favorite appetizer was the Street Corn that featured roasted corn with lime crema, queso fresco and the restaurant’s Social Hot Sauce. The flavors were amazing, with a creamy texture and a sweet taste with a hint of spicy heat.

The Churrasco Platter had an Argentina-style to it: a grilled 10-ounce sirloin steak served with rice, black beans, guacamole and pico de gallo. The Churrasco sauce married excellently with the steak to deliver a winning combination.

The Social Taco’s seasonal menu included Shrimp Ceviche. The ceviche featured a large amount of Gulf shrimp tossed in fresh citrus juices, jalapeño, green onion and tender avocado chunks with sweet tomatoes and cilantro.

I tried the Mayan Style Taco that was stuffed with slow-roasted pork, pickled red onions, pico de gallo and queso fresco in a warm corn tortilla.



ROB ROEDEL

The Social Taco in Rogers.

the eating essentials

THE SOCIAL TACO

2882 West Walnut, Suite 1
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479-633-8055

Hours of Operation

Monday - Thursday: 11 a.m. - 9 p.m.
Friday - Saturday: 11 a.m. - 10 p.m.
Sunday: 10 a.m. - 9 p.m.



ROB ROEDEL

The Churrasco Platter will give you a taste of Latin America.

Next, I tried the Baja Shrimp Taco that featured fresh, fried Gulf shrimp (blackened is an option), agave-infused slaw, sliced avocado and pico in a corn tortilla.

I went back a few days later to try the Backyard Chicken Taco that has roasted chicken, warm fingerling potatoes, avocado crema, crispy chicken skins and herbs in a warm flour tortilla. And, I tried the Flank Steak Taco that has flame-grilled flank steak, baby bella mushrooms, caramelized onions and Argentinian Chimichurri salsa nestled in a corn tortilla.

An amazing Bananas Foster with vanilla ice cream topped off the meal. Don't miss this one!

A quote by Martinez on the restaurant's website reads: "Upon reflection of your life, look deep in the mirror. If you see joy, peace and pride, then you made a difference in all the lives you touched." 🍀

Dining recommendations? Contact Rob Roedel at roedel@aecc.com

crossword answers

for puzzle on page 38

N	A	C	S	L	E	B	E	R	O	S	T	P	O
E	T	A	S	R	R	A	C	R	C	N	I	D	S
S	M	S	H	C	H	I	R	I	S	T	N	N	S
S	L	E	S	A	P	C	A	M	E	A	V	A	M
E	H	I	T	E	D	E	S	A	N	A	V	A	M
S	E	S	L	E	R	A	M	A	V	A	T	L	T
E	T	O	S	R	E	T	I	E	C	U	T	S	S
A	T	I	S	R	S	N	O	M	S	A	V	A	P
V	I	N	A	V	A	S	V	S	L	S	T	L	S
H	T	O	M	M	A	M	A	P	E	M	O	S	S
L	O	D	I	M	E	M	R	O	H	S	E	N	O
E	O	L	A	V	A	L	I	L	E	T	X	A	I
E	L	A	V	A	L	I	L	E	T	X	A	I	I



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Calendar

Sept. 1-3

20th Annual Hot Springs Blues Festival

Hill Wheatley Plaza, Hot Springs
www.spacityblues.org.

44th Annual Cotton Plant Days

Main Street, Cotton Plant
5k, 10k and 15k run, 1-, 2- and 3-mile walks.
Music, bounce houses for kids. 870-459-2121.



Sept. 2

34th Antique and Classic Car Show

Mammoth Spring State Park
9 a.m. - 2 p.m., 870-625-7364.

Drone Expert at Hobbs State Park

Hobbs State Park Visitor Center, Rogers
2:00 p.m., www.friendsofhobbs.com.

Sept. 2-4

66th Annual Clothesline Fair

Prairie Grove Battlefield State Park, Prairie Grove
100 craft booths, living history, music, square dancing and refreshments.
479-846-2990.

Sept. 4-9

Tri-County Fair

Tri-County Fairgrounds, Marvell
870-829-1001.

Sept. 8-9

22nd Arkansas State Hot Air Balloon Championship Races and CASA Kids Fest

Harrison City Park Soccer Complex, Harrison
www.arkansasballoonfest.com.

Sept. 9

47th Annual Eureka Springs Antique Automobile Festival

The Great Passion Play, Eureka Springs
Hundreds of cars on display, vendors, live music and a parade through historic downtown. www.eurekaspringschamber.com.

Sept. 12

Chefs in the Garden

Botanical Garden of the Ozarks, Fayetteville
Stroll through the garden, watch cooking demonstrations by the area's finest chefs and sample their creations. www.bgozarks.org.

Sept. 14-16

37th Annual Pioneer Days

Maynard Pioneer Park and Museum, Maynard
Pet parade, children's games, chicken and dumpling dinner, baked goods contest, auction, music, pony rides, craft fair, concessions.
870-647-2701

Sept. 15-16

29th Annual Mountain Bike Race

Devil's Den State Park, West Fork
479-761-3325.

Sept. 16

Kayaking 101

Mammoth Spring State Park Marina
10 a.m. - 3 p.m. 870-625-7364.

P. Allen Smith's Fall Poultry Workshop

Moss Mountain Farm, Roland
9:30 a.m. - 3:30 p.m. Cost is \$96.75. Reservations:
501-519-5793;
www.pallensmith.com.



35th Annual Winfest Music Festival

Winslow Baseball Park, Winslow
www.winfestmusicfestival.com.

28th Annual Polo In The Ozarks

The Buell Farm, Fayetteville
Live polo match, children's activities, tailgating, silent and live auctions, and a gala dinner with music and dancing. 4-11 p.m.
www.poloitheozarks.com.

Sept. 16 - Oct. 31

Pumpkin Hollow 25th Anniversary

Pumpkin Hollow Farm, Piggott
Pumpkin patch, corn maze, new Kids Barn.
Haunted evening attractions start Sept. 23.
9 a.m. - 6 p.m. www.pumpkinhollow.com.

Sept. 18-23

Van Buren County Livestock and Fair

Van Buren Fairgrounds, Clinton
www.vanburencountyfair.org.

Sept. 20-23

Bikes, Blues and BBQ

Motorcycle rally at various locations, Fayetteville
www.bikesbluesandbbq.org.

Sept. 22 - Oct. 31

13th Annual Fall Festival

Peebles Farm, Augusta
60-acre pumpkin patch, hay rides, play area, corn maze, duck races, concessions, 6 acres of sunflowers. Weekend nighttime trips through the maze with bonfires.
www.Peeblesfarm.com.

Sept. 29

Kingston Music on the Square

Town Square, Kingston
Live outdoor music. Bring your lawn chair. Food concessions and kids activities.
479-957-1089.

Sept. 23 - Oct. 31

McGarrah Farms Pumpkin Patch

14816 Miser Road, Pea Ridge

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www.mcgarrahfarms.com.



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20th Annual Depot Days Festival

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