# arkansas living

Celestial Spectacle

Countdown to the 2024 solar eclipse

Page 8



# Plus:

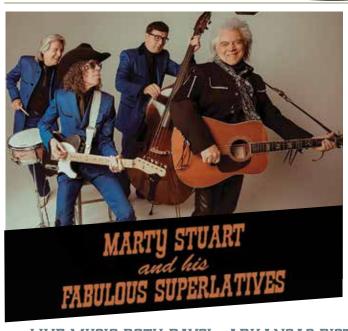
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# **ON THE COVER**

Look up! On April 8, 2024, a total solar eclipse (like this one from Aug. 21, 2017, photographed above Madras, Oregon) will be visible in Arkansas.

Photo by NASA/Aubrey Gemignani



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# arkansasliving

#### OCTOBER 2023

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# 'Udder' fun

# BY JENNIFER CHRISTMAN CIA

Last October, I "goat" the pleasure of making the pretty drive to Perryville and attending the Arkansas Goat Festival in First Electric Cooperative's service territory.

One of the state's most feelgood fall events, the Goat Festival — pandemics notwithstanding — is held the first Saturday in October (Oct. 7 from 10 a.m. to 4 p.m. this year). It takes place at the Perryville City Park, home of "the country's first Goat Park," which boasts a wooden "play structure suitable for kids of all species."

Everyone truly is a "kid" at heart at the Goat Festival, where highlights include a Goat Au Naturel Parade, Goat Costume Contest, Goat Costume Parade and even a Goat Lingerie Show (Nannies at Night). It's not just the goats who get gussied up; owners — like the gentleman last year who matched his goat's grass hula skirt, flower lei and coconut bra top - get in the spirit, too.

In addition to crafts, jewelry and clothes, vendors sell goat milk soap, lotions and lip balms for the two-



John and Laura Carpenter of Dardanelle with their goats Ziptie and Valentine at the 2022 Arkansas Goat Festival.

legged attendees and "goatloads" of bells, harnesses and hoof trimmers for their four-legged friends. Expect food trucks, including Loblolly Creamery, which will scoop out Razzy Goat, a goat cheese and raspberry ice cream, inspired by the festival.

As cute, furry creatures — especially those costumed as unicorns, bumblebees and hippies — tend to relax people, everyone was willing to stop and banter or bleat. Two goats I enjoyed meeting were Valentine and Ziptie. They attended with their people, Laura and John Carpenter of Dardanelle, who love and rescue all kinds of animals.

Valentine and Ziptie hold a special place in the couple's hearts — and home.

"Both live in our house; these are my actual animals-animals — they don't live outside!" Laura said, explaining that Valentine, now a registered Emotional Support Animal, brought her out of depression following surgery years ago.

A trip to the Goat Festival was just another day out for the well-traveled

"He goes everywhere with me," Laura said. "We go to Atwoods. We go to Lowe's — everyone knows him at Lowe's."

In addition to the Goat Festival (arkansasgoatfestival.com), a bounty of autumn activities awaits. There's Parker Homestead's Fall Festival near Harrisburg (see page 18). There's the King Biscuit Blues Festival (see page 24). For a lengthy list of October happenings — including the Arkansas State Fair, sponsored by the Electric Cooperatives of Arkansas — see our Calendar on page 42. Also, don't miss our list of pumpkin patches (page 16).

Have an "unforgoatable" October!

Jennifer Christman Cia jennifer.cia@aeci.com

# Marines and Submarines

BY VERNON "BUDDY" HASTEN

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



Ileft Iowa to join the U.S. Navy in 1987 as a simple 18-year-old farm boy. My recruiter convinced me that, with my grades and test scores, I was special. He regaled me with stories about how the Navy would train me to do amazing things in

nuclear power, and if I did well, they would even send me to college. I bought it hook, line and sinker, and asked, "Where do I sign?"

I signed a six-year enlistment to serve as a nuclear electronics technician. A few months later, I arrived at boot camp believing that I must be part of a very small and elite group of humans. That first morning during roll call, with a drill instructor yelling instructions and

creating general chaos in the barracks at 0500, we were required to shout our names and enlistment ratings. Of the 100 sailors in my company, over half of them also shouted out that they were in the nuclear field. It was in that moment that I had an epiphany: "Hey, I am not so special after all."

While it is true that my recruiter may have oversold the program, he did not lie to me. Everything he told me did come true. The Navy gave me outstanding training that I use to this day. I excelled in the program, and was selected for an enlisted commissioning program. The Navy allowed me to attend Auburn University and gave me three years to get my Bachelor of Science degree in electrical engineering — no small

feat, as Tracy and I were a young couple and had our first two children, Nick and Chad, during those three years. I completed my degree in three years and graduated with a 4.0 GPA. Once I completed training, I was assigned as a junior officer on the USS Phoenix, a fast attack submarine out of Norfolk, Virginia.

After four years at sea, I was ready for shore duty and

had high expectations of what my assignment would be. You see, I believed that, based on all the awards I had received and a string of outstanding performance reviews, that I "deserved" the best shore duty possible. In every career path, there are jobs more likely to get you promoted, and they are highly competitive. I believed that I had done what was required to get one of those jobs, and initially, I did. I was selected to be a flag lieutenant for a two-star admiral. However, here the story takes an interesting turn. I was deployed, and due to "needs of the Navy," our submarine got detained on station and could not return home as scheduled. I learned quickly that admirals don't wait on lieutenants, and my job was given to someone else. When I got back to homeport, all the so-called good jobs were gone, and I was given orders to Norwich University in Vermont and directed to report to U.S. Marine Corps Col. Rob Beaudoin.

I was disappointed and believed that this was a

disastrous turn of events — a real career-ender for a nuclear power guy. I moved my family to Vermont, added a daughter (Madeline), and submitted my resignation letter with a plan of finishing my two years and leaving the Navy. In my mind, they clearly didn't value my hard work and contributions over the last four years. I fell into the trap of believing that I deserved something better, and that it wasn't fair that I had not received it. I lived in this state of mind for two years and allowed bitterness and disgruntlement to grow on the inside, but worked harder than ever and presented the most positive attitude on the outside.

As my resignation date approached, Col. Beaudoin called me into his office and asked me a

simple question: "Why is a bright, young officer like you with such a bright future in the Navy getting out?" I told him my sad tale of being undervalued and unappreciated and how the Navy had done me wrong. I don't know what I was expecting, but I knew better than to expect sympathy from a hardcore Marine Corps infantry colonel. His response changed my life. He said, "Let me get this MARINES continued on page 6



The U.S. Marine Corps' leadership principles.

arkansasliving

# Arkansas crews assist Florida after Hurricane Idalia

Arkansas Electric Cooperatives, Inc. (AECI), dispatched 63 lineworkers from across the state to assist Tri-County Electric Cooperative in Madison, Florida, in the wake of Hurricane Idalia, which made landfall Aug. 30.

Tri-County Electric reported that 100% of its system was impacted by the Category 3 hurricane, with 20,000 outages at the peak of the situation. While 10,000 were still without power by the Sept. 4 Labor Day holiday, and the crews' hotel did not have power, most outages were restored by Sept. 7.

Shared one member of the Florida cooperative on the Electric Cooperatives of Arkansas Facebook page: "Thank you for restoring our power here in Taylor County, Florida. They worked extremely hard for us after Hurricane Idalia. We were blessed to have them here." Shared another: "We here in Keaton Beach, FL, appreciate every single one of



Sixty-three lineworkers from Arkansas Electric Cooperatives, Inc. assisted Tri-County Electric Cooperative in Madison, Florida, with outage restoration efforts.

you!!! You all are a bunch of hardworking men!!! Prayers for you all and your families while you are away from home!!! Thank you all!!!"

MARINES continued from page 5

right. You left the farm a simple kid from Iowa, and the Navy gave you valuable nuclear training and a college degree, and with your submarine pay and nuclear bonus, you make more than this 30-year career Marine Corps colonel, and somehow you think the Navy has disrespected you? The way I see it, they gave you the greatest gift anyone can receive, a chance to be the best version of yourself. Why are you so worried about what everyone else is getting? Why not just be thankful for what you have received? You should be thanking the Navy."

I left his office and pulled my resignation letter and never allowed myself to fall into that trap again. Given that I had submitted a resignation letter, my next set of orders were none too good either; weapons officer on the USS Scranton. The job I really wanted was engineering officer, since it has the highest rate of promotion. However, I followed Col. Beaudoin's advice, gave that job everything I had and genuinely smiled every day. It resulted in a split tour; the second half of my tour I was given the privilege of serving as the engineer officer aboard Scranton. That led to a tour at Naval Reactors and ultimately led me to the office I am in today.

