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(Left to Right): Mary Nash, Chris Rippy & Melinda Raley

Dr. Bryson Howard Au.D., CCC-A
MauMag issue of April, May, June 2014 will denote the last time MauMag will be published as a quarterly magazine. Starting with the issue of July, August 2014, MauMag will become a bimonthly publication. The decision to publish MauMag six times a year instead of four is in response to the repeated requests and wishes of our readers and advertisers alike.

Your continuous support over the years has greatly contributed to MauMag’s growth from a 16-page Premier issue in July 2006, to a 56-page magazine that is today! MauMag readership continues to grow with each issue. Although it is mailed to all households and businesses within the 72113 zip code, MauMag is also available for free at Barnes & Noble Bookstores in both Little Rock and North Little Rock, Bedford Camera & Video stores, Central Arkansas Library System, Starbucks, amongst many other locations (go to http://maumag.com/advertising.htm and download the MauMag Media Kit to see the complete list).

With the advent of the bimonthly issues, MauMag will introduce more departments, articles, and an expanded culinary section. We will encourage readers’ participation in the form of Letters/Emails to the Editor.

Best wishes for a Healthy and Prosperous New Year,

Roger A. Frangieh
Publisher/Editor

George Bernard Shaw... Quotes of Note

A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.

Without art, the crudeness of reality would make the world unbearable.

You use a glass mirror to see your face; you use works of art to see your soul.

He knows nothing and thinks he knows everything. That points clearly to a political career.

Do not do unto others as you expect they should do unto you. Their tastes may not be the same.

A government that robs Peter to pay Paul can always depend on the support of Paul.

We don’t stop playing because we grow old; we grow old because we stop playing.

We are made wise not by the recollection of our past, but by the responsibility for our future.

If history repeats itself, and the unexpected always happens, how incapable must Man be of learning from experience.

A gentleman is one who puts more into the world than he takes out.

I often quote myself. It adds spice to my conversation.

A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.

If all the economists were laid end to end, they’d never reach a conclusion.

A government that robs Peter to pay Paul can always depend on the support of Paul.

A gentleman is one who puts more into the world than he takes out.

Without art, the crudeness of reality would make the world unbearable.

If all the economists were laid end to end, they’d never reach a conclusion.

I am afraid we must make the world honest before we can honestly say to our children that honesty is the best policy.

A life spent doing nothing.

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I often quote myself. It adds spice to my conversation.
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How many times has a viewer at a modern art museum looked at an abstract or non-objective painting and said, “My five year old daughter could do that!”? And remember Ellen, the elephant from the Little Rock Zoo, who did some paintings for the public several years ago? Can anyone, a non-artist, pick up a paint brush and some paint and make a GOOD abstract painting, even though they’ve never had a bit of training in visual arts?

As a practicing artist, I believe it takes a trained artist to make a successful work of art, whether representational, non-representational, or abstraction. There are certain principles and elements of composition that artists use; otherwise, the untrained have to rely on pure luck! As a matter of fact, the famous abstract artists we know of, such as Pablo Picasso, Wassily Kandinsky, Mark Rothko, and Jackson Pollock, painted realistically before turning to abstraction.

So what exactly is abstraction in art? How and why did it get started? I’ve looked at many sources for a definition and found some confusion. First of all, there are so many different terms related to “abstract art,” such as modern art, contemporary art, conceptual art, non-representational, and non-objective, that it is sometimes mind-boggling. Gerald Brommer in his textbook Discovering Art History calls abstract art “a philosophy of art rather than a style.”

As far as I understand it, abstract art can include anything that does not entirely replicate nature, humanity, or objects. A depiction of a figure or object that is altered, if only slightly
by color, line, shape or texture, is said to be abstracted. If the painting or drawing has no reference at all to reality and is based only on shape, line, form, space, value, or color, it is called non-objective, or non-representative. It is entirely abstracted, personal, and emotional.

Non-objective or non-representational art came into prominence after World War II when so many artists escaping Nazism came to America and began experimenting with materials, media, and messages. Individual freedom was the norm. At one time, art schools indulged in teaching Abstract Expressionism (also known as Action Painting) and nothing else. The recent Arkansas Arts Center exhibit of Mark Rothko’s work from the 1940’s to the 1950’s gives evidence of these changes.

So now we come to the crux of the matter. What do artists think about when they create a completely abstracted work? A strong message, a powerful emotion, a passion for color, or merely a principle in order to jar the viewer, shock, or amuse the viewer.

I spoke to a gallery owner and a practicing artist to get their perspectives on this subject. When I asked how and why abstraction began, Kyle Boswell, co-owner of Boswell/Mourot Fine Art, replied, “Our perspective on society has changed. The world is more chaotic and interconnected than in the past. Artists relate to this chaos by the way they paint. They are making statements based on their reactions, are willing to take risks, and want to paint emotionally rather than realistically. The minimalist movement, for example, is a prime example of trying to simplify the chaos that was seen.”

“Some artists,” he continued, “are just following the movement, because actually, these types of paintings seem to sell more to collectors and designers. The majority of buyers are not analyzing the painting, but merely looking to fill a space! And most likely, they buy what others have already bought.”

Then I asked him, “What should a first time buyer look for in abstraction?” He stated that one should always be interested in the work and never tire of it. He should look for light, color, and a pleasing composition. “The first impact is important.

Amy Hill-Imler, whose teaching and painting studio is Natural Impressions in North Little Rock, defined abstraction in art as “an emotional effect; an accumulation of thought, emotion, and experience.” At one time, she was a super-realist interested in depicting nature. She had to gain confidence before she was able to branch out into abstraction, and finally went completely non-objective. Her work, shown at Red Door Gallery in North Little Rock, is still based on nature.

An art teacher for twenty-eight years, Hill-Imler believes that a serious artist must be trained in design and composition. She states, “If someone doesn’t know all this, but tries to make a colorful painting anyway, it has no life and is not successful. Sometimes it is better to simplify and leave out more than to put it all in. Like poetry, less is more. The viewer must react emotionally and use her own interpretation to appreciate the work of art.”

The viewer can also use these principles in appreciating the artwork. First of all, how does the initial view attract or repel one? Is there a central idea (Unity)? Do the colors, shapes, lines all seem to go together (Harmony)? Is there a way for the eye to get into the picture and not be stopped at the corners? Can the eye move all around the painting and rest at a few sections before moving on (Rhythm)? Are there repeated colors, lines, shapes, or textures throughout the painting (Repetition)? Is there a major spot in the painting that demands more attention than any other? Is there one color, value or shape that predominates (Emphasis)? Are there enough differences in shape, color, size, value, or lines so that the painting is not boring (Variety and Contrast)?

These are all questions the viewer can ask himself while examining a work of art in a modern art museum. Knowing how to appreciate abstraction in art will greatly enhance his experience. Hopefully, he will no longer say, “My five year old daughter could do that.”

Amy Hill-Imler’s acrylic painting is emotional, colorful, evocative of nature, and completely non-objective. The viewer reacts to the soft edges, gently blended hues, and central point of interest. Hill-Imler is represented by Red Door Gallery in North Little Rock.

An example of Minimalism, this pastel painting by Virmarie Depoyster is completely line, shape, color and texture, but it seems to represent a landscape with its high horizon line. Depoyster shows at Boswell/Mourot Fine Art in the Heights area.

One of the paintings on the wall at Boswell/Mourot Art is this work by Ron McGhee titled “It Takes a Village.” It is completely non-objective, and features drips, splashes of color, scribbled lines, and muted passages. Texture, shapes, and colors are important elements. One may look at this painting and never tire of its visual impact.

“Forever Memories,” a painting by Sandy Newberg, who shows at Gallery Central in Hot Springs, is only slightly abstracted. The viewer sees two women under an umbrella at the beach, but their faces and environment are left to the imagination.

A principle in order to make a successful painting, the artist must consider the basic principles of art: unity, harmony, balance, rhythm, repetition, variety, contrast, emphasis. These principles are internal; the artist analyzes his work as it progresses and is completed in these terms. At some time, the artist may completely ignore a principle in order to jar the viewer, shock, or amuse the viewer.

The minimalist movement, for twenty-eight years, Hill-Imler believes that a serious artist must be trained in design and composition. She states, “If someone doesn’t know all this, but tries to make a colorful painting anyway, it has no life and is not successful. Sometimes it is better to simplify and leave out more than to put it all in. Like poetry, less is more. The viewer must react emotionally and use her own interpretation to appreciate the work of art.”

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Andreas Oeste –
A Rising Musical Star
By Linda Kennedy

Occasionally throughout my musical life as a teacher and accompanist, I’ve encountered a young musician in whom enormous potential was immediately evident. This is someone who truly understands that music is so much more than playing the right notes at the right time. It requires an ability to interpret all the notations of the printed score to find the correct pulsation/tempo, dynamic scheme and mastery of those levels on the instrument; a mastery of phrasing, harmonic structure, and the formal whole of the piece; and last, but certainly not least, the development of a work ethic that will ensure all these things come to fruition in performance.

I knew when I first heard Andreas Oeste [Es-tay], better known to his many friends as Andi, play his oboe about four years ago that he was one of those special musicians. He was a freshman at UCA at the time, and I have watched with interest all his accomplishments since then. Those of us who attended the November MMTL (Maumelle Music Teachers League) Weekend Concert for which he performed as guest artist know that we indeed heard something quite special. Andi graciously agreed to let me interview him recently, and I’m so happy to be able to introduce our readers to this fine young talent.

Linda Kennedy: Are you originally from this central AR area?
Andi Oeste: Yes. I was born in Little Rock, and except for about a year when my father was finishing his doctoral work at Northwestern University in Chicago, we have lived in Conway where he has been a vocal instructor and, until recently, director of the opera theatre at University of Central Arkansas (UCA). My mom, Patricia, is also a musician. She teaches general music and choir in a middle school in Conway. I have an older sister, Micaela, who is a singer, too. She got her master’s degree from Northwestern (as did my mom, by the way), and then was accepted into a Young Artists Program (part of the Washington D.C. opera scene and established by Placido Domingo.) She now travels around the world singing, often doing concerts with Domingo.

