

Arkansas Living

JULY 2025



Legacy of Light

Visiting the Garfield
homestead where rural
electrification took root

Page 8

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CONTENTS JULY 2025



CHANCE ALLMON

8

FEATURES

8 Cover Story

Legacy of Light

Visiting the Garfield homestead where rural electrification took root.

By Jennifer Christman Cia

12 Economic Sparks

Manufacturing Might

Camden a key player in defense production.

By JD Lowery

14 Uniquely Arkansas

Winged Wonder

Bentonville's aviation center honors Arkansas aviator Louise Thaden.

By Kat Robinson

18 Smart Energy Tips

This Old House

Enhancing efficiency of classic homes.

By Miranda Boutelle

20 Worth the Drive

Majestic Mena

Mountain town offers scenic drives, cultural charm.

By Jack Schnedler



14

COURTESY OF EDWARD H. PHILLIPS COLLECTION



ON THE COVER

At their Garfield property — once the boyhood homestead of cooperative pioneer Clyde T. Ellis — Beverly and Don Toepfer help preserve pieces of history.

Photo by Chance Allmon



JOE AND LORELEI DE ANGELIS

28

IN EVERY ISSUE

- 4 Editor's Welcome
- 5 The Cooperative Difference
- 6 Currents
- 7 Where Is It?/Trivia
- 16 Arkansas' Great Outdoors
- 22 My Co-op
- 28 Reflections
- 30 Gardening
- 32 Recipes
- 38 Crossword Puzzle
- 40 Let's Eat
- 42 Around Arkansas

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The Bite Stuff

BY JENNIFER CHRISTMAN CIA

After more than 25 years in Arkansas, this indoorsy Baltimore native has finally reached full naturalized Natural State status.

I got my first tick bite.

It happened while I was on assignment in rural Arkansas. The culprit? A stealthy little hitchhiker who latched onto the base of my big toe. The gall! Or should I say, the crawl?

Here's the kicker:

I was fully suited up. Long pants. Long-sleeved shirt. Socks. Sneakers. I was basically dressed for fall in late spring. But I had neglected to treat my clothing with an EPA-approved repellent or tuck my pants into my socks — key steps in preventing tick bites. So, the tick found its way in — the little bugger.

When I noticed the tiny trespasser, I had a minor bug-out moment. Then, I got online to "insectigate" what to do. (That's when I learned that ticks are not technically insects or bugs, but rather arachnids.) I landed on the Centers for Disease Control (CDC) website (cdc.gov) and found these tips for coping with a tick bite:

- Remove the tick immediately using fine-tipped tweezers.
- Grasp it close to the skin and pull steadily — don't twist or jerk.
- If mouthparts stay in, leave them or gently remove with tweezers.

- Clean the bite area and your hands with soap and water, alcohol or hand sanitizer.
- Dispose of the tick ("place it in a sealed container; wrap it tightly in tape; flush it down the toilet; or put it in alcohol") without crushing it.
- Check your body for other ticks.
- See a doctor if you develop a rash or fever within days to weeks.



Stay tick-free this summer with essential tips for preventing and removing pesky pests.

Stresses the CDC, "If you find a tick attached to your skin, remove the tick as soon as possible. Do not wait to go to a health care provider to remove the tick. Delaying tick removal to get help from a health care provider could increase your risk of getting a disease spread through tick bites, known as tickborne diseases."

In other words, act fast because time is tick-ing!

Creepin' it real,

Jennifer

Jennifer Christman Cia
jennifer.cia@aeci.com

Cooperative Cool

BY VERNON "BUDDY" HASTEN

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



One thing is generally true about July in Arkansas: It is hot.

The average daily high temperature is 92 degrees, with some days in July hitting triple digits. Combine this with high relative humidity and you can get heat indexes

well above 100 degrees for a large portion of the month. Heat indexes above 105 degrees are generally considered dangerous for young kids and elderly adults, with many health services recommending that they limit outdoor exposure and stay in air-conditioned homes or public places.

I grew up in an old farmhouse without air conditioning, and it makes me truly appreciate having it today. My brother and I shared a bedroom when we were kids, and our mode of cooling on hot summer nights was an old box fan propped up in the window.

One memory that makes me truly appreciate air conditioning happened on a hot summer night. I remember waking, sweating in the middle of the night, wondering why it was so much hotter than usual. I got out of bed and discovered that my brother had executed the ultimate power play. After I fell asleep, he took an old sheet and formed it around the box fan to create a homemade wind tunnel to funnel all the cooler outdoor air directly onto him. While he slept in comfort, I was left sweating it out.

Suffice it to say that the wind tunnel was immediately destroyed with extreme prejudice and harsh words were said. If I could go back and do it over, it would have been better to appeal to my brother's good side and calmly ask him to share the fan. According to the book of John, "Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen." He clearly knew I was sweating it out in the next bed over.

However, I do think our family's lack of air conditioning positively impacted my life. In the summer during the heat of the day, my mom would take us to the public library for a few hours to read books and check out as many as we could to take home. It is easy to love reading when you can escape the heat and enjoy an air-conditioned library. I attribute prolific reading at a young age as one of the most transformative things in my life. It expanded my world beyond a small farm in rural Iowa and opened my eyes to new possibilities; it helped me imagine what is possible. It also helped me do well in school, leading to opportunities that would have otherwise been unavailable to me.



GENERATED BY AI

Air conditioning might have been considered a luxury 50 or 60 years ago, but today, the Department of Energy estimates that nearly 87% of American homes have it, further noting that 48% of all home energy use is for either heating or cooling.



This air conditioning ad appeared in the August 1962 issue of the magazine, then called Rural Arkansas.

Modern air conditioning was invented in 1902 by Willis Carrier, a New York engineer for the Buffalo Forge company. He was tasked with solving a humidity problem for the Sackett-Wilhelms Lithographing and Publishing Company in Brooklyn to help prevent wrinkled magazine pages. It is said that he had this brilliant idea while waiting for a train on a foggy morning in Pittsburgh and air conditioning was born. He broke off from Buffalo Forge and formed the Carrier Engineering Corporation that still exists

over 120 years later.

I salute Mr. Carrier for making all our lives more productive and comfortable. They say one good idea deserves another, and the fact is that the genius of air ➤

COOL continued on page 6

Cooperatives amp up Arkansas Country Music Awards

The Electric Cooperatives of Arkansas energized an unforgettable night of harmony and heritage at the 2025 Arkansas Country Music Awards, which took place June 2 at Reynolds Performance Hall in Conway.

Since the inaugural awards show in 2018, the Electric Cooperatives of Arkansas have been steadfast supporters.

“We are proud to support the 2025 Arkansas Country Music Awards, celebrating the power of community, tradition and the voices that bring us together,” said JD Lowery, director of community and economic development. “Just like country music, our mission is rooted in connection, energy and hometown pride.”

Committed to strengthening communities, the Electric Cooperatives of Arkansas have long championed cultural initiatives that unite and inspire Arkansans.

The Electric Cooperatives of Arkansas were honored to sponsor and produce programs for the 2025 Arkansas Country Music Awards.



Arkansas 4-H teams excel at International SeaPerch Challenge

Thanks to support from the Electric Cooperatives of Arkansas, student teams from Grant County 4-H brought home top honors at the 2025 International SeaPerch Challenge.

The HydroRappers earned 1st place overall and the title of Middle School Class Champions.

The Electric Cooperatives of Arkansas have proudly sponsored the Arkansas 4-H SeaPerch Challenge since its launch in 2016, helping students design, build and compete with underwater remotely operated vehicles (ROVs).

Other top Arkansas finishers — also from Grant County — included:

- Deepwater Vanguard – 3rd in the high school stock obstacle course and technical design report
- Sea-cret Agents – 2nd in the middle school stock obstacle course
- Aquanauts – among the fastest in the world on the obstacle course.

SeaPerch promotes STEM learning through hands-on engineering and teamwork, and the Electric Cooperatives of Arkansas remain committed to supporting the next generation of innovators.



Students from Grant County 4-H earned top honors at the 2025 International SeaPerch Challenge.

COOL *continued from page 5*

conditioning absolutely needs the genius of our amazing electrical grid to function. This is where I also salute the Electric Cooperatives of Arkansas.

I called this article “Cooperative Cool” because electric cooperatives provide the power to keep us cool in the summer and to improve the quality of life of our members as we have done for decades. A review of this magazine’s archives shows that the cooperatives were advertising “Whole House Air Conditioning by Fedders” as far back as 1960, and many cooperatives even sponsored programs to help members get access to air conditioning. The electric cooperatives even sponsored a competition showcasing all-electric homes that were “wired for the needs of today and for the needs of the future.” These homes were called Gold Medallion homes and were designed to be fully powered by

electricity for heating, cooling, lighting and all appliances, and they often featured extra wiring and insulation for efficiency.

