

arkansas living

APRIL 2018



Old ways, young faces

A new generation embraces the Ozark Folk Center's traditional arts

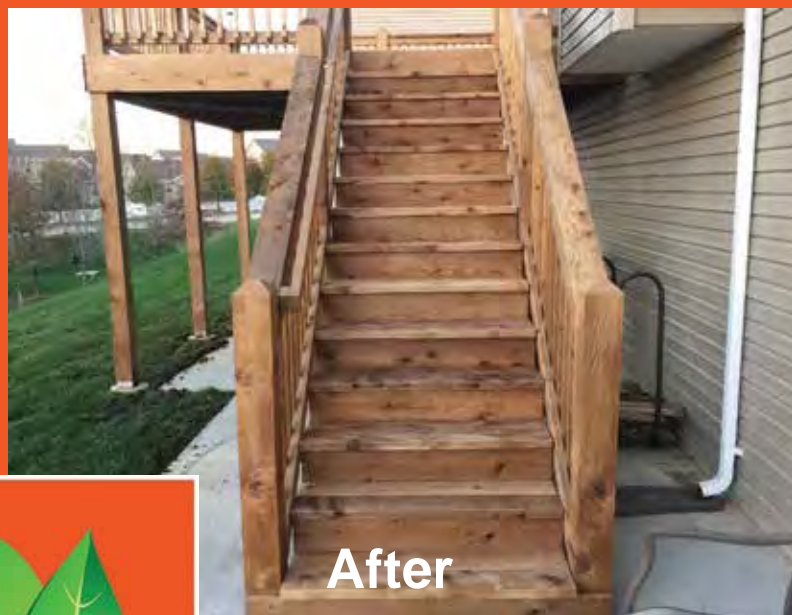
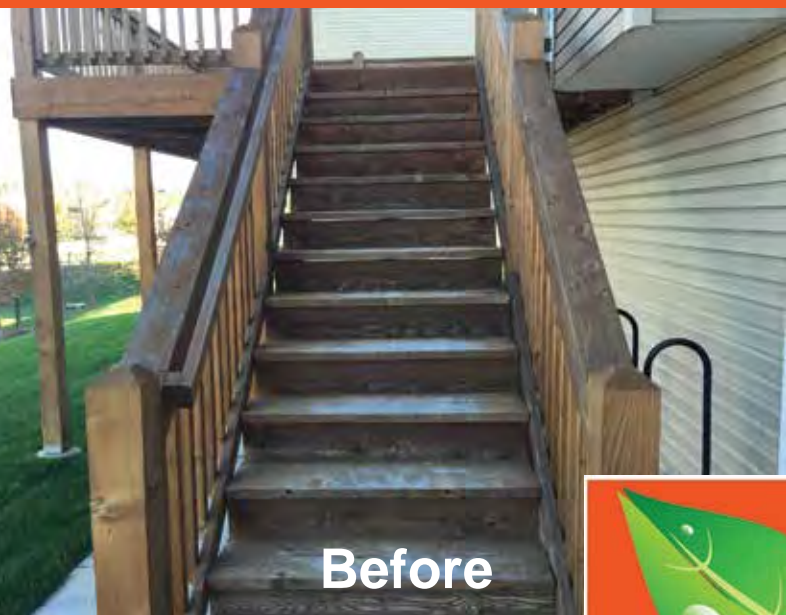
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Fiddle champion Mary Parker, age 12, plays often at the Ozark Folk Center in Mountain View.

Photo by Dean Curtis



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VOLUME LXXI, NUMBER 6

Arkansas Living (ISSN 0048-878X) (USPS 472-960) is published monthly by Arkansas Electric Cooperatives, Inc., 1 Cooperative Way, Little Rock, AR 72209.

Periodicals postage paid at Little Rock, AR, and at additional mailing offices.

POSTMASTER: Send address changes to: Arkansas Living, P.O. Box 510, Little Rock, AR 72203-0510
Members: Please send name of your cooperative with mailing label.

BY SHEILA YOUNT



Spring in the Arkansas Ozarks is truly a special time as the dogwoods bloom across the hillsides and the warmer temperatures lure

folks outside to hike, canoe or kayak, visit craft shows, camp or just take a nice Sunday drive.

It's also time for the Ozark Folk Center State Park to begin a new season of showcasing its Ozarks music, culture and crafts. Starting April 17, the park, located in Mountain View, will be in full swing with crafters making knives, candles and more, and musicians picking

their guitars, banjos, dulcimers and other old-time instruments.

Freelancers Juliana Goodwin and Dean Curtis visited the center in November to produce this month's cover story, which starts on Page 8.

A special offshoot of the center is the *Ozark Highlands Radio* program, which features live music, jam sessions and interviews, as well as recorded music from the Ozark Folk Center's archives. Neal Moore tells the story of Arkansas' version of a *Prairie Home Companion* on Page 16.

We are also pleased to highlight a new venture for the Electric Cooperatives of Arkansas — the sponsorship of the Arkansas FIRST Robotics Competition. Learn more about this new and exciting youth program on Page 18.

The recipes this month are truly vintage as we spotlight the new *Betty Crocker Lost Recipes* cookbook (Page 32) featuring old-time recipes with updates to ingredients and cooking methods. In addition, there are recipes from our readers on Page 34. And for those of you looking for another special Arkansas eatery, check out the Let's Eat feature on Page 40.

We hope this issue will inspire you to enjoy all our state has to offer during this special time of year. Until next month, happy reading!

Sheila Yount
editor@aeci.com



An Official Publication of

Arkansas Electric Cooperatives, Inc.

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501.570.2312 Email: advertising@aeci.com

Subscription Price:
\$7.00 per year for non-members

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All of the above

BY DUANE HIGHLEY

At election time, after listening to endless political attack ads, have you ever wanted to register “none of the above” as your vote?

Sometimes it seems like people feel the same way about their energy supply — one person hates fossil fuels, another hates renewables. You could go 100 percent off-grid and vote “none of the above.” But, for the most reliable, affordable and increasingly clean power, you really want to vote “all of the above.”

There is no one perfect energy resource; all have their limits. Yet, when combined in a balanced portfolio, each can cover the other’s weakness. The blended result provides a lower price and greater reliability than any one resource could provide on its own.

Wind power is one of the lowest-cost resources in your electric cooperative’s portfolio, thanks in part to a generous federal tax credit. Wind blows stronger at night than during the day, so other resources are needed to fill in the gaps, especially during sunny afternoons. But wait — there’s solar for that.

Solar energy is the most rapidly growing source of energy in your power supply system. Prices for solar energy have fallen dramatically, making it competitive with fossil fuels (again, thanks in part to a federal tax credit). Summertime solar energy aligns particularly well with air conditioner usage. Be watching for new solar projects, to be announced soon.

Biomass (landfill gas) also generates electricity. Arkansas’ largest facility is part of your power supply portfolio. The plant generates day and night, providing baseload (power available 24/7) capacity to the grid.

Hydroelectric energy isn’t as cheap as wind and solar, but some of it can be stored and used when it is needed the most, making it more valuable.

The combination of wind, solar, biomass and hydroelectric generation provides nearly one of every five units of power provided to your home. That’s equivalent



to supplying 100 percent of your energy usage for 10 weeks each year. We continually evaluate new wind, solar and biomass proposals, and will add them to our portfolio when they add value and are economic.

Coal has consistently provided a low-cost and stably priced energy supply. And since this fuel can be stored on-site, it also provides a unique measure of reliability, especially on cold winter days when supplies of natural gas can be limited. Natural gas has a variable price that often competes with coal, but the price swings are greater. Natural gas-based plants can start up and shut down energy production quickly, making them an ideal complement to intermittent renewable resources. Oil is a relatively expensive backup fuel, used mainly in the winter when the natural gas supply is tight.

These resources work together to keep costs low and reliability high. Thanks to an “all of the above” approach, the U.S. Energy Information Administration reports that Arkansas’ electric rates are the third-lowest in the nation! “All of the above” is a good energy strategy for your cooperative, and for our nation. ■

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



Arkansas electric co-op CEO wins top award

Mel Coleman, CEO of North Arkansas Electric Cooperative, Inc., in Salem, received the Clyde T. Ellis Award, the highest honor given to an individual by America's electric cooperatives, at the National Rural Electric Cooperative Association (NRECA) Annual Meeting in Nashville on Feb. 28.

The award was presented by Phil Carson, NRECA president.

Coleman has served at North Arkansas Electric Cooperative (NRECA) since 1988. He has been an NRECA director since 2004 and served as president from 2015-2016. His cooperative engages with thousands of co-op members at its annual meeting. During his tenure as NRECA president, the association's CEO suffered a medical emergency. Coleman provided significant leadership during the vacancy by spearheading the replacement search effort and guiding the new CEO's transition.

"I couldn't be more pleased to accept this award from my exceptional colleagues on NRECA's board," Coleman said. "As not-for-profit businesses, electric cooperatives are driven by a desire to exceed their member expectations. I look forward to watching that focus continue to shape the electric cooperative movement in the coming decades."

