

# Arkansas Living

MARCH 2025

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## Like Magic

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Working his magic: Scott Davis, pictured at Wakefield Elementary School in Little Rock, teaches safety to a second generation with his enduring "Making Accidents Disappear" show.  
*Photo by Chance Allmon*



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# Good(win) Eats!

BY JENNIFER CHRISTMAN CIA

Last month, we introduced you to our newest columnists,

Carlton and Leigh Wing (Arkansas' Great Outdoors, page 20). It made us think we should reintroduce our longtime Arkansas Living contributors, too!

This month, let's chat with our wonderful recipe writer, Juliana Goodwin (find her creations on page 32). Bonus: This gives us a timely chance to revisit her Hurricane Cake, a most-requested recipe every Mardi Gras (March 4 this year). Find it at [arkansaslivingmagazine.com/recipe/hurricane-cake](http://arkansaslivingmagazine.com/recipe/hurricane-cake).



Juliana Goodwin's popular Hurricane Cake recipe is perfect for Mardi Gras celebrations.

## How did you discover your love for cooking?

My mom baked custom cakes, and I was one of six kids. The rule was that whoever stayed the longest to help her got to lick the beaters. I was always the last one standing! Watching her pipe roses was magical. When I was about 6 or 7, I started making my own recipes.

## What types of recipes do you enjoy writing and preparing?

I love recipes that make people say "Mmm." I enjoy reimagining classic dishes or incorporating inspiration from my travels. My goal is always easy, delicious and creative dishes that make people excited to eat.

## What are your favorite foods?

Curry and tiramisu — though definitely not together!

## What's your favorite recipe you've shared?

Lately, I've really enjoyed sharing Pimento Cheese au Gratin Potatoes. But I've also gotten great feedback on dishes like Biscuits and Gravy Soup and Amazing Pumpkin Cream Pudding.

## As an avid traveler, where has the best food been?

France and Spain top the list. France has incredible bread and desserts, while Spain offers unique dishes like squid ink pasta. Both cultures celebrate food in a way that really resonates with me.

## Are there times you don't want to figure out what to cook?

Definitely! My husband is allergic to red meat, and my daughter is picky, so some days, the thought of cooking feels daunting.

## What's your food guilty pleasure/favorite fast-food?

Doritos. They remind me of my childhood. My favorite fast-food is a grilled chicken sandwich with fries from Whataburger.

## What's your funniest kitchen mishap?

I was filming a food video once, making a microwave chocolate cake in a mug. When I went to taste it, it was scalding hot and stuck to the roof of my mouth. I ended up running around the room, mouth wide open, trying to cool it off. It was caught on camera and became a blooper!

## Is there any food you won't eat?

Black licorice. I just can't do it!

Have a magnificent March!

*Jennifer*

Jennifer Christman Cia  
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# Luckier

BY VERNON "BUDDY" HASTEN

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



St. Patrick's Day is just around the corner. I have yet to experience the World's Shortest St. Patrick's Day Parade in Hot Springs, but it is on my list. I have heard that it is the best 98-foot parade in the world. Given my current cardiovascular shape, I no longer run 5Ks, 10Ks or marathons; I am likely a solid candidate for the Zero-K Race that they are sponsoring this year as well.

St. Patrick's Day is synonymous with the four-leaf clover, with the four leaves representing faith, hope, love and luck. The first literary reference to the luck of a four-leaf clover was in 1620, when Sir John Melton wrote, "If a man walking in the fields find any four-leaved grass, he shall in a small while after find some good thing."

In the spirit of St. Patrick's Day, with a nod to the luck of the Irish, I'm sharing another past lesson in leadership about luck that has become one of my work rules to live by. The story is not my own but one handed down to me by a leader intending to teach me a valuable lesson.

It begins with a newly minted ensign reporting to the submarine, ready to put all that good training to use, be the boss and take charge as a young, motivated division officer. On a Navy submarine, a division typically consists of about 10 to 30 enlisted men, with the senior enlisted person being a Chief Petty Officer (CPO). A CPO generally has years of experience at sea and is the subject matter expert on technical and operational matters. A CPO also is not intimidated by reporting to a new ensign fresh out of the training pipeline, and the ensign knows that.

So, imagine a young ensign's nervousness about meeting with the Division CPO for the first time and

trying to establish a boss-subordinate relationship.

As the story goes, the young ensign gathered up his courage and approached the CPO to introduce himself and get the process started. Upon introduction, the Division CPO just looked at him and said, "Sir, nice to meet you. I sure hope you are a lot luckier than the last guy who had your job." The Division CPO then walked away and left the ensign standing there somewhat confused. What happened to the last guy?

As the days went by, the words continued to bother the young ensign, and he began to wonder what dangers the CPO was warning him about. What did he really mean about being "luckier?" The ensign eventually approached the CPO to ask him exactly what he meant about being "luckier than the last guy?" The CPO laughed and said, "I'm glad you finally asked me because it is important if you and I are going to be able to work together and be successful."

He continued, "First, I hope that you listen better than the last guy because you learn best when you are listening and not when you are talking. Second, I hope that you seek to understand what you read and hear better than the last guy because the best options are formed by those with a deep understanding of what we do. Know your job. Third, I hope that you challenge the answers and assumptions that are brought to you and critically evaluate the information presented to you. Fourth, I hope that you

will take the time to know the details. Details matter in this business; mistakes can get people hurt or killed. Fifth, I hope that you will be a problem-solver — that you will identify options to address challenges. Sixth, I hope that you execute the best option, and that you are a leader who acts and is not afraid to make decisions. A good and fair decision today beats a perfect one tomorrow." Finally, the CPO said, "I hope you review everything; we are counting on you to back us up and to make sure that



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Mastering leadership principles makes one LUCKIER than a four-leaf clover.

LUCKIER continued on page 6

# Reasons for higher winter bills — and how to manage them

While Arkansas has some of the lowest overall energy costs in the nation, members may be experiencing higher-than-average electric bills this winter.

A large factor is the weather. Prolonged cold spells — like we’ve experienced in recent months — can significantly increase energy use. Temperatures this January in Arkansas were below the long-term average for the month. According to the National Weather Service, temperatures in the eight Arkansas cities it monitors for monthly statistics were below normal, with the average January temperature difference being as much as 4.6 degrees cooler.

The more energy a home uses, the higher the bill. When temperatures stay low for multiple days, heating systems must run continuously to keep homes warm. Also, increased time spent indoors equals higher energy costs.

Costs associated with the production of electricity change regularly. Natural gas is one of the fuels used to generate electricity, and its cost is very often higher in the winter months, as has been the case this winter. As a traded commodity, natural gas cost increases as demand pushes higher.

During January (particularly Jan. 19-22), natural gas prices were as high as \$19/MMBtu. By comparison, for

much of 2024, gas prices were around \$2.50/MMBtu.

A fuel adder surcharge is implemented when the cost of producing electricity increases. Electric cooperatives and other utilities pass the temporary high surcharge to consumers to cover the additional costs of generating electricity.

Rest assured that, as a not-for-profit organization, your electric cooperative never profits from our members’ added burden. By law, a fuel adder must go directly toward covering the added costs of generating electricity — nothing more, nothing less. Your electric cooperative has a proven record of managing costs to keep rates as affordable as possible. That commitment will never change.



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A colder-than-average January has impacted electricity bills.

## Managing higher bills:

- Consider enrolling in levelized billing, which averages your annual bill and creates a set monthly payment to help you budget.
- If you are unable to pay the full amount of your bill, please contact your cooperative to discuss options.
- The Low-Income Home Energy Assistance Program (LIHEAP) helps with home heating bills for members who qualify. Visit [acaaa.org/local-community-action-agencies/](http://acaaa.org/local-community-action-agencies/).

*LUCKIER continued from page 5*

mistakes don’t get through. A good officer takes care of his people, and we count on you for this. So, you see sir, you always want to **L**isten, **U**nderstand, **C**hallenge, **K**now the details, **I**dentify the options, **E**xecute the best option and **R**eview everything better than the last person who had your job if you want to be **LUCKIER**, and I hope that you are.”

It takes a lot of hard work to complete all these steps in the leadership process. This is probably the genesis of the old saying, “The harder I work, the **LUCKIER** I get.”

There are many levels of leadership in the cooperative, and it is my sincere desire that the leaders we have today are **LUCKIER** than those who came before them. This same philosophy could benefit your organization as well, whether it be work, family, church, community, government or something else.

I hope that you are **LUCKIER** in 2025. 

## CEO calls for simplified Clean Water Act permits



NRC/ALBERT MOSENAK

President/CEO Vernon “Buddy” Hasten testified before the House Transportation and Infrastructure subcommittee hearing in Washington, D.C., on Feb. 11. He urged Congress to streamline the Clean Water Act permitting for critical infrastructure projects like hydropower generation facilities, which provide reliable energy to homes, businesses and farms across the country.

# Stay connected with the Legislative Guide

The Electric Cooperatives of Arkansas have updated the popular Arkansas Legislative Guide for the 95th General Assembly.

The 2025 guide provides names and detailed profiles of officials, interactive contact links with telephone numbers and addresses, detailed district maps and other pertinent information.