LK: So you’ve been surrounded by music your whole life. Tell us about your early musical training.
AO: It all started when I was about four years old. My mom started teaching me piano, and one of my “chores” was to spend about 10 minutes a day at the piano. I was not a great student because more than anything at that time, I wanted to paint which is kind of funny now since my paintings were definitely not great works of art! After about a year or so of Mom just trying to get me to play, the piano lessons stopped, and I could just lock myself every day for not sticking with it. My more serious musical pursuits really began when some friends of mine insisted we all try out for band and orchestra. We had two electives in middle school, so I thought it would be neat to take music for both. In orchestra we tried out the various stringed instruments, and since I very quickly could get a good sound out of it, I began to play the cello. In band they wanted me to play either the tuba or saxophone, but my mother put her foot down to those! So, they started me on clarinet. Pretty soon I started asking to play the oboe. As a child I had a computer program that introduced you to the instruments of the world. I was about to

Continued on page 14.
find out that there was a problem with that program. Whenever a picture of a bassoon appeared, the program called it an oboe! So imagine my surprise when I was handed a real oboe. My reaction was, “What’s this?” But, it turned out to be a good fit for me. I also began to take private oboe lessons from Dr. Lorraine Duco at UCA at that time.

LK: I often hear that the oboe is one of the most difficult instruments to play. Why is it so hard?

AO: There are quite a few reasons, the first being the man hours required to have good, working reeds. Unless you have the right maker who makes reeds to specifically fit your face (the oboe requires a puckered face, and everyone’s face is different) for about $30 or more per reed, you just have to learn to make your own. You have to be able to break the cane into different segments, cut them, gouge them out, scrape them down, and mold them into the right shape to fit your own embouchure. When I started playing, I thought there would just be a reed store somewhere where I could just pop in and buy some! I have a feeling this is part of the reason a lot of people end up quitting the oboe. You have to really love playing to spend the hours needed for both practicing and reed making.

Unfortunately many young people start out learning on poor instruments. Band programs cannot afford the cost of better instruments. Mine costs about $8,500. You’re definitely going to deal bad cards when you have to practice on a bad instrument. I was very lucky to get this news so early in the development stages, so we immediately scheduled surgery to fix this and repair my eardrum. The surgery was in January, and I wasn’t able to play for three months afterwards. My hearing improved gradually, and as of a few weeks ago, I have completely normal hearing in that ear. My only regret is that now I can hear the trumpet section more when I’m playing in orchestra, as if they need any help to be heard!

LK: What will be the next step for you after receiving your bachelor’s degree?

AO: I am currently looking at several outstanding schools around the country. I plan to work toward a master’s and doctorate in oboe performance. If circumstances allow, I would enjoy delving more into composition and theory which I love as well. I want to become a professor of music. I want to teach and perform.

LK: You mentioned ear surgery. This sounds like a serious step for a musician to take. Would you tell us about that, what caused the need for surgery and any specialists who were able to help you?

AO: Since I was very young, I have had a hole in one of my eardrums – a result of having tubes placed there as a baby. I went through three surgeries before high school to try to repair it, all with no success. My family and I kind of gave up for a while because we didn’t know what else to do. In the fall of 2012 I went for a routine check-up with my ear doctor in Conway, and he suggested that I look into trying to solve this problem again and recommended some specialists. Eventually we found an incredible doctor in New York (Dr. Darius Kohan) who actually found that my condition was getting worse and might eventually form a cyst in my head which could rupture and kill me. We were very lucky to get this news so early in the development stages, so we immediately scheduled surgery to fix this and repair my eardrum. The surgery was in January, and I wasn’t able to play for three months afterwards. My hearing improved gradually, and as of a few weeks ago, I have completely normal hearing in that ear. My only regret is that now I can hear the trumpet section more when I’m playing in orchestra, as if they need any help to be heard!

LK: Were you a music major at UCA, and what is your field of study?

AO: Yes. Dr. Duco mentioned to me that they needed a fun, showy piece to end an upcoming program, and I offered to compose one for them. (Composing has been a little passion of mine ever since I started playing.) The DDG trios includes Leanna Booze, Lorraine Duco, and Beth Wheeler who all play both horn and oboe. Traditionally a trio like this includes two oboes and an English horn. In setting out to compose this number I realized that just about everyone has heard something using Paganini’s famous theme from the Violin Caprices, No. 24. So, I had some fun writing an upbeat set of variations entitled, Variations on Variations on a Theme by Paganini. [For more about the trio and this concert visit http://www.hendrix.edu/news/news.aspx?id=64683.]

I’m also a member of the Composers Guild in Conway, and we have some opportunities to submit compositions through this group. An exciting competition on the horizon is the Inaugural Francis McBeth Memorial Competition. Philip Mann met with us recently, and ultimately young composers will be able to submit compositions for orchestra with the winning piece being performed by the AR Symphony Orchestra (ASO).

LK: Since you want to be a professor, I imagine you have already experienced the joy of teaching. How much experience, especially in terms of oboe, have you had?

AO: I’ve actually taught a lot of private students. Right now I also go to the Hendrix Summer Orchestra (ASO). I get to show up! I had to audition for the September ASO concert. It seems everywhere I go, I see you with another orchestra. I am happy to get to play with such a fine orchestra.

LK: I also noticed you on the stage during the September ASO concert. It seems everywhere I go, I see you with another accomplishment under your belt. AO: I am on the substitute list for the ASO, and when they need an extra player, I get to show up! I had to audition for that and am happy to get to play with such a fine orchestra.

LK: Are there other groups with whom you regularly perform?

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AO: I’ve played quite a bit of the major repertoire for oboe now. One really unique piece I haven’t yet tackled would be Berio’s Sequenza VII. It is an oboe solo but with a sustained pitch (B) throughout by another instrument.

L.K.: What does music mean to you?

AO: Expressing history and humanity. It is such a special art form because each time a piece is performed, it is unique. It will never be exactly the same twice.

L.K.: When you’re not involved in practicing or performing, what do you do for relaxation and enjoyment?

AO: I enjoy working out, cooking, and reading, especially science fiction and fantasy.

L.K.: Thank you for taking time to share with us your experiences and dreams. Know that you have a cheering squad here in central AR. We wish you all the best as you move forward through your best. Dr. Dusso, my oboe teacher since middle school has also always been so supportive.

L.K.: What is your favorite oboe piece to play?

AO: I guess that would be Poulenc’s Oboe Sonata which is a big hit. It is a piece I have always enjoyed playing and I think it is one of the most enjoyable pieces to play.

L.K.: Who have been some of the most important mentors in your life?

AO: I would have to say my parents who have been wonderful role models. I’m especially close to my mom. I remember once I went about a week without practicing, mostly just shutting myself up in my bedroom. Finally Mom said one evening, “Don’t you think you should practice?” I pretty much ignored that and holed up in my room again. A little later, she stuck her head in my door and said, “You know, Andy, when you’re not practicing, someone else is.” Well, I’ve always been ambitious and competitive, and that little pearl of wisdom had me back in our music room practicing within minutes. Watching my parents and sister work hard has also had such a positive influence on me. I learned early that you must work hard, and that you don’t always win. You just keep striving for your best. Dr. Dusso, my oboe teacher since middle school has also always been so supportive.

L.K.: Is there a “war-horse” of the repertoire that you have not yet learned?

AO: I Firmly Resolve...

By Marion Scott

Lose weight? Stop smoking?
Surround yourself with more positive people! What will be YOUR goals for 2014?

New Year’s resolutions are something that most people think about. Some people actually make one or more each year; unfortunately, fewer actually are able to keep them. After interviewing several people here in town, I found that resolutions are a very personal thing and can be bigger than the few words we state on January 1.

Brother David Ward, pastor of Dayspring Baptist church, says that rather than resolving some “thing,” such as losing twenty pounds, he generally adopts a theme for the year. It might be something like “work more in my yard” and make that a sort of motto to help him stay on track. His most meaningful resolution, however, occurred to him in June of one year after a period of being in a less-than-happy place. He resolved, “As much as possible, the rest of my life, I will spend my time around pleasant people.”

For Brother Ward, it was a life changer, and for the past fifteen years, he has had that resolution.

Danielle Carder is a Medical Assistant for Dr. Nagel at Club Manor. She says that she has never made a resolution that she has been able to keep. The year 2012 was a sad one with lots of family issues, but 2013 turned out well and 2014 is looking good. She intends to take one day at a time and states, “God will take care of me either way.”

Sarah Carnahan is the Assistant Manager and Adult and Young Adult programmer at our Maumelle Library. She does not make resolutions, per se, but looks at each new year as an opportunity to “refresh, calm down, and to focus on good things.” For the past couple of years, she has reminded herself that maintaining a positive balance between family (she has a two year old) and work relieves stress.

Jeff Dalez, Manager of Subway near the Morgan interchange, says that making resolutions is just something he has never done. Instead, “If I feel like there is something I need to change, I focus on that, sometimes for a year or more.” For example, Jeff used to be very introverted but decided he needed to be more outgoing. Although he has been working on this “resolution” for over three years, one would never know that being friendly and outgoing was anything but natural to him.

Gary Ables, Insurance Claims Specialist for American Roofing Systems, lost his twin brother in August of 2013. That tragic loss got him to thinking about living a full and healthy life. He resolved at that time, but will reinforce it at the New Year, to get back in shape. He intends to keep that promise to himself by doing “something” every day. He remembers leaving boot camp many years ago in the best shape of his life. Without much equipment, they did sit ups, push-ups, pull ups; they ran and walked (marched). Many of us want to live, not just longer, but as well as we can.

Overall, though, fitness and nutrition goals are among the most popular with folks, with stopping smoking and getting along better with the in-laws following along. We all know that it is easy to make a resolution but much harder to keep them, so the experts have been enlisted to help keep us on track.

According to Kathy Wheeler, one of Maumelle’s fitness gurus, there are several hints for keeping your fitness resolution. Most important, Kathy asserts, is to establish an early morning fitness routine. Get up a little earlier and get your workout in before your normal day starts. As the day wears on, more and more unexpected events and obstacles can present themselves, causing you to abort the idea of an after-work work out. If you do choose to work out later, pack your fitness bag so you don’t have to go home to change. Keep it in your car so it becomes a routine stop on the way home; one less excuse to talk yourself out of “just doing it.”

Actually making your plan is also important, according to Kathy. Plans need to be reasonable. Instead of saying, “I resolve to run a marathon in six months,” try starting with a walking routine three times a week if being active is new for you. Your written plan should outline when, where, and how often the

THE MAUMELLE PLAYERS ARE PLEASED TO ANNOUNCE THEIR SPRING PRODUCTION.

For only the second time since they started in 2005, they will be staging a musical. The musical comedy is one of the earliest and most performed of Gilbert and Sullivan plays – The Mikado. The Mikado will be staged at Little Scholars Academy and in addition to being a full musical, it will also feature a live orchestra.

The Mikado is set, somewhat fictionally, in Japan. It was Gilbert and Sullivan’s safe method of parodying the British culture and politics safely. Scholars Academy and in addition to being a full musical, it will also feature a live orchestra.

