



THE GEORGIAN NEWSLETTER



Mabon 2012

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SPOT LIGHT



UCA physics professor stays in tune with Arkansas land



Photographs by [Curt Younglood](#)
 Debra Burris is an associate professor of physics at the University of Central Arkansas and a certified Arkansas Master Naturalist. When not in the classroom, Burris may be found on her 170-acre horse and cattle farm or out in the wilds of Arkansas.

Story by Emily Van Zandt

Sunday, September 23, 2012

ATKINS — For Debra Burris, the perfect weekend comes in three parts: a Friday-night drive through parks with friends, a Saturday horse show and an evening teaching an astronomy program, followed by a Sunday morning seeing the elk at Boxley Valley. And maybe an order of biscuits and gravy at the Ozark Cafe.

Born, raised and now living in Atkins, Burris wears so many titles — certified Arkansas Master Naturalist, horse breeder and amateur rider, associate professor at the University of Central Arkansas — that it's amazing she ever has time for a weekend break. Her day job as a physics professor at the university keeps her indoors much of the week, but Burris always finds time to spend outside, whether it's on her 170-acre horse and cattle farm or at one of her many favorite Arkansas retreats.

“Boxley Valley, where you can go see the elk, ... to me it’s as if someone said they were going to put heaven on Earth,” Burris said. “I don’t care if I won a million dollars in the lottery; I wouldn’t live anywhere but where I live now. The state has so much to offer.”

Burris believes so strongly in the beauty of Arkansas that she went through 40 hours of training to become an Arkansas Master Naturalist, and she now works with around 15 members in the River Valley chapter in Russellville.

“It’s like a Master Gardener for the great outdoors,” Burris said. “You have to do 40 hours of training, and then each year after, you have to do at least 10 hours of advanced training and 40 hours of volunteering per year.”

The naturalists help around the state with tasks such as trail maintenance, planting gardens and serving as nature guides and camp leaders. Burris does far more than her required 40 volunteering hours, thanks to another passion — working with the students of Atkins Middle School.

About once a week, Burris heads to the school where she was once a student to meet with a group from the gifted and talented program to help the students work on yearlong projects, including observing streams in the area.

“I like talking to the students because I was one of them,” Burris said. “I try to tell them that there will be a time in their lives when someone will say, ‘You can’t do that because you’re from Atkins, Ark.’ But there is no limitation to what they can do. If I can do it, so can they.”

Burris recalls her parents encouraging her to follow her passions, always finding money for more books. Two children’s books bought by her mother were enough to spur Burris’ science career.

“We bought me one book about rocks and minerals and one about astronomy, and I just wore them

out,” Burris said. “I remember watching the first pictures coming back from Jupiter and learning about Pluto. ... You couldn’t have hooked me any better if I’d been a fish in the lake.”

After graduating with a bachelor’s degree in physical science from Arkansas Tech University, Burris went on to attain a master’s and doctorate in physics at the University of Oklahoma.

“Everybody understands physics on some level, whether they realize it or not,” Burris said. “It’s things you think of as common sense.”

If you shoot a deer rifle and it’s not secure against your shoulder, Burris explained, you’ll feel it kick.

“The bullet went out at a high velocity, and the gun recoils in the opposite direction with a predictable velocity,” Burris said. “That’s conservation of momentum.”

After working at Oklahoma City Community College, Burris moved back to Arkansas in 2005 when she was offered a job at UCA.

While she was in Oklahoma, Burris had gone from not knowing how to ride a horse to owning her own and competing in dressage. She bought what used to be her grandparents’ farm in Atkins and now runs Buckthorn Farms, where she breeds horses — mostly appaloosa and American paint horses — to show and sell, but she’s slowed down on breeding lately.

“Maybe just a mare every other year,” Burris said. “There are so many horses out there that people are irresponsibly breeding, and people can’t afford to keep them. I want to slow down, enjoy the horses I have and get them into good homes.”

