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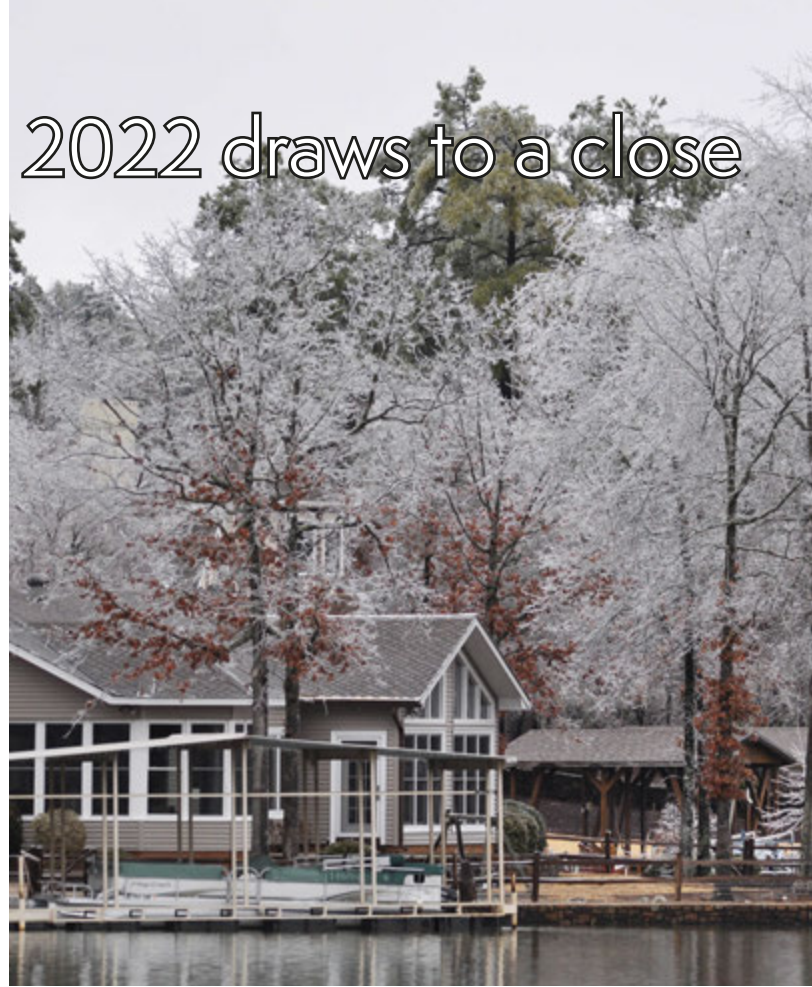
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Hot Springs Village Voice

2022 draws to a close



A layer of ice coats Village trees. (Jeff Meek photo)

Well, another year is nearly in the books. With December comes the possibility of snow or worse yet, ice that coats Village roads, roofs, and foliage. For me at least, as the year winds down, I get to thinking about what took place in my life the past 12 months, what's in my future and how will I deal with it. With December comes Christmas and with Christmas comes thoughts of family, children, grandchildren, grandparents and, oh yes, some good Christmas food and other goodies. I have a tendency to overdose on sweets during that time. How about you?

Another joy is watching small children rip open their presents and light up with excitement. I can still remember a toy I received



back when I was 10 years old. It was battery operated and I wore out those old-fashioned batteries that same day. Where was Duracell back when we were kids?

Here at the Hot Springs Village Voice, we hope you have several fun moments this month and can recall fond memories from Christmases past. With memories come family traditions that, if your family is like mine, pop up at this time of year, as do family member descriptions of those laughter-filled times gone by. Those moments may soon result in more of those treasured memories. Take a moment and appreciate them. They will likely be forever cherished.

May 2023 be all that you hope it to be.

Jeff Meek
VOICE CORRESPONDENT

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ON THE COVER: Grant Tucker puts his final products in a special keg refrigerator ready to serve.
(Sandy Johansen photo)

A Brighter Christmas



Lewis Delavan
STAFF WRITER

An annual cash gift raised by volunteers helps provide a merry year's end for hourly Hot Springs Village employees.

Now in its third decade, the nonprofit Village Employees Benefit Fund seeks donations to make each Christmas more joyful, and to enable helping after an employee's personal emergency.

In a typical year, between 350 and 400 full-time and part-time hourly HSV Property Owners' Association employees will be included in the annual cash appreciation gift.

"I think it's important for people to understand that nearly half of all of the POA's hourly employees are paid at, or just slightly above, minimum wage, so the cash appreciation gift from the VEBF really comes in handy," vice president John Chapman said.

Each year the POA Human Resources Department provides the volunteers with the number of eligible hourly employees. No middle and senior management employees are included.

All eligible employees as of Nov. 30 will receive a cash gift, distributed during the annual employee Christmas luncheon in early December.

VEBF's catastrophic emergency fund stands ready to aid any eligible employee with unexpected expenses from a severe personal or family emergency, such as a house fire, serious automobile accident, funeral expenses, medical expenses or other crisis.

"On our website, we have a testimonial from a Village firefighter who was seriously injured in an off-duty accident that resulted in weeks in the hospital and physical rehabilitation. His application for emergency funds from the VEBF helped his family financially to get through a tough time in their lives," Chapman said.

No donation goal exists. "We just pool the donations we do receive, and determine from that how much can be given to each eligible employee. We make our case for donations to Villagers every year at this time, like we have for the past 21 years, and basically hope for the best," Chapman said.

"Last year was an exceptional year, as Villagers and



our local business sponsors contributed enough so we could gift each full time employee with \$300, and each part-time employee with \$150. We hope we can sustain that level of giving this year."

Only around 16% of Village households respond

– "Meaning that 84% of our households do not participate. The goal we do have is to try to increase the percentage of Villagers willing to participate in the VEBF donor program, as a way of saying thanks to our hourly workers," Chapman said.

VEBF's expenses are very low, so that in an average year, 95% of all donations are used for the benefit of the eligible employees. This includes the cash appreciation gift, the catastrophic emergency fund, and the continuing education program (formerly the scholarship fund).