The Clyde T. Ellis Award memorializes NRECA's first general manager, an Arkansas native and pioneer in the nation's rural electrification movement. NRECA's board of directors confers the award to honor individuals for exemplary contributions that promote the principles, and progress of rural electrification, and the development and use of national resources.



Mel Coleman, CEO of North Arkansas Electric Cooperative, Inc., center, with Jim Matheson, NRECA CEO, left, and Phil Carson, NRECA president.



Amanda Tyler, right, carries the Arkansas flag as part of the Youth Leadership Council's Parade of States.

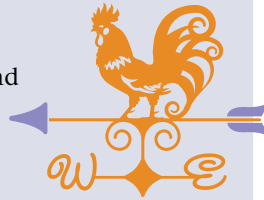
More than 6,000 representatives from electric co-ops across the U.S. attended the meeting on Feb. 25-28. NRECA is the national service organization that represents the nation's more than 900 not-for-profit, consumer-owned electric cooperatives, which provide service to 42 million people in 47 states.

Craighead Electric delegate carries flag

During the opening ceremonies of the meeting on Feb. 26, Amanda Tyler represented Arkansas as part of the Youth Leadership Council's Parade of States by carrying the Arkansas flag. Tyler, who attended the 2017 Electric Cooperative Youth Tour to Washington as a representative of Craighead Electric Cooperative, was selected by chaperones during the tour to serve on the Youth Leadership Council.

April weather almanac

With the arrival of April, spring is in full swing and with that comes more unpredictable and typically severe weather. Here are some examples of historic April weather events from the National Weather Service.



- On Easter, April 1, 1945, heavy rains and river flooding occurred, with the Red River in Fulton County reaching a record crest of 37.4 feet the following day.
- Rain, sleet, snow and hail fell on Little Rock on April 2, 1908.
- Freezing temperatures gripped the state on April 3, 1975, with a low of 19 degrees at Gravette in Benton County.
- On April 14, 1996, a tornado cut a 40-mile swath across Stone and Izard counties, killing seven people and causing about \$7.5 million in damage. Four of the fatalities occurred at a campground southwest of Allison in Stone County.
- On April 5, 1880, temperatures reached 95 at Mount Ida in Montgomery County and 94 at Little Rock.
- Ten people were killed on April 7, 1903, when tornadoes struck Scotland in Van Buren County, and Rose Bud and Pangburn in White County.
- On April 9, 2009, a tornado touched down at Mena in Polk County leaving three people dead. In addition, a rare anti-cyclonic tornado struck Center Point in Howard County.
- Blowing dust from the Great Plains covered much of the state, with visibility as low as 2 miles on April 11, 1934.
- Tornadoes killed 14 people on April 19, 1968, at Greenwood in Sebastian County and Heber Springs in Cleburne County.
- On April 27, 2014, an EF4 tornado tracked 41 miles across Pulaski, Faulkner and White counties, killing 16 people and injuring 193. Known as the Mayflower/Vilonia tornado, it was the deadliest of the year in the nation and the deadliest in Arkansas since the May 15, 1968, Jonesboro tornado, which killed 35 people.

Severe weather tip



If you are outside as a thunderstorm approaches, go inside a sturdy building immediately. Sheds and storage facilities are typically not safe. Do not take shelter under a tree because it may fall on you and you are at greater risk of getting struck by lightning.

trivia

- Since 1900, Easter has fallen on April Fool's Day only four times: 1923, 1934, 1945 and 1956. It happens this year, and again in 2029.
- On April 4, 1841, exactly one month after his inauguration, President William Henry Harrison died of pneumonia. He became the first U.S. president to die in office.
- The first baseball team to adopt uniforms was the New York Knickerbockers in 1849. Their "baseball suits" included flannel shirts, wool pantaloons and straw hats.
- Located in a remote part of Dominica, Boiling Lake lives up to its name. The lake's waters bubble away at 94 degrees. The lake sits in a stratovolcano on Watt Mountain, venting steam and gases into the blue-gray bubbling water from the molten subsurface of Earth.
- Tontitown's Italian founders named the community for the Italian explorer and "father of Arkansas," Henri de Tonti, who explored the territory and established Arkansas' first settlement at Arkansas Post.
- Silbo is a wordless language spoken for centuries by indigenous people of La Gomera in the Canary Islands. The language is entirely tonal, sounding to the non-fluent like a bird song.
- April 30 is the 215th anniversary of the Louisiana Purchase in which the United States acquired the land that would become Arkansas.
- "*Humility is not thinking less of yourself, but thinking of yourself less.*" – C.S. Lewis

Old ways, young faces

A new generation takes up the **Ozark Folk Center's** traditional arts, learning from the masters.

BY JULIANA GOODWIN

PHOTOS BY DEAN CURTIS

"If Mayberry exists, you're standing in it," said Casey Marshall, a Little Rock resident who first visited the Ozark Folk Center (OFC) when he was 5. He was just old enough to remember the vibrant fiddle music played throughout the park. He's been coming back ever since.

At the OFC, artisans demonstrate and teach pioneer skills such as spinning, broom-making, blacksmithing, woodcarving and tating. The mission is to preserve and perpetuate Ozarks heritage, including music, culture and crafts.

"This is living history, keeping these skills alive," Marshall said.

Besides showcasing and selling folk crafts, the center is home to a medley of musicians who play old-time Ozarks music that predates 1941. Only acoustic music is allowed.

During a visit last fall by *Arkansas Living*, Mary Parker and the White River Ramblers were performing in the auditorium.

Parker is somewhat of a fiddle prodigy. The 12-year-old is a seven-time fiddle champion in three states, with most of her titles in Arkansas.

Clad in a long, old-fashioned dress resembling something from *Little House on the Prairie*, legs crossed, Parker rested her chin on her fiddle and used her bow to caress a beautiful old-time ballad out of her instrument.

Watching Parker, fiddle-playing seemed as natural to her as breathing.

One of a kind

This park is the only one like it in the country, said Jeanette Larson, craft director.

"Where else can you find a mule-driven picnic swing, known in the early 1900s as a 'courtin' swing?" asked Ray Stafford, who mans the contraption. Powered by a mule and resembling a merry-go-round for adults, the swing was designed for opposite sexes to socialize at events.

On this day, there was nothing but gleeful giggles as children on a field trip took a ride.

Throughout the park, it's fairly common to find couples, second-generation musicians or entire families entrenched at the OFC.

The Glover family is one example: Mom Traci is the candlemaker; daughter Rori works alongside her mother; son Fox is an apprentice in the gun shop; and husband Jeff is a producer for *Ozark Highlands Radio*. Together they form The Glover Band and regularly perform at the park.

The family moved to Mountain View in 1998, lured by the music and lifestyle.

"It's a dream come true," said Traci Glover. "I was raised in a musical family. For me, it's kind of the von Trapp family ideal."



Fiddle champion Mary Parker, age 12.



Pam Setser plays the dulcimer and her father, Tommy Simmons, plays the guitar.



Ray Stafford and his donkey, Tango, run the "courtin' swing."



Traci and Jeff Glover, and their children, Rori, left, and Fox, have their own band.

I wanted to emulate that for my family.”

Pam Setser first took the stage at the center when she was 13 as part of The Simmons Family band. Her mother played a dulcimer, handcrafted locally, with frets made out of baling wire. Setser, who is 57, still performs regularly at the park, singing, playing the autoharp, guitar, mountain dulcimer and spoons.

“I love what it’s all about,” Setser said. “It’s a very important addition to our community. The Ozark Folk Center will always have a special place in my heart. I grew up there.”

Humble beginnings

What has become a cultural mecca began with a basic need: not necessarily to preserve a heritage, but instead to modernize a small town in Stone County.

The initial idea for the center was hatched in 1963 as a way for Mountain View to gain federal funds to lay a water and sewer system, said Tommy Simmons, OFC’s first general manager and former Mountain View mayor.

In 1963, the first Arkansas Folk Festival — now an annual event held the third weekend in April — was organized. ➤



The Ozark Folk Center’s Crafts Village includes shops featuring pottery, glass, quilts, woodcarving, weaving, knives, candles, jewelry, blacksmithing and more.





Visitors can tour authentic log cabins at the center, outfitted with period home furnishings.

It was a hit. John Opitz, folk music fan and regional director of what is now known as the Economic Development Administration, suggested officials apply for federal funds to construct a music auditorium for future festivals.



Folk singer/songwriter Jimmy Driftwood was a major advocate for the OFC.

The funds would also be used to build a water and sewer system.

Musician and songwriter Jimmy Driftwood quickly became an advocate and lobbied for the funds. Over the years, the vision of the center evolved.

“Jimmy Driftwood said: ‘Let’s keep it real, authentic and worth preserving,’” said Simmons.