Show dates are May 2-4 and 9-11, 2014 at Little Scholars Academy, 10910 Maumelle Blvd. Auditions will be help at First Baptist Church, Maumelle, 120 Millwood Circle, Maumelle, AR on January 24th and 25th.

For more information email us at info@maumelleplayers.org or 501-492-9851. If you play a musical instrument and are interested in being in the orchestra, please go to our website, www.maumelleplayers.org and go to the audition page for the orchestra recruitment link.

The Musical Director is Sarah Dailey and the Stage Director is Victor Wenne.
Don’t forget to reward yourself for making even the smallest goal. Self-validation gives that little extra feel-good moment. We all want to feel a sense of accomplishment, and self-rewarding is a way to emphasize that. Don’t use food as a reward. Better, do something nice for yourself at milestones — download a new Kindle book you’ve been wanting, have a pedicure, get a massage. Kathy also suggests rewarding yourself monetarily! Put a quarter or a dollar in a jar every time you work out. When you reach your first milestone, say you will save up to $10 to buy a moderate exercise level for a full thirty minutes, for example), take your booties and buy a new pair of cross-training shoes, or invest in a new outfit to wear to work. Buy a new pair of shoes, or a new piece of clothing to fit that better body you’re working your way towards. The key is to develop new healthy habits. Christine says, “If you slip, give yourself the grace to know you are treading down old habits as you develop new ones. If you are truly wanting to break your unhealthy eating habits and you are afraid you are going to binge, set aside one meal a week and eat anything you want. I call that the ‘freedom’ meal. Keep your freedom eating within a two-hour limit. You want pizza? Pizza is okay during your freedom period.”

Lifestyle to Christie is the mindset to choose foods that fuel your body for optimal nutrition. She calls them “God-made” goods — natural, without additives and preservatives. These natural foods, such as fresh fruits, vegetables, very lean meats, and natural fats (avocados, nuts, seeds), will fill you up so much faster. They are best if eaten in their most natural form — raw. Either go fresh or frozen — the fresher the better. Never eat canned foods. Also, many people don’t ingest enough water. Our hunger and thirst mechanisms get skewed — we have substituted food for water so we tend to grab a snack when we are just thirsty.

Christie says that what has driven her when she is striving toward a goal is to remember that we cannot serve two masters. “If you are trying to serve God and food is controlling you, it’s really difficult to truly serve God. There is a spiritual aspect to your success.”

She also offers this tip: ditch the scales — we tend to jump on the scale every day, and that can set the tone for the entire day. An extra pound can make you feel defeated. Focus instead on how you feel and how your clothes make you feel defeated. Focus instead on how you feel and how your clothes fit — that’s so much more important than the number on a scale. You can become addicted to the scale — another way of serving a different master. The reading on a scale can give you a false impression, too. For example, if you are working out, you are probably adding muscle, which could cause the scale to go up, but you are actually losing fat.

For more information about Christie’s business, see her web page WhyWeightLifestyle.com and like her on Facebook, where she posts all sorts of healthy recipes. Christie enjoys baking cereal bars, Whole Grains. She also offers this tip: ditch the scales — we tend to jump on the scale every day, and that can set the tone for the entire day. An extra pound can make you feel defeated.

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Lake W, complete with some old-fashioned handholding. One of my friends even got married here at my suggestion. The war memorial provided a lovely venue for a simple exchange of vows witnessed by a few friends and family members—and a bare-chested fisherman of questionable mental state who hovered nearby despite our request he relocate a bit upstream. Choosing to decline our invitation, he and his line of hopping fish trophies are forever preserved in most of the wedding photos.

And thanks to my though-I-began-early-I’m-still-writing-this-column-procrastinating self, I can share with you yet another treasured day at the lake, much later in the calendar than the fall afternoon at the library mentioned earlier. It was the day before a forecast ice storm of apocalyptic proportions, yet the thermometer hovered steadily at 67. The people poured out of their homes to raid Kroger’s milk, bread, and eggs, and to enjoy the rare gift of a summer afternoon in December. There were dozens of folks leisurely strolling around the lake, others sitting on benches with their pups, everybody greedily soaking up the sun’s warmth ahead of the impending icy gray days. Yet again, Willastein enveloped us in her magic and made me want to be the sensitive type and prone to tears and smack her. Hard and repeatedly. But she’s got a true treasure here folks, our own real-life Pleasantville!

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Write every day. In a journal, on a book, on an article for MauMag (it's a totally trendy magazine in the happening city of Maumelle), whatever. No matter what your career path choose (remember – think medical!), writing will always be your keeper husband, and he's brilliant and daring and adventurous and has the sweetest eyes you've ever seen, and he can fix stuff and has hair in all the right places.

Don't be in such a hurry to grow up. I know it's of utmost importance to you that you find a true love, a keeper husband, and he's brilliant and daring and adventurous and has the sweetest eyes you've ever seen, and he can fix stuff and has hair in all the right places.

Some chemicals are available that will prompt the need for replacement. It's possible that just some repair is in order. All homeowners should begin with an inspection in both the spring and fall of the year. Be careful on those ladders! Wear rubber-soled shoes as too much traffic on a roof can cause damage in itself. Fortunately, Maumelle doesn't have overhead power lines, so that is one thing not to have to be concerned about. A visual inspection would include looking for missing, warped, or cracked shingles, deteriorated flashings, and loose seams. Excessive granules in gutters or below downspout openings are another clue that your roof may be compromised.

Getting the most out of your roof requires a little elbow grease, such as keeping drains clear, keeping debris off of your roof, including tree limbs, and calling your roofing contractor if any service units are added or removed from your roof (air conditioners, satellite dishes, etc.) Repair any damage immediately. Streaking and discoloration can occur due to heat, algae, and fungus. Some chemicals are available that will help with abatement, but when buying new shingles, particularly in a humid area, look for those containing zinc granules that can protect against algae and fungus growth.

If you have doubts about being able to doing an inspection yourself, most roofing companies will do an inspection for you. Some require a promise that you will hire them in exchange for that service. Your own contractor may provide the recommended bi-annual inspection for free. Insurance adjusters also provide this service. While contractors and insurance adjusters may have different goals as a result of the inspection, sorting through the expert opinions is necessary before making a decision. Unfortunately, if your roof is found to be in need of replacement or repair, insurance companies, even if they do not pay for the damage and replacement, will then refuse to pay for any subsequent damage that occurs because of roof problems, until the roof is repaired.

The decision is made – new roof. Most important is to choose a reputable roofing contractor. Contractors use formulas and budget. Many homes use roof turbines, and contractors use formulas to determine how many "whirlbys" to use according to roof and attic area.

Ridge vent systems have become more popular lately where the primary ridges of a roof are open and then covered with a venting and shingle arrangement. One should not use both applications on the same roof. Occasionally, power vents are used and can be manually or programmatically activated.

Whether a homeowner chooses a simple three-tab shingle or architectural-type shingle can come down to appearance and/or cost. Both types have different limited-lifetime warranties.
Commercial Lighting Efficiency Improvement

By David Hicks

Retrofitting your lighting system is a great way to save on energy costs and increase productivity. While efficient lighting systems use less energy, they also reduce the incidence of eyestrain and headaches among building occupants along with improving security. An effective lighting system requires more than just energy-efficient lamps, however. To optimize efficiency, it is important to integrate efficient lamps and fixtures with task lighting and controls to make the best use of light in the available space.

While your choice of lighting equipment will depend on your building type and application, the following elements are commonly found in effective lighting systems:

- Energy-efficient fluorescent lamps use significantly less energy than standard models and often have a longer life span. Although energy-efficient lamps are typically more expensive, the energy savings more than compensates for the extra cost. T8 and T5 fluorescent lamps are energy-efficient replacements for widely used T12 lamps, which are no longer manufactured in the United States due to federal regulations. Fluorescents are available now that are designed for high bay applications (ceilings over 30’ high) and can reduce the lamp wattage by a considerable amount when compared to high pressure sodium or metal halide lighting. A good time to consider a change to a more efficient fluorescent lamp is when the old lamps are at the end of life and start going out. A good practice after a replacement is made is to monitor the age of the lamps and to “re-lamp” per the manufacturer’s recommendations rather than waiting until the lamps burn out individually over time. This gives a much more uniform appearance to the building and maintains the expected light level.

- High-efficiency and long-lasting light-emitting diode (LED) fixtures are effective retrofit options in a growing number of applications. LED Lighting comes in several configurations. They can be set up as an “array” and used to replace a fluorescent fixture, they can replace a traditional “can” light bulb or they can be produced to resemble a fluorescent lamp and set in the housing with a wiring and driver installation. LED lighting is also available for high ceiling applications such as churches and gymnasiums. Parking lot lighting has also become a popular application for LED given the ability to control the dispersion and color. The benefit of LED is not only the electrical energy efficiency improvement but also the life which is greater than traditional lighting in many applications and can translate into reduced maintenance labor. LED lighting “shines” in one other area that further enhances the efficiency because LED lighting is very controllable to dim. Dimming is an excellent way to dial in the correct amount of light intensity while reducing electrical usage. LED likes to be dimmed… The only negative aspect of LED is the cost and that’s been coming down over the past few years due to advancements in technology.

- Electronic ballasts are highly efficient compared to older magnetic technology. When replacing standard fluorescent lamps with energy-efficient magnets, it is necessary to replace the existing magnetic ballasts with electronic models. Electronic ballasts are much quieter, eliminating the familiar flicker and hum of older fluorescent lights. The payback period on these improvements can be as short as one to two years. Electronic ballast can also be used with a controller to dim fluorescent lighting.

- Task lighting directs light where it is needed, rather than over an entire area. Smaller, low-energy lamps bring the light source closer to the work area. This concept is useful in offices and service areas, as well as industrial process environments. Task lighting reduces power use by focusing light where it is needed and reducing or eliminating the need for overhead lights. Greater lighting intensity can be gained in a small area which can be useful for inspection or detailed work.

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Continued on page 50.}
Dog Foods: An Overwhelming Number of Choices

By Dr. Lauren Schluterman

he world of dog food has become overwhelming. There are hundreds of brands to choose from, not to mention dozens of types of food within each brand. So where do you start? Do you base your choice on wet versus dry, or maybe cost? Do you choose your dog’s diet based on the protein source? Chicken, beef, rabbit, duck, venison, or even kangaroo? Or do you look for diets that are either raw, refrigerated, whole, natural, organic, holistic, grain free, or corn free? Be careful when you read the labeling and packaging because the pet food industry is rife with misleading and confusing information. Hopefully this article will help alleviate some of the confusion when it comes to feeding your canine companion.

A few commonly asked questions:

WHAT SHOULD I FEED MY DOG?