July is a peak energy month, and while it is nice to have a comfortable home in the summer, it can be a real challenge when the electric bill comes for a high-usage month.

Cooperatives care about our members, and all the electric cooperatives have good energy-efficiency tips on websites for members. Many also have home energy audit and efficiency programs to assist members in getting the most out of their electric usage. If you have questions about energy efficiency or how to best use your energy dollars, reach out to your local electric cooperative for assistance. Stay Cooperative Cool this summer. ☐

Frederick completes Leadership Arkansas

Congratulations to Daron Frederick, chief information officer (CIO) for the Electric Cooperatives of Arkansas, who became a Class XIX graduate of Leadership Arkansas on May 16.

Leadership Arkansas — a unique, nine-month program by the Arkansas State Chamber of Commerce and Associated Industries of Arkansas — cultivates and develops emerging and established leaders who are dedicated to improving the state.

Frederick said, “Leadership Arkansas has been an incredible experience, broadening my knowledge of Arkansas-based industries and economics, increasing my perspective and deepening my commitment to making a difference. I’m grateful for the opportunity to learn, grow and collaborate with leaders who share a vision for a stronger Arkansas.”

Prior to joining the electric cooperatives 12 years ago, Frederick’s career included a 16-year tenure in the U.S. Navy. He also has served as CIO in both health care and transportation industries. His career progressed from banking software developer to management roles at a national tax service and the Arkansas Supreme Court.



Daron Frederick

Where Is It?

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

In June’s issue, we hid a flamingo pool float. One correct reader joked it appeared in a kayaking photo with the Arkansas’ Great Outdoors column: “Flamingo floater is in the bottom picture of page 16 ... looking swimmingly serene.”

Winners selected in our drawing to receive an insulated Arkansas Living grocery tote were:

- James Souto, Fayetteville (Ozarks Electric Cooperative)**
- Andrea Shoaf, Drasco (nonmember)**
- Gena Hamilton, Camden (Ouachita Electric Cooperative)**
- Margo A. Kagebein, DeWitt (First Electric Cooperative)**
- Mary Beth Weick, Pocahontas (Clay County Electric Cooperative)**



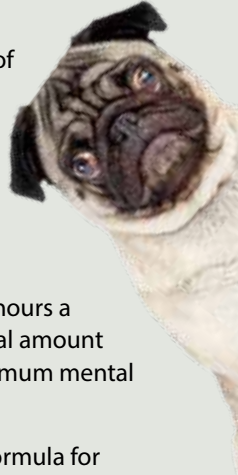
For July, we’ve hidden this all-American apple pie. It won’t be easy as pie to find — “crust” us!

For a chance to win a tote, enter by July 15 via the “Where Is It?” link on the homepage of arkansaslivingmagazine.com, or go directly to 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. May’s winner was: Denise Manasco, Umpire (Rich Mountain Electric Cooperative).*

- The original Declaration of Independence was hand-written by calligrapher Timothy Matlack, a brewer and beer bottler known for his excellent penmanship.
- Bees can become drunk after ingesting fermented nectar or sap from rye, barley or agave. Drunken bees have impaired motor function, often bump into objects and can’t fly.
- Approximately 11% of Americans have never left the state of their birth, according to a OnePoll survey conducted in 2019.
- The basement of Independence Hall in Philadelphia was once used as the city’s dog pound.
- Working eight hours a week is the ideal amount of time for optimum mental health.
- The chemical formula for sodium citrate, which turns cheese into a smooth, creamy sauce, is Na₃C₆H₅O₇ (Nacho).
- George Washington was a big fan of ice cream, spending \$200 on it in the summer of 1790 — the equivalent to \$6,300 in today’s currency.
- *“I am still determined to be cheerful and happy in whatever situation I may be; for I have learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.” — Martha Washington, first First Lady of the United States*



Legacy of Light



*Visiting the Garfield homestead
where rural electrification took root*

BY JENNIFER CHRISTMAN CIA

Before electricity reached the barns and backroads of rural America, a young Clyde Taylor Ellis grew up in a dark farmhouse in northwest Arkansas — unaware he'd one day help light the way.

Born in 1908 and raised in Garfield, Ellis knew firsthand what it meant to grow up in the shadows of opportunity. That foundation drove him to become a congressman and the first general manager of the National Rural Electric Cooperative Association (NRECA), the national trade association representing nearly 900 electric cooperatives. His life would, figuratively and literally, help energize communities long left behind.

Today, that same wooded land in Garfield — in Benton County within Carroll Electric Cooperative's service area — still pulses with stories of a transformative American era. Since 1978, the property has belonged to Don and Beverly Toepfer, who have three children and six grandchildren.

On a warm Monday in early May, the couple — joined by their Shih Tzu, Barney — graciously lead a tour for cooperative visitors eager to see weatherworn pieces of the past.

Don defers to Beverly, a retired nurse, when it comes to the backstory. "She's the historian," he says. "She's the one who's done all the research on the family and all that."

The Toepfers learned about the history of their 40-acre property six years after buying it. They met one of Ellis' sisters, Dorothy Ross, a respected local schoolteacher. Ellis was the oldest of nine children.

"That's the first time we heard about (Ellis) and his achievements," Beverly says. "She was telling us, 'You know my brother was in Congress,'" as well as a staunch advocate for rural electrification.

Early on, investor-owned utilities had little interest in extending service to sparsely populated areas, leaving much of America in the dark — until advocates like Ellis helped organize and empower local cooperatives to do it themselves.

As we reflect on American history and independence



TOP Don Toepfer (right), current owner of the Clyde T. Ellis homestead, shows Carroll Electric Cooperative President/CEO Rob Boaz (left) the old handpump that still draws water.

ABOVE Clyde T. Ellis of Garfield was a school teacher, an attorney, a U.S. congressman and a pioneer of rural electrification.

this July, it's a timely moment to remember pioneers like Clyde Ellis — an Arkansan who helped ensure underserved communities weren't left behind in the nation's progress.

Rural rise

Though the original Ellis family farmhouse, tucked among trees, has long since collapsed, the land still hums with history. Don, a retired custom home builder, estimates that at about 1,000 square feet, it was quite a home for its time. He says, "When we moved in, I kept saying 'Let's fix that old house up.' It was a neat-looking thing."

He notes having spotted a small but powerful relic of progress: "I found the old electric meter still on the house. I haven't touched it, but I know where it is."

The original smokehouse — once repurposed by the Toepfers as a chicken coop — stands intact. Don demonstrates that the hand-dug well and handpump still draw water, as they did generations ago.

Over the years, members of the Ellis family have come to visit the homestead, sharing tales with the Toepfers, painting a portrait of a hard-working, tightly knit multigenerational family, grounded in discipline, order and togetherness.

"They told stories about building rock walls when they got in trouble," Beverly recalls. "Clyde and the boys slept in one bedroom with Grandpa. The girls slept with Grandma in another room."

While Ellis' journey took him far from the Ozarks, he never strayed from its values. He began his career as an educator and attorney before being elected as a state representative and, later, a state senator.

According to the Encyclopedia of Arkansas, "As a senator, Ellis began his long association with the rural electrification movement; he played a key role in passing legislation that allowed the state to have electric cooperatives." (It's worth

noting that, in 1937, Arkansas State Rep. Claude M. Smith co-sponsored the Arkansas Electric Cooperative Corporation Act. Today, Smith's great-grandson, Bill Gossage, is chief of External Affairs for Arkansas Electric Cooperatives, Inc., ➤



ARCC

The Clyde T. Ellis Hydroelectric Generating Station at Barling is named after Ellis for his efforts in bringing electricity to rural America.



CHANCE ALLMON

RIGHT An old smokehouse is one of the remaining structures from Ellis' childhood home.

BELOW Vice President of Carroll Electric John Worley tours the old smokehouse on the Ellis homestead.



CHANCE ALLMON

A power pole on the Ellis homestead is marked with the year "1945."



CHANCE ALLMON

the very division responsible for Arkansas Living magazine.)

Ellis was elected as a U.S. representative in 1938 and served until 1943. He ran for the U.S. Senate and lost to John Little McClellan. But his influence didn't end there. Ellis, who was instrumental in the formation of NRECA, became its first general manager in 1943, battling powerful utility interests that had long overlooked rural America.

Leading the charge

The Encyclopedia of Arkansas article continues: "As general manager of the NRECA, Ellis was known for his political savvy, oratorical skill and ability to get things done. According to 'The Next Greatest Thing: 50 Years of Rural Electrification in America,' a book published in 1984 by NRECA, Ellis was the key to the association's early success: 'The record of NRECA in those years, stamped with the strong and powerful personality of Ellis and his spellbinding, single-minded leadership, is studded with stunning victories, few defeats.'"

One such victory was very close to home — this home.