In 1967, a group of residents went to Washington, D.C., sat on the steps of the U.S. Capitol and played music. Simmons laughed as he recalled the headline of *The Washington Post*, which stated people from Arkansas were “Fiddling for Funds.”

It worked.

The following year, Arkansas Congressman Wilbur D. Mills introduced legislation to provide more than \$3 million in grants and loans for the folk center, which opened in 1973.

Aside from vendors and classes, the center has cabins available for rent; The Skillet, ►



Quilts on display at the Ozark Folk Center, which hosts a three-day quilter’s retreat in September.

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an award-winning restaurant that showcases Southern fare and uses herbs grown on the property; historical schoolhouse and buildings; a gift shop and general store; a theatre dedicated to showcasing American folk music; and a nationally recognized heritage herb garden.

From the park, you can access Loco Ropes, a high-wire treetop adventure course that allows people to explore, zipline, and climb through a canopy of trees in the lush Ozark Mountains.

Living scrapbook

In many ways, the Ozark Folk Center feels like a living scrapbook; to turn the page, simply enter a different craftsperson's shop.

In the candle shop, hand-dipped beeswax taper candles dangled from nails around the room, which has the faint aroma of toasted honey. On *Arkansas Living's* visit, candlemaker Traci Glover dunked her rack, which holds 66 candles and was crafted by a blacksmith at the park, into melted wax. A single taper is dipped more than 40 times over two and a half hours to create a candle.

When Glover lifted a lid on vats of colorful paraffin wax, there was the nostalgic smell of a freshly opened box of crayons.

People can pay to dip their own candles, which is very popular with children, said Glover.

Last October, an elementary class from Hackler Intermediate School in Mountain Home was on a field trip, and the kids clamored for a chance to dip candles. Lindsay Kincade, fourth-grade teacher, said the class was studying pioneers and reading *Little House in the Big Woods*.

"This allows students to see everything they are learning about, put into action," said Kincade.

Tourists can visit with knife maker Tom Weir, a friendly fellow whose shop looks like a mountain man's den. On display are animal skulls, hides and hand-crafted knives with handles made from Osage orange, walnut or antlers.

Weir was busy pounding the blade of a knife he was making for a benefit for fiddle prodigy Mary Parker's family. Parker's father had died unexpectedly a week before, leaving behind nine children. Artisans quickly organized an auction to benefit the family, and throughout the park crafts people were making items to donate.

The natural beauty of Mountain View, coupled with the spirit of the people is what attracted Weir to the area after he retired. ►



ABOVE Traci Glover explains to students from Hackler Intermediate School in Mountain Home how to dip rainbow candles.



LEFT Artisan goods made on site like these beeswax hive candles are sold in the Crafts Village.



Knife maker Tim Weir works on a knife with exquisite engraving.



Happy Easter

Wishing you all of the wonderful spirit of the Easter season and a quick “hop” into Spring.

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Many of the artisans are not from Mountain View, but gravitated to the town because of the lifestyle it provides, said John Perry, who runs the pottery shop with his wife, Judi Munn.

Munn earned her bachelor's degree in environmental science, joined the Peace Corps in Paraguay and then became a teacher.

"Teaching wasn't nearly as fun as I thought it would be, and I got into pottery," said Munn, as she worked at her treadle-powered wheel. She cupped a piece of clay she was molding. There was a slight sway in her movements as she used her foot to power the machine.

The couple also have a gas, electric and communal wood-fired groundhog-style kiln funded by a Department of Arkansas Heritage grant. They only light the groundhog kiln once or twice a year, and are planning to fire it up April 18-21.

Together, they make fern pottery, first harvesting Christmas ferns off the northern slopes of the Ozarks hillside near their home. Then they use the plants to decorate their pottery.

What sets these vendors apart isn't their unique skill as much as their passion and stories, said Perry.

"Genuine,' 'authentic,' those are things we hear a lot because a lot of what we do is connect with people on some meaningful level," he said.

"The people who work here are so passionate and engaged, and it's something we don't get a lot of in our culture. People who come to the park will say 'Wow, this is so cool. It's not exactly what I expected, but it's better than I imagined.'"

Want to go?

Nestled in the Arkansas Ozarks in Mountain View, the new season of the Ozark Folk Center State Park kicks off April 17. The Craft Village is open Tuesday through Saturday from April into November. Admission to the craft grounds



Tourists come from across the nation to visit the center.

or music auditorium is \$12 for adults; \$7 ages 6-12; 5 and

younger are free. Family passes are \$29.50. Free music is played regularly throughout the property, but there are music shows in the large auditorium from 7-9 p.m., Thursday through Saturday. Combination tickets for music and crafts are \$19.50 for adults; \$10.25 for children.

The center also offers a variety of classes: learn to play the dulcimer or autoharp; make soap; weave; or to grow an organic herb garden. For information, visit: ozarkfolkcenter.com. ■

Juliana Goodwin is a freelance writer and cookbook author in Springfield, Missouri, who often writes about Arkansas. Dean Curtis is a Missouri-based photographer.



ABOVE Potter Judi Munn demonstrates her craft.

BELOW Fern pottery by John Perry and wife, Judi Munn, is displayed for sale in the pottery shop.





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Turn your radio on...

Ozark Highlands Radio shares Arkansas' mountain music

BY NEAL MOORE

Chances are you've never heard the songs "Don't Sing Love Songs, You'll Wake My Mother," "Life's Railway to Heaven," or "The Boy That Burned in the Berryville Jail" unless you listen to *Ozark Highlands Radio*.

Forty weeks a year for the past three years, music from the Ozarks has filled the soundwaves, broadcasting to 16 radio stations as close as Arkansas and as far away as Alaska.

More specifically, live music, jam session and interviews are broadcast as the *Ozark Highlands Radio* show. The hour-long, weekly radio program, which takes place at the Ozark Folk Center State Park's beautiful 1,000-seat auditorium, also features recorded music from more than 40 years of performances at the park, including that of folk music legend Jimmy Driftwood.

Each show has a "feature host" segment, taking listeners on a musical journey with historians, authors and personalities who explore the people, stories and history of the Ozark region.

The mission statement of Ozark Highlands Radio: "To promote and preserve the music and traditions of the Ozarks, through radio and emerging media, inviting a dynamic audience to explore."

One of the brains behind the broadcast is Darin Dortin, the center's music director and executive producer of the radio program. He began his career as a sound engineer for the center's live shows.

"I quickly saw the potential of creating a program using the nightly performances the park was already producing," Dortin said. "Coupled with the vast catalog of archive material the park had, recordings dating back to the early '70s, the idea of the radio program was born."



Recordings of *Hee Haw's* Grandpa Jones are featured on the radio show.

One of the show's most popular segments features Mark Jones, son of the late Louis "Grandpa" Jones and his wife, Ramona. Grandpa Jones, a banjo player, gospel singer and comedian, was a regular cast member on the popular *Hee Haw* television series for many years. In his later years, Jones settled with his family in Mountain View and operated a dinner theater.

The segment, "From the Vault," is introduced by the show's host, Dave Smith; followed by sound effects of a creaky door opening and footsteps going downstairs. "I always like stepping down in the vault to visit with my buddy Mark Jones," Smith said.

"Mark has a great sense of humor and has great stories about so many of the musicians who played here and are no longer with us," Dortin said.

Producer Jeff Glover engineers the radio program and handles the sound chores at the live performances. He is a trained recording engineer. Like most everyone else in Mountain View, he's a musician. His instrument, the trumpet, is not in heavy demand for most of the local folk and bluegrass music.

Fulfilling the mission

John Morrow, park superintendent at the Ozark Folk Center has been on board since the idea for the program was conceived.

"I have always viewed this to be a natural extension of what we do here," Morrow said. "Our mission is to perpetuate, present and promote the Ozark way of life. Ozark Highlands Radio is a fantastic way to meet that mission."

Morrow said most parks feature a resource such as a lake or mountain or a historic site of some type. "In this park, that resource is the people of the Ozarks," he said. "A large part of our culture is the music that has permeated this region for centuries. What makes my job different is the challenges we face and the equipment we require to bring our resources to the visitor."

With 40 years of archives and the ongoing concert series, there seems to be an endless supply of program material, Morrow said.

"We have been committed to the music for 45 years now,"





The Ozark Folk Center's 1,000-seat auditorium often fills to capacity for concerts.

he said, "and while there are constant adjustments and interpretations, the traditional music of the Ozarks remains at the core of what we do. *Ozark Highlands Radio* is a natural extension of the program, and is only increasing in popularity. State parks are often said to be in the forever business, and this is no exception."

The show's popularity is increasing, and expanding to more radio stations. Nearly all of the funding for the program comes from the Arkansas Department of Parks and Tourism, and from an underwriting grant from the Committee of 100, a volunteer support group for the center, and Stone Bank.