The guide can be accessed in several ways:

• Use the QR code provided below to be directly taken to the Electric Cooperatives of Arkansas' Legislative Guide page. From that page, download the PDF or use the QR codes to download the free Legislative Guide App from the Apple or Google Play stores.

• Visit [aecc.com/government-affairs/legislative-guide/](http://aecc.com/government-affairs/legislative-guide/).

The Arkansas Legislative Guide is one more way that the Electric Cooperatives of Arkansas are staying ahead of Arkansas' energy needs and leading the way for a balanced approach to providing affordable, reliable and responsible power.



Scan with phone's camera.



The Electric Cooperatives of Arkansas' Legislative Guide is available online and via app.



## Where Is It?

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

In the February issue, we hid a love note with a heart. It appeared in our Arkansas Living staff box on page 4, next to the name of Liz Pounders, our most beloved and ultra organized editorial assistant who retired last month (and who also sent out all our Where Is It prizes! They're coming, we promise!).

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

- Deb Jones, Hensley (First Electric Cooperative)**
- John and Juanita Medley, Gassville (North Arkansas Electric Cooperative)**
- Isabella Lemke, Forrest City (Woodruff Electric Cooperative)**
- Lonnie Robbins, Berryville (Carroll Electric Cooperative)**
- Charlotte Mode, Greenbrier (Petit Jean Electric Cooperative)**



For March, we've hidden a pot of gold. Find it and you might win a prize that's almost as good as gold: an Arkansas Living insulated grocery tote. (But please be patient because, again, our most beloved and ultra organized editorial assistant retired last month!)

Enter by March 15 via the "Where Is It?" link on the homepage of [arkansaslivingmagazine.com](http://arkansaslivingmagazine.com), or go directly to [arkansaslivingmagazine.com/where-is-it-contest/](http://arkansaslivingmagazine.com/where-is-it-contest/).

Or mail in entries to: Where Is It, Arkansas Living, P.O. Box 510, Little Rock, AR 72203.

Include your name, address and electric co-op (nonmembers also are eligible), plus the correct page number.

*\* 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! January's winner was: Guy Loe, Ashdown (Southwest Arkansas Electric Cooperative).*



• In the 1700s, spring fever (later known as scurvy) was an illness with symptoms of fatigue, malaise, easy bruising and bone pain that sometimes led to jaundice, seizures, neuropathy and even death. Dr. James Lind discovered the cure was ingesting vitamin C in the forms of fruits and vegetables.



• Baseball great Babe Ruth wore a cabbage leaf under his cap while playing to keep his head cool.

• While associated with St. Patrick's Day, corned beef and cabbage is not a traditional Irish dish. It was introduced by Jewish immigrants in the 19th century.

• Groaking is the act of staring at someone while eating in the hope of being offered food.

• Your head ages faster than your feet because it is farther from the center of the Earth's gravitational field, where time moves more slowly.

• In a room with 23 people, there's a 50% chance that at least two people will share the same birthday.

• Arkansas political cartoonist George Fisher founded the Rackensack Folklore Society in 1963 to recognize and preserve Arkansas' traditional folk music.

• Boanthropy is a psychological disorder in which the sufferer believes he or she is a cow.

• "Spring is nature's way of saying, 'Let's party!'" — Robin Williams, actor and comedian

# Like Magic

Cooperatives sponsor 'Making Accidents Disappear' for more than 20 years

BY JENNIFER CHRISTMAN CIA

Eager for a welcome break from class, animated students stream into the Carlisle Elementary School cafeteria on a winter morning, believing magician Scott Davis is simply here to entertain.

But — like he has for over two decades — Davis has a trick up his sleeve.

Sure, the lively host of the Electric Cooperatives of Arkansas' long-running "Making Accidents Disappear" show will dazzle with illusions and jokes. But the real sleight of hand lies in his mission.

"I do the magic show, but I'm also here to teach kids something really important," Davis says. "I'm here to make them care about electrical safety. It's fun for them, but they're learning, too."

"They remember these lessons. And I think that's the best part of what I do."

Right away, Davis has these aspiring magician's apprentices under his spell.

"For this trick, I need a helper who is sitting up straight with their hands in their lap, smiling really big so I can see your teeth, paying really close attention and being really quiet," Davis says. "If I see you doing all those things, I'm going to think that means that you want to help with the magic trick. But if you're turned around or squirming around or talking to your neighbor, I'm going to think that means that you don't want to help."

And suddenly, like magic, everyone settles down in silence for a little hocus pocus with a safety focus.

## Magic in the making

Davis, 52, discovered a passion for magic as a boy — not much older than the children he's about to perform for — growing up in Benton with parents working in the Benton Public School System.



Carlisle Elementary students eagerly watch the "Making Accidents Disappear" magic show, following directives in hopes of being chosen to volunteer.



Magician Scott Davis uses magic tricks to teach children important lessons about electrical safety.

"My dad was a football and track coach at the high school I attended," Davis says, admitting he personally had no ability or passion for athletics.

Furthermore, he adds, "I don't play an instrument. I don't have any musical ability. ... I was the guy who didn't know where he fit in."

But then — poof! — magic changed that.

Davis says he was performing by eighth grade, perfecting his craft with lessons at a Little Rock magic shop while in high school. What began with shows for family and friends grew to include birthday parties and local events.

In the late 1990s, while working



for an advertising agency, Davis became familiar with the work of the Electric Cooperatives of Arkansas, then a client. The cooperatives had also hired him to do card tricks and such at gatherings.

That's when a lightbulb went on.

Davis says, "I just said, 'Hey, I have an idea. I want to pitch to you a school assembly magic show that the Electric Cooperatives can sponsor, since you're already passionate about teaching safety in the community you serve.'"

He started in spring of 2002, and he's been "Making Accidents Disappear" ever since.

"Scott Davis has been a great safety ambassador for the Electric Cooperatives of Arkansas from the start," says Rob Roedel, senior director of corporate communications for the Electric Cooperatives. "It is amazing how he can connect with the students and convey simple safety messages to stop, look and think around electricity. He is actually performing the program for children of students who saw his show 20 years ago."



CHANCE ALLMON

Magic and laughter go hand in hand as students at Wakefield Elementary School in Little Rock are amazed at Scott Davis' illusions and humor.

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**Sure, the lively host of the Electric Cooperatives of Arkansas' long-running "Making Accidents Disappear" show will dazzle with illusions and jokes. But the real sleight of hand lies in his mission.**

Some magic math: Today in Carlisle, Davis will be performing two of the 200 to 300 shows he'll do this year. He drives some 20,000 to 30,000 miles yearly, hosting shows for schools in areas served by Arkansas' 17 electric cooperatives and beyond. He estimates that tens of thousands — perhaps as many as 100,000 — Arkansas school children see his show each year. And cooperatives in some 15 to 20 other states have had Davis in to perform over the years.

"This is the only show of its type in the country," he says. "I don't know of any other magicians doing anything like this." Davis' other work role makes him unique as well; the magician is also the pastor of Hope Presbyterian Church in his hometown of Hot Springs.

What schools have come to appreciate about "Making Accidents Disappear" — it doesn't make their money disappear. Shows are free to all Arkansas schools, public or private.

Carlisle Elementary Counselor Emily Shaw has arranged for Davis' visits for many years, saying, "For me, it's the safety — knowing that the students are getting truths about electricity and the dangers, and also ways to just conserve in their homes. (Davis) brings that awareness in a fun and exciting way that they're engaged in." ➤



CHANCE ALLMON

Ta-da! A volunteer experiences the magic up close when Scott Davis makes a hat appear.

## Sparking interest

Without spoiling any surprises or divulging any secrets, the dynamic show features 30 to 35 fast-paced minutes of color-changing canes, magic wands, funny hats and an extra special dry-erase board named Sparky, with plenty of education — and a lot of laughing and cheering — sprinkled in.

Conducting a brief show-and-tell with pliers and a hammer, Davis draws the parallel that electricity is another tool that must be used carefully.

Holding up an electrical outlet, Davis says, “This tool is actually the most useful tool in the whole world. In fact, this is a tool everybody here has already used today. This is it right here. Does anybody know what this is?”

“A charger?” a student guesses. It’s an answer Davis hears frequently in these days of cellphones and tablet computers.

Davis says incredulously, “Did you hear that, teachers? A *charger!*” He clarifies comically, “This is *not* a charger. This is an outlet. The thing you plug into here, I guarantee you, that’s a charger.”

He continues, “Just like I can hurt myself with a hammer, just like I can hurt myself with a saw, I can hurt myself with electricity. Does that mean electricity’s bad? No. It means that it’s a tool. That means I’ve got to learn — and you’ve got to learn — how to behave around this tool. And every tool has a dangerous part that you don’t touch.” He explains nothing should be put in an outlet except a plug, “and you shouldn’t plug something in unless it’s OK with mom or dad.”

Speaking of dads, Davis is one. He and his wife have five children, ages 9 through 18. Any aspiring magicians in the family?

