

## Grape Expectations

**Altus Grape Festival  
celebrates 40 years**

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Dawn (Shelley) Shatwell-Boswell, an Arkansas Living reader, captures a rainy morning after picking grapes at Dalhem Vineyard in Altus with St. Mary's Catholic Church in the background. The 40th Altus Grape Festival will take place July 28-29.



ASHLEY BUSBY

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# Merry Christmas ... in July!

BY JENNIFER CHRISTMAN CIA

We're getting in the holiday spirit quite early this year, and that's to kick off our 2023 Arkansas Living Reader Christmas Cookie Contest!

Turn to page 16, and visit [arkansaslivingmagazine.com/christmascookie](http://arkansaslivingmagazine.com/christmascookie) to get all the details! Then start baking! (When it's 95 degrees outside ... and we're an electric cooperative magazine, which is supposed to be encouraging energy efficiency ... wait, whose idea was this again?!)

Finalists will have their entries published in our December issue, and each will receive a copy of our fabulous

contributor Kat Robinson's newest cookbook, "The Great Arkansas Pie Book," for more baking fun. (Speaking of Kat, don't miss her story on the 40th annual Altus Grape Festival on page 8). One lucky grand prize winner will receive a



Shown back right: Hot Cocoa Cookies in July? Sweet!

KitchenAid stand mixer!

I'm not eligible to enter, but I'll still share with you one of my favorite recipes: Hot Cocoa Cookies, adapted from [GloriousTreats.com](http://GloriousTreats.com).

Easy version: Buy a chocolate cookie mix (like Betty Crocker), follow package directions, then skip ahead to marshmallow, icing and sprinkles steps.

Enjoy with an iced coffee. It is summer after all!

Happy holidays ... er, Fourth of July!

Jennifer

Jennifer Christman CIA  
[jennifer.cia@aeci.com](mailto:jennifer.cia@aeci.com)

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**President and CEO**

Vernon "Buddy" Hasten

**Chief External Affairs Officer**

Bill Gossage

**Vice President of Communications**

Sandra Byrd

**Editor**

Jennifer Christman CIA

**Associate Editor**

Nancy Meador

**Advertising Coordinator**

Lana Campbell

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**CONTACT INFORMATION**

Arkansas Living

1 Cooperative Way, Little Rock, AR 72209  
501.570.2311 Email: [arkansasliving@aeci.com](mailto:arkansasliving@aeci.com)

Mailing Address: P.O. Box 510, Little Rock, AR 72203  
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# Red, White and Blue

BY VERNON "BUDDY" HASTEN

President and CEO of Arkansas Electric Cooperatives, Inc., and Arkansas Electric Cooperative Corporation



Chances are you just grabbed Arkansas Living from your mailbox, and you are gearing up for a weekend of family, fun, flags and fireworks to celebrate July 4, our Independence Day. I love family, fun and fireworks, and I will get to those in a

minute, but first I want to share some cool facts about Old Glory.

There are 50 stars on the flag symbolizing the 50 states of the Union and 13 stripes to symbolize the original 13 Colonies. The colors were not chosen randomly but have meaning. Red stands for hardiness and valor. White symbolizes purity and innocence. Blue signifies vigilance, perseverance and justice. The military folds the flag using 13 folds, which symbolize 13 truths. I won't list all 13 here, but the first fold signifies the symbol of life, and the last fold places the stars outward, reminding us of our national motto, "In God We Trust."

The flag was originally created in 1777, and the design has been changed 27 times, with the last being in 1960 to add a star for Hawaii. There are six American flags on the moon. The first was placed by astronaut Neil Armstrong, and five other Apollo missions also took American flags to the moon.

You might ask, "Is it legal to fly an American flag after sunset?" The answer is yes, if you illuminate the flag throughout the night. An American flag should never touch the ground, and you might also ask, "Do I have to burn an American flag if it touches the ground?" The answer is no; if the flag remains clean and presentable to display, you can let it fly. If it got soiled when it touched the ground, you can wash it and then let it fly. In schools, we said the Pledge of Allegiance every morning, and in the military, we stopped and saluted the flag every

morning when we put it up and every evening when we took it down. Howard Schnauber wrote a poem about our flag titled, "My Name is Old Glory," and if you ever hear it performed at a military function or at a veteran's funeral, you will never forget it.

Old Glory has also inspired plenty of songs from Lynyrd Skynyrd's "Red, White & Blue," to Toby Keith's "Courtesy of the Red, White and Blue," and most recently Coffey Anderson's "Mr. Red, White and Blue." They might all be good additions to your July 4 playlist, but no Arkansas playlist would be complete without Johnny Cash's "Ragged Old Flag" that ends like this, "I do like to brag, 'cause I'm mighty proud of that ragged old flag."

I also like family and fun on July 4, and nothing brings those together better than fireworks. I have become a regular customer at Torpedo Joe's Fireworks here in Little Rock. Lest we forget, the first July 4 fireworks show in America was put on in Philadelphia, July 4, 1777, when many armed ships in the river were decorated in red, white and blue; each fired a 13-gun salute in honor of the 13 Colonies.

So, flash forward to 2023, and if you are a retired submarine officer driving down Colonel Glenn Road in search of fireworks, and you see a sign that says, "Torpedo Joe's Fireworks," it is akin to divine intervention. It is too connected to be coincidental.

I think we overindulge in things that we were denied as kids, and I grew up in Iowa where fireworks were illegal. Now that doesn't mean that we didn't have fireworks; back then, people drove across the Des Moines River to Missouri, where a plethora of brightly colored tents full of fireworks awaited to be purchased and carted back over the river. My family made this pilgrimage annually, but our family budget was pretty much limited to firecrackers, bottle rockets and maybe a small, 100-shot Saturn Battery. We would sit outside until late at night, lighting off bottle rockets, thinking we were ➤



RED, WHITE AND BLUE continued on page 6

## Working toward another un-bowl-ievable Cereal Drive

Since 2012, the Electric Cooperatives of Arkansas have participated in the THV11 Summer Cereal Drive to benefit the Arkansas Foodbank.

The campaign is an annual effort to collect nonperishable breakfast items for food-insecure families during the summer months.

In 2022, the Electric Cooperatives of Arkansas definitely did not "flake" out. Employees raised a total of \$24,067 — or 24,067 boxes of cereal (\$1 equals one box of cereal) — and received the Wanda Bateman Award for the highest amount donated among participating organizations.

Employees could donate via payroll deductions, purchase items from a silent auction and participate in a cookout fundraiser and the "Pie the Director" fundraiser.

To see our progress or make a team donation through July 7, scan the QR code with your smart device. For more information, visit [arkansasfoodbank.org](http://arkansasfoodbank.org).



## Arkansas cooperative youth leader invited to White House

Last year, Rukaya Alrubaye of Fayetteville attended Youth Tour in Washington, D.C., as a representative of Ozarks Electric Cooperative.

In May, she got a chance to return, this time as the national youth spokesperson for the National Rural Electric Cooperative Association (NRECA) and a guest of the White House.

"I am very grateful and honored to have had this experience," Rukaya says.

Along with Jim Matheson, CEO of NRECA, Rukaya and her father, Dr. Adnan Alrubaye, attended the launch event for the U.S. Department of Agriculture's (USDA) Powering Affordable Clean Energy (PACE) and Empowering Rural America (New ERA) programs, funded by the Inflation Reduction Act (IRA). The programs make nearly \$11 billion in grant and loan opportunities available to rural electric cooperatives for renewable energy initiatives.



Rukaya Alrubaye of Fayetteville with NRECA CEO Jim Matheson in Washington, D.C.

COURTESY OF RUKAYA ALRUBAYE

### *RED, WHITE AND BLUE continued from page 5*



pretty cool. My fireworks display has evolved over the years and now lasts 30-45 minutes. It includes mortar rounds, fountains, brocades, willows, comets, whistlers, you name it, and the grand finale last year was about a minute long, with a sky full of noise, smoke and bright colors. My favorite moment was just after the finale, hearing all the kids cheering that they enjoyed the show.

I have traveled to many places during my 20-year military career, and over the last 16 years in civilian power. While I love meeting new people and learning new things, I am always amazed at how appreciative I am of America upon return. I guess they say, "Absence makes

the heart fonder," and going overseas to foreign lands and experiencing their culture makes me realize how lucky I truly am every time I return to the land of the free and the home of the brave. We are the United States of America, and I still believe that united we stand, and divided we fall. I hope that our entire country can come together and find common ground and focus on what is important this Independence Day.

I also count myself lucky to be part of the Electric Cooperatives of Arkansas, where we still pledge allegiance to the flag, pray for America, Arkansas, our leaders and our members, and we work hard every day to keep your power Affordable, Reliable and Responsible.

I truly hope that you and your families have a safe and fun Fourth of July.

## Electric Cooperatives donate to School for the Deaf FFA chapter

The Electric Cooperatives of Arkansas recently donated Arkansas FFA jackets to members of the newly formed Arkansas School for the Deaf chapter in Little Rock.