The Arkansas radio stations carrying the show are KUAR (FM-89.1) in Little Rock, Friday, 8 p.m.; KASU (FM-91.9) in Jonesboro, Saturday, 2 p.m.; KUAF (FM-88.9) in Fayetteville, Saturday, 2 p.m.; and KFFB (FM-106.1) in Fairfield Bay, Sunday, 6 a.m. The show is distributed free to any station requesting it.

For a complete list of stations carrying the broadcast and archives of over 80 programs, including full, unedited live concerts and interviews with the artists, visit www.ozarkhighlandradio.com. ▀

Neal Moore is a freelance writer and public relations and advertising consultant.

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Electric Cooperatives of Arkansas partner with Arkansas FIRST

Innovative robotics program stresses science, technology and math skills

The Electric Cooperatives of Arkansas recently entered a partnership with Arkansas FIRST, a volunteer-based, non-profit organization founded to ensure every Arkansas student has access to competitive robotics education programs. The program partnership replaces a successful electric vehicle program that the cooperatives had sponsored for 14 years.

“The Arkansas FIRST Robotics Competition provides great learning opportunities for students,” said Rob Roedel, corporate communications manager for the cooperatives. “We will work with Arkansas FIRST volunteers to promote and support the program. Our goal is to get teams in all 75 Arkansas counties and eventually hold four competitions within Arkansas to provide students with maximum exposure to science, math and technology. The additional events will increase the students’ knowledge and understanding of the robotics tools that they build and enhance.”

FIRST (For Inspiration and Recognition of Science and Technology) was launched in 1989 to support educational interest in robotics and emerging technologies. Globally, the FIRST organization involves more than 515,000 students, 59,000 team and more than 150,000 mentors and volunteers.

In addition to partnering with local teams, the Electric Cooperatives of Arkansas partnership includes sponsoring the Arkansas Rock City Regional competition, a multi-state three-day competition that was held March 8-10 in Little Rock. The 2018 event included approximately 3,500 contestants from eight states and Mexico. Arkansas’ teams included students from Arkadelphia, Batesville, Bentonville, Booneville, Conway, DeWitt, Farmington, Fayetteville, Hope, Kirby, Mayflower, Mount Vernon, Mountain Home, Mulberry, Newark, North Little Rock, Pangburn, Pine Bluff, Pleasant Plains, Rogers, Searcy, Springdale and Texarkana. ►



CHANCE ALLMON



CHANCE ALLMON

ABOVE An Arkansas Rock City Regional robotics competition competitor fine tunes his team’s FIRST Robotics kit during the recent event at Barton Coliseum in Little Rock.

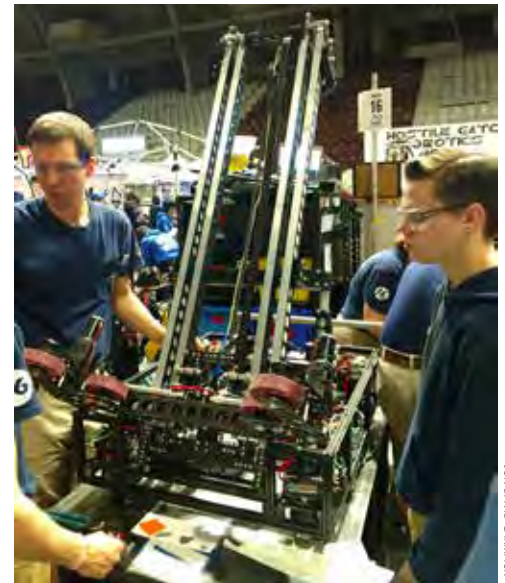
LEFT Student-built and student-controlled robots compete in a series of challenges during the three-day Arkansas Rock City Regional competition.

In addition to Arkansas, teams from Alabama, California, Louisiana, Missouri, Mississippi, Oklahoma, Tennessee and Texas competed in the event.

According to Meredith Novak, president of Arkansas FIRST, the robotics program combines the excitement of sport with the rigors of science and technology.

“We are thrilled to partner with the Electric Cooperatives of Arkansas to expand the Arkansas FIRST program throughout the state,” she said. “The program features strict rules, limited resources and time limits, with teams of 25 students or more being challenged to raise funds, design a team brand, hone teamwork skills, and build and program robots to perform prescribed tasks against a field of competitors. Volunteer professional mentors lend their time and talents to guide each team. We look forward to a great partnership with the cooperatives.”

Several Arkansas teams received awards and will proceed to the next level of competition. For a list of winning teams please visit: frc-events.firstinspires.org/2018/ARLI/awards. ■



JON DAVID CAMPBELL

Teams work to achieve maximum performance from their creations.



CHANGE ALLMON

Teamwork and cooperation are key aspects of the Arkansas FIRST robotics program.



CHANGE ALLMON

More than 3,500 contestants participated in the 2018 Rock City Regional competition.

2018 Robotics Arkansas Teams	
TEAM NICKNAME	CITY
Bomb Squad	Mountain Home
Lights Out	Mountain Home
Breakaway	Searcy
Apophis	Fayetteville
The Nerdy Birds	Farmington
Rocky Balboabots	Booneville
Wild Fire	Rogers
Solid Rock	Bentonville
Lennox Monsanto MAD Dragons	DeWitt
BOSS	Batesville
NLR Robotics	North Little Rock
Hope BotCats	Hope
S.W.A.T.	Pangburn
Tuskin' Raiders	Texarkana
Metal Eagles	Mayflower
Trojan Robotics	Kirby
Badger Robotics	Arkadelphia
Faulkner County Library Gadget Droids	Conway
Gearbrakers	Pleasant Plains
MPV StingerBots	Mulberry
MVE Tin Men	Mount Vernon
Diamondback Turtles	Rogers (Heritage High School)
TOPPS TECH	Pine Bluff

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Aim for quality when managing a renovation contractor

BY PAT KEEGAN AND BRAD THIESSEN

Last month, we offered tips on how to hire a good contractor, but it's smart to realize that *after* the hiring is complete, contractors still need to be managed.

First, you should decide who will be the main contact with your contractor. Clear communication is critical because a renovation that includes energy efficiency improvements comes with extra challenges. A single point of contact will help avoid confusion, conflicts and cost overruns.

Before the work starts, have a discussion with your contractor about quality. You want the contractor to know you'll be carefully overseeing the work and that there may be others involved in this oversight, such as building inspectors, your electric cooperative representative or an independent energy auditor. You can discuss the standards of a professional, high-quality job. And you can agree on the points at which the contractor will pause so you or someone you designate can review the work. At a minimum, an inspection should take place before you make an interim payment.

Here are a few examples of interim review points:

- The building envelope should be properly sealed before insulation is installed because air leaks increase energy use and reduce comfort.
- Replacement windows should be properly flashed and sealed before siding and trim are installed, which prevents moisture problems and air leaks.
- Some insulation measures can be inspected before they are sealed up behind walls or ceilings.

Almost all efficiency measures require some kind of final inspection. For example, infrared thermometers can show voids in blown insulation, and fiberglass batts can be visually inspected to ensure there are no air gaps and the batts are not compressed.

HVAC measures require special attention. Nearly half of all HVAC systems are not installed correctly, which often causes uneven temperature distribution throughout the home, along with higher energy bills. ENERGY STAR has a special program to ensure quality HVAC installation. Forced-air systems typically have poorly balanced supply and return air delivery that can often be improved. Air flow can be measured at each register, and a duct-blast test can identify and quantify duct leakage.

When you review the work, it may be helpful to take photos or to bring in an energy auditor. Be sure to have these

inspections outlined in the contract and discussed beforehand so the contractor is comfortable.

It will be tempting to add "just one more thing" along the way, and the contractor may agree a change is simple and possible within the time frames. Contractors and customers often miscommunicate about change orders

and end up disagreeing about additional costs when the project is completed. Before you make any changes, be sure to get a written cost quote. If it's significant, you can then weigh the cost against the benefit of the change.

It's a good idea to maintain good records as the project progresses. These records could be helpful for building inspectors or to qualify for rebates or tax credits.

When the renovation is complete, it may be tempting to sign the check, shake hands and breathe a sigh of relief that it's all over. Depending on the size and complexity of the project, it may be worth the extra step of having a final audit by a licensed energy auditor.

My neighbors were saved from a home renovation disaster when an energy audit discovered the energy efficiency contractor had failed to produce the promised efficiencies. The contractor had to perform thousands of dollars' worth of improvements to fulfill the contract before my neighbors made the final payment.

Once you confirm that the work is 100 percent complete, you can write a check for the final payment, then sit back and enjoy your revitalized, more energy-efficient home! ■

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. For more information on managing a home renovation contractor, please visit:

www.collaborativeefficiency.com/energytips.



HVAC technicians or energy auditors can use diagnostic equipment to measure air leakage and air flow.

NR/CA



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Once you enroll in Paperless Billing, you'll receive an email each month alerting that your bill is available for viewing. It allows access to your account and

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For more information, go to our website at www.firstelectric.coop or call 800-489-7405, and a member service specialist can help you with Paperless Billing.