You have heard the phrase to make lemonade out of lemons, and I truly believe the secret is to overcome any obstacles, real or perceived, and to keep a positive attitude. Approach every day as an opportunity and a blessing, and good things will come. Spending that same day focused on how unfair life is — fixated on what you deserve but don't have — is the fastest way to become a victim of your own mind. I had allowed myself to forget Matthew 6:25, which I learned in Sunday School: "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"

I arrived in Vermont believing that the best Marines were submarines, but I was lucky enough to find a Marine Corps colonel whose mentorship and leadership changed my life. I left Vermont with a whole new perspective on things and a healthy respect for Marine Corps leadership. I owe Col. Beaudoin a debt of gratitude and hope that sharing this story honors him and helps all who read it to benefit from his wisdom.

Hasten wins Best Editorial at Willies Awards

Electric Cooperatives of Arkansas CEO Vernon "Buddy" Hasten was recognized at the National Rural Electric Cooperative Association Statewide Editors

Association (SEA) annual Willies Awards presentation. Named for electric cooperative mascot Willie Wiredhand, the awards recognize statewide publications for excellence in writing, photography and design.

Hasten won Best Editorial for "Watt's Fair," The Cooperative Difference column that appeared in the January 2023 issue of Arkansas Living magazine. The column addressed Arkansas' solar net metering policy.

Judges wrote about Hasten's column: "Watt's Fair' is a complete package — the real deal — in terms of an exceptional editorial: quality writing, sharp focus, interesting topic, relevant to co-ops and persuasive argument. The icing on the cake is that it's a joy to read, despite its somewhat technical nature."

Arkansas Living magazine, serving members of the state's 17 electric cooperatives since 1946, has the largest circulation of any publication in the state, reaching more than 420,000 homes and businesses monthly. It is one of 32 electric cooperative magazines that make up SEA.

# Where Is It?

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

In the September issue, we hid a horseshoe in honor of the Arkansas State Championship Horse Show.

Joked one correct reader who found it on the Contents page: "I FINALLY found the horseshoe on page 3. It is the 'n' in 'A Mane Event.' I was about to decide that it was on one of the horse's hooves."

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

Susan Motes, Mountain Home (North Arkansas Electric Cooperative) Michelle Steveson, Pocahontas (Clay County Electric Cooperative) Mitzie Reddick, Paragould (Craighead Electric Cooperative)

Jodi Chuculate, London (Arkansas Valley Electric Cooperative)
John Crump, Umpire (Rich Mountain Electric Cooperative)
In this issue, we've hidden this caramel apple, in honor of

the Arkansas State Fair and Halloween. You'll need to "apple-y" yourself to find this one! 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.)

Include your name, address and electric co-op (if applicable; nonmembers also are eligible), plus the correct page number for a chance to win a mug.

\* 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! August's winner was: Bridgette Lyon, Mablevale (First Electric Cooperative).

# TRIVIA

 The canine star of the movie "Old Yeller" was adopted for \$3 from a California animal shelter. His original name was Spike.



 Actor Bela Lugosi, who famously played "Dracula," was buried in a full vampire costume.

• In 1973, the Arkansas Legislature signed into law the White

River Monster Refuge near Newport, where it is illegal to harm the monster inside the refuge. Known as "Whitey," sightings began as far back as 1915. It is reported to have gray skin and to be as wide as a car and three car-lengths long.

- Four is the only number with the same number of letters as the meaning of its name.
- "Never jump in a pile of leaves with a wet sucker," — Linus, "It's the Great Pumpkin, Charlie Brown" by Charles M. Schulz

# **ENTER OUR 2024 ARKANSAS LIVING PHOTO CONTEST!**

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JUDITH ALLEN

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January 2024 issue
— and maybe
even on the
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## **SUBMISSION GUIDELINES:**

- Photos can feature nature, wildlife/animals, landscapes, weather, flowers and structures.
- Photos can be vertical or horizontal.
- Photos can be from any time, not necessarily this year.
- Photos must be high-resolution (300 dpi) and JPG format.
- Each photo file name must contain the following information: PHOTOGRAPHER NAME\_TITLE OF PHOTO\_LOCATION OF WHERE PHOTO WAS TAKEN. (Example: Ansel Adams\_Starry Night\_Pinnacle Mtn.jpeg.)
- Please do not include people in your photos unless you have permission from those photographed.
- Photos with photographer watermarks will not be accepted.
- Photos that are generated by artificial intelligence (AI) will not be accepted.
- Please submit photos by Nov. 10 to: arkansaslivingmagazine.com/2024-photo-contest/

Arkansas Living reserves the right to use submitted photos for the magazine, website, social media and other published pieces by the Electric Cooperatives of Arkansas with photographer credit.

# Celestial Spectacle

# COUNTDOWN TO THE APRIL 8, 2024, SOLAR ECLIPSE

# BY JACK SCHNEDLER

Texarkana is promoting next spring's awesome celestial event as a "Solarbration." It will be the first sizable Arkansas city where the sun goes dark on the Monday afternoon of April 8, 2024, as the state witnesses its first total solar eclipse since 1918.

In nine other cities with Electric Cooperatives of Arkansas headquarters, as well as their surrounding service areas, the moon also will block out the sun. The eclipse's 118-mile-wide path of totality will speed northeast at 1,700 miles per hour across The Natural State in just 13 minutes starting at 1:46 p.m.

The last totality city among 17 cooperative headquarters will be Corning. The others in chronological order will be Texarkana, Mena, Arkadelphia, Ozark, Clinton, Jacksonville, Salem, Newport and Jonesboro, with full darkness lasting longest (4 minutes, 15 seconds) in Clinton. The seven other cooperative areas will at least see a partial eclipse.

Fort Smith

Fort Smith

Farth Will

Fort Smith

Farth Will

Fort Smith

Fort S

The April 8, 2024, solar eclipse will be prominently seen across the state beginning at 1:46 p.m.

With this rare spectacle still six months away, local governments and businesses are planning how to welcome and handle as many as 250,000 eclipse seekers predicted to arrive from out of state. Many hotels, motels and other lodgings in Arkansas' totality belt are already fully booked, most at prices multiple times their normal rates.

# **Astronomical experience**

Although the totality will last less than five minutes anywhere in the state, enthusiasts insist that seeing it will be well worth the effort. They point out that the time between the moon's first dimming of the sun's disc and the return of the full sun is much longer. It can last more than two hours, as in Arkadelphia (2 hours, 39 minutes) and Clinton (2 hours, 37 minutes). There will be plenty of time to build excitement and then decompress.

"A solar eclipse is a must-see item, since more people are seeking experience events," says Carl Freyaldenhoven, eclipse

resource coordinator for Central Arkansas Astronomical Society. "Eclipses are a display of nature in action. Seeing an eclipse is the true meaning of awe."

Shealyn Sowers, chief of communications for the Arkansas Department of Parks, Heritage and Tourism says, "The 2024 eclipse puts Arkansas on the world stage. We want to make sure that all tourists have a safe and amazing Arkansas adventure — and that first-time visitors make Arkansas a repeat destination."

In Mena, planning is underway for a four-day celebration. The April 5-8 event, called "Mena Eclipse-mas Festival" to evoke the holiday spirit of Christmas, will take place mainly in Janssen Park. Eclipse activities are also planned at Avalon Keep Botanical Gardens and nearby Blue Zipline & Farm.

"It's hard this early to know how many visitors we'll be hosting," says Pasha Watson, administrator of Mena Advertising & Promotion Commission. "We've heard estimates ranging from 10,000 to 50,000. Our community is actively planning and coordinating various agencies to ease potential issues from a large influx of visitors."

Jonesboro Mayor Harold Copenhaver says his city "will have larger viewing sites at Joe Mack Campbell, Southside and Craighead Forest parks. Most any city-owned park will be an open and welcome space to view the eclipse." He notes that the Oasis Arts Festival has moved to April 6-7, joining the fun two days before the eclipse.

Addressing safety concerns, Copenhaver says, "Our first responders as well as police and fire chiefs have been studying cities that hosted past eclipse events to be as prepared as possible."

Planners on the Arkansas side of Texarkana are working with Texas colleagues for a four-day celebration with the slogan "Total Eclipse, Two States." There will be activities involving the popular Four States Fair and Rodeo; the opening weekend immediately precedes the eclipse day.