Through a no-cost partnership with Regions Bank, VEBF offers a series of internet-based seminars, the VEBF Financial Wellness Program. "Seminars help POA employees learn more about how to manage personal and household expenses in these challenging times. There is no cost to any POA employee to participate in these short informative videos, and it is not required that viewers be a customer of Regions Bank, nor is there a sales pitch of any kind," he said.

The VEBF's two new programs – continuing education and financial wellness – are a value-added feature of the fund, for both the donating Villager and the POA employee receiving the benefit.

The new VEBF Advisory Resource Council will be a small group of Villagers and business sponsors. "The board will communicate with these people interested in furthering our goals for advice on matters where we believe some outside perspective could be valuable," Chapman said.

Donor letters have been sent throughout the Village. "We encourage people to donate now so we have time to process their donation and prepare for the awarding of the cash appreciation gifts," Chapman said, adding that donations can also be made through the secure site, <https://vebf.org/vebf-sponsors>.

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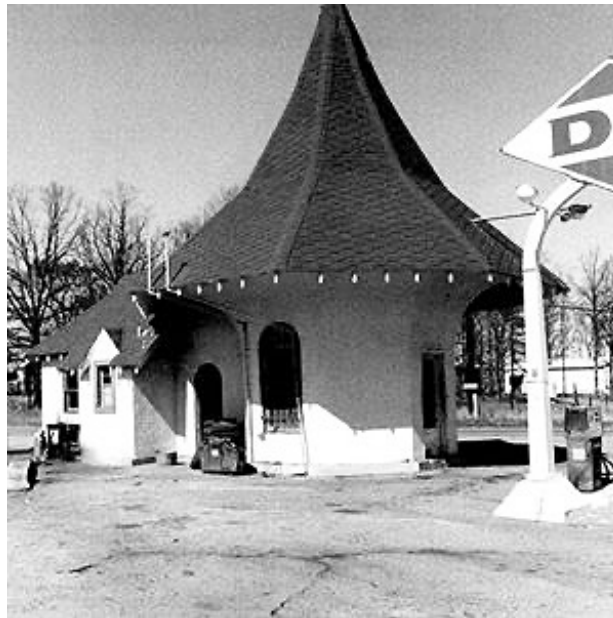
There are so many places and buildings in the Natural State that are near to my heart. I've always loved the Arkansas State Capitol, the Old State House, Ray Winder Field (which I'll cover in a future column), Pinnacle Mountain State Park and several others. But there is no building in Arkansas more special to me than the one-of-a-kind old gas station at the southern edge of my hometown of Sherwood — the Roundtop Filling Station.

The Roundtop Filling Station on US Highway 67 — in what was then North Little Rock — was built in 1936 for the Pierce Oil Co. by the Justin Matthews Co. It is believed the structure was designed by Matthews's company architect, Frank Carmean. Pierce wanted a station that would attract the attention of passing motorists, so Carmean came up with a design that included a conical-shaped roof with bright red shingles and a weather vane. Throughout the years, many people have described the Roundtop as something out of a fairy tale due to its unique appearance.

Wallace "Happy" Williford, a senior at Jacksonville High School and employee at another Pierce-owned station in Jacksonville, was asked by the company to operate the new service station. Because he was still a student, Williford paid men to operate the station for him during school hours. He said it was hard to find men who would work for only \$3.50 a week.

For rent, Pierce charged Williford 2 cents per gallon of gas sold. At first, the station had no electric gas pumps, and Williford and his employees had to hand-pump the gas. By 1957, Williford had saved enough money to buy the station for \$8,000.

According to one of Williford's daughters, her dad would tell stories of how several rockabilly stars would often



The Roundtop Filling Station back in the day, left. And how it appears today, below.



visit the Roundtop while traveling Highway 67, including Arkansans Johnny Cash, Conway Twitty (who at the time went by his birth name Harold Jenkins) and Sonny Burgess and the Pacers. Williford also said the filling station was a popular hangout for prominent Arkansas politicians such as Arkansas governors Sid McMath and Orval Faubus. The Roundtop was

also famous for being the only gas station between Little Rock and St. Louis to have free public restrooms.

The Roundtop sported many brands throughout its life. It became a Sinclair station around 1940 after the Sinclair Oil Co. bought Pierce Oil. In the early 1950s, Sinclair sold many of its Arkansas stations, including the Roundtop, to the Phillips Petroleum Co., and the station became a Phillips 66-branded station. In the 1970s, it became a DX-branded station and eventually closed in 1981.

In 1989, Williford put the Roundup up for auction. The winning bidder was North Little Rock businessman George Brown, who planned to renovate the dilapidated building. But Brown died before work began, and in 1999, his heirs donated the station to the city of Sherwood, which had annexed the area in 1975.

For years, the landmark sat abandoned and was the victim of vandalism and theft. The structure was placed on the National Register of Historic Places in 2008, and in 2010, the Roundtop was featured in "The Last Ride," a film about the last days of Hank Williams Sr.

In May 2013, Historic Preservation Alliance of Arkansas named the Roundtop an endangered historic structure. Soon afterward, Sherwood Mayor Virginia Young asked yours truly to lead an effort to save the building.

In June 2013, Sherwood received a \$50,000 historic preservation grant from the Arkansas Historic Preservation Program (AHPP) for the Roundtop's rehabilitation. Private donors and the city provided the matching money for the grant. Taggart Architects of North Little Rock prepared plans for the building's rehabilitation and PDC Construction of Little Rock was hired as the general contractor.

The first phase of the project began in April 2014 and consisted of securing and stabilizing the building; replacing almost all the building's studs, which had been damaged by termites; replacing the concrete floors; and installing a new roof. In July 2014, the AHPP awarded the city a second grant of \$78,000 to complete the rehabilitation.

In November 2014, a fire damaged the building's exterior. The second phase of the project was completed the following January, and the old filling station is now used by the Sherwood Police Department as its Southside Substation. The station's



Plaque commemorating the restoration.

interior is decorated with antique soda and oil advertising signs and other memorabilia donated by my father, Floyd E. Brown.

Should you ever want to experience a bit of nostalgia, put on your Johnny Cash playlist and take a drive to the end of Trammel Road in Sherwood. Fortunately, while the gas pumps and low prices are long gone, the many memories of a simpler time remain.