There are a multitude of dog foods on the market. Your average dog in good health should be fed a well-balanced diet (dry, wet, organic, refrigerated, etc.) from a reputable company. Larger companies such as Hills, Eukanuba, Purina, Royal Canin, Iams, and many more employ veterinary nutritionist(s) and maintain good quality control on their product. The Association of American Feed Control Officials (AAFCO) is the regulating body of animal diets, and only diets that have met the AAFCO guidelines and have passed their feeding trials should be considered for your pet. Remember, just because the bag is marketed as a dog diet, it does not necessarily mean that the food contains all of the essential nutrients necessary for your pet. Be cautious of brands that are not commonly recognized. Make sure to check their website or call the company to make sure they are within AAFCO guidelines and have properly trained nutritionists formulating their diets and that the diet has been tested in feeding trials.

WHAT DO I RECOMMEND YOU FEED YOUR DOG?

I get this question on a daily basis. What is most important to me is making sure you feed for your pet’s current life stage. Do you have a puppy? Feed a diet that is formulated for puppies (6 weeks -12 months). If your puppy is large breed, feed a large breed puppy. If your puppy is a small breed, then feed a small breed puppy. Take the guesswork out of what to feed by buying diets that are specifically formulated for the life stage of your pet. Is your dog very active? A fitness or active puppy. Take the guesswork out of what to feed by buying diets that are specifically formulated for the life stage of your pet.

Choosing a diet for your pet can be overwhelming. Make sure your information comes from reputable sources with scientific evidence to back up claims made.

I HEAR GRAINS, ESPECIALLY CORN, ARE BAD FOR DOGS. IS THIS TRUE?

Grains are biologically appropriate as other popular sources of carbohydrates, but there are some concerns about their safety in pet foods. Grain-free diets do not offer health benefits over a diet that contains grains. Each diet should be assessed based on its nutrient profile, as opposed to individual ingredients. Cereals provide starch as a good source of energy, as well as supply vitamins, minerals, essential fatty acids, and some protein. Corn, when processed appropriately, has a high rate of digestibility. Corn is not “cheap filler” – it contributes protein, fiber, vitamins, minerals, and a rich source of linoleic acid, an essential fatty acid. True fillers are ingredients that do not contribute any beneficial properties.

The veterinary profession has become highly specialized within the last few decades. Dr. Scott Campbell, BVSc (Hons), MACVSc, DACVN, CMAVA (Director of Australian Veterinary Consulting and Small Animal Veterinarian) is a veterinarian with advanced training in nutrition and has written numerous articles about pet diets. An excerpt from one of his recent articles:

“As far as I am aware there is no published evidence that dietary grains cause any problems for normal healthy dogs - indeed most dogs in the community do very well on diets containing grains. Most of what owners come across comes from companies manufacturing grain-free diets is just marketing-hype. I would direct your owner to contact the manufacturer making these claims that grains are bad for dogs and ask them for the proof behind them. If all they offer is testimonials, I would disregard them.”

Choosing a diet for your pet can be overwhelming. Make sure your information comes from reputable sources with scientific evidence to back up claims made.

I SWEAR MY DOG HAS FOOD ALLERGIES, SHOULD I TAKE HIM OFF GLUTEN-CONTAINING DIETS?

When a dog has a confirmed food allergy, the offending culprit is protein. The majority of food allergies are caused by beef, wheat, dairy, chicken, and/or egg. Gluten is a protein complex found in grains and plant materials, but has not been shown to be a common cause of food allergies in dogs. “Dogs can be allergic to any proteins in the diet including proteins coming from vegetables and grain, but meat-based protein allergies are more common in the canine population than grain protein allergies.” - Dr. Scott Campbell.

If you suspect your dog has a food allergy, please discuss this with your veterinarian. A food trial using a prescription diet will need to be initiated and strictly adhered to for a minimum of 8-12 weeks to be conclusive.

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In the words of Bob Barker of the Price Is Right, “Please have your pets spayed or neutered!”

It is important that you speak directly to your veterinarian if you have concerns about your pet’s diet. Your veterinarian is an excellent resource and will be able to help refute many false claims found online and marketing strategies containing false information.

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I AM 35 YEARS OLD.

IN CHRONIC PAIN YEARS, THAT’S 88.

For years I’ve suffered from chronic pain. I’ve tried everything from having surgery to taking pain medications. Nothing seemed to help or heal me. I regained control with the help of Skinner Chiropractic & Rehab. They identified the core problem and through innovative techniques my pain has been dramatically reduced, giving me back my life. If you live in pain, call Skinner Chiropractic because you deserve your life back too.
It seems like every episode of House Hunters I watch, the prospective buyers say, "We want to make sure we have room to entertain. We love to entertain" when they are giving their must haves for their new home. We all love the idea of entertaining, but if we are honest, entertaining is a lot of work! Cooking, cleaning, decorating, and shopping add a lot of extra effort and stress, but if the tasks are planned well, entertaining can be fun and rewarding.

The art of entertaining people in your home has evolved over this last generation. Personally, I wish we still put the formality and pizzazz in opening our homes to others as our parents and grandparents did. Fancy dinner parties were a regular occurrence, and backyard parties lasted the whole afternoon. There is an exciting element to dressing up in cocktail attire to attend your friend's home for dinner and "make a night of it" as they used to do. The few episodes of Mad Men I have seen inspire me to throw a 60's themed dinner party or a backyard BBQ in the spring and dress in our fancy summer clothes! I think we could learn a few things from this generation, and that is to treat your guests as if they are a no-brainer, but it's easy to get caught up in inviting people over and then panic, "What was I thinking? I have caught up in inviting people over and don't want to be running around the kitchen preparing the meal/food for them. Therefore, that requires some planning, and here are a few ideas:

1. When hosting people for dinner, try making a "one-pot" main dish for your guests. (i.e. spaghetti, lasagna, casseroles, etc.) This allows you to eliminate multiple items to have on the stove and in the oven. Helps with clean up too!

2. If you are having a larger group, have the main dish catered or purchased such as a brisket or BBQ. If you would like to do this portion yourself, you can always have the side dishes catered instead. You have to decide what is easiest for you! I also suggest not trying a new recipe for one of your main/side dishes.

3. Have at least two appetizers available when your guests arrive. I generally like to have one light option (veggie tray of some sort) and a heavier warm appetizer. Also, make sure to have drinks cooled and ready to serve as your guests enter your home.

4. If you are preparing all of the food, make sure at least half (ideally three quarters) of the food is prepared ahead of time or at least in the oven before people arrive. One way to save money and streamline your planning is to have a "pot" main dish for your guests. (i.e. spaghetti, lasagna, etc.) This can be what suits you and your lifestyle. The important element is that in our hectic lives, we are still taking the time to spend together as friends and family. What will be your next event?

Entertaining is fun and doesn't always have to be stressful. You can have a fancy soiree or a simple spaghetti dinner, but as long as your guests leave happy and with a fully belly, entertaining can be what suits you and your lifestyle. The important element is that in our hectic lives, we are still taking the time to spend together as friends and family. What will be your next event?

**Entertainment Made Easy!**

By Amanda H. Mercer

PLAN AHEAD!

Planning ahead equals less stress on you every time! I urge you to sit down and make a list of three couples/families/friends you would enjoy having over for dinner. Alternatively, make a list of three types of parties you would like to have in your home. If you sit and really think it over, you will make sure to plan it on a day/time that is convenient for you. Look over the next three months and try to find dates to plan a dinner party with one of the families you listed. Also, look to see if you can find a date to have a party whether it is a themed party or just a large gathering to celebrate! Once you are able to control the date far in advance (as well as the days surrounding it!), you will feel more comfortable in your abilities to make it a great event.

1. Have your serving dishes out and placed where you want to serve the food. When dishes come out of the oven, they already have a place to go.

2. Set your table far enough in advance so you will know what you are missing. Get out the dishes, serving pieces, cutlery, cups, napkins, etc.

3. Decide if you will do paper invitations (my favorite!), an evite or a simple phone call. Plan for more than you think are coming because unfortunately, RSVPs are a thing of the past!

4. Make sure you have enough seating and can accommodate the number of people you are inviting.

5. If you plan to serve alcohol, make sure to assess your liquor cabinet. Decide far in advance what you are serving, the mixers and the garnishes you will need. When entertaining a large group, it is often easier to offer beer and wine to keep it simple and most cost effective.

One "controversial" topic is dishes and silverware. Traditionally, I believe that if you are hosting people in your home, you should use dishes, real silverware, and drinkware. This, however, is becoming less and less the norm for entertaining. Is it easier to use paper products? Yes, it is, and while I don't believe it a faux pas to use paper products, my suggestion would be to always attempt to use real dishes as often as possible. Fortunately, there are so many beautiful paper products available now for purchase, including plastic cutlery that almost looks real! There are wonderful shops here locally that you can purchase very unique choices with matching napkins. If you are going to go the paper route, make sure to make it as special as you are able to in your budget. This detail makes a big impact!

2 MANAGE THE FOOD AND BEVERAGES!

Hands down, the hardest piece of the puzzle when planning to entertain is the food. What will you serve? Will you cook yourself or cater the food? Will people like what you are serving? Do you have any food allergies or vegetarians? There are many questions running through your head! I have a few ways I like to tackle this area when planning. My number one rule is as my guests arrive, I do not want to be running around the kitchen preparing the meal/food for them. Therefore, that requires some planning, and here are a few ideas:

1. Plan ahead! Make the food manageable to your schedule, capabilities, etc.

2. Make the food the main value of the meal/food for them. Therefore, that requires some planning, and here are a few ideas:

3. Put your stamp on it!

My favorite part of hosting people for dinner or a party is to be creative and offer something that my friends have not seen or tasted before. You do not have to be super creative or crafty to put your own stamp on your event. Sure, I use Pinterest just like everyone else, but I also try to just step back and think of ideas on my own. This past January I hosted a dinner party for fourteen people in my home. It was not a specific holiday, so I was at a loss on how to decorate my home. Then it hit me – use items from the backyard. It was a perfect display of winter! I used branches from an evergreen tree, pinecones, burlap, and leaves and put votives in mason jars. It turned out perfectly and didn't cost me anything! Some other ideas:

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1. Use photos or personal artwork as décor for your party or dinner party. Use these items as a centerpiece or just placed around the room. I like to place a square piece of burlap or solid cloth underneath to make it more specific.

2. Wrap your cutlery up with the napkins and tie with raffia or twine. Display them in a cute bucket or basket.

3. Use creative place cards for seat assignments but also to label the food if you have a buffet or serving table.

4. You must have music at your party! Make a special playlist or CD.

5. Look for interesting ways to display your food through the tabletop and/or dishes. I love the new way of using a chalkboard runner to label the dishes or the inventive ways to display the food at various heights.