# Plan ahead

Similar preparations are underway in other Electric Cooperatives of Arkansas territories where the rare daytime darkening of the sun will occur. For Arkansans living outside the totality zone, there is this advice from P. Clay Sherrod, director of Arkansas Sky Observatories on Petit Jean Mountain:

"First and foremost is accessibility. If people wait until the morning of April 8 to head into the eclipse path, they are not going to make it. The roads will be backed up from every direction. Plan early, reserve a campsite or room somewhere, and get there by the Saturday before the eclipse. And map a good highway to get out. It will be a daylong traffic jam."



Glasses with special-purpose solar filters are the only safe way to view the solar eclipse.



One factor beyond human planning could sabotage the eagerly awaited spectacle, as was the case on June 8, 1918. A headline next day in the Arkansas Gazette cited the culprits: "Clouds Obstruct View of Eclipse." Come next April, Arkansans will be rooting for weather forecasts of blue skies up above.

# **OCTOBER 2023 PARTIAL ECLIPSE**

Arkansans can view a warmup act for next April's spectacular sky show this month. A partial eclipse of the sun will cross the state at midday on Saturday, Oct. 14. Depending on location, it will start slightly before or about 10:30 a.m. and end by or slightly after 1:30 p.m.

The dimming caused by the moon's passage over part of the solar disc will range from more than 70% in the southwest corner of the state to less than 60% in the northeast. As examples, the sun will be 69.5% obscured in Arkadelphia and 60.8% covered in Jonesboro.

Viewers are reminded that even a partial eclipse requires the wearing of protective eclipse glasses to avoid possible serious damage to the eyes. The glasses can be purchased online at a number of sites.



Mena and other Arkansas towns are selling eclipse-themed merchandise to commemorate the experience.



A partial eclipse will be visible for Arkansans on Oct. 14.

# Start and end times for April 8, 2024, eclipse

CITY	HOUR:MINUTE:SECOND
Texarkana	1:46:54-1:49:25 P.M.
Mena	1:47:26-1:51:30 P.M.
Arkadelphia	1:49:34-1:51:48 P.M.
Ozark	1:50:06-1:52:38 P.M.
Clinton	1:51:34-1:55:49 P.M.
Jacksonville	1:51:59-1:54:31 P.M.
Salem	1:53:43-1:57:08 P.M.
Newport	1:54:05-1:57:08 P.M.
Jonesboro	1:55:33-1:57:59 P.M.
Corning	1:55:42-1:59:38 P.M.

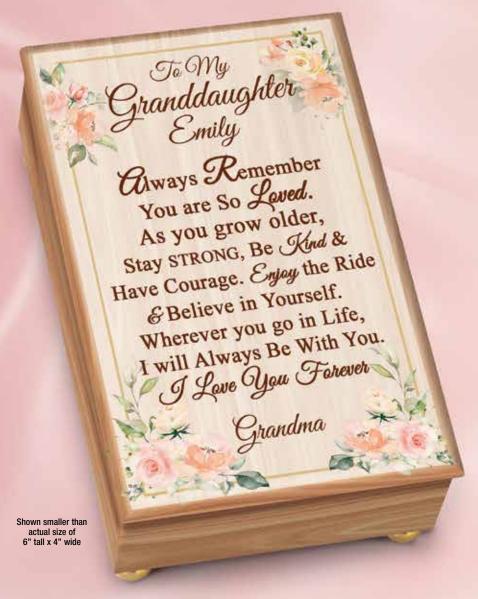
The totality times for hundreds of other Arkansas locations can be found at tinyurl.com/ArkansasSolarEclipse online or use the below QR code.



Another great source for eclipse information is **greatamericaneclipse.com/arkansas-2024-eclipse**.



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# STORY AND PHOTOS BY JENNIFER CHRISTMAN CIA

This is an education story, so first, a quick history lesson: The Electric Cooperatives of Arkansas have sponsored the Arkansas Rural Education Association's Teachers of the Year awards since 2004.

"The Electric Cooperatives of Arkansas appreciate all of the educators in Arkansas and their tireless dedication to our state's children," says Director of Corporate Communications Rob Roedel. "We began sponsoring the Rural Teacher of the Year award to spotlight the great educators across rural Arkansas. The Rural Teacher of the Year recipients this year, as they are each year, are shining examples of the great educators that we have in our state."

Nominations are vetted by the state's 15 educational cooperatives, which submit finalists to the association for consideration; a panel selects two winners.

This year, the association named Lauren Dorman of Rector Elementary School and Christy Owen of Magnolia High School as Arkansas Rural Teachers of the Year.

They received crystal apple awards and checks for \$1,000 from the Electric Cooperatives of Arkansas.



Lauren Dorman of Rector Elementary School in Clay County is one of the Arkansas Rural Teachers of the Year.

# **LAUREN DORMAN**

Rector Elementary School, Clay County

As a student, the idea of Lauren Dorman one day becoming a math coach didn't add up.

"I was the kid in school that said I couldn't do math," she says with a laugh. "I was the one who struggled with it."

Dorman, a Harrisburg native who was always active in band, actually started her Arkansas State University (A-State) schooling as a music major before graduating

with a bachelor's degree in early childhood education. She'd later earn her master's degree in education (curriculum and instruction) from A-State.

A teacher of 11 years, she worked at Cross County Elementary in Cherry Valley for five years before coming to Rector Elementary in 2017.

While she still loves music,

Dorman says education fulfills her true passion and purpose — service.

She says, "I just like to help people," whether that's young people, older people (she was once a Certified Nursing Assistant) or her fellow teachers.

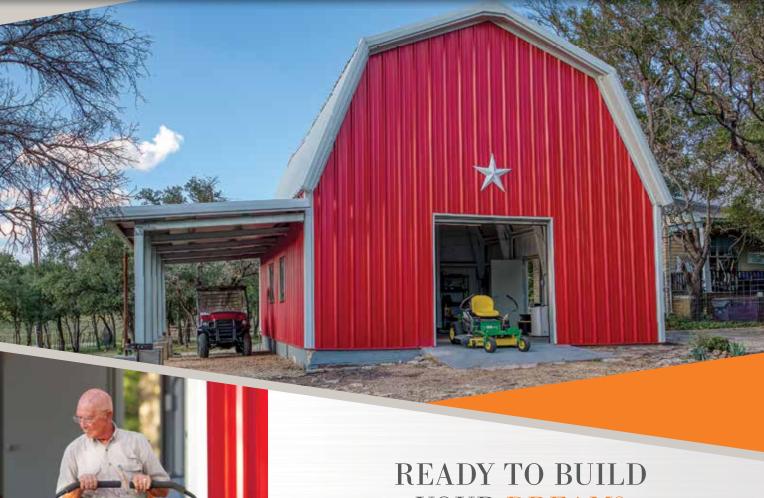
Which is why Dorman, a classroom teacher until this year, is excited about her new role as math coach.

"Any students who are struggling to master a certain skill, I'll work with them in grades third through sixth. Or our students who show that they need more support on their standardized tests or their screenings, that's who I work with. And then the coaching part is working with the teachers. ... I'm supporting the students and the teachers."



Math coach Lauren Dorman uses positive words of encouragement to build confidence in her students.

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When Dorman says the students and teachers at rural Rector Elementary are like family, she means it. After all, her husband, Robert, is the school's baseball coach. And one of her three children, Lilly, attends Rector Elementary; her other two children, preschoolers Brooks and Laney, likely will when they're old enough.

Because Dorman wrestled with math, she can better relate to and counsel confused students.

"It's telling them, 'You can do it! Look, you did it! Great job!' For a lot of them, that is what they need; they need their confidence built. ... I'm able to show them, 'OK, I can see where you're struggling. I can see the breakdown that's happening. Let's build up the conceptual understanding.'"

As for how she wants her students to remember her, Dorman says, "The most important thing is that they just feel loved and validated and worthy. And if I can give them some of the life skills that they need also, I feel pretty good about that.

"But I want them to think of me as someone who loved them and cared."



Christy Owen of Magnolia High School in Columbia County is one of the Arkansas Rural Teachers of the Year.

# CHRISTY OWEN

Magnolia High School, Columbia County

Education is in the blood of Christy Owen, critical reading teacher at Magnolia High School.

"My aunt was a teacher," she says. "I feel like I grew up in a teaching home, so that's how I got into it. She was my

teacher as well. I played teacher when I was a kid," growing up in her native town of Coal Hill.

Owen earned a bachelor's degree in English education and speech from Arkansas Tech University and a master's degree in education (gifted, talented and creative) from A-State.

"English always came easily to me," Owen says. "And then there are so many things that you can do with English. I've taught English; I've taught speech; I've taught debate; I've had theater classes." Entering her 19th year in education — and her fourth year at Magnolia High School — Owen taught previously at Dardanelle, Lamar and Emerson high



Critical reading teacher Christy Owen encourages students to be lifelong readers.

schools, as well as Westside Elementary and a pre-school.

