

Gen Z to D.C.

A life-changing week
on Youth Tour

Page 8

Plus:
U.S. Marshals Museum
Brandon Burlsworth's
Legacy

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Photo by Nancy Meador



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Worth 1,000 words

BY JENNIFER CHRISTMAN CIA

Generation Z's photo skills are certainly not limited to selfies!

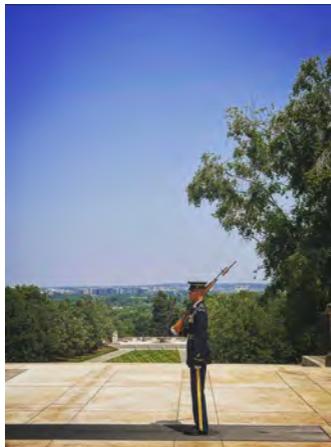
For the first time, the Electric Cooperatives of Arkansas Youth Tour held a photo contest. During the all-expenses-paid educational trip to Washington, D.C., from June 16-22, delegates were encouraged to take photos of the people and places they encountered, and enter their best work. The winner would have their photo published in Arkansas Living and receive an Amazon gift card. Chaperones selected four finalists from 34 entries.

These four photos were posted on the Electric Cooperatives of Arkansas Youth Tour Facebook page ([facebook.com/ARKElectricYouthTour](https://www.facebook.com/ARKElectricYouthTour)), and the photo with the most likes during a three-day period was declared the winner.

The winner was **Mollie Thompson** of Corning (Clay County Electric Cooperative). Her stirring photo of a guard at the Tomb of the Unknown Soldier at Arlington National Cemetery earned more than 700 Facebook likes by press time.

Said Mollie, "Visiting Arlington was one of the most eye-opening experiences; it truly shows the sacrifices that people make for our country. When taking my photo,

all I could think about was my papa. He served in the Air Force and wanted to be buried in Arlington. Right after this picture was taken, the changing of the guard took place, and I could not help but feel the patriotism and power in the ritual. ... I started to cry. Cry for my papa, who loved our country and would've loved to be there to witness that; cry for the families and friends; and cry for joy that we live in a protected country where we are safe.



Mollie Thompson of Clay County Electric Cooperative won the Electric Cooperatives of Arkansas Youth Tour photo contest with this picture taken at Arlington National Cemetery.

"When I learned I won the contest, it gave me so much joy that so many people felt the deep power. ... Arlington is such a special place, and I am so grateful to have captured the essence and true meaning of America."

Other photo contest finalists were: **Haley Carter** from Rich Mountain Electric Cooperative, **Lily Davis** from Ozarks Electric Cooperative

Briley Hickman from North Arkansas Electric Cooperative.

Not only did our talented Youth Tour delegates share their photos, they also shared their stories. Read about their experiences in their own words, beginning on page 8.

Here's to all of us enjoying a few more share-worthy adventures before summer ends.

Have an awesome August!

Jennifer Christman Cia
jennifer.cia@aeci.com

The Emperor's New Clothes

BY VERNON "BUDDY" HASTEN

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



My mom loves to read, and she encouraged her kids to read as well. One tried-and-true method to promote reading was a trip to the public library during summer break. Our farmhouse was not air-conditioned, and the public library was. That fact alone

made it a very popular place in my book — pun intended.

Money was always tight in our house, and buying a stack of books at the bookstore was out of the question. However, the public library let you check out 10 books at a time, and I would max out every week. Memories of those hours exploring books and enjoying some ice-cold AC are some of my fondest.

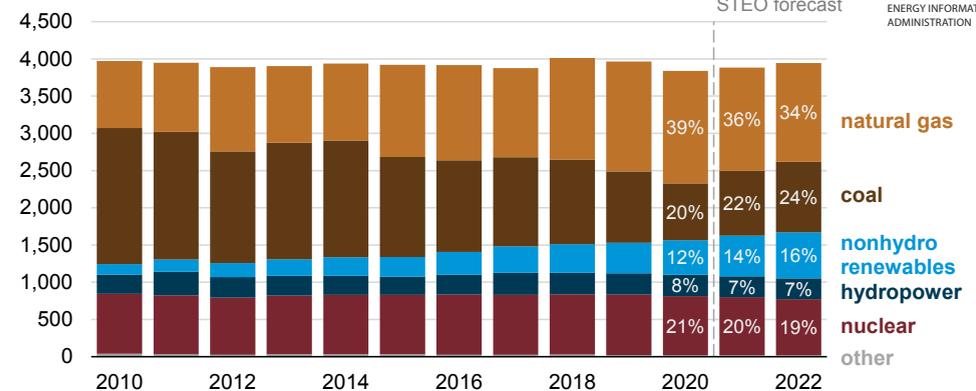
One of the stories that made an early impression on me was Hans Christian Andersen's "The Emperor's New Clothes." The folktale was written in 1837, and the lesson within is still true today. The gist of the story is that two rogues pose as weavers and tell the emperor that they could weave clothes that would be invisible to anyone simple-minded or unworthy of his office. Each trusted adviser the emperor sends to inspect the progress of his new clothes pretends to see them, even though there are no clothes at all. Why? Fear of failure or looking dumb. The weavers pretend to see them, and and so do the advisers. This continues until the emperor dons his new "clothes." During the procession, a child cries out that the emperor has nothing on at all — the emperor indeed has no clothes.

Does a story from 1837 still hold true today? I say yes. There are plenty of examples in modern society where a major scandal is breaking, and as the facts come out, we learn that it has evolved over many years. Many people knew about it, and ultimately one brave soul steps forward, and the dam breaks. We ask ourselves, "Why didn't someone say something in the beginning?" We learn that peer pressure or fear of public humiliation or retaliation prevented them from speaking up; this is the life lesson

Hans Christian Andersen taught nearly 100 years ago.

The Environmental Protection Agency (EPA) recently proposed new rules on carbon dioxide (CO2) emissions from coal and natural gas power plants, dubbed Clean Power Plan 2.0. These new rules will effectively make operation of coal plants and large, efficient natural gas plants impossible beyond 2030. These power plants are currently the backbone of America's electric power supply, and will be forced to either co-fire with large amounts of hydrogen or utilize carbon capture technology to continue operation. You might say that sounds reasonable, but ask these questions: Where will all this hydrogen come from, and what will it cost? What is carbon capture technology; where is it currently being deployed in the world; and what does it cost? You quickly realize that these are far from realistic alternatives in the timeframe needed to comply with EPA's proposed rules and will result in premature plant closures.

Annual U.S. electric power sector generation by energy source (2010–2022)



The intent of the EPA's proposed rules is for large coal and natural gas plants to be closed and replaced with wind and solar. Utilities and the American public have grown used to the war on coal, and during the last decade, utilities were encouraged to shift from using coal to investing in natural gas to reduce carbon emissions. Additionally, the federal government has provided billions of dollars in financial incentives to companies to install wind and solar generation for the same reason. However, the war has now expanded to not just coal but natural gas, which will significantly impact the affordability and reliability of electricity. One need only look at the graph above to realize how much energy is provided by coal and natural

EMPEROR continued on page 6

Electric Cooperatives of Arkansas support Cereal Drive

Wheaties cereal calls itself the “breakfast of champions.”

Well, employees of the Electric Cooperatives of Arkansas were champions of breakfast in the THV11 Summer Cereal Drive to benefit the Arkansas Foodbank, coming in first place in their division.

This year, employees raised \$18,316 — or 18,316 boxes of cereal (\$1 equals one box of cereal). Employees could donate via payroll deductions, purchase items from a silent auction, attend a cookout fundraiser or participate in the “Pie the Director” fundraiser.

Since 2012, the Electric Cooperatives of Arkansas have participated in the drive, an annual effort to collect nonperishable breakfast items for food-insecure families during the summer months.

The cooperatives’ grand total over 12 years of participation is 214,834 boxes of cereal.

For more information about the Arkansas Foodbank, visit arkansasfoodbank.org.



Carlie Hobby, Megan Clark and Abraham Hutson celebrate the Electric Cooperatives of Arkansas' win in the 2023 THV11 Summer Cereal Drive.

EMPEROR continued from page 5

gas in America today. With the proposed rules putting those resources at risk, what do you replace it with? Well, what is left that doesn't emit carbon? Wind, solar and nuclear are pretty much the only options today, with the promise of hydrogen in the future, but at unknown cost and availability. The expectation is that we will prematurely retire hundreds of coal and natural gas plants and replace them with wind and solar generation.