Amanda Mercer lives in West Little Rock and moved to Arkansas from Florida in 2010. A wife to her college sweetheart and mom to two young sports-crazed boys, she enjoys everything fashion, antiques, decorating, Bravo TV, puzzles, reading and writing. She has a Creative Writing degree from Florida State University and has enjoyed photographing and sharing her family. Amanda can be reached at amandahmercer@gmail.com.

www.MauMag.com
Making the Perfect Bagel
By Marion Scott

All it takes is the freshest ingredients and proper yeast level and brown sugar and the right mixer and proofing and retarding and boiling and baking and a whole lot of care.

The preparation process begins with the right mixer. The mixer should be matched to the size of batches to be prepared. Most home mixers can’t handle the density of the dough. A batch of Morningside dough will produce approximately seventy-five 4-ounce bagels. They prepare four batches on an average day. Once the ingredients in their proper proportions are mixed, they use an automated rotary knife divider with former (that’s the piece of equipment you see through the window where a big lump of dough is fed and perfectly-sized round “bagels” come out the other side). Those raw bagels are quickly placed on trays sprinkled with corn meal and generally require a bit more time in the oven than the finished product. Either fresh or instant dry yeast are equally effective. Higher protein makes for a richer, more chewy bagel. Lower protein gives a bit more similar to a roll. The Tacketts strive for something in-between. Yeast level helps to determine the density or mouthfeel of the finished product. Either fresh or instant dry yeast are equally okay to use, but Morningside uses dry, preferring it because of its flexibility and dependability. The bagels we get at Morningside contain no vegetable shortening, as some do, making them non-fat. Roxane prefers brown sugar to other sugar types such as sucrose, dextrose, corn syrup, honey, molasses, whey, or nonfat dry milk. It adds the right amount of flavor and adds to the color of the finished bagels. Morningside also does not use a dough conditioner, which generally produces a softer product. The ingredients in Roxane and David’s bagels are pretty straightforward: flour, malt, water, yeast, salt, and sugar, so it is the process that sets their bagels apart, especially from those commercially produced that can be bought at Kroger or Walmart.

...MORNINGSIDE BAGELS HAVE JUST THE RIGHT CHEWINESS, JUST THE RIGHT CRISPY SMOOTHNESS OF CRUST, AND JUST THE RIGHT FLAVOR TO KEEP ME COMING BACK.

Gear Up For The Cold
By Cary Maddox

The saying goes “if you don’t like the weather in Arkansas, wait an hour and it will change.” We have all heard that, and for the most part, it holds true. The golf season in Arkansas is year around, but the weather is unpredictable. However, with the technology we have available to us these days, there is no excuse for not knowing the forecast. There are so many different apps available for your smart phone that you can find what you trust and be ready. By knowing the weather, you can be prepared for all conditions. Once you know the weather, make sure you outfit yourself with the proper gear for wintertime golf. Here are three areas to focus on so you can have an advantage on your golf buddies.

LAYER UP FOR THE WEATHER...

Playing in bulky apparel can make it difficult to swing. Know how to layer up properly so your swing won’t be impeded. There are several apparel companies that sell great pieces that are lightweight yet still provide great protection from the elements. One item that I call “modern day thermal underwear” but the apparel brands label as “compression gear” is a great place to start. It fits tight to create a base layer to keep the body heat from escaping. Put a long sleeve golf shirt over that to provide a second layer. Once you have the base layer and second layer on, add a fleece pullover or a lined sweater. The key is to keep your core warm. For your legs, put some heavier weighted slacks over the base layer. If it is windy, add some rain pants to protect from the wind. Now that you have three or more layers on, you can take a layer off if it warms up. Make sure to have some winter golf gloves to protect your hands. Add a bonus layer on your hands by getting some cart mitts, and put some hand warmers in them for added warmth. The mitts can easily be taken off to hit your shot and then you can slide them back on.

ACCESSORIZE FOR THE WEATHER...

There are several ways to be ahead of the game with golf accessories. To be labeled as a die-hard golfer, you will need a cart cover and a mini propane heater. With a cover and a heater, you can play pretty much no matter how cold it gets. If the sun is out, the heater may not even be necessary. The cover will trap the heat and make it nice and cozy while you wait for your buddies to hit. Also, make sure to take a beanie or at least some ear bands to cover up your ears. As I mentioned above, hand warmers are a great way to keep warm while playing. Put a couple of them in some cart mitts and they will provide great warmth. They even make foot warmers now that are designed to fit in your shoes. One item that is popular in hunting and making its way to the golf industry is the heated jacket. It is battery operated and works like an electric blanket and sends heat throughout the jacket.

EQUIP FOR THE WEATHER...

Cooler temperatures will affect the golf ball. Former USGA Technical Director Frank Thomas says that generally for every 10 degrees you will lose 2 yards. With that said, try a lower compression ball during the winter months. The colder weather makes it harder to compress the golf ball, so a lower compression ball will help. The main thing to work on over the winter is your ball striking with irons. With wet conditions, you want to make sure you strike the ball well. Cold-weather golf is not for everyone. Try these tips above, and you might find winter golf is not that bad. For more tips, contact your local PGA Pro. Good luck!
Inspiration comes from things that are infused with life.”
- John Kavelin, Director, Design & Production, Tokyo Disneyland Resort

Post-Holiday Doldrums?
6 Steps to Getting Inspired and Working Creatively

By Kricia Palmer, Interior Stylist

“I’ve all been there. Christmas is over, and that flame of nervous anticipation we’ve had for the last few months is gone. It can be a bit of a letdown, if you will. We are left with a frigid month... looming snow, barren trees and cloudy days. Often my energy and creativity in January mirrors what I see outside my window. We know we need to dive into the new year, get organized, prepare for spring cleaning, and often times, spruce up our homes. But in the midst of all this I call the post-holiday doldrums, how does one get inspired? How do you access your creativity when you’re exhausted?

1. UNPLUG. Yes, I said it. No Houzz. No Pinterest. No design blogs. We are undoubtedly influenced by our exposure to others’ work, but we have to be careful not to let that exposure stifle our own creativity. These tools can be useful in moderation, but often you’ll find that your best creativity and inspiration comes without them.

2. START. A common misconception is that you have to wait for inspiration before starting a project. The truth is, most of the time, you just have to go ahead and take that first step. You’ll be surprised at how the ideas will come to you once you’ve started. For example, if you’re renovating your kitchen and feel overwhelmed by all your options, go ahead and make a selection (countertop, for example), even though you might not be sure if it’s the right one for you. Don’t commit or make the purchase just yet, but do work with the idea initially. If that selection turns out not to be your favorite, most likely it will give you a better idea of what you do want. And you will be surprised at how much easier it is to build on that decision.

3. GO OUTSIDE. Are you at a loss for ideas for your dining room or bedroom redesign? Try taking a walk through Two Rivers Park or across the Big Dam Bridge. Explore Petit Jean or climb Pinnacle Mountain. I would venture to say that most all brilliantly designed spaces take some element of inspiration from nature. Nature makes no mistakes. From the variations in color of a rotting log to the way the pine needles fall on a less travelled path, closely observing the details will fuel your creative energy and warm your soul.

4. LISTEN TO MUSIC. This is an easy one, right? But there is a twist – try listening to music you normally wouldn’t. Do you prefer pop? Try classical. Prefer classical? Try country. Don’t just have the music on... really listen to it. Try to hear what others find appealing about it. Think about the steps that went into creating the music. Think about how the music applies or doesn’t apply to your own personal experiences. I’ve had some of the best ideas for my own home while listening to classical music.

5. TRAVEL. From the Capitol Hotel in downtown Little Rock to Robinson Center Music Hall, virtually every interior space we see was influenced in some way from another time or place. Go somewhere. Anywhere. Whether it’s a small rural town in another part of Arkansas or far away as London or Florence, explore somewhere different and unfamiliar. Anthony Bourdain states it well, “I urge you to travel – as far and as widely as possible. Sleep on floors if you have to. Find out how other people live and eat and cook. Learn from them – wherever you go.”

6. GO TO THE THEATER OR MUSEUM. The next time you’re in a creative lull, don’t hesitate to check out one of your local theater productions or museum exhibits. I recently saw “Red” at the Arkansas Repertory Theater – a play that gives an intriguing glimpse into the life of artist Mark Rothko. The production is supplemented by the Arkansas Arts Center’s current exhibit of Rothko’s work. The key is not to go with the intent of looking for ideas. Rather, just let yourself fully experience the production or exhibit. You might be surprised that it will spark your own imagination.

Unlocking one’s creativity is not just about looking at more photos of other people’s work. It’s about getting out of our comfort zones and opening our eyes to things not experienced before. Rather than pinning hundreds of photos of forests, charming cottages, or eclectic theaters...go there. Experience it. And then create. 

Kricia Palmer is a “retired” physician who is fulfilling a lifelong dream of becoming an interior designer. Her interior design business, Palmer Home, specializes in residential design, and her blog, http://kriciapalmerhome.blogspot.com, features her design projects, musings on design, and DIY tips and tutorials. She is the mother of two reimbursement boys and is beginning the renovation of her newly purchased 100-year old home in Historic W.Wood. Kricia may be reached at 501-551-1221 or via email at palmerhome@luciesglass.com.

Details of living room inspired by a client’s many travels abroad.

Details of dining area inspired by a client’s many travels abroad.

CREATIVE JUMPSTART OPPORTUNITIES IN ARKANSAS:

1. Your back yard
2. A neighbor’s front porch
3. The Old Mill, North Little Rock
4. The Junction Bridge, downtown Little Rock
5. Crystal Bridges Museum of American Art, Bentonville
6. Arkansas Arts Center, Little Rock
7. The Arkansas Repertory Theater, Little Rock
8. Thorn crown Chapel, Eureka Springs
9. William J. Clinton Presidential Library and Park

Anthony Bourdain. Medium Rare: A Bloody Valentine to the World of Food and the People Who Cook.
Don’t Become a Statistic

By Christie Brooks, MS, RD, LD

Because the scale is the enemy that loves to tell you that you are defeated....

The average percentage of Americans who make New Year’s Resolutions is 45%. Of that 45%, an average of 8% actually succeed with the resolutions. Most often, resolutions resolve around our weight gain from the previous 35 days of indulgence. You guessed it...the 6 to 10-pound weight gain that takes place between Thanksgiving and Christmas.

Why do these resolution diets fail? It could be one of several things:

1. Too strict of a diet.
2. Too high of expectations – defeated....
3. Not making it a “Lifestyle.”

Lifestyle is something that is not just temporary. It’s what you do, a part of you, a part of a routine that you can easily adjust to. It’s something you can do throughout the year and NOT just for New Year’s Resolutions.