As a critical reading teacher for ninth and 10th grades, she works with students needing more individual attention.

"They keep my classes at 15, and it gives me time to really get to work one-on-one with the kids," she says. "I'm trying to let them see that reading is a life skill. It's not just something we do in school. Every year that I have taught this class, I have kids who will say, 'I can't wait to get out of school so I don't have to read anymore.' They only associate reading with schoolwork. This year, we're actively working on getting community members into this class to tell them about how their reading translates to adulthood."

One way that Owen supports her students is with her "comfy corner," a relaxing nook with a soft couch, where students can chill when they finish their assignments. "It's a reward area I use as an incentive to 'Get your work done.'"

Other happies that Owen provides are "fidgety things." Students are welcome to tinker with toys like Rubik's Connector Snakes puzzles or decks of cards.

"They keep those hands busy, and it helps stabilize them," she says. "It doesn't bother me at all, as long as they're listening and it helps them focus."

In her free time, Owen, who is married to Pastor Ron Owen, likes to spend time with her family and their Antioch East Baptist Church family. Their son, Adrian, and daughter-in-law, Melody, live in Columbus, Nebraska. And their daughter, Allison, is majoring in elementary education at Southern Arkansas University in Magnolia.

Just like Owen, it seems her daughter has education in her blood, too. ■

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





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# Pick the perfect pumpkin patch

T he leaves are changing colors, the air is crisp, and the pumpkins are ripe for picking — it's pumpkin patch season! Autumn is the perfect time to go for a hayride, carve a jack-o'-lantern and drink hot apple cider. Have some gourd-geous fall fun at one of these pumpkin patches:

#### ARKANSAS FRONTIER

Quitman, arkansasfrontier.com

# **BOBROOK FARMS**

Roland, bobrookfarms.com

#### **COX BERRY FARM**

Clarksville, coxberryfarm.com

#### **FAMILY FARM**

Malvern, facebook.com/ familyfarmmalvernarkansas

# **FARMLAND ADVENTURES**

Springdale, farmlandadventures.com

## GARNER HOMESTEAD FAMILY FARM

Lonsdale, garnerhomesteadfamily farm.com

# HICKS FAMILY FARMS, LLC.

Lonoke, hicksfamilyfarms.com

## **JACKSON FARM**

Black Rock, visitjacksonfarm.com

# MCGARRAH FARMS RIVERCREST ORCHARD

Fayetteville, ozarkcornmaze.com



Instagram-worthy moments are made at Schaefers and Collins Pumpkin Patch in Mayflower.

# MIRACLE FARMS MARKET

Bodcaw, miraclefarmsmarket.com

# **MOTLEY'S PUMPKIN PATCH**

Little Rock, motleyspumpkinpatch.com

# MOOTOWN

Brookland, mootown.net

# MOUNTAIN HOME BERRY FARM

Mountain Home, mountainhomeberryfarm.com

# OLD MILO TREE FARMS AND PUMPKIN PATCH

Hamburg, oldmilotreefarms.com

# **PEEBLES FARM**

Augusta, peeblesfarm.com

# **PUMPKIN HOLLOW**

Piggott, pumpkinhollow.com

# ROSEBERRY FARMS

Benton, roseberry-farms.com

# SCHAEFERS AND COLLINS PUMPKIN PATCH

Mayflower,

schaeferspumpkinpatch.com

# **SOUTHERN OUTDOORS**

Lexa, tinyurl.com/southernoutdoors



In addition to pumpkins, Jackson Farm in Black Rock has a petting zoo, a corn maze, hayrides, giant slides and much more.



# Play to learn:

# The standard for today's early learning

Written by Kelli Hilburn, Better Beginnings Program Administrator

Better Beginnings is the Arkansas tiered quality rating and improvement system for child care, early childhood education and school-age programs.

Better Beginnings helps create awareness of the importance of early learning from zero to five years of age, when brain development is most critical.

Better Beginnings' star rating system helps simplify choosing a child care program for families. The more stars, the higher the quality learning environment.

# **Learning Through Play**

High-quality Better Beginnings providers understand the most effective learning happens through play and positive interactions with adults and caregivers.

Families can participate in early learning at home through activities and tips in our free,

online Family Resource Library and learn about child development in our Ages & Stages section.

# **Kindergarten Readiness**

Kindergarten readiness is a big part of Better Beginnings. Our goal is to make sure all children in Arkansas have access to quality child care. Better Beginnings early childhood educators prepare children for kindergarten with positive experiences, researchbased curriculum, and learning through play. Learning with qualified child care professionals gives children an advantage





when they start kindergarten. That early learning head start can last a lifetime.

# Reach for the Stars

Star-rated quality child care providers can be found by clicking the orange Find Child Care banner on our website. We encourage parents to reach for the stars – Better Beginnings star-rated quality early childhood educators.

**Explore the Better Beginnings Family Resource Library for learning** through play at home. Also en Español.









Scan the code above to find free tips and activities for fun early learning at home.

Better Beginnings is administered by the Arkansas Department of Education.







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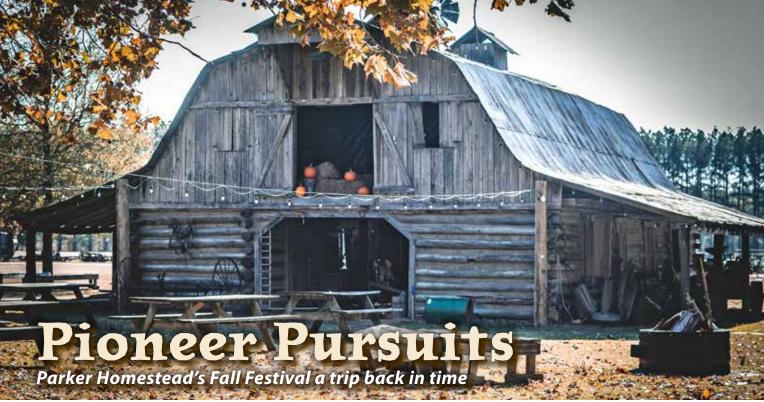


PHOTO COURTESY OF PARKER HOMESTEAD/CARA EPPS PHOTOGRAPHY

# BY KAT ROBINSON

Step back in Arkansas Delta history with a visit to the Parker Homestead Fall Festival, held Oct. 14-15 and 21-22.

Phil and Teressa Parker originally moved a log home called Clark's Cabin to their land 6 miles south of Harrisburg in 1984. In 1990, they opened the homestead, where folks could visit and learn what life was like during pioneer times. Four generations have contributed to the creation of this 19th century reproduction farmstead.

"When we open for the festival, everything is up and running," says Cy Parker, son of Phil and Teressa. "Families who come out will see the blacksmith, broom maker, butter churning, quilting, wool spinning, the magician, a Civil War camp, a working printing press, sorghum making. ... There's kettle corn popping, rope making, a farm life museum, a working crosscut saw and bees for honey and wax."



The annual Fall Festival at Parker Homestead offers a chance to see what life was like during pioneer times.

Parker Homestead offers lots of period examples of how life was like long ago. But it's still also a working farm that grows sweet sorghum — the sort that's still processed to make sorghum molasses. There's also an apiary that produces the farm's honey.

Under a shed on the property, you'll find a working grist mill. During the festival, visitors can see how corn was processed into cornmeal. Back in the day, locals would band together to buy grist mills, so they could together produce their own cornmeal and corn flour, which was used for cornbread, for baking and as a general starch.

One of the most sought-after photo opportunities at the site is Robert's Chapel. This steep-roofed log cabin, the oldest building on the homestead, was built in 1850 and moved to the site in 1993. Its stained-glass windows were donated by John E. Roberts of Jonesboro, and the chapel is named in his honor. The quaint structure is often used as a backdrop for wedding photos.

While the Fall Festival is by far the biggest event held at the homestead, there are other opportunities to visit.

"The last two weeks of September are for local school field trips," Cy shares. "We also host the Holidays Wine Tasting, a Valentine's Day Dinner, as well as Whiskey and Water in the spring. Outside of that, the Homestead is used for weddings, family reunions and birthday parties."

There are also three restored, rustic cabins available to rent through Airbnb throughout the year.

The festival is open from 10 a.m. to 5 p.m. both Saturdays and noon to 5 p.m. both Sundays. It's \$10 for adults and \$8 for kids. For more information, call 870-530-3122 or visit facebook.com/parkerhomesteadharrisburg.



