

# arkansas living

A close-up photograph of a tiger lying down in a grassy field. The tiger is looking directly at the camera with its mouth wide open, showing its pink tongue and sharp teeth. The background is a soft-focus green field.

FEBRUARY 2018

## Lions and Tigers and Bears!

A visit to Turpentine Creek  
Wildlife Refuge

*Page 8*

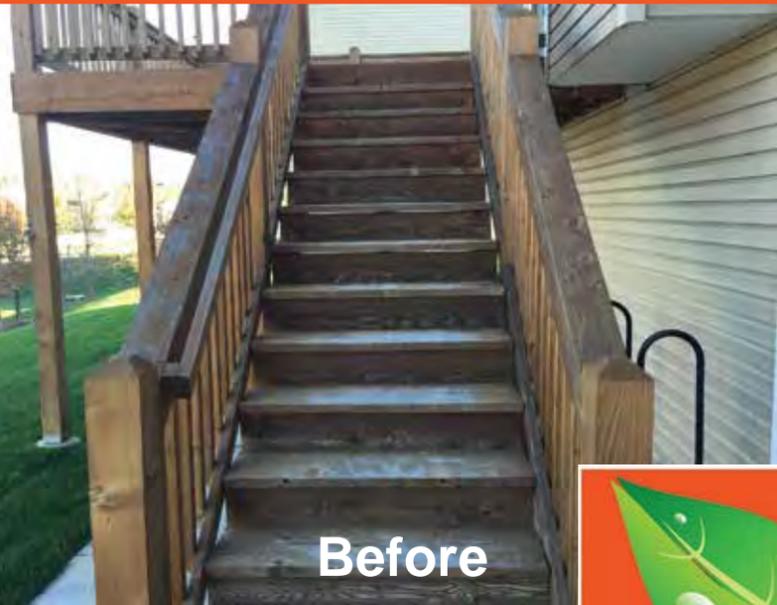
Authentic Mardi Gras recipes

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A publication for members of Arkansas Valley Electric Cooperative

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## on the cover

Chuff, one of Turpentine Creek Wildlife Refuge's many big cats, is named for the friendly noises tigers make to greet each other.

*Photo by Ike Wever, Turpentine Creek Wildlife Refuge*



BY SHEILA YOUNT



February — the month of hearts and love. Coinciding with Valentine's Day, we promote healthy hearts during February, which has

been designated as American Heart Month. That combination makes it the perfect time to share with you a special story of love and dedication that takes place every day at the Turpentine Creek Wildlife Refuge in Eureka Springs. Starting on Page 8, Associate Editor Jenny Boulden shares the story of her recent visit to the refuge, which takes in and cares for big cats, and even bears, who are survivors of the exotic pet trade.

In keeping with Heart Month, please be sure to check out the features on Pages 18, 20 and 24, which provide valuable information on heart health.

Although we have had frigid temperatures this winter, spring and the gardening season will be here soon. Janet B. Carson provides the scoop on the upcoming annual Arkansas Flower & Garden Show in the Gardening feature on Page 30. Please note that this year's show will be at the Arkansas State Fairgrounds in

Little Rock, a new location for the show.

It's also Mardi Gras — the time when everyone is encouraged to "let the good times roll!" To help celebrate, we have some authentic Louisiana dishes from food and travel writer Juliana Goodwin (Page 34). Juliana lives in southern Missouri and has traveled extensively in Arkansas, writing about our state's tourism offerings. We look forward to showcasing more of her work in future issues. We also appreciate the recipes you send us, so keep them coming. We will continue to feature those as well.

Also, be sure to check out the pages from your local electric co-op. On those pages, located in the center of the magazine (Pages 22-23), you can learn about news specific to your electric co-op. You receive this magazine as part of your co-op membership.

Until next month, stay warm, eat well and happy reading!

Sheila Yount  
editor@aeci.com

Brady, a massive male liger (part lion, part tiger) at Turpentine Creek Wildlife Refuge in Eureka Springs, enjoys the cardboard toys that enrich his spacious habitat.



IKE WEVER, TURPENTINE CREEK WILDLIFE REFUGE

FEBRUARY 2018

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**President and CEO**  
Duane Highley

**Vice President, Public Affairs & Member Services**  
Sandra Hochstetter Byrd

**Editor**  
Sheila Yount

**Associate Editor**  
Jenny Boulden

**Copy Editor**  
Denise Dorton

**Production Manager**  
Geri Miller

**Advertising Coordinator**  
Marcia Tabor

**Graphic Designer**  
Dixie Rogers

**Editorial Assistant**  
Stacy Rinehart

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**CONTACT INFORMATION**

Arkansas Living  
1 Cooperative Way, Little Rock, AR 72209  
501.570.2311 Email: arkansasliving@aeci.com  
Mailing Address: P.O. Box 510, Little Rock, AR 72203  
Advertising Department, Marcia Tabor  
501.570.2312 Email: advertising@aeci.com

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# A silent sentinel

BY DUANE HIGHLEY

Inventor Anne-Christine Hertz has developed a tool to assist patients with dementia. The patient sits on a stationary bicycle, which is positioned in front of a high-definition projection screen. As the patient pedals and steers, a computer displays street scenes from Google's Street View program, allowing the person with dementia to safely simulate riding a bicycle through familiar environments from their past, such as their hometown. The combination of physical and mental stimulation appears to assist in the rejuvenation of memories and a reduction in dementia.

When I read of this I immediately thought of a city where I lived long ago. Pulling up Google Street View, 50-year-old memories reappeared. My newspaper route. Learning to ride a bicycle. Falling off the same bicycle and skinning up my knee. Being bitten by a dog, and not just any dog, but a giant Saint Bernard! Eating Thanksgiving turkey with my grandparents, and listening to their stories by the fireplace.

Looking at the images from my old neighborhood, most of the houses looked about the same, albeit older, and trees were either larger or gone. But one thing caught my eye: an old, beat-up "telephone pole" right in front of our former house. Google allows you to look around and to "look up," and when I did, the memory clicked. I had stared up at that pole before, a jumble of power and telephone wires. That pole looked pretty rough around the edges, but it was still standing there, doing its job, a silent sentinel to all that had passed over more than five decades.

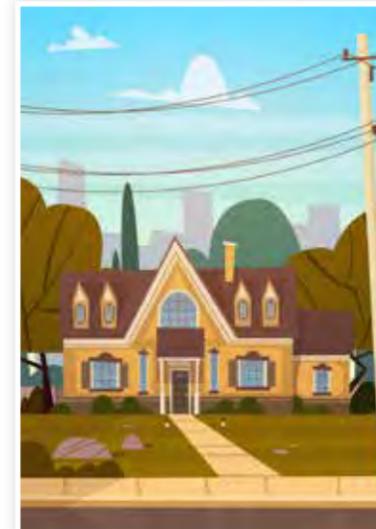
I had to wonder, what had that pole witnessed? Births and deaths of generations, success and failure, hope and despair, and through it all, the power continued to flow.

That's how it is in the electric reliability business. It's a long-term, capital-intensive business. We make decisions that affect how we will serve your home for decades — possibly well after we are gone. Power plants, wind and solar farms, substations, poles and wires are very costly, but they are built to serve generations. That's why it's important that we make the best decisions possible, and we do that with your help.

As a member-owned electric cooperative network, we are governed by boards of directors elected by the membership (that's you) to approve of our plans. Directors meet monthly with the co-ops' staff to review operations, maintenance, rates and human resources.

Maybe someday, a half-century from now, someone will see a photo that triggers fond memories of growing up with you. Until then, know that we will remain on the job, planning ahead, all with the goal of responsibly keeping the power provided for you and your descendants as reliable and affordable as possible.

(See <http://theinstitute.ieee.org/ieee-roundup/blogs/blog/how-a-hightech-stationary-bicycle-can-help-patients-with-dementia> for a great video on the technology.)



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 distribution co-ops, which provide retail electric service to more than 1 million members.

## Third Annual Agri Summit kicks off Feb. 1



Because Arkansas is a leading agricultural state in a largely agricultural nation, Arkansas farmers are key to the fabric of local economies as well as the nation's. For the past two years, Simmons Bank has hosted an Arkansas Agri Summit to discuss the industry. Open to the public, the Third Annual Agri Summit will take place Feb. 1 from 9 a.m. to 1:30 p.m. at the White Hall Community Center, 9801 Dollarway Road in White Hall.

Rex Nelson, senior editor of the *Arkansas Democrat-Gazette*, will emcee expert discussions of the current economic landscape, the future of commodity pricing and the scientific developments impacting the industry locally

and globally. Featured speakers include Dr. David Kohl, president of AgriVisions, LLC; Jay Mahaffey, manager of Monsanto's Scott Learning Center; and Pine Bluff attorney David Bridgforth of Ramsay, Bridgforth, Robinson and Raley, LLP. Mahaffey will discuss lessons from Monsanto's Learning Center. Bridgforth will instruct participants on what to expect from the 2018 Farm Bill, and Kohl will speak on positioning farmers for success in the economic reset.