The students spent the school year following the FFA motto of "Learning to Do, Doing to Learn, Earning to Live and Living to Serve" and learning to sign new words relating to agriculture and leadership.

The Electric Cooperatives of Arkansas have a long history of supporting the state's FFA programs and activities. FFA makes a positive difference in the lives of students by developing leadership, personal growth and career success through agricultural education.

To learn more about Arkansas FFA, visit [arkansasffa.org](http://arkansasffa.org).



Wearing new jackets donated by the Electric Cooperatives of Arkansas, FFA members at the Arkansas School for the Deaf pose with Director of Corporate Communications Rob Roedel (center).

## Where Is It?

Welcome back to our hidden object game, "Where Is It?"

Last month, we hid a guitar pick in honor of Johnny Cash.

Joked one correct reader who found it on the cover: "You 'picked' a hiding-in-plain-sight place with the statue of Johnny Cash! The pick is on the cover dotting the 'i' in Living."

In a random drawing of correct answers, the following five winners were selected to receive Arkansas Living tumblers:

**Priscilla Jamnicky, Mountain Home (North Arkansas Electric Cooperative)**

**Steve Buckingham, Cabot (First Electric Cooperative)**

**Polly Collins, Harriet (Petit Jean Electric Cooperative)**

**Daniel Shrieve, Centerton (Carroll Electric Cooperative)**

**Quinn Lagle, Fayetteville (Ozarks Electric Cooperative)**

In the July issue, we've hidden this patriotic popsicle in another "impopsicle" place! Enter via the "Where Is It?" link on the homepage of [arkansaslivingmagazine.com](http://arkansaslivingmagazine.com), or go directly to [arkansaslivingmagazine.com/contest-where-is-it/](http://arkansaslivingmagazine.com/contest-where-is-it/).

Or mail in entries to:

Where Is It?

Arkansas Living

P.O. Box 510

Little Rock, AR 72203

(We cannot accept entries by email or social media.)

Entries must be received by July 15\*. Include your name, address and electric co-op (if applicable; nonmembers also are eligible), plus the correct page number.

\*Due to postal delays, some readers don't always receive their magazines in time to enter. If your magazine arrives after the deadline, submit your entry by the 15th of the following month. We'll send a prize to a randomly selected latecomer! May's winner was: Margie Lisenby, Foreman (Southwest Arkansas Electric Cooperative).



- An estimated \$2.4 billion was spent on fireworks in 2021.
- When your "inner voice" speaks in your head, it triggers tiny muscle movements in your larynx, the same as it does when speaking aloud.
- Every July 4, the Liberty Bell is tapped 13 times in honor of the original 13 Colonies.
- Fish can cough but can't sneeze.
- Martin Luther King Jr. received a C grade in his public speaking class at Crozer Theological Seminary.
- German chocolate cake was invented by a Texas housewife. It was named after Sam German, who created a sweet style of baking chocolate for Baker's Chocolate.
- Basketball star Wilt Chamberlain never fouled out of an NBA game in his 14-year career.
- Jake the Jailbird and Officer Mallory are characters on the Monopoly game board. Cavity Sam is the character on the game Operation.
- Despite the optical illusion, the Gateway Arch in St. Louis is exactly 630 feet wide and 630 feet tall.
- Director Steven Spielberg was given three-hour course credits in paleontology by California State University for making "Jurassic Park."
- "When I stand before God at the end of my life, I would hope that I would have not a single bit of talent left and could say, 'I used everything you gave me.'" — Erma Bombeck, writer and humorist.

# Grape Expectations

*40th fruity celebration brings family fun to Altus*



ARKANSAS DEPARTMENT OF PARKS HERITAGE AND TOURISM

The Altus vineyards at sunset.

BY KAT ROBINSON

**T**his year marks the 40th anniversary of the famed Altus Grape Festival in Arkansas Valley Electric Cooperative territory. The July 28-29 free event brings locals and visitors from across Arkansas to the heart of the town to celebrate everything the vine has to offer.

"The Altus Grape Festival began in 1984 to celebrate the grape, after earlier Grape Festivals were held in 1926 and 1927," says Altus Mayor Veronica Post. "In 1984, the Altus Viticultural Area was recognized by the federal government as an official Appellation of Origin (or wine-growing region), which can be put on wine labels of wine made from grapes grown here. The annual celebration honors all grape growers and winemakers in Altus, the Wine Capital of Arkansas."

But there is plenty to do for all ages, not just 21-and-up. The happenings include all sorts of activities for the kids, a Friday night street dance, a Saturday morning breakfast in the park, a string of concerts Friday and Saturday, a juried arts and crafts competition and various fruit-focused contests and games.

Altus is recognized as an official Appellation of Origin or wine-growing region.



ARKANSAS DEPARTMENT OF PARKS, HERITAGE AND TOURISM

"There is the grape-in-the-spoon relay, waiter/waitress races and the ever-popular grape-stomp competitions," Post shares. "Wine tasting from area wineries is offered. A variety of food vendors, including the local fire department, offer a selection of food."

There's much fun for the kids, too — bouncy houses and a playground, barrel train rides, face painting and a water balloon toss are all part of the festivities.

Festival Chairman James Dahlem has been involved with the festival since 1996.

"I've been growing grapes since 1993," Dahlem says. "Michael Post with Mount Bethel told me in 1996, 'Boy, we need you down there. You need to go down and sell some grapes at the festival.' I tried it, and we've been going ever since."

While most folks know about the wine grapes produced in the region, Dahlem's operation is known for its table grapes, and you can sample the University of Arkansas-developed Venus and Reliance varietals at his festival stand. They're also available to take home in clamshell boxes and as jellies.

"I also provide the grape-stomp grapes at no charge. We weigh up all the grapes for the grape stumps. We pick them up, cool them as needed, pull them out of the cooler, and Paul Post and others put them in the tubs to get stomped."

### Stomping and sipping

Those grape stumps draw a lot of attention. Four people at a time will bare their feet, climb up on stage, step into those barrels half-filled with grapes, and — when the whistle is blown — will see who can get the most juice out of those grapes before time is called. Anyone can sign up for the heats, and a celebrity grape stomp attracts a crowd on Friday night. (Author's disclosure: I've managed to pull out a win at said stomp three times over the years!)

The event also showcases an annual pie-eating festival, where a heritage recipe from Hermina Court is prepared with sweet Venus grapes. Six competitors vie to consume as much of a whole pie as possible in a short time. The winner takes home \$10, a T-shirt and bragging rights for the next year.

Of course, there's also the wine. Local winery stands offer tastings of wine and juice to festivalgoers, and there's also a competition held specifically for those folks who make wine at home.

"Amateur grape winemakers come from all over, including surrounding states, to compete ➤



ABOVE Visitors can enjoy tours of Chateau Aux Arc (pictured), Mount Bethel, Post Familie and Wiederkehr Wineries vineyards.

RIGHT The Altus Grape Festival's grape stomp is a popular event among festivalgoers.



HOMEMADE PRODUCTS like jellies and jams — and not just grape — are for sale at the Altus Grape Festival.

GRANT WELDON



COURTESY OF PAUL POST

for the Champion Amateur Winemaking Medal," Post says.

The weekend also offers opportunities for visitors to enjoy tours of the vineyards and facilities at Chateau Aux Arc, Mount Bethel, Post Familie and Wiederkehr Wineries. Local restaurants such as the Owls Roost Cafe and Alligator Rays also offer dining. There are RV slots and camping plots available at Grape Country RV Park, primitive camping at Dionysus Wine & Brew, and motel rooms can be found in nearby Ozark.

For more information, visit [facebook.com/altusgrapefest](https://facebook.com/altusgrapefest).



## 10 STEPS TO STOMP GRAPES

**Three-time Altus Grape Festival Celebrity Grape-Stomp Winner Kat Robinson offers these tips for those who wish to compete.**

1. Roll up your pant legs above your knees. If you are wearing shorts, you may omit this step. Skirts are not recommended.
2. Remove your shoes and socks. Socks will just soak up the juice and leave behind an unusual flavor to the results.
3. Wash your feet.
4. Carefully step into the grape-stomping tub. Grapes can be slippery, so be sure to hold onto the side for balance.
5. Wait for the mark to begin stomping. Do NOT begin stomping before it is time.
6. When allowed to begin, move your feet up and down in the tub, being sure to step firmly on the grapes. Though this is called a grape stomp, actual stomping is not necessary if you weigh more than 20 pounds. Your weight should be sufficient to release the grape's juice from its skin.
7. Be sure to step on as many of the grapes as possible in the allotted time. Speed, not pressure, is key.
8. When time is called, freeze in position with both feet in the bottom of the tub. Carefully, and with assistance, if necessary, extricate yourself from the tub.
9. Wash your feet again. This keeps your socks from sticking to your skin.
10. Replace your shoes, and await the results. Even if you don't win, you have achieved grapeness!



ARKANSAS DEPARTMENT OF PARKS, HERITAGE AND TOURISM



KAT ROBINSON

## Save the date for muscadine picking

Ever wanted to pick your own muscadines for making jelly or juice, or just for enjoyment? This Sept. 29-30, you have your chance at the 2023 Post Familie Vineyards Muscadine You-Pick event.