Don says, "You know, it was funny. When we moved here, there were two old guys who lived across the road. ... They knew the whole family. They told us that this was the first house around here that got electricity." He adds with his dry sense of humor, "No wonder."

Carroll Electric President/CEO Rob Boaz gifts the Toepfers a hardback copy of Ellis' 1966 book, "A Giant Step," pointing out a particularly poignant passage on page 59. Ellis wrote: "I saw tears roll down my own mother's cheeks when the lights came on. 'Oh, if we could have had this while you children were growing up,' she said. Later I drove her and Dad up the road, at their request, to 'see the house at night with all the lights on.'"

Boaz says, "Today's success of the electric cooperative network is a true marvel. But it is difficult to imagine the same success without the contributions of Clyde T. Ellis. His passion was authentic and made all the difference."

The cooperative is partnering with the Toepfers to preserve and thoughtfully display the water pump — a significant symbol of how electrification changed



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COURTESY OF ELECTRIC COOPERATIVES OF ARKANSAS ARCHIVES


CLOCKWISE FROM TOP
Dedicated in 1989, the Clyde T. Ellis Hydroelectric Generating Station on the Arkansas River produces 32.4 megawatts of electricity.

In 1943, Ellis became first general manager of the National Rural Electric Cooperative Association (NRECA), the national trade association that today represents nearly 900 electric cooperatives.

Ellis' book, "A Giant Step," tells the story of electrification in rural America.

rural America — as well as other elements of the Ellis homestead. Boaz expresses his thanks: "The Toepfers have been generous in keeping this important story alive for future generations of Carroll Electric professionals. Their cooperation will help amplify the mission our people are committed to fulfilling."

Ellis retired from NRECA in 1967 but remained active in public service until his death in 1980. In 1989, his legacy was further cemented when Arkansas Electric Cooperative Corporation dedicated one of its most ambitious generation projects — the Clyde T. Ellis Hydroelectric Generating Station at Barling — in his honor. Each year, NRECA presents the Clyde T. Ellis Award to CEOs who have made exemplary contributions.

Today, Ellis rests at Arlington National Cemetery, but the current he set in motion still runs strong — through the lines and through the lives he helped transform. 

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Manufacturing Might

Camden a key player in defense production



BY JD LOWERY

Camden has emerged as a pivotal hub in the United States' defense manufacturing landscape, blending

historical significance with modern industrial prowess.

At the heart of this transformation is the Highland Industrial Park, a sprawling 18,780-acre complex that once served as the Shumaker Naval Ammunition Depot during World War II. Today, it hosts major defense contractors, including Lockheed Martin, Aerojet Rocketdyne, General Dynamics and RTX (formerly Raytheon Technologies), making it one of the nation's most concentrated defense manufacturing zones.

Lockheed Martin's Camden facility, operational since 1978, plays a crucial role in producing advanced missile systems such as the PAC-3, THAAD, HIMARS and ATACMS.

Recent investments, including a \$142 million expansion, have bolstered its production capabilities to meet growing global demand.

Aerojet Rocketdyne, now part of L3Harris Technologies, manufactures over 75,000 solid rocket motors annually in Camden, supplying components for weapons like the Javelin and Patriot missiles. The company is further expanding with new facilities to enhance production efficiency.

RTX is constructing a \$33 million facility in east Camden to produce Tamir missiles for Israel's Iron Dome and its



COURTESY OF BUSINESSWIRE

ABOVE State, local and federal officials break ground in February on the construction of L3Harris Technologies' four solid rocket motor production facilities in Camden.

LEFT In April, officials from the U.S. Army and General Dynamics mark the opening of a munitions assembly and packing plant.

BELOW Secretary of the Army Dan Driscoll (left) tours the new General Dynamics Load, Assemble and Pack facility in Camden.



COURTESY OF ARKANSAS ECONOMIC DEVELOPMENT COMMISSION



COURTESY OF TALK BUSINESS AND POLITICS


Camden's skilled workforce, ... continues to support the city's defense sector, ensuring its position as a linchpin in national and global security efforts. Ouachita Electric Cooperative proudly powers these manufacturers' essential missions.

U.S. counterpart, SkyHunter. This initiative is expected to create 30 new jobs, underscoring Camden's strategic role in international defense collaborations.

Last year saw expansions for General Dynamics to assemble and pack 155 millimeter high-explosive artillery, creating 185 new jobs, and L3Harris Technologies recently commenced a \$215 million project, including the expansion of four new solid rocket motor facilities.

The defense industry's growth has significantly impacted Camden's economy, especially following the closure of the International Paper mill in 2001. Today, defense manufacturing constitutes nearly half of the area's payroll, providing stable, high-paying jobs and revitalizing the local community.

Camden's skilled workforce, bolstered by partnerships with institutions like Southern Arkansas University Tech, continues to support the city's defense sector, ensuring its position as a linchpin in national and global security efforts. Ouachita Electric Cooperative proudly powers these manufacturers' essential missions.

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

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Winged Wonder

Bentonville's aviation center honors Arkansas aviator Louise Thaden

BY KAT ROBINSON

Legends Air Center at Thaden Field is Bentonville's city airport. The facility, tucked in next to Osage Park, boasts a 5,000-foot asphalt runway, several hangars and a building that houses a destination restaurant, historic aviation artifacts and a world-class pilot lounge.

Thaden Field was named for Louise Thaden, one of the first women in flight. Born in Bentonville on Nov. 12, 1905, Iris Louise McPhetridge fell in love with flight after taking a ride with a "barnstormer," a stunt pilot.

After studying journalism and physical education at the University of Arkansas, she took a job as a sales representative with Travel Air Corporation and relocated to San Francisco. There, she met her future husband, Herbert von Thaden, a pilot and aeronautical engineer who helped design one of the first all-metal American aircraft, the Thaden T-2. They married in 1928, the same year Thaden earned her pilot's license. The next year, she became just the fourth woman in America to hold a transport pilot license — and the first woman to simultaneously hold records for speed, endurance and altitude in light planes.

She was a co-founder of the Ninety-Nines, a group of women who helped each other obtain jobs as pilots in the 1930s. In 1936, the first year women were allowed to compete, Thaden and co-pilot Blanche Noyes made history as the first female pilots to win the transcontinental Bendix Trophy.

In 1937, Thaden became the secretary for the National Aeronautics Association. She retired from competition in 1938 to spend more time with her two children and to write her memoirs, "High, Wide and Frightened." She became a local celebrity in Bentonville, often spotted around town in her red Mustang. Her fame outside of Arkansas was overshadowed by her friend and fellow pilot, Amelia Earhart, who disappeared during a 1937 attempt to circumnavigate the world.

The city of Bentonville named its municipal airfield after Thaden in 1951. She passed away in 1979, at the age of 73, in North Carolina.

Cleared for takeoff

A new fieldhouse was built in 2018 to serve those using Thaden Field. The edifice along Southwest I Street offers a warm welcome to VBT (the call sign for the airport), with a hangar and gathering space in the front, a lobby with a staffed departures-and-arrivals desk in the center and Louise — a full-service breakfast and lunch restaurant — along the south side.

Kelly Deeds, the general manager for Summit Aviation and Thaden Field, explains that a contest was recently held to name the fieldhouse. The winning name, Legends Air Center, was chosen not just to honor



COURTESY OF EDWARD H. PHILLIPS COLLECTION

ABOVE Bentonville native Louise Thaden was one of the first women in aviation.

LEFT The city of Bentonville named its municipal airfield after Thaden in 1951.

BELOW A full-service breakfast and lunch restaurant named Louise is located in the fieldhouse.



KAT ROBINSON



KAT ROBINSON

Louise Thaden, but also the legendary aircraft housed at the field and an adjacent world-class aeronautic business.

"There's a factory down there called Game Aerospace," Deeds says. "They build the world's No. 1 aerobatic aircraft. They have one of the world's best aerobatic pilots. He practically wears a plane. He performs for us two or three times a year.

"So, we have legendary aircraft, we have legendary aircraft and pilots and legendary service, and our namesake is legendary. Everything leads back to the legends."

Flights to VBT are constantly coming and going, with a spectrum of planes and people coming through every day.

Sophie Lowe, charter and event coordinator for Legends Air Center at Thaden Field, says, "We can have anywhere from 20 to 50 general aviation flights, business aircraft and other types of flights daily, depending on weather and season. We have a wide variety of school and club traffic that is coming and going all day."

Travelers aren't the only folks the fieldhouse serves. Many people who come through are students and instructors.

"Our school has over 50 students, and our club has over 400 flying and social members," Lowe shares.

Upstairs in the terminal is an area where pilots can train on computers and an incredibly detailed flight simulator. There are also places for pilots to sleep and an expansive lounge for relaxing and eating between flights.