The event is free. Lunch is provided by event sponsor Scott Petroleum. Register at [SimmonsBank.com/agrisummit](http://SimmonsBank.com/agrisummit) or by calling 870-265-5366.

## Energy outlook for 2019

Federal energy officials have made their first forecasts for 2019, and they expect to see modest growth in the nation's electricity consumption, with a record set for renewables.

In its latest Short-Term Energy Outlook, the Energy Information Administration (EIA) predicts a 1.3 percent consumption increase this year, followed by a rise of just 0.5 percent in 2019.

History is expected to be made, with non-hydro renewable energy sources forecast to supply more than 10 percent of the nation's annual average total generation in 2019. It will be the first time on record that's happened, EIA said in its Jan. 9 report.

EIA expects the price of natural gas for electricity generation will be lower this year than last and will fall even more in 2019. Natural gas should account for 33 percent of generation this year and 34 percent next year, the report said.

Those lower natural gas prices, combined with retirements of coal-based plants, will have an impact on coal's role. Coal supplied about 30 percent of America's electricity generation in 2016 and 2017, but EIA expects it will fall to slightly below 30 percent this year and 28 percent next year. Plant operators are telling EIA they plan to retire 13 gigawatts of coal-based capacity in 2018.

Next year's scheduled retirement of reactors at Pennsylvania's Three Mile Island and the Pilgrim Nuclear Power Station in Massachusetts will have an impact on nuclear's share of generation. EIA expects nuclear will account for 19 percent of generation in 2019, down from the 20 percent seen in 2017 and expected again this year.

And drivers will be digging deeper. "EIA expects the retail price of regular gasoline to average \$2.51 per gallon during the first quarter of 2018," up 19 cents from the same time last year, "primarily reflecting higher crude oil prices," the report said. EIA sees prices peaking at \$2.63 in August, for a 2018 average of \$2.57. It's forecasting a \$2.58 average in 2019.

Source: NRECA



## Winter safety tips

As winter continues, here are some steps you can take to stay safe during the cold weather.

- **Layer up!** Wear layers of lightweight clothing to stay warm. Gloves and a hat will help prevent losing body heat.
- **Don't forget your furry friends.** Bring pets indoors. If they can't come inside, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.
- **Remember the three feet rule.** If you are using a space heater, place it on a level, hard surface and keep anything flammable at least three feet away – things such as paper, clothing, bedding, curtains or rugs.
- **Don't catch fire!** Turn off space heaters and make sure fireproof embers are out before leaving the room or going to bed. If you are using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs.
- **Protect your pipes.** Run water, even at a trickle, to help prevent your pipes from freezing. Open the kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals out of the reach of children. Keep the garage doors closed if there are water lines in the garage.
- **Better safe than sorry.** Keep the thermostat at the same temperature day and night. Your heating bill may be a little higher, but you could avoid a more costly repair job if your pipes freeze and burst. The kitchen is for cooking. Never use a stove or oven to heat your home.
- **Use generators outside.** Never operate a generator inside the home, including in the basement or garage.
- **Knowledge is power.** Don't hook a generator up to the home's wiring. The safest thing to do is to connect the equipment you want to power directly to the outlets on the generator.

### If you become stranded

- Stay in the vehicle and wait for help. Do not leave the vehicle to search for assistance unless help is visible within 100 yards (91 meters). You can quickly become disoriented and confused in blowing snow.
  - Display a trouble sign to indicate you need help. Hang a brightly colored cloth (preferably red) on the radio antenna and raise the hood after snow stops falling.
  - Run the engine occasionally to keep warm. Turn on the engine for about 10 minutes each hour (or five minutes every half hour). Running the engine for only short periods reduces the risk of carbon monoxide poisoning and conserves fuel. Use the heater while the engine is running. Keep the exhaust pipe clear of snow, and slightly open a downwind window for ventilation.
- Leave the overhead light on when the engine is running so that you can be seen.

For more information on how to stay safe during the cold weather, visit the winter storm safety page at [redcross.org](http://redcross.org).

Source: American Red Cross



## trivia

- More pizza is consumed during Super Bowl week than any other week of the year. On Super Bowl Sunday, Americans also consume 8 million pounds of guacamole and 14,500 tons of chips.
- According to U.S. law, the Flag Code requires that if the American flag is displayed over the middle of the street, it should be suspended vertically with the union (blue field with stars) to the north on an east-west street, or to the east on a north-south street.
- Mardi Gras is based on the liturgical Christian calendar. It starts on Epiphany (Jan. 6), also known as Three Kings Day, and ends on Fat Tuesday, the day before Ash Wednesday begins the season of Lent. The last five days of Mardi Gras are traditionally when the biggest parades and hoopla get underway.
- Only 3,890 tigers, total, exist in the wild, but numbers are growing.
- All white tigers in the U.S. are cross-eyed from generations of inbreeding in captivity, though on some it is not apparent.
- The Izard County community of Forty Four got its name while trying to come up with a name for the new post office they'd successfully petitioned the government to get. They picked Forty Four because that's how many residents' names were on the petition.
- Dr. William J. Baerg, a longtime professor of entomology at the University of Arkansas, in 1922 began studying the effects of black widow spider bites by allowing himself to be bitten. He survived, and repeated the experiment with various poisonous arachnids for many years, living to age 94.
- "The Eskimos have 52 words for snow because it is so special to them; there ought to be as many for love." — Margaret Atwood

# Lions and Tigers and Bears!

## A visit to Turpentine Creek Wildlife Refuge

BY JENNY BOULDEN

We arrived at Turpentine Creek Wildlife Refuge (TCWR) after hours, making the winding drive through the Ozarks and moving into our “Siberian Suite” in the dark. As my husband and I unloaded the car, we heard the first noises. The big cats were restless, making rumbling, trilling night-sounds distinctly larger than and unlike anything that has ever come out of our household cat. We exchanged wide-eyed glances, then scurried inside with glee.

I awoke before dawn, listening to what sounded like Africa outside: caroling lions and chuffing tigers, I would later learn. Within minutes, we were peeking through the blinds, gasping. Dawn revealed Montana and Poncho, grown, 600-pound tigers pacing right outside our bedroom window. (Of all the lodging, the “Siberian Suite” is uniquely adjacent to a tiger habitat.) It mesmerized us for almost an hour. I realized I hadn't known what to expect. I thought I was there to see big cats. I had no idea my brain and heart were about to explode, one with facts, the other with love. ➤



Bam Bam enjoys the special pool within his large grizzly bear habitat.

KYLE JORGENSEN, TURPENTINE CREEK WILDLIFE REFUGE



Sibling cubs Tanya and Kizmin. Their triplet siblings Rocklyn, Black Fire and Peyton, four months older, were all part of a cub-petting business for profit prior to arriving at Turpentine Creek Wildlife Refuge.

IKE WEVER, TURPENTINE CREEK WILDLIFE REFUGE



IKE WEVER, TURPENTINE CREEK WILDLIFE REFUGE

Less than 2 years old, cougars Marissa (front) and Louisa are still playful and love to pounce.

BELOW LEFT Tsavo runs up a hill, his dark mane flowing in the wind. He has made his home at TCWR for almost eight years.

BELOW RIGHT Whitney was rescued from a breeding facility in 2002. The animals have plenty of toys and playspace.



IKE WEVER, TURPENTINE CREEK WILDLIFE REFUGE



**Best in the nation**

TCWR, located seven miles south of Eureka Springs on Arkansas 23, works something like a humane society without adoptions. The difference is the abused, neglected and abandoned animals here are huge, lethal predators, and the refuge that will be their forever home is the best they've ever known. The animals appear content to live out their lives in peace and comfort thanks to the outstanding care they receive here. Started 25 years ago (May 1 is the 26th anniversary), TCWR, which is served by Carroll Electric Cooperative, has rescued more than 500 exotic and native animals. The animals, all but one born in captivity, live in large, spacious habitats with room to exercise, each with almost countless security features and protocols to protect staff, the public and the animals.

"Once in captivity, it's nearly impossible to properly and successfully introduce exotic animals into their native environments," said Emily McCormack, animal curator at Turpentine Creek for the past 19 years.

The animals have concrete "night houses" to retreat to for comfort and privacy in any weather, and enrichment toys and climbing structures to keep life varied. Visitors can take walking or trolley tours, do a self-guided short tour, or sign up for the periodic private tours with the curator.

"Running the sanctuary is very expensive," said Tanya Smith, president and founder. "Operational costs are about \$2.6 million annually, which are offset, for the most part, by admissions and lodging revenue, retail sales and private donations."

As Smith explained it, a true sanctuary ➤



IKE WEVER, TURPENTINE CREEK WILDLIFE REFUGE



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Intern Isaac Kuhn gives a special tour to Eureka Springs Elementary pupils. Turpentine Creek has many educational offerings for all ages and groups.

means that humans do not play with or touch the animals (except when sedated for veterinary care), and they do not buy, sell, breed or trade them. TCWR recently helped found the Big Cat Sanctuary Alliance, a collaborative network of 14 organizations certified as true sanctuaries.