Here we come full circle to “The Emperor’s New Clothes.” We are told that we must do this to reduce carbon to prevent a climate crisis, and that if we do, we will simultaneously lower the cost of energy with these low-cost, renewable energy sources. Clean, Cheap, Abundant and Reliable energy for the taking — all we must do is believe. However, a child in the crowd might point out that this strategy has been tried in many places, and it has only yielded unreliable energy that is double or triple the cost with a very negative effect on a nation’s economy and security.

There is also the misunderstanding that the global climate crisis can be averted by actions taken in North America. In 2022, the Asian-Pacific region of the world emitted 17,955 million tons of CO2, compared to 5,851 million tons in North America. However, in 2007, the U.S. and China had essentially equal CO2 emissions. Since that time, the United States has lowered our CO2 emissions by 1 million tons, while China has increased by 6 million tons, with even more new coal plants under construction

than the United States has in existence. When you add the impacts of other developing nations in Asia, you realize that their need for energy and the resulting CO2 emissions will trump anything we can possibly do here.

That is not to say that we shouldn't continue to innovate and develop new technologies, including advanced nuclear, hydrogen and the vaunted holy grail of fusion power. We should integrate low-carbon sources, including wind and solar, onto our electric grid. However, we must do so in a responsible manner that doesn't risk our economic and national security. Prematurely retiring coal and natural gas plants with no national initiative to add nuclear power plants — which are reliable and have no CO2 emissions — while only adding intermittent, undependable low-carbon resources, reads a lot like the emperor has no clothes.

As we look to reduce carbon emissions, incorporating new, advanced nuclear plants into the power grid, which are always available and reliable and emit no carbon, as part of our national energy strategy makes a lot of sense to me. However, this requires national support like what has been provided for wind and solar to achieve critical mass.

I am in favor of a Balance of Power, where resources are not utilized based solely on a single characteristic — carbon — but based on the capabilities needed to implement a national strategy of energy independence, economic prosperity, affordability, reliability and responsibility.

ERMCO, Inc. celebrates 8 million milestone

Electric Research and Manufacturing Cooperative, Inc. (ERMCO), a wholly owned subsidiary of Arkansas Electric Cooperatives, Inc. (AECI), recently manufactured its 8 millionth transformer in Dyersburg, Tennessee.



ERMCO, owned by Arkansas Electric Cooperatives, Inc. (AECI), celebrates its 8 millionth transformer.

“ERMCO is the largest producer of distribution transformers and components in the United States,” said Tim Mills, president and CEO. “We continue to invest in expanding our output. ... We’re also increasing manufacturing efficiencies and developing our workforce to accelerate production to meet the nation’s critical infrastructure needs. For perspective, our first million took 258 months to produce, and reaching 8 million took 27 months. Moving forward, we see the potential to produce 1 million transformers each year. With our incredible team, we will make that happen.”

Where Is It?

Welcome back to our hidden object game, “Where Is It?” In July, we hid a red-white-and-blue popsicle.

Joked one correct reader who found it in a Worth the Drive photo: “The Patriotic Popsicle is ‘chilling’ at the Arkadelphia Aquatic Park on page 18.”

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

- Carl Wallace, Clinton (Petit Jean Electric Cooperative)
- Jessica Shadell, Jacksonville (First Electric Cooperative)
- Raylee Youngblood, Wickes (nonmember)
- Rebecca Cloud, Springdale (Ozarks Electric Cooperative)
- Lisa Ahl, Powhatan (Craighead Electric Cooperative)

In the August issue, we’ve hidden this watermelon slice. Good luck “rinding” it! Enter via the “Where Is It?” link on the homepage of arkansaslivingmagazine.com, or go directly to 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 Aug. 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! June’s winner was: **Paul Mays, Alpena (Carroll Electric Cooperative)**.



• Ravens can be taught to speak better than parrots when kept in captivity.

- Aug. 10 is National Lazy Day.
- According to the National Weather Service, the highest temperature ever recorded in Arkansas was 120 degrees in Ozark on Aug. 10, 1936.
- In 1974, psychologist Dennis Upper wrote the article “The unsuccessful self-treatment of a case of writer’s block” for the Journal of Applied Behavior Analysis. It contained zero words.
- Cats can be allergic to humans.
- It is impossible to lick your own elbow. (Did you try it?)
- “There are always two people in every picture: the photographer and the viewer.” — Ansel Adams, photographer.



Gen Z to D.C.

*A Life-Changing
Week on Youth Tour*



STORY BY ARKANSAS YOUTH TOUR DELEGATES

Dubbed digital natives, members of Generation Z do not know life before the internet or mobile technology. They have spent their lives online — from schoolwork to socializing. But for seven pivotal days, June 16-22, they suspended their virtual reality for an immersive real-world experience. The Electric Cooperatives of Arkansas Youth Tour brought 48 rising high school seniors to Washington, D.C., for a life-changing tour of our nation's capital.

"Youth Tour is a one-of-a-kind experience for delegates that helps to shape them into future leaders. The electric cooperatives have a proud history of investing in our youth through programs like this one," says JD Lowery, Arkansas Youth Tour coordinator and director of community and economic development for Arkansas Electric Cooperative Corporation (AECC).

Who better to tell their stories than seven of the delegates who experienced it firsthand?

TOP Representing the state's 17 electric cooperatives, 48 Youth Tour delegates gather in front of the Washington Monument.



COURTESY OF RHEALYN SCHMIDT

Rhealyn Schmidt

DAY ONE

By Rhealyn Schmidt

Walnut Ridge, Craighead Electric

The first day of Youth Tour began as delegates traveled across Arkansas to convene at a Little Rock hotel. We received name tags, trading pins and T-shirts for the week ahead. Before lunch, we took time to meet and learn more about one another. Everyone was nervous, considering that we did not know one another, and our parents were letting us go on a trip without their supervision.

After lunch, we went to the state Capitol, where we toured the House of Representatives, the old state Supreme Court and held \$500,000 in cash at the state Treasury. Adelene Westfall of Nashville (Southwest Arkansas Electric) said, "Seeing the Arkansas state Capitol gave me a newfound appreciation for our state government. I really enjoyed seeing the House of Representatives and hearing all about the process of the committee meetings for the General Assembly and the daily lives of our legislators."

Afterward, we headed back to the hotel for dinner and orientation. During dinner, we enjoyed Scott Davis' magic show. Earlier in the day, those who applied to be our Arkansas Youth Leadership Council (YLC) delegate went through an interview process with a panel of judges. At dinner, the top four finalists gave presentations to their peers on why they should be the Arkansas YLC delegate, and we cast our votes.

After dinner, we continued learning about each other and creating new friendships. We headed to our rooms, preparing for the long day ahead and an exciting week of new adventures.



NANCY MEADOR

Brooklyn Mott (Ashley-Chicot Electric); Cameron Gordon (Southwest Arkansas Electric); Kayleigh Baker (First Electric); and Noah Young (Farmers Electric) at the Smithsonian Steven F. Udvar-Hazy Center.



NANCY MEADOR

Breanne Currey

DAY TWO

By Breanne Currey

Arkadelphia, South Central Arkansas Electric

WHEELS UP ON THE RUNWAY! Our Saturday adventure started by arriving at the airport at 4:30 a.m. Most of our group had already experienced flying, however there were a few of us (including myself) who flew for our first time.

After arriving safely in Washington, D.C., our first stop was the Smithsonian Steven F. Udvar-Hazy Center, an Air and Space Museum Annex. Cameron Gordon of Texarkana (Southwest Arkansas Electric) said it was her favorite experience: "It's just seeing how large the planes and space objects are, and putting all that into perspective can offer a fun way of teaching history as you browse the museum." I couldn't agree with her more!

Next on our adventure list was the U.S. Marine Corps War Memorial. This statue replicates one of the most iconic photos of World War II. Soon after, we ➤



COURTESY OF STELLA GARTON

headed our way to the Martin Luther King Jr. Memorial. It was beautiful to everyone who witnessed it, but especially to Ava Billingsley of Forrest City (Woodruff Electric). She said, “The symbolic significance of MLK’s memorial was very inspiring to me. The statue is unfinished because his dream is still evolving.” I absolutely enjoyed her perspective of the memorial and the day overall. On down the road (literally and figuratively), we saw the Franklin D. Roosevelt Memorial and the Thomas Jefferson Memorial, where our group was inspired by his quotes.

It was approaching dark when we left for our hotel. It didn’t take any of us long to go to sleep after the beautiful, astonishing and eventful day we all were blessed to experience. What better way to spend your first day in D.C. than with your friends — who were becoming more like family — while enjoying this great American experience?