A proud sixth-generation Arkansan, Darrell W. Brown is a lover of all things Arkansas. He served several years with the Arkansas Department of Parks, Heritage and Tourism, and worked in all three divisions. He lives in Saline County with his wife, Amy, and their beloved Boston Terrier.. Find him on Facebook and Instagram at AllAroundArkansas.

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HSV BUSINESSES

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rejuvenates clientele*

Robin Raborn Burns
VOICE CORRESPONDENT

The Skin Bar and Med Spa owner Kristi Sims understands firsthand what it is like to feel insecure about your skin. She knows how important putting your best face forward is to a person's self-confidence.

Kristi says that she became interested in esthetics after experiencing dramatic improvements in her skin from facial treatments. "I had acne when I was younger, so I experimented with different facial treatments. That helped me develop an interest and curiosity about skincare that has remained with me. It helped me find my purpose." Kristi says.

That purpose inspired her to create a warm and welcoming place clients can walk into and feel the cares of their stressful everyday world melt away.

As a spa owner, Kristi strives to set The Skin Bar and Med Spa apart from the typical spa business model. Her passion for skin care drives her mission to ensure that every client of The Skin Bar and Med Spa receives personalized attention and services geared to their specific skin care concerns.

Kristi has worked for over a decade as an esthetician. She opened The Skin Bar Day Spa in 2012 in Bryant, as she was the sole esthetician and offered an array of facials. Since then, Kristi's business has grown and so



The Skin Bar and Med Spa owner Kristi Sims
(Photo courtesy of Kristi Sims)

has the services offered. The Skin Bar and Med Spa opened in 2022 at 110 Cordoba Drive in Hot Springs Village. At that location, Kristi expanded the staff to include Massage Therapists, Estheticians, Myofascial Release therapists, a Laser Technician, Lash Tech, Micro-blading, and a Nurse Practitioner who does injections.

The spa environment is tranquil and creates an illusion of natural, unadulterated beauty, but the services are distinctly state of the art. A case in point is the PIXEL8-RF, a medical-grade, micro-needling device. It can reverse years of sun damage, improve the appearance of scars and hyperpigmentation, and has become one of the most requested services.

Injectable dermal fillers like Restylane, Sculptra Aesthetic, Botox, and Juvederm are also highly popular. The fillers help smooth out deep laugh lines, stimulate natural collagen production, build up cheeks, fill in hollows or sunken areas of the face, and

Serenity abounds at The Skin Bar and Med Spa, right. (Robin Raborn Burns photo)



increase skin thickness to diminish the appearance of folds and lines. Lip injections plump the lips, soften vertical lip lines, improve lip line definition and add youthful fullness.

For those who prefer what some view as more traditional spa services, the Skin Bar and Med Spa has you covered! There are a variety of facials – among them a Custom Relaxing Facial, Decongesting Acne Facial, and there is even a Teen Clean Facial for Teens, for those 18 and younger.

For the ultimate in relaxation, you cannot beat a custom massage. Try a deep tissue, Swedish, or lymph drainage massage. There is a 60-minute prenatal massage that is a wonderful treat for moms-to-be.

The Skin Bar and Med Spa offers Membership packages that are an economical and fun way to ensure that you get regularly scheduled self-care. Memberships are available in Bronze, Silver, and gold levels and include monthly services like custom facials, massages, and lip or brow wax.

Also available at The Skin Bar and Med Spa are an impressive collection of superb, high-quality products to use at home to help your skin be its best.

Consider giving the gift of relaxation and beauty. Gift cards are thoughtful and generous, and you can purchase gift cards in person as well as e-gift cards online.

Beauty may be only skin deep, but at The Skin Bar and Med Spa, Kristi Sims and her team of dedicated professionals want to help you be in the best skin of your life! Call 501-303-6000 for an appointment.

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COVER STORY

Brewmeister

Retired engineer makes craft beer at home

Sandy Johansen
STAFF WRITER

Making craft beer at home is a growing hobby for many. Brewers have choices when it comes to the complexity of the process. They can make it casually with simplified ingredients and little equipment and time, and or make it with precision. The difference is a beer of ordinary taste or one of flavorful and unique tones, body, clarity, and a crisp finish.

Hot Springs Village resident, Grant Tucker, Shell Oil Company retired engineer, picked up his hobby many years ago. He began brewing in a 3 gallon pot on the kitchen stove, and conditioning and serving in bottles. Today he has expanded to brewing in a computer controlled, all-in-one brew system and serving from a 4 tap keg fridge. He brews a wide variety of beer styles and loves sharing them with family and friends.

There are four main ingredients in making beer, malted grains, hops, yeast and water. Making them into beer is a multi-step process, including mashing, sparging, boiling, cooling, fermentation and conditioning the beer in a keg. Tucker normally spends 6 hours on “brew day” completing the first 4 steps when making a 5 gallon batch.

Brewing begins with “mashing”; steeping the malted grains in 150 F water which starts sugar extraction. Grains provide the color and body of the beer. “Some regional beers are heavily impacted by the local water. Some recipes call for the addition of minerals like calcium or adjustments to pH to accurately replicate the beer style.” said Tucker.

The next process is called “sparging”; draining and rinsing the grains in 170 F water. This maximizes the



Grant Tucker sets up equipment as he gets ready to start a new craft beer batch.
(Sandy Johansen photos)

sugars that are collected from the mash. The resulting sugary concoction is called “wort”. The wort is then brought to a boil for typically around 60 minutes. Hops are added at various times during the boil. “Hops give the beer bittering, flavoring and aroma, similar to what adding spice does to food.”

Tucker explained the next step was cooling and the importance of doing it as quickly as possible to reduce the risk of contamination. “We’re moving the beer from 212 F to 75 F.” He pumps the wort through a counter-flow chiller for this process. This apparatus is a “tube-inside-a-tube” design and works by running hot wort from the boil kettle through the inner tube while cold water flows in the opposite direction through the outer tube, capturing the heat and bringing down the temperature of the wort.