### A family mission

It's a multi-generational family business, too. Don and Hilda Jackson, Smith's parents, had two lions when she was growing up. That led to Smith and her husband, Scott, TCWR's vice president, founding the refuge in 1992. Now, Smith and her husband are at the helm of the organization's 34 paid staff, which includes four family members: son Victor is maintenance coordinator; daughter Miranda oversees lodging and hospitality; daughter-in-law Amanda handles the financials as treasurer; and the youngest, Haleigh, uses her sustainable horticulture degree to satisfy the refuge's environmental sustainability initiatives.

Despite it being the family business, Smith said she's running and promoting an organization she hopes will not always have to exist.

"Our No. 1 goal is to end the exotic pet trade in the United States," Smith said. "Most people just have no idea how damaging that multi-billion-dollar business is to these tigers, lions, panthers and other large cats — what the animals endure. So we teach people about the problem, and how we help."

### Take a tour

Hannah Wherry, TCWR's new education intern, gave us a private tour. A post-graduate intern, she and 15 other interns live on-site earning \$50 per week and do some

of everything, from assisting the staff with feedings to processing meat.

The tigers can each eat up to 15 pounds of meat a day. Much of the food comes from donations from Tyson Foods (which donates 300,000 pounds of meat a year), as well as from Walmart, Sam's Club and some local farms and rendering facilities, a huge boon to helping TCWR stay open.

We drove slowly by all the habitats as Wherry told us the particulars of the animals inside: why lions have manes, and that the darker the mane, the more dominant the lion. We visited the massive ligers (combination lion and tiger), leopards and cougars. The majestic animals took our breath away. Yet, Wherry pointed out things we missed on first glance; trademarks of the exotic pet trade. Roman is cross-eyed, and Daniel is missing an eye. Others walk with strange, uneven gaits from malformed bones or injuries. White tiger cub triplets Rocklyn, Black Fire and Peyton had Metabolic Bone Disease when rescued in 2016. They were in severe pain and unable to walk from being undernourished and over-handled in the lucrative, but dangerous for the animals, cub-petting business. After a year and a half in TCWR's care, they now run and play like normal tiger cubs. ➤



The Smith family works together daily. From left: Amanda, Victor, Miranda, Tanya, Scott and Haleigh.



Earning one of the intern positions at Turpentine Creek is super competitive; more than 100 college graduates in such fields as zoology and animal conservation apply from around the world when there is an opening.



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We're your Shield. We're your Shelter.



IKE WEVER, TURPENTINE CREEK WILDLIFE REFUGE

Thunder and Harley cool off in their pool. Though primarily a big cat rescue, TCWR cares for two species of brown bear and 11 species of black bear.

also are big on Calvin Klein's Obsession."

TCWR is building a bear habitat, encompassing 140,000 square feet of natural Ozark Mountain woodland. Popper, a wild Florida black bear who became a nuisance animal when she attacked a woman who came between her and her cubs, will live in the new bear space, along with Holli and Lolli, two litter mate black bear cubs from the Colorado rescue effort. While the bears will still be fed by staff, TCWR will be conducting scientific studies of how the bears interact with the natural forest.

"Because Popper was once wild, we are hopeful that she can teach the cubs how to be real bears," McCormack said.

### The Colorado rescue

In September 2016, Smith learned of a Colorado breeding facility with 115 large animals that was closing. To spearhead the rescue and to care for the animals properly, Smith and half of her staff moved to Colorado for six months while they sought out certified sanctuaries that could assist in the effort. Working with Tigers in America and the legitimate sanctuaries that would ultimately form the Big Cat Sanctuary Alliance, TCWR found permanent homes in 10 states for all the animals. In the end, TCWR staff brought 32 animals — including one brown bear and four black bears — to Eureka Springs. The rescue was the largest in U.S. history. Several more rescues are expected soon, Smith said.

The frolicking bears were an unexpected delight on our tour. Because they require so much mental stimulation, the staff devise extra toys for them to play with and often hide items covered in strong scents for the bears' stimulation and enjoyment. "If you have unused spices or perfume, donate them to us!" Wherry said. "Chanel No. 5 is by far their favorite scent. They



LISA BRINKER, TURPENTINE CREEK WILDLIFE REFUGE

### The scope of the problem

McCormack said that of the very conservative estimate of 10,000 exotic cats living in the U.S., only six percent are in responsible zoos or sanctuaries. Besides private ownership, many are in the entertainment industry in some form. They often end up as pets. Smith said many private owners don't realize what they're committing to when they get one.

"I could tell you stories for days, but I prefer to focus on the positive difference we make," said McCormack. "My absolute, favorite thing is watching the animals learn to trust humans again. They are fearless, apex predators, but when we see animals cowering when humans approach, that's a sign they have been severely broken by people. After a few weeks, they start to understand that we are here to care for them, not hurt them. And they begin to look forward to seeing and greeting us. That's the most rewarding part for me. They come here, and that suffering is over."

### How to help

Smith said helping starts with visiting, including staying overnight if you can. As for the units themselves, TCWR's "Africa in the Ozarks" lodging options include five small Safari lodges (beautifully decorated, with scenic overlooks and a shared central gazebo with firepit and hot tub), two family-size suites, a treehouse bungalow, two permanent tents with flooring and other amenities, and several RV and camping spots. ➤

Aurora (white) and Joey cuddle in the sun. Both tigers came from the Colorado rescue in 2016.



Nala, an 18-year-old female cougar, at her TCWR home.

IKE WEVER, TURPENTINE CREEK WILDLIFE REFUGE



SCOTT SMITH, TURPENTINE CREEK WILDLIFE REFUGE



ABOVE The five Safari Lodges are the most popular, arranged in a spoke and wheel around a shared firepit, hot tub and lounging area.  
 INSET The Kilimanjaro Safari Lodge. TCWR has decorated each lodge by theme.

“So many people want to help after they’ve been here, however they can,” Smith said. TCWR keeps an Amazon wishlist on its website of donation needs, ranging from office supplies to farm tools. Smith and her staff support proposed federal legislation to outlaw the exotic pet trade in the U.S. Arkansas passed legislation regarding exotic pet trade in 2005. Even if laws were changed today, Smith said TCWR would still be needed well into her grandchildren’s lifetimes, as big cats can live more than 20 years, and the overbreeding won’t stop immediately. But it can end. “I believe in that future,” Wherry said. “We’ve made these amazing, gorgeous creatures depend on us entirely; we owe them lifetime care and respect. But first, we ask people to please visit, to see for yourself, look into their eyes. Their eyes say it all.”

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	Male	Female	Male	Female	Male	Female	Male	Female
45-49	\$10.45	\$8.80	\$16.75	\$14.00	\$32.50	\$27.00	\$79.75	\$66.00
50-54	\$11.50	\$9.70	\$18.50	\$15.50	\$36.00	\$30.00	\$88.50	\$73.50
55-59	\$14.20	\$11.95	\$23.00	\$19.25	\$45.00	\$37.50	\$111.00	\$92.25
60-64	\$17.20	\$13.30	\$28.00	\$21.50	\$55.00	\$42.00	\$136.00	\$103.50
65-69	\$20.50	\$16.00	\$33.50	\$26.00	\$66.00	\$51.00	\$163.50	\$126.00
70-74	\$27.40	\$21.40	\$45.00	\$35.00	\$89.00	\$69.00	\$221.00	\$171.00
75-79	\$37.00	\$30.10	\$61.00	\$49.50	\$121.00	\$98.00	\$301.00	\$243.50
80-85	\$50.50	\$42.55	\$83.50	\$70.25	\$166.00	\$139.50	\$413.50	\$347.25

The rates above include a \$12 annual policy fee.

This is a solicitation of insurance, an agent (In OR & WA: producer) may contact you. **These policies contain benefits, reductions, limitations, and exclusions to include a reduction in death benefits during the first two years of policy ownership.** Policy Form ICC11L057P or state equivalent (in FL: 7722L-0505; in NY: 827Y-0505). Not available in all states. In NY, during the first two years, 110% of premiums will be paid. Website unavailable for NY residents. EASY WAY Whole Life Insurance is underwritten by United of Omaha Life Insurance Company, Omaha, NE 68175, which is licensed nationwide except NY. Life insurance policies issued in NY are underwritten by Companion Life Insurance Company, Hauppauge, NY 11788. Each company is responsible for its own financial and contractual obligations. \*Age eligibility and benefits may vary by state. \*\*In FL policy is renewable until age 121.

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**OzarkFolkCenter.com**  
**Park Information: 870-269-3851**  
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# Female vs. male hearts: Is there a difference when diagnosing heart disease?

BY DEBRA GIBSON ISAACS

Women aren't supposed to get heart disease. That was the thinking years ago, and that thinking persists today in the diagnosis of heart disease, according to Dr. Gerald Fletcher, a cardiologist with Mayo Clinic in Jacksonville, Florida.