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Sign up for Paperless Billing by Earth Day, April 22 to be entered in a drawing to WIN AN AMAZON ECHO PLUS! & Philips LED Bulb that works with Alexa



Annual Meeting to be held June 28

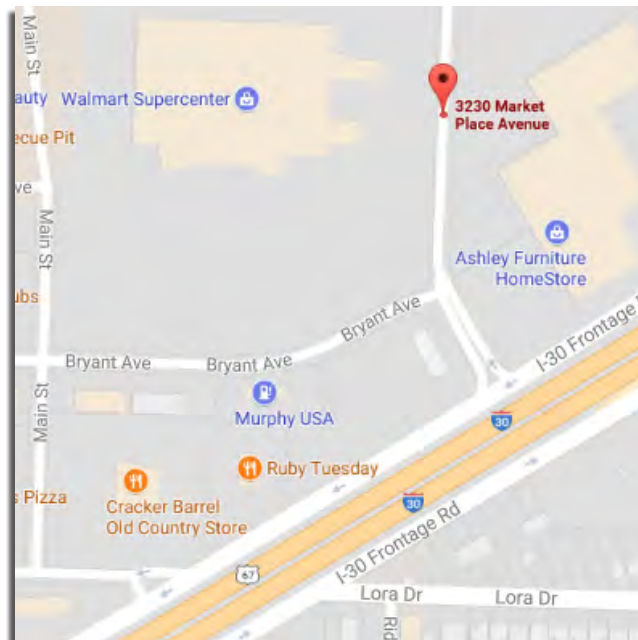
Notice is hereby given that the Annual Meeting of the members of First Electric Cooperative will be held on Thursday, June 28, 2018, in the Office of the Cooperative at 1000 South J.P. Wright Loop Road, Jacksonville, Pulaski County, Arkansas, beginning at 10 a.m. for the following purposes:

- To pass on reports for the previous fiscal year;
- To elect one (1) director for the cooperative to serve a term of six (6) years; and,
- To transact such other business as properly may come before the meeting.

Any member planning to attend the annual meeting, who has special needs, is asked to contact the cooperative at 800-489-7405 prior to the annual meeting for assistance.

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Underground facility clearances important to reliability

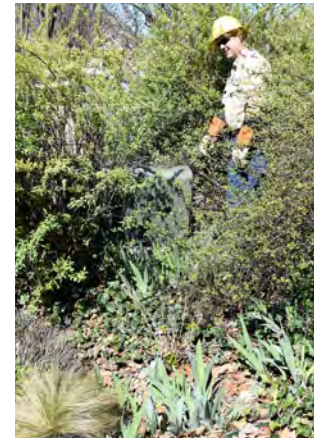
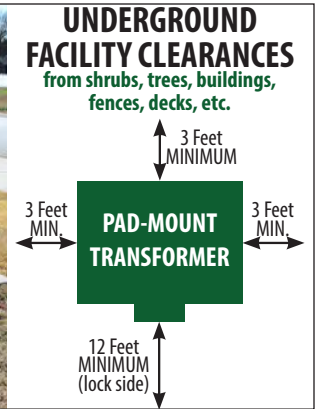
To improve aesthetics of new neighborhoods, developers often put in underground power lines. While this eliminates utility poles and overhead wires, it requires installing pad-mounted transformers in yards. Some homeowners, concerned about curb appeal, attempt to screen pad-mount transformers from view — creating an unsafe situation for all concerned, including First Electric servicemen.

“We realize landscaping represents an investment of time and money,” Tim Felty, right-of-way maintenance supervisor said. “We respect the effort and care our members invest in making their properties attractive. However, landscaping around electrical equipment interferes with our ability to deliver reliable power.”

First Electric recommends leaving at least 12 feet of clear space on the access panel and three feet on all other sides of pad-mount transformers.

Servicemen repair units while energized so homeowners don't experience a service interruption. To ensure safety, they use an 8-foot fiberglass hot stick that requires about 12 feet of room on the lock side that requires about 12 feet of room on the lock side of the access panel.

Maintenance on pad-mount transformers is performed as needed by First Electric. Crews are currently working in the Hot Springs Village area.



Landscaping with bushes, fences or flower beds around pad-mounted transformers can create hazards. When surrounded by vegetation or structures, transformers may overheat and cause service interruptions when the air circulation around it is compromised. First Electric recommends a 12-foot minimum clearance on the lock side and a 3-foot minimum clearance on all other sides.

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“Notifying Arkansas One-Call keeps our members safe and minimizes the risk of someone digging into our facilities and causing an outage,” said Jerry Driskill, vice president of operations. “Most of our power lines should be buried at least 24 inches underground, but that can vary. Regardless, calling Arkansas One-Call is the best prevention for damage and accidents.”

Arkansas One-Call is a FREE service. Call 811 to schedule an appointment. Unless it's an emergency, call at least two business days before excavation and mark the area with white paint.

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

Snapshots from our readers

Reflections



Skylar, stopping to smell the flowers.
Suzanne White, Cabot.



Porky and Kailyn. Sonya Gray, Havana.



You can't see me. I'm hiding. Shirley Matthews, Greens Ferry.



Ashton and Haley, playing house with the calves. Michelle Fletcher, Strawberry



Rose, in a pretty red wagon. Mary Attwood, Hot Springs.



Twin calves find a cozy resting spot. Eddy Webb, Roosevelt.



When your princess wants a unicorn with butterflies ... Kim Glass, Hackett.



Serenity and Rainan, splashing in the creek. Wanda Fowler, Benton.



Katie, loving her new "kid" friend.
Wacey Williams, Rogers.



Scarlett and her cows. Lauren Chambless, Lonoke.



Shorthorn heifer calf, from Harvill Show Cattle. Madison Kidd, Beech Grove.



Our new baby backyard buddies!
Kim Carter, Crossett.



Nick, with son, Jack. Bonding in the woods. Mel Coleman, Salem.

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



2018 Arkansas Diamonds are ready for planting

BY JANET B. CARSON

Savvy gardeners know to look for the blue diamond logo when picking out annual flowers for their summer garden. This logo stands for Arkansas Diamond plants — good annual plants for your garden that have been grown by Arkansas growers.

The Arkansas Diamond program is a partnership between the Arkansas Green Industry Association, the University of Arkansas Division of Agriculture Cooperative Extension Service, local growers and independent garden centers. The goal of the program is to educate Arkansas gardeners about annual ornamental plants that consistently perform well in our state while promoting local growers.

This will be the fourth year for the program, and four more plants have been added to the list. The 2018 annual choices are cuphea vermillionaire, wasabi coleus, bouquet deep blue torenia and dragon's breath celosia.

• **Cuphea vermillionaire** is taking the place of the old cigarette flower that folks grew years ago. This firecracker plant will produce hundreds of small tubular-shaped blooms in red and orange. The more sunlight it gets and the hotter it gets, the better it blooms. Give it ample moisture to get



Cuphea vermillionaire.

established, but once established, it is quite drought-tolerant. The plant will grow to 18-30 inches tall or higher in one season. It will continue to bloom until frost. In southern Arkansas it should be a perennial, but from central Arkansas north we consider it an annual. The hummingbirds and butterflies love this plant.

• **Wasabi coleus** is one of the strongest coleus plants on the market.



Wasabi coleus.

Its bright chartreuse foliage will take full sun to partial shade. It will grow in the shade but the foliage is more a normal green the more shade it gets. The plant will grow 24-36 inches tall and will pretty much take care of itself. It has large, serrated leaves with very few, if any, blooms late in the season. It will make a dramatic statement in the garden. It likes warm soil and even moisture.

• **Bouquet deep blue torenia** is an outstanding performing wishbone flower in the shade garden. The plant will be covered in small deep blue flowers with a pale throat all summer into fall. To keep it blooming, fertilize every few weeks and water regularly. It performs best in morning sun and afternoon shade or filtered sun. It will

bloom in heavy shade, just not as freely. The plant does well as a border or edging plant growing 6-8



Bouquet deep blue torenia.

inches tall with a 20-inch spread. It will do well in the ground or in hanging baskets.

• **Dragon's breath celosia** is not the cockscomb your grandmother grew. This reddish green foliated plant is topped with show-stopping bright red plumes all summer long. It is great in containers or planted in the ground in full sun. The hotter and more humid it gets, the better it blooms. Water the plant to get it established, but once its roots are established it is fairly drought-tolerant. However if it gets bone dry, consistent watering will help it grow and bloom better. The plant grows 24-36 inches tall.

With these four new additions there are now 16 great plants in the Arkansas Diamond program, all worth planting in your garden. As a refresher on past choices, they are:

• 2017 — Big or whopper begonia, White



Dragon's breath celosia.

Christmas caladium and vista bubblegum petunia.

- 2016 — “Graffiti Red” pentas and “Sriracha Pink” cuphea and the shade-loving “Velvet Elvis” plecranthus.

- 2015 — Red dragonwing begonia, purple angelonia, cora cascade polka dot vinca, redhead coleus, blue scaevola and gold/yellow lantana.