"No equipment is necessary to enjoy the experience of walking the vineyards, picking and eating fresh fruit right off the vines," says Joseph Post, vice president of sales for Post Familie Vineyards and Winery. "We charge everyone a \$5 per person entry fee, which comes with a 1-quart cup to collect and carry home their fruit."

Muscadines are native to Arkansas. The thick-skinned grapes are well-known for being great for making jelly, jam, juice and wine. It takes two to three years for a muscadine vine to produce its first fruit, but it can continue to produce for up to 20 years beyond that. There's no need to wait on your vines to grow; you can just venture out to Post Familie for this special event and harvest your own.

And you aren't limited to just a quart.

"We sell bigger cardboard boxes with plastic liners for those who want to harvest greater amounts of muscadines," Post says. "We also allow serious pickers to bring their own containers (5-gallon buckets) and hand-pulled wagons to collect their fruits. All containers are weighed in and out."

Self-picked muscadines cost \$1.50 a pound. The University of Arkansas System Division of Agriculture Research and Extension Service recommends cutting clusters from the vine with shears or a knife into your basket or bucket, then keeping them in a cool place or refrigerator. The fruit should be processed within a few days. It also makes a marvelous snack.

### Post Familie Vineyards Muscadine You-Pick

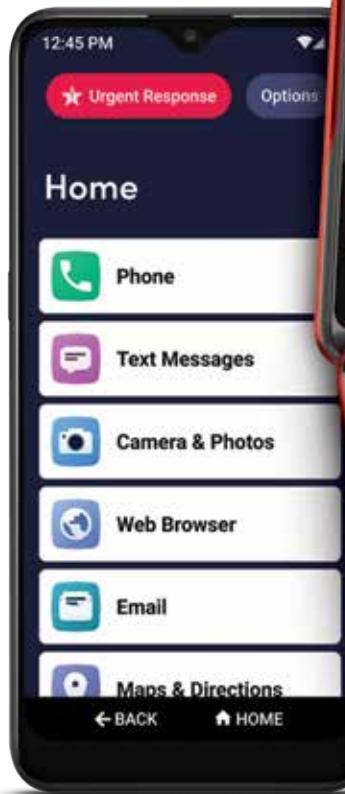
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JENNIFER CHRISTMAN CIA

# A Cutt Above

*Huneycutts of Arkadelphia are the Arkansas Farm Family of the Year*

BY JENNIFER CHRISTMAN CIA

From growing crops and raising cattle on their land to hosting weddings in their rural-glam barn, the Huneycutt family of Arkadelphia does it all.

Well, maybe the Huneycutts — who live in South Central Arkansas Electric Cooperative territory — don't actually make honey. But one can certainly pick up a jar in the family's store; yes, they own and operate the new meat market in town, too.

In the summer of 2022, the seventh-generation, multiskilled Clark County clan was announced as West Central District Farm Family of the Year. Then in December, at an Arkansas Farm Bureau Foundation luncheon in Little Rock, the Huneycutts were named the 2022 Arkansas Farm

Family of the Year. The Electric Cooperatives of Arkansas have been a longtime sponsor of the recognition program, which began in 1947.

For more than 35 years, brothers Ted and Steve Huneycutt — son of Reba and the late Ted Huneycutt Sr. (who were Clark County Farm Family of the Year in 1968) — have farmed the land that their great-grandfather, Calvin Huneycutt, purchased back in the 1880s. Ted and his wife, Cindy, have four adult children: Sara, Trey, Luke and Greyson. Steve and his wife, Leanne, have four adult children: Josh, Jessica, Ashley and Logan. On the morning of this June interview, there are 11 grandchildren; another is expected in two weeks.

Before the family comes together for photos at "the lodge," a multipurpose, modern-rustic office/gathering place/hunting lodge across from the thriving corn fields, Ted discusses earning the state honors, represented by plaques on the stone mantel.

"It's humbling because we don't do anything different than every other farmer in the state does," Ted says. "The other district winners or the county winners could have just as easily been chosen to be the Farm Family of the Year. Everybody works hard."

"I don't know why they picked us, but we're proud of it!"

## All in the family

On 4,000 acres, the family raises cattle (Steve and Josh)

The Huneycutt Farms sign welcomes visitors.



LEFT The Huneycutts of Clark County are the 2023 Arkansas Farm Family of the Year.

in Dalark and grows cotton, corn, wheat, soybeans and hay (Ted and Greyson) in Arkadelphia. Out of the lodge, Ted also operates Benchmark Ag, a risk management service, providing producers with cash sale recommendations along with commodity future, options and crop insurance.

Next to the lodge is Richwoods, the events venue (Cindy, Leanne and Jessica). And in town is Ouachita Valley Meats (Luke and Jeffery Liggan, Sara's husband) with the slogan: Farmers Feeding Families.

When they were young, Ted says, "Steve kind of took more interest in the cattle part; I took more interest in the crop part. He followed his passion there. And I followed mine. ... I like to grow cotton; that's my passion from a work standpoint."

And he got an early start with that.

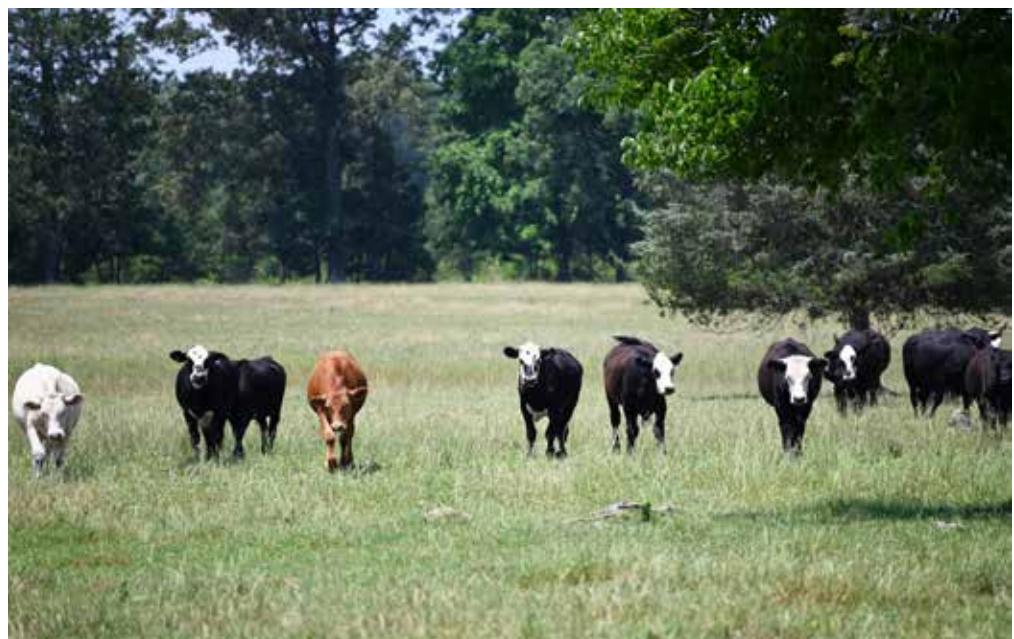
"We did everything; we raised our own gardens," Ted says. "When I was about 10 years old, I told Dad I wanted to farm. He said, 'Well, you start in the morning.' And I started with the hoe crew, hoeing cotton. It wasn't a hoe, it was a weed hook; we were hoeing cockleburs out of the cotton. I started pretty young, and Steve did as well. ... Mom would be out there helping us. We grew up that way. My grandparents were right there, so when we gardened, it was family gathering under the oak tree to shell peas and shuck corn or whatever we needed to do."

And now the brothers find history repeating itself as their children discover their own roles in the Huneycutts' expanding enterprise.

Ted says, "Working with family is the best." He adds with a chuckle, "I mean, it can be not so good sometimes. But our family really gets along, and it really is nice to work with family. Our grandkids live right across the road, and I can go over there anytime. It's just a neat part."

### New pastures

While the Huneycutts have been farming for more than 140 years, they've recently added other ventures. In 2016, the Huneycutts opened Richwoods ([richwoodsvenue.com](http://richwoodsvenue.com)), an events venue run by Cindy, ►



Steve Huneycutt and his son, Josh, handle the cattle side of the operation in Dalark.

JENNIFER CHRISTMANCA



JENNIFER CHRISTMANCA



ARKANSAS FARM BUREAU FEDERATION

Jessica Day and Leanne and Cindy Huneycutt run the Richwoods event center.

The country-chic Richwoods event center seats 250 people and hosts 20-30 events a year.

Leanne and Jessica. Their first wedding? The 2016 matrimony of Sara (Ted and Cindy's daughter) to Jeffery, who now helps run the Huneycutts' newest project, Ouachita Valley Meats. More on that after Richwoods.

The country-chic, two-story 6,300-square-foot barn can seat 250 people and offers several levels of event packages, from basic rental up to a "royal package," including everything from catering and cake to florals and fireworks. The venue hosts 20 to 30 events a year, and the Huneycutts handle everything from décor to flowers to cooking.