"Women will tell me, 'I don't feel right,'" Fletcher says. "They don't like to say they are experiencing chest pain. They are vague about the symptoms that brought them to the doctor's office. This is particularly true with the elderly population. The thinking that women don't get heart disease or have heart attacks is a holdover from that thinking years ago.

"Men, on the other hand, are more likely to say something like, 'I have discomfort in my chest.' They are more specific with their explanation of symptoms."

That common experience among physicians leaves Fletcher with a recommendation for all of us: Bring a family member with you to your appointment. This gives doctors a better perspective about the person and the medical and emotional perspective the family has.

There is one other distinction doctors see, but this one crosses genders. This distinction is between deniers and complainers.

"A lot of people are deniers," Fletcher says. "They don't want to admit they have a medical issue. Others are complainers. They are at the doctor's office with every little ache."

Recent science has also shown some differences in warning signs. The American Heart Association lists these warning signs for women:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.

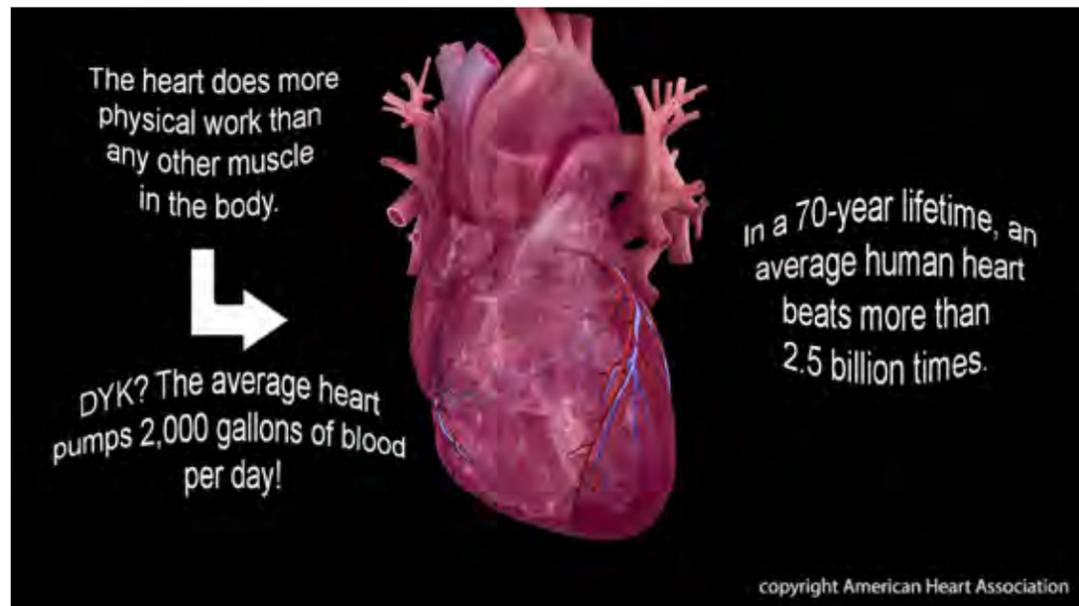
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
  - Shortness of breath with or without chest discomfort.
  - Breaking out in a cold sweat, nausea or lightheadedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

For men, the warning signs are:

- Chest discomfort — the most common sign of heart danger.
- Nausea, indigestion, heartburn or stomach pain.
- Pain that spreads to the arm.
- Feeling dizzy or lightheaded.
- Throat or jaw pain.
- Getting exhausted easily.
- Snoring.
- Sweating.

If you have these warning signs, call 911 and get medical attention right away.

*Courtesy of Kentucky Living.*



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Occasionally circumstances beyond First Electric's control cause power interruptions. When this happens, crews can be dispatched more efficiently if we have the correct information for your account on file.

The phone is our best method of communication, and the more details we have, the faster we can start restoration efforts. Adding your mobile number also will be useful, especially if it is your primary means of communication.

The phone number First Electric has on file is located above the usage graph on your monthly bill.

First Electric offers several options to update your number.

- Complete the form on the back of your bill, and return it with your payment.

- Click on "Member Information Update" under "My Account" at [www.firstelectric.coop](http://www.firstelectric.coop).

- Visit a First Electric office in Benton, Heber Springs, Jacksonville, Perryville or Stuttgart.

- Call 800-489-7405 and select Option 2.

**Reporting an outage is easy, too. Just dial 888-827-3322.**

If you are calling from your primary phone number, just follow the prompts. If you are using a different phone, the automated system will ask for your primary number. You may either enter the number using the touch-tone buttons or by saying the number aloud. If you wish, you may leave a voice message with details about the outage. Once your account location has been confirmed, crews will be dispatched.

Thank you for helping speed the outage restoration process by notifying us of any changes that need to be made.

## Co-op sells, installs GenerLink

Members wanting a safe, easy way to connect a generator during power outages can purchase a GenerLink™ from First Electric. The device is installed on your electric meter by a marketing representative. Once installed, you simply connect the generator to the GenerLink™ with the included cord. Then, use your household main circuit panel to select the circuits and appliances you want to operate based on the generator's capacity.

GenerLink™ is simple and easy to use. A First Electric employee can connect it in less than 30 minutes. Once connected, you just plug your generator into GenerLink™.

For pricing, sizing and compatibility, call 800-489-7405 or look under the "Products & Services" tab at [www.firstelectric.coop](http://www.firstelectric.coop).

Financing and optional payment plans are available. Qualifying members can pay \$200 down and have the remaining balance included on their electric bill for the next 12 months.

For devices not in stock, please allow eight to ten weeks for availability. Call 800-489-7405 for more information or to order your GenerLink™.



## Help us help your community!

**Small change that changes lives**

## Join Operation Round-Up!

*Have your monthly electric bill rounded up to the next highest dollar with proceeds going toward worthwhile community projects. An average donation is just \$6 per year.*



### JOINING IS EASY!

- Call 800-489-7405
- Enroll through the SmartHub app
- Enroll online on the "Community" tab at [firstelectric.coop](http://firstelectric.coop)

**Join by March 1  
& get a free gift!**

*While supplies last. Must be picked up at any First Electric office. New enrollees only. Mug is 11 ounces.*

**A Member-Owned Cooperative**

**800-489-7405  
[www.firstelectric.coop](http://www.firstelectric.coop)**

# Applications for scholarship program due by April 2

High school seniors have until April 2 to apply for a First Electric Cooperative scholarship, which is funded through the Operation Round-Up program. A \$2,000 scholarship is awarded to a high school senior in each of the co-op's five districts.

Students may visit their counselor or a First Electric office for an application or download from the co-op's website at [www.firstelectric.coop/community/scholarships](http://www.firstelectric.coop/community/scholarships).

To be eligible, applicants must be a high school senior whose parents or guardians are First Electric members. Applicants must have a minimum 3.0 grade-point average through their senior year of high school and upon graduation, attend an accredited institute of higher learning in Arkansas on a full-time basis.

Kaylyn Covington of Rose Bud was a 2017 scholarship recipient. "I'm forever grateful for the First Electric scholarship because it truly has pushed me to follow my dreams no matter how much it takes. College can be very expensive, so scholar-



**Kaylyn Covington of Rose Bud** received a First Electric scholarship in 2017. She is a freshman health science major at ASU-Beebe.

ships are a true blessing. Thank you, First Electric," she said.

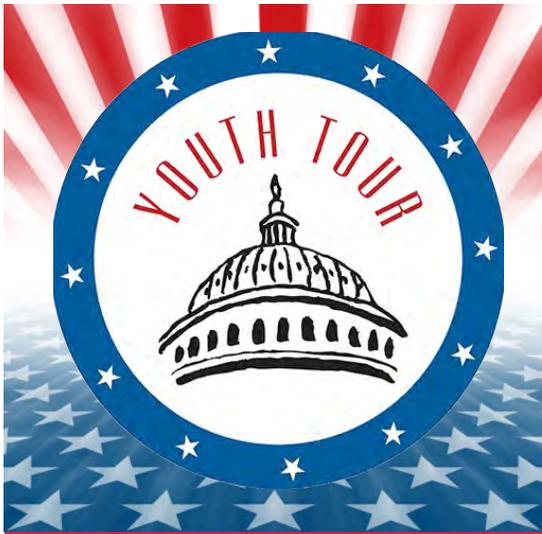
To help fund future scholarships and donations to local nonprofits, enroll in Operation Round-Up. More information is available on the program at [www.firstelectric.coop/community/operation-round-up](http://www.firstelectric.coop/community/operation-round-up).

# \$116,500

## in scholarships awarded through Operation Round-Up since 2002

Operation Round-Up has shown commitment to helping students by funding five scholarships each year since 2002. A total of \$116,500 in scholarships have been awarded to date.