So how do we make it a lifestyle?

Small steps at a time is the key:

- Focus on just one change a week in each category of food and physical activity, such as increasing physical activity by five minutes and increasing water intake by eight ounces.
- Avoid the scale and focus on how your pants are fitting. (The scale is the enemy that loves to tell you that you are defeated!)
- Have an accountability buddy.
- Focus on the present and don’t get so burdened down by where you want to be. What is your goal for TODAY?
- Give yourself grace as you tear down old habits while building up new habits.
- Celebrate your successes – but NOT with food! Purchase a new cookbook, buy a new pair of pants after a month.
- Celebrate your successes – but NOT with food! Purchase a new cookbook, buy a new pair of pants after a month.

Just stay active and make wiser choices. A healthy lifestyle will carry you a long way where “diets” just leave you depressed and frustrated. A lifestyle needs to involve the family. Get the family involved in the grocery shopping, cooking, and fun activities.

But most of all, don’t let the little voice in your head tell you that you can’t do it. YOU CAN do it. (Phil 4:13)

Medical Insurance Pays For Dental Appliance Treatment of Sleep Apnea

By Dr. Bryan Austin

The recognition, diagnosis and treatment of obstructive sleep apnea has become much more prevalent in the last decade. Sleep apnea is a dangerous condition that if left untreated can cause a multitude of health problems including high blood pressure, stroke, heart attacks, diabetes and even cancer. We call it the silent killer because it will not directly kill you, but, over time, the conditions it causes will. Obstructive sleep apnea can take 7 to 15 years off of your life if left untreated.

There are several forms of treatment of obstructive sleep apnea. The treatment of choice by most physicians who treat sleep apnea is the CPAP device. It stands for continuous positive air pressure. It is a mask or nasal pillow that forces air past the obstruction. The obstruction is usually the tongue or soft palate. It works very well when the patient is compliant with wearing the device. Some patients have a hard time wearing the device or cannot sleep with it on. Since this is the most common treatment of obstructive sleep apnea, most insurance companies pay for it very well.

Another treatment option for obstructive sleep apnea that has become very popular in recent years is a dental device that moves the mandible (lower jaw) forward. There are many different devices that are used to move the mandible forward but they all have the same outcome. The tongue and surrounding tissues are connected to the mandible. When the mandible is moved forward, the tongue and surrounding tissues are pulled forward away from the back of the throat and this opens the airway. It also prevents snoring. In mild to moderate obstructive sleep apnea, it works very well. It also works well in severe cases most of the time if the patient cannot wear a CPAP.

Many studies have been performed on the effectiveness of oral appliances treating obstructive sleep apnea. Based on these studies, the American Academy of Sleep Medicine stated that an oral appliance fabricated by a dentist is a good viable treatment for obstructive sleep apnea. Since then, insurance companies have started paying for the dental devices as well. Each insurance is different and some pay better than others. This is great news for patients who have a need for an oral appliance. It may be paid in full or at least some benefit will be paid by the insurance company.

Not all dentists are set up to bill medical insurance companies. It is a totally different ball game from dental insurance. It takes a while to learn the differences and some dentists give up altogether and just give the information to the patient to send in themselves. Medicaid reimbursement is also available. Dental offices can be set up as a DME (durable medical equipment) company that basically allows them to bill Medicaid for the appliance only. No other Medicaid procedures are billed for by the dentist.

Recommendations for finding a dentist with experience in billing medical insurance would be to simply call and ask your dentist or your physician. Look for dentists that advertise oral appliances for treating sleep apnea. Not many dentists do this procedure, and even fewer are knowledgeable in medical insurance billing. Make sure the dentist works with a sleep physician for a diagnosis of obstructive sleep apnea while treating you. A dentist can treat obstructive sleep apnea but cannot diagnose it. You will need an in-lab or a take-home sleep study to see the severity of your sleep apnea. Snoring can be treated with an oral appliance but medical insurance will not pay for it unless you are first diagnosed by a sleep physician.
Fitness Classes to Try In 2014

By Kathy Wheeler

Happy New Year!
It’s that time of year again: time to make your New Year’s resolutions.

Getting in shape and losing weight seem to top the lists every year. However, sticking to these resolutions can be difficult, particularly when you don’t find working out to be enjoyable. Group fitness classes are perfect for this sort of situation. You have accountability, camaraderie, and support. They help hold you accountable and encourage you. They offer support without holding on to the walls for help. Some of the WOD’s are specially named after women or military heroes who were lost in the line of duty.

On the particular day I went, we did a hero WOD named Clovis. It was a timed workout consisting of running 10 miles and doing 150 Burpee pull-ups. Since we only had 50 minutes for our WOD, we were instructed to complete four rounds in the allowed time.

While I enjoyed this type of workout, I know it’s not for everyone. If you are new to working out, I don’t necessarily suggest you start off with Crossfit. I would recommend going to a gym and/or working with a personal trainer for a couple of months 2-3 times a week to get a base level of good physical fitness, as well as knowing how to safely perform exercises.

Similarly, if you haven’t worked out in a while or are new to the Crossfit world, Rock City Crossfit offers an Elements class for beginners. The Elements class meets two days a week for two months with the first few classes consisting of learning the movements and techniques of the lifts.

Other memberships consist of three to five times a week for 3-12 months with classes in the morning and evening. If you are interested in giving Crossfit a try, simply call or email Rock City Crossfit.

Barre workout is another fitness class I have been asked about and one I was interested in myself. So I paid a visit to a local group fitness boutique, ZinSpin in the Heights, to try their BarreAmped class.

BarreAmped is a workout done at a ballet barre combining elements of ballet, Pilates, and yoga. The exercises rely mainly on one’s own bodyweight focusing on small, isolated movements and challenging postures working the core, flexibility, and balance. If taken on a consistent basis, an individual can achieve a strong, sleek, streamlined body.

The instructor, Elizabeth, was very sweet and welcoming. The music was upbeat but not too loud, and the lighting was dimmed. Elizabeth donned a microphone, which was not overpowering in the least, and we began with our 5-10 minute warm up. After sufficiently warming up, we began focusing on the lower body, working both on the floor and at the barre. She used ballet terms like first position Plie and Relevé, while explaining the exercises thoroughly and walking around the room making little tweaks to our forms. She also provided modifications and progressions so that anyone of any fitness level would benefit from the exercises. The exercises were small in movement and isolated but boy, oh boy, were my legs quivering. Thinking this was just because it was my first class, I looked around the room and observed that mine weren’t the only ones quivering. Elizabeth explained that our muscles shaking were simply an indication of muscular fatigue, a normal response when the muscles have been challenged.

After completing the lower body portion, we focused on our upper body by performing tricep dips on the floor. Using the barre again, we began exercising our abdominals, yet again with small isolated movements. She did throw in a couple of mountain climbers for some cardiovascular fitness as well. After a 5-10 minute cool-down including stretching, class was over. I have to admit that it went by fairly quickly. I could tell my muscles had been worked, as they felt like jelly. However, I was still able to walk out on my own without holding on to the walls for support.

BarreAmped is appropriate for a variety of fitness levels. In addition to BarreAmped, ZenSpin offers indoor cycling, yoga, Pilates, and interval training classes. To sign up for classes, visit their website. Your first week is free.

Exercising doesn’t have to be boring. Simply finding a new fitness class can make getting in shape fun and help you adhere to your resolutions. Maybe you will give one of these classes a try in 2014. ❧
Prince Hal

By Michae Otfanos

Once upon a time there was a prince.

Prince named Hal. Prince Hal was an adventurous boy who loved the sun more than anything, and believed that if he ever got to touch it he would be truly blessed.

One day Prince Hal was playing in the meadow near the castle and saw the most wonderful hot air balloon sitting all by itself almost as if it were just waiting for him to discover it. No one was near the balloon to ask for a ride, and it was so fascinating, he just had to get a better look. As he got closer Hal discovered this was no ordinary balloon. It was shimmering with iridescent light and colors, and it never seemed to hold the same shape. It was a magical balloon! Hal was sure this enchanted balloon could carry him all the way to the sun. The idea of his dream coming true was so exciting the prince ran across the meadow to the balloon and jumped in.

As he sailed above the clouds he had never been so happy. “Now I will touch the sun, and tell everyone that I did it. I will go down in history books as the boy who touched the sun!”

The kingdom fell into despair. The sun, and at night they could see endless, glowing, golden stars. The eagle comforted Hal, and he was glad to have such enormous birds protecting him. The King and Queen had never let him come this far from the castle, but they had told him about this beach, and about the mythical eagles that lived there. Prince Hal introduced himself and told them the story of how he got there. The entire kingdom ran to the King and Queen and offered to stack themselves on each other’s shoulders so that they might extend themselves closer to the prince. They still however, could not reach the soaring birds. They stood and watched in desolation as Hal glided farther and farther away from them.

The kingdom fell into despair. The prince was gone.

Just then one of the giant eagles dropped the prince from the basket. Hal fell toward the earth unstable, until it began to fall. It tumbled and rolled in the sky until, SPLASH, landed in a lake.

Prince Hal was simply too tired to move, so he let the water gently wash him to the shore. He crawled on to the beach and rested a while. When Hal awoke he saw giant golden eagles standing nearby watching him. The eagles came toward the prince, but he was too tired to chase them away. And as Hal was sure he had met his final doom the gigantic birds lifted him up and tenderly dried him with their wings. Being among the eagles comforted Hal, and he was glad to have such enormous birds protecting him. The King and Queen had never let him come this far from the castle, but they had told him about this beach, and about the mythical eagles that lived there. Prince Hal introduced himself and told them the story of how he got to their beach. As he told his story a thought came to Hal’s mind. These monumental eagles were so strong and big they could easily take him to the sun. Hal asked the largest of the birds if they could continue carrying him on their back. The eagle stood silent for a moment and considered the question. He explained that it was possible, but the journey would come at a price. Hal was so pleased to hear that his dream could come true he immediately said he would pay whatever the bird wanted. The massive eagle looked at the boy with loving admiration and told him that money wasn’t required, but Hal would indeed have to sacrifice something that was very dear to him.

The eagle introduced itself and told Hal that it was going to take him to the sun. The idea of his dream coming true was so exciting the prince ran across the meadow to the balloon and jumped in. As tears fell from their eyes the eagle inhaled the prince, but he was too far away to hear them. The entire kingdom ran to the King and Queen and offered to stack themselves on each other’s shoulders so that they might extend themselves closer to the prince. They still however, could not reach the soaring birds. They stood and watched in desolation as Hal glided farther and farther away from them.