“My 12-year-old is pretty interested in it,” Davis says. “In fact, because we homeschool, he has begun traveling with me sometimes to shows, and he’ll do his schoolwork in the car while I drive. He knows how to help me set up the whole show. He’ll sit off in the wings, do some schoolwork, watch the magic show and then help me tear down.”

Davis says he’d love it if his son continues the act one day when he’s ready to retire.

Then “Making Accidents Disappear” would never disappear.

*To make Davis appear at their schools, educators can call their local electric cooperatives or reach out to Davis directly at [scottdavismagic@gmail.com](mailto:scottdavismagic@gmail.com).*



Sparky, the magic dry-erase board, comes to life, leaving students in awe of Scott Davis’ magical talents.



Giggles galore: Scott Davis’ tricks and jokes have Wakefield Elementary School students in stitches.



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# All Aboard!

*Ride back in time on the A&M Railroad*

BY BOB ROBINSON

**“W**hooooooooo-whooooooooo! Whoo-whooooooooo!” The distant train whistle echoes off the walls of the beautiful Victorian structures in historic downtown Van Buren, announcing the approach of the Arkansas & Missouri Railroad (A&M). Passengers for the northbound railroad excursion begin working their way up Main Street to the Old Frisco Depot.

The massive ALCO C420 2,000-horsepower diesel-electric locomotive lumbers into the station with its string of vintage 1920s coaches in tow. Excitement fills the air as passengers prepare to board. As they climb the narrow stairways to enter a railcar, it is like stepping back in time.

Once aboard the train, adventurous travelers begin exploring the collection of immaculately restored coaches before settling into their assigned seats.

## Ride with history

Coach No. 104 “Biloxi Blues” is a Pullman-built car that began its career hauling Hoboken, New Jersey, commuters in 1917. It was also featured in the Neil Simon movie of the same name.

The Vista Dome of the Silver Feather coach has wrap-around windows that stretch across the ceiling to the edge of the passenger seat armrests, affording dramatic skyward views. Also, being on the upper deck of the railcar provides a glimpse deep into the bordering forest not visible from the lower cars’ vantage point. The car was once part of the famous “California Zephyr.” At its launch in 1949, it was dubbed “America’s most glamorous train.” John Wayne enjoyed taking his morning coffee in this car during its California operation.

Each of A&M’s vintage 1920-1950 passenger cars has a rich and exciting history that conductors share with passengers throughout the trip. However, the A&M has a schedule to meet, so passengers are asked to move along and locate their seats. There will be ample time to tour the remaining cars during the 70-mile, three-hour round-trip tour to Winslow.

As the train pulls away from the station, passengers settle into the rhythmic rocking motion of the rails. With repeated whistle calls



BOB ROBINSON

ABOVE The Arkansas & Missouri Railroad (A&M) passes through a quarter-mile long tunnel.



BOB ROBINSON

LEFT A train conductor greets passengers aboard the ALCO C420 locomotive.

BELOW Even the littlest passengers are excited to experience a trip back in time.



COURTESY OF STU CANNEN

echoing throughout the river valley, conductors, like Stu Cannefax, educate passengers on the meaning of the whistle. Per the Train Horn Rule (49 Code of Federal Regulations Part 222), train engineers must sound a series of long-long-short-long blasts of the whistle at least 15 seconds in advance of all public crossings.

Although intended as a warning for automobiles crossing the tracks, for passengers, it is the call to adventure. In his novel, "The Great Railway Bazaar," Paul Theroux wrote, "I have seldom heard a train go by and not wished I was on it."

Soon, downtown Van Buren is in rear view as the rail caravan rolls through the picturesque valleys of the Boston Mountains at a blistering top speed of 40 miles per hour. Even lifelong Arkansans are presented with new scenes of the countryside that are not visible while driving Interstate 49 and Arkansas 71.

### Haunted tales

As the train passes through the small communities bordering the railroad, conductors share the area's history. Cannefax enjoys telling tales of the haunting of the 1887 Beard and Lady Inn ([beardandladyinn.com](http://beardandladyinn.com), read story on page 14) in Chester.

"Decades ago, the Butler Saloon adjoined the Inn," he begins. "And one very cold night, a railroad worker named Clarence became intoxicated at the saloon. When



On the right track: Vintage coaches make exploring the train fun.

he returned to his room at the Inn, Room 4, he could not open the door. He fell asleep on the balcony and froze to death. Now, even to this day, late at night, poor Clarence's footsteps can be heard walking the hallways."


In 2020, after spending her childhood in Chester, playing around the Inn and the Railway, Lacey Hendrix returned to purchase the building and transform it into the gorgeously decorated Beard and Lady Inn.

"A lot of passengers on the train are so impressed by the Inn as it passes through town," Hendrix says, "that they return for a visit following their excursion."

Many conductors consider the Chester to Winslow section of the A&M excursion the most scenic. With this stretch crossing three trestles (the longest being 451 feet in length and 110 feet high) and passing through a quarter-mile-long tunnel, it is easy to understand their reasoning.

### Tour options

A&M offers numerous tour options. Passengers may choose to start their journey in Van Buren or begin in Springdale. At the Springdale depot, they can visit the J. Reilly McCarren Transportation Museum before boarding the train for a day-long, 134-mile excursion to Van Buren and back. Or they may select the three-hour, 70-mile round-trip to Winslow.

Visit [amrailroad.com](http://amrailroad.com) to learn more about the current schedules offered and make reservations for adventures through the scenic Ozark Boston Mountains. 



The Arkansas & Missouri Railroad offers several excursions starting from Van Buren or Springdale.

# Historic Revival

*Chester property gets new beginning as the Beard and Lady Inn*

STORY AND PHOTOS BY KAT ROBINSON

Lacey Hendrix relates how she ended up returning to Chester after building a life between Egypt, England and the East Coast. Hendrix, who was born and raised in Schaberg (Crawford County), has never shied away from life's adventures.

"Right before the pandemic, I was looking toward Arkansas to be close to my family," Hendrix says. "I grew up on a beautiful acreage, just a few miles from here, in an old ghost town with lots of Arkansas history."

An opportunity came up that Hendrix and her husband, Lance, couldn't turn down. The old Chester House Inn, which Hendrix had stayed in and loved when she was a kid, went up for sale.

"We made an offer," she relates, "and we were a little surprised they took it. We closed in January 2020. Then the pandemic happened."

## From ruins to radiance

Jacob Yoes originally built the place in 1887. The hand-kilned brick building originally housed a dry goods store and hotel. It survived fires in 1908 and 1936 and floods in 1934 and 1957, becoming the only original structure from what was once a thriving downtown. Over the years, it had undergone two complete renovations and served as a general store and a bed and breakfast. It was vacant by the time it went up for sale, ready for its next set of owners.



Lance and Lacey Hendrix bought and restored the historic property they named the Beard and Lady Inn.



The Wild Wild West Suite is one of 11 themed guest rooms at the Beard and Lady Inn.



The historic Chester property that is now the Beard and Lady Inn, pictured here in a postcard, has undergone several makeovers.

The old floor, damaged through time, undulated like a wave. Hendrix tore what was left of it down to the dirt and started fresh.

"It was an excavation," she shares. "We found whiskey bottles and marbles and old spoons. The whole wall was sinking into the ground. There was a bathroom in the middle of the dining hall! I decided to take it out, and the floor as well, since it was so uneven."

It wasn't just the floor. The inn underwent full restoration, including rehabilitating 42 windows back to wooden frames, and laying down locally sourced and milled 8-foot floor planks. Over the course of 18 months, with the help of her family, Hendrix took the inn from shame to shine.

The result is a stunning revival of late-19th century appeal, paired with the conveniences of a 21st century boutique hotel with themed rooms. For instance, Room 2, Rosy's Room, is based on the life of Hendrix's friend, Rosy Alexander, a Nepali native raised in Canada who immigrated to the United States. Guests slumber under the watch of a painting of sacred cows, while the basketed light fixture casts beautiful patterns on the wall. Room 9, the Wild Wild West Suite, is decorated as an homage to the inn's proximity to the western frontier.

The original bathrooms, located across the hall from the rooms rather than attached en-suite, are spotless and

gorgeously appointed. A wide hall upstairs acts as a common area, where coffee and cocoa are always available.

**Visionary ventures**


Downstairs, Hendrix has assembled a full apothecary. The brand she created before returning to Arkansas, is based on natural soaps, oils and lotions, utilizing the knowledge her mom imparted to her about herbs and tinctures.

The downstairs also houses the cavernous restaurant space Hendrix plans to open as The Hobo’s Table, a restaurant where guests pay what they can. The space is also host to many different events throughout the year, such as the “What the Dickens” holiday event, with a menu and show based on “A Christmas Carol.”

Though the renovation is complete and guests are finding their way to the inn, Hendrix keeps on developing new ideas. She hopes to eventually connect the inn with another property they’ve obtained, the Mount Olive Baptist Church in downtown Van Buren.

The Arkansas & Missouri Railroad (see story on page 12), which begins its run a few blocks away in Van Buren, passes right in front of the inn at Chester before heading up to Springdale. It’s a scene that was captured in the 1988 film “Biloxi Blues.”