Throughout Legends Air Center at Thaden Field, photographs and artifacts feature the airfield's namesake. A special case contains a vintage magazine highlighting Bendix Trophy winners, some of Thaden's correspondence and even trading cards bearing her likeness.



COURTESY OF LEGENDS AIR CENTER AT THADEN FIELD



COURTESY OF LEGENDS AIR CENTER AT THADEN FIELD



COURTESY OF LEGENDS AIR CENTER AT THADEN FIELD



COURTESY OF LEGENDS AIR CENTER AT THADEN FIELD

CLOCKWISE FROM TOP
Aviator Louise Thaden with a
homemade oxygen system for
transcontinental travel.

Thaden was an aviation
pioneer and holder of
numerous flight records during
the late 1920s and 1930s.

The Legends Air Center has
photographs and artifacts of
Thaden's life on display, like
this magazine highlighting
Bendix Trophy winners.

Friends and pilots Amelia
Earhart, Ruth Nichols and
Thaden at the 1931 National
Air Races.

Lunch and a show

From the windows of Louise, the fieldhouse's restaurant, you can watch planes take off, land and taxi into position. There's also a small circle right outside where planes park.

Sometimes a small crew will greet a plane by walking up and literally rolling out a red carpet for special guests!

The restaurant is open daily from 8 a.m. to 3 p.m., serving breakfast and lunch with seasonal offerings and an emphasis on cooked-to-order delights. The menu includes soups, salads, sandwiches, waffles, pancakes and a legendary burger called the \$200 Bacon Burger.

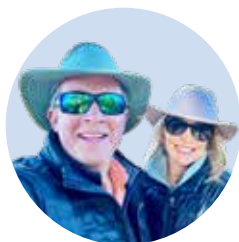
"They call it the \$200 burger because there are people who will fly in, have this burger for lunch, and then head back home," Deeds says.

For more information about the Legends Air Center at Thaden Field, visit legendsaircenter.com, and for more information about Louise, visit louise.cafe. 



Float Your Boat

A splashy guide to picking the perfect kayak



STORY AND PHOTOS BY CARLTON AND LEIGH WING

Last month, we offered an intro to kayaking. Maybe you tried it, had a fabulous time and are now looking to purchase a kayak to enjoy Arkansas' many lakes and streams. Here are a few tips to help you make your decision:

There are two basic types of kayaks: "sit inside" or "sit on top."

The "sit inside" kayaks provide more protection from the elements and are easier to maneuver. These kayaks are ideal for cold weather (or cold water) and are the best choice if your priorities are speed and tracking.

The "sit on top" kayaks leave you more open to the elements, which is nice in warmer weather because you're more likely to get splashed by water to cool you off! This design also makes it easier to get back on if you fall into the water.

"Sit on top" kayaks have scupper holes (engineered to allow the water to drain out) making the kayaks self-bailing, providing more buoyancy and stability on the water. This design tends to be wider, offering greater stability.

If fishing out of your kayak is the primary goal, "sit on top" is the better choice given the importance of steadiness for casting and catching.

If space is an issue, inflatable kayaks are a good starting point since they are designed to be lightweight, easy to drag into the water, easy to store and easy to transport — no carriage rack required. The cons are the longer setup and take-down time and a slight possibility of ripping.

Warning No. 1: If you ever have the option to buy or




"Sit on top" kayaks are ideal for fishing and provide more buoyancy and stability on the water.

Function, comfort and fun are key factors when exploring kayak options.

rent a "glass-bottom kayak," be aware that this type is VERY difficult to maneuver. If the design is a tandem, it is quite easy to hit your partner on the head with your paddle. And if the water is tannic (like in Florida), you can't see anything anyway. (Does this sound like personal experience? It is!)

Warning No. 2: If you feel tempted to purchase a lightweight, foldable kayak, be warned that this variety is difficult to balance and recommended for skilled operators only (also hard-earned knowledge).

For a video review, just scan the QR code or visit our "Arkansas' Great Outdoors" YouTube channel and find Episode 42. We also feature kayaking in Episodes 27 and 46.

Carlton and Leigh Wing host the "Arkansas' Great Outdoors" weekly television series. Visit facebook.com/arkansasgreatoutdoors/. 





Quality early care and education is vital to your child's future.

Discover what quality looks like.

Written by Kelli Hilburn, Better Beginnings Program Administrator

Research tells us the most effective learning happens through play and positive interactions with family and educators.

Positive interactions and learning through play

Your family creates positive interactions when you hold your child and talk to them, play and read to them. When you focus your attention on your child, you help them learn and show them how important they are to you.

Your quality early care and education program

Children should enjoy warm, positive interactions with other children and staff. Quality early care teachers respond to your child's needs. They play with, talk to and read to the children in their care much like you do at home.

The facility provides active play areas indoors and outdoors, and areas for quiet play and rest.

Interactions and discoveries go together. Quality early care and education provides opportunities for both.

Early science learning may include hands-on sensory play with child safe playdough. When the teacher says, "You can squeeze it through your fingers or make it look like a worm, or a pie," your child discovers the power to use their own imagination to create something new and understand another part of their world.

Scan the code to find your early care and education partner at Better Beginnings.



Your older toddler may discover the science by making playdough. Talk about a discovery – a toy made from salt, flour, and a little oil and water.

Interactions between your child and their teachers lead to a desire to explore and learn.

Be part of the experience. Ask your child's teacher what they learned today. They're happy to share the recipe for fun learning!

Find your quality early care and education partner

Click the orange banner at ARBetterBeginnings.com to find star-rated quality early care and education providers who can help your child start school with confidence.

The first five years build the foundation for your child's future. Give your child the best start with Better Beginnings quality early care and education providers.

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This Old House

Enhancing efficiency of classic homes

BY MIRANDA BOUTELLE

Q: How do I improve the efficiency of my older home while keeping its charm?

A: I love old homes. The details and craftsmanship have always drawn me to them. The features of older homes can make them less efficient than modern construction, but it doesn't have to be that way. You can keep the charm and make your home more efficient.

Start by prioritizing the invisible upgrades that make your home more comfortable and efficient. Many older homes are not properly insulated. Insulation has several benefits beyond sealing your home and keeping outdoor air from seeping in. It reduces outdoor noise, makes your home quieter and improves your overall comfort.

Always properly air-seal before you insulate. Older homes with pocket doors, coved ceilings, dumbwaiters, doors to attic spaces and laundry chutes allow indoor air to escape through the cavities, gaps and cracks around these classic features. Sealing off open cavities around those features often requires plywood, rigid foam or drywall fastened into place and then caulked around the edges.

Keep an eye out for framing features that cause drafts. Balloon framing is a type of construction where wall studs run all the way from the foundation to the roof, allowing air to flow freely through those spaces. Second floors with knee wall attics on both sides are notorious for air leakage. Open cavities allow air to flow horizontally between the attic spaces, making the home uncomfortable and inefficient. Seal off the open cavities in the floor framing, and insulate attic spaces.

Dense-packed cellulose or closed cell foam insulation can be sprayed into exterior walls. Skilled contractors can remove pieces of siding and drill holes to fill the wall cavities from the outside of the home. For brick or stone homes, holes can be drilled from the inside and then patched and painted. Insulating walls from the inside of the



BONNEVILLE POWER ADMINISTRATION

The first step to improving an older home is air sealing and adding insulation to attic spaces.



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There are many ways to keep the charm of an older home and improve its efficiency.

home requires more time and effort in preparation and cleanup, but having well-insulated walls is worth it.


People often think new windows are the best way to improve a home's efficiency. Considering the cost of replacing windows, I recommend investing in air sealing and insulation first. Then consider storm windows to keep the charm of the original windows, such as leaded glass and stained-glass windows in good

condition. Choose from interior or exterior storm windows, available in both fixed and operable designs.