Her 10 horses are like her kids, with framed pictures of them covering her university office, nestled between Burris’ collection of Trail of Painted Ponies statues. She describes her first

horse, Patriot, as her “old man ... tall, dark and handsome.”

Though Burris didn’t learn to ride until she was 30, she can’t imagine her life without her farm and horses now.

“It’s amazing what a big soft muzzle stuck in your hand will do,” Burris said. “A horse loves you when you don’t love yourself.”

After being away from the state for 13 years, Burris appreciates the natural beauty of Arkansas now more than ever.

“You only appreciate how great it is once you’ve moved away and come back,” Burris said. “It’s amazing.”

September 1977

Recently a local radio station had some nut on the air saying he had been a member of a local witch coven that practiced human sacrifices, and said he knew of others here which did the same. I checked with a local homicide officer and asked if there had been any sacrifices of this kind by ANY group. He laughed and said there had never been any evidence of such a thing. So I have written a letter to the F.C.C. about this. Our greatest enemy at present seems to be religious programs on radio and TV. If you run across this kind of propaganda on radio or TV, call or write to the F.C.C. ...

ANNOUNCEMENTS !

BIRTHDAYS and STUFF!!

Puck turned 55!!!!

Allen - Sept 15
John (Tali) - September 20
Puck
Lord Josh-wa-ah has a birthday on 10-13-1949

~**Spirit Mother and Drago** celebrated their 33rd anniversary on August 18.

Recipes!!

Mulled Cider Recipe

This recipe serves: 6
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients

6 cups apple cider
3 whole allspice berries
3 whole cloves
6 cinnamon sticks
1 navel orange, peeled and quartered
1 navel orange, unpeeled

Cooking Instructions

1. Combine the cider, allspice berries, cloves, cinnamon sticks and the peeled, quartered orange in a saucepan and bring to a boil. Turn the heat down and let the mixture simmer for 5 minutes.
2. Slice the remaining orange into half moons.
3. Strain the cider and ladle it into warm mugs. Garnish each mug with a cinnamon stick and a fresh orange slice.

Submitted by Spirit Mother
of The Coven of Children Between the Worlds

headache!!

I took this off of a health sight, figured that since we all suffer from these bad boys...well, you know.

My friend Charlene pinged me. She had a miserable headache over the weekend. It wasn't just any miserable headache -- it was a miserable headache caused by citrus.

After retracing her day, Charlene realized that the three delicious tangerines were the culprit. She thought she was just enjoying a very tasty, healthy snack, but she was also triggering pain.

Some experts say that citrus and other foods may trigger headaches because the people consuming them may have an enzyme deficiency.

The enzyme they are lacking is necessary for neutralizing amines in foods. Some foods have large quantities of amines, and without the enzyme, headaches (and even migraines) can be stimulated.

Still, gobbling up an orange (or three) might seem harmless. If you are one of the 28 million Americans who suffer from migraines, taking note of how foods affect your body could be critical in preventing future headaches. One new theory is that craving certain foods could also signal a coming migraine. These kinds of migraines are also made more unpredictable because eating the food may not trigger pain every single time, and because food could team up with other triggers (like bright lights or stress) to induce a migraine.

Some other foods and beverages thought to trigger headaches include:

- **Aged cheese and those cheeses containing tyramine**, a natural substance that builds up as food ages. Tyramine in high levels has been shown to cause hypertension, which is a particular concern for people who take MAO inhibitor medication to treat migraines. Blue cheese, brie, cheddar, Stilton, feta, gorgonzola, mozzarella, muenster, Parmesan, Swiss, and processed cheeses often contain high levels of tyramine.
- **Other salted, cured, processed, and canned foods that are high in tyramine.** Take note of how your body reacts when you eat pickles, olives, and canned soups. Beans can also contain headache-triggering tyramine, especially fava, pinto, garbanzo, and lima beans.
- **Alcohol**, which could prompt headaches as it is metabolized in the body. Pay particular attention when you drink red wine, beer, whiskey, and champagne, which have been identified as triggers.