Hendrix says, “We would love to have it where you could have the experience of getting married at the church and then riding your whole wedding party here ... where else could you do that?”

The Beard and Lady Inn is open year-round. For more information or to book a room, visit [beardandladyinn.com](http://beardandladyinn.com). 

WEB EXCLUSIVE! Read an expanded version of this story at [arkansaslivingmagazine.com](http://arkansaslivingmagazine.com)



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# Shamrock On!

*Celebrating Irish culture in Arkansas*

BY JACK SCHNEDLER

The Irish Cultural Society of Arkansas, which presents the annual St. Patrick's Day Parade in Little Rock and North Little Rock, traces its roots to a shortage of nurses here during the 1980s.

"Many of our society's founders in 1995 were among the 40 or so Irish nationals who had immigrated here as nurses during that shortage," says Eimear Fuller, the society's president and parade committee co-chairman.

"Recruited by hospitals in the Little Rock area, they originally came intending to work here a few years and then return to their homeland. Instead, about two dozen stayed. They settled in central Arkansas. Some married Arkansans and began to raise families. Some brought along their Irish partners. Some never married."

The nurses who later returned to Ireland had varied reasons. "The very hot summers were a big shock," Fuller says. "The food and social life were different. Some found the distance from Ireland to be challenging for visits. Many younger nurses found the social life very isolating."

Those who stayed were active in organizing the society's first St. Patrick's Day Parade in 2002. This year's festivities are set for Saturday, March 15. Fuller says the event is part of ongoing efforts by the society's 100 or so members "to pass along their Irish culture to their American-born children and others in the area."

## Irish roots

The Irish presence in Arkansas actually began before statehood, starting with immigration to the Ozark Mountains in the 1820s by Protestants from Ireland's north. The Encyclopedia of Arkansas reports these arrivals brought slang from their native land that later turned into words like "hillbilly" and "howdy."

Some Irish immigrants came to Arkansas during the Great Potato Famine of the mid-19th century. One of them was Patrick Cleburne, from County Cork. Having settled in Helena in 1850, he commanded a Confederate regiment in the Civil War, dying in battle in 1864. Cleburne County was named for him when it was formed in 1883.

Harris Flanagan, an Irish Quaker, became Arkansas' Confederate governor in 1862. After the war, Unionist Isaac Murphy became the first Reconstruction governor of the state.



COURTESY OF MARK WAGNER PHOTOGRAPHY



COURTESY OF MARK WAGNER PHOTOGRAPHY

ABOVE The Irish Cultural Society of Arkansas' St. Patrick's Day Parade is the organization's largest event.

LEFT Students from the O'Donovan School of Irish Dance and McCafferty Academy of Irish Dance will perform.

BELOW The St. Patrick's Day parade starts in North Little Rock and marches to downtown Little Rock.



COURTESY OF MARK WAGNER PHOTOGRAPHY



Groups of Irish Catholics settled during the 1850s and 1860s in Little Rock, where Ireland native Father Andrew Byrne had dedicated St. Andrew's Cathedral in 1846. He was instrumental in the 1851 founding of Mount St. Mary's Academy, which continues to educate Catholic girls in Little Rock.

### Green scene

About 13% of Arkansans claim Irish heritage, while another 2% cite Scotch-Irish ancestry. The Irish Cultural Society of Arkansas is credited in the Encyclopedia of Arkansas with "having revitalized a legacy of Irishness in the state that continues to be a source of pride to Arkansans."

Twenty-one members of the society were interviewed last year by Irish author and oral historian Tomás Mac Conmara. His work was part of "Deep Memories: The Arkansas Irish Oral History Project." The recorded interviews are kept in Ireland at University College Cork.

Fuller says that society members take part in fairs and festivals "to showcase Irish dancing, food, music, history and culture. We love to be contacted for volunteer opportunities. We have worked with the Arkansas Museum of Fine Arts, Arkansas Rice Depot, the Arkansas Martin Luther King Jr. Commission, Central Arkansas Library System, Salvation Army Central Arkansas and other groups."

The St. Patrick's Day Parade is the organization's biggest event. It proceeds from downtown North Little Rock to downtown Little Rock, stepping off at 1 p.m. Following the parade, students from the O'Donovan School of Irish Dance and McCafferty Academy of Irish Dance will perform on a stage outside Dugan's Pub.

"Our parade gets new participants each year," Fuller says. "We also have groups that have taken part for many years. The variety includes floats themed to the holiday, bands, antique cars and trucks, clowns, dancers, animals, local businesses, schools and social groups. It's quite a procession." 🍀



See plenty of colorful characters at the First Ever 22nd Annual World's Shortest St. Patrick's Day Parade in Hot Springs.



COURTESY OF MARK WAGNER PHOTOGRAPHY

Festive parade onlookers get into the St. Patrick's Day celebration.

### St. Patrick's Day Parade

**Date:** Saturday, March 15

**Starting time:** 1 p.m.

**Begins at:** Sixth and Main streets, North Little Rock

**Ends at:** Third and Cumberland streets, Little Rock

**Sponsor:** Irish Cultural Society of Arkansas

**Information:** [irisharkansas.org/parade](http://irisharkansas.org/parade)



### MORE SHAMROCK SHENANIGANS

Among other St. Patrick's Day festivities in Arkansas will be the playfully named **First Ever 22nd Annual World's Shortest St. Patrick's Day Parade** in Hot Springs. This year's celebrity grand marshal is actress Valerie Bertinelli; the parade starter will be rapper/reality TV star Flavor Flav.

Marchers will step off at 6:30 p.m. on Monday, March 17, five minutes after the official measuring of the 299-foot parade route. They will pass over 98-foot-long Bridge Street and end across the intersection on Convention Boulevard. Free concerts are scheduled by Grand Funk Railroad at 7 p.m. March 16 and the Molly Ringwalds at 8 p.m. March 17. Visit [hotsprings.org/events](http://hotsprings.org/events).

**Eureka Springs' St. Patrick's Day Parade** will start at 2 p.m. Saturday, March 15. The route will begin at Eureka Springs Carnegie Library, 194 Spring St., and parade past the Post Office down to Basin Park and past City Hall. Visit [eukaspringschamber.com/events/search](http://eukaspringschamber.com/events/search).

The Sharp County community of Spring River, population 200, has scheduled its **68th St. Patrick's Day Parade** for 1 p.m. Saturday, March 15. Its parade of area youngsters will step off at 10:30 a.m. One highlight of the concessions will be Irish stew. Email [jenifer418sidney@yahoo.com](mailto:jenifer418sidney@yahoo.com).

# Driving Development

*2024 boosts economic growth in co-op communities*



BY JD LOWERY

Despite the political uncertainty of an election year and economic pressures of inflation and tight supply chains, 2024 was a productive year for the Electric Cooperatives of Arkansas in economic development.

Over \$855 million was invested by private companies

that will be served by an electric cooperative in Arkansas, creating over 1,000 new jobs and supporting countless existing jobs.

This includes the Weyerhaeuser announcement that was recognized by Business Facilities, an industry publication for economic development professionals, as the 2024 Deal of the Year Impact Award in the Timber and Forestry category.

Below are some highlights from this past year:

## Arkansas Valley Electric Cooperative

Bekaert – Van Buren

- \$14.5 million investment
- 38 new jobs

## C & L Electric Cooperative

Weyerhaeuser – Drew County

- \$500 million investment
- 200 jobs

## Clay County Electric Cooperative

G&H Decoys – Corning

- \$2.1 million investment
- 77 jobs

Tate USA – Pocahontas

- \$75 million investment
- 150 jobs

## First Electric Cooperative

White River Energetics – Des Arc

- \$70 million investment
- 100 jobs

## Mississippi County Electric Cooperative

Zekelman Industries – Blytheville

- \$120 million investment
- 300 jobs after expansion

## Ouachita Electric Cooperative

General Dynamics Expansion – Camden

- \$91 million investment
- 155 jobs

## Petit Jean Electric Cooperative

Wild Pastures – Clinton

- \$13 million investment
- 20 jobs



G&H Decoys



Wild Pastures



White River Energetics



Bekaert



General Dynamics Expansion

The success continued in other ways. Several cooperative-served communities received funding through the new Arkansas Site Development Program. The REDI Arkansas Manufacturing Center site in Miller County received \$2 million; the Berryville Business Park received \$400,000; the Southeast Arkansas Regional Intermodal Facility Authority received \$166,520; and the Economic Development Corporation of Clark County in Arkadelphia received \$1 million. This funding will enhance industrial sites across Arkansas, increasing their readiness for job-creating economic development projects.

In 2024, the REDI Arkansas Manufacturing Center was recognized with the Silver designation through the Site Selectors Guild's inaugural REDI Sites Program. REDI Sites is a national standard for assessing site-readiness for office and industrial projects, administered by the Site Selectors Guild.

With invaluable help from our community leaders and partners, your local cooperative will continue to champion continued success for rural Arkansas in 2025.