DAY THREE
By Stella Garton

Fayetteville, Ozarks Electric

Stella Garton

In true Arkansas style, we woke up early and threw on our camo! We headed to Mount Vernon, the beautiful estate of our first president, George Washington. We toured not only the mansion but the grounds and museum, named after donor Donald W. Reynolds — the same man who donated to the University of Arkansas football stadium. It was fun to see a reminder of home all the way across the country!

From there, we went to Arlington National Cemetery; being Father’s Day, it was particularly special. Dozens of families were laying flowers on tombstones to honor their loved ones. The changing of the guard at the Tomb of the Unknown Soldier was perfect, topped with a Tomb Guard from the 3rd U.S. Infantry Regiment staying after the ceremony to talk with us. He explained their daily and weekly schedules along with how honoring it is. It was very eye-opening to see how much



NANCY MEADOR

Hayden Stephens (Rich Mountain Electric) found his great-uncle’s name on the Vietnam Veterans Memorial.

detail goes into everything to honor the Unknown Soldier. An example of this was why the guards walk in counts of 21 — to symbolize the highest military honor that can be bestowed.

Next, we visited the Lincoln, Korean War Veterans, World War II and Vietnam Veterans memorials. We took each of them in and reflected on their history. Another special moment was when Hayden Stephens of Dierks (Rich Mountain Electric) found his great-uncle’s name on the wall of the Vietnam Veterans Memorial. “It was amazing to see his name on the wall,” he said. “I didn’t know him, but I’m proud to be related to someone who died for our freedom.” ➤



NANCY MEADOR

Mason Harris (Ozarks Electric); Briley Hickman (North Arkansas Electric); Emma Berry (C & L Electric) and Shelby Rainbolt (C & L Electric) at the memorial of Franklin D. Roosevelt, who created the Rural Electrification Act that brought electricity to rural areas.

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To end the night, we joined delegates from Illinois, Ohio, Mississippi and Oklahoma on a river cruise. We ate dinner and danced the night away while cruising down the Potomac River. Once it got dark, the skyline looked so dreamy. We all couldn't help but go stand on the deck and watch. It was times like these when our friendships grew closer, and our trading pin collections grew larger.



COURTESY OF MORGAN MANNING

Morgan Manning

DAY FOUR

By Morgan Manning
Bryant, First Electric

We started the day off early and headed straight for 1600 Pennsylvania Ave. We took group photos in front of the White House gate and even did the "Cupid Shuffle" dance out front.

The next stop was the United States Holocaust Memorial Museum. We saw many artifacts and learned a lot about the horrific events of the Holocaust. While there, we met two Holocaust survivors. The ladies told us about their life and how they eventually escaped the brutality. Seeing this museum firsthand really opened our eyes and put everything into perspective of how appalling and inhumane the Holocaust was. "I enjoyed the visuals in the Holocaust Museum. In school, we've only ever heard about it, but in the museum, we got to see where the victims stayed and how they lived," said Kayleigh Baker of Alexander (First Electric).

That afternoon, we visited the National Archives Museum, where we saw the original U.S. Constitution and the Declaration of Independence. It was so interesting to see the writings on the old, deteriorating papers, even though it was very difficult to read.

We wrapped up the day attending a Washington Nationals baseball game. The Nationals played the St. Louis Cardinals, with most of us cheering for our neighboring state's team. The Cardinals won! Before we left the baseball park, we proudly left our mark (and a loud shout) representing our state by standing and yelling, "Woo Pig Sooiel!"

One last stop before heading to the hotel was to visit the National 9/11 Pentagon Memorial. It was moving to see how each bench represented one of the 184 victims, which were arranged by age from the youngest at 3 years old to the oldest at age 71.



NANCY MEADOR

Delegates pose somberly at the National 9/11 Pentagon Memorial, where each bench represents one of the 184 victims.



NANCY MEADOR

Rep. Bruce Westerman details the architecture of the U.S. Capitol's rotunda during a private evening tour.

Everything I have learned in a history or civics class instantly came alive and became real. What impacted me the most is that history does not sleep and isn't necessarily in the past when you see it in person. I am so glad that I applied for the Youth Tour through my local co-op, First Electric. This trip was truly an experience of a lifetime, one that I will never forget, and I know the people I met on this journey will be my friends for life. Thank you to everyone who made this opportunity possible for every single student. See you again, D.C.!

DAY FIVE

By Haley Carter

Dierks, Rich Mountain Electric

The morning started off with a quick trip to the Supreme Court. I asked Charlotte Lammers of Blytheville (Mississippi County Electric) what she thought of it, and she said it had “beautiful architecture and was very unique.”

Many fell in love with our second stop, the Library of Congress. As we walked into this glorious building, our jaws dropped, as we were in awe of the columns within the building. It looked as if we stepped into a palace, except it was filled with art and books, including Thomas Jefferson’s personal library. As a person who does not like to read, I was amazed by the place. It was truly breathtaking. Kaylea Roberson of Bee Branch (Petit Jean Electric) said, “It was very beautiful, and I was amazed by everything. It is the most beautiful place in D.C.”



PHOTO COURTESY OF NANCY MEADOR

Haley Carter

The Smithsonian Museums were our third stop for the day. We had our choices of which ones to visit. I went to the Museum of Natural History and Museum of American History. Both did a fantastic job of showcasing history. I enjoyed American History because it had anything you could imagine — vehicles, pop culture and the first American flag, just to name a few. Natural History had animals from land to sea. Audrey Jones of Cabot (First Electric) said, “We were excited to see Captain America’s shield. It was also cool to see a big shark, which was now extinct.”

After a quick lunch, we headed over to the Washington Monument, which I only knew of because of the movie “Forrest Gump.” It truly was amazing to see it in person. The huge obelisk is 555 feet tall!

Which brings me to the last event of the day. We met members of Arkansas’ Congressional delegation, Rep. French Hill, Sen. Tom Cotton, Rep. Bruce Westerman, Rep. Rick Crawford and Rep. Steve Womack, for photos and a Hog call on the steps of the Capitol. That evening, we got a private tour of the Capitol with Rep. Westerman as our personal tour guide. He did an amazing job telling us stories and showing us many astonishing rooms in the Capitol. We even got to step outside onto the Speaker of the House’s balcony for a spectacular view of the National Mall. Afterward, we went to the House Chamber, where we sat in the same seats our representatives sit in during session and in the president’s State of the Union address. Rep. Westerman was very gracious and answered our many questions. It was truly a pleasure and a life-changing experience.



PHOTO COURTESY OF NANCY MEADOR

Rep. Steve Womack, Rep. Bruce Westerman, Rep. Rick Crawford and Sen. Tom Cotton met with Arkansas delegates at the U.S. Capitol. (Not pictured: Rep. French Hill.)

DAY SIX

By Shawna Whitehurst

Jonesboro, Craighead Electric

It was our final day of activities. A lot of us were exhausted and tired of walking, but we had a two-hour bus ride to Gettysburg, Pennsylvania, which allowed for some nap time. The weather was rainy and chilly, so we were all glad that the majority of the day was spent on the bus or inside the museum.

There was a lot to see in Gettysburg. In the museum, we watched a short movie that explained the battle in detail. Then there was a diorama light show with a giant painting of the battle. Back on our bus, a tour guide showed us around different parts of Gettysburg and the battlefields. The views were breathtaking.

Once we were back in D.C., the rest of our day was spent at the National Rural Electric ➤



PHOTO COURTESY OF SHAWNA WHITEHURST

Shawna Whitehurst

Cooperative Association (NRECA) Youth Day event. Each state selected one delegate to be the Youth Leadership Council (YLC) representative at the 2024 NRECA PowerXchange conference. This year, our representative is Kagan Word of Widener (Woodruff Electric). "I am shocked and honored at the same time to be selected by my peers. I hope to represent Arkansas well as the state's YLC delegate," Kagan said. Last year's YLC Arkansas delegate, Rukaya Alrubaye of Fayetteville (Ozarks Electric), was chosen as NRECA's national youth spokesperson and was a featured speaker at Youth Day.

We spent much of our time at Youth Day pin trading with delegates from other states. It was one of the best parts of the trip! The goal was to get as many states' pins as you could. Rhealyn Schmidt of Walnut Ridge (Craighead Electric) said, "I loved having the ability to meet people from many different states and trade pins with each other."

Since it was the last day in D.C., we convinced our chaperones to extend our curfew, so that we all could spend time together. Youth Tour really is a trip of a lifetime. Showing up and not knowing anyone can be scary, but we were all going home with many new friends and lots of wonderful memories!