When choosing your summer annuals, check out the Arkansas Diamonds at your local independent garden centers. To find a list of retailers who are participating in the program visit the website at www.arga.org.



www.arga.org/?page=ARDiamondsPartners.

Look for the Arkansas Diamonds logo when shopping, and feel confident that you are supporting local businesses and purchasing plants that will be successful in your garden. The program not only promotes good plants, but also helps to promote local growers and local independent garden centers. Arkansas Diamond plants are locally grown and Arkansas tough! To find out more about the program visit: <https://arga.site-ym.com/?ARDiamonds>. ■



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



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Vintage Favorites

We are pleased to share these recipes from the new Betty Crocker Lost Recipes cookbook released last fall. It will surely become a treasure, just like your vintage Betty Crocker cookbooks, as it features 120 recipes accompanied by stories, anecdotes and artwork from Betty Crocker's history. www.hmhco.com

Cheese Sandwich Loaf

Red Filling

- 1/4 cup finely chopped cooked ham
- 3 slices cooked bacon, crumbled
- 1/4 cup sliced pimientos, drained, chopped
- 2 tablespoons mayonnaise

Yellow Filling

- 4 hard-cooked egg yolks, mashed
- 2 tablespoons mayonnaise

White Filling

- 2 oz. cream cheese, softened
- 1/2 cup finely chopped peeled cucumber, well drained
- 1 tablespoon mayonnaise

Green Filling

- 1/3 cup finely chopped sweet pickles, well drained (about 4 small)

1/4 cup finely chopped fresh watercress or parsley

3 tablespoons mayonnaise

Loaf

- 1 loaf (16 oz.) unsliced sandwich bread
- 2 tablespoons butter, softened
- 2 packages (8 oz. each) cream cheese, softened
- 1/4 cup milk

1. Mix each filling separately in small bowls. Using serrated knife, slice crusts from bread loaf. Cut loaf lengthwise to make 5 long slices.

2. Spread top of each slice with butter. Spread one filling on the bottom layer of bread. Top with one bread slice and spread one filling on top of bread.

Repeat layers until all filling and bread are used. In medium bowl, mix cream cheese and milk until well blended. Spread cream cheese on outside of loaf, smoothing it as you spread.

3. Cover and refrigerate 3 hours or until firm. To serve, cut into 3/4-inch slices.

Serves 12.

Tip: Use any of the ingredients in the pretty loaf to garnish the top of the loaf. Sweet pickles, pimiento, cucumber or watercress are a few suggestions.

Chicken Pot Pie

1 box refrigerated pie crusts, softened as directed on box

1/3 cup butter

1/3 cup all-purpose flour

1/3 cup chopped onion

1/2 teaspoon salt

1/4 teaspoon pepper

1 3/4 cups chicken broth

2/3 cup milk

2 1/2 to 3 cups cut-up cooked chicken

1 package (10 oz.) frozen peas and carrots, thawed, drained

Heat oven to 425. Remove 1 pie crust from pouch; roll into 13-inch square. Ease into ungreased 8-inch square (2-quart) glass baking dish.

In 2-quart saucepan, melt butter over medium heat. Stir in flour, onion, salt, and pepper. Cook and stir until mixture is bubbly; remove from heat. Stir in broth and milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in chicken and frozen vegetables. Pour mixture into crust-lined dish.

Roll remaining pie crust into 11-inch



Cheese Sandwich Loaf



Chicken Pot Pie

square. With a 1-inch cookie cutter, cut shapes in crust. Place crust over chicken mixture; seal and flute edges. Arrange cutouts on crust.

Bake 35 to 40 minutes or until filling is bubbly and crust is golden brown.

Serves 6.

Stuffed Peppers

- 4 large bell peppers (any color)
- 1 pound lean ground beef
- 2 tablespoons chopped onion
- 1 cup cooked rice
- 1 teaspoon salt
- 1 clove garlic, finely chopped
- 1 can (15 oz.) tomato sauce
- 3/4 cup shredded mozzarella cheese

Heat oven to 350. Cut a thin slice from stem end of each bell pepper to remove top of pepper. Remove seeds and membranes; rinse peppers. If necessary, cut thin slice from bottom of each pepper so they stand up straight. In 4-quart Dutch oven or large saucepan, add enough water to cover peppers. Heat to boiling; add peppers. Cook about 2 minutes; drain.

In 10-inch skillet, cook ground beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in rice, salt, garlic, and 1 cup of the tomato sauce; cook and stir over medium heat until mixture begins to boil. Remove from heat.

Stuff peppers with beef mixture. Stand peppers upright in an ungreased 8-inch square (2-quart) glass baking dish. Pour remaining tomato sauce over peppers.



Stuffed Peppers



Hummingbird Upside-Down Bundt Cake

Cover tightly with foil. Bake 10 minutes. Uncover and bake about 15 minutes longer or until peppers are tender. Sprinkle with cheese.

Serves 4.

Hummingbird Upside-Down Bundt Cake

Cake

- 1/2 cup plus 2 tablespoons butter, melted
- 1/3 cup packed brown sugar
- 6 pineapple slices (from 20-oz can), drained, juice reserved
- 1 box Betty Crocker SuperMoist yellow cake mix
- 1/2 cup reserved pineapple juice
- 3 eggs
- 1 cup mashed very ripe bananas (2 medium)
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg

Filling

- 1 cup (from 14 oz. can) canned sweetened condensed milk (not evaporated)
- 1/4 cup reserved pineapple juice

Topping

- 1/2 cup powdered sugar
- 2 teaspoons reserved pineapple juice
- 2 tablespoons chopped pecans, toasted*

Heat oven to 350. Generously spray 12-cup Bundt cake pan with baking

spray with flour. Pour 2 tablespoons of the melted butter evenly in bottom of pan. Sprinkle brown sugar over butter. Cut pineapple slices in half. Line bottom of pan with pineapple halves, fitting slices close together. Set aside.

In large bowl, beat cake mix, remaining 1/4 cup melted butter, 1/2 cup reserved pineapple juice, eggs, bananas, cinnamon and nutmeg with electric mixer on medium speed 2 minutes. Pour into pan over pineapple. Bake 40 to 45 minutes or until toothpick inserted in center comes out clean. Remove from oven; cool 15 minutes.

In small bowl, mix filling ingredients. With handle of wooden spoon (1/4 to 1/2 inch in diameter), poke holes halfway down in cake every inch, wiping spoon handle occasionally to prevent sticking. Carefully pour filling mixture over holes in cake, using spoon to direct mixture into holes. Refrigerate in pan uncovered 2 hours.

Remove from refrigerator and run metal spatula around outer and inside edges of pan to loosen cake; turn upside down onto serving platter. In small bowl, mix powdered sugar and 2 teaspoons reserved pineapple juice. Drizzle on top of cake; sprinkle with pecans.

* To toast pecans, sprinkle in ungreased heavy skillet. Cook over medium-low heat 5 to 7 minutes, stirring frequently until golden brown.



From our readers

Mushroom Chicken Alfredo

- 1 teaspoon olive oil
- 1 large boneless skinless chicken breast
- salt and pepper, to taste
- Cavender's Greek Seasoning, to taste
- 16 oz. jar Alfredo sauce
- 4 oz. can sliced mushrooms, drained
- 1/2 teaspoon parsley
- 1/8 teaspoon pepper
- 8 oz. spaghetti, cooked and drained

Heat oil over medium-high heat. Season chicken on both sides. Brown 4 minutes on first side. Reduce heat to medium. Turn and cook 4 minutes longer. Turn off heat and cover. Let sit for 30 minutes. Remove chicken from pan and slice into bite-size pieces. Put chicken back into skillet, add the remaining ingredients.

Makes 3 to 4 servings.
Kay Christensen, Mabelvale

Sarah's Zesty Zuppa

- 4 cups water
- 4 cups chicken broth
- 3 large potatoes, sliced thick
- 2 cloves garlic, peeled and minced
- 1 medium onion, finely chopped
- 1 pound spicy sausage (Italian), browned and crumbled
- 1 pound bacon, browned and crumbled
- 2 cups kale, finely chopped
- 1 cup heavy cream

In a sauce pan combine the water, chicken broth, potatoes, garlic and onion. Cook 20 minutes or until potatoes are fork-tender. Add sausage and bacon; let simmer 10 minutes. Stir in kale and cream. Add salt and pepper to taste. Let simmer 4 minutes.

Bette A. Geer, Lincoln

Butternut Squash Soup

- 1 butternut squash, peeled, deseeded and diced
- 1 medium onion, diced
- 1 envelope Knorr Vegetable Soup mix
- 1 can diced tomatoes
- 1 teaspoon curry powder
- salt to taste
- 2 cups half-and-half

In a large soup pan, stir 4 cups of water with the vegetable soup mix. Bring to a low boil, add the onions and squash. Cover and boil until the squash is soft, then add the tomatoes, curry powder and salt. Boil gently for about 2 minutes. Take pan off heat and slowly add the half-and-half, stirring constantly. Cool and put in blender or use a stick immersion blender in the soup pan.