*JD Lowery is the director of community and economic development for the Electric Cooperatives of Arkansas.* 🌱

# Blades of a Feather

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As one of the largest purveyors of collectible knives in the country, you can trust Stauer to give you the best knife for your money. Case in point: *The Blades of a Feather Knife* — a remarkable hunting and adventure knife with an even more remarkable price. This is the kind of knife people flock to.

This stick tang knife boasts a stainless steel blade with a scalloped edge that gives it a distinct feathered appearance. This “feathered” edge is more than a striking aesthetic touch; it enhances the knife’s performance by creating air pockets in the spaces. These air pockets prevent shredding and allow for a cleaner, smoother cut. Consider it your edge up.

Recalling the days of the great American frontier, this knife’s artisan handle is crafted of natural bone, redwood and brown Pakkawood. It’s a great addition to your collection, and will prove a trusty companion for all your outdoor adventures from hunting and fishing to camping and hiking. It also makes one heck of a letter opener. **Plus, by making the call today, you are guaranteed to receive a genuine leather sheath in the deal.**

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#### Knife Specifications:

- Stainless steel stick tang blade; 12” overall length
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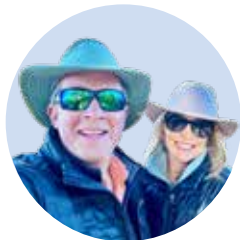
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# Tackle the Basics

*How to assemble a simple fishing starter kit*



STORY AND PHOTOS BY CARLTON AND LEIGH WING

Many people would like to start fishing but don't know where to start. Even a casual stroll through the fishing-tackle aisle at Walmart can be a bit intimidating.

So, let's break this down to its simplest parts and hopefully, you will feel more confident making a purchase and taking that step toward the lake. Each of these topics can be its own article, but this is a good starting point.

**1. Reels.** There are three basic types of reels:

- **Spincast:** A simple push-button reel, especially easy for children.
- **Spinning:** Easy to use for children and adults. You move the bail over, throw the lure, close the bail and retrieve.
- **Baitcast:** If you are new to the sport, try this later!

**2. Rods.** At the beginner level, the rod will come with either a spincast or a spinning reel. A decent starter combo typically starts at \$30.

**3. Fishing line.** Line often comes pre-spoiled on the starter combo. You want a line strong enough to handle the fish and fight off abrasion from rocks and sticks below the water's surface, but not so big that the fish sees it. Most pre-spoiled lines are between 8-pound and 10-pound test, meaning it can handle between 8-10 pounds of force before breaking.


**4. Lures and bait.** This is the fun part. There are lures that catch fish and lures that catch anglers at the store. We want the ones that catch fish! Good starting lures are soft plastics resembling worms and lizards. These are easy to rig and highly effective!

Since lures are trying to imitate actual food, the best way to learn about the feeding patterns of fish is to use *actual* food. Live bait will teach you about the feeding cycle underwater. Minnows have been attracting fish even longer than anglers have been trying to catch fish.

A good live-bait rig has a bobber, a split-shot sinker and a hook and minnow.

(Side note: Over 90% of the farm-raised bait in the country comes from our Arkansas baitfish farmers — No. 1 in the nation.)

**5. Hooks.** Keep it simple. For most plastics: a 2/0 to 4/0. For minnows: Usually a bit smaller depending on size.

Carlton and Leigh Wing host the "Arkansas' Great Outdoors" weekly television series. 



"Arkansas' Great Outdoors" host Carlton Wing recommends a spinning reel for children and adults.



The three basic reels are (from top to bottom) spincast, spinning and baitcast.



Getting hooked on fishing just requires some basic equipment.



Visit [facebook.com/arkansasgreatoutdoors/](https://www.facebook.com/arkansasgreatoutdoors/) to watch Carlton demonstrate the common and basic lure, the Texas rig, and put all five of these elements together.



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From that moment on, the tennis bracelet has been on the lips and on the wrists of women in the know. Once called eternity bracelets, these bands of diamonds were known from then on as tennis bracelets, and remain *the* hot ticket item with jewelers.

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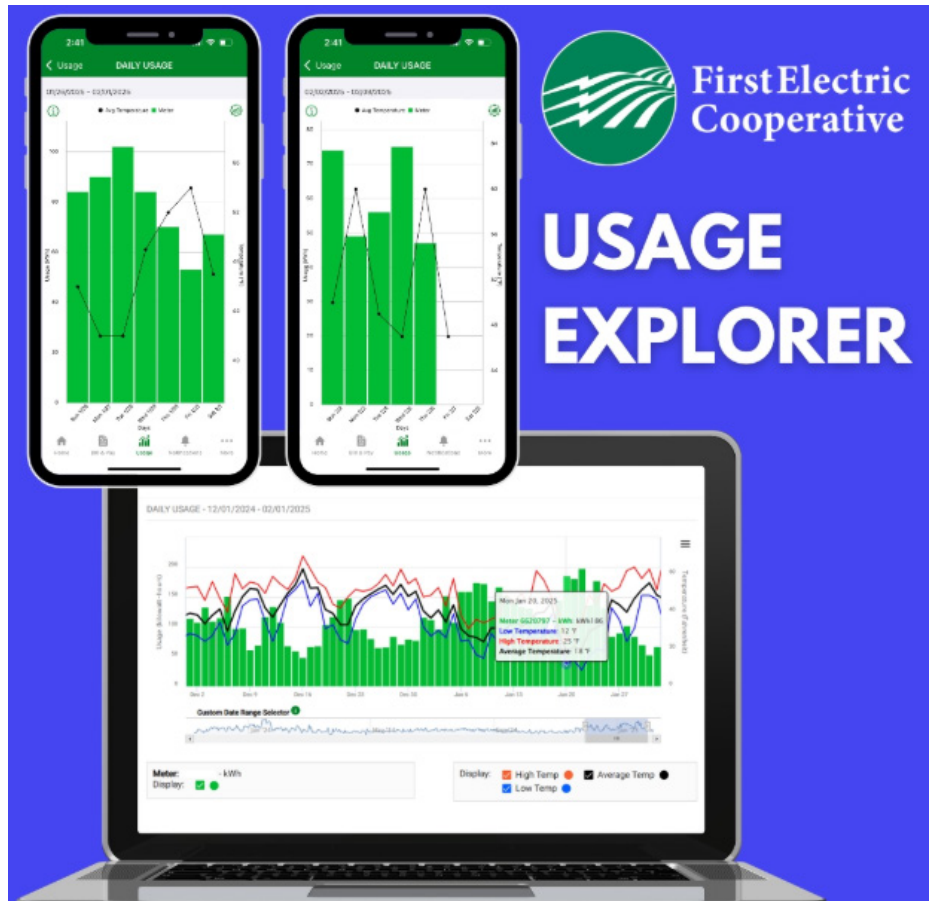
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**2. Weather.** Changes in outdoor temperatures affect your bill. Sometimes, we might forget about a brief cold snap that occurred earlier in the previous month. As temperatures drop, your home's energy consumption rises. The larger the difference between outdoor and desired indoor temperatures, the more energy your heating system consumes.

**3. Energy Costs.** Because energy costs change regularly, you may see a monthly credit or charge based on current energy prices and the energy used. Energy cost adjustments are implemented to recover the fluctuating cost of fuel used to generate electricity that is not recovered in the utility's base electric rates. The Energy Cost Adjustment (ECA) solely recovers the actual cost of fuel and purchased energy. The cooperative does not make any margins (profits) on the adjustment.

**4. Billing Cycles.** Billing cycles can vary based on the billing dates. An increased number of days in a billing cycle may cause your bill to appear higher than usual.

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The equal opportunity clause at 41 CFR 60-300.S(a) is incorporated herein by specific reference, where applicable. **This contractor and subcontractor shall abide by the requirements of 41 CFR 60-300.S(a). This regulation prohibits discrimination against qualified protected veterans, and requires affirmative action by covered prime contractors and subcontractors to employ and advance in employment qualified protected veterans.**

The equal opportunity clause at 41 CFR 60-741.S(a) is incorporated herein by specific reference, where applicable. **This contractor and subcontractor shall abide by the requirements of 41 CFR 60-741.S(a). This regulation prohibits discrimination against qualified individuals on the basis of disability, and requires affirmative action by covered prime contractors and subcontractors to employ and advance in employment qualified individuals with disabilities.**

The nominating committee will meet on March 20 at 11 a.m. to review nominees for a board position in the Jacksonville district, Position 2.



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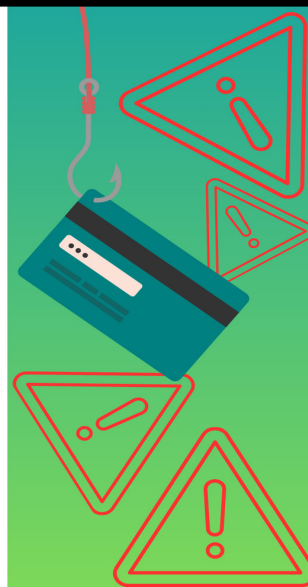
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## TIPS TO AVOID SCAMS

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# Plant Power

*Landscape strategically to save energy*

BY MIRANDA BOUTELLE

**Q:** How can landscaping help lower my energy bill?

**A:** There's a lot going on in the space around our homes. Competing factors of aesthetics, safety, energy efficiency, water conservation and increasing risk of wildfires are a lot to consider. Thoughtful planning and good design can address these factors and result in year-round energy savings.