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# How sorghum is made, the old-fashioned way

Phil Parker demonstrates how sorghum syrup is created during the Fall Festival at Parker Homestead each year.

"Sorghum looks a lot like regular cane, but instead of being hollow, it's full of juice," he tells folks who come to watch the process. "To extract the juice from the cane, a farmer would take his sorghum to a sorghum maker. He'd do it on the thirds; he'd keep a third, and that's what he'd use to trade for other products."

Since sorghum is so thick and fibrous, it takes a lot of effort to extract the juice. A long pole called a single tree is attached to a screw mechanism atop a cast-iron sorghum mill press. Its end is pulled behind a mule, who walks in a circle around the press to provide

torque to the machine. While the mule is turning the mill, the sorghum is fed into the press, and the juice is caught in a bucket under the contraption. The juice is poured in a pan heated over coals. As the fire beneath heats the pan, the water in the juice evaporates.

"When it starts out, it's about 80% water and 20% sugar," Parker continues. "As it boils, the sugar bubbles up. It takes about two hours for the juice to move from one end, where it's mostly water, to the other, where the syrup comes out finished, about 80% sugar and 20% water." The resulting syrup has no preservatives and is completely shelf-stable.

"In the pioneer days, instead of white sugar, sorghum was used because it could be grown and processed in the region," Parker shares. "If you needed 10 gallons of syrup to last all year, you would plant enough sorghum to take to the sorghum maker in town. You had to plan ahead and make sure you had enough sorghum planted. It takes about 100 gallons of



make 10 gallons of syrup, so you'd need to know to plant an acre and a half of sorghum cane." 🕎

juice to

Hot sorghum syrup cools in a jar after processing.



Sorghum making is demonstrated at the Parker Homestead Fall Festival.



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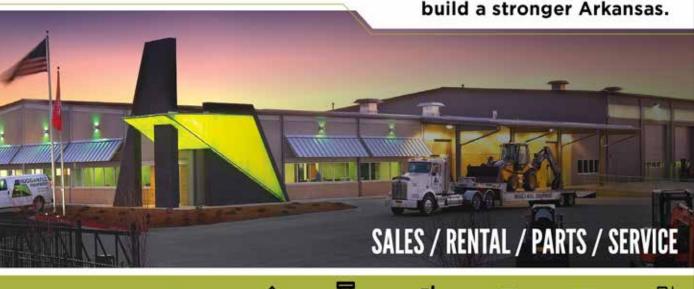
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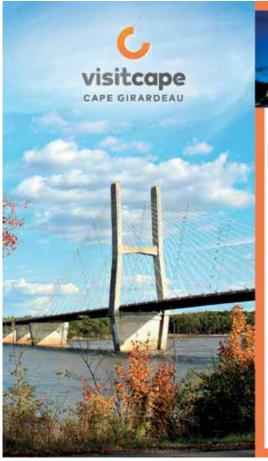
















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# **Playing it Safe Online**

October is Cybersecurity Awareness Month

In today's world, most of us don't leave the front door unlocked. We protect our homes, loved ones and valuables, from intruders with locks, alarms and other security measures. Cybersecurity is no different. It's the practice of protecting other valuables, such as your identify, banking and health records and other sensitive information, from digital attacks and theft.

October is the time of year we recognize Cybersecurity Awareness Month.

According to the Cybersecurity and Infrastructure Agency (CISA), an agency of the United States Department of Homeland Security that is responsible for strengthening cybersecurity and infrastructure protection, these are the four best ways to keep you and your family safe online:

- 1. Implement multifactor authentication (also known as two-step verification) on your accounts. The additional layer of protection makes it much harder for criminals to access your information. Even if hackers obtain your password, they may be unable to access your accounts if multi-step verification is enabled.
- 2. Update your software. This is one of the easiest ways to protect your personal data. When downloading a software update, make sure it's coming straight from the company that created it. Beware of fake pop-ups that request urgent downloads. Better yet, turn on automatic updates. Uninstall unused software on computers and apps on mobile devices.
- 3. Think before you click. Most successful cyber attacks start with a phishing email. Don't take the bait when cyber criminals go phishing. Avoid emails (or

texts) that look too good to be true, oddly urgent, poorly crafted or include unusual requests.

4. Create strong passwords, using long, unique and complex words or phrases. Many password fields today accept spaces as characters, so sentences are acceptable. Consider using a password manager to save time, work across all devices, protect your identity and notify you of potential phishing websites.



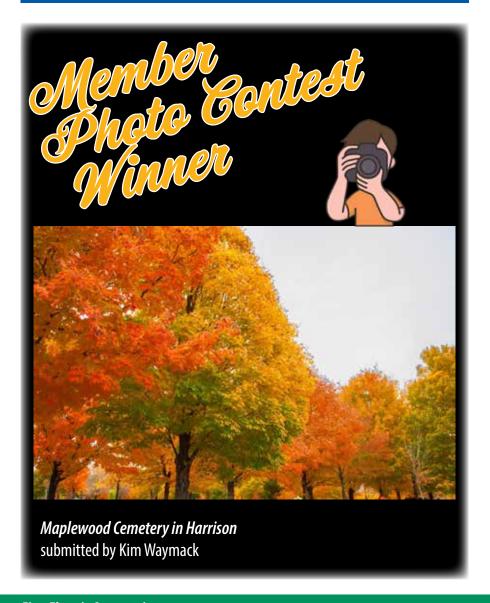






Are you eligible for the Affordable Connectivity Program? ACP was designed to assist those needing help with signing up and maintaining affordable internet in their homes. Learn more about this program, and find out if you qualify at Connect2First.net/fiber/affordable-connectivity-program. Also, learn more about Lifeline, a program similar to ACP that assists low-income families by providing a discount on phone or internet service.

Learn more about our services at Connect2First.net, and be sure to submit your information through our Check Availability page. We will contact you when service is available in your area! Also, please be sure to visit Facebook.com/Connect2First to learn more about fiber-optic internet and how it can help you build a smart home of the future!



# **MEMBER BASICS:**

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# How to report outages

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# • Call 888-827-3322

If the automated system doesn't recognize your number, it will ask for one on file. You may either enter the number using the touch-tone buttons or by saying the number aloud. If you wish, you may leave a voice message with your service address and details about the outage. The system will provide an estimated time of restoration if one is available at that time.

• Use the First Electric app or website Download First Electric's mobile app in your app store, set up your account, and use the report outage feature. Go to **firstelectric.coop**, and select the "report outage" button. First Electric's app and login works especially well for members with multiple accounts.

# Text notification

Get notified by text when an outage occurs. And, we'll notify you as soon as your power is safely restored. To enroll in text notification: Create a new text message from your phone, and type "FECC" in the body of the message, and send to "85700." Your cell number must be on file with First Electric in order for this free service to work. Call 800-489-7405 to add your number to your account. Please allow 24 hours for the system to update your information before enrolling in text notification.

# Pass the biscuits! It's 'King Biscuit Time'

Long-running radio show, festival honor Delta blues

# BY SHEILA YOUNT

Each weekday at 12:15 p.m., the voice of legendary Helena-West Helena radio announcer "Sunshine" Sonny Payne hits the airwaves and the internet with the familiar introduction: "Pass the biscuits, 'cause it's 'King Biscuit Time,'" while the original 1941 theme music for the blues radio show plays in the background.

It's the same opening listeners of "King Biscuit Time" have heard for decades. Even though Payne passed away in 2018 after hosting the iconic blues program for nearly 75 years, new host Thomas Jacques has kept it.

"I cannot imagine anything finer or more heartening than hearing Sonny kick off the broadcast," says Jacques, who also is the assistant director of the Delta Cultural Center in historic downtown Helena-West Helena. "It all communicates a continuity of spirit and intent, and a respect for who we are to our listeners."

It is also preserving the history of the blues and Delta, which is part of the mission of the Delta Cultural Center. "King Biscuit Time," the longest running daily radio broadcast in America, is produced at the center, which is part of the Arkansas Department of Parks, Heritage and Tourism. The program is aired by Helena-West Helena radio station KFFA-AM, 1360, and livestreamed on Facebook. In August, the center celebrated the Peabody Award-winning show's 19,000th broadcast.

Although Payne wasn't there to see that milestone, he saw many others. And he saw the power of the show.

"'King Biscuit Time' put it (Helena-West Helena) on the



The late "Sunshine" Sonny Payne was the legendary voice of the "King Biscuit Time" radio show.



The popular "King Biscuit Time" radio show led to the creation of the King Biscuit Blues Festival, featuring some of the biggest names in blues music, like Bob Stroger.

map," Payne said in an interview in 1996.

