

OUR TOWN

THE MORNING NEWS



KIWANIS HONORS YOUTH FOR EXCELLENCE PAGE 7H

FINCHER RUN SPREADS THE WORD PAGE 9H

AREA RESIDENTS SHOW SUPPORT FOR CLUB PAGE 8H

SECTION H • SUNDAY, MAY 1, 2005

CELEBRATE OUR TOWN



Mari See

I've noticed that we have some pretty fashionable people in Northwest Arkansas. Last weekend was the prom for many area high schools. All the guys and girls were dressed in their most chic outfits. Every dress sparkled, and each curl was in place as the guys took their prom dates to some of Northwest Arkansas' most upscale eateries.

And while the high school juniors and seniors spent their entire day getting ready for the prom, many of us were up early on Saturday, too, for the 2005 Ozark Race for the Cure. In fact, my top account executive, Lindsey Shirey, finished the race at No. 22. What a feat to finish the race with the top 25 female runners!

As for other athletes in our area, Wal-Mart and Sam's Club executives participated in their annual charity basketball game Saturday evening to benefit the Northwest Arkansas Crisis Intervention Center at the Bentonville High School gym. This is a very fun event that teams up Wal-Mart executives with vendor executives who play against former Razorback players — all for a great cause. Wal-Mart donated \$5,000.

Ruthanne Hill, executive director of the crisis center, was present to accept the check on behalf of the center. She's so passionate about the center's cause and has made such a difference in so many people's lives. It's really a fun event because it's funny to watch these serious businessmen and women out on the court trying to dribble and shoot while they fall and their shoes fall off. It's a game full of hilarious basketball bloopers!

During halftime, they have a lot of fun games for kids to play and get involved with to win prizes. The big prizes for this year's half-time event were Nestle crunch bars. Steve Galen with Del Monte presented the oversized candy bars to the kids. He works so many hours of his own time to put on this wonderful event, and it seems to grow every year.

On Tuesday afternoon, professional garden designer and popular public speaker P. Allen Smith made an appearance for the Bentonville/Bella Vista Garden Club at the Shewmaker Center on the Northwest Arkansas Community College campus. Thanks to the outgoing Missy Kincaid, Smith came to Arkansas.

His presentation covered a variety of topics from the history of English gardens to ideas and tips for creating your own "Garden Home." Smith's latest book, "Container Gardens: 60 Container Recipes to Accent

SEE MARI PAGE 6H

In The Flow

YOGA INSTRUCTOR EXPANDS DREAMS, CREATES CENTER OF HER OWN

By Marla Hinkle
THE MORNING NEWS • MHINKLE@NWAONLINE.NET

FAYETTEVILLE

Like her looks, Andrea Fournet's tastes are exotic. She meets for lunch at A Taste of Thai in Fayetteville, ordering a bowl of miso soup and California egg rolls.

Fournet holds the chopsticks in her hand, gesticulating with them in small, tight circles. Other times, she uses both arms to make a point. She draws attention from other diners as she demonstrates one of her moves.

Several people approach her for a quick chat. She's widely known in Northwest Arkansas as the "Yoga Lady" from her appearances on local television. Fournet recently passed a milestone, taping her 100th show, "Yoga with Andrea," which is now a series.

Her dark brown hair is simply cut with a blunt edge. The silver yoga earrings she wears depict a pose called "The Dancer," a move she hasn't mastered, she said.

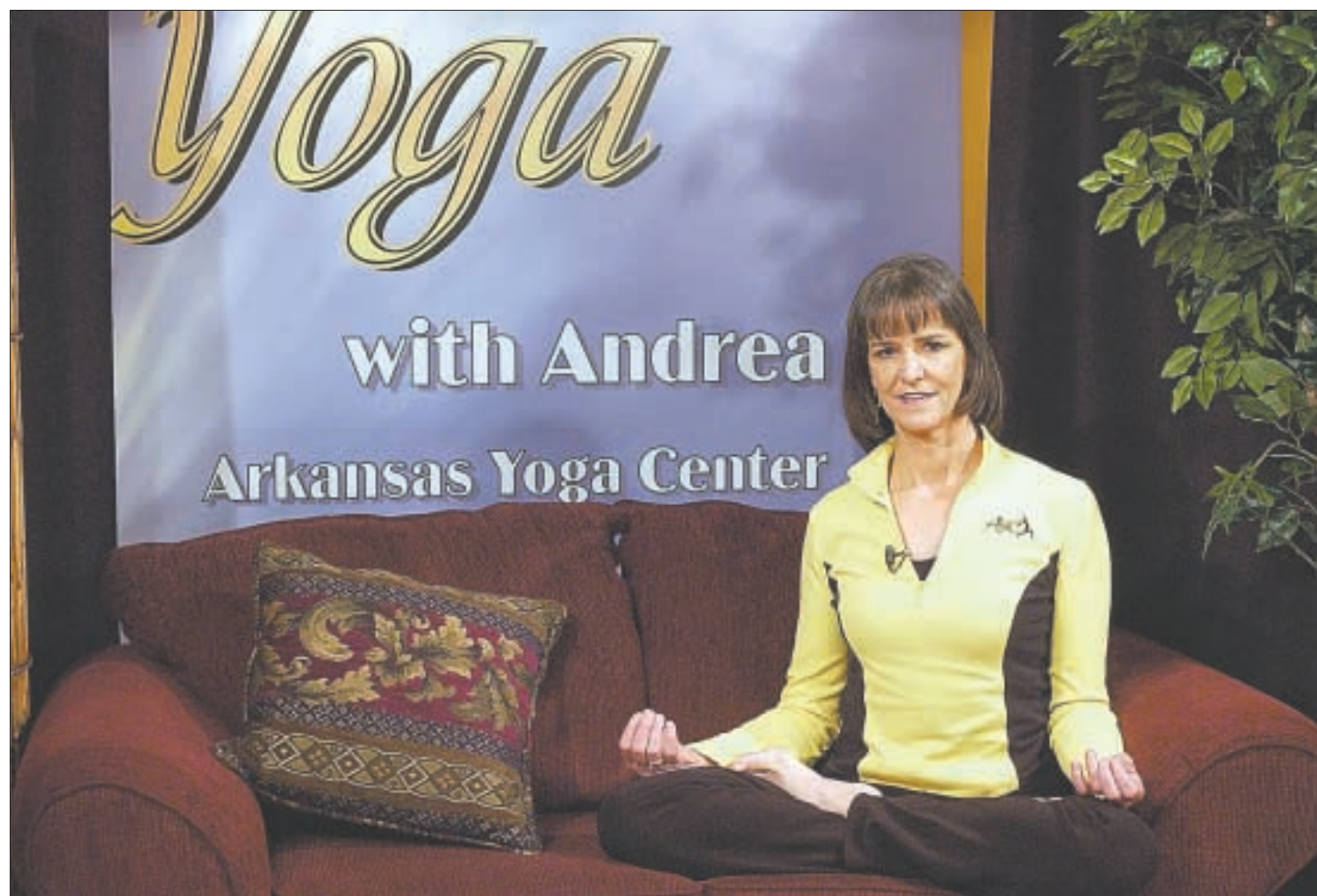
But as a self-professed Type A personality, she will conquer it. In 1986, Fournet was a professional windsurfer until a back injury led her to yoga classes.