"Lots and lots of effort goes into it," Cindy says. "It takes everybody; I mean everybody just kind of does their part."

Which brings up perhaps the best part of working with family (as well as a few good friends), especially in today's economy: dependability.

"To find an employee now, you can't do it," Cindy says, adding that with her family, "Everybody's always here. ... And you just can't get that kind of loyalty."

Fewer than 10 miles to the north of Richwoods, Luke and Jeffery (Richwoods' first groom) are handling the lunch rush at Ouachita Valley Meats ([ouachitavalleymeats.com](http://ouachitavalleymeats.com)).

The truly farm-to-table butcher shop opened in March of this year with a focus on fresh, quality meats. Everything from the bacon to the sausage to the "snack sticks" (think jerky but superior) are processed in-house at the shop, which also sells hot plate lunches ("Today is rib day," Ted explains. "Tomorrow's brisket tacos"), made-to-order sandwiches and a variety of specialty products.

"The Lord has really blessed us, and the community has supported us, and it's been really good," Ted says about this latest endeavor. Although he could just as easily be talking about Huneycutt Farms as a whole.

### Huneycutt heritage

As with the crops they produce, the Huneycutts' goal is to keep growing.

"It's a big responsibility to keep going and try to innovate new ways to be profitable," Ted says. "Times change, and you've got to change with them."

And that means evolving as family members — and their interests — do.

"Not everybody wants to drive a tractor and sprayer and cotton picker," Ted says. "We've always been



JENNIFER CHRISTMAN/CIA

The Huneycutts are outstanding in their field, and (from left) Greyson and Ted are outstanding in their field of corn.

***You hope that you're a good enough steward to keep it going. That's the big thing because on this place here, there's seven generations of boots — well, the little ones, maybe tennis shoes — but you got foot tracks from seven generations on this place.***

**— Ted Huneycutt**

entrepreneurial; everybody's got different tastes and wants to do different things. We're diversified enough that everybody can do some of what they want and enjoy it."

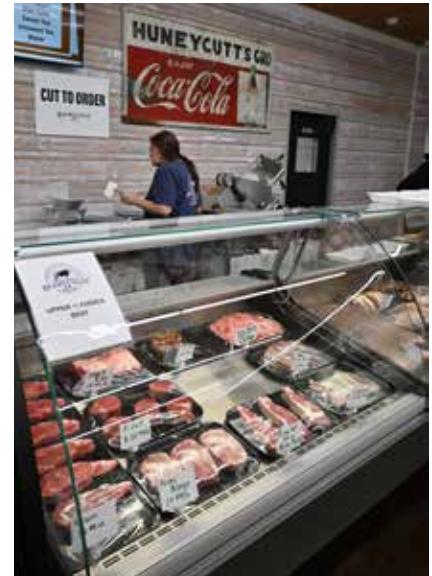
That, after all, is the key to continuing the family's long legacy.

"You hope that you're a good enough steward to keep it going," Ted says. "That's the big thing because on this place here, there's seven generations of boots — well, the little ones, maybe tennis shoes — but you got foot tracks from seven generations on this place.

"And that's something we don't take lightly."

*The Arkansas Farm Family of the Year recently announced its 2023 County Farm Families and District Farm Families.*

*The 2023 Arkansas Farm Family of the Year will be announced in December.* 



JENNIFER CHRISTMAN/CIA

Ouachita Valley Meats is the latest venture of Huneycutt Farms.



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## Arkansas Living announces the 2023 Reader *Christmas Cookie* Contest!

*'Twas five months before Christmas, when all through the state;  
Were thoughts of Christmas cookies. FIVE MONTHS?! Who can WAIT?!*

*So, the magazine came up with a scheme;  
To eat cookies sooner — what a sweet dream!*



Send us your best cookie recipes: gingerbread, butter, crinkle, chocolate chip, spritz, peanut butter, peanut blossom, snowball, biscotti, sugar, pinwheel, snickerdoodle, oatmeal, macaron, macaroon (yes, they're different!), thumbprint, no-bake, shortbread, meringue, bar, linzer, etc.!

Finalists will have their entries published in our December issue, and each will receive a copy of Kat Robinson's newest cookbook, "The Great Arkansas Pie Book." One grand prize winner will receive a new, electric KitchenAid stand mixer.

### Submission guidelines:

- Visit [arkansaslivingmagazine.com/christmascookie](http://arkansaslivingmagazine.com/christmascookie) to enter.
- Submit your favorite Christmas cookie recipes. (Must be original or at least partially so; can be adapted from another recipe with source listed and changes noted.) Limit of three entries per person.
- Ingredients should be listed in order of use, and directions should be clear and complete. Include precise measurements and number of cookies/servings the recipe makes.

**• PLEASE SUBMIT RECIPES BY AUG. 31.**





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# Adventures in Arkadelphia

BY JACK SCHNEIDER

**A**rkadelphia, home to South Central Arkansas Electric Cooperative, promotes itself as “a full-service city with a small-town feel.”

The Clark County seat of over 10,000 adopted its name in 1839 as a Greek-derived twist on Philadelphia. It can truthfully claim to be the only city in the world named Arkadelphia.



JENNIFER CHRISTMANIA

One of the many amenities in the town, the Arkadelphia Aquatic Park offers visitors a cool place to enjoy.

There's also splashy fun on the **Caddo River** ([arkansas.com/glenwood/outdoor-recreation/caddo-river](http://arkansas.com/glenwood/outdoor-recreation/caddo-river)), a fine family float stream that flows into the Ouachita River just north of town. A half-dozen or so miles to the north, **DeGray Lake Resort State Park** ([arkansasstateparks.com](http://arkansasstateparks.com)) is renowned for bass fishing and other recreation on water and land.

Arkadelphia takes pride in its **Commercial Historic District**, which was added to the National Register of Historic Places in 2011. Its borders are Main Street between Fifth and Seventh streets,

## ARKADELPHIA FACTS

**Incorporated: 1857**

**Population: 10,380**

**Size: 7.3 square miles**

**High school mascot: Badger**

**Colleges: 2 (Ouachita Baptist University and Henderson State University)**

and Clinton Street between Sixth and Ninth streets.

Most of the 48 buildings in the downtown district, a half-mile from the Ouachita River, still house businesses and other enterprises. A favored gathering place is **Java Primo Coffee House Café & More**, 614 Main St. ([javaprimo.com](http://javaprimo.com)), occupying what is believed to be the city's oldest building, circa 1890. Its tin-paneled, wood-framed ceiling adds a retro touch.

Java Primo's menu of nearly three dozen hot, frozen and iced drinks extends beyond standard offerings, with novelties like the Primo Grinder (low-fat ice cream, espresso beans and flavoring) and Iced Aloha Latte (infused with white chocolate and macadamia nuts).

**Slim & Shorty's**, 617 Clinton St. ([slimandshortys.com](http://slimandshortys.com)), with a spacious outdoor dining area and live music on weekends, has a breezy feel that might match a coastal rendezvous on the Florida Panhandle. Referring to the decor, one patron wrote, “Jimmy Buffett would feel right at home here.”

**Los Agaves**, 122 Valley St. ([losagavesarkadelphia.com](http://losagavesarkadelphia.com)), is a favorite among the city's more than half-dozen Mexican and Tex-Mex eateries. **Allen's BBQ Co.**, 3100 Hollywood Road ([Facebook: Allen's BBQ and Catering](http://facebook.com/Allen'sBBQandCatering)), draws devotees of brisket and ribs. The **67 Grill**, 629 Main St. ([facebook.com/67Grill](http://facebook.com/67Grill)), gets good marks for its burgers.

Tucked away behind Walmart and well worth finding is the sweet-tooth's paradise of



MARIA SCHNEIDER

Java Primo Coffee House Café & More occupies the oldest building in downtown Arkadelphia.



MARIA SCHNEIDER

Juanita's Candy Kitchen sells three varieties of its famous brittle.



The Clark County Courthouse is an iconic building in downtown Arkadelphia.

and sweet caramelized sugar."

More sweet treats are available at Arkadelphia bakeries, including **Samantha's Bakery & Café**, 507 S. Seventh St. ([samanthasbakeryandcafe.com](http://samanthasbakeryandcafe.com)), known for its colorful, signature "Sprinkle" cookies, and **Ludwig's Bakery**, 1029 N. 10th St. ([freshbakedbyludwig.com](http://freshbakedbyludwig.com)), which specializes in European cakes, pastries and breads.

### History and culture

Clark County's roots can be explored at **Clark County Historical Museum**, 750 S. Fifth St. ([cchmuseum.org](http://cchmuseum.org)), in the former Missouri Pacific Train Depot now served by Amtrak. Among the museum's whimsical objects is an ornate table lamp with a human figure as its base. The statuette depicts a woman in a frilly, old-fashioned gown.



An ornate lamp on display at the Clark County Historical Museum.