The show began on Nov. 21, 1941, not long after KFFA went on the air. As it still does today, it started at 12:15 p.m., just in time for the local workers to head to lunch. It lasted 15 minutes and featured live performances by Sonny Boy Williamson on vocals and harmonica, and Robert Lockwood Jr. on guitar. The sponsor was Helena-West Helena's Interstate Grocery Co., the distributor of King Biscuit Flour.

As the program grew in popularity, additional musicians were added to form the King Biscuit Time Entertainers, who would travel throughout the area promoting the flour, and later, Sonny Boy Corn Meal. They would show up in front of a local grocery store, where they would draw a crowd to listen to them play some blues while also promoting the flour, cornmeal and their upcoming shows.

The program later grew to a full half-hour, and live performances were, for the most part, replaced by records. Today, the format remains at 30 minutes with Jacques spinning records and often welcoming bands to play live. The show draws visitors from all over the world, who come to watch it and visit the center's exhibits. During the pandemic, Jacques decided to regularly stream each program live on Facebook, which quickly became a hit with a devoted group of regulars from around the world.

"There's a warm camaraderie," Jacques says. "You will see folks from North Little Rock asking folks from the Netherlands about how they are doing, or what their weather is like."

A goal for Jacques is to keep the show's authentic roots.

"Well, I try to make it specific to where it comes from," Jacques says. "It's not just a faceless blues show of just contemporary blues that could come from anywhere. ... It's specific to Arkansas and to the Delta, and it always starts out with an Arkansas performer."

He provides a mix of old and new music, making sure to play homage to the show's beginnings with a selection he calls the "scratchy record time and space continuum."

"I think 'King Biscuit Time' is a point of pride for Arkansas," Jacques says. "And I look at it as such; I try to honor that."

The show also inspired the creation of a festival, known as the King Biscuit Blues Festival, in 1986. Over the years, it has drawn thousands of people to

Helena-West Helena to hear blues from legends, including B.B. King and Robert Lockwood Jr., as well as up-and-coming musicians. That tradition continues this year from Oct. 4-7.

Through the show and the festival, Payne said Delta blues music found its rightful place in the music world.

"It means that there is some lost poor soul out there who has struggled all of his life and is finally getting the notoriety and the music to be heard, his music to be heard, for the first time," Payne was quoted as saying. "It means someone has a chance of obtaining his goal in life and that is sharing his music."

To watch "King Biscuit Time," visit facebook.com/DeltaCulturalCenter. To listen, tune in to KFFA-AM, 1360, if you are in the Helena-West Helena area. For more information on the King Biscuit Blues Festival, visit kingbiscuitfestival.com. ■



"King Biscuit Time."





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# **Spooky Energy Savings**

by Abby Berry

This spooky season, we're sharing a few energy-saving tricks so you can treat yourself to lower energy bills. Here are four simple ways to summon the spirit of energy efficiency.

**1. Conjure instant savings with a smart thermostat.** One of the easiest ways to save energy is through thermostat control, since home heating and cooling account for a large portion or monthly energy use. Smart thermostats can help you manage heating and cooling costs by learning your daily routine and adjusting the temperature settings accordingly. You can control a smart thermostat from anywhere (through your smartphone), which allows you to prevent unnecessary energy consumption while you're away. Sorcery!



LED bulbs use 75% less energy and last 25 times longer than incandescent light bulbs.



Smart thermostats can help you manage heating and cooling costs by learning your daily routine and adjusting the temperature settings accordingly.

2. Get rid of goosebumps by eliminating ghostly drafts. The winter chill is just around the corner, so now is the time to seal air leaks around your home. Apply caulk and weatherstripping around drafty windows and doors to make your home more comfortable and lower energy use.

3. Illuminate your lair with energy-efficient lighting. LED bulbs use 75% less energy and last 25 times longer than incandescent light bulbs. Make the switch to reduce energy used for lighting. Remember to use LEDs when it's time to decorate for the upcoming holiday season. LED light strings offer an average of 88% energy savings compared to traditional incandescent light strings.

4. Stir up Savings with countertop cauldrons.

Cooler weather summons our favorite soup recipes. Small countertop appliances like slow cookers use less energy than cooking meals on the stovetop. Grab your book of spells (or recipes), and start stirring up savings in the kitchen.

When we look around our homes, there are so many opportunities to save energy. So this spooky season, investigate your space, and unlock a different kind of magic — the kind that brings real energy savings.



Small countertop appliances like slow cookers use less energy than cooking meals on the stovetop.

# **Energy Vampires** can add 10% or more to electric bills. afe Electricity.org

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# Reflections





Trace wanted to be a Brahman bull in a cattle chute. Ashley McLarty Weyl, Fayetteville.



**Like father, like son!** Samantha Jacobs, Alexander.



**Oliver was born on Halloween at 28 weeks, our miracle baby.** Chelsea Verdier, taken at Miramar Beach, Florida.



This squirrel is nuts about pumpkins. Ashlyn Bailey, Leslie.



Twins Ally and Jae in pots of spaghetti. Jessica Jeffers, Cabot.



Forrest says, "This one is heavy." Allen Ray, Booneville.



Samuel, Travis and Brent with their dog, Roxie. Amanda Epperson, Mena.



Emerson is ready to trick or treat. Audra Thrower, Rison.



This is Hemi's scary face! Deonna Evans, Pea Ridge.



**Beau taking the "guts" out!** Sandra Prater, Jacksonville.



Hannah is the teeniest pumpkin. Randy and Michelle Davis, Greenwood.

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

# Winter annuals 'brrrighten' landscapes

BY JANET B. CARSON

Any way you look at it, it was an unusual growing season. Many of our landscape plants struggled to rebound after winter, so more summer annuals were planted to give

color this year. For a time, we had summer rains, and the annuals thrived. Then, it got unbearably hot. Then, it got dry. And then, hotter and drier. Our summer annuals bit the dust, and our

gardens now need a spot of color. It's time for winter annuals to help save the day.

long-lasting fall and winter seasonal color.

October is a great time to plant fall and winter annuals. While we will still have some warm days, the cooler nights and lower humidity can help the annuals take off. Pansies, in particular, can get leggy if planted too early, so October is prime planting time. But pansies aren't the only option for

ANNUAL	COLORS	VARIETIES	ATTRIBUTES
Pansies	Wide range with clear or blotched varieties.	Antiques, Cool Wave, Delta, Majestic Giant, Matrix	Widely available and relatively easy to cultivate. Available in a variety of sizes. Dislike hot weather; can withstand temperatures below freezing.
Violas	Wide range of colors.	Admire, ColorMax, Gem, Sorbet	Smaller blooms than pansies, but more tolerant of temperature variability. Long-lasting.
Panola	Wide range of colors.	Beaconsfield, Fire, Deep Blue Blotch	A cross between a pansy and a viola. Smaller blooms than a pansy, but larger than a viola.
Dusty Miller	Silvery, white foliage.	Silver Lace, New Look, Silver Dust, White Diamond	Cut leaf or solid leaf varieties. Plants will live both summer and winter, but should be replanted every two years for vigor. Light foliage highlights other annual color.
Dianthus	Shades of pink, red and white.	American Pie, Diana, Floral Lace, Fruit Punch, Paint the Town	Short-lived perennial, often used as an annual. Blooms during cool weather, just green in the summer.
Snapdragon	Wide range of colors.	Candy Showers, Snapshot, Sonnet, Trailing Snapdragon	Florets resemble dragon's snout. Available in a variety of sizes. Types can grow from 6-15 inches to 30-48 inches tall.
Flowering Cabbage	Green base with shades of purple, pink or white rosettes of foliage.	Glamour, Nagoya, Osaka	Ornamental cabbage is bitter and not recommended for eating. Forms more of a head than kale.
Flowering Kale	Shades of red, white, pink and purple.	Glamour, Peacock, Red Bor, Yokohama	Foliage can be shiny, fringed, lacy, curled with colors that intensify with lower temperatures.
Ornamental Mustard	Greenish-red leaves when young, dark purple as it ages.	Giant Red, Miz America	Tough, showy plants. Edible. May need protection if temperatures drop below 25 degrees.
Swiss Chard	Large, green leaves with bright, colorful stems.	Bright Lights, Burgundy, Celebration, Northen Lights	Very showy in winter garden. Can persist into summer. Edible.

Regardless of what you are planting or when, fertilize annuals at planting, and follow up throughout the season. Cool-season annuals don't have to be fertilized quite as often as warm-season plants, because daily watering isn't

necessary in the winter. Water will be critical until they are established and temperatures begin to drop. Make sure you also water before a hard freeze to ensure plants have ample moisture.