During the brewing process, Tucker takes many measurements for quality control including pH, wort volume, and gravity. “Higher gravity means more sugar in the wort and more alcohol in the final beer.”

Now it is time for fermentation. The cooled wort is

pumped into a “carboy” and yeast is added. The carboy is a big glass container with an airlock. This valve that allows CO2 created by the yeast to escape and prevents foreign yeasts or contaminants from entering. The carboy is stashed away in a cool dark place and this marks the end of brew day. Fermentation takes 2 weeks at a minimum for light ales. Lagers and more complex recipes take longer. Some recipes may call for additional ingredients to be added during the fermentation such as more hops, spices, fruit, oak barrel chips, or even hot chili peppers.

After fermentation the wort has become beer. It is cooled overnight to 40 F causing any yeast, hops or other solid matter to settle on the bottom of the carboy clarifying the beer. A sample of the beer is taken to measure the final gravity. The change in gravity during fermentation is used to calculate the alcohol content of the beer. The beer is then siphoned into a 5 gallon



Grains and hops added carefully to the mixture.



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stainless steel keg and pressurized with CO2 to give it carbonation and head. The beer will “condition” in the keg where it will absorb the CO2 and settles out any sediment that made it into the barrel. During the conditioning process Tucker samples the beer every couple of days to check the head, clarity and flavor. It is usually suitable to serve to friends after a week of conditioning.

Tucker began his hobby in 1990 and it has grown substantially in all aspects from the styles of beers he brews to the equipment he uses. “The variety and quality of the products available today are vastly improved from 30 years ago. Online home brew suppliers make it easy to get ingredients and equipment shipped to your door. I use Northern Brewer to buy my ingredients. They have a broad selection of recipe kits in every style of beer to choose from.”

The beer in progress is a Raspberry Wheat Ale, a variation on the German Hefeweizen. “I brew many styles of beer. India Pale Ale is my favorite and I always have one on tap. My other three taps always have something different.” Other beers he favors are Cashmere Blond Ale, English Bitter, Belgian Trappist Ale and Bourbon Barrel Aged Porter.

The cost of ingredients to make a 5 gallon batch



Second siphoning takes place just prior to begin the fermentation stage.



starts at around \$35 for a simple Pale Ale but can get as high as \$80 for a strong Imperial Porter. To simplify the process, a beginner can use a concentrated malt extract instead of grains. This eliminates the mash and sparge steps described above and shaves about 2 hours off the brew day process. A starter kit of equipment for extract brewing will run around \$120 and includes a 5 gallon brew kettle and the ingredients for the first batch of beer. All-in-one full-mash brew systems start at several hundred dollars

Tucker lining up measuring and testing equipment before the mixing begins.

and goes way up from there. Tucker suggests several books for anyone starting to brew at home including Homebrewing for Dummies and The Complete Joy of Homebrewing.

This writer was privileged to watch the entire mixing process with the exclusion of fermentation and conditioning. She and her “beer loving spouse” sampled the finished Raspberry Wheat. Tasting the brew after 30 days, the Raspberry Wheat tasted mild and lightly fruity. It was perfect as this writer and spouse sampled it with the brewer, wife, and friends on a beautiful sunny and breezy Sunday afternoon. If you’re not a brewer, you may want to sample some of the commercial brews such as Shock Top Raspberry Wheat, and New Glarus Anhauser-Bush.

Beginners may also want to check websites such as:
<https://byo.com/newbrew/>
<https://www.northernbrewer.com/products/brewshare-enjoy-homebrew-starter-kit>
<https://www.amazon.com/Homebrewing-Dummies-Marty-Nachel>
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Tucker and Johansen enjoy the finished Raspberry Wheat craft beer.



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- Affordable Elegance -

Friends of the Library

FOCCL raises funds to buy new books and materials

Mary Eliades
STAFF WRITER

Friends of the Coronado Center Library (FOCCL) is a nonprofit organization founded in 2009 by a group of readers and patrons of the Coronado Center Library who wanted to support the library by raising funds for library materials and programs.

Library members pay yearly fees to the POA, but the budget does not cover many of the needs of the library. FOCCL supplements the budget by making funds available to purchase large-print books, audio books, DVDs, library furniture and equipment, and program materials.

FOCCL membership dues are small: Individuals pay only \$10 per year, families \$15, and a lifetime membership is only \$100.

The main fundraisers for FOCCL are the twice-yearly Trivia Nights, held at the Coronado Center auditorium. Participants compete as teams of eight for prizes and glory, and the fun begins with a huge “tailgating” party (and there’s even a prize for the



Current FOCCL board members include, left to right, Lynne Lawson, Kathy Jervis, Susie Reed, Sarah Jordan and Dottie Williams (not shown – treasurer Ron Stillman). (Submitted photo)

best-decorated table). The questions are challenging and interesting, and the competition is fierce.

FOCCL periodically hosts “Wine and Cheese with the Author,” a program featuring local authors. The programs are free to the public and usually take place in the conference room next to the library. Attendees have the opportunity to meet successful writers from the community and enjoy interesting and entertaining presentations, while enjoying wine and cheese. The most recent event featured four authors: Jeff Meek, Dr. Nancy Hendricks, Tony Dincau, and Jessie Terry.

FOCCL is a corporate member of the Hot Springs Village Community Foundation, as well as the HSV Chamber of Commerce.

The FOCCL board consists of dedicated individuals who plan activities and work closely with library staff to determine needs. The board is always looking for new members to bring their talents and enthusiasm to the job, and anyone interested in becoming a board member should contact one of the librarians.

“Like many organizations in the Village, Covid has taken its toll on FOCCL and its efforts,” said librarian Glenda Ford. “There has been a dependable slate of officers who have persevered, but they REALLY need some new members to join the organization and interject new ideas and enthusiasm.

“FOCCL provides the library with much-needed financial assistance. They provide the library with two newspaper subscriptions, Wall Street Journal and Barrons, as well as most of the large-print fiction that the library purchases.

“FOCCL also provides the library copier and copier supplies. As you can tell, the Coronado Center Library greatly depends upon FOCCL for their support. Won't you please consider joining this vital community board and/or organization?”

The library appreciates all the volunteers that keep the library running smoothly, and FOCCL assists every year with an appreciation luncheon.

