

LOCAL ARTIST SPOTLIGHT

KATRINA BAUER



I have been involved with art since I was a child learning to paint from my mother. But I also grew up believing it would be impossible to make a living as an artist. My husband and I purchased a building on 9th street in 2013, and we've been renovating it for the past two years. We're planning to open a gallery there, Gallery 223, which will feature work primarily by local artists, and also occasionally show work by artists from other parts of the world. In addition to the gallery, we'll offer painting classes and other art-related programs. We hope to provide a place in Mt. Vernon where residents and visitors can view new artwork, similar to a museum, but where every piece is also for sale; a place where you can browse without commitment, or purchase something that speaks to you.

I realized, through years of working on canvases, that each painting is a lot like a relationship. When it begins every moment is new and exciting, mostly because I haven't made any mistakes yet. I'm full of hope that comes from the vision I have, my mental picture of the finished work.

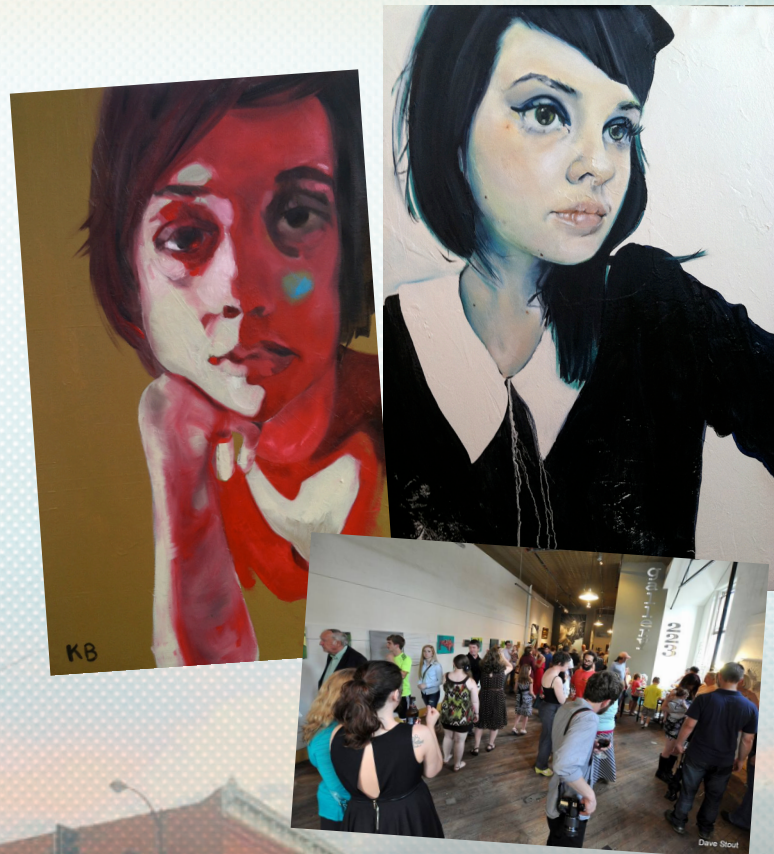
And then there's a struggle. Things start to get kind of messy, the picture in my head doesn't match up with what's in front of me anymore, I really just want to walk away from it and start again. But if I continue on just a little longer, I find a new depth, a new direction that I would have never thought of on my own. Sometimes the mistakes are the best part.

In my life God has shown me time and time again His perfect love despite my completely flawed nature. I've tried to fight against His plan, even to turn away... but if I just move forward and trust Him, it will always turn out right.



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FASHIONABLE FOODS FIT FOR A FOODIE

Trends are not just for fashion. In the world of food, what's hip one year may be passé the next. For example, quinoa was the "it" food of 2014, but its popularity is waning now as other foods rise to the top of many foodies' menus.

Want to eat what's in style? Here are five of this year's biggest food trends. Bon appétit.

1. FATS. For most healthy eaters, fat has ranked high on the no-no list. But many are getting over their fat phobias and recognizing that fat is not something to

be feared—it's something to be moderated. Cultured butter is surging in popularity and high-end burger joints, like Shake Shack, celebrate fat as an essential part of a better burger.

2. FERMENTED FOODS. People are getting pickier about foods and their function, specifically fermented foods, which can aid in digestion. Bacteria-boosting foods like yogurt, fermented condiments and miso soup are on both grocery store shelves and restaurant menus. Also watch for kombucha,

fermented drinks, kimchi, sauerkraut and pickled vegetables and relishes.

3. FLAVOR OF THE YEAR: BITTER. Bitter is in, which means darker chocolates, hoppier beers and darker coffees. In second place is "sweet and hot." Building on the runaway success of Sriracha and Americans' love of sweets, food wizards are rolling out blends like habanero honey, jalapeño honey and ghost chili honey.

4. SMOKED EVERYTHING. Not just meats. Expect smoked veggies, butters and cocktails to show up on more menus.

5. NEW WAYS WITH VEGGIES. Greens aren't going anywhere and vegetables will continue to reign, but in different ways. Taco trucks are swapping flour for corn tortillas. Spaghetti squash and zucchini noodles are replacing traditional pasta. And kale's moment isn't quite over. The leafy green has joined forces with Brussels sprouts in a popular veggie hybrid called kalettes, or kale sprouts.