The kingdom fell into despair. The prince was gone.

Just then one of the giant eagles took Hal in their talons and began to fly. He felt safe in the eagle’s grasp. They were taking him to the place he had always wanted to be, the sun. And as they got closer to it, the prince felt its warmth, and overwhelming love. It was more than he had ever imagined. Hal’s heart was bursting with joy because he knew that he had made the right choice. And just like that, Prince Hal and the sun became one in a never ending embrace.

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The end.
Camera “Game Changers”  

By Austin Pittman

It is not very often that a camera comes out that is so revolutionary, or so improved over its predecessors, that I would call it a “game changer”. It is even more rare that several of these cameras would come out within a few months of each other. That is, however, what has happened with the introduction of four new models into the digital camera market.

There are actually five models, but the first two, the Sony DSC-QX-10 and DSC-QX-100, are very similar so we will talk about them together. What really sets both of these cameras apart from anything else that has ever been introduced is their appearance and how they work. These cameras have no LCD screen and actually look more like a lens than a camera. They are designed to pair up with your smart phone wirelessly. You see your image on your phone before you take it, control the camera from your phone, and the images store on your smartphone as you shoot. There is no arguing that taking pictures with your smartphone as you shoot is very convenient. You take the picture and it is right there to be emailed, uploaded to Facebook, or whatever else you may want to do with it. The problem is that the optics and sensor in your phone are sub-par at best, resulting in poor image quality (especially when shooting indoors). The QX-10 and QX-100 solve this problem by incorporating large sensors and incredibly sharp optics, using your phone only as a live view screen and storage device. You can attach this “lens-camera” right to your phone, or you can shoot off camera. The cameras create their own wi-fi signal, so you don’t have to be within a wireless network to make them work. The difference between the two cameras is that the QX-10 is smaller and has a 10X optical zoom (another major shortfall of the camera phone), while the QX-100 has a much larger sensor and a f/1.8 lens. The low aperture setting on the QX-100 allows for great low light photography and an extremely shallow depth of field. The greatest thing about these cameras is that they combine the best of both worlds, all off the convenience of your smart phone (because it is using your smart phone), with the superior sensor and optics of a real camera.

The Canon EOS 70D is a traditional SLR camera, but what really sets it apart from previous Canon models is its new Dual Pixel CMOS AF system. The problem with DSLR’s in the past is that when shooting video, or shooting in live view mode, the autofocus was very slow. I’m talking like 1-2 second delay times from the time you push the AF button to when the camera focuses. The 70D is really the first camera that has the smooth autofocus capabilities of a camcorder while shooting video, and still keeps the excellent still image capabilities that Canon is famous for. The 70D has a 3.2 inch touch LCD screen, so while shooting video or stills you touch the screen, and that’s where the camera focuses. It has 20.2 megapixels, shoots up to 7 still frames per second, and incorporates Canon’s new Digic 5+ processor. The 70D is not just a still camera that can shoot video, but is truly a camcorder and still camera in one.

The Sony RX-10 is a point and shoot type camera that is changing the way that people are taking pictures. It’s strength lies in the fact that it has a built in 24-200mm f2.8 lens, allowing it to shoot fast action pictures in low light. This type of photography has always been a major downfall of point and shoot cameras. In the past if you wanted to take pictures of indoor or night sporting events or plays you were forced to buy not only a big DSLR camera, but a $1500-$2500 lens to go with it. The RX-10 is made for shooters who want to be able to shoot low light, fast action shots, without having to lug around a big, heavy DSLR with several lenses. It also has an incredible macro mode built in, allowing you to focus in on subjects such as flowers, insects, coins, etc. With a DSLR, that requires another $500-$1000 lens. I’m not saying that the RX-10 has all of the flexibility and control that you may have on a DSLR, but if you just want a compact camera that takes great pictures in fast action/low light situations, it is the only way to go.

The new Nikon DF is a traditionalist Nikon shooters dream. It incorporates the same full frame FX sensor that Nikon uses in their top of the line D4, along with the high ISO capabilities, incredibly fast start up time, 5.5 frames per second shooting, wi-fi, and the high dynamic range that Nikon digital shooters are used to. What really sets the DF apart, however, is its traditional, “old school” look. It looks like your dad’s camera, like a Nikon F2, F3, or FE. Mechanical dials replace confusing menu settings and buttons, and an all magnesium alloy body replaces the plastics that most other cameras use. In spite of its looks, it is also the smallest and lightest weight Nikon FX camera. It truly is a blend of past and future, allowing you to take advantage of all of the advances in digital technology, while keeping the traditional Nikon look that so many people love.

I am as excited now about the photography industry as I’ve been in a long time. Are you looking to improve the pictures that you send out on your smartphone without sacrificing the convenience that we have all grown accustomed to? Want to take better pictures of your kids playing football and basketball without lugging in a bulky SLR with multiple lenses? Tired of taking a camera and camcorder with you everywhere you go? Thanks to Sony, Canon and Nikon, there is a “game changing” camera out there for you!  

Austin Pittman is the Vice President of Operations for Bedford's Camera and Video stores in the Little Rock area. Austin has been a Certified Photographic Consultant since 2000. He lives in Maumelle with his wife Shanna and son Andrew. Austin may be reached by email at austin@bedfords.com.
Photographs courtesy of members of the Maumelle Photography Club. - 501.960.6077

By Joe Goble

By Larry Egger

By John Schwankhaus

By Max Baker

By Angela Wiser

By Larry Egger
Selected by guest editor Mark L. Beggs in Poems by Poets of the Roundtable, Harding Stedler, along with a number of his peers, was recognized as one of Arkansas’s premier poets in the Eightieth Anniversary Anthology of the Poets’ Roundtable of Arkansas.

IN STOLEN UNDERWEAR

No one is home except the burglar held up in the closet munching popcorn and trying on men’s used underwear from the laundry bag.

He entertains himself in darkness fearing he will be discovered when the residents return.

Meanwhile, he pens an anapestic poem that will one day gain him fame, one he will recite in stolen underwear at Eureka’s Basin Park.

—Harding Stedler
Maumelle, AR

WHAT’S A DREAM ABOUT?

There they were, on a breezy morning, playing their music in Jackson Square—all six of them—from six to sixteen, with a brass band bellowing out “I’ll Fly Away” and “When the Saints Go Marching In.”

There they were, on a breezy morning, playing their music in Jackson Square—all six of them—from six to sixteen, with a brass band bellowing out “I’ll Fly Away” and “When the Saints Go Marching In.”

—Mary Sangster
Fort Smith, AR

GOODBYES ARE BETTER LEFT UNSAID

The sun is changing now for night—where peckish owlets gape and screech, begging for repast.

—John W. Crawford
Arkadelphia, AR

THE OWL

Within the wetlands’ grated oaks, and pungent spirally pine, as shadows slide to hidden nooks to summon stalkers of the night, buzzing hoards begin to rise.

Unsated whorls, like pulsing smoke, in search of blood from the alive where upturned, aged roots, garish spikes of splintered life, transform to dancing limbless gnomes to any keen eye.

Perched in unperurbed repos, an elfin face is spied, cast within a swirl of rounds, spiraled feathers, white and brown, camouflage a ghastly phantom with feral, amber eyes, staring holes into the night.

Then sounds a furtive searching.

Rusted leaves disturb the still.

As talons twitch an anxious click, her searching gaze espies a nervous scurry from the sticks as death-angel wings arise.

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—Freeda Baker Nichols
Clanton, AR

When our family returned to Arkansas to live, some 40 years ago, we encountered many strange wine practices some of which continue. Some of the practices were understandable, some were incomprehensible, a few were hilarious.

At a time when people in Europe were buying wine to match particular foods, enhance socialization, were laying down bottles for future enjoyment, and other pleasurable activities, Arkansans were drinking it primarily to cause drunkenness. Men encouraged, sometimes forced, copious amounts on girl-friends to make seduction easier. Periodically, this resulted in news stories about a young person with an unbelievable high blood alcohol content who had gone past “comatose” and “seduction,” straight to “death.”

There were no wine stores in Arkansas then, wine was sold in liquor stores as a minor adjunct to whiskey sales. The liquor stores followed a pattern. Wine lore said that shortly after the repeal of prohibition a newly licensed liquor store owner had little idea of how to go about it. After some thought he decided to place the liquor bottles on shelves behind a counter. Wine bottles, also standing up, were a minor addition. Customers were usually not allowed behind the counter but were often told the alcoholic content of wine; however, just as often the customer was refused a request to examine the bottle. Wine offerings were few, usually bottles of inexpensive wines, often fortified with additional alcohol, from the bigger California wineries.

Other newly legalized liquor store owners, faced with the same problem, simply visited the first store, copied what was found there and a trend was established that was followed for years. A liquor store clerk summarized prevailing wisdom succinctly: “You would have to have rocks in your head [his terminology] to pay $18 for a bottle of wine when you can get a bottle of good whiskey for half that price.”

Homemade wines followed the pattern. Such wine was made from almost any liquid, from cranberries to blueberries, wild plums, anything from which juice might be extracted and mixed with sugar and yeast. One such maker disdained tasting, liquor and his wine gave new meaning to the words “fortified wine.”

Wine and wine service in restaurants was hardly better. Limited largely to juice based wines from Arkansas vineyards, wine lists might (but often didn’t) offer whatever wholesalers were importing from Europe or California. The matching of wine to food was not much followed and when followed, usually treated the word of the liquor salesman as gospel. In one establishment, the combination of Chardonnay wine poured over vanilla ice cream was considered a state-of-the-art delicacy. Wine sold by the glass was kept after opening, often for weeks, waiting for the next glass to be ordered. Accepted wine lore held that the older a bottle of wine was, the better it

—Ken Forrester

When the residents return, he pens an anapestic poem he will recite when the residents return.

—Harding Stedler
Maumelle, AR

This is the first of three articles, based primarily on the author’s recollection of personal experiences. Reminiscences, comments, criticisms and other responses from readers will be welcome.
had to be. Some of that attitude still prevails. During the past year I have been offered bottles of cheap metal-capped wine that had been kept at room temperature for perhaps 20 years. I was expected to recognize their worth and offer a small fortune for them. My refusal to pay more than $3 (curiosity caused me to offer that amount just to see what the wine tasted like), the offer being met with their certainty that I was trying to cheat them out of a fortune. They kept the wines and I have no doubt still consider them invaluable.

Wine in liquor stores was too-often over the hill. Store personnel generously stated that if they sold a customer a bad bottle of wine all the customer had to do was report it and the wine would be replaced. No charge. Seemingly fair, this allowed the wine store to sell over-the-hill wine and put the burden on the customer to detect that fact, return, report it and get another bottle which possibly would be just as bad. Imagine buying eggs under the same procedure: eggs bought, taken home, anticipated for breakfast, found spoiled, returned to store, complaint made, eggs replaced without charge, possible with others just as bad, to take home and start over. Seem fair?