Carefully positioned trees can save up to 25% of a typical household's energy use, according to the U.S. Department of Energy (DOE). When selecting the right trees and other foliage, research what is best for your local climate. Select native species naturally adapted to your location for lower maintenance.

Strategically placed deciduous trees allow for summer shade and passive solar heat gain in the winter when leaves have fallen. This can lead to energy savings in the summer and winter.

Slower-growing trees might take longer to provide maximum shading benefit, but their roots are typically deeper, and branches are stronger. These factors can make them less likely to be damaged by wind, snow or ice, and be more drought-resistant.

Be sure to plant large trees far enough away from your home to prevent damage from falling branches or root damage to your

home's foundation.


Keep in mind, if you have a rooftop solar system, even a small amount of shade can significantly reduce energy production. Consider smaller plantings closer to the home to shade walls, windows or hardscaped surfaces like driveways and sidewalks.

Keep landscaping clear of dryer vents, heat pumps and air-conditioning units to ensure access for maintenance and airflow around those locations.

When landscaping, always consider safety first. Call 811 or go to [arkansas811.com](http://arkansas811.com) before you dig to ensure you know where any underground power, gas, water or sewer lines are located.

Be mindful of overhead power lines, too. Look up and check the surroundings before setting up ladders. Be thoughtful when planting new landscaping that could encroach on power lines. Check with your cooperative about minimum clearance requirements from utility equipment. As you

prepare to refresh your yard for the coming spring and summer, consider ways you can boost your energy efficiency for more comfort and savings year-round.

Miranda Boutelle writes on energy efficiency topics for the National Rural Electric Cooperative Association, the national trade association representing nearly 900 electric co-ops. 



Evergreens planted on the north and northwest sides of a home will provide shade year-round.

**ENERGY EFFICIENT LANDSCAPING**

Landscaping adds beauty to your home, but it can also improve energy efficiency.

- Plant **deciduous** trees on the south and southwest sides of your home to block heat from the sun in the summer. Deciduous trees lose their leaves in the winter, allowing sunlight to heat your home.
- Plant **evergreen** trees and shrubs on the north and northwest sides of your home to provide shade year-round.

Source: NRECA



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## Vegetation management is essential to reliable power

At First Electric, we prioritize right-of-way maintenance year-round near overhead lines to ensure safe and reliable service for our members. A right-of-way is a designated strip of land that is maintained and cleared beneath or around power lines.

Trees are a major cause of power outages in areas with overhead utility lines. When they come into contact with live wires, they can become conductors of electricity, leading to outages or creating dangerous situations for anyone who encounters them. Trees must grow far enough from conductors to avoid harming individuals or disrupting electrical service.

“Ideally, the dripline of a mature tree’s canopy should not be within 15 feet on either side of overhead lines or within 10 feet of our underground transformers,” said Tim Felty, right-of-way maintenance supervisor.

All trees along fences, roadways and other unmaintained areas will be removed during regularly scheduled maintenance regardless of size or height. “Before work begins, we try to notify our members by email, postcards and door hangers. Our website is a great way to see where our crews and contractors are working. Cleanup crews follow the right-of-way work three to five days after clearing,” said Felty.

To report trees near power lines, call (800) 489-7405 or read more at [firstelectric.coop/vegetation-management](http://firstelectric.coop/vegetation-management).

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# If you love music, *Mississippi* should be on your playlist.

American music is a truly global phenomenon, but its roots trace back to one place—Mississippi. Over 100 years ago, in the Mississippi Delta, the blues ignited a music revolution that would give rise to rock 'n' roll, gospel, country, and R&B while influencing genres from jazz to hip hop. And the story continues today. In Mississippi, you can explore the lives and legacies of icons like B.B. King, Elvis Presley, and Muddy Waters at music museums and on the Blues and Country Music Trails, or catch today's rising stars at juke joints, music clubs, and theaters across the state. Learn more at [VisitMississippi.org/Music](https://www.visitmississippi.org/music).

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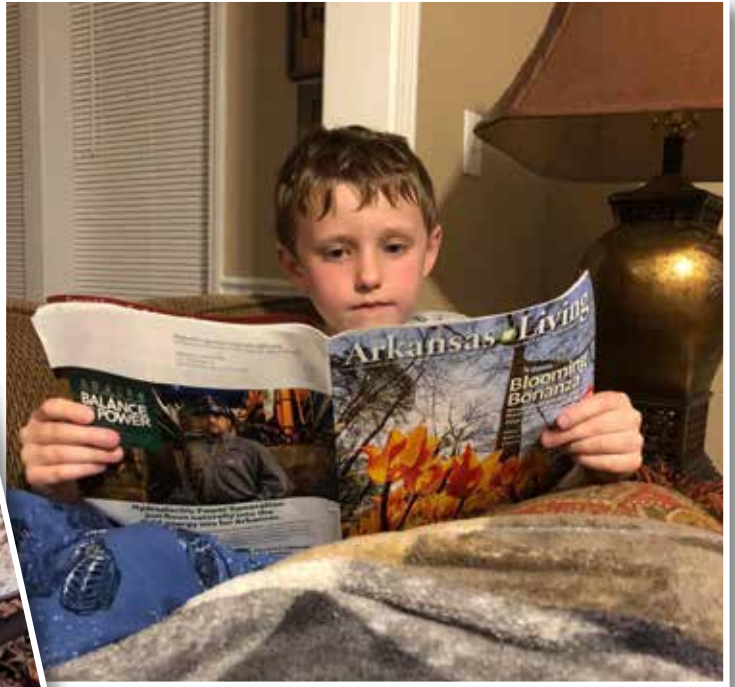
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# Snapshots from our readers



Double the flower power: Magnolia picking daffodils. Rachel Bellamy, Sulphur Springs.



Logan reading his favorite magazine! Catrina and Andrew Marshall, Arkadelphia.



Grace has plenty more wishes to make! Lauren Steffey, Lavaca.



Kaislee loves being outside with her flowers and kitty cat. Candi Martinez, Denver.



**Adaylnn on an outing with her doll. Both are pretty in pink!** Regina Whittington, Scott.



**Cow kisses.** Katie Walker, Huntsville.



**Rio-Angelica couldn't be happier on a pretty spring day!** Britt Stinson, Altus.



**Harper overlooking Jasper.** Kassidy Dorrell, taken from the lookout at Round Top Mountain.

Share your photos with your fellow Arkansas Living readers! Please submit high-resolution photos with detailed information about the pictures (who took it, where, who is in it, etc.) to: [arkansaslivingmagazine.com/submit-a-photo](http://arkansaslivingmagazine.com/submit-a-photo).


# Momentary Marvels

*Quick color fixes bring a burst of early spring*



BY JANET B. CARSON

Spring is on the horizon, and gardens are coming alive with color. March is a transitional month, when we still have a chance of frost but a mix of sunny, warm days as well. Many gardeners want to start planting extra color in their gardens now, but it is too early for summer annuals.

There is a group of more cold-tolerant, short-lived options for you. While they typically won't last for more than a few weeks or slightly more than a month, they give you that extra shot of color that you are craving and can fill the void until summer color can be safely planted. 

PLANT	CHARACTERISTICS
Bachelor's Buttons or Cornflower	Flowers come in shades of blue, purple, pink or white. Can be grown from seed (planted in the fall) or you can buy blooming plants. This cool-season annual can reseed and come back in the same spot the next year. Good pollinator plant.
Calendula – Pot Marigold	Bright yellow or orange daisy-like blooms will last for a month or longer (until the heat sets in). The blooms are edible. Works well in pots or in the ground.
Carnations/Dianthus	Flowers come in shades of pink, burgundy, white and lavender, with bicolor varieties available. Many are fragrant. Carnations are a variety of dianthus, but more short-lived than other species. While some dianthus plants are perennials in Arkansas, they are a great transitional plant to add color in late winter into spring. Even those that are perennial will stop blooming in the heat of summer.
Cineraria	Daisy-like blooms with brightly colored blue, purple, pink or red petals. Blooms often have a white starburst ring surrounding a dark central eye. Protect from a hard freeze. Can bloom for up to 6 weeks.
English Primrose/ Polyanthus Primrose	Short rosette of foliage with gorgeous blooms in shades of blue, purple, red and yellow. Frost-tolerant, though a hard freeze can send plants into dormancy. Don't overwater. Will last until hot weather arrives.
Geranium/Ivy Geranium	Geraniums are tough plants and can tolerate cool weather. They can bloom all summer but will have bigger flowers in cooler temperatures. A wide range of colors to choose from. Ivy Geraniums are best used in hanging baskets and need afternoon shade. Not as tolerant of heat.
Osteospermum – Cape Marigold	The daisy-like blooms boast bright orange, yellow, purple, pink and white ray petals surrounding a pollen-rich eye. Very showy plants, which will continue to bloom into early summer. Typically won't take high heat and humidity.
Ranunculus	These members of the Buttercup family produce layers upon layers of delicate petals. The flowers resemble roses, but the petals are thin, delicate and papery rather than thick and velvety. Flowers bloom in red, pink, white, yellow, orange and burgundy shades. They bloom for one to two months.