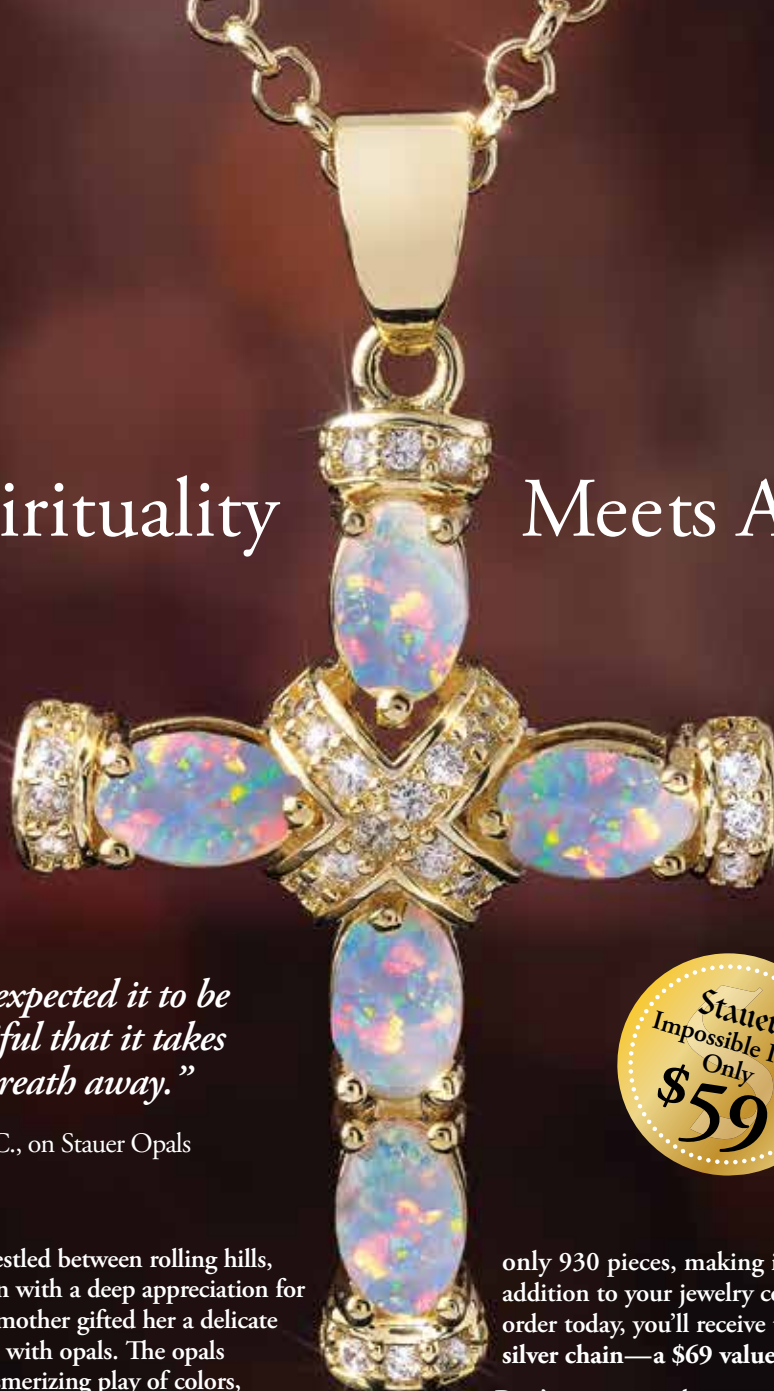
Once you've addressed the envelope of your home, consider appliance improvements. Replace your old electric water heater with a heat pump water heater. This upgrade can save a family of four an estimated \$550 per year and more than \$5,600 over the lifetime of the water heater, according to ENERGY STAR®.

Invest in high-efficiency heating and cooling equipment. A mini-split heat pump, also known as a ductless heat pump, is a more efficient option than electric baseboard heating and provides the benefit of air conditioning.

Older homes don't have to be inefficient. Show your home some love and invest in energy-efficient upgrades.

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

Spirituality Meets Artistry



"I never expected it to be so beautiful that it takes your breath away."

— Kaya C., on Stauer Opals



In a quaint village, nestled between rolling hills, lived a young woman with a deep appreciation for gemstones. Her grandmother gifted her a delicate cross pendant adorned with opals. The opals shimmered with a mesmerizing play of colors, reflecting hues of blues, greens, and fiery oranges. Her grandmother shared the legend of the opals, believed to bring hope, purity, and luck to those who wore them.

Using this story as inspiration, Stauer brings you the **Opal Spirit Cross Pendant**. With over 2 total carats of Kyocera lab-created opals set in .925 sterling silver encased in yellow gold, this pendant is a radiant celebration of beauty and craftsmanship. Each opal captivates with a kaleidoscopic dance of fiery oranges blending into oceanic blues, streaked with flashes of vibrant green that seem to come alive with every movement. The shimmering opals are skillfully arranged to create an enchanting, otherworldly glow, embodying the spirit of hope and harmony.

This breathtaking combination of color and craftsmanship is available as a limited availability of

only 930 pieces, making it a rare and treasured addition to your jewelry collection. Plus, when you order today, you'll receive the **gold-finished sterling silver chain**—a \$69 value—absolutely free!

Don't miss your chance to own this exclusive tribute to timeless elegance and meaningful symbolism.

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Majestic Mena

Mountain town has scenic drives, cultural charm

STORY BY JACK SCHNEDLER PHOTOS BY MARCIA SCHNEDLER

Mena, the starting point for one of Arkansas' most scenic drives, also can surprise visitors with its array of historical and cultural attractions in this city of 5,600 near The Natural State's western border.

Trail treasures

The popular **Talimena Trail** climbs northwest on Arkansas 88 for a dozen miles to Queen Wilhelmina State Park before continuing across the Oklahoma border. A favorite for fall-foliage fans, the winding route is a pleasure any time of year when skies are clear.

The state park is named for Queen Wilhelmina, ruler of the Netherlands from 1890 to 1954. Mena, the headquarters city of **Rich Mountain Electric Cooperative**, is the namesake of another woman with Dutch heritage, Folmina Margaretha Janssen deGeojien. She was married to a financier who helped bring the first railroad here.

"Mena," her nickname, was adopted by the new city in 1896. Another of her names, "Janssen," was bestowed on the park (cityofmena.org/janssen-park), located just a few blocks from Polk County Courthouse and Mena City Hall.

"Janssen is a very popular park for locals and visitors alike," says Pasha Watson, executive director of Mena Advertising & Promotion Commission. "Special events in the park include the Lum 'n' Abner Music & Arts Festival at the start of June and the Mena Christmas Festival in early December."

Listed on the National Register of Historic Places, **Janssen Park** is the site of a log cabin built in 1851. It is rumored to have been a hideout for outlaw Jesse James. Later it served as a hospital, a post office and city hall. Two spring-fed ponds help create the sylvan setting in the middle of the city.



The 1851-built log cabin in Janssen Park is rumored to have been a hideout for outlaw Jesse James.



Lovers' Leap Trail in Queen Wilhelmina State Park offers scenic views of the Ouachita Mountains.

Exhibits explore Mena's past at **Kansas City-Southern Historic Depot & Museum**, 524 Sherwood Ave. (visitmena.com/attractions). Built in 1923, the depot was fully restored in 1986-



The Texas, Oklahoma & Eastern Railroad Steam Locomotive No. 360 sits across from Queen Wilhelmina Lodge.

87. Displayed are memorabilia from "Lum 'n' Abner," the nationally popular radio show of the 1930s and '40s that purveyed rustic Arkansas humor. Parked outside is a restored 1939 Dodge police car.

Art, eats abound

Mena takes pride in its Arts District, unusual for a city its size. **Mena Art Gallery**, 607 Mena St. (menaartgallery.org), operates workshops, classes, art shows and field trips. **American Artisan Eatery and Gallery**, 615 Mena St. (tinyurl.com/AmericanArtisanMena), offers food as well as art and crafts including pottery, jewelry, blown glass, wood boxes and kaleidoscopes.

“My personal feeling is that the beauty and serenity of the area inspire creativity,” Watson says. “That’s surely a reason why we have a lot of talented local artists.”

Ouachita Little Theatre (oltmena.com), established in 1979, stages productions in what was The Lyric, built as a movie house in 1923 at 610 Mena St. The company performs four or five shows a year including a Broadway musical, comedies and dramas.

Mena dining choices include **Skyline Café** (visitmena.com/food/skyline-cafe), open for a century under several names at 618 Mena St. **The Ouachitas**, 821 Mena St. (theouachitas.com) is a combination café and brewpub.

An exotic pleasure is **Mena Hibachi & Sushi**, 410 Sherwood Ave. (menahibachisushi.com). Dozens of sushi choices are listed on its vast Japanese-focused menu, along with grilled hibachi fare, bento boxes and Southeast Asian nasi goreng. The restaurant’s quality would figure to bring it success in a much larger city.

Peak views

For dining with scenic views, visitors can drive the Talimena Trail to **Queen Wilhelmina Lodge** (arkansasstateparks.com/parks/queen-wilhelmina-state-park) on Rich Mountain, the state’s second highest peak at 2,681 feet. Picture windows of the lodge’s Queen’s Restaurant overlook the Ouachita Mountains.

“The Talimena Trail is a huge draw for our area, especially for viewing fall foliage,” Watson says. “Lodging reservations should be made well ahead for the autumn, especially on weekends.”

There are stops along Arkansas 88 at half-dozen scenic pull-offs, including **Rich Mountain Lookout Tower**. It was built in the 1930s by the Civilian Conservation Corps to scan Ouachita National Forest for signs of smoke from fires.