**Juanita's Candy Kitchen**, 47 Stephenwood Drive ([juanitascandykitchen.com](http://juanitascandykitchen.com)). In business since 1974, Juanita's offers its signature brittle in three varieties: peanut, pecan and cashew. The brittle is truthfully touted as "thin and shatteringly crisp, permeated by an aroma of roasted nuts

Arkadelphia businesses of the past are evoked by exhibits like one for **Arkansas Bottling Co.**, which produced such soft drink brands as Sundrop, Nesbitt's Orange, Mr. Cola, Arky Cola, NuGrape and Frostie Root Beer. The local maker of Dolly Dimple Ready-Mixed Flour provided instructions for making a doll like Dolly from one of the sacks carrying her image.

Museum visitors may

be amused by the copy of an instruction booklet provided by the local telephone company after World War II, when dialing replaced the voices of human operators.

Much of Arkadelphia's spirit comes from having two institutions of higher learning, **Henderson State University** and **Ouachita Baptist University**. On the National Register are neighboring mansions belonging to Henderson State.

**Captain Henderson House**, 349 N. 10th St.

([captainhendersonhouse.com](http://captainhendersonhouse.com)), originated in 1876 as a cottage. The captain, for whom the university is named, began the property's massive expansion in 1903. The house was bought in 1978 by the university, which now operates it as a bed-and-breakfast.

**The Barkman House**, 406 N. 10th St., has ancestral ties to Jacob Barkman, one of the area's earliest settlers along the Caddo River in 1811. His son, James E. M. Barkman, built the house just before the Civil War in a hybrid style, combining

Gothic Revival and Greek Revival. It now houses university offices.



Built prior to the Civil War, the Barkman House now houses offices for Henderson State University.

reflects the fact that the two schools' football stadiums are just across U.S. 67 from each other near Mill Creek. The



Painted murals brighten up downtown Arkadelphia.

2023 clash is scheduled for Nov. 11 — probably not the best day to visit Arkadelphia if you have anything other than the big game in mind.

*For more information on Arkadelphia: [arkadelphia.gov](http://arkadelphia.gov), and [arkadelphiaalliance.com](http://arkadelphiaalliance.com).*

# Seal in savings with efficient exterior doors

BY MIRANDA BOUTELLE

**Q:** I like the style of my front door, but it is drafty. Can you recommend ways to fix the drafts and make it more energy-efficient?

**A:** The front door sets the stage for the home and is the first impression for guests. Beyond curb appeal, it is a good place to look for energy savings.

Efficient exterior doors seal tightly and don't allow air to pass through. Limiting airflow can result in lower cooling and heating costs. Throughout the years, the construction of exterior doors has improved to increase their efficiency. If your door is older, it likely is not insulated.

There are two strategies to address an inefficient front door: Purchase a new one or work with what you have.

If you want to replace your front door, consider upgrading to an ENERGY STAR®-certified model. The ENERGY STAR® certification ensures the door you buy meets efficiency criteria for your local area.

Certification requires any windows in the door to be double- or triple-pane to reduce air flow, which results in a more efficient home. While windows in doors offer aesthetics, more glass means less efficiency. ENERGY STAR® offers different criteria based on the amount of glass the door has. The most efficient doors have no glass or windows in them.

U-factor is the primary rating for efficiency of doors and windows. U-factor is the inverse of R-value, which is the rating used for insulation. Unlike R-value where higher is better, the lower the U-factor, the more energy efficient the door. Check the U-factor on ENERGY STAR® doors at your local hardware store or online to help choose the most efficient door in your preferred style.

ENERGY STAR®-certified doors are made of the most efficient materials, such as fiberglass, wood cladding and steel with polyurethane foam core. They are built to fit snugly into their frames, reducing drafts and airflow.

When completely replacing a door and the frame, you can use expanding foam or caulk to fill the space between the door jamb and



If you can see daylight around the edges of the door or underneath it, seal in those air leaks with weatherstripping and a door sweep.

MARK GUILAND, PIONEER UTILITY RESOURCES

structural framing. ENERGY STAR® doors have specific installation instructions to ensure the desired efficiency.

If a new door isn't in your budget, there are less expensive options to reduce air leakage and improve your home's efficiency.

All of that coming and going throughout the years can wear out weatherstripping. If you can see daylight around the edges of the door or underneath it, it's time to stop those air leaks.

Weatherstripping around the door jamb can be adjusted to make a snug seal or replaced if it's too far gone. Apply one continuous strip along each side, and make sure it meets tightly at the corners.

Adding a storm door can also help and is less expensive than replacing the entire door. Most storm doors have options for using a screen or glass. Swapping the screen for the glass insert can help save energy in both the summer and winter. Consider a storm door that's easy to switch between glass and screen to maximize the benefits.

Open the door to energy savings by improving the efficiency of your exterior doors — without compromising the aesthetics of your home.

*Miranda Boutelle writes on energy-efficiency topics for the National Rural Electric Cooperative Association.* 



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Adding a storm door can help seal in your home and is less expensive than replacing the entire door.

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— Don W., Sherman, TX

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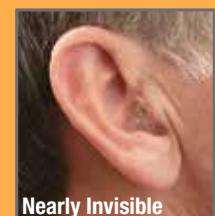
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# A Soldier's Mission

*We Are The 22 suicide intervention group saves lives*

STORY AND PHOTOS BY SHEILA YOUNT

**M**ay we never forget that freedom isn't free," President Ronald Reagan said at the 1982 Memorial Day ceremonies at Arlington National Cemetery as he honored those who lost their lives in service to their country.

For combat veterans, those words have an even deeper meaning. Many know firsthand what paying the cost of freedom is all about. They have lost friends in battle or its aftermath, while others have suffered physical and emotional trauma from their service. Although many find ways to cope, others don't and are taking their lives at an alarming rate. Research has shown that about 22 veterans commit suicide each day.

Arkansas native Mikel Brooks almost became one of those statistics.

A decorated Army veteran who served two tours in Afghanistan, Brooks became addicted to pain medications while recovering from combat injuries that forced him out of the service in 2009. By 2017, he was also hooked on street drugs and was homeless, staying in an abandoned house in Judsonia. One night, he decided to end his life by overdosing on drugs. Before he did it, he called a suicide hotline, but because it was based in Oregon, the woman couldn't refer him to resources in Arkansas. After ending the call, he took the drugs. Immediately, he knew he had made a mistake.

"As I began to fade out, I remember begging my God to let me live, and I swore that if someone busted through that door right then and saved me that I would do everything I could to make up for my mistakes," Brooks says. "But no one came."

Instead, he woke up 23 hours later, determined to make sure that when other veterans in crisis reach out for help, someone would be there — not just on the phone but physically present. That's when Brooks, who now lives in Little Rock, began the process that led to the formation of the We Are The 22 suicide intervention group. Six years later, the nonprofit organization has about 130 veterans who have been trained in suicide intervention. The group has a board of directors, also made up of veterans, and an executive director.

"There are a lot of groups that do veteran suicide awareness campaigns, and there are different organizations



We Are The 22 group members host a booth at a Combat Veterans Motorcycle Association event at Toad Suck Harley Davidson in Conway. The group's volunteers regularly attend events to raise awareness of their mission.

that do prevention efforts," says Sam Sellers, executive director of We Are The 22, who lives in Little Rock. "We're neither of those. We support those, we love those, but we go into gear when those efforts have failed."

Sellers, a retired Army major who served in Iraq and Afghanistan, didn't lose any soldiers under his command while in combat. But within 18 months of returning home, two of his men died by suicide.

"When I went to Iraq, I just knew that I wasn't coming home," he says. "I was in a dangerous situation at the tip of the spear, and I'm like, 'I know I'm not coming home.' And I did. So, there was some survivor guilt ... many of the guys that I was with did not."

Those feelings intensified after he survived his service in Afghanistan, he says. "Still to this day, I struggle, but not all of the time," and because of that, he is passionate about his work with the We Are The 22 group, which he joined about four years ago. A retired lieutenant colonel with strong administrative skills, Sellers volunteered to run the group's office.

## Taking the calls

When a veteran calls the We Are The 22 Veteran Suicide

Crisis Hotline at 855-932-7384, which is staffed 24-7, a volunteer dispatcher will take the call and assign it to the two-person responder team located nearest to the veteran in need. Sellers says the group has volunteer responders throughout the state and can cover all 75 counties. About 10% of the responders are female and will answer calls from female veterans, when possible, Sellers says.

Once a call has been assigned, the team conducts an in-person intervention. Responders wear protective vests for their safety and carry other equipment, including Narcan, medicine to reverse the effects of opioids. They have received instructions through Applied Suicide Intervention Skills Training (ASIST), as well as first-aid training. Equipment and training costs about \$1,000 per person, Sellers says, adding that the group depends on donations to fund its mission.

### Veterans helping veterans

As fellow veterans, there is a common bond that helps build trust from the start, Sellers says.

"We can knock on the door, and we can say, 'We're not the cops; we're not your shrink,'" Sellers says. "We're just fellow vets here because we care enough about you to be here. What's going on?"