Blue Cornflower



Dianthus



Osteospermum



Ranunculus

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**JOHN DEERE**





# Lighten Up

Savor spring with healthier recipes

RECIPES AND PHOTOS  
BY JULIANA GOODWIN

## Quinoa Salad

Makes 6 servings.

Salad	Dressing
1 cup tri-colored quinoa	1/4 cup extra-virgin olive oil
2 cups chicken broth	3 tablespoons fresh lemon juice
1 1/2 cups canned chickpeas, drained (can substitute chopped rotisserie chicken)	2 tablespoons chicken broth
2 1/2 cups cucumbers, sliced	1 bunch Italian parsley leaves
3 green onions, sliced	1 bunch cilantro
3/4 cup kalamata olives, sliced	2 large garlic cloves
1 1/2 cups grape tomatoes, halved	1 tablespoon liquid from kalamata olive jar
Zest from 1 lemon	Pinch salt

**For salad:** Prepare quinoa according to package directions, using chicken broth instead of water. Set aside when done, and allow to cool. Stir in remaining salad ingredients.

**For dressing:** Place all dressing ingredients in a food



processor, and pulse until fairly smooth.

Toss quinoa with dressing.

*Notes: This is best consumed the day it is made, but it can be made a few hours in advance. You can add more vegetables to this salad, like chopped bell pepper, grilled zucchini or cooked peas (salt vegetables before adding). If you want to increase the protein, substitute chicken broth with bone broth.*

## Turkey Muffin Tin Meatloaf

Makes 8 mini loaves.

Meatloaf	Glaze
1 pound ground turkey (93% lean)	1 teaspoon Dijon mustard
1 egg	1 1/4 teaspoons onion salt
2 tablespoons Worcestershire sauce	1/2 teaspoon black pepper
3 tablespoons ketchup	1/2 cup onion, finely minced
1 tablespoon barbecue sauce	3/4 cup panko breadcrumbs
	1/3 cup ketchup
	1/3 cup barbecue sauce

Heat oven to 350.

**For meatloaf:** In a large bowl, combine all meatloaf ingredients until mixed. Evenly pat meat into 8 cups of a regular muffin tin, and place on a baking sheet. Bake for 15 minutes. Remove from oven, and use a paper towel to blot



any grease before adding glaze.

**For glaze:** In a small bowl, stir together all glaze ingredients, and evenly brush mixture on top of meatloaf. Return meatloaf to oven, and bake for another 13-15 minutes or until done.





## Olive Oil Cake

Makes 8 servings.

3/4	cup sugar, plus 1 tablespoon	Pinch salt
3	eggs	1/3 cup Greek yogurt or sour cream
	Zest from 1 orange	Juice from 1 orange
3/4	cup good quality extra-virgin olive oil	2 tablespoons orange liqueur or 1 teaspoon orange extract
1 1/3	cups all-purpose flour	Powdered sugar for dusting
1	teaspoon baking soda	
1	teaspoon baking powder	

Heat oven to 350. Grease a 9-inch springform pan. Add parchment paper to bottom and grease parchment. Set aside.

In a large bowl, beat together sugar, eggs and orange zest until they become pale, about 3 minutes. Drizzle in olive oil and beat.

In a medium bowl, whisk together flour, baking soda, baking powder and salt. Add dry ingredients to wet ingredients. Add Greek yogurt/sour cream, orange juice and orange liqueur/extract. Beat for 1 1/2 minutes or until combined.

Pour into prepared pan. Bake for 28-35 minutes. Dust with powdered sugar before serving.

*Notes: It is important to use good extra-virgin olive oil, like one you'd use in salad dressing. This cake has less sugar and flour than traditional cake and no frosting. It is light and delicate and pairs well with coffee or tea.*



This month's web exclusive recipe:

## Peach Crisp

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

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

# Beefy Bites

*Simple, savory recipes from handhelds to hash*

## Beefburger in a Biscuit

Makes 4 servings.

- |     |                                    |   |  |
|-----|------------------------------------|---|--|
| 1   | pound ground beef                  | 4 | slices cheddar cheese                  |
|     | Seasonings to taste                | 2 | tablespoons milk                       |
| 1/2 | cup onions, diced                  |   | Sesame seeds (optional)                |
| 8   | frozen buttermilk biscuits, thawed |   | Favorite burger condiments for serving |

Heat oven to 400.

In a skillet, cook ground beef until brown, seasoning to taste. Add onions, cooking until tender and lightly golden. Drain and set aside until cool.

Flatten biscuits using a rolling pin, keeping them round and about 6 inches across.

Place four flattened biscuits on a parchment-lined baking sheet, leaving space in between, to serve as bottoms. Divide ground beef into four equal portions, and spoon on to bottoms. Top each with cheese slices. Lightly wet edges of bottom biscuits with water, and place remaining four flattened biscuits on top. Crimp around edges with a fork to seal biscuits and keep beef contained. Brush tops with milk, and sprinkle on sesame seeds if desired.

Bake for about 20 minutes or until golden-brown. Serve with favorite burger condiments.

*Notes: These are great for picnics or to take with you as a lunch, as they can be handheld.*

*Pat Pullum, Rogers*



JENNIFER CHRISTMAN CIA

## Roast Beef Sandwiches

Makes 4 servings.

- |   |                                 |   |                                     |
|---|---------------------------------|---|-------------------------------------|
| 2 | tablespoons olive oil           |   | Butter for rolls, softened          |
| 1 | medium onion, sliced            | 4 | ciabatta rolls, split               |
| 2 | cups beef broth                 |   | Brown mustard or other good mustard |
| 1 | tablespoon Worcestershire sauce | 4 | slices provolone cheese             |
| 1 | pound roast beef                |   |                                     |

Heat olive oil in a skillet over medium-high heat. Sauté onion until tender. Add beef broth and Worcestershire sauce. Add roast beef, and heat until warm.

Spread butter on ciabatta rolls. In a separate skillet, toast both sides of rolls until lightly brown. Spread each with mustard, placing 1 slice of cheese on all roll bottoms. Add beef and onions, and add roll tops.

Spoon broth into small bowls. Dip sandwiches in broth and enjoy.

*Note: I created this a few years ago when I needed a quick meal solution.*

*Lisa Lovell, Elm Springs*

## Texas Hash

Makes about 8 servings.

- |     |   |   |  |
|-----|---|---|--|
| 1   | pound ground beef (venison also works well) | 1 | (14.5-ounce) can diced tomatoes, undrained |
| 1   | bell pepper, chopped                        | 3 | "cans" water, more if needed               |
| 1   | onion, chopped                              | 1 | cup rice, uncooked                         |
| 3-5 | tablespoons chili powder to taste           |   | Tortilla chips                             |
|     | Salt and pepper to taste                    |   | Processed cheese slices (I use Velveeta)   |
| 1   | (15.5-ounce) can chili beans, undrained     |   |  |

In a large skillet, cook ground beef over medium-high heat until brown. Add bell pepper and onion, sautéing until tender. Add chili powder (start with 3 tablespoons, and increase to taste) and salt and pepper. Add chili beans and diced tomatoes. Using bean or tomato can, add 3 cans water and stir. Bring to a boil, reduce heat to medium, and simmer covered for about 1 hour, stirring in additional water as needed to prevent sticking. Add rice and enough water to cook rice. Continue to simmer until rice is tender, adding water if needed. It should be only slightly thick with some liquid left.

Serve mixture on a handful of crushed tortilla chips, and top with processed cheese slices.

*Notes: Adjust this recipe to your liking. Adjust chili powder, cook longer for thicker hash, use cornbread instead of chips, use different cheeses, etc. I make it year-round. It is an easy and hearty family meal. Enjoy!*

*Barbie Thornton, Hermitage*

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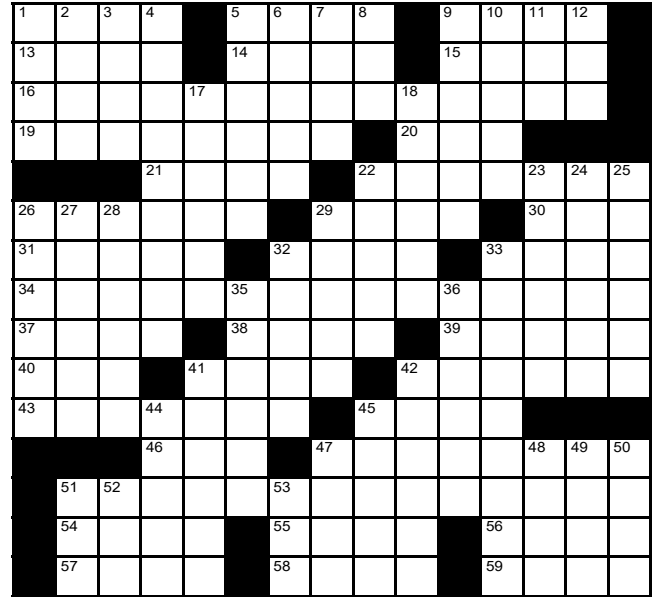