Across from Queen Wilhelmina Lodge is parked the **Texas, Oklahoma & Eastern Railroad Steam Locomotive No. 360**, moved here in 1963. The engine did freight service until more efficient diesel locomotives arrived in the 1950s. Visitors can ascend a short flight of stairs to peer inside the engineer’s compartment.



The Wonder House was built in 1931 using local stone.



Ouachita Little Theatre stages shows in a former 1920s movie house.


Nearby **Wonder House**, completed as a vacation cottage in 1931 using local stone, takes its name from the fact that its two stories are built on nine different levels. A breezeway runs through the middle of the oddly designed structure.

The Talimena Trail is among launching sites for the network of outdoor activities in Polk County. Choices include bicycling, hiking, horseback riding, ziplining, rock climbing, fishing, kayaking and whitewater rafting.

Trailblazing ahead

Mena aims to expand its allure as a mountain-biking destination by building an extensive new downhill trail system. Riders could descend 1,300 feet to the city from Queen Wilhelmina State Park on Rich Mountain.

The plan calls for as much as 100 miles of new trails. A chairlift system will carry riders to the top for the long descent. The first of the new trails near Ward Lake has been completed, with public access expected by this fall.

Major funders of the project are the U.S. Economic Development Administration, which provided a grant, and the Mena Advertising and Promotion Commission. Progressive Trail Design is the contractor. 

First Electric awards nine Round-Up scholarships

First Electric awarded \$2,000 college scholarships to nine recent high school graduates living in the cooperative's five districts. The scholarships were funded by the co-op's Operation Round-Up program.

Scholarship recipients for 2025 are:

John Thomas Ryan Allen, Bryant High School



John Thomas Ryan Allen

Hudson Turner Buie, Bryant High School



Hudson Turner Buie



Mandy Leigh Smith

Mandy Leigh Smith, West Side High School

Taylor Grace Youngblood, Heber Springs High School



Taylor Grace Youngblood

Ashley Lauren Tipton, Sylvan Hills High School



Ashley Lauren Tipton

Allison Burgess, Beebe High School



Allison Burgess

Emma Taylor, Sylvan Hills High School



Emma Taylor

Briley Jo Starks, Bigelow High School



Briley Jo Starks

Donald Noah Ruffin, DeWitt High School



Donald Noah Ruffin

First Electric members who participate in Operation Round-Up volunteer to have their monthly electric bills rounded up to the next even dollar amount.

Since 1998, the Operation Round-Up program has awarded over \$1.7 million in donations to nonprofit organizations and provided college scholarships.

Members may enroll in Operation Round-Up by visiting firstelectric.coop/community/programs/operation-round-up or by calling 800-489-7405.



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Cooling Assistance Available

The Low-Income Home Energy Assistance Program (LIHEAP) can help households stay safe and cool in the summer by providing help with paying electric bills in summer months to qualifying individuals and families.

Beginning in July, applications are accepted on a first-come, first-served basis, as long as funds are available. Businesses are excluded from receiving the benefit.

LIHEAP is not administered by your local cooperative, but rather through the U.S. Department of Health and Human Services (DHHS). It is operated by Community Action Agencies.

Check eligibility at your local Community Action Agency (acaaa.org). Open application date has not been posted yet. Please check with your local action agency.



PEAK HEAT DAY TIP

Raise the thermostat a few
degrees to save energy
between 3 p.m. and 8 p.m.



DIP INTO FALL!

RECIPE CONTEST



Arkansas Living is on the hunt for the most delicious, creative and downright dippable recipes in The Natural State!

In honor of football food season and all things tasty, we're thrilled to announce our **Dip Into Fall Recipe Contest** — where your favorite dip could be the MVP of our September cover story!

Categories to dip into!

Bring your A-game and enter (no more than two entries per person!) our crowd-pleasing categories. Here are some examples.

Cheese Dips (white or yellow queso, fondue, queso fundido, beer cheese, pimento cheese)

Creamy Dips (ranch-style, spinach, artichoke, jalapeño popper, dill pickle)

Meat & Seafood Dips (buffalo chicken, crab, seven-layer taco)

Salsas & Fresh Dips (vegetable/fruit salsas, black bean dip, pico de gallo, guacamole, hummus)

Sweet Dips (chocolate, cookie dough, s'mores, caramel apple)

Wildcard Dips (anything unexpected and dip-tastic — surprise us!)

Dip rewards await!

Winning entries will be featured in our September 2025 issue — just in time for tailgating, game days and cozy fall gatherings. One grand-prize winner will be chosen by the staff of Arkansas Living to receive a new Ninja Foodi PossibleCooker PRO Multicooker. This versatile cooker can replace 14 cooking tools and appliances and offers cooker-to-oven-to-table functionality.

Deadline for entries: July 6

Think your dip is touchdown-worthy?

Submit your recipes to: arkansaslivingmagazine.com/dipcontest.

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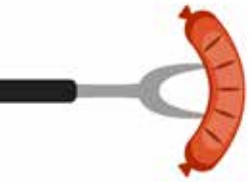
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Sizzle Safely

Smart tips for summer grilling

Grilling outdoors is a great way to enjoy warm weather, keep your home cooler and lower energy bills. But with more than half of grill fires occurring during peak summer months, safety should be top of mind.

Each year, grill fires cause thousands of injuries and millions in property damage, according to the National Fire Protection Association (NFPA). Fortunately, most incidents are preventable with proper maintenance and safe practices.

General safety tips:

- Clean your grill regularly to remove grease buildup.
- Set up on a stable surface, away from homes, deck railings and overhanging branches.
- Keep children and pets at least 3 feet away.
- Never leave a lit grill unattended.
- Use grills outdoors only to avoid fire and carbon monoxide risks.

Gas grills

Gas grills pose a higher fire risk due to potential leaks. Check for leaks each season. Mix dish soap and water, apply to the hose and connections and open the valve slightly. Bubbles indicate a leak. If you detect a leak, turn off the gas. If it stops, have the grill serviced. If it continues, call the fire

department.

Always open the lid before lighting a gas grill. If the flame goes out, turn off the gas and wait five minutes before relighting.

Charcoal grills

Use only charcoal starter fluid — never gasoline or other flammable liquids. Never add fluid to an already lit fire. Store starter fluid away from heat and children. Let coals cool completely before disposing of them in a metal container.

Electric grills

Use only outdoor-rated electric grills. Avoid using them in wet conditions. Keep cords and connections dry and plug into a GFCI outlet. Inspect cords for damage before use and unplug after grilling.

Cleaning matters

Dirty grills are a leading cause of fires. Let your grill cool before cleaning, and follow the manufacturer's instructions. Clean grates, burners, grease traps and side tables regularly.

By following these tips, you can enjoy a safe, flavorful grilling season with peace of mind. For more information, visit safeelectricity.org.

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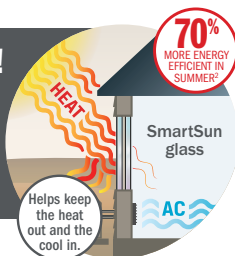
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⁵Using U.S. and imported parts.

Snapshots from our readers



Khloé Wren
showing her
patriotic spirit.
Joe and Lorelei
De Angelis, Pea
Ridge.



Carter is showing off his colors in his new backyard pool. Cindy Scoble, Mena.



Emmelia and Ellanor are proud to be Americans! Shantel Smith, at Muse's Country Store in Rose Bud.



Ellie is picking blackberries for jam! Betsy Fires-Mahan, Lepanto.



Layla with her baby chickens.
Kimberly Melton, Benton.



Miles wishes everyone a happy Independence Day! Jessica Futrell, Pocahontas.



Amelia Kathryn says, "Happy Fourth, everyone!" Kay Chevallier, Horseshoe Bend.



Magnolia looking "moo-velously" patriotic.
Sarah Willis, Magnolia.



Paisley trying watermelon for the first time. Terri Schmitz, Beebe.

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.

Bring on the Butterflies!

Grow blooms that set gardens all aflutter




BY JANET B. CARSON

Delicate, colorful and full of motion, butterflies add a touch of whimsy to any garden. As temperatures heat up, butterfly activity increases. To see more butterflies in your own yard, consider planting flowers that attract them.

Butterflies need two types of plants: host plants (where eggs are laid and larvae feed) and nectar plants (which fuel adult butterflies with energy). Host plants tend to be specific to butterfly species, while nectar plants support a wide array.

A diverse mix of flowering plants invites a broader mix of butterflies — along with other pollinators like bees and hummingbirds. Butterflies are most active late spring through early fall.

With a little research, you can find out which host plants support which butterflies. Understanding host plants and learning to identify caterpillars that you want to protect are key to butterfly gardening. Though caterpillars can be tough on your plants, they're a necessary part of the process — no caterpillars, no butterflies.

Numerous trees, shrubs, perennials and annuals provide host support and nectar. Here are the top perennial host and nectar plants for butterflies. 