Delicious with toasted bread or crusty rolls.

Pat Pullum, Rogers

Banana Split Pie

- 1 ready-made graham cracker crust (large)
- 2 8 oz. packages cream cheese, softened
- 1 1/2 cups powdered sugar
- 1 egg
- 1 teaspoon vanilla
- 1 can crushed pineapple, drained
- 1 pound bananas, sliced

- 1 container Cool Whip, thawed
- 1 small jar maraschino cherries
- 1 tablespoon walnuts, shelled and crushed

Combine cream cheese, powdered sugar, egg and vanilla; beat until smooth. Spoon into pie crust.

Next, layer each remaining ingredient in order: pineapple, sliced bananas, Cool Whip, cherries. Top with nuts.

Let set for a few hours in refrigerator. Slice and enjoy.

Cathy Miles, Clinton

Peach Cheesecake

- 1 yellow cake mix
- 1 stick butter
- 1 can peaches, undrained

Mix cake mix and butter until crumbly. Put in a 9 x 13-inch greased pan.

Layer canned peaches (undrained) over mixture in pan.

- Mix together:
- 16 oz. sour cream
 - 3 tablespoons sugar
 - 3 eggs

Pour mixture over peaches, bake at 350 until edges are brown.

Cathleen Kuhlmann, Longmont

Submit your favorite recipes!

If your recipe is selected for printing, we will send you a set of measuring cups!

Mail: Arkansas Living, Recipes
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Entries must include your name, phone, address and origin of recipe.



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Dr. Brett Mills

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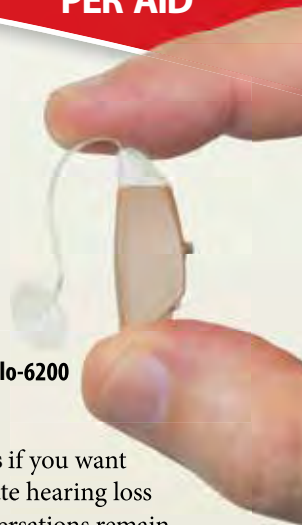


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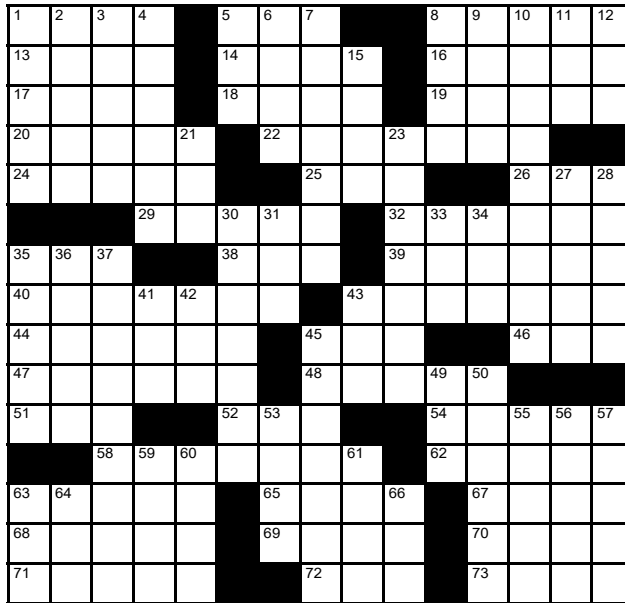


crosswordpuzzle

BY JULIE K. COHEN

ACROSS

1. ___ Women Wednesday (Pinnacle Mountain State Park)
5. Grief
8. Stockpile
13. Assert
14. Defensive and Tight
16. Spacious
17. "___ Like It Hot"
18. Furniture wood
19. Japanese cartoon art
20. Antler point
22. A wee bit
24. Matches up
25. 30-day month
26. Jazz man
29. Animal group of many females
32. Look up to
35. It was dropped in the '60s
38. Chemical ending
39. Encircled with a band
40. Drugs at the center of recent crisis
43. Blessing
44. ___ Woodland Gardens
45. Also
46. Declare
47. Daniel of Nicaragua
48. Late Helena radio host "Sunshine" ___ Payne
51. Blue shade
52. PC "brain"
54. Chance
58. Coating (e.g. in silver or gold)
62. Effect's partner
63. WWII menace
65. Curly cabbage
67. BBQ side dish
68. Trailer
69. Flightless birds
70. Small child



71. Location of "55 Down Festival"
 72. Little devil
 73. Box
- Down
1. Bee's cousins
 2. Procter & Gamble brand
 3. Law covering "troubled" cars
 4. Soak
 5. Get one's feet ___
 6. Small bills
 7. Festival in Mulberry this month
 8. Hawksbill ___ (Whitaker Point)
 9. Blue-ribbon
 10. Passover ___ with Good Friday this year
 11. I see...
 12. Storm's center
 15. Pass over
 21. Govt. property org.
 23. Cavalryman
 27. Verizon or Four States
 28. Harmless bear?
 30. Show, as a historic battle
 31. *Star Trek* rank: Abbr.
 33. "___ not!"
 34. Miss after marriage
 35. Peacock for 49 Down and 12 Down for CBS
 36. Kindle
 37. Foul play?
 41. "___ Maria"
 42. Children's game
 43. Bit of baby talk
 45. May follow an earthquake
 49. *Law & Order* network
 50. Bread risers
 53. Murfreesboro's county
 55. Popular flower in 25 Across
 56. Japanese port
 57. More modern
 59. Like some excuses
 60. Bit of physics
 61. Dour
 63. Downs' opposite
 64. Hidden means of support?
 66. Sixth sense, for short

Crossword answers on Page 39

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870-917-2070

crossword answers

for puzzle on Page 38

R	A	P	S		M	I		M	E	L	A	S
E	I	K	L		U	S		O	M	O	R	D
W	L	V	L		E	L		T	A	V	O	B
E	S	U	S		C	N		I	A	V	L	G
N	O	T	E		O	P		O	K	L	S	
					N	S		A	G	E	R	T
Y	A				O	T		N	A	R	A	R
D	N	S	D		O	S		E	V	A	R	P
D	R	D	G		E	N		S	D	L	O	
E	R	I	M		A	R		E	M	H	A	
L	V	C	R		P	A		S	N	Y	S	
					N	E		G	D	I	M	S
E	M	I	N		K	A		T	E	M	E	S
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E	H	C	A		C	O		W	L	D	L	W

Golden Lady Restaurant is a Texarkana treasure

BY ROB ROEDEL

The Golden Lady Restaurant is a Texarkana treasure known for made-from-scratch soul food that warms your spirit and fills your tummy.

The establishment was founded by Thomas and Jerlene Bradley about 30 years ago and has grown in popularity ever since. The family patriarch and matriarch have passed, but their children, grandchildren and great-grandchildren have kept the tradition of providing “food that will make your heart smile, your soul sing and your body dance” at the Golden Lady Restaurant. Shirley Bradley, Monica B. Alexander and Billy Bradley are co-owners of the family business.

Monica began working at the Golden Lady when she was 14. She said other family members followed similar paths.

When I asked Monica about the family recipes, she flashed a big, warm smile and said, “We don’t follow any recipes. Everything is cooked from the heart.”

The meat offerings at the Golden Lady vary and range from ox tails to pig’s feet to chicken and dumplings to fried chicken to Cornish hen to T-bone steaks.

the eating essentials

GOLDEN LADY RESTAURANT

1721 E. Ninth St.
Texarkana

Hours of Operation

Monday - Saturday: 11 a.m. - 7:30 p.m.



The vegetable choices also differ from day-to-day. The restaurant is a cafeteria-style arrangement. You get a meat and two home-cooked vegetables per serving, but you can always add more.

During my visit, a couple of employees from nearby Southwest Arkansas Electric Cooperative accompanied me so we could sample as many combinations as possible.

One person had the enchiladas. They were hand-rolled in soft, flour tortillas loaded with ground beef, cheese and just enough spice. These were homemade good! This plate also included made-from-scratch macaroni and cheese that was creamy, cheesy and delicious. A nice portion of well-seasoned pinto beans rounded out the plate, along with a warm corn muffin.

Another plate held two pieces of “10-finger-licking-good” fried chicken that was crispy on the outside and juicy on the inside. It was a 10 out of 10! Of course, we had mashed potatoes and gravy with the chicken.

The Brussels sprouts were cooked down just right and very tasty. We had a serving of turnip greens that were chock-full of flavor and excellent.



“10-finger-licking-good” fried chicken.

The next plate featured a pork steak that was prepared in a golden creamy gravy and was fork-tender. The corn had a slightly sweet flavor. A cheesy broccoli casserole rounded out this meal.