## CROSSWORD PUZZLE

### In Like a Lion, Out Like a Lamb *By Victor Fleming*

#### ACROSS

- 1 Creepy glance
- 5 Got older
- 9 Pack (down)
- 13 Golfer Aoki
- 14 Nevada city
- 15 Bassoon's kin
- 16 Website with photos from NASA's Apollo, Gemini and Mercury programs
- 19 Twins might share these
- 20 Fort Worth sch.
- 21 Bygone times
- 22 Stately French residence
- 26 Like some rainy nights
- 29 Times New Roman, e.g.
- 30 Classic Ford initials
- 31 Beat rhythmically
- 32 "The Time Machine" race



- 33 WWI airplane
- 34 Simile for the eccentrically silly
- 37 Just \_\_\_ (not much)
- 38 Robbins and Allen
- 39 Race of Norse gods
- 40 At-bat stat
- 41 Memorization method
- 42 Parenthetical after "Profit" on Schedule C
- 43 Nairobi residents
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- 51 Date Julius Caesar was warned about
- 54 "Freeze!"
- 55 Short note
- 56 Baby's first word, often
- 57 Circular air current
- 58 "Jurassic Park" creature, for short

59 Catch sight of

#### DOWN

- 1 Arm or leg
- 2 "Hairy" twin in Genesis
- 3 Accrue, as interest
- 4 Ice cream flavor
- 5 Main channel
- 6 Crystal ball?
- 7 Tolkien forest creatures
- 8 Homer Simpson outburst
- 9 Alley feline
- 10 "All \_\_\_ Eve"
- 11 Sound from a cow
- 12 Bic stick
- 17 Cold war worries
- 18 Like some cuisines
- 22 Beer from Golden, Colo.
- 23 City on the Rio Grande
- 24 '80s video game systems
- 25 Bovine milk sources
- 26 Gospel author

27 "If \_\_\_ be the case ..." (hypothetical intro)

- 28 Invest with clerical authority
- 29 Pilot light, e.g.
- 32 Exudes
- 33 Con of a sort
- 35 Earned forgiveness
- 36 Globetrotters' home
- 41 Triple play, e.g.
- 42 Best by being slyer
- 44 Cautioning road sign
- 45 Diminutive being of folklore
- 47 River to the Elbe
- 48 Swift's \_\_\_ Tour
- 49 Dudley Do-Right's law enforcement grp.
- 50 One-horse carriage
- 51 Below-belt link
- 52 "I've \_\_\_ it up to here!"
- 53 Hwy. mishap respondent

CROSSWORD ANSWERS ON PAGE 41

Email feedback to [judgevic@gmail.com](mailto:judgevic@gmail.com)

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# BJ's Market Café rooted in tradition



STORY AND PHOTOS  
BY ROB ROEDEL

Unlike some high school seniors, Jeanna Whitley knew exactly what she wanted to do as a career even before she graduated. So, in 1976 she opened a produce, plants and greenhouse business off McCain Boulevard in North Little Rock.

The business also featured a market where people could buy seed and other agriculture items along with produce. She and her husband, David



BJ's Market Café in North Little Rock, once primarily a produce, plants and greenhouse business, has grown to include a beloved restaurant serving homestyle cooking.



Jeanna Whitley started BJ's Market Café in 2006.

Whitley, enjoyed watching their children experience the rewards of hard work and of growing vegetables over the years.

Around 2006, Whitley decided to convert a section of the market to a small restaurant offering home cooking "like mama makes it," and BJ's Market Café was born. As with any successful business, people flocked to the establishment to enjoy the food. As the crowds grew, the market space shrunk, and the restaurant expanded.

Today, the restaurant occupies about 80% of the floor space with a small market area that features fresh fruits and vegetables, homemade jams and jellies, nuts and much more.

Whitley faced two challenges about two years ago when David passed away, and she was diagnosed with cancer. Today, she is alive and

well, and she's a pleasure to be around. I enjoyed watching her observe the customers, staff and all aspects of the restaurant during my visit. It just comes second nature to her.

"If you can't find something to eat here, then something is wrong," she said to me with a grin. "We came up with these recipes and people love them."

On the day of my visit, I lucked out



BJ's catfish, served with all the fixings, is legendary and served daily.



## THE EATING ESSENTIALS

### BJ's Market Café

704 Market Plaza  
North Little Rock  
(501) 945-8884  
bjsmarketcafe.com

**Hours of Operation**  
Monday-Friday: 5:30 a.m.-2:30 p.m.





with Chicken and Dumplings among the daily specials. My taste buds and stomach anxiously waited as Whitley walked toward my table with a large bowl. The plate also included hand-breaded fried okra and cucumber salad. Oh, the dumplings were heavenly and just like my grandma used to make — rolled out and sliced, then simmered in chicken stock until perfection was achieved. I ate the whole bowl, and I will be back for more.

Another daily special offered on the day of my visit: Smoked Ribs. I enjoyed a nice serving of three large, pork spareribs smoked on-site. The ribs would rival any I have eaten in great barbecue restaurants, as the seasoning was perfect with just enough smoky flavor, a nice bark and the right amount of sauce. The potato salad and baked beans served with the fall-off-the-bone ribs were homemade and featured



Smoked Ribs are one of the many daily specials offered at BJ's Market Café.

unique and tasty flavors.

The Catfish at BJ's Market Café is legendary and available daily. I received three large, farm-raised USDA catfish fillets, battered with cornmeal and fried to golden brown. The tasty catfish was complemented by house-made coleslaw, fresh tartar sauce, hush puppies and crinkle-cut french fries.



Rachel Clay makes sky-high Coconut Pie for the restaurant.

A couple of other items among my favorites: Chicken-Fried Steak and Pork Chops.

Try them, I know you will like them.

As for homemade desserts, Whitley looked at me and told me that I was a chocolate

and coconut pie kind of guy. Amazing, as she is obviously in tune with her customers. And, once I tried the slices of Chocolate and Coconut Pies that featured a sky-high, fluffy meringue, I wanted to find Rachel Clay, the pie maker at BJ's, and give her a hug. I almost forgot to mention: There was Pineapple Upside Down Cake. So, I took a slice back to my office to enjoy later. It was outstanding.

BJ's opens at 5:30 a.m. and has a great reputation for serving some of the best homemade breakfasts in North Little Rock. Offerings include pancakes, waffles, good ol' Southern biscuits and gravy, omelets, breakfast sandwiches and much more. 🍷

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

## CROSSWORD ANSWERS

*for puzzle on page 38*

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

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# Calendar



**Wye Mountain Daffodil Festival**

COURTESY OF ARKANSAS DEPARTMENT OF PARKS, HERITAGE AND TOURISM



**Wee Lil Hooligan Parade**

COURTESY OF SOUTH CENTRAL ARKANSAS ELECTRIC COOPERATIVE



**Arkansas Climbers Festival**

COURTESY OF ARKANSAS DEPARTMENT OF PARKS, HERITAGE AND TOURISM



**Arkansas State Spelling Bee**

COURTESY OF AECC



**Arkansas Derby**

COURTESY OF ARKANSAS DEPARTMENT OF PARKS, HERITAGE AND TOURISM

## March 1

**Mardi Gras at the Little Rock Zoo**  
Little Rock, littlerockzoo.com

## March 1-2

**Little Rock Marathon**  
Little Rock, littlerockmarathon.com

## Viking Festival

Hot Springs, facebook.com/HSrenfaire

## March 1-9

**Wye Mountain Daffodil Festival**  
Wye, facebook.com/wyemountainchurch

## March 6-8

**Mountain View Bluegrass Festival**  
Mountain View, mountainview-bluegrass.com

## March 8

**Arkansas State Spelling Bee**  
Little Rock, aecc.com/spellingbee

## Camden Daffodil Festival

Camden, facebook.com/  
CamdenDaffodilFestival

## March 13-15

**AAA State Basketball Championships**  
Hot Springs, ahsaa.org

## March 14

**Arkansas 4-H SeaPerch Challenge**  
Little Rock, 4h.uada.edu

## March 14-15

**Historic Washington State Park Jonquil Festival**  
Historic Washington, facebook.com/  
jonquifestival

## March 15

**St. Patrick's Day Parade**  
Eureka Springs, eureka Springs Chamber.com

## St. Patty's on the Square

Pocahontas, pocahontashdn.org

## March 16-17

**World's Shortest St. Patrick's Day Parade**  
Hot Springs, shorteststpats.com

## March 17

**Wee Lil Hooligan Parade**  
Arkadelphia, scaec.com/community/  
st-patricks-day-parade

## March 22

**Texarkana Home & Garden Show**  
Texarkana, txkhomeshow.com

## March 28-29

**Arkansas Climbers Festival**  
Jasper, arkansasclimbers.org/festival

## March 29

**Arkansas Derby**  
Hot Springs, oaklawn.com

*Find more events at [arkansaslivingmagazine.com/around-arkansas](http://arkansaslivingmagazine.com/around-arkansas).  
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