Arkansas' 2023 Youth Leadership Council delegate Kagan Word of Widener visits with Rukaya Alrubaye, last year's YLC delegate who is now NRECA's national youth spokesperson.

DAY SEVEN

By Mason Harris

Fayetteville, Ozarks Electric

The seventh and final day started bright and early. Alarm clocks were set to 5:30 a.m., and they went off! Upon waking up, many were exhausted, having stayed up all night; some of us felt fine! The first realization in the morning, however, was that this trip was coming to an end. Having bonded the entire week and having spent every second together, everyone on the trip grew somber that this would likely be the last time everyone would be together.

Mason Harris

But the week was incredible, anybody would tell you that. From meeting new people, to visiting new places, to experiencing a new town for many this trip, and even some traveling by airplane for the first time — this week had it all. Songs were sung, memes were made, dances were performed, and friendships were formed. We would do anything to go back to these moments.

The last day wasn't filled with all sadness, as numbers were exchanged, and social media handles given out. Joy came from the realization that we would all stay in touch. Even a week later, jokes continued through group chats, in an attempt to keep the D.C. flame going strong.

This was a life-changing week for everyone who went, and the worst part about the trip was leaving. I know I speak for everyone when I say that I would do this as many times as I could. Whatever it would take to be with these people again. A trip we won't ever forget — Youth Tour 2023! 🍀



A photo in front of the White House makes a memorable moment for Youth Tour delegates.

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Doing it the Burls way

Brandon Burlsworth Foundation keeps legendary Razorback's legacy alive

BY SHEILA YOUNT

It's been 24 years since Brandon Burlsworth, an All-American football player for the University of Arkansas (UA) known for his strong character and work ethic, died in a car accident while driving home to Harrison from the Fayetteville campus. He was 22 years old.

His untimely death on April 28, 1999, just 11 days after he was drafted by the NFL's Indianapolis Colts, shocked his fans, friends and family, leaving them devastated and questioning why such a tragedy happened to a young man with such a bright future.

"It was the worst day ever," recalls Marty Burlsworth, Brandon's older brother and CEO/chairman of the Brandon Burlsworth Foundation in Harrison.

By the time the college football season began in the fall of 1999, Marty and his wife, Vickie, had turned their grief into action with the formation of the foundation. According to the foundation's website (brandonburlsworth.org), it is a Christian organization with a mission "to support the physical and spiritual needs of children, in particular those who have limited opportunities."

Brandon and Marty had discussed creating such programs that would begin along with Brandon's NFL career.

"We were always looking to make a difference," Marty says, adding that he could not accept the idea that Brandon, an inspirational role model who has been called the greatest walk-on football player, would ever be forgotten.

"He worked so hard and did so much in a short period of time; we could not let it end like that."

In addition to being a star on the football field, Brandon also excelled in academics, earning undergraduate and graduate degrees in business administration. His hard work and dedication prompted Houston Nutt, who became the Razorback football coach in Brandon's senior year, to encourage others to "Do it the Burls way." The foundation has made "Do it the Burls way" its motto, explaining on its website that the saying means, "Do it the right way, even when no one is looking."

Further demonstrating the impact of Brandon's extraordinary life are a book, "Through the Eyes of a



The Brandon Burlsworth Foundation gives underprivileged children a chance to experience a home Razorback football game.

Champion: The Brandon Burlsworth Story," written in 2001 by Jeff Kinley, and a movie based on the book, "Greater: The Brandon Burlsworth Story," which was released in 2016.

Enduring influence

Starting in 2000, the foundation began the Burls Kids program, giving underprivileged youngsters free tickets to Razorback home football games in Fayetteville and Little Rock. It also established a Burls Kids program in Indianapolis for the Colts' home games. In addition to the tickets, the Burls Kids receive shirts with Brandon's No. 77 on them and lens-free plastic eyeglasses frames, fashioned after Brandon's signature black horn-rimmed glasses. The program is still going strong, thanks to support from the UA's Delta Gamma sorority, which hosts the 30 kids who attend each game.

"We're trying make those kids feel special," Marty says, adding that many of them come from difficult home situations. "They can get on a college campus and see what that's all about. They can see that, 'Maybe there's a future here for me, too, that I have never really thought of.' ... We have had a member of the football team, I know, and at least one cheerleader ... and I am sure other students who have attended (the UA) who told me they were Burls Kids." ■

WEB EXCLUSIVE! Read an expanded version of this story at: arkansaslivingmagazine.com

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U.S. Marshals Museum a marvel

New Fort Smith structure honors oldest law enforcement agency

BY JACK SCHNEDLER

Marshals Matt Dillon of “Gunsmoke” and Rooster Cogburn of “True Grit” became television and movie legends. Their fictional fame is noted at the splendid new United States Marshals Museum in Fort Smith — but only as a sidelight to the thousands of real-life lawmen who’ve worn that federal badge since 1789.

The sleek museum with its abundance of hands-on exhibits is expected to draw at least half its projected 125,000 first-year visitors from beyond Arkansas. The low-slung structure opened last month along Fort Smith’s riverfront, 16 years after the city was chosen over a half-dozen other applicants to honor the nation’s oldest law enforcement agency.

Founded the same year that George Washington became president, the U.S. Marshals Service has extra resonance locally due to the region’s frontier status in the late 19th century. The judicial Western District of Arkansas then included the mostly lawless Indian Territory, which became Oklahoma Territory in 1890. Among deputy marshals serving between 1875 and 1895 in the jurisdiction of “Hanging Judge” Isaac C. Parker, 65 are recorded as having been killed on duty.

Their names are engraved in the museum’s Hall of Honor among those of at least 400 marshals who’ve died overall in the line of duty over 234 years. On display in the hall is a twisted piece of steel from the World Trade Center terrorist attack of Sept. 11, 2001, which took the lives of

many lawmen. “Please feel free to touch this piece of history,” a sign tells visitors.

“Most people know of U.S. marshals only through their depiction in movies and TV, with the vast majority of that content centered on the Old West,” says Ben Johnson, the museum’s president and CEO. “The



COURTESY OF U.S. MARSHALS MUSEUM

The sleek, modern United States Marshals Museum opened in Fort Smith in July.

Marshals Service is probably the least known federal law enforcement agency.”

Its history, Johnson says, “is deeply connected to our nation’s history. Everyone will have a better understanding of U.S. history when seeing it through the lens of the U.S. Marshals Service. It continues active operations to this day in a wide variety of critical functions enforcing the law.”

Johnson notes that while the service’s Wild West history is important, “only about 20% of our 18,000-square-foot permanent exhibit features people and events from the late



MARICIA SCHNEDLER

The history of the U.S. Marshals Service dates back to 1789, the year George Washington became president.

United States Marshals Museum

Where
789 Riverfront Drive, Fort Smith

When
9 a.m.-5 p.m. daily

Admission
\$13 adults (see website for discounts)

Contact
479-242-1789
usmmuseum.org

19th-century era of Judge Parker. The remainder covers a wide variety of people, events and activities from all 200-plus years of U.S. history.”

At the heart of the museum are five permanent exhibit areas. “All of them are totally immersive,” Johnson says.

In the first gallery, “To Be a Marshal,” a series of timeline exhibits introduces visitors to the assorted duties of U.S. marshals, from supporting federal courts to protecting witnesses, from tracking down fugitives to helping with disaster relief. A head marshal is appointed for each of the 94 federal court districts, with about 3,600 deputy marshals and criminal investigators working for the service.

“The Campfire: Stories Under the Stars,” the second gallery, features one of the museum’s most vivid tableaux. It spans the agency’s long history by presenting the figures of four marshals from four historical periods gathered around a campfire. Shadowy images appear on the rock wall behind them as recorded voices tell stories of marshals’ lives and achievements.

The third gallery, “Frontier Marshals,” includes figures from the Western District of Arkansas’ frontier decades. A saloon with an interactive casino game involving figures from that era is proving to be among the museum’s most popular attractions. Another exhibit tells the amazing story of Bass Reeves, who escaped slavery and later became a deputy marshal.

“A Changing Nation,” the fourth gallery, focuses on



While many think of U.S. marshals’ role in taming the Wild West, their work over the decades includes Prohibition, Civil Rights and domestic terrorism.



“The Campfire: Stories Under the Stars” is one of five immersive, permanent exhibits.

the ever-changing work of marshals over the decades on issues including Prohibition, Civil Rights, bombings, domestic terrorism, riots and natural disasters. An interactive exhibit challenges visitors to pursue a criminal by running on a treadmill in front of a head-to-toe video screen that shows him fleeing along a sidewalk.