Not only does the Operation Round-Up board support high school seniors in the beginning of their journey through college, but they are big advocates of the Arkansas Single Parent Scholarship Fund which enables single parents to attain self-sufficiency while continuing their education. To date, more than \$83,000 has been donated to Single Parent Scholarship organizations.



## High School Juniors! Apply for 2018 Youth Tour by March 16

High school juniors can explore the nation's capital on the 2018 Electric Cooperative Youth Tour, an all-expense-paid trip to Washington, D.C.

Approximately 1,500 students from across the U.S. will gather June 8-14 to learn more about government, electric cooperatives and tour historic sights and museums, including the Newseum, Smithsonian Institution, World War II Memorial and Mount Vernon.

"I will forever be inspired by the devotion our country has put into preserving our freedom, and there is no better reminder of this sacrifice than the glorious city of Washington, D.C. Greatest thanks and gratitude to the members of First Electric who allow this trip and student's dreams to come true," said Tehya Hinkson, 2017 delegate from Benton.

Any junior whose parents or guardians are members of First Electric may apply. Applications are available at any First Electric office and under the "Community" tab at [www.firstelectric.coop](http://www.firstelectric.coop).

Applications are due by March 16. Winners will be selected based on information supplied on the applications and personal interviews. Call 800-489-7405 with any questions.



**2017 Youth Tour delegates** (from left) Decatur Austin, Britney McGloflin, Tehya Hinkson and Jared McPeake.

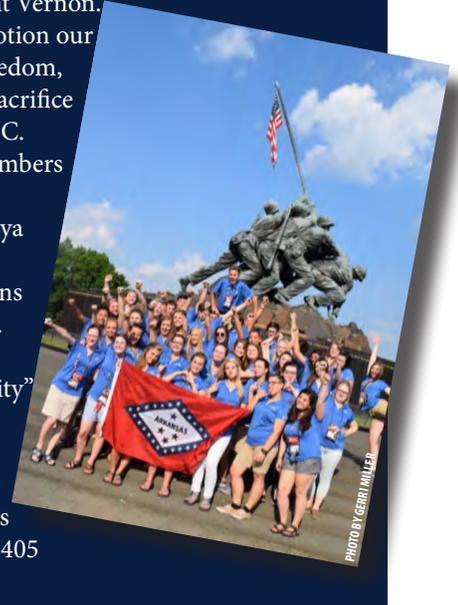


PHOTO BY GERRI MILLER



Continued from Page 20

Confusion abounds about nutrition. Sometimes it is hard to keep up with the latest science, sometimes the science changes, and sometimes we just can't remember what the science says.

Sonya Angelone, a registered dietitian nutritionist (RDN), spends her days counseling people in the San Francisco area about nutrition. Before she reveals the answers to some of the biggest nutritional conundrums, Angelone says there is one important point to remember about nutrition: There is no one-size-fits all. Each of us is different and can process food differently. Age and activity level make a difference. Medical conditions can also alter nutritional recommendations.

Now, drumroll please, here are Angelone's answers to two of the most common and perplexing questions about nutrition:

### Eggs

Although the newest dietary guidelines remove the limit of eggs and dietary cholesterol, they still recommend avoiding excess. Eggs are a nutritious food, but whether they are good or bad depends on the person. Genes help determine



Eggs are a nutritious food, but some individuals may need to limit their intake of cholesterol.

But most people can consume eggs regularly. Just make sure they aren't cooked in excess oil and don't come with bacon, hash browns, white toast and butter!

Also, the recommendations are different for a healthy person wanting to eat a healthy diet versus someone with heart disease who is trying to reverse their disease. For the latter, I limit dietary cholesterol, including eggs.

The American Heart Association is a good site for great information.

**On Balance:** Neutral.

**Suggestion:** Ask your physician to run a cholesterol balance test. This will tell you whether your high cholesterol is because your liver makes too much cholesterol or because you absorb too much cholesterol.

### Butter or margarine

I do not like margarine ever. It has trans fats. That simply means that something has been artificially added to make the margarine harden into a stick or tub. The producer transformed liquid oil into a solid fat by adding hydrogen atoms — thus the term hydrogenated. This process changes the fat into an unhealthy fat.

**On Balance:** Butter is always the best choice.

**Suggestion:** Try nut butter instead.

*Courtesy of Kentucky Living.*



Butter is a better choice than margarine.

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For many people, particularly seniors, climbing stairs can be a struggle and a health threat. Some have installed motorized stair lifts, but they block access to the stairs and

are hardly an enhancement to your home's décor. By contrast, the Easy Climber® Elevator can be installed almost anywhere in your home. That way you can move easily and safely from floor to floor without struggling or worse yet... falling.

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*Stan W. US war veteran and retired professor*



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# Reflections



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Regina Reagans, Marmaduke.



Alison and her favorite rooster, Blossom.  
Rhonda Conley, Piggott.



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Samantha Welch, Hagarville.



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Joy Morgan, Harrisburg.



Lylah, strolling her kitties.  
Jennifer Jones, Sidney.



Abigail with Shooter.  
Georgetta Eppes, Star City.



Jadince with her puppy.  
Melissa Foster, Bee Branch.



Annsleigh loves holding the chickens.  
Jessica Chatelain, Subiaco.



Masen, at Pop's, holding his kitten.  
Trish Turne, taken in Mountain Home.



DaNelle, with a new baby goat.  
Judy Parks, Kibler.

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](mailto:Dixie.Rogers@aeci.com) Or mail to: Reflections, Arkansas Living P.O. Box 510 Little Rock, AR 72203



# Arkansas Flower & Garden Show set for March 2-4 at new location

BY JANET B. CARSON

This year marks a new era for the Arkansas Flower & Garden Show. March 2-4 are the dates for the 2018 show at the Arkansas State Fairgrounds at 2600 Howard Street off of Roosevelt Road. It is a new location and we've moved back the date by one week, but change can be a good thing!

The show runs from 9 a.m. to 5 p.m. Friday and Saturday and from 10 a.m. to 4 p.m. on Sunday. You will pay entrance fees at the gate, and free parking (and plenty of it) is included. Tickets can be purchased in advance online at the show's website through Etix, or they are also available at the gate each day of the show. Single-day tickets are \$9.99 online or \$10 at the gate. Children age 12 and under get in free.

The mission of the Arkansas Flower & Garden Show is to promote gardening and beautification. The show does this by providing one of the largest garden displays in the state each year, with exhibits showcasing the latest information on gardening, landscaping and horticultural practices. This year it will transform Barton Coliseum, the Hall of Industry, the Arts & Crafts building and the Farm & Ranch building. There will be gardens and displays, booths and more in the coliseum and Hall of Industry. The University of Arkansas Division of Agriculture has a large presence each year with plant diagnostics, beekeeping, information on home gardening and the Master Gardener program plus much more. The Federation of Garden Clubs' standard flower show will be presented in the Arts & Crafts building along with a full lineup of dozens of how-to speakers, with a new topic every

30 minutes. In addition, longer seminars will take place in the Farm & Ranch building on Friday and Saturday, with UA horticulturist Dr. John Clark leading the lineup on blackberries for the home garden Friday at 9:30 a.m. To see the full lineup of topics and bios go to the website: <https://argardenshow.org/attractions/gardening-seminars-2/>

For the second year in a row there will be a Landscape Challenge. Four local landscaping companies, Botanica Gardens, Hocott Garden Center, Eminent Terrain, and Little Rock Land Design, will face off during the challenge, which starts at 10 a.m. Friday, in Barton Coliseum. Landscapers will have just four hours to create a unique landscape for four house facades.

Every year kids love to learn about gardening and nature through the hands-on workshops held Sunday only. These are group sessions limited to 30 children each. Kids must be accompanied by an adult. Sessions are free and will be repeated twice in the Farm & Ranch building.

The show is about education and there is a lot of learning going on during the three-day weekend, but it doesn't end when the show is over. Profits from the show are used to



One of the many booths at the Arkansas Flower & Garden Show.

provide college scholarships to students who are majoring in a horticulture-related field and attending a college or university in Arkansas.

Since 2006 more than \$95,000 has been given to communities across the state through the Greening of Arkansas grant programs. These grants in amounts up to \$2,000 are awarded to nonprofit and civic groups for beautification projects on public lands. Grant applications will be available in late summer and awarded at the show each year.

The Arkansas Flower & Garden Show is a one-stop shop for anyone interested in gardening. You will get ideas on how to landscape your yard by browsing through the large display gardens prepared by Antique Brick Outdoors/Better Lawns and Gardens; Grand Designs; Lopez Landscaping; Ozark Folk Center; River Valley Horticultural Products; and Roseberry Landscape Services. For the shoppers, there are more than 100 booths loaded with plants, gardening tools, garden art, books, and other garden related items.

Top-notch speakers from across the region will be on hand Friday and Saturday to present seminars on everything from blackberries in the home garden, to drought-tolerant plants, home landscape problems and solutions, tough and new plants, plus much more. Shorter how-to sessions will be held in the Arts & Crafts building every 30 minutes all three days.