The chicken and dumplings were comfort on a plate. This is my favorite comfort dish and the Golden Lady



Enchiladas, macaroni and cheese, pinto beans and a corn muffin.

knows how to make them right. A great serving of green beans with bacon and potatoes, along with a side of the sweet corn made this plate complete.

We also tried the pork neck, which is simmered with red and green peppers, onions and seasoning, and served in its natural gravy.



ROB ROEDEL

A serving of fluffy banana pudding.

The desserts of the day were banana pudding and chocolate chip cake. The banana pudding was light and fluffy with plenty of vanilla wafers to make the homemade dessert fabulous. The chocolate chip cake was prepared Bundt-pan style and was very good. Based on the offerings I sampled, I would try any dessert that the team at the Golden Lady prepares.

Give the Golden Lady Restaurant a try the next time you are in Texarkana. The friendly folks there will greet you with a smile and provide you with a home-cooked meal that will warm your soul and please your palate. 🍴

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



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Calendar



Apr. 1-14

Tulip Extravaganza

Garvan Woodland Gardens, Hot Springs
9 a.m. - 6 p.m.
www.garvangardens.org.

Apr. 6

27th Annual Eggshibition

Jack Stephens Center, Little Rock
An eggs-travaganza of an evening!
Proceeds support Youth Home, Inc. For tickets call 501-821-5500; www.youthhome.org.

Apr. 6-8

Wildflower Weekend 2018

Petit Jean State Park, Morrilton
8 a.m. - 6 p.m.
www.petitjeanstatepark.com

Apr. 7

Travis Tritt

EACC Fine Arts Center, Forrest City
www.eacc.edu.

23rd Annual Railroadiana Show and Sale

1700 Port Road, Pine Bluff
Railroad memorabilia, model trains, historic engines, passenger cars, cabooses. 9 a.m. - 4 p.m. www.arkansairroadmuseum.org.

Youth Fishing Derby

Lake Chicot State Park, Lake Village
Young anglers, 15 and under. Bring your own pole and bait. 9 a.m. - noon. 870-265-5480.

Apr. 13-15

39th Annual Arkansas Scottish Festival

Lyon College, Batesville
Celtic concert, dancers, sheep dog demonstrations, Scottish breakfast, parade, children's games. www.lyon.edu/arkansas-scottish-festival.

Battle Of Helena 155

Fort Curtis, Helena-West Helena
Re-enactment of the Battle of Helena.

View camp life, interact with re-enactors, participate in educational activities and tour sites. www.deltaculturalcenter.com.

31st Annual Ozark Mountain UFO Conference

Best Western Inn of the Ozarks, Eureka Springs
One of the longest-running UFO conferences in the country. Speakers from around the world. 8 a.m. - 9 p.m.
www.ozarkufoconference.com.

Apr. 14

15th Annual Fairgrounds Flea Market

Fulton County Fairgrounds, Salem
9 a.m. - 4 p.m. www.fultoncountyfair.org.

Apr. 19-21

20th Annual Hot Springs Corvette Weekend

Hot Springs Convention Center
www.centralarkansascorvetteclub.com.

Apr. 20

Arkansas Folk Festival

Downtown Mountain View
Handmade crafts, parade, lots of music and dancing. Noon - 9 p.m.
www.yourplaceinthemountains.com.

1800s Mountain Man Rendezvous

Woolly Hollow State Park, Greenbrier
Re-enactors portray the rugged life of explorers and trappers. Demonstrations of crafts, games and survival skills. 10 a.m. - 6 p.m.
501-679-2098.

Apr. 20-21

Craft Village Open House

Ozark Folk Center State Park, Mountain View
10 a.m. - 5 p.m. www.ozarkfolkcenter.com.

Arkansas Italian Food and Culture Festival

Riverfront Park, North Little Rock
Celebrate Italian-American heritage, art, music and of course, food! www.aritalianfestival.com.

StarDaze Festival

Star City
Arts and crafts, music, rides, games, car show and more. www.stardazefestival.com.

Apr. 21

5th Annual Gumbo Festival

Holiday Plaza Lot, West Memphis
Noon - 6 p.m. 870-735-1134;
www.westmemphischamber.com.

Hot Springs Gumbo and Crawfish Festival

Hill Wheatley Plaza, Hot Springs
Gumbo competition and plenty of boiled crawfish. 2 - 6 p.m.
www.hsgumbofest.com.



Apr. 27-29

44th Annual Dogwood Festival

City Park and Bob Henry Park, Siloam Springs
More than 200 vendors, crafts exhibitors, kids' activity area, entertainment stage, and a variety of food. 9 a.m. - 7 p.m.
www.siloamchamber.com.

Apr. 28

Picnic and Jam in the Park!

Mammoth Spring State Park, Mammoth Spring
Bring a chair and come to play or just to enjoy. 1 - 3 p.m. 870-625-7364.

BGO Plant Sale

Botanical Garden of the Ozarks, Fayetteville
8 a.m. - noon. www.bgozarks.org.

Apr. 28-29

41st Annual Old Timers Day Steampunk Festival

Historic Main Street, Van Buren
9 a.m. - 5 p.m. www.oldtownvanburen.com.

Apr. 29

Fly-Casting Workshop

Hobbs State Park Visitor Center, Rogers
Noon - 4 p.m. To register call 479-789-5000.

For an extensive listing of events around Arkansas, visit www.arkansas.com/events

To submit a listing for consideration go to: www.arkansaslivingmagazine.com or mail to: Arkansas Living, P.O. Box 510, Little Rock, AR 72203.



Watering chores, water bills! Sweating behind a roaring mower! Spraying poison chemicals and digging weeds...



...you can end such lawn drudgery – here's how!

THE ONE TIME, LIFETIME LAWN SOLUTION!



Mow your Zoysia lawn once a month – or less! It rewards you with weed-free beauty all summer long.

7 Ways Our Amazoy™ Zoysia Lawn Saves You Time, Work and Money!

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

Would you believe a lawn could look perfect when watered just once? In Iowa, the state's biggest Men's Garden club picked a Zoysia lawn as "top lawn – nearly perfect." Yet, this lawn had been watered only once all summer to August!

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

2 NO NEED TO DIG UP OLD GRASS

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

3 ENVIRONMENTALLY FRIENDLY

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

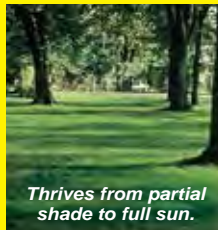
4 FOR SLOPES, PLAY AREAS, BARE SPOTS AND PARTIAL SHADE

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

Meyer Zoysia Grass was perfected by the U.S. Gov't, released in cooperation with the U.S. Golf Association as a superior grass.

5 IT STAYS GREEN IN SPITE OF HEAT AND DROUGHT

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



Thrives from partial shade to full sun.



Plant it from plugs.

Your Assurance of Lawn SUCCESS Each Order for Amazoy Zoysia is GUARANTEED

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

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6 CHOKES OUT CRABGRASS AND WEEDS ALL SUMMER

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

7 NOW 3 WAYS TO START YOUR AMAZOY ZOYSIA LAWN!

1) **Freestyle plugs** come in uncut sheets containing a maximum of 150 - 1" plugs that can be planted up to 1 ft. apart. Freestyle plugs allow you to make each plug bigger and plant further apart – less cutting and planting – you decide.

2) **New Super Plugs** come precut into individual 3"x3" plugs ready-to-plant (minimum 1 per 4 sq. ft.). They arrive in easy to handle trays of 15 Super Plugs. Save more time and get your new lawn even faster!

3) **Amazoy Approved Seed-As The Zoysia Specialists** for 60+ years, we finally have a Zoysia seed available that meets our standards and homeowners expectations.

Learn why at zoysiafarms.com/mag or by phone at 410-756-2311.

ORDER TODAY - GET UP TO 1000 FREESTYLE PLUGS - FREE!

Dept. 5184

Plugs only shipped to Continental USA & not to WA or OR.

Freestyle Plugs You decide how big to cut the plugs. Each grass sheet can produce up to 150-1 in. plugs. Plant minimum 1 plug per sq. ft.

Max Plugs*	Free Plugs	Grass Sheets*	Your PRICE	+ Shipping	SAVINGS
150	—	1	\$15.95	\$8.50	—
500	100	4	\$50.00	\$15.00	33%
750	150	6	\$66.00	\$19.00	41%
1100	400	10	\$95.00	\$30.00	48%
2000	1000	20	\$165.00	\$45.00	57%

Super Plugs Precut plugs 3 inches by 3 inches. READY TO PLANT Packed in trays of 15 Super Plugs. Plant minimum 1 plug per 4 sq. ft.

Super Plugs	Free Plugs	Trays	Your PRICE	+ Shipping	SAVINGS
15	—	1	\$24.95	\$8.50	—
60	15	5	\$90.00	\$20.00	34%
95	25	8	\$110.00	\$30.00	47%
120	30	10	\$125.00	\$35.00	50%
180	45	15	\$180.00	\$50.00	54%

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of Arkansas**