In the final main gallery, “Modern Marshals,” the faces and names of the 15 most-wanted criminals on the FBI list are shown on a running display that indicates when any of them have been captured. Marshals speak onscreen about why their work matters and what the future might hold for the agency.

As for movies and television series featuring U.S. marshals, posters for 15 of them are emblazoned as a wall-size exhibit. Some are vintage classics like “True Grit,” while others, such as HBO’s “Deadwood,” are more recent.

Also displayed is a badge worn by James Arnett in TV’s “Gunsmoke,” which ran for 20 seasons and 635 episodes. John Wayne, an Oscar winner for “True Grit,” is represented by one of his decorative parade saddles. Both men were only actors, but their stardom stoked interest in the real-life U.S. marshals so vividly portrayed at the new Fort Smith museum. ■



Arkansas Living announces the 2023 Reader Christmas Cookie Contest!

*'Twas four months before Christmas, when all through the state;
Were thoughts of Christmas cookies. FOUR 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!

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:

- To enter, visit: arkansaslivingmagazine.com/christmascookie.
- 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.

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The strong winds and storms that moved through First Electric’s service area on Sunday, June 25, devastated the electrical system. Over 38,000 members were without power, some for multiple days. With more than 242 broken poles, crews worked tirelessly to rebuild lines and make the necessary repairs. First Electric was fortunate to have mutual aid assistance from other cooperatives across the state to help with restoring power to our members. A special shoutout to South Central Arkansas Electric Cooperative, Southwest Arkansas Electric Cooperative, North Arkansas Electric Cooperative and Arkansas Electric Cooperatives, Inc. for their help!

First Electric wants to thank you – our members – for your patience and support during the restoration efforts!



NOTICE: Capital Credit margins are allocated or assigned to members who belong to the cooperative during the year in which a margin is generated. Margins are allocated proportionally based on the amount a member paid for electricity during the margin year. The amount of capital credit allocated for First Electric residential members for 2022 is 6.76%. For other rate classes, please contact our office at 800-489-7405. For more information on capital credits, go to www.firstelectric.coop/capital-credits.



IMPROVING QUALITY OF LIFE



August marks the two-year anniversary of Connect2First Internet. As of August 1, Connect2First has connected more than 14,000 customers!

Connect2First continues to expand availability around First Electric's service territory in order to offer gig-speed, fiber-optic internet and phone service. Programs like the **Affordable Connectivity Program** and **Lifeline** are available to provide affordable options for internet service. Services like **MyBundle.TV**, which provides recommendations for streaming apps and devices, provide alternatives to traditional TV choices like cable or satellite. Connect2First is dedicated to providing the best service to central and southeastern Arkansas. To learn more, visit our website and check out our services, plans and prices, and current availability.

Connect2First is currently under construction in the areas of Avilla, Tannenbaum, Brownsville, and Collegeville.

Please visit www.connect2first.net to submit your information. We will contact you when service is available in your area!

Members fund donations for local nonprofit organizations

Operation Round-Up, a member-supported program, awarded \$15,000 to 10 local organizations in July. The donations were made possible through the generosity of First Electric members who volunteer to have their bills rounded up to the next even dollar each month. You can enroll by calling 800-489-7405, through the First Electric app or at www.firstelectric.coop/operation-round-up.

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Faulkner County

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Lonoke County

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Perry County

- Casa Community Center - \$1,500

Pulaski County

- Bohemia Cares - \$500
- Holy Sews Inc. - \$2,000

Saline County

- Boys and Girls Club of Saline County- \$2,000

White County

- Pangburn Fire Department - \$2,000

A life-changing week during Youth Tour 2023

From June 16-22, Audrey Jones of Cabot, Kayleigh Baker of Bryant, Morgan Manning of Bryant, Jude Henry of Cabot and Andrew Schroeder of Bryant attended Youth Tour and explored the nation's capital with delegates from other Arkansas electric cooperatives.

While in Washington, D.C., students learned about the cooperatives' impact on rural communities. They also were able to meet Arkansas' congressional delegation. Some of the historic sites they visited included: Mount Vernon, the Smithsonian Institution, Arlington National Cemetery, the Lincoln Memorial, the United States Holocaust Memorial Museum and the U.S. Capitol.

This year's Youth Tour boasted the largest number of students in the group with 48 participants from around Arkansas.





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From crocheting to canning

Cash in on creativity at Arkansas State Fair competitions

BY KAT ROBINSON

Have a magnificent piece of art, excellent jar of jelly, beautiful quilt or gorgeous woodworked curio you've created? Consider entering this year's Creative Arts competition at the Arkansas State Fair. It's free to enter, and you might even win money in addition to bragging rights.

"We display everything, no matter if they win or not. And there are monetary prizes for the winners," says Gina Clement, the arts and crafts director for the fair. "We award first, second and third places for the adults and up to five places for kids. Winners go home with ribbons and checks!" Adults receive \$7 for every first-place win, while kids who place first receive \$5.

You never know what you'll see in this competition!

"Last year, we had a 300-pound welded truck that a 9-year-old welded himself. We displayed photos of him making it," Clement shares. "Someone else cut a tree down, and they actually made it into a table. They sanded it down and shellacked it. We had to get maintenance in to help bring it in — it took five men! It was huge!"

You can compete in home canning and preservation, crochet and needlework, honey production, woodworking and metal crafting, collage, ceramics and sewing. There are also specific categories, such as creative stitchery, as well as a span of options to enter in the photography categories. There's even a (mail-in) creative writing competition and a challenge to see who can grow the state's largest pumpkin and watermelon.

There are also special contests, in which the makers of winning entries take home larger cash prizes.

"Joan Warren's mother (Avie Tester) was an avid quiltmaker," Clement says. "In her memory, Joan is putting up \$100 for the overall best quilt." Arkansas Farm Bureau will award a \$25 prize to the best canning entry, and the Arkansas State Fair will award \$25 to the best overall craft winner.

All entries must be registered online by 10 p.m. on Oct. 1. Entries must be brought in person to the State Fairgrounds' Arts and Crafts Building in Little Rock between Oct. 5-7. Once entries are collected, experts examine and judge them. Volunteers scramble to pack the glass cases that line the walls of the building, ensuring each piece can be viewed by the public. It's a real effort that takes dozens of people to accomplish.

During the Arkansas State Fair, taking place Oct. 13-22, thousands of people will come through to view the displays and visit with the Arkansas Made crafters and cooks, who offer their locally created works for sale in the curated vendor space within. Visitors can also sample Post Familie Vineyard wines for \$5 a glass.



Home canning, crochet, needlework, woodworking, ceramics and sewing are just a few of the many contest categories at the Arkansas State Fair's Creative Arts competition.



The state's largest pumpkins and watermelons on display at a past State Fair.

There's also a series of live competitions during the fair, including several culinary contests:

- **The Arkansas Cattlemen's Association brisket cook-off**
- **The Arkansas Cattlewomen's chili contest**
- **Hiland Dairy's three-product challenge**
- **Petit Jean Meats cooking contest**
- **The Arkansas State Fair pie contest**
- **Splenda's citrus dessert competition**

Beyond food competitions, Floral Express will once again offer a flower arrangement competition. There's also a kids' pumpkin-painting contest. "That was a big hit last year! We had 20-something kids!" Clement says.

And there's a new competition to boot. The Arkansas Clogging Council will be running a competition for both kids and adults. Clogging is an important style of heritage dancing, and the council hopes that by sharing the competition with people attending the Arkansas State Fair, more people will indulge their interest in clogging and learn about its history and performance.

Want to participate? Arkansas amateurs and hobby crafters who don't earn more than 25% of their income from their craft are welcome to compete. Entries are divided by age group; children as young as 5 can participate. For more information, visit arkansasstatefair.com/creative-arts or call 501-372-8341.

You can also call that number if you or your group wish to volunteer at the Arts and Crafts Building. While volunteers don't receive monetary compensation, they can receive perks such as free fair entrance and passes to rides in exchange for their time.

The Electric Cooperatives of Arkansas are proud to sponsor the Arkansas State Fair. For more information about this year's event, visit arkansasstatefair.com. ■

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8 DANGEROUS MISTAKES PEOPLE MAKE



1 IN ENCLOSED SPACES

Always use it in a well-ventilated area.



2 NEAR WINDOWS OR DOORS

Place it at least 20 feet away from windows and doors.



3 IN A GARAGE

Even if the door is up, never use a generator in a garage.



4 IN THE ELEMENTS

Run it on a dry surface under a canopy-like structure (but not in a carport).



5 PLUGGED INTO A WALL OUTLET

This can be deadly to you, family members, neighbors or utility workers.