Mark your calendar now. You don't want to miss out. For more information visit <https://argardenshow.org> or call 501-821-4000.



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

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# Do radiant barriers really make a difference?

BY PAT KEEGAN AND BRAD THIESSEN

**Question:** I've heard that installing a radiant barrier in my attic could save me a lot of money on my energy bill. What exactly is a radiant barrier, and does it really make a difference?

**Answer:** A radiant barrier reflects radiant heat and can be used to keep heat in a home during the winter and to keep heat out in the summer. In order to understand the value of a radiant barrier we need to consider the three ways heat travels.

Convection is air movement from hot to cold. This happens through openings in your home, like doors, windows, vents and air leaks.

Conduction is heat traveling through a solid material, such as the sheetrock and framing of your home. This can be minimized by insulation.

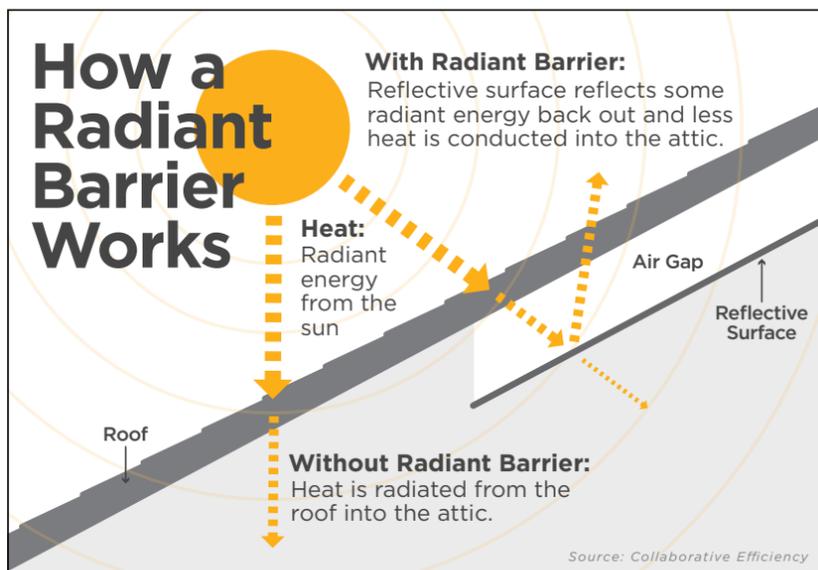
Radiant heat loss is a transfer of heat from the sun, or when a warmer material transmits infrared radiation to a colder material. Radiant barriers are designed to reflect this type of heat loss.

Radiant barriers often look like aluminum foil. Sometimes the foil is fastened to oriented strand board or foam board, but the foil will only reflect radiant heat toward an air space of at least one inch. If the foil is in contact with a solid material, it conducts excess heat into that material.

A common location for application of radiant barriers is the attic; radiant energy from the sun is sent back out of the roof before it can heat the air and insulation in your home. It is commonly sold as a roll of shiny, aluminum material and is usually mounted on the underside of the framing that supports the roof.

The radiant barrier is only effective in reflecting radiant heat, not as insulation or as a wrap to block air loss, but it can be very effective at its intended purpose. Even something as thin as a sheet of aluminum foil can reflect 95 percent of the radiated heat back through the roof if it's installed properly, with an air gap between itself and the roof. While other solutions such as an attic fan try to remove the heat once it has accumulated, the radiant barrier stops the heat from building up in the first place.

The net impact of a radiant barrier depends on whether you live in a hot- or cold-weather climate. For example, homes that were retrofitted with attic radiant barrier systems in Florida were able to reduce air conditioning energy use by



about 9 percent. In colder climates, the radiant barrier that reflects unwanted heat outside of the house in the summer will also be reflecting heat away from the house in the winter. In other words, the cooling bill may decrease but the heating bill may increase.

So, is a radiant barrier in your attic a good investment? Sometimes. You need to do a little research, as savings vary in each situation and there are many inaccurate claims made about the cost savings. In a warm climate, a home with a large cooling load and a roof fully exposed to the sun, an attic radiant barrier could be cost-effective and make your home more comfortable. Products are getting better all the time, but even then, your expectations need to be realistic.

It's a good idea to compare an investment in an attic radiant barrier to other energy efficiency investments, such as improving your attic insulation or sealing air leaks around doors and windows. Of course, the best way to compare your energy efficiency opportunities is to schedule an energy audit. Start by talking to your energy advisers at your local electric cooperative. ▀

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. For more information on radiant barriers, please visit: [www.collaborativeefficiency.com/energytips](http://www.collaborativeefficiency.com/energytips). Also visit [smartenergytips.org](http://smartenergytips.org) for more energy efficiency information.

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# Let the good times roll with a Mardi Gras menu

RECIPES AND PHOTOS BY JULIANA GOODWIN

On Feb. 13, about a million people will descend on New Orleans to celebrate Mardi Gras. My husband is a Louisiana native, and in honor of the festival, I have crafted some fun recipes for a Mardi Gras soiree at home.

A must-make dish is gumbo. It requires love and patience, but don't worry, the flavor will reward you. Expect to spend one and a half hours of hands-on cooking and more time simmering. If you want something easier, try my Hurricane Cake, which was inspired by the classic New Orleans cocktail.

I also whipped up crawfish maque choux topped with andouille. Maque choux is a traditional corn sidedish served in Louisiana (think of it as the ultimate creamed corn). It has its roots in Native American and Creole cuisines. The crawfish elevates this, making it worthy of a main course. It's incredible. Enjoy!

## Crawfish Maque Choux

- 3 ears of corn
- 2 tablespoons butter
- 1 tablespoon canola oil
- 2/3 cup chopped red onion
- 1/4 cup chopped celery
- 1/2 cup chopped red bell pepper
- 1/3 cup chopped green bell pepper
- 1 tablespoon all-purpose flour
- 2 cups heavy whipping cream
- 1/2 pound crawfish tails and meat
- 2 cups sliced andouille sausages
- Salt and pepper to taste
- Toasted French bread for serving

Place corn in their husks in the microwave and microwave for 5 1/2 minutes. Allow to cool for 10 minutes. You may need to wear an oven mitt to handle them. Strip off the husk, slice the corn off the cob and then turn the knife around and with the dull side, scrape the cob to get the corn milk out. Set aside.

While corn cooks and cools, slice the onion, celery, bell pepper and andouille.

In a cast-iron skillet, heat the butter and canola oil. When hot, add the onion and celery and cook 5 minutes.

Then add bell pepper and flour and cook 4 minutes.

Add whipping cream, crawfish and corn and stir thoroughly. Reduce heat to low and cook 5-7 minutes, stirring occasionally.

While the maque choux cooks, spray another skillet with cooking spray and brown the andouille on each side, 2-3 minutes per side.

Top maque choux with andouille and serve with toasted French bread. This dish is rich, so serve it with greens or a salad. Serves 6.

## Chicken and Andouille Gumbo

- 1/3 cup, plus 1 tablespoon canola oil
- 1/2 cup all-purpose flour
- 1 1/2 cups chopped red onion
- 1 cup chopped green bell pepper
- 1 cup chopped celery
- 8 cups chicken stock
- 1/2 cup water
- 4 cups rotisserie chicken, shredded
- 3 cups sliced andouille sausage
- 3 cloves of garlic
- 1 teaspoon soy sauce
- 1 teaspoon hot sauce (optional)
- 1 1/2 teaspoons Kitchen Bouquet Browning & Seasoning Sauce
- 1/2 teaspoon Cajun seasoning

- 2 bay leaves
- Pepper to taste
- Long grain rice for serving

When making gumbo, it's crucial to have everything prepped and ready to go before you start cooking. I make a dark roux, which takes more time but has incredible depth and is the reason people rave about my gumbo. A dark caramel roux will take 35-40 minutes, a chocolate roux will take about 50 minutes.

Chop all the vegetables, shred the rotisserie chicken, and slice the andouille. Have all your ingredients within arm's reach and start the roux. You will need a cast-iron skillet for the roux and a stockpot for the stock.

Pour the chicken stock and water into the stockpot and turn it on low. When the roux is done you will incorporate the two. The stock must be hot or it will separate. I turn the stock up to medium-low after I've been stirring the roux for 25 minutes.

In the cast-iron skillet, heat the oil over medium heat. When bubbles begin to form around edges, stir in the flour. You will likely have to reduce the heat soon to medium-low. You will adjust the heat throughout the gumbo-making process. If it starts to smoke, pull the pan off and lower the heat, but keep stirring. Always keep stirring. Be sure to scrape the sides of the pan constantly as you stir. I set my temperature at medium-low.

The roux will become thinner and darker as you go. The darker the roux, the more flavorful the gumbo. I stop at dark caramel or a light chocolate. The caramel has almost a hint of creaminess, but the chocolate has more depth. When it reaches one of those colors, add the onions, celery, and bell pepper and stir to coat. Cook 1 minute and then turn off the roux.