There's something for everyone at the Coronado Center Library – the latest fiction and nonfiction, DVDs and audio books, periodicals, puzzles, and even a children's section.

Every summer the library hosts a children's program – story time with crafts, and new programs are constantly in the works to bring Village readers into the library.

For more information about FOCCL, visit the website coronadolibrary.com or stop by to chat with the librarians or volunteers.

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It's All About Colors



Sharon Keathley

Sandy Johansen
STAFF WRITER

Sharon Keathley, Hot Springs Village resident, was recently featured at the Saline Country Library's Local Author Showcase. A fairly new resident, she moved to HSV in March 2020. Covid shut down activities nationwide when her first book, *Colors of Deceit*, was released March 19.

Keathley, a licensed nursepreneur, works from her home for the most part, referring patients to local physicians and specialists to help each person's particular condition experienced in an accident, to find local, quick attention. "It's a service that I've offered to insurance companies since 2003 for resolutions to shorten recovery time for serious injuries their clients

Detective Olivia Samuels knows what you're thinking. Does Sharon Keathley know too?

suffer. It's rewarding to see those patients get back to work."

Keathley is a moderator for the 10,000 member Womens' Influencer Arkansas a Facebook Group, featured on the internet in blog groups. "This is where I met Kim McPherson, my author coach. She asked me if I write and I told her, 'No, I'm a nurse.' " This conversation led Keathley to write her first mystery and it was based on her medical background and experiences.

Her experience with a young man who, following a severe accident, piqued her interest. She was active in his recovery and when he finally spoke to her, he said, "Ms. Sharon, I don't see colors around you." He said when he looked at her, there were no colors, but when he looked at others they were colorless or surrounded by color. Checking with a psychiatrist, she discovered the patient was suffering from synesthesia. It is a condition in the brain causing a person to see surrounding colors covering people. "This is where I started my first book about a detective suffering from synesthesia."

Her detective, Olivia Samuels, had a head injury as a child and sees colors around people and attributes color changes to people's thoughts and perceptions. "She can look at someone and tell if they are evading or telling lies. Olivia senses their angers and she sees the changes of colors relating to a suspect's story."

Her books are all related to colors beginning with *Colors of Deceit*, followed by *Colors of Trust*, *Colors of Justice* and *Colors of Hope*. Her final in the series recently published is *Colors of Betrayal*. If your

thoughts could be seen, what colors would you be thinking? Detective Olivia knows.

Colors of Deceit beginning the series, puts Detective Olivia Samuels on the road to solve a spree of a masked gunman shooting of eight persons, one victim dies during what should have been a life-saving routine surgery. Detective Samuels, uses her synesthesia to narrow down the suspects and find the shooter. Suspects thoughts are seen in color.

Colors of Trust begins with multiple attempts on Olivia's life. Who is doing these things and why? When the attempts on her life start to involve those around her, Olivia is concerned for their safety and is furious not wanting to put anyone else in danger. She asks herself, What is going on and how far will the one responsible go to get rid of her?

Colors of Justice begins when the city's most prominent citizen dies unexpectedly in the hospital room next to where Detective Samuels is battling for her own life. Does she have new senses? How much truth does she know?

Colors of Hope starts with Detective Samuels stumbling upon the body of a local show owner, stabbed to death. When she takes a few days away to the family's cabin to recuperate, there was more to discover than a dead body when she ascended the mountain. Who is hiding what? What colors turn her into the right direction.

Colors of Betrayal finishes the series as Detective Samuels finishes her "colorful" investigations.

Keathley has also penned *Breezeway*, as another detective Amy Lancaster, seems to be the only one noting something more sinister is going on following a victim's drug use and a very pregnant lady who is mixed up in it.

In *The Fallen Seeds*, Evan's late Granny's prize apple crop is destroyed. What real-life decisions will he make?

Keathley was recently honored to participate in the Saline County Library's Local Author Showcase.

The five book series can be ordered on Amazon.com or you can obtain a signed copy by ordering them from her personal website: <https://sharonkeathley.com> or daileryanpublishing.com.

7 EASY TIPS TO WINTERIZE YOUR HOME

Sponsored by Village True Value Home Center

HAPPY HOLIDAYS! The Season is upon us. Village True Value Home Center carries everything you need for the holidays including products to get your home ready for winter and help prevent expensive repairs. We recommend these 7 easy tips.

1 Change your systems air filter. This simple task can save you thousands in repairs.

2 Get your chimney or wood burning stove professionally cleaned as creosote buildup can cause fires.

3 Remove the lint from your dryer vent and make sure the outside is covered so no little critters can move inside.

4 Inspect your attic vents and exhaust ducts to make sure they are clear of any debris. You may also want to inspect the air ducts throughout your home as they are large collectors of dust, dander, dirt, etc.

5 The National Fire Protection Agency says portable fire extinguishers should be inspected monthly and should undergo thorough maintenance once a year. While monthly checks can be done by a homeowner, annual maintenance should be done by a professional. You can find more information online to guide you through this process.

6 Clean your kitchen exhaust hood and filter. While this may be an often-overlooked area, it's very important to clean your kitchen exhaust hood and clean or replace the filter. When regularly cleaned, your stove hood filters can help reduce cooking odors, kitchen grime and grease, and indoor air pollution.

7 You may think your disposal is relatively clean considering how often water runs through it, but food particles can often get trapped inside creating the perfect environment for mold and bacteria to grow. Take the extra step to clean and sanitize your garbage disposal this month using CLR Fresh and Clean or items you already have at home such as baking soda, vinegar, citrus peels, and ice.

We're available to help and have everything you need to get your home winterized. Visit our award-winning staff today at 4650 N Hwy 7 in Hot Springs Village.