6 WITH THE WRONG EXTENSION CORD

Use a properly rated cord to plug appliances into a generator.



7 WITHOUT CARBON MONOXIDE (CO) TESTERS

CO detectors should be on every level of your home (test them monthly).



8 IN DISREPAIR

Make sure your generator is well-maintained and in good working order.



Safe Electricity.org

Urgent: Special Summer Driving Notice

To some, sunglasses are a fashion accessory...

But When Driving, These Sunglasses May Save Your Life!

Drivers' Alert: Driving can expose you to more dangerous glare than any sunny day at the beach can... do you know how to protect yourself?

The sun rises and sets at peak travel periods, during the early morning and afternoon rush hours and many drivers find themselves temporarily blinded while driving directly into the glare of the sun. Deadly accidents are regularly caused by such blinding glare with danger arising from reflected light off another vehicle, the pavement, or even from waxed and oily windshields that can make matters worse. Early morning dew can exacerbate this situation. Yet, motorists struggle on despite being blinded by the sun's glare that can cause countless accidents every year.

Not all sunglasses are created equal. Protecting your eyes is serious business. With all the fancy fashion frames out there it can be easy to overlook what really matters—the lenses. So we did our research and looked to the very best in optic innovation and technology.

Sometimes it does take a rocket scientist. A NASA rocket scientist. Some ordinary sunglasses can obscure your vision by exposing your eyes to harmful UV rays, blue light, and reflective glare. They can also darken useful vision-enhancing light. But now, independent research conducted by scientists from NASA's Jet Propulsion Laboratory has brought forth groundbreaking technology to help protect human



Slip on a pair of Eagle Eyes® and everything instantly appears more vivid and sharp. You'll immediately notice that your eyes are more comfortable and relaxed and you'll feel no need to squint. The scientifically designed sunglasses are not just fashion accessories—they are necessary to protect your eyes from those harmful rays produced by the sun during peak driving times.

eyesight from the harmful effects of solar radiation light. This superior lens technology was first discovered when NASA scientists looked to nature for a means to superior eye protection—specifically, by studying the eyes of eagles, known for their extreme visual acuity. This discovery resulted in what is now known as Eagle Eyes®.

The Only Sunglass Technology Certified by the Space Foundation for UV and Blue-Light Eye Protection. Eagle Eyes® features the most advanced eye protection technology ever created. The TriLenium® Lens Technology offers triple-filter polarization to block 99.9% UVA and UVB—plus the added benefit of blue-light eye protection. Eagle Eyes® is the only optic technology that has earned official recognition from the Space Certification Program for this remarkable technology. Now, that's proven science-based protection.

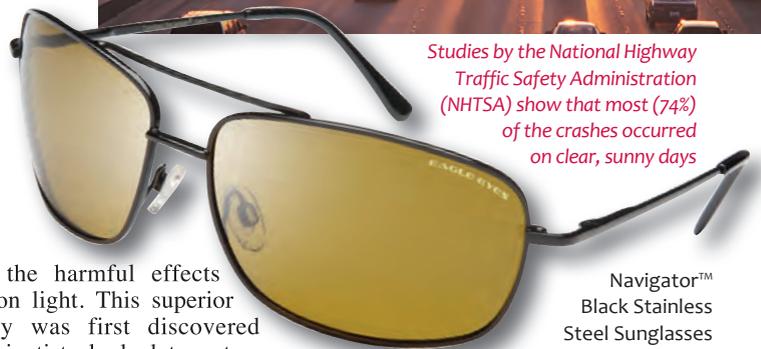
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Reflections



Logan on a typical evening. Whitney Friday, Ashdown.



Mellie is "queen of the mountain." Baylus East, Clarkedale.



Working overtime after a storm. Landen Burns, C & L Electric, Star City.



Bo Ray and his grinning goat.
Virginia Yandell, Umpire.



Ellie Rose is just a swingin'.
Cherie McGhee, Benton.



Kaislee says, "What in tarnation are those?"
Candi Martinez, Denver.



Hudson hanging out with his buddy.
Ashten Stevens, Clarkridge.



William wetting his whistle.
Amy Hill, Prairie Grove.



Cash is an avid Arkansas Living reader.
Denise Hennings, Rogers.

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

Or mail to:
Reflections, Arkansas Living
P.O. Box 510, Little Rock, AR 72203

Color summer gardens with shrubs



BY JANET B. CARSON

One of my favorite groups of summer-blooming shrubs are flowering spiraeas. There are loads of new varieties, with both colorful foliage and flowers. With the exception of big leaf hydrangea, oakleaf hydrangea and gardenia, the rest all bloom on new growth and can be pruned as much or as little before new growth begins.

When we consider blooming shrubs, how long they

bloom is just as important as the blooms themselves. Most summer-blooming shrubs are great to attract bees and butterflies, and many are deer-resistant.

If your garden needs some extra color, plan to add some summer-flowering shrubs either now or in the fall. You may not want to plant when it is so hot outside, but if you water, you can plant year-round.

If your garden needs extra color in the summer, below are some options.

SHRUB	VARIETIES	ABOUT	CARE
Summer blooming spirea	Double Play series comes in seven colors. Little Bonnie, Magic Carpet, Little Princess	Deciduous, mounding plants. Clusters of blooms on new growth. Prune hard in late winter. Deadhead after flowering to encourage more flowers.	Full sun to partial shade. Deer-resistant.
Abelia	Confetti, Kaleidoscope, Mardi Gras, Peach Perfection, Silver Anniversary, Twist of Lime	Evergreen, except in really cold winters. Small, white bell-shaped flowers from late May through frost. Lots of variability with mature size and foliage color.	Full sun to partial shade. Drought-tolerant. Good for pollinators. Deer-resistant.
Buddleia or Butterfly Bush	Dwarf – Pugster series and Lo & Behold Columnar – Tower series Large – Dark Knight, Miss Molly, Nanho series	Mature height varies by variety. Flower color can be pink, purple, white, yellow or orange. Semi-evergreen.	Full sun. Attracts butterflies, bees and hummingbirds.
Clethra – Summersweet or Sweet pepperbush	Dwarf – Sixteen Candles, Hummingbird and Sugartina Pink flowering – Ruby Spice	Native deciduous shrub with fragrant spikes of white or pink flowers.	Filtered sun or morning sun and afternoon shade. Good for pollinators. Deer-resistant.
Gardenia	Dwarf – Radicans Standard – Double: August Beauty; Single: Scentsation More cold-tolerant – Crown Jewel, Jubilation	Evergreen, hardy through Central Arkansas. Very fragrant. Some varieties bloom on old wood and later on new wood. Dwarf and standard varieties. Single and double blooms.	Morning sun, afternoon shade. Well-drained site. Not drought-tolerant.
Hibiscus syriacus, Rose of Sharon or Althea	Aphrodite rose colored, Blue Bird Smoothie Series – Blueberry, Raspberry, White Chiffon	Deciduous, long blooming season. Multiple colors, single and double. Tough plants.	Full sun to partial shade. Drought-tolerant. Good for pollinators. Deer-resistant.



Confetti Abelia



Butterfly Bush



Gardenia



Rose of Sharon



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Refresh with summer salad, drink, dessert recipes

RECIPES AND PHOTOS
BY JULIANA GOODWIN

Peach Melba Panna Cotta

Makes 6-8 servings.

For panna cotta:

- 1 cup half-and-half
- 1 (.25-ounce) packet unflavored gelatin
- 2 cups heavy cream
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 3/4 teaspoon almond extract

For sauce:

- 1 1/2 cups raspberries
- 1/4 cup water
- 1/4 cup sugar (or more to taste, depending on sweetness of berries)
- 1 or 2 large ripe peaches, diced
- Fresh mint leaves for garnish

For panna cotta: Pour half-and-half in a saucepan, and sprinkle gelatin on top. Allow it to rest for 5 minutes, or until gelatin gets wrinkled on top. Add in heavy cream and sugar, and turn heat to medium-low or medium. Bring it to just a simmer, and stir until sugar is dissolved. Do not let it boil. Stir in vanilla and almond extracts. Remove from heat,

and divide into ramekins. Refrigerate for 4 hours or until set.

For sauce: Combine raspberries, water and sugar and bring to a boil. Simmer 5 minutes. Cool and purée. Refrigerate until time to use.

When it's time to serve, top panna cotta with sauce and peaches. Garnish with fresh mint.



Cranberry Ginger Lime Refresher

Makes 4 servings.