At that time, wine salesmen might be knowledgeable about wine, but they were almost universally hired for their sales skills, not their wine knowledge. The wine salesman of today might well have been selling cars last year and might be selling shoes or condos next year. Regardless of wine knowledge, they were often treated with godlike respect and usually were asked to make out the wine lists of individual restaurants (a practice still followed all too often). Not surprisingly, the lists often featured whatever wine offered the salesman the greatest commission.

Wine tastings were often just wine parties, and after a few, whoever was presenting them came to know that there would likely be present at least one participant who chug-a-lugged whatever was being offered (no distinction between the best from Europe and huckleberry wine) and at the end tried, by whatever means to find a free bottle or two to take home.

What might be responsible for the adverse conditions I have outlined? My opinion: it was boot-legging.

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What might be responsible for the adverse conditions I have outlined? My opinion: it was boot-legging.

Following the establishment of many temperance movements, Prohibition (officially, the prohibition of the sale of alcohol) lasted only from 1920 till 1933. Since it was concerned with “alcohol,” it followed that any sale of products containing alcohol, including wine, was affected. Alcohol was the culprit, not the other liquid carrying it. The results of the prohibition are well-known. It provided a fertile, profitable field for gangsters, who hijacked shipments, imported it from Europe, Canada and Caribbean countries and manufactured their own version, often from chemicals. Most effective though for most people was the making (home brewing) and selling (boot-legging) of alcoholic beverages. This also started a trend which was profitable (at least till law officials arrived) and continues. The trend produces much cheaper wine and sometimes includes the making of whiskey that rivals in quality that produced with official approval. It also includes following other methods, including combining chemicals which too often resulted in an imitation of legal whiskey in appearance, even taste, but which ultimately proved to be sickening, even deadly. A prime example of this was Jamaica Ginger, a patent medicine containing perhaps 70% alcohol. As a medicine it might evade Prohibition penalties, so officials required the addition of unpalatable but harmless chemicals to make drinking it difficult. Bootleggers substituted other palatable chemicals which later were shown to be extremely harmful and to affect the spinal cord and nervous system. One effect was to cause lack of control of the feet, which when lifted, dropped down, toes first. Consumption of the illicit Jamaican Ginger product made for a walk which made a distinctive sound. The condition causing the distinctive walk came to be known as Jake Leg. It affected as many as 50,000 people, some of whom didn’t survive.

As to wine, this situation led to the not much followed necessity of storing cases bought before Prohibition, hijacking it, importing it illegally, making it at home or other such impractical methods. Most people simply weren’t interested; they bought bootleg. The clerk we quoted earlier who recommended cheap whiskey over expensive wine was simply following established practice.

And wine enjoyment was set back a hundred or so years.
To Twenty-Year-Old Me

(Continued from page 22)

Face your fears. Step outside of your already-miniature box and challenge yourself daily. The older you get, the smaller your box becomes.

Wear more sunscreen, slather on the moisturizer, and drink gallon upon gallon of water. Your forty-year-old skin would really appreciate it.

Make eye contact with everyone you meet, and smile liberally.

The number on the scale is just that: a number. Exercise often and cool it with the sodas and fried food and learn to be comfortable with your body.

Here. Allow me to save you years of frustration and confusion: when your belly begins to hurt every single day, use that new-fangled Internet thingy and type in the word “gluten.”

Be kind to others. Try not to judge them. Listen well. The world is packed with talkers, but a good listener is hard to find. Give freely of yourself and help those in need, but learn to recognize when someone is taking advantage of you.

Surround yourself with positive people, with friends who care about you and grow with you. Don’t waste time on those who won’t accept you for quirkily-in-mostly-a-good-way you. Time is a precious commodity. Use it wisely.

Write thank-you notes galore.

The good things in life-StUFF won’t make you happy. Find joy in the little things:

● Write thank-you notes galore.

● Surround yourself with positive people, with friends who won’t accept you for quirky-in-mostly-a-good-way you.

● Manual lighting controls can be used in spaces that accommodate a variety of tasks or have access to daylight. They allow occupants to turn lights on or off as needed. Individual controls, which make occupants feel more comfortable than facility-wide controls, may help to increase productivity.

● Automated lighting controls such as occupancy sensors are effective for turning off lights in areas that are frequently unoccupied, such as conference rooms, storage areas, offices and restrooms. Occupancy sensors can also be set up to control individual lights in large areas so that only the lights that are needed are turned on. As the occupant approaches the fixture, the light illuminates and then turns off when it doesn’t sense presence after a predetermined time period.

● Skylights are being installed in many new commercial buildings and are beneficial because they take advantage of sunlight on sunny days. During overcast times or at night, the interior lighting illuminates when it senses the need.

● Financial Incentives

Lighting upgrades that are part of a plan to reduce overall energy consumption may be eligible for tax deductions of up to 60 cents per square foot of building space for lighting systems, and $1.80 per square foot for whole-building system improvements. For more information, see Tax Deductions for Commercial Buildings. Additional financial incentives may be available at the state or local level. See the Database of State Incentives for Renewables & Efficiency for information about incentives available in your area.

The incentives are provided by the government and through the local utility in order to help customers reduce their peak demand, which in turn reduces the peak load that is placed on generation facilities during peak usage times, such as during hot summer weather. This can eliminate the need to construct additional generation capacity which is very expensive.

For a large retrofit or new construction, financial incentives can be quite lucrative and are well worth planning and investigating. The incentives apply to almost any technology that will help reduce peak electrical demand, not just lighting. There are specialists in the area of energy efficiency along with equipment distributors that are willing to give advice or to develop a complete plan with the customer.

Welcome, New Doctors!

Dr. Bradley R. Crossfield

Dr. Bradley R. Crossfield is a native of Little Rock and graduated from Episcopal Collegiate School. He obtained a B.S. in Biology from the University of Arkansas-Fayetteville. He attended Baylor College of Dentistry earning his Doctorate of Dental Surgery. He was a member of the Odontological Honors Society and was awarded the Cumulative Academic Dean’s Award.

Dr. Crossfield is a member of the American Dental Association, Arkansas Dental Association, and the Central District Dental Association.

He has participated in dental mission trips to serve children in need and volunteers for an organization providing community services to promote oral health care.

His hobbies include attending Razorback games and live music concerts, running and travel.

Dr. Jamie B. Johnson

Dr. Jamie Johnson is a licensed Optometric Physician. He is a native to Arkansas and originally from Cabot. He is a graduate of the University of Central Arkansas in Conway, where he received a Bachelor of Science in 2006. He received his doctorate in Optometry from Southern College of Optometry in Memphis, TN in 2010, where he also was awarded Outstanding Clinician. He is a member of the American Optometric Association as well as the Arkansas Optometric Association.

Dr. Johnson has extensive training and experience in all aspects of optometry including correction of refractive errors with spectacles and contact lenses, diagnosing, treating, and managing of ocular diseases including glaucoma, macular degeneration, and cataracts, and any other ocular pathology including those related to systemic diseases especially diabetes and high blood pressure.

Dr. Johnson enjoys spending time with his wife of three years, Katie, who he met at Optometry School and is also a licensed O.D. They have one daughter, Emma, and are currently expecting a new arrival in May. He enjoys outdoor activities such as mountain biking, fishing, hunting, camping, hiking, and is an avid Razorback fan.

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CONNECTIONS market place
Pam Rudkin is the librarian for the Maumelle Library, a branch of the Central Arkansas Library System. She is a graduate of Texas Woman's University, where she earned her Master of Library Science degree. Rudkin grew up in Harrison, Arkansas and continued her education at the University of Central Arkansas where she earned her bachelor's degree in journalism.

Pam is married and is the mother of three children. Her interests include reading and music composition.

New Authors Debut Winners:

*How to Be a Good Wife* by Emma Chapman and *Ghostman: A Novel* by Roger Hobbs

Emma Chapman’s debut novel is a strong psychological thriller that leaves you guessing throughout most of the story. Marta is a housewife going through the empty-nest time of life as her only child has recently left home to live on his own. Her husband, Hector, has always taken care of her, and she has always done everything she could to be the perfect wife, right down to memorizing a book called *How To Be a Good Wife*.

You deduce early on in the story that Marta may be experiencing hallucinations. But as what you first believe is a mental illness begins to take on a life of its own, you begin to wonder if these are actually hallucinations or memories. And Marta begins to believe they are memories as well.

Her “visions” take over her thoughts as she pieces together what she believes is her past. Strangely, she has never been able to remember how she met her husband, but she knows the story he has told her. She cannot remember her childhood, but she’s been told her parents died in a car accident. She finds herself smoking occasionally, but she can’t remember being a smoker. Seemingly illogical, these inconsistencies begin to gel when she finds a photograph of herself as a young girl with two people she remembers as her parents. And then her “hallucinations” lead her to a secret room under the house, which convinces her they are real.

Chapman takes you inside Marta’s thinking so distinctly that you can see inside her imagination (or is it memory?), and you follow the characters through the story as though you are being led by the hand. Trapped in her life with no way out, Marta finally makes what she believes is the only choice she can to free herself.

While not a happy story, *How To Be a Good Wife* is a very skillfully crafted one that stamps very vivid images on each page.

Three words to sum up: tragic, haunting, beautiful.

Another debut novel, *Ghostman* is a crime novel set in Las Vegas, where “Jack” (not his real name) is coming out of the shadows to take part in the cleanup of a heist-gone-wrong, or so he thinks. Roger Hobbs really makes his mark with this terrific page-turner full of amazing detail. The excitement never diminishes in this story, as clue after clue is laid out, leading Jack to uncover the mystery of the “real” heist.

Jack is a career-criminal that lives off the grid, moves around a lot, and has no family or ties to anyone. He only works when the job interests him, and it’s never about the money. He lives so deeply undercover that he is shocked when an old colleague finds him through email and convinces him to take part in finding $1.2 million in freshly minted bills…that could explode if not found in a certain number of hours.

This book had me on the edge of my seat, thinking, “This should be a movie.” Then I learned that, indeed, Warner Brothers has already purchased movie rights to this novel.

So, there’s lots of excitement around this book. Rather than give away the story, I’ll just add that if you are reading this book electronically, there is a bonus epilogue (only for e-readers) that tells you about the main character’s childhood and how he made the choice to become a career criminal.

An exciting, action-packed read, even without that e-reader epilogue, *Ghostman* distinguishes Hobbs as a true up-and-comer, with the possibility of a sequel? I would think so!