Skeet Elite

Robert Lindley has several world titles under his belt

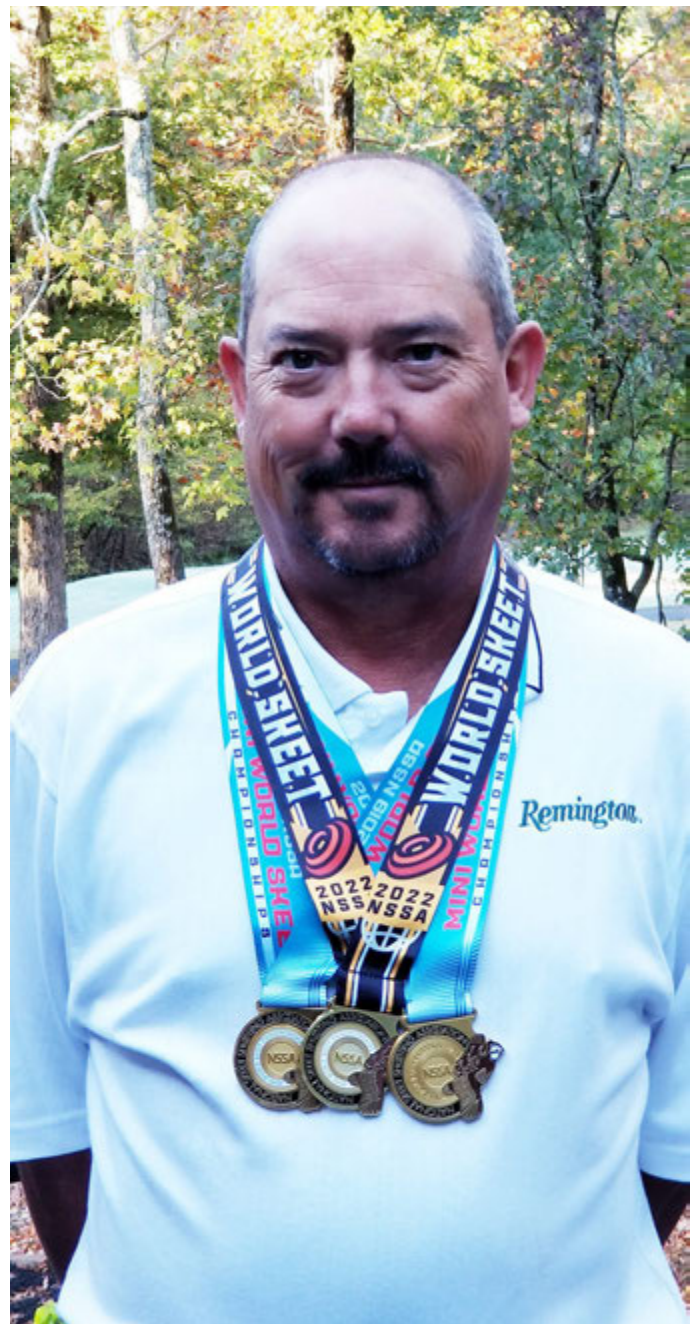
Jeff Meek
VOICE CORRESPONDENT

I want you to meet Hot Springs Village resident Robert Lindley. Lindley has won several world skeet shooting titles and is still going strong.

Growing up in Texas, he, and his father, for something to do, would go to a nearby gun club. At age 5, he and Dad would frequent the Palmas Gun Club in Corpus Christi, Texas. Unfortunately, father and son were apart for a few years and to fill the void, Lindley's mother bought him a BB-gun. "That's how I learned to point and shoot," Lindley said.

Later reunited with his father in 1977, they went to a local gun club in Monroe, Louisiana, and that's where he began shooting skeet. That summer the 2 went to a skeet shooting competition in Lake Charles. He registered, shot poorly and was quite frustrated with the experience. "About 30 days later I received a box with a trophy in it. I had won the sub-junior championship. I was totally surprised. I had won by default. I was the only sub-junior that had participated," he said with a smile. "And from there the rest is history. I've been shooting ever since."

Since that time, he has won 25 state championships, was inducted into the South Carolina Skeet Shooting



World champion skeet shooter Robert Lindley with a few of his medals. (Photos courtesy of Robert Lindley)

Hall of Fame in 2018, was ranked #3 in the world in 2019 and made 13 concurrent All-American teams and 4 Open Teams, which are the best of the best from a previous year. He won the Mini World title earlier this year in San Antonio, Texas, his third Mini World

Championship title, shooting a score of 398 out of a perfect 400. He was the runner up in 2018 with a 399 and won it in 2019 with a 398.

His shotgun of choice is a Kolar Skeet Max that can shoot 12, 20, 28 and 410 gauge shot. In a competition, the participants shoot 100 targets with each gauge, for that total of 400. Astonishingly, with 20 gauge, Lindley once had a stretch of 700 hits in a row.

What's next for this deadeye? He has his sights, pun intended, set on The Masters Skeet Shooting Championship in Georgia in May of 2023.

So, Hot Springs Village, lets wish Robert Lindley luck as he continues to pile up those championship – like numbers and medals.



Photo of Lindley when elected to the South Carolina Hall of Fame in 2018.

Merry Christmas and have a wonderful 2023

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Talk with the Doc

HSV Walk for Cancer joins Genesis Cancer and Blood Institute - Create "Doc Talk"

Sandy Johansen
STAFF WRITER

The Hot Springs Village Walk For Cancer, in partnership with Genesis Cancer and Blood Institute, has created a quarterly free luncheons and direct conversation with some of the top rated doctors in the area. Most recently, Dr. Daniel McCoy, cardiovascular and thoracic surgeon with a medical practice in Hot Springs and affiliated with National Park Medical Center, was featured.

Dr. McCoy presented detailed information on lung cancer beginning with a dialogue on the disease, its diagnosis and treatment.

"Lung cancer is the most frequently diagnosed cancer and more people die from it than breast, colon, and prostate cancer combined," said Dr. McCoy.

He reviewed non-small cell lung cancer (NSCLC), and the less common small cell lung cancer. He advised NSCLC, is 85% of all lung cancers. Dr. McCoy also described how NSCLS cells grow and spread to the



Dr. Daniel McCoy was guest speaker at a recent Doc Talk seminar.

bones, brain, liver and lymph nodes. "This is called metastatic NSCLS cancer."

His dialogue included all stages of cancer and which stage is operative and which is not considered for surgical removal.

It is quite well known, he said, people who smoke cigarettes, cigars, and pipes have a higher risk of certain cancers. When asked if electronic cigarette smoking, aka "vaping" is safe. "There's a great deal of nicotine in those habits and it is also very dangerous and this form of smoking should be stopped."