- | | |
|--|--|
| 2 cups water | 2 cups cranberry juice |
| 1/2 cup sugar | 1 lime, juiced |
| 2 inches of ginger root, peeled and sliced | 2-3 cups lime-flavored sparkling water |
| 3-4 mint leaves | Lime slices to garnish |

In a small saucepan, combine water, sugar, ginger root and mint, and bring to a boil. Simmer for 5 minutes, and remove from heat, but do not remove ginger or mint. Refrigerate for several hours.

Strain out ginger and mint. Pour mixture in a pitcher; top



with cranberry juice, lime juice and sparkling water. Add ice and lime slices for each glass, and serve.



Chopped Herb Salad

Makes 4 servings.

For dressing:

- 3 tablespoons lemon juice
- 3 tablespoons extra-virgin olive oil
- 2 large garlic cloves, minced
- 1/4 teaspoon salt

For salad:

- 4 cups romaine, chopped

- 2/3 cup parsley, chopped
- 2 cups cucumber, diced
- 4 green onions, sliced
- 2/3 cup cherry or grape tomatoes
- 1/3 cup cilantro, sliced
- 1/4 teaspoon salt
- 1/2 teaspoon pepper

For dressing: Place dressing ingredients in a Mason jar, and shake until well-combined. This dressing is best made two hours in advance.

For salad: Add all salad ingredients to a large bowl; toss with salad dressing and serve.



This month's web exclusive recipe:

Chopped Black-Eyed Pea Salad

More recipes on our website:
arkansaslivingmagazine.com

Juliana Goodwin is a food columnist, cookbook author and avid traveler. If you have a question, email julianalovesfood23@gmail.com.

Pucker up, sweet-tart!

Delightful lemon desserts for sunny days

Best Lemon Butter Bars

For crust

- 1 cup flour
- 1 stick butter, softened

For filling

- 3/4 cup sugar
- 2 eggs
- 3 tablespoons lemon juice
- 2 tablespoons flour
- 1 teaspoon lemon zest
- 1/4 teaspoon baking powder

For garnish

Powdered sugar

Heat oven to 350. Grease an 8x8 pan, and set aside.

For crust: Combine flour and butter in a medium bowl (mixture will be crumbly). Press into bottom of prepared pan. Bake for 15-20 minutes, or until edges of crust are lightly browned.

For filling: Add all filling ingredients to a medium bowl, and beat with an electric mixer on low speed until well-combined. Pour lemon mixture on crust. Bake for 18 to 20 minutes, or until filling is set. Sprinkle with powdered sugar while warm. Allow to cool, and cut into bars.

*Terri L. Elliott,
Shirley*

Easy Lemon Sheet Cake

For cake

- Nonstick cooking spray
- 1 (15.25-ounce) box lemon cake mix
- 4 large eggs, room temperature
- 1 15-ounce can lemon pie filling

For icing

- 3 ounces cream cheese, softened
- 1 stick butter, softened
- 2 cups powdered sugar
- 1 1/2 teaspoons vanilla extract
- 1-2 tablespoons milk, more if needed

Heat oven to 350. Lightly spray a 15x10 sheet pan with nonstick cooking spray, and set aside.

For cake: In a large bowl, beat together cake mix and eggs, until well-blended. Fold in lemon pie filling. Spread evenly into prepared sheet pan. Bake for 18-20 minutes; allow to cool.

For icing: In a medium bowl, beat cream cheese and butter together, gradually adding powdered sugar until combined. Stir in vanilla extract, gradually adding enough milk to make desired spreading consistency. Spread icing on cooled cake.

Notes: This is a super easy, yet super delicious cake. I make it for family gatherings every summer.

Shirley Spurlock, Hot Springs



Liberty Lemon Pie

Liberty Lemon Pie

- 6 ounces canned frozen lemonade, thawed
 - 1 14-ounce can sweetened condensed milk (I use Eagle brand)
 - 1 8-ounce container whipped topping (I use Cool Whip), thawed
 - 1 prepared pie shell (graham cracker or pie crust)
- Optional garnishes: Lemon slices, lemon zest

In a large mixing bowl, combine lemonade and sweetened condensed milk, and fold in whipped topping until blended. Pour filling into pie shell. Chill for several hours. Garnish with lemon slices/lemon zest if desired, and serve.

Recipe origin: An old recipe card from my late husband, state Rep. Doug Wood. He passed away in 2019, and we still get calls asking for copies of his recipes.

Crystal Wood, Little Rock

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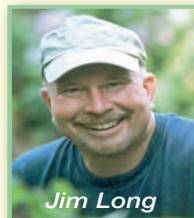
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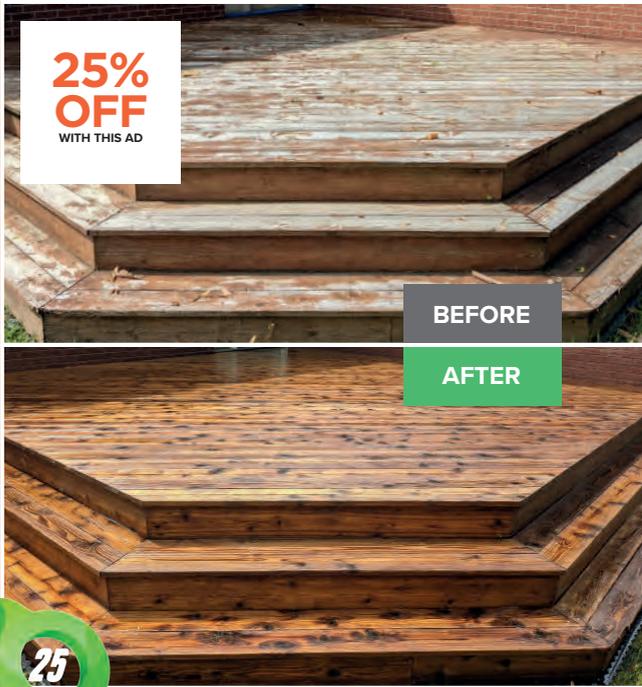
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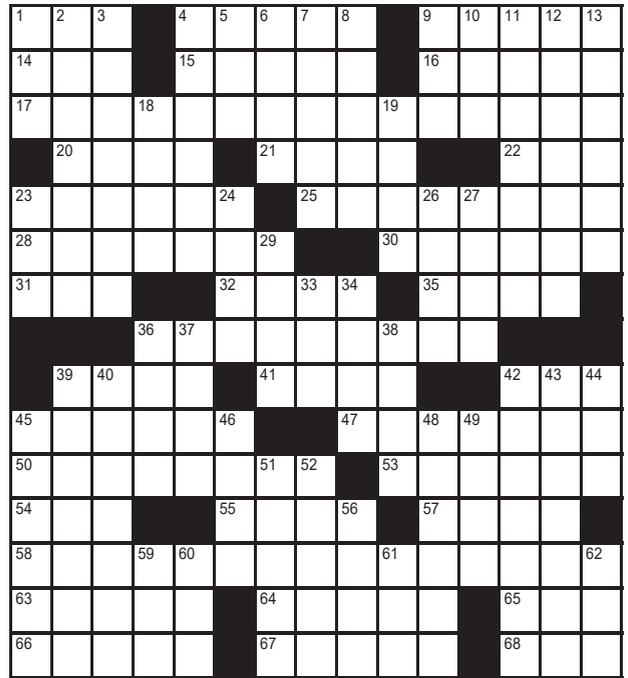


CROSSWORD PUZZLE

Words to Drive By *By Victor Fleming*

ACROSS

- 1 African serpent
- 4 Hole cover
- 9 The ___ the land
- 14 Lawyers' association
- 15 Musical drama
- 16 Peaceful name?
- 17 "If it's raining, go slower," familiarly
- 20 Commercial break
- 21 Certain lap dog, briefly
- 22 Doting affection, initially
- 23 Continuity interruption
- 25 "Place for a snack and a nap," familiarly
- 28 Little Rock's The ___ School
- 30 Hurting the most
- 31 "What did I tell you?"
- 32 Aviator's prefix
- 35 Is sorry about



- 36 "Don't go around vehicles in front," familiarly
- 39 "___ Trek"
- 41 Cries of triumph
- 42 Golf ball's platform
- 45 Patronized the Jones Center Ice Arena
- 47 Second-place finisher, for one
- 50 "Locale for two-wheelers," familiarly
- 53 Florida college named for a drugstore magnate
- 54 Suffix with lemon
- 55 Old Italian money
- 57 Alda of film
- 58 Alternate title for this puzzle
- 63 Actors' jobs
- 64 New staff member
- 65 Assayer's material
- 66 Country singer K. T.
- 67 Quizzes
- 68 Grp. with cryptologists