Since its inception in 2017, the group has become an important resource for local police and fire departments. When those departments get emergency calls, if it is a veteran, they often contact We Are The 22 to handle the call while they are on standby, Sellers says. The group also works closely with the Veterans Administration hospital and has the authority to transport veterans there if the veteran in crisis wants to go. The goal is to prevent troubled veterans from doing harm and then refer them to other resources where they can get help, Sellers says.

So far, the group has successfully responded to more than 430 calls, which is an average of one to two calls a week. Many calls come on holidays when troubled veterans suffering from addictions and post-traumatic stress disorder are often more at risk for triggers, Sellers says.

### Giving back

After they have received help and are in recovery, many of the veterans who called We Are The 22 seeking help are now volunteering as responders. Brooks says this is part of the healing process.

"When I began responding in the beginning to other guys, it made me have a sense of belonging and purpose again," Brooks says, adding that because of his combat injuries, he is disabled and unemployable. With We Are The 22, he and others can once again serve.

"A soldier's got to have a mission," Brooks says.

To contact the We Are The 22 Veteran Suicide Crisis Hotline call 855-932-7384. For more information visit [wearethe22.org](http://wearethe22.org) or [facebook.com/wearethe22](https://www.facebook.com/wearethe22).



Mikel Brooks, founder of the We Are The 22 veteran suicide intervention group, holds up a T-shirt, one of several items the group distributes at events.

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# Reflections



Rayleigh gives thumbs up and is ready to roll!  
Ashley Busby, at Greers Ferry Lake.



Rylee getting Mollie ready for a swim.  
Debbie Richey, Powhatan.



Christopher knows how to cool off on a hot summer day.  
Viola Kuhn, Little Rock.



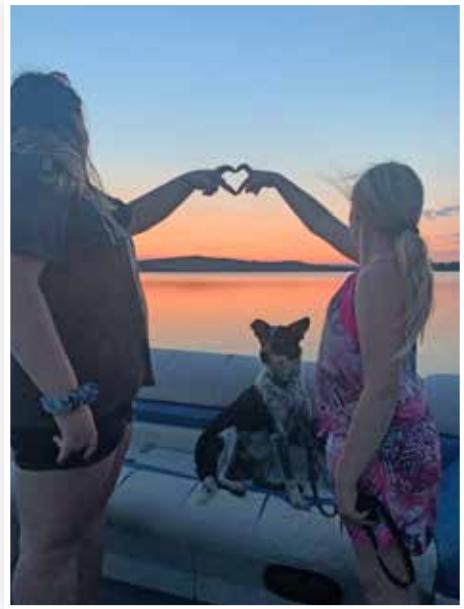
Madolyn, Haisley and Jlex having silly fun in the sun.  
Tiffany Baker, taken in Manila.



**Pals having some old-fashoined fun at Peeler Bend.** Samantha Jacobs, Benton.



**Vallie needed that Capri Sun!**  
Vanna Headley, Jonesboro.



**Braylee, Kynlee and little Spur, loving life at the lake.** Gena Vanover, Lamar.



**Lacie, Lillian and Lydia.** Stephanie Breckenridge, at Grandma's, in Wheeler.



**Logan "helping" her dad water the garden.**  
Ashley Dickey, Wynne.



**Bob and his trusted buddy, Button, enjoying a float.**  
Pam DuBois, taken at Bella Vista.

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)

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# A lesson on the (humming)birds and the bees



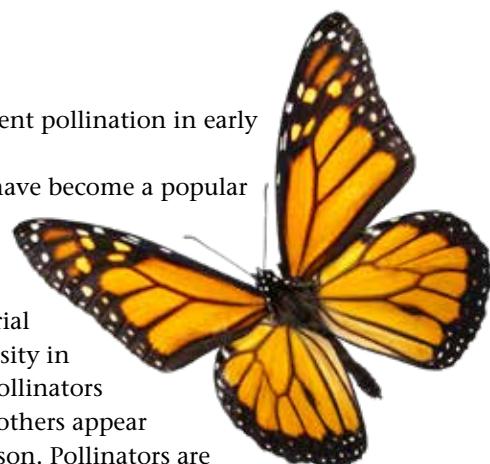
BY JANET B. CARSON

Pollination in the plant world is very important to humans. It is estimated that one in every three bites of food we take is a result of pollination. Not only does pollination ensure that we have fruits and vegetables, but coffee to drink and chocolate to eat. When you think pollinators, the first thing that comes to mind are bees. While bees are leading pollinators, they get help from butterflies, hummingbirds, bats and some insects like beetles and flies. Flies are often the unsung heroes in pollination, ranking second after bees and often

providing more consistent pollination in early spring than bees.

Pollinator gardens have become a popular gardening trend.

To attract as many pollinators as possible, diversity in plant material is important, as is diversity in bloom periods. Some pollinators stay year-round, while others appear during the growing season. Pollinators are attracted by nectar and pollen, and they find



Pollinators	Flower Colors	Types of Blooms	Nectar/Pollen	Suggested Plants
Bees (honeybees as well as 450-650 native bee species)	Can't see red. Prefer white, yellow and purple flowers.	Mild, sweet-smelling blooms with a landing platform. Open or flat flowers.	Search for nectar and pollen year-round.	Clover, vitex, monarda, sunflower, redbud, penstemon, asters, ironweed, rosemary, camellias
Butterflies	Prefer bright red and purple blooms.	Mild-scented blooms with wide landing area and a narrow-tubed nectar vessel.	Needs host plants to lay eggs on and food for larvae. Needs nectar plants for adults.	Milkweed, echinacea, lantana, monarda, Joe-Pye weed, sedum
Moths	Prefer white flowers, which are more visible at night.	Night-scented.	Host and nectar plants needed.	Honeysuckle, evening primrose, Nicotiana, Liatris, mayapple, yucca
Hummingbirds	Prefer orange and red blooms.	Tubular blossoms.	Good nectar.	Agastache, monarda, coral and trumpet honeysuckle, salvia, penstemon, Honeybells Cuphea, pentas
Flies (160,000 species with varying preferences)	Pale and dull to dark brown or purple.	Often putrid odor, like rotted meat or dung.	Flies feed on nectar and carry pollen as they visit a variety of blooms.	Cacao (chocolate), carion flower, blackberries, catnip
Bats (pollinator of bananas, guava, mangoes and agave for tequila)	Large, white or pale flowers that are open at night.	Musty or fermented smell at night. Copious nectar. Bowl-shaped.	Bats feed on insects in flowers as well as the nectar.	Evening primrose, fleabane, moonflowers, Nicotiana, four o'clock, goldenrod
Beetles (including ladybugs)	Dull white or green.	Mild or fruity scents, large, bowl-shaped.	Pollen more important than nectar.	Magnolia, pawpaw, Illicium, spicebush, waterlilies



Bees are leading pollinators but also get help from butterflies, hummingbirds, bats and some insects.

flowers through color, fragrance and shapes and sizes of blooms. Different types of pollinators have different preferences.

Make sure you have something blooming in every season. Butterflies, moths, flies and hummingbirds are not very active in cold weather, but bees are around all year. While bats can help some in Arkansas, they are more important pollinators in the rain forest.

Some plants are attractive to a wide range of pollinators, while others have very specific pollinators. Pollinator-attracting plants can include annual flowers, vegetables, fruit trees and bushes, perennials, trees and shrubs.

Not all plants are created equal; a pretty flower doesn't mean it is a good pollinator plant. Forsythia and tulip magnolia are showy plants that are worthless to pollinators. Many highly hybridized species contain less pollen and nectar than the original species.

While many gardeners plant hoping to attract butterflies and hummingbirds, a well-planned garden can be host to a wide range of pollinators.



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# Glazy days of summer

*Simple sauces make grilled fare great*

RECIPES AND PHOTOS  
BY JULIANA GOODWIN

## Grilled Salmon with Asian Glaze

Makes 4 servings.

**For glaze:**

- 1/4 cup soy sauce
- 6 tablespoons honey
- 1 garlic clove, minced
- 1 teaspoon ginger powder
- 1 teaspoon cornstarch

**For fish:**

- 4 raw, boneless, skin-on salmon fillets
- Olive oil
- Salt
- Pepper

Heat grill to 425.

In a small bowl, whisk together all glaze ingredients. Transfer to a small pot, and bring to a boil; immediately remove from heat and stir. Set aside, allowing sauce to thicken.

Brush salmon with olive oil, and season with salt and



pepper. Grill skin-side-up for 10-14 minutes, depending on thickness. When fish is ready, it will let go. (If it's sticking, give it another minute.) Turn and cook for another 5-7 minutes. For the last minute, baste fish, using half the glaze. Remove from grill, and baste with remaining glaze.

## Grilled Chicken Tenders with Chimichurri Sauce

Makes 5 servings.

**For chimichurri sauce:**

- 1 cup fresh parsley leaves, packed
- 1/2 bunch cilantro leaves
- 1/3 cup extra-virgin olive oil
- 2 garlic cloves
- 3 tablespoons red wine vinegar
- 1/4 teaspoon salt

- 1 teaspoon dried oregano

**For chicken:**

- 2 pounds raw chicken breast tenderloins
- Olive oil
- Salt
- Pepper

Heat grill to 400.