Melanie Pederson, chair for HSV Walk for Cancer offered their mission and goals:

"Hold Four (4) Doc Talk events in 2023, focusing on



advances in cancer treatments, with local doctors

Our Mission – To support cancer research and cancer-related projects in our community.

Our Vision – To find cures and methods for cancer detection and prevention through research.

Our Goal – To grow the amount we raise and the number of participants every year.

There have been many advances in medicine resulting from research, and yet cancer remains a leading cause of death. Cancer doesn't discriminate. It can occur regardless of your age, gender or race. As a result, we all know someone who has been touched by cancer.

Research has found better ways to detect cancer earlier, which increases survival rates. Research has provided us with more (and better) treatment options and is looking at ways to prevent certain cancers. The Walk for Cancer Research is one of the largest fund-raising events of its kind the Village, having raised \$756,000 dollars for cancer research since 2005. We will continue to fight cancer, one cancer at a time.”

Watch for more news regarding the upcoming quarterly Doc Talks. The events are free and include a light lunch. Past sessions have been held at the McCauley Center, but may change depending on number of attendees. Visit their website at: <https://walkforcancerresearch.org/>

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- The goal of world community with peace, liberty, and justice for all
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2nd & 4th Sundays – Insights

5th Sunday – Music on Barcelona

Pushing Limits

Video producer touches viewers around the world

Lewis Delavan
STAFF WRITER

Directing a music video in 1989 as a production school project opened doors for Mark Nicolosi, including working with acclaimed video director Sherman Halsey as an assistant director, camera operator, editor “and whatever else it took to make a production successful,” he says.

The experience set groundwork for a successful videographer career for Nicolosi, now 63. Family, faith, creativity and hard work are his foundation, and a number of his relatives are Villagers.

Halsey produced and directed hundreds of television shows and music videos for artists such as Tim McGraw, Brooks and Dunn, Alan Jackson, BB King, Michael Bolton and Dwight Yoakam.

As well as building experience, Nicolosi met people who later turned to him for video production.

One example of Nicolosi’s creativity is a video shot for the Flat River Band in a Wrigley, Tennessee, cave. Watch the video at https://www.youtube.com/watch?v=ymuS_uHryAE.

Dozens of candles illuminate the brothers Andy, Chad and Dennijo Sitze as they sing “Helplessly Hoping,” a song written by Stephen Stills and previously recorded by Crosby, Stills & Nash.

Nicolosi recorded, produced and edited the video. He lives in La Vergne, Tennessee, a small community outside of Nashville.

“I lived in Hot Springs for a couple of years before moving to Nashville in 1988. While living in Hot Springs, I did work at the DeSoto Club for a time, waiting tables.”

“All of my siblings and my mom live in the Village, so I try and come as often as possible.”

“What you may not know is that in that gaggle of Nicolosis: There are actors, a Voice Over artist, a painter, many great

cooks, multiple musicians and more. Here in the Nashville area, I have my beautiful wife Dee Dee, my daughter Wendi and her two daughters Olivia and Nia. Ryan, our son, lives in Florida with his wife Lada. It’s a circus complete with clowns!” he wrote in response to an email.

“I never really went to college. I did attend one semester of junior college but that was as far as that went. I went in the Coast Guard for about 4 1/2 years. I was stationed in California. I have always been a musician, so that was where my focus was and that is what obviously drew me to Nashville.”

How did he know you wanted to be a video director? “Although I was always creative and I even have a few film ideas written down from when I was a lot younger (that are actually really bad, hahaha) I was never thinking about film,” he wrote. “I knew nothing about making movies or anything like that. I was a musician. I was always going to be in the music industry. It’s funny! I just didn’t know which side of the music industry I would end up in.”

How was working with Sherman Halsey? “Sherman was amazing and I count it a giant blessing to have worked alongside him for years and be mentored by the best in the industry. I could do a whole interview just on the topic of the Halseys. I am actually talking to Jim Halsey (Sherman’s dad) about a documentary on them. We’ll see.”

What range of videos does Nicolosi produce? (TV ads, internet ads, documentaries, educational material, political, or others? “I guess there is a range of projects that I have directed or worked on in some fashion. The



Mark Nicolosi

vast majority is country music videos. However, I have worked on commercials, live concerts (Tim McGraw NBC specials), documentaries, TV shows, as well as two feature-length films, one of which I wrote.”

There’s always something new on the horizon. “It is a challenge sometimes to sort out the ideas I have that are pursuable and the ones that are just fun to think about. I believe if you were to ask my wife, ‘What is the most repeated phrase you hear Mark say?’ she would say it’s, ‘Hey Babe, I’ve got an idea!’”

“But, we are developing a show that is a drama. We are in the writing stages of it. That is one that I would like to see come to fruition. And, once in a very blue moon I get together with Michael (my younger brother who plays drums) and Anthony (who taught me to play the guitar) and record a few songs. I would love to do that again!”

Hobbies? “It’s hard for me to have a hobby because I try and find a way to monetize everything I enjoy doing! If I could find a way to monetize eating, I’m sure I would do it! Hahaha! However, I am a guitarist and have been most of my life. I love writing and arranging music. I am also an NRA-certified handgun instructor.

I do enjoy teaching people to carry responsibly and safely. I love to cook (as do all the Nicolosis). I guess the thing that I love the most is hanging with my wife and family and pursuing my relationship with Christ.”

Among his well-known videos are 2018’s “The Least of These: A Christmas Story.” With a theme of “Embrace the Power of Forgiveness,” it was nominated for “Most Inspirational Feature Film” and “Best Lead Actress” by the International Christian Film and Music Festival.

The organization also honored it as a 2018 “Official Selection.”

“The Least of These” is a Christmas tale of hope, forgiveness and faith that centers around a single mother, her 7-year-old daughter and a Salvation Army Santa Claus. Actor G. Michael Nicolosi of Hot Springs Village is featured in the film, and will also appear in “5000 Blankets,” an Affirm Film, in theaters on Dec. 12-13.