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# Sugar and spice

Pumpkins and apples make fall desserts nice!

RECIPES AND PHOTOS BY JULIANA GOODWIN

# **Pumpkin Chai-Spiced Muffins**

Makes 18-20 muffins.

#### For muffins

- 2 cups all-purpose flour
- 1 cup sugar
- 1 1/2 teaspoons ground cinnamon
- 3/4 teaspoon ground cardamom
- 1 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 cup canned pumpkin
- 3/4 cup canola oil
- 2 eggs
- 1/3 cup milk

#### For chai drizzle

- 1/2 cup powdered sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground gingerDash ground clovesDash black pepper
- 3 tablespoons butter,
- 2 tablespoons water or more



Heat oven to 350. Grease muffin pans or use cupcake liners.

For muffins: In a large bowl, whisk together flour, sugar cinnamon, cardamom, ginger, cloves, baking powder and baking soda. Using an electric mixer, beat in pumpkin and canola oil, eggs and milk until well-blended, about 2 minutes. Pour into prepared pans. Bake for 18-22 minutes.

For chai drizzle: In a medium bowl, whisk together powdered sugar, cinnamon, cardamom, ginger, cloves and black pepper. Stir in butter. Add water until desired consistency is reached. Drizzle on muffins and serve.

# **Amazing Pumpkin Cream Pudding**

Makes 10 servings.

- 1 (8-ounce) package of cream cheese, softened
- 1 cup canned pumpkin
- 1 (14-ounce) can sweetened condensed milk
- 1 1/2 teaspoons pumpkin pie spice
- 1 (8-ounce) container whipped topping, divided
- (11-ounce) box vanilla wafers (see note)
   Ground cinnamon, cinnamon sticks for garnish (optional)

In a large bowl, beat cream cheese with an electric mixer until fluffy. Beat in pumpkin, sweetened condensed milk and pumpkin pie spice until well-combined. Beat in half the whipped topping.

Layer vanilla wafers on bottom and sides of a glass bowl. Spread on half the pumpkin mixture. Add another layer of vanilla wafers. Top with remaining pumpkin and reserved whipped topping. Decorate the sides and top with vanilla



wafers. Cover and refrigerate for 3 hours or more before serving. Sprinkle with cinnamon/garnish with cinnamon sticks if desired.

Note: You will not use entire box of vanilla wafers for this recipe.



# **Easy Apple Pastry**

Makes 8 servings.

- 4 tablespoons unsalted butter, divided
- 3 1/2 cups Granny Smith apples, peeled and chopped
- 1/4 cup sugar
- 1/4 cup brown sugar, packed
- 1 1/2 teaspoons ground cinnamon
- 1 (8-ounce) package crescent rolls

In a large pan, melt butter. Add apples, and sauté for 5 minutes or until slightly tender. Add sugar, brown sugar and cinnamon. Stir until sugar caramelizes and becomes syrupy. Remove mixture from heat, and allow to cool completely. Heat oven to 375.

Unroll and separate crescent rolls into triangles on a baking sheet. Arrange triangles in a ring with the wide parts connecting and pointed ends facing out; dough will look like a sun. When the apple mixture is cool, evenly spread it in the wide parts. Fold pointed end over wide end of each crescent roll, and tuck inside. You will end up with an oval or round shape with apple tucked inside. Bake for 9-11 minutes or until golden brown. Serve immediately.



This month's web exclusive recipe:

# **Apple Pecan Oatmeal Cookies**

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**.

# From our co-ops' kitchens!

In honor of National Co-op Month, we turned to a new cooperative cookbook and to members of our cooperative family for recipes. Instead of a cake, we'll celebrate with Bread Pudding!

# **Bread Pudding**

# For bread pudding

- 2 cups sugar
- 5 eggs
- 2 cups milk
- 2 teaspoons vanilla extract
- 1/2 loaf Italian bread, cubed (about 3 cups; see note)
- 1/2 cup light brown sugar
- 1/2 stick butter, softened
- 1 cup pecans, chopped

#### For sauce

- 1 stick butter
- 1 cup sugar
- 1 egg, beaten
- 2 teaspoons vanilla extract

Heat oven to 350. Grease a 13x9 pan.

For bread pudding: In a large bowl, combine sugar, eggs, milk and vanilla extract. Stir bread cubes into mixture, and allow to soak for 10 minutes. In a medium bowl, combine light brown sugar, butter and pecans. Pour bread mixture into prepared pan. Sprinkle brown sugar mixture over top, and bake for 35-45 minutes, or until set.

For sauce: In a medium saucepan over medium heat, cook butter, sugar, egg and vanilla extract, stirring together until both butter and sugar are melted. Pour sauce over bread pudding and serve.

Note: Day-old bread is best for this recipe; you can leave bread out in an uncovered bowl overnight to dry out.

Beth Vaccaro, Human Resources Assistant, Woodruff Electric Cooperative

# Goulash

- 2 pounds ground beef
- 1 large yellow onion, diced
- 3 cups water
- 2 (15-ounce) cans tomato sauce
- 2 (15-ounce) cans diced tomatoes
- 3 tablespoons soy sauce
- 3 teaspoons garlic, minced
- tablespoon salt
   Couple shakes of garlic powder,
   seasoned salt and pepper to taste
- 2 cups elbow macaroni, uncooked

Cook beef and onion in large Dutch oven until brown. Remove from heat, and drain grease. To the same pot, add water, tomato sauce, diced tomatoes, soy sauce,



garlic, salt and additional seasonings, and bring to a boil. Add beef mixture and macaroni to pot. Reduce heat to simmer, and cook for 20 minutes or until tender.

Christi Daniel, member, South Central Arkansas Electric Cooperative

This recipe appears in the new cookbook "Cooking with South Central." Copies of the cookbook are available for \$25 and benefit the cooperative's scholarship fund. For more information, call 870-246-6701 or 800-814-2931, or email scholarship@SCAEC.com.

# **Potato Casserole**

# For casserole

- 2 pounds frozen hash browns, thawed
- 1 stick butter, melted
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1 (10.5-ounce) can cream of chicken soup
- 1 (16-ounce) carton sour cream
- 2 teaspoons onion flakes
- 10 ounces cheddar cheese, grated

#### For topping

1 cup crushed crackers (I use Ritz), crushed cornflakes or breadcrumbs (optional) Heat oven to 350.

In a large bowl, stir together all casserole ingredients. Spread in a 13x9 casserole dish. Bake for 1 hour total; after 45 minutes top with crushed crackers, crushed cornflakes or breadcrumbs, if desired, and resume baking for final 15 minutes.

Debbie Robbins, Cashier/Customer Service, Rich Mountain Electric Cooperative

# Submit your favorite recipes! If your recipe is selected for printing, we will send you an Arkansas Living wooden spoon!

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Email: arkansasliving@aeci.com
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Entries must include your name, phone, address and origin of recipe.

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# CROSSWORD PUZZLE -

# Scary Décor By Victor Fleming

#### **ACROSS**

- 1 Warlike god
- 5 Recipe abbr.
- 9 Fireplace fuel
- **13** Automatic introduction?
- 14 "Jump onto my shoulders!"
- **16** Distinctive vibe
- 17 Fly traps, of a sort
- 19 Discarded cherry part
- 20 Cave-dwelling fish
- 21 Bubbly beverage
- 22 Came to the ground, as birds
- **24** "Thus the Lord"
- **26** Anatomy class exhibits
- 30 In an attic, maybe
- **32** Sch. for the Keydets
- 33 Opposite of dry
- **34** Winter eave hanger
- 37 In apple-pie order
- 38 Some carved pumpkins
- **42** Like most shadows
- 43 Allay the fears of
- 44 Driver's 180
- 45 Azer. or Lith., once
- 47 Abe Simpson, to Bart
- 51 Worrisome mammals for the superstitious
- 55 Ring-shaped island
- 56 Ad agency award
- 57 Egotistical
- 59 and vinegar
- **60** "Hold it right there!"
- 62 Sights at a cemetery
- 65 Brit. lexicons
- **66** Troublemaker, online or under a fairy-tale bridge
- 67 Bale binder
- **68** Gives a once-over
- 69 "Peter Pan" character
- **70** " we forget ..."