If the chicken stock is bubbling, whisk the roux and vegetable mixture in, one big spoonful at a time. Be sure to whisk until combined so it doesn't



Hurricane Cake

separate. If the stock is not hot, turn it up and add the roux when stock is hot.

Once combined, add all remaining ingredients except andouille. In another pan, sauté andouille on each side and then add it to the gumbo. Reduce heat to a low simmer and simmer uncovered for 1 1/2 hours.

Serve with rice, garnished with green onions and parsley. Serves 6-8.

Tip: If the gumbo is salty, do not add salt to your rice when cooking.

## Hurricane Cake

- 1 yellow cake mix
- 1/2 cup dark rum
- 1/2 cup orange juice
- 1/2 cup canola oil
- 3 large eggs
- 1 1/2 teaspoons minced orange zest
- 1 tablespoon grenadine

### Grenadine Rum Sauce:

- 1 cup powdered sugar
- 1/4 cup dark rum

- 1/4 cup grenadine
- 3 tablespoons melted butter

Preheat oven to 350 F.

In a large bowl, beat together cake mix, 1/2 cup dark rum, orange juice, canola oil, eggs, orange zest, and 1 tablespoon grenadine for 2 minutes.

Pour into a greased Bundt cake pan. Bake for 40 minutes. Allow to cool for 10 minutes and then remove the cake from the pan.

For the sauce, whisk together powdered sugar, dark rum, grenadine and melted butter until smooth.

Take a toothpick and prick the cake repeatedly, 30 times, then pour half the sauce over the cake, allowing it to soak in. Spoon the rest of the sauce over the cake before serving. Serves 10.

Juliana Goodwin is a food columnist, cookbook author and avid traveler. She loves to create food, share recipes and encourage entertaining. If you have a question concerning a recipe, email [julianalovesfood23@gmail.com](mailto:julianalovesfood23@gmail.com).



Crawfish Maque Choux

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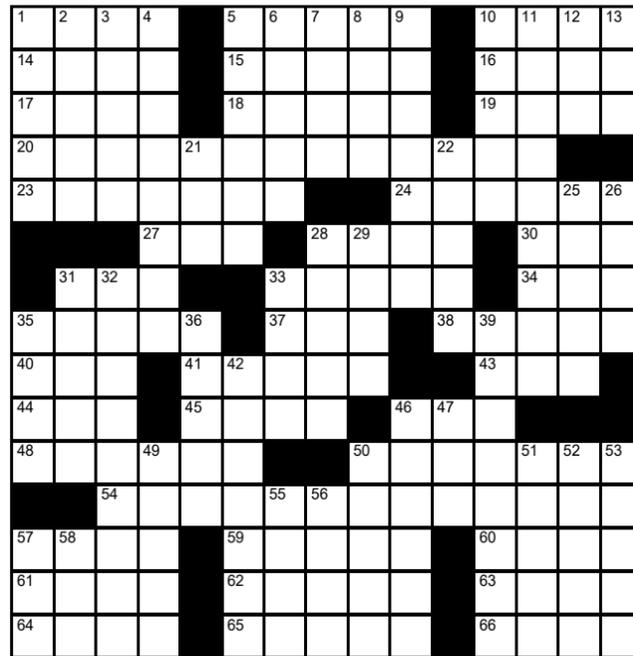
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# crosswordpuzzle

BY JULIE K. COHEN

## ACROSS

- Pool table fabric
- This 'blossom' is the State Flower
- Like gastric juice
- Greenish blue
- Twilight, old-style
- "Kills Bugs Dead"
- Vegas' Lady
- "\_\_\_ makes waste"
- Give off
- State Park in Hot Spring County
- Cunning
- Eats greedily
- Choose
- Ice cream flavor
- Bar order



- Govern
- Hems and \_\_\_
- Not so nice
- Petty quarrel
- Includes coneflower and larkspur
- E-mailed
- Walking or Candy
- Tamale wrapper

## DOWN

- Magic Springs and Crystal \_\_\_
- Identical
- Multi-state game \_\_\_ For Life
- Pay attention
- Shocked
- Land maps
- Fancy
- Missing a deadline
- Town in Columbia County or a Boston college
- Verizon in North Little Rock
- TV News shooter?
- Junior's junior
- Banned pesticide
- Prized woodland mushroom
- Ancient Peruvians
- Solo
- Valentine's Day weapon
- Appear to be
- Burn a bit
- Clean with elbow grease
- Trick-or-\_\_\_ (plural)
- Radar antenna housings
- Miscellaneous
- \_\_\_ mode
- Harbor markers
- Carried a torch (for)
- Ab strengthener
- Aussie "bear"
- Coastal feature
- Part in a play
- Type of ranch
- \_\_\_ power
- Baseball stat

Crossword answers on Page 39

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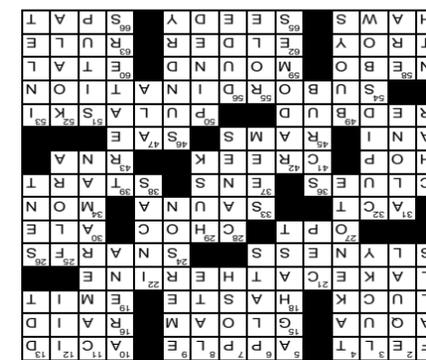
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## crossword answers

for puzzle on page 38



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# Taliano's serves up authentic Italian

BY ROB ROEDEL

Since Taliano's Italian Restaurant opened in 1970 it has been an institution that has served generations of loyal patrons who enjoy authentic Italian food.

The restaurant, located in a classic Victorian-style house near downtown Fort Smith, is the creation of Tom Calderera, Jr. and Jim Cadelli. The two men passed down family recipes that have pleased guests for the past 48 years. The house's elegance and warmth are enhanced by the superb service and spectacular dining options at Taliano's.

Taliano's is a classic, romantic restaurant with servers who dote on customers and a chef that ensures

the fare is made fresh daily. The loyal team also pays attention to the smallest of details to ensure that the dining experience



Tom Calderera, Jr. (seated), Dorothy Cadarera and Joe Calderera.

## the eating essentials

### TALIANO'S ITALIAN RESTAURANT

201 North 14th Street  
Fort Smith  
479-785-2292

#### Hours of Operation

Monday - Saturday: 5 - 9:45 p.m.

is perfect. The atmosphere makes Taliano's a nice venue to romance your significant other or simply enjoy an Italian feast.

Joe Calderera, the youngest of seven siblings who grew up working in the restaurant, manages the Fort Smith institution.

The family home was next door to the restaurant while the children were growing up, and the Calderera grandchildren are also involved with the restaurant.

"We prepare the handmade pastas, original sauces and salad dressings fresh each day to ensure a perfect quality for our customers," Joe said. "We strive to make our guests feel like family and work to provide a fine Italian dining experience. Our family recipes are the key to our success, but our great love of our customers is equally important."

During my visit Joe asked me what I wanted to try and I answered "surprise me." He smiled. My server, Sheila, who has worked at Taliano's for six years, said, "Everything is great," and then began delivering plate, after plate, after plate of authentic, homemade Italian dishes to my table.

The appetizers included fresh, hot mozzarella cheese



The Seafood Diavolo features a spicy marinara sauce.

sticks, spinach dip, artichoke dip and baked artichoke hearts. All four were obviously made from scratch and presented beautifully. Each offering delivered great flavor.

I was then presented with ravioli chicken soup, an Italian take on chicken and dumplings, that featured a delicious broth and tasty homemade pasta. Trust me, try this!

Just when I had time to breathe and look around, Sheila began delivering entrées. I was trying to take notes, but my eyes were focused on the fabulous pasta variations. The large platters held a combination of cannelloni and manicotti with white and red sauce,



Cannelloni and manicotti with white and red sauce.

Fettuccine Alfredo, Spaghetti and Meatballs, homemade Italian Sausage, Sautéed Mushrooms and Baked Eggplant. Each delicious dish is sure to please Italian food lovers.

Additional platters included the excellent Seafood Diavolo, which had a slightly spicy marinara sauce sautéed with jumbo shrimp and scallops nestled atop a bed of fresh linguine. The Chicken San Remo was very good also, featuring a chicken breast sautéed in wine, olive oil, Dijon cream sauce, shallots, sun-dried tomatoes and an array of spices. The Veal Saltimbocca Florentine was excellent, with lightly floured, fork-tender veal topped with ham, spinach and fontina cheese.

The Cassata, a Sicilian cake with candied fruit, ricotta cheese and chocolate frosting, was a treat, as was the pistachio, cherry and chocolate Spumoni (ice cream). But my favorite was the Tortoni, a frozen parfait glass of heaven. The Tortoni recipe is a secret, but



Cassata with Spumoni.

I tasted toasted coconut, whipping cream, crushed macaroons and rum flavor. Like many things in life, I don't worry about the ingredients, just the result, and this dessert's result is delightful.