She had scoliosis as a child, and her chiropractor suggested staying active and trying yoga. The registered instructor now shares her knowledge with others on how to enhance health through yoga.

In Hawaii, Fournet began to train as a teacher while in the midst of another career as a real estate broker. When a yoga center lost its building space, she offered to let its staff use her home. She recalled the teachers would drag her out of the office to practice yoga.

The practice became a mind, body and spirit experience for the instructor. Yoga serves to balance and de-stress Fournet.

"Yoga can really turn your life around. People change how they eat and consume less sweets. Our body is our temple, and if that is broken, then we can't get anywhere,"



EUGENE WILLIAMS • THE MORNING NEWS

Andrea Fournet, owner of Arkansas Yoga Center, prepares to share yoga poses with viewers of her show, "Yoga with Andrea," which is taped at the Jones Center for Families in Springdale.

NORTHWEST ARKANSAS



and internationally. She earned the moniker of "Yoga Lady" through her volunteer television series, "Yoga with Andrea." The program has aired on Community Access Television, Jones Television Network and statewide on PBS/AETN.

ANDREA FOURNET

Andrea Fournet is a registered yoga teacher and founder and director of the Arkansas Yoga Center, a registered school with the Yoga Alliance. She is a certified Hatha yoga teacher. Hatha means sun and moon and brings together opposites.

Fournet began her yoga studies in Hawaii and continues to train nationally and internationally.

she said.

Fortunately, her good health has afforded her the opportunity to enjoy her travels. She was born Dec. 23, 1955, in Modesto, Calif., to

Mary Jean and Virgil Place. She has two sisters and one half-brother.

She grew up on the East Coast and returned to the West Coast to earn her bachelor of

science degree in environmental sciences and planning from the University of California at Davis.

Fournet applied the degree to her business, Kohala Coast Landscaping in Hawaii. The tropical climate suited her, but her husband, David Fournet, experienced "island fever" and wanted to move.

"It has always been three big jumps for me — East Coast, West Coast, and then, Hawaii," she said.

Her move to Fayetteville in 1993 marks the first time Fournet has been landlocked, but she said she loves life in Fayetteville. One requirement was that yoga was offered.

The Asclepian Center in Fayetteville allowed Fournet to maintain her yoga skills. She also liked the hilly university town and the fact that their

daughter, Adele, could attend a Montessori school.

Personal Growth

A love of nature and search for deeper meaning united Fournet and her husband. They both attended a personal growth retreat in Sonoma, Calif.

She saw David Fournet on a bus at the San Francisco airport. A whole group of people were gathered around this guy, who had everyone laughing, she said.

"David was sincere and funny. He looked a little disheveled at first. And he had thought, 'Who is the tall lady?' But we talked, and he offered me a ride back. Shortly after we met, he asked me to marry him. It was just perfect

SEE FOURNET PAGE 2H

CLUB CONNECTION



J.S. WEDGORTH • THE MORNING NEWS

Members of the Northwest Arkansas Miata Club congregate in Springdale on April 16 before taking one of their monthly road trips.

Northwest Arkansas Miata Club

Meets: The club meets at 9 a.m. on the first Saturday of the month at the Clarion Inn in Fayetteville.

What the Club Does: Monthly meetings begin with a short business meeting and breakfast. Then members climb into their cars for a local jaunt. They've driven to Devil's Den, taken Arkansas 16 to Siloam Springs and joined in the Fayetteville Mardi Gras parade, for example.

Members also get together one other Saturday a month for a day or overnight trip. In March, they went to the horse races in Hot Springs. In April, they drove to the Azalea Festival in Muskogee, Okla. Other destinations have included Van Buren parks, a wine festival in Missouri and Mount Magazine.

Who Can Join: Anyone with

a Mazda Miata is welcome to join the group. There are 40 members, who travel from as far as Conway to take part. Most live in Northwest Arkansas. Dues are \$24 per year.