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HOST PLANTS & BUTTERFLY TYPE

Asclepias (milkweed) — Monarch butterflies.

Asters — Painted lady and pearl crescent butterflies.

Baptisia — Sulphur and skipper butterflies.

Parsley, fennel and rue — Black and anise swallowtail butterflies.

Passionflowers — Fritillaries and longwing butterflies.

Pipevine — Pipevine swallowtail butterflies.

Ruellia — Common buckeye butterflies.

Verbena bonariensis — Common buckeye butterflies.

NECTAR PLANTS & GROWING SEASONS

Anise hyssop — Summer through fall.

Coneflower (Echinacea) — Summer through fall if deadheading.

Gaillardia — Summer through fall. Deadhead as needed.

Garden phlox — Summer bloomer.

Goldenrod — Late summer through fall.

Ironweed — Mid-to-late summer into fall. Large plant at maturity, so give it room to grow.

Joe Pye weed — Mid-summer through early fall. Standard varieties can reach 10 feet tall, but dwarf forms are available.

Liatris — Mid-summer to early fall.

Monarda (bee balm) — Late spring through fall. Deadhead or cut back if it gets leggy.

Rudbeckia (black-eyed Susan) — Summer through fall.



DAWN GRAY

A butterfly enjoying an ironweed plant.

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Eliminate Leaks	✓	✗	✗	✗
One-Piece Design	✓	✗	✗	✓
Customized to Your Home	✓	✗	✗	✗
Never Have to Clean	✓	✗	✗	✗
No Clog Guarantee	✓	✗	✗	✗



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Delicious dishes for warm-weather get-togethers

RECIPES AND PHOTOS
BY JULIANA GOODWIN

Pineapple Coleslaw

Makes 12 servings.

Coleslaw

- 2 (14-ounce) bags coleslaw mix
- 2 cups pineapple tidbits, drained (reserve 1/4 cup juice)
- 2/3 cup cilantro, chopped
- 2/3 cup red bell pepper, diced
- 5 tablespoons red onion, diced
- 3/4 cup chow mein noodles or more to taste

Dressing

- 1/4 cup reserved pineapple juice
- 1 1/3 cups mayonnaise
- 1/4 cup apple cider vinegar
- 1/3 cup sugar
- 2 tablespoons vegetable oil
- 1 teaspoon ground cumin
- Salt and pepper to taste



For coleslaw: In a large bowl, combine all coleslaw ingredients except chow mein noodles. Set aside.

For dressing: In a small bowl, whisk together all dressing

ingredients.

Toss slaw with dressing. Cover and refrigerate for 2 hours. Add chow mein noodles before serving.

Texas Caviar Pasta Salad

Makes 18 servings.

Salad

- 3 cups uncooked macaroni
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can black-eyed peas, drained and rinsed
- 1 (15-ounce) can corn, drained
- 1 red bell pepper, diced
- 1/2 green bell pepper, diced
- 1/3 cup red onion, diced

- 2 stalks celery, diced
- 1 bunch cilantro, chopped

Dressing

- 1/2 cup extra-virgin olive oil
- 1/3 cup red wine vinegar
- 1/4 cup sugar
- 1 1/2 teaspoons oregano
- 1/4 teaspoon pepper
- 3 fresh garlic cloves, chopped
- 1/4 teaspoon salt



For salad: Boil macaroni according to package directions. Drain and rinse with cold water until cool. Add cool macaroni to a large bowl, tossing with black beans, black-eyed peas, corn, peppers, red onion, celery and cilantro.

For dressing: Place all dressing ingredients in a lidded jar and shake vigorously until combined.

Toss salad with dressing. Serve immediately or refrigerate until serving. Adjust salt to taste.



Banana-Strawberry Pudding with Chocolate-Hazelnut Spread

Makes 12 or more servings.

- 1 (3.4-ounce) package French vanilla instant pudding mix
- 2 cups whole milk
- 1 (14-ounce) can sweetened condensed milk
- 1 (8-ounce) container whipped topping, thawed
- 1 (11-ounce) box of vanilla wafers
- 1/2 cup chocolate-hazelnut spread
- 4 ripe bananas, sliced
- 1 pound strawberries, sliced

In a large bowl, beat together pudding mix and milk. Chill for 2 minutes. Beat in sweetened condensed milk, and fold in whipped topping.

Use enough vanilla wafers to line bottom of a trifle dish (or other large glass bowl); spread chocolate-hazelnut spread on each wafer. Place wafers chocolate-side-up in bowl. Top with sliced bananas.

Line side of bowl with plain wafers. Add half the pudding mixture. Add another layer of cookies with chocolate-hazelnut spread on them. Top with strawberries, using prettiest berries to line side of bowl. Add most of the remaining banana, reserving some for top. Add a few more plain wafers, and add remaining pudding. Decorate top with bananas, wafers and a slice of strawberry. Refrigerate for 2 hours before serving.



This month's web exclusive recipe:

Easy Oven-Roasted Pulled Pork

More recipes on our website:
arkansaslivingmagazine.com

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

Fruitful Endeavors

'Pizza,' salad and pie make juicy summer picks

Sister Susan's Fruit Pizza

Makes 6-8 servings.

- | | |
|--|------------------------------------|
| 1 (16.5-ounce) roll sugar cookie dough | 1/2 teaspoon vanilla extract |
| 1 (8-ounce) package cream cheese, softened | Assorted fruits, peeled and sliced |
| 1/2 cup sugar | 1/2 cup orange marmalade |
| | 2 tablespoons water |

Heat oven to 325. Line a 12-inch pizza pan with foil, covering rim.

Cut cookie dough into 1/8-inch slices, and arrange in circular pattern, starting at outer edge and slightly overlapping slices at center. Bake for 20 minutes or until dough is slightly browned. Remove from oven, and allow to cool completely.

In a medium bowl, beat together cream cheese, sugar and vanilla extract together until smooth. Evenly spread cream cheese mixture on cooled cookie crust.

Prepare fruits and arrange on "pizza" as desired.

Combine orange marmalade and water in a small bowl. Spoon or brush glaze evenly on fruit. Chill for at least 30 minutes. Using a pizza wheel or sharp knife, cut fruit pizza into slices.

Note: I traditionally use 1 cup sliced strawberries, 2 sliced small bananas and 1 medium sliced peach as toppings. But any fruits, including berries, kiwis, grapes, pineapples, mandarin oranges, tangerines, etc., may also be used.

Ann Edwards, Fort Smith



JENNIFER CHRISTMAN CIA

Fruit Salad

Makes 10 servings.

- | | |
|--|--|
| 1 (21-ounce) can peach pie filling | 1 (15-ounce) can mandarin oranges, drained |
| 1 (20-ounce) can pineapple chunks, drained | 1 (16-ounce) package frozen sweetened strawberries |
| | 6 bananas, sliced |

In a large bowl, combine all ingredients, and refrigerate for several hours before serving. Serve in pretty, clear crystal bowl.

Note: Fresh pineapple, strawberries, etc., can be substituted for canned fruits.

Martha Bull, Perry

Peach Ice Box Pie

- | | |
|--|--|
| 1 (8-ounce) package cream cheese, softened | 1 (16-ounce) can sliced peaches, drained and chopped |
| 1 cup powdered sugar | 1 1/2 cups whipped topping, thawed (I use Cool Whip) |
| 1/2 teaspoon almond extract | 1 graham cracker pie crust |

In a large bowl, beat cream cheese, powdered sugar and almond extract with an electric mixer until well-blended. Gently fold in peaches and whipped topping by hand. Spoon into graham cracker crust, and chill before serving.

Notes: This no-bake pie is easy to put together. The almond flavoring gives it a delightful taste. It can be made in advance and freezes well. Ripe, fresh peaches, sweetened to taste, can be substituted for canned.

Dodie White, Holiday Island

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

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Alarming fact: More than 48 million Americans hear so poorly that their quality of life significantly suffers as a result.

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Horizon IX is currently the best-selling device at renowned U.S. company, hear.com, developed by top audio engineers from Signia. Their goal was to combine the best possible speech clarity with a comfortable, invisible design using cutting-edge German technology.

"We knew we were onto something when our engineers came to us with this device. **It outperformed every other hearing aid, in every single test we ran, sometimes by 2x.**" says hear.com co-founder Dr. Marco Vietor. "It's a hearing aid people actually want to wear."