DOWN

- 1 Six-pack units

- 2 Kind of cracker
- 3 Not public, say
- 4 The Righteous Brothers, e.g.
- 5 Orangutan or gibbon
- 6 Maryland athlete, briefly
- 7 One who's weeping
- 8 Actor Ethan
- 9 Tell a whopper
- 10 Son of Prince Valiant
- 11 Wood source for archers
- 12 Nine vis-à-vis ten
- 13 Big shot with big bucks
- 18 Walkway through a park
- 19 Pianist Myra
- 23 "Rumor ___ it ..."
- 24 Become unhinged
- 26 Ripped
- 27 Cut ___ (dance)
- 29 Slangy assent
- 33 Johannesburg's country (abbr.)
- 34 Agcy. that inspects workplaces
- 36 Central Arkansas Library System's ___ Coulter
- 37 Cy Young winner ___ Hersher
- 38 Capri or Wight
- 39 Snow vehicles
- 40 "Winner-___" (like a contest in which losers get nothing)
- 42 "High" crime
- 43 Breadwinners
- 44 Bring to a conclusion
- 45 Pizza chain with a store in Northwest Arkansas Mall
- 46 Surrealist Salvador
- 48 Frightens
- 49 Ark. neighbor
- 51 Dark time
- 52 Arkansas Times' Dumas, familiarly
- 56 Spring mos.
- 59 "Agnus ___"
- 60 Nine-digit ID
- 61 Agitated, with "up"
- 62 "The Old Man and the ___"

Email feedback to judgevic@gmail.com

CROSSWORD ANSWERS ON PAGE 39

Peripheral Neuropathy WARNING!

Do you have any of these symptoms?

- Nerve Pain in Hands/Feet
- Pins & Needles
- Numbness & Tingling
- Burning Sensation
- Trouble Walking/Balance

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CROSSWORD ANSWERS
 for puzzle on page 38

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Cajun home cooking in Mountain Home



STORY AND PHOTOS
BY ROB ROEDEL

When Antoinette and Clif Brown were preparing to open Cooyons in Mountain Home in 2018, thousands of social media followers had observed the remodel of the location and the development of the menu. Today, Cooyons is the place to enjoy foods exactly as they are cooked around Acadiana and the Louisiana Gulf Coast region.

The Louisiana couple moved to Mountain Home in 2009. Clif, a commercial diver in his previous career, had enjoyed many vacations to the Twin Lakes region in north-central Arkansas. Antoinette was



Owners Antoinette and Clif Brown opened Cooyons in 2018.

THE EATING ESSENTIALS

Cooyons

785 Arkansas 201 North,
Mountain Home
870-656-1819

Facebook: Cooyons Restaurant

Hours of Operation

Tuesday-Saturday: 11 a.m.-9 p.m.



involved with hospitality in the petroleum industry, where she gained a wealth of experience in restaurant entrepreneurship. Her dad, Antoine Verret, lived off the land and bayou and loved to cook. Clif's grandmother, Marjorie Brown, was a master at Southern cuisine. According to Antoinette, Clif had to pull a Cajun out of the swamp to get her to Mountain Home.

"We had never owned a restaurant. My mom had owned several, but we definitely believed that our family's recipes would fill a niche in the Mountain Home area," Clif said. "People in the area have been so kind and appreciative of the authentic Cajun food that we serve. We are blessed and very thankful for the friendships and support of our adopted hometown."

According to the couple, everything on the menu is made from scratch to guarantee absolute freshness and authenticity. "We put what we like to eat on the menu and have slightly adjusted it to the preferred tastes of our loyal customers," Antoinette said. "We have enjoyed educating everyone that Cajun food is not necessarily hot but has tremendous layers of flavors."

Cooyons' Boudin Balls are made with pork, rice and a secret blend of herbs and spices. They are



The flavorful BBQ Shrimp is a signature dish at Cooyons.

lightly breaded and fried to golden goodness. They are so tasty that I am still thinking about them. Clif and Antoinette told me that the fried Alligator Bites are extremely popular too.

Of course, the Browns ensure that all po'boys are served on the internationally acclaimed Leidenheimer bread imported from New Orleans. A true Cajun restaurant would consider it a major faux pas to do otherwise. I was treated to a standout Shrimp Po'boy during my



Cooyons' po'boy sandwiches are served on Leidenheimer bread imported from New Orleans.



The Mountain Home eatery offers fare with Cajun, Creole and Southern flair.

visit. True seafood fans will want to try the Soft Shell Crab Po'boy.

Ever heard of Cat-Touffée? The creation features a bowl of famous crawfish étouffée topped with either a fried or blackened catfish fillet. I opted for the fried. The spicy étouffée was top-notch, and the golden-brown catfish fillet kicked it up to a new level of perfection.

The Shrimp and Grits includes homemade, cheesy grits with delicious shrimp in a fabulous tomato, butter and wine sauce. This dish is large enough to share, but you won't want to!

The BBQ Shrimp is Antoinette's favorite dish on the menu. This Southern classic offers seasoned shrimp with a lovely lemon butter sauce. She even sat down and enjoyed a few bites with me. Shrimp Creole is a classic, and Cooyons' version delivers layers of Cajun flavor with the tomato-based shrimp dish served over steamed rice.

The amazing aroma of the outstanding Bread Pudding preceded its arrival to my table. Cooyons' unique recipe features dried cranberries and a bourbon cream sauce. Try it! 🍴

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

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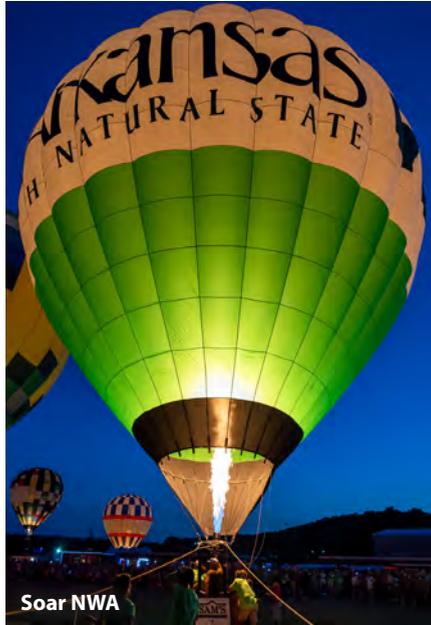
Calendar



Hope Watermelon Festival



Mountains, Music & Motorcycles



Soar NWA



Hot Springs Baseball Weekend



National Championship Chuckwagon Races

PHOTOS COURTESY OF ARKANSAS DEPARTMENT OF PARKS, HERITAGE AND TOURISM

Aug. 1-4
Junior PGA Championships
 Hot Springs, hotsprings.org

Aug. 1-5
Tontitown Grape Festival
 Tontitown, tontitowngrapefestival.com

Aug. 5
Arkansas Fiddle & Banjo Championships & Concert
 Mountain View, arkansasstateparks.com/parks/ozark-folk-center-state-park

Aug. 5-6
Arkansas Sales Tax Holiday
 Statewide, dfa.arkansas.gov

Aug. 10-12
Hope Watermelon Festival
 Hope, hopewatermelonfest.com

Aug. 11
2nd Friday Art Night
 Little Rock, 2ndfridayartnight.org

Aug. 12
Gravette Day
 Gravette, gravettear.com

Sunken Lands Songwriting Circle
 Historic Dyess Colony, dyesscash.astate.edu

World Elephant Day
 Little Rock, littlerockzoo.com

Plant Swap
 Pine Bluff, explorepinebluff.com/huckabee-delta-rivers-nature-center

Aug. 18-19
Soar NWA
 Bentonville, soarnwa.com

Amplify Festival
 Benton, amplifyfest.org

Aug. 18-20
Mountains, Music & Motorcycles
 Mountain View, mountainmusicandmotorcycles.com

Aug. 19
Mount Nebo Chicken Fry
 Dardanelle, dardanellechamber.com

Aug. 19-20
Central Arkansas Women's Expo
 Little Rock, womenslivingexpo.com

Aug. 25-26
Fort Smith International Film Festival
 Fort Smith, fortsmithfilm.com

Hot Springs Baseball Weekend
 Hot Springs, hotsprings.org

Bluegrass & Fried Chicken
 Mountain View, arkansasstateparks.com/parks/ozark-folk-center-state-park

Aug. 25-27
Eureka Springs VW Show
 Eureka Springs, eurekaspringsvwshow.com

Aug. 26
Great Southern Stone Skipping Championships
 North Little Rock, stoneskipping.org

Aug. 26-Sept. 3
National Championship Chuckwagon Races
 Clinton, chuckwagonraces.com

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