Place all chimichurri sauce ingredients in a food processor, and pulse until well-combined. Set aside.

Brush chicken with olive oil, and season with salt and pepper.

Grill chicken for 4 minutes per side or until done.



Serve with chimichurri sauce.

*Note: This is a South American condiment, which is excellent on grilled meats, and also with tomatoes or potatoes.*



## Shrimp with Curry Honey Glaze

Makes 4 servings.

### For glaze:

- 3 tablespoons butter, melted
- 1/4 cup honey
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1 garlic clove, minced

### For skewers:

- 1 (16-ounce) bag raw jumbo

- shrimp, peeled and deveined
- 1 red bell pepper, cut into chunks
- 1/2 small red onion, cut into chunks
- 1/2 fresh pineapple, cut into chunks (discard pineapple heart)
- Olive oil
- Cajun seasoning

Mix all glaze ingredients together, and set aside for at least 30 minutes.

Heat grill to 400. Skewer shrimp with red bell pepper, red onion and pineapple. Brush skewers with olive oil, and season with Cajun seasoning.

Grill skewers for 4 minutes on first side; flip and cook 2-3 minutes on second side. Remove, and immediately brush with glaze. Pour remaining glaze on skewers, or serve as a dipping sauce.

*Note: This is good served with white rice.*



*This month's web exclusive recipe:*  
**Grilled Vegetables and Bread with Bagna Cauda**

More recipes on our website:  
[arkansaslivingmagazine.com](http://arkansaslivingmagazine.com)

*Juliana Goodwin is a food columnist, cookbook author and avid traveler. If you have a question, email [julianalovesfood23@gmail.com](mailto:julianalovesfood23@gmail.com).*

# Pecks of peppers

Gather garden bells, poblanos and jalapeños, and get cooking!

## Luscious Vegetarian Lasagna

- 1 (14.5-ounce) can diced tomatoes, undrained
- 12 ounce tomato sauce
- 1 teaspoon dried oregano leaves, crushed
- 1 teaspoon dried basil leaves, crushed
- Dash pepper
- 1 large onion, chopped
- 1 1/2 teaspoons garlic, minced
- 2 tablespoons olive oil
- 2 small zucchinis, chopped
- 8 ounces mushrooms, sliced
- 1 green bell pepper, chopped
- 1 large carrot, chopped
- 1 cup shredded mozzarella cheese
- 2 cups cottage cheese
- 1 cup grated Parmesan or Romano cheese
- 8 ounces lasagna noodles, cooked and drained

Simmer diced tomatoes, tomato sauce, oregano, basil and pepper in a medium saucepan over low heat.

In a large skillet, cook onion and garlic in hot olive oil over medium heat until onion is golden. Add zucchinis, mushrooms, green bell pepper and carrot. Cook for 5-10 minutes until tender. Stir vegetables into tomato sauce mixture, and simmer for 15 minutes.

Combine cheeses in a large bowl, and blend well.

Heat oven to 350 degrees.

Spoon 1 cup sauce in bottom of 12x8 pan. Arrange layer of noodles on sauce; add half the cheese mixture; add half the sauce. Repeat layers.

Bake for 30 to 45 minutes or until bubbly. Let stand for 10 minutes.

*Note: Other vegetables may be added or substituted.*

*Jana Barnes, Mountain Home*

## Easy One-Pot Jambalaya

- 3 tablespoons canola oil
- 1 pound andouille sausage, sliced, or raw, boneless, skinless chicken breast (or 1/2 pound of each), diced
- 3/4 cup onion, diced
- 3/4 cup red and green bell peppers, diced
- 3/4 cup celery, diced
- 1/2 cup rice, uncooked
- 1 teaspoon garlic, minced
- Salt to taste
- Cayenne pepper to taste
- 2 1/2 cups chicken broth, more as needed
- Chopped parsley or green onions (optional garnish)

In a large pot, heat canola oil. Add andouille sausage and/or chicken breast, browning lightly both sides. Add onion, bell peppers and celery, and cook for 3 to 4 minutes. Add rice, garlic, salt, cayenne pepper and chicken broth. Bring to a boil, and reduce heat to low. Cook for 25 minutes. Stir at halfway point, and add more broth if it looks too dry. Enjoy!

*Note: This is my go-to recipe when I am short on time.*

*Pat Pullum, Rogers*



Easy One-Pot Jambalaya

JENNIFER CHRISTIAN/CA

## Grilled Stuffed Poblano Peppers

- 4-5 poblano peppers

### Filling

- 1/2 pound ground sausage
- 1/2 pound ground beef
- 2 (8-ounce) blocks cream cheese
- 2 cups shredded sharp cheddar cheese
- 2 serrano or jalapeño peppers, minced
- 1 tablespoon garlic, minced
- 1 (1-ounce) package ranch dressing mix
- 1 "glob" mayo
- 2 tablespoons bacon bits

Heat grill or oven to 400 degrees. Halve poblano peppers, and remove seeds; set aside.

To make filling, cook sausage and ground beef in a skillet until brown. In a large bowl, add cooked meat and remaining filling ingredients; stir until well-combined. Stuff peppers with filling. Place stuffed peppers in a baking dish or directly on grill, and cook for 20-25 minutes, until desired softness is achieved.

*Steve West, Fayetteville*

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*Entries must include your name, phone, address and origin of recipe.*

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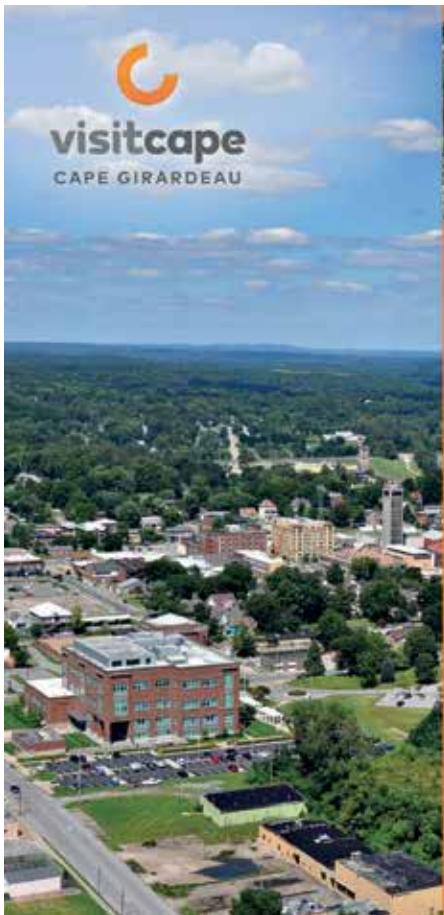
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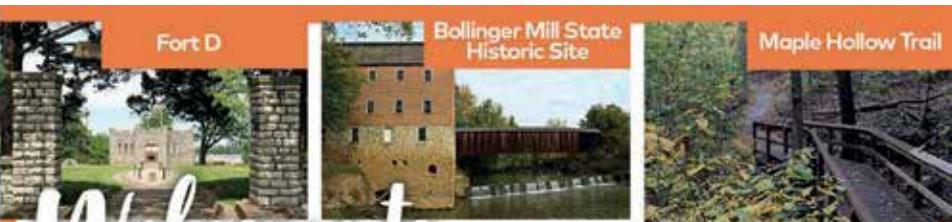


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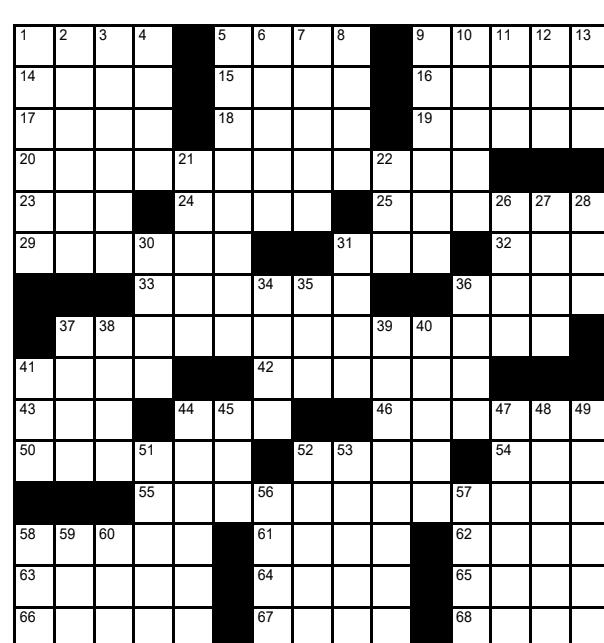
## CROSSWORD PUZZLE