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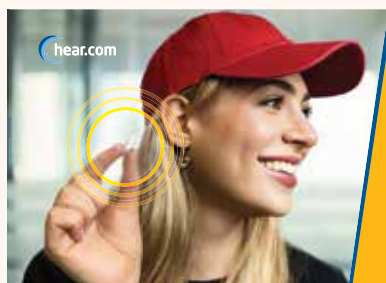
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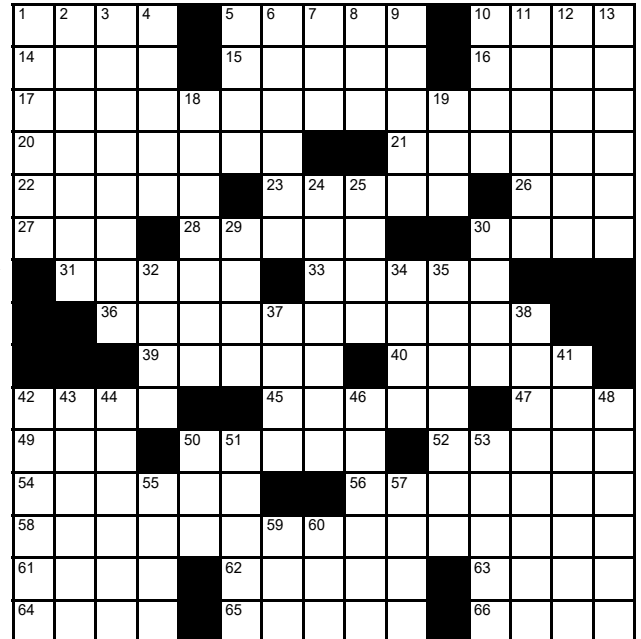


CROSSWORD PUZZLE

Good July Advice *By Victor Fleming*

ACROSS

- 1 Teeming (with)
- 5 Acts dejected
- 10 Yours, in Tours
- 14 “___ go brag”
- 15 “... ___ it goes”
- 16 Author L. Frank ___
- 17 Start of a tip for the month
- 20 On hand for sale
- 21 Intermission follower
- 22 “Duly ___” (“Gotcha”)
- 23 Discharge, in a way
- 26 “We ___ to please!”
- 27 “It’s the end of an ___”
- 28 Investigate, perhaps
- 30 Card-game money
- 31 It could get you down
- 33 Hatcher and Garr
- 36 Part 2 of the tip



- 39 Build an extension on
- 40 Exams for would-be attys.
- 42 Dropped to the lake’s bottom
- 45 Baby bird in a barn, maybe
- 47 Day care candidate
- 49 “I” problem?
- 50 Channel airing college games
- 52 Addis ___
- 54 Duration
- 56 Brightly colored songbird
- 58 End of the tip
- 61 Golfer Aoki
- 62 Apt rhyme for “deplore”
- 63 Angel oak, e.g.
- 64 Ambulance workers
- 65 1985 hijacked ship
Achille ___

DOWN

- 1 Make pure
- 2 Birmingham resource
- 3 Kind of kit
- 4 Maternally related
- 5 Anthony or Chagall
- 6 Request at a hotel when checking in
- 7 BlackBerry, for one (abbr.)
- 8 “C” ___ la vie!”
- 9 Chesterfields, e.g.
- 10 Lie against
- 11 Plaid cloth worn by Highlanders
- 12 Prove shrewder than
- 13 “Hi, honey!” follower

- 18 Unexpected blessing
- 19 Autumn mo.
- 24 Descended
- 25 Cabinet dept. since 1977
- 29 Nudge
- 30 “___ silly question ...”
- 32 Walker of football fame
- 34 Agitate
- 35 Brief time
- 37 ‘Vette roof option
- 38 “You go, sister!”
- 41 Less tipsy
- 42 Many a modern pic
- 43 Discrimination of a sort
- 44 Adjective on some yogurt containers
- 46 “Superman” archvillain Lex
- 48 “Buenas ___” (afternoon greeting in Havana)
- 50 Biblical verb ending
- 51 River hazard
- 53 Thai money
- 55 1970s sporty cars
- 57 Dynamic start?
- 59 Steph Curry’s org.
- 60 Appointment book abbr.

NEUROPATHY?



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Changes in L'Attitude

Bistro owner finds flavorful calling in Clinton



STORY AND PHOTOS
BY ROB ROEDEL

Genevieve Pollard grew up telling herself that she absolutely would not work in the restaurant industry. However, luckily, she did end up in the business, and today is the owner of L'Attitude Bistro in Clinton.

The restaurant originally was opened in 2014 by Tammy Gunn. Genevieve began working there in 2017 and became the owner in 2019 along with a business partner.

Genevieve said that the restaurant stays true to what people want and

prioritizes fresh, high-quality ingredients.

"Food is my life," she said. "Clinton and the local citizens have been very good to me. It is home."

The appetizer offerings included quite a few options, but I was guided to Focaccia with Seasoned Olive Oil. The focaccia bread was sourced from Serenity Farm in Leslie, which is owned by Genevieve's sister, Adrienne Burlison. The presentation was very nice. This was a simple but very satisfying dish. I enjoyed dipping each piece into freshly seasoned oil.

I also enjoyed some piping-hot Pickle Chips that were served with house-made ranch dressing. My final appetizer was the Spinach and Artichoke Dip served with Pita Chips. The dip had a nice flavor and worked perfectly with the pita chips.

The entrée merry-go-round began with L'Attitude's Bourbon Burger. This creation featured a 6-ounce, hand-crafted burger piled mile-high with onion rings, melted cheese, a sweet bourbon glaze, lettuce, tomato, pickles and mayonnaise on a griddle-toasted bun. The onion rings and bourbon glaze added a unique flavor to the burger.

After enjoying the L'Attitude Bistro Reuben Sandwich, former Arkansas Gov. Asa Hutchinson told Genevieve that it was the best in the state. Hey, if a governor makes that claim, then it is a must-try.



L'Attitude Bistro's Catfish Plate is a favorite of Clinton residents.

When the Reuben appeared, I could tell immediately that it was going to be magical. The Reuben featured layers of slow-roasted corned beef, grilled sauerkraut, Swiss cheese and Thousand Island dressing served on rye bread. It was served with sweet potato fries and honey. After one bite, I knew Gov. Hutchinson was correct. So, I took a few more bites. And, then a few more, just to be sure it was the best.

Genevieve said that the Catfish Plate was a favorite of Clinton-area residents. She served me three golden-



The Bourbon Burger is piled high with onion rings.



L'Attitude Bistro owner Genevieve Pollard (right) prioritizes fresh, high-quality ingredients that keep customers coming back for more.



THE EATING ESSENTIALS

L'Attitude Bistro

1303 U.S. 65 S.
Clinton
(501) 745-4888
facebook.com/lattitudebistro

Hours of Operation

Monday-Saturday: 11 a.m.-8 p.m.
Sunday: 11 a.m.-2 p.m.





Calendar



64th annual Young Arkansas Artist Exhibition



Cave City Watermelon Festival



Johnson County Peach Festival



Pops on the River



Altus Grape Festival

COURTESY OF ARKANSAS DEPARTMENT OF PARKS, HERITAGE AND TOURISM

July 1-Aug. 10

64th annual Young Arkansas Artist Exhibition

Little Rock, arkmf.org/art/exhibitions/64th-young-arkansas-artists/

July 3

Cabot's Fourth of July Celebration

Cabot, cabotparks.com/268/Cabots-4th-of-July-Celebration

Independence Day Celebration

Sherwood, cityofsherwood.net/264/Independence-Day-Celebration

July 4

Big Bang on Main

Jacksonville, cityofjacksonville.net/609/Big-BANG-Fireworks-Show

Evening at Orchards Park 4th of July Celebration

Bentonville, tinyurl.com/orchardsparkfourth

Fireworks Spectacular

Rogers, amptickets.com/performance/fireworks-spectacular-2025

Independence Day Fireworks

Hot Springs, hotsprings.org/events/independence-day-fireworks

Pops on the River

Little Rock, pops.arkansasonline.com

July 4-5

Fireworks, Fun & Food Trucks

Fairfield Bay, visitfairfieldbay.com/events/fireworks-fun-food-trucks

July 5

Freedom Fest

Heber Springs, tinyurl.com/HBfreedomfest2025

July 11

Art of Wine Festival

Fayetteville, waltonartscenter.org/special-events/art-of-wine/

July 17-19

Johnson County Peach Festival

Clarksville, jocopeachfest.com

July 18-19

Grill Wars: SCA Triple Steak Cook-Off

El Dorado, mainstreeteldorado.org

July 19

Great Arkansas Beer Festival/Rock City Margarita Festival

Little Rock, facebook.com/greatarkansasbeerfestival, facebook.com/therockcitymargaritafestival

July 24-26

Cave City Watermelon Festival

Cave City, cavecitywatermelonfestival.com

July 25-26

Altus Grape Festival

Altus, altusgrapefest.com

Big Grass Bluegrass Festival

Paragould, facebook.com/collinsbluegrassfestival

Find more events at arkansaslivingmagazine.com/around-arkansas.
Submit events at arkansaslivingmagazine.com/submissions/submit-an-event.



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