For a dining experience that allows you to take your time and enjoy an excellent Italian meal in a quaint, Victorian mansion, you must try Taliano's Italian Restaurant. It is a great spot for a romantic meal with the ones you love or want to impress. ▀

Dining recommendations? Contact Rob Roedel at [rroedel@aecc.com](mailto:rroedel@aecc.com)

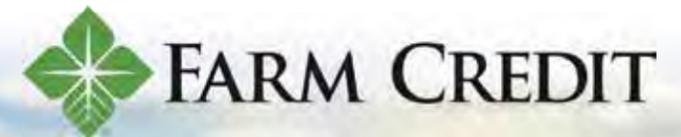


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\*Patronage Cash is paid to stockholders annually when the association has a good year. It is based on profits earned the previous year and is declared at the discretion of the Board of Directors of each independent Arkansas Farm Credit association. Each member's patronage amount is based on total interest paid the previous year and effectively lowers the cost of borrowing.

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# Calendar

**Feb. 2-3**

**Ark-La-Tex Outdoor Expo**  
Hempstead Hall, Hope  
Boats, all-terrain vehicles, duck and turkey calls, cabin lamps, leather goods, fishing lures, knives, lawn mowers. noon - 9 p.m.  
870-722-8565; www.hempsteadhall.com.

**Feb. 4**

**14th Annual Chocolate Festival**  
Embassy Suites Hot Springs Hotel & Spa, Hot Springs  
One of the tastiest fundraisers in town!  
1 - 3 p.m. www.hotsprings.org/events.

**The Osage Indians in Arkansas**  
Hobbs State Park Visitor Center, Rogers  
Discussion of the Osage and the Cherokee Indians. 2 p.m.. www.friendsofhobbs.com.

**Feb. 9**

**30th Annual Home & Garden Show**  
Pine Bluff Convention Center  
125 exhibit booths with lawn and garden equipment, tractors, jewelry, plants, herbs, beekeeping supplies, honey and more. 9 a.m. - 5 p.m.  
573-253-9774.

**Moonlight Masquerade**  
Sassafras Springs Vineyard, Springdale  
Fund raising event to benefit stopping domestic violence. 7 - 11 p.m.  
www.juniorleaguenwa.org/moonlight.



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**Feb. 9-10**

**Hikes, Hearts, and Hugs Weekend 2018**  
Petit Jean Mountain, Morrilton  
Various events geared toward couples throughout the day.  
www.petitjeanstatepark.com.



**Feb. 10**

**Sweetheart Lake Cruise**  
Pinnacle Mountain State Park  
Jolly Rogers Marina, Little Rock  
Romantic lake cruise of Lake Maumelle. Look for bald eagles, loons, and other migratory birds. Reservations: 501-868-5806.

**Dutch Oven Cooking Workshop**  
Cossatot River State Park-Natural Area Visitor Center, Wickes  
9 a.m. - 4 p.m. To register call 870-385-2201 by Feb. 7.

**Feb. 10-11**

**33rd Annual ABATE D-1 Motorcycle Swap Meet & Bike Show**  
Arkansas State Fairgrounds Hall of Industry, Little Rock  
Bike show, motorcycles, parts and accessories, biker leathers and apparel, food.  
9 a.m. - 5 p.m. \$25. 501-888-7801.

**Feb. 17**

**Frontier Days at the Hill of Five Trails**  
Historic Washington State Park, Washington  
Demonstrations of pioneer life, a family friendly event. 9 a.m. - 4 p.m. 870-983-2684; www.HistoricWashingtonStatePark.com.

**The Shirelles**  
EACC Fine Arts Center, Forrest City  
Named one of the 100 best acts of all time by *Rolling Stone*. 7:30 p.m.  
www.eacc.edu/pages?id=198.

**Beeswax Skincare Workshop**  
Lower White River Museum State Park Museum, Des Arc  
Melt and pour your own lip balm, salve and fixing wax. 10 a.m. - 2 p.m. 870-256-3711.

**Bird And Bat House Workshop**  
Cossatot River State Park-Natural Area Visitor Center, Wickes  
All supplies provided. 10 a.m. - 3 p.m.  
To register call 870- 385-2201 by Feb. 6.

**Feb. 24**

**13th Annual King Elementary Run with the Knights 5K**  
King Elementary, Van Buren  
8:30 a.m. - 11 a.m. vbsd.us/king.

**10th Annual Delta Visual Arts Show**  
Blue Bridge Center for the Delta Arts, Newport  
Over 200 artists displaying and selling paintings, photography, sculpture, jewelry, wood-working and more. 10 a.m. - 6 p.m.  
870-523-1009.

**Knife Making Class**  
Historic Washington State Park, Washington



ARK. DEPARTMENT OF PARKS AND TOURISM

Two-day workshop on forging and finishing knife blades. Tools and steel are provided.  
9 a.m. - 5 p.m. \$100. 870-983-2684; www.HistoricWashingtonStatePark.com.

**Basket Weaving Workshop**  
Lake Dardanelle State Park Visitor Center, Russellville  
Weave your own Williamsburg basket in this hands-on class. 9 a.m. - 4 p.m. \$40. To register call 479-967-5516.

**Feb. 24-25**

**Arkansas Glasshoppers, Inc. 32nd Depression Era & Vintage Glass Show & Sale**  
Arkansas State Fairgrounds Hall of Industry, Little Rock  
Dealers from 14 states will display sparkling glassware, pottery, and kitchen items of the era. 9 a.m. - 5 p.m.  
www.ARGlasshoppers.org.

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**1 CUTS WATER BILLS AND MOWING BY AS MUCH AS 2/3**

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In PA, Mrs. M.R. Mitter wrote, "I've never watered it, only when I put the plugs in...Last summer we had it mowed 2 times...When everybody's lawns here are brown from drought, ours stays as green as ever." *That's how Amazoy Zoysia lawns cut water bills and mowing! Now read on!*

**2 NO NEED TO DIG UP OLD GRASS**

Plant Amazoy *your way* in an old lawn or new ground. Set plugs into holes in the soil checkerboard style. Plugs spread to create a lush, thick lawn, driving out weeds and unwanted growth. Easy instructions included with every order.

**3 ENVIRONMENTALLY FRIENDLY**

No weeding means no costly chemicals. Since Amazoy Zoysia lawns naturally resist insects, you'll save money, while helping to protect the environment. You'll never have to expose your family and pets to the risk of weed killers and pesticide poisons.

**4 FOR SLOPES, PLAY AREAS, BARE SPOTS AND PARTIAL SHADE**

You can't beat Amazoy Zoysia as the low-cost answer for hard-to-cover spots, play-worn areas, places that have partial shade and erosion on slopes.

**5 IT STAYS GREEN IN SPITE OF HEAT AND DROUGHT**

"The hotter it gets, the better it grows!" Plug-in Zoysia thrives in blistering heat, yet it won't winter-kill to 30° below zero. It just goes off its green color after killing frosts, and begins regaining its green color as temperatures in the spring are consistently warm.



Thrives from partial shade to full sun.



Plant it from plugs.

**6 CHOKES OUT CRABGRASS AND WEEDS ALL SUMMER**

Your established Amazoy Zoysia lawn grows so thick, it simply stops crabgrass and most summer weeds from germinating!

**7 NOW 3 WAYS TO START YOUR AMAZOY ZOYSIA LAWN!**

- 1) Freestyle plugs** come in uncut sheets containing a maximum of 150 - 1" plugs that can be planted up to 1 ft. apart. Freestyle plugs allow you to make each plug bigger and plant further apart – less cutting and planting – you decide.
- 2) New Super Plugs** come pre-cut into individual 3"x3" plugs ready-to-plant (minimum 1 per 4 sq. ft.). They arrive in easy to handle trays of 15 Super Plugs. Save more time and get your new lawn even faster!
- 3) Amazoy Approved Seed-As** The Zoysia Specialists for 60+ years, we finally have a Zoysia seed available that meets our standards and homeowners expectations. Learn why at [zoysiafarms.com/mag](http://zoysiafarms.com/mag) or by phone at **410-756-2311**.

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Guaranteed to grow new green shoots within 45-60 days or we'll replace it FREE – for up to 1 year – just call us. We ONLY ship you living genuine Amazoy Zoysia grass harvested direct from our farms. Easy planting and watering instructions are included with each order. Every Reorder assumes success of previous orders (plantings), voiding any previous guarantees, but initiating a **new one-year guarantee.**

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500	100	4	\$50.00	\$15.00	33%
750	150	6	\$66.00	\$19.00	41%
1100	400	10	\$95.00	\$30.00	48%
2000	1000	20	\$165.00	\$45.00	57%

Super Plugs	Free Plugs	Trays	Your PRICE	+ Shipping	SAVINGS
15	—	1	\$24.95	\$8.50	—
60	15	5	\$90.00	\$20.00	34%
95	25	8	\$110.00	\$30.00	47%
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or mail to: Arkansas Living, P.O. Box 510, Little Rock, AR 72203.



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