### Fourth Display

By Victor Fleming

#### ACROSS

1 Board game cubes  
5 Wear out by rubbing  
9 YouTube competitor  
14 "Return of the Jedi" dancer  
15 Certain vibe  
16 Online periodicals, casually  
17 Poems "to" or "on" things  
18 Land on the Gulf of Oman  
19 Austrian money  
20 Cylindrical explosives that are primarily noisemakers  
23 College, to Aussies  
24 Competent  
25 "C'mon!"  
29 Latin pop singer Jon  
31 Word with Kool or legal  
32 Pierced body part  
33 They're chased by paparazzi  
36 Bursting with health  
37 Cylindrical explosives launched from pop containers  
41 Buddies  
42 San \_\_\_, California  
43 "... end of an \_\_\_"  
44 Words of union  
46 Eureka Springs' Wanderlust or Hot Springs' J&J  
50 Bring back, as a fad  
52 Annual open?  
54 "Blue Hawaii" prop  
55 Cylindrical explosives that discharge showers of stars  
58 Brown ermine  
61 "Get a load of that!"  
62 OK from Opie Taylor to Aunt Bee  
63 Deliver addresses  
64 Color quality  
65 James of writing or Tommie of baseball  
66 Rode a two-wheeler  
67 Air freshener's target  
68 Bird abode



#### DOWN

39 Tesla or Audi  
40 Actor Kline  
41 Apiece  
44 Sentence on an Election Day lapel sticker  
45 Rep.'s opponent  
47 Assert without proof  
48 \_\_ Pieces  
49 Fate  
51 All worked up  
52 Bun net  
53 Prefix that implies a lower price  
56 Kind of flute or sax  
57 Cannon in Hollywood  
58 Loudly weep  
59 North Little Rock's \_\_-State Enterprises  
60 "Mighty" tree

1 Knucklehead  
2 Common antiseptic  
3 Church official  
4 " \_\_ on Down the Road"  
5 Ump's call at Dickey-Stephens  
6 Back-country  
7 "It's \_\_ to the finish"  
8 Big jerk  
9 Turned aside  
10 " \_\_ be dreaming"  
11 Scratch, say  
12 It may be bruised or swollen  
13 '40s spy grp.  
21 U.C.A. R.O.T.C. student  
22 Israelite judge  
26 Bench, for one  
27 "Buffalo \_\_" (classic folk song)  
28 Assayer's material  
30 "Hamlet" fivesome  
31 Beginning on  
34 Architect Saarinen  
35 Bikini part  
36 "S.O.S.!"  
37 Not wearing anything  
38 First name in Norwegian royalty

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CROSSWORD ANSWERS ON PAGE 39



# No trout about it: DeVito's legacy endures



STORY AND PHOTOS  
BY ROB ROEDEL

DeVito's Restaurant opened in Harrison in 1986 under the leadership of Jim DeVito, a retired U.S. Army veteran and fourth-generation Italian cook, and his wife, Mary Alice. Today, three of their four sons, Steve, Chris and Joe, continue the family legacy of ensuring enjoyment for each visitor.

The restaurant is a modern, tastefully designed two-story building, nestled among the natural terrain and gorgeous trees. Entering the restaurant to the sound of an on-site waterfall created an immediate feeling of relaxation. This feeling continued as I was warmly greeted by members of the

DeVito family and the wonderful staff.

The family operates a trout farm across the street from the restaurant, the source of DeVito's many fresh trout offerings. DeVito's still allows visitors to fish at the trout farm by appointment and will process, pack on ice or cook the trout during operating hours.

Beyond trout, the menu features more than 15 Italian selections and steaks. The family serves only the freshest, finest foods available. The team grinds its pasta-dish meats and encases the made-in-house sausages to ensure quality. The bread is prepared in-house as are the ravioli.

My dining experience began with the famous Trout Fingers appetizer. While appreciating the peaceful view of the trout farm and remembering family fishing experiences from my youth, the wonderful aroma of the trout fingers superseded their delivery.

These golden-brown, lightly breaded strips of fresh fish are a must-try.

I continued my dining experience with the Charbroiled Trout. This popular entrée featured beautifully chargrilled, boneless, butterflied trout



Charbroiled Trout, featuring DeVito's secret seasoning, is plated with hush puppies and steamed broccoli.

enhanced by secret seasoning. Each forkful delivered an urge to try another bite.

Next, the Homestyle Fried Trout was on my list. This trophy catch featured a whole fish (with bones) that was lightly breaded with seasoned cornmeal and fried to perfection. The naturally sweet taste of the fish really stood out in this menu option.

To sample several Italian selections, I opted for the DeVito's Combo. This appetizing platter included a generous portion of angel hair pasta, four homemade ravioli, one freshly made meatball and a link of house-



DeVito's Restaurant in Harrison operates a trout farm across the street, ensuring the freshest fish dishes.

## THE EATING ESSENTIALS

### DeVito's Restaurant

350 DeVito's Loop North, Harrison  
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[devitosrestaurant.com](http://devitosrestaurant.com)

### Hours of Operation

Tuesday-Saturday: 4:30-8 p.m.  
Sunday: 11 a.m.-1:30 p.m.



With 15 Italian dishes on the menu, DeVito's Combo is a great way to try four delectable options.



The Trout Fingers appetizer is legendary.

made Italian sausage. The pastas were covered with the famous, authentic red marinara sauce with just enough spice. Each component of the platter was delicious, with my favorites being the ravioli and sausage.

The DeVito's team suggested that I sample the Seafood Fettucine. The pleasing and filling dish included a large portion of egg noodles with a buttery cream sauce, cheese, sautéed shrimp, imitation crab and broccoli.

Homemade desserts include LJ's Apple Pie, Coconut Cream Pie, Chocolate Bourbon Pecan Pie, Baked Fudge, Grandma Steve's Chocolate Layer Cake and a cheesecake of the day. The apple pie is based on an apple strudel recipe that Jim DeVito acquired while serving in the military during World War II in Germany.

"It is important to carry on our legacy that 'Quality Comes First' at DeVito's," Joe DeVito said. "Dad had a dream of opening a restaurant for many years. He finally opened in 1986 with all four of us brothers (Steve, Chris, John and Joe) as partners. We continue to do things the same way Dad always told us was the right way. We keep the DeVito's name held high."

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

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Fairfield Bay Fireworks Festival



Delta Voices



Delta Waterfowl Duck Hunters Expo

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**July 1****Cardboard Boat Races**Heber Springs, [heber-springs.com](http://heber-springs.com)**Fireworks Extravaganza**Heber Springs, [heber-springs.com](http://heber-springs.com)**Fairfield Bay Fireworks Festival**Fairfield Bay, [visitfairfieldbay.com](http://visitfairfieldbay.com)**Independence Day Homecoming**Corning, [corningar.gov](http://corningar.gov)**July 1-31****Diego Rivera's America**Bentonville, [crystalbridges.org/calendar/](http://crystalbridges.org/calendar/)  
[diego-riveras-america/](http://diego-riveras-america/)**July 2****Independence Day Fireworks**Hot Springs, [hotsprings.org](http://hotsprings.org)**Jamboreeka**Eureka Springs, [eurekaspringschamber.com](http://eurekaspringschamber.com)**July 3****Freedom Fest**Conway, [freedomfestconway.com](http://freedomfestconway.com)**Food Trucks & Fireworks**Jonesboro, [facebook.com/nettletonbaptistchurch](http://facebook.com/nettletonbaptistchurch)**July 4****Big Bang on the Range**Jacksonville, [jacksonvilleparks.com](http://jacksonvilleparks.com)**Pops on the River**Little Rock, [pops.arkansasonline.com](http://pops.arkansasonline.com)**4th of July Celebration**Fort Smith, [fortsmith.org](http://fortsmith.org)**Pinnacle Mountain State Park Fun on the Fourth**Little Rock, [arkansasstateparks.com](http://arkansasstateparks.com)**July 9****Opera in the Ozarks Summer Music Festival**Eureka Springs, [opera.org](http://opera.org)**July 13****Delta Voices**Little Rock, [events.arkmfa.org/event/delta-voices/](http://events.arkmfa.org/event/delta-voices/)**July 17-29****Chamber Music on the Mountain Festival**Fayetteville, [chambermusiconthemountain.org](http://chambermusiconthemountain.org)**July 20-22****Big Grass Bluegrass Festival**Paragould, [facebook.com/collinsbluegrassfestival](http://facebook.com/collinsbluegrassfestival)**July 20-23****Johnson County Peach Festival**Clarksville, [jocopeachfest.com](http://jocopeachfest.com)**July 22****Great Arkansas Beer Festival**Little Rock, [facebook.com/GreatArkansasBeerFestival](http://facebook.com/GreatArkansasBeerFestival)**The Rock City Margarita Festival**Little Rock, [facebook.com/therockcitymargaritafestival](http://facebook.com/therockcitymargaritafestival)**July 22-23****Christmas in July**Little Rock, [littlerockzoo.com](http://littlerockzoo.com)**July 27-29****Cave City Watermelon Festival**Cave City, [cavecitywatermelonfestival.com](http://cavecitywatermelonfestival.com)**Peacemaker Fest**Fort Smith, [peacemakerfest.com](http://peacemakerfest.com)**July 28-30****Delta Waterfowl Duck Hunters Expo**Little Rock, [deltawaterfowlexpo.com](http://deltawaterfowlexpo.com)**Aug. 1-5****Tontitown Grape Festival**Tontitown, [tontitowngrapefestival.com](http://tontitowngrapefestival.com)

# Happy 4th of July!

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