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MEERKAT ALLOWS LIVE STREAMING FROM YOUR SMARTPHONE

It's been steadily climbing the ranks in the app stores since February, and it was dubbed "the hottest app" at SXSW this year. Meerkat puts the power to broadcast into the hands of anyone with a smartphone.

WHAT IS MEERKAT?

It's an app that lets you instantly stream video live on the internet right from your smartphone. Easily. Hit the button and you're available for anyone to watch, just like that. You sign up through Twitter, and it notifies your followers whenever you start streaming. And when you're done, there's no recording or archived version of the video.

HOW MANY PEOPLE ARE USING MEERKAT? As of March 15, Simply Measured reported that about 13,000 to 15,000 Meerkat streams were going live every day, and about 60,000 viewers were tuning in. Even celebrities are getting in the mix: Jimmy Fallon, Aston Kutcher, Al Roker and Julia Louis-Dreyfus are all early adopters.

WHAT'S THE CONNECTION WITH TWITTER? Because you use your Twitter credentials to sign into the app, all the commentary moves through the social network. In other words, while you're watching someone's Meerkat feed, you can comment on it with tweets that the broadcaster can see and respond to.

Meerkat
Tweet Live Video.



WORDS TO LIVE BY

"One cannot think well, love well, sleep well, if one has not dined well." – Virginia Woolf

FIVE THINGS YOU DIDN'T KNOW YOU COULD GRILL

1. WATERMELON
2. BACON
3. AVOCADO HALVES
4. POUND CAKE
5. CHEESE (halloumi works great)

FIVE COMMON SOCIAL MEDIA MISTAKES YOU MIGHT BE MAKING

Whether you're promoting your personal brand or your business on social media, you may be making a handful of easily correctable mistakes that could limit your influence and reach as well as hurt your brand. No worries—here are some suggestions for correcting them.

1. **YOU AREN'T USING HASHTAGS PROPERLY.** Hashtags help people find the content they're looking for. You can fill any post with hashtags for any topics, but be strategic. Pay attention to what's trending and use hashtags to get in on those conversations in a natural, authentic way. This gives you great exposure to new people and communities.
2. **YOU'RE NOT THANKING FOLKS WHO GIVE YOU RAVE REVIEWS.** If you were face-to-face with a client who thanked you, would you just give them a thumbs-up and then walk away? No. You'd smile graciously say "Thank you so much, I really appreciate hearing that." Social media is no different. Check your profiles regularly for comments, questions and messages and immediately respond.

3. **YOU'RE TOO SALESY.** No business is successful on social media by selling all the time. In fact, that's a fantastic way to lose followers. Think "80/20." Write 80% of your posts with the goal of engagement—no selling whatsoever. The other 20% can be more marketing oriented.

4. **YOU AREN'T POSTING COMPELLING IMAGES.** People engage with visual content far more than just a URL link to your blog or other written content. Make announcements and share information or promotions the right way with strong images that will get noticed and shared.

5. **YOU RE-TWEET AND SHARE OTHER PEOPLE'S CONTENT TOO MUCH.** If you are never creative and original, you may become the person that gets unfollowed or unfriended.



SIX WAYS TO BEEF UP YOUR BARBECUE SKILLS

May is National Barbecue Month—time to get your grill on. Whether you're a rookie or a veteran who just needs a refresher course, use these grilling guidelines when you fire up this spring. They may keep you from getting raked over the coals.

1. **BE SAFE.** Here are a few important reminders: Don't grill in an enclosed area. Use baking soda to control a grease fire, not water. Have a fire extinguisher, bucket of sand or garden hose on hand. And be sure your grill is on stable ground before firing it up.
2. **KEEP IT HOT.** Preheat your grill 15–25 minutes before cooking or your food will stick. The *Cook's Illustrated Guide to Grilling and Barbecue* says that when your gas or charcoal grill is ready, you'll be able to hold your hand five inches above the grate for two seconds if the fire is "hot" and three to four seconds if the fire is "medium-hot."

3. **MARINATE YOUR MEAT.** Marinating does more than infuse food with flavor; it also inhibits the formation of potentially carcinogenic HCAs (heterocyclic amines) by as much as 92–99%, according to the American Institute for Cancer Research.

4. **GREASE YOUR GRATES.** Once your grill is clean, make sure you oil it before cooking. This helps to keep food from sticking and makes it easier to clean up later.

5. **APPLY SAUCE LATER.** If you brush on sauces at the beginning of cooking, chances are they will burn by the time the food is done. Wait until the last few minutes to apply them and you'll get a nice glaze instead of a black, charred mess.

6. **GIVE IT A REST.** Let finished meats rest on a clean platter, tented with foil, for about 10 minutes before carving so juices can redistribute evenly.

SOMETHING TO THINK ABOUT

The 4th of July is the largest
barbeque holiday, followed by
Memorial Day and Labor Day.