Even in his 60s, Mark Nicolosi is not slowing down, and looks forward to trying new ideas and pushing limits.

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SOUR CREAM COOKIES

Makes 22 cookies

- 1 1/2 cups all-purpose flour, spooned and leveled
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup (1 stick) unsalted butter, softened
- 3/4 cup granulated sugar
- 1 large egg, at room temperature
- 1 1/2 teaspoons pure vanilla extract
- 1/2 cup sour cream, at room temperature

Vanilla Buttercream Frosting

- 1/2 cup (1 stick) unsalted butter, softened
- 1 1/2 cups powdered sugar
- 1 tablespoon heavy whipping cream or milk
- 1 teaspoon pure vanilla extract
- Gel food coloring (optional)

1. To make the cookies: Preheat the oven to 350 F. Line two large baking sheets with parchment paper or silicone baking mats and set aside.

2. In a large mixing bowl, whisk together the flour, baking powder and salt until well combined. Set aside.

3. In the bowl of a stand mixer fitted with the paddle attachment or in a large mixing bowl using a handheld mixer, beat the butter and granulated sugar together for 1 to 2 minutes, or until well combined.

4. Mix in the egg and vanilla extract until fully combined, making sure to stop and scrape down the sides of the bowl as needed.

5. Mix in the dry ingredients in two additions, alternating with the sour cream. Make sure to mix in each addition until just combined, and be careful not to overmix the batter.

6. Using a 1 1/2-tablespoon cookie scoop, scoop the cookie dough onto the prepared baking sheets, making sure to leave a little room between each one.

7. Bake for 14 to 16 minutes, or until the tops of the cookies are set and spring back when touched lightly. Remove from the oven, and allow to cool on the baking sheets for 10 minutes, then carefully transfer the cookies to a wire rack to cool completely.

8. To make the vanilla buttercream frosting: In the bowl of a stand mixer fitted with the whisk attachment or in a large mixing bowl using a handheld mixer, beat the butter for 1 to 2 minutes, or until smooth. Add the powdered sugar, 1/2 cup at a time, mixing in each addition until well combined.

9. Add the heavy whipping cream, vanilla extract, and gel food coloring (if using), and continue mixing until fully combined.

10. Once the cookies have cooled completely, spread the frosting on top of the cookies.

11. Store the cookies in an airtight container at room temperature or in the refrigerator for up to 4 days.



BLOOD ORANGE CHAMPAGNE COCKTAIL

- 2 1/4 cups freshly squeezed or frozen blood-orange juice
- 2 750-ml bottles champagne, chilled

Pour 3 tablespoons juice in each champagne flute. Fill flutes with champagne, and serve.



Realizing Expectations

Reducing stress during the holidays

Are you starting to feel overwhelmed now that the fall is here and the holidays are fast approaching? There seems to be a subtle pressure everywhere you go now that the holidays are here. Constant reminders of the things we should be doing surround us. It is these “should’s” that can take you from a peaceful place to one of guilt, stress and worry.

The holidays can mean different things for each of us. They can be a time of joy and happiness, a time of nostalgia, and/or a time of sadness. The holidays can be stressful and lead to feelings of disappointment and unmet expectations. Many of us have childhood memories about the holidays, yet we fail to realize that our experiences can and do change with time.



Dr. Gail Maurer

When expectations are unrealistic, the rates of stress, anxiety, and depression can increase. You may feel saddened over happier times gone by.

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way of having the best possible holiday season, there are a few ways to help you participate at a level that is right for you:

1. Stop focusing on what you don't have, and focus on what you do have. Write a gratitude list and realize the good that surrounds you.

2. Stop comparing yourself to other people. You are unique and there will always be people who have more or less than you do.

3. Remember some of your happier holiday memories from the past. Perhaps some of these memories can be recreated to honor the past and make new traditions for the present.

4. Protect yourself and your feelings. Avoid people who give you stress and surround yourself with

people who support you.

5. Don't force yourself to be involved in holiday activities because it's the thing to do. Keep up with your daily routines and fit in only those activities that feel right for you.

6. Think of those less fortunate. Maybe there is someone you may be able to help in some way. You would be surprised about how good this can make you feel.

Contact Dr. Gail Maurer with Village Counseling LLC for a phone consultation if you are feeling anxious, down or overwhelmed by calling: 501-503-1500. Appointments can be made via the contact button on the Village Counseling LLC website at: villagecounselingllc.com



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DECEMBER EVENTS

Evening Lions Bingo
Coronado Community Center
Dec. 2 at 7 p.m.

Christmas Tree Lighting
Grove Park
Dec. 2 at 5:30 p.m.

Colt and the Old 45s
Coronado Community Center
Dec. 3 at 7 p.m.

ASO Orchestra Christmas in the Village
Woodlands Auditorium
Dec. 4 at 3 p.m.

Crystal Chimes Chorus
Coronado Community Center
Dec. 5 at 1 p.m.

Hot Springs Christmas Parade
Downtown Hot Springs
Dec. 5 at 6:30 p.m.

Village Chorale Christmas by Candlelight
Woodlands Auditorium
Dec. 6 at 7:30 p.m.

Audubon Speaker Series
Coronado Community Center
Dec. 8

Hot Springs Concert Band
Woodlands Auditorium
Dec. 8

The Muses Voices of Angels
Woodlands Auditorium
Dec. 9 at 7 p.m.

Opening Day at Oaklawn
Dec. 9 at 11 a.m.

Tree Lighting and Caroling at the Arlington
Dec. 9 at 5 p.m.

Country Two Steppers
Coronado Community Center
Dec. 10 at 7 p.m.

Cedar Mountain Singers
Woodlands Auditorium
Dec. 13

Friends of the Village Trails Work Day
Village Trails
Dec. 15 at 1 p.m.

Evening Lions Bingo
Coronado Community Center
Dec. 16 at 7 p.m.

Bepoppers Dance
Coronado Community Center
Dec. 17 at 6:30 p.m.

New Years Eve Party
Vapors
Dec. 31

New Years Eve Gala
Arlington Hotel
Dec. 31 at 7:30 p.m.



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Community Calendar



Saturday, December 10th
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Saturday, December 10th - Thursday, December 22nd
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