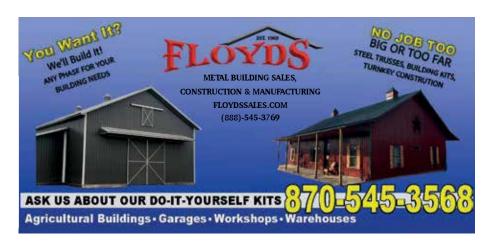
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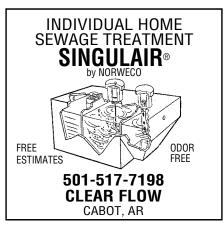
# **DOWN**

- 1 Put a value on
- 2 Already aired episode
- 3 "The Mighty Ducks" star Estevez
- 4 McMath (1949-53 Arkansas governor)
- **5** "Comin' the Rye"
- 6 Cereal holders
- 7 Have one's say
- 8 Place with ale and darts
- **9** " something I said?"
- 10 Bent on victory
- 11 Assayer's material
- 12 Pulaski County's Big Bridge
- 15 One of 150 in the Bible
- **18** Online payment option
- 23 Island neckwear
- 25 Halloween option
- 27 Odds opposite
- 28 Beatty and Flanders
- 29 Squalid digs
- 31 God, in Italy

- **35** Barton of Red Cross fame
- 36 "Leaving \_\_\_ Vegas"
- 37 Halloween option
- 38 Hoosegow
- **39** 501 or 870
- 40 Big jerk
- 41 Aimless
- **42** Give a name to
- 45 Aspen runner
- **46** Little Rock mayor Frank \_\_\_\_, Jr.
- **48** Unification Church follower, informally
- **49** Holding tool
- **50** "Ready!"
- **52** Action group?
- **53** Edith Bunker or June Cleaver
- 54 Dark brown fur
- 58 Capri or Wight
- **60** " is me!"
- **61** Attention-getting word
- 63 Hosp. areas
- 64 Edward Lear's "The and the Pussy-

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# CROSSWORD ANSWERS

for puzzle on page 38

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# From busboy to BBQ boss: Owner finds hog heaven at Pig 'N Chik

STORY AND PHOTOS BY ROB ROEDEL

Kerry Gore was at a loss. Although he had a job as a printer,

he hadn't had a paycheck in three weeks, and he wasn't sure how he could provide for his family. He was sitting in a central Arkansas truck stop contemplating his options. While talking to the truck stop manager, he was hired on the spot as a busboy, starting that evening. He was promoted to a dishwasher by the end of the weekend, and within three years, he was managing the truck stop restaurant.

A few years later, he began



managing the Pig 'N Chik BBQ in Sherwood. Gore assumed ownership in 1995, recently celebrating 28 years. He

Pig 'N Chik BBQ owner Kerry Gore has been serving its famous ribs since 1995.

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attributes this achievement to advice from the original owner: "If it works, don't mess with it." And, based on the crowd during my visit on a weekday afternoon, the advice is still working.

Gore said the menu has evolved a bit as customers have fallen in love with daily specials, like

the pan-fried chicken, that have been added to the daily offerings.

Each member of Gore's family has been involved in the restaurant, including his wife, Teresa, and children, Kara, Amber and Brandon. Gore said his team members are all like family.

As for the food, he said, "We cook everything to order, especially our catfish. There is nothing better than freshly cooked catfish. We use the original breading and hush puppy recipe."

As I tried the piping hot two-piece
Catfish Plate, I
was impressed
with the clean,
fresh taste of the
fish and the flavor of
the cornmeal breading.
The hush puppies were a treat;
I loved the small kernels of corn
that added to the texture of each

round piece of Southern-fried



Pig 'N Chik's BBQ Sample Platter includes ribs, smoked beef brisket, smoked sausage and several sides to choose from.

goodness. The plate was served with fries, sliced onion and coleslaw. I also enjoyed some wonderful, beer-battered onion rings with the catfish.

The barbecue at the Pig 'N Chik is legendary. So, when the luncheon version of the BBQ Sample Platter arrived, I was anxious to dig in. The platter included two tender, fall-off-the-bone ribs, two slices of perfectly smoked beef brisket and a large



The Catfish Plate is cooked to order using the restaurant's original owner's breading and hush puppy recipe.



The Peach Cobbler is a treat with its sweet peaches and fresh crust.

serving of sliced, smoked sausage, as well as tangy baked beans, coleslaw, potato salad and tomato relish. Each component of the barbecue symphony was on-key and brilliant. Gore showed me a tub of ribs that he had just pulled from the smoker. They were works of art, as he is a master smoker.

I loved the Smoked Half-Chicken Plate, which delivered a mouthwatering aroma and good, smoky flavor. The yard bird had a nice dark bark and was super moist. I took the opportunity to try both the spicy and regular barbecue sauces with the chicken. It was a toss-up as to which one was best, as both were excellent.

Gore learned how to make pies during his job at the truck stop and is now an expert dessert maker. The Peach Cobbler was a treat. The fresh crust and sweet peaches were topped with a nice scoop of vanilla ice cream. Other sweet options include Chocolate Meringue Pie, Coconut Meringue Pie, Fried Pies, Banana Pudding, Carrot Cake and much more.

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





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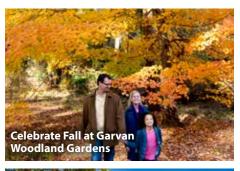




PHOTOS ABOVE BY ARKANSAS DEPARTMENT OF PARKS, HERITAGE AND TOURISM



JENNIFER CHRISTMAN CIA





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# Sept. 25-Oct. 1

# **Six Bridges Book Festival**

Little Rock, cals.org

#### Oct. 6-7

# **Musicfest El Dorado**

El Dorado, mainstreeteldorado.org

# Oktoberfest

Fairfield Bay, ffbchamber.com

## Ozark Trail Fest

Heber Springs, facebook.com/ OzarkTrailFestival

#### **Timberfest**

Sheridan, grantcountychamber.com

#### Oct. 6-14

# **Hot Springs Documentary Film Festival**

Hot Springs, hsdfi.org

# Oct. 7

# **Arkansas Goat Festival**

Perryville, arkansasgoatfestival.com

# **Komen NWA More Than Pink Walk**

Rogers, komen.org/community/arkansas

# Oct. 12-14

# Cabotfest

Cabot, cabotcc.org

# Oct. 13-14

# **Arkadelphia Festival of the Arts**

Arkadelphia, arkadelphiafestivalofthearts.org

# **Autumn in the Ozarks Quilt Show**

Mountain Home, hillnhollowquilters.com

#### **Get Downtown Festival**

Paragould, getdowntownfestival.com

# Oct. 13-22

## Arkansas State Fair

Little Rock, arkansasstatefair.com

# Oct. 14

# 51st annual Ozark Square Gathering

Ozark, mainstreetozark.com

#### **Arkansas Rice Festival**

Weiner, arkansasricefestival.com

# **Family Fun Day**

Jessieville, roncolemanmining.com

# Oct. 19-22

# **War Eagle Fair**

Rogers, wareaglefair.com

## Oct. 21

# Fallin' Blackbird Festival

Beebe, beebechamberofcommerce.com

# Jonesboro Fall Fest

Jonesboro, downtownjonesboro.com

## Oct. 21-22

## **Thunder Over the Rock Air Show**

Jacksonville, thunderovertherock.com

# Oct. 27-28

# Arkansas Bean Fest and Championship Outhouse Races

Mountain View, facebook.com/ARBeanFest

# **Corning Harvest Festival**

Corning, facebook.comcorningharvestfestival

#### **Color Fest**

Ponca, facebook.com/poncanaturecenter

#### Oct. 27-29

# **Arkansas Scottish Festival**

Batesville, arscottishfest.com

# Oct. 27-31

# **Haunt Springs Halloween Weekend**

Hot Springs, hotsprings.org

# Oct. 28

# Celebrate Fall at Garvan Woodland Gardens

Hot Springs, garvangardens.org

# Downtown Fall Festival and Chili Cookoff

Russellville, mainstreetrussellville.com

# **State Volleyball Championships**

Hot Springs, hotsprings.org



Groundwork is working to strengthen communities by expanding housing for working families near employment, commercial and cultural centers in Northwest Arkansas.

The time is now to build the Northwest Arkansas of the future.

Learn more and get involved at groundworknwa.org





# WE TAKE A TEAM APPROACH TO POWERING FRIDAY NIGHT LIGHTS ALL ACROSS OUR STATE.

It takes a diverse and deep bench to field a winning team. And it's central to the playbook we use to deploy an energy portfolio that meets the needs of our 1.2 million members on a daily basis. Holding the line on every down are our **reliable** baseload resources—such as natural gas and coal. With assists by our growing wind, hydro and solar energy sources, we're able to continue to **responsibly** deliver **affordable** power to our members. It's this game-winning strategy, using a **Balance of Power**, that keeps Arkansas right in the game.





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