There is a long list of foods that headache and migraine sufferers say cause their pain. Some of them might surprise you, including:

- Peanuts and peanut butter
- Potato chips
- Pizza
- Fresh fruits like kiwi, plums, and raspberries
- Bread and crackers



Recipes!!

Harvest Apple Butter

Ingredients:

2 quarts Apple, chopped

1 quart Water

¾ quart Cider

¾ lb pound Sugar

½ teaspoon Cinnamon

½ teaspoon Allspice

½ teaspoon Cloves

Canning jars, rings and lids,

Wash the canning jars, rings and lids in warm soapy water, then sterilize by covering with water and boiling.

Use tongs to place them on clean paper towels and air dry.

Wash and slice 2 quarts of apples into small bits.

Cover with 1 quart of water and boil until soft, drain.

Strain with a sieve to remove the seeds and skin.

Bring ¾ quart of apple cider to a boil.

Add the strained apple pulp and ¾ lb of sugar to

the cider, stir together.

Cook at medium heat until it thickens, stirring constantly to prevent the mixture from scorching.

Add ½ t. each of Cinnamon, Allspice, and Cloves to the apples, blending well.

Continue cooking until the apple mixture is thick enough to spread.

Pour into sterilized jars, wipe the rims with a damp paper towel, twist the lid & ring on tight and turn them upside down on a clean paper towel to seal. Allow to cool before turning right side up.

Recipes!!

Every year in the fall, countless numbers of Wiccans and Pagans attend Renaissance Festivals and Fairs across the world. It's a great way to get that old-world feeling, and get in touch with days gone by. One of the high points of any Renaissance Festival is the food. If you're a fan of Renaissance Festival cuisine, you'll really enjoy this. The smoked turkey leg is a staple of most Ren Fairs, so why not take the time to whip a few together for your Mabon celebration?

Cook Time: 30 minutes

Total Time: 30 minutes

Ingredients:

A turkey leg for each person you're feeding

Salt & pepper

Olive oil

--

****Brine****

4 quarts of water

1/2 C kosher salt or sea salt

1/4 cup brown sugar

--

****Basting Sauce****

Honey

Your favorite barbeque sauce

Red wine vinegar

Preparation:

Combine the water, kosher salt and sugar and mix well.

Place the turkey drumsticks in the brine so they're completely covered -- if you're making a lot of turkey legs, you may need to double the amount of brine.

Refrigerate your turkey legs, in the brine solution, over night. Remove from the fridge about an hour before cooking, so they can reach room temperature.

When you're ready to cook, remove the turkey legs from the brine and pat them dry. Brush each turkey leg lightly with olive oil and sprinkle with salt and pepper. Preheat your grill.

Combine the honey, barbeque sauce and red wine vinegar to taste. Some people like sweeter, so if that's you, use more honey. If you like your sauce tangier, use more vinegar.

Place the turkey legs on the grill over low heat. Brush them with the sauce periodically, and turn them so they can grill evenly all over. Keep the lid closed as much as possible.

Keep grilling the turkey legs for about 30 minutes, turning and basting them occasionally, until done. When finished, remove them from the grill and wrap them in aluminum foil for about fifteen minutes to finish cooking. Enjoy your turkey legs with a big drumstick in one hand, and a tankard of ale in the other!

Courtesy "About.com"

ARTS AND CRAFTS

I recently experimented and decided to send a couple of friends to Nude Stock with these not so wooden warriors. Not quite patriotic, but cute never the less ☺



Word Search

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

ALTAR
ATHAME
CAULDRON
PAGAN
CANDLE
PENTACLE

WITCH
WICCA
INCENSE
ROBE
WAND
SUN

EARTH
AIR
WATER
FIRE
MOON
SAMHAIN

MABON
LUGHNASADH
OSTARA
BELTANE
IMBOLC
YULE

LITHA
FUN
ELF

*Well, that's all I have this time around, Blessings and Light All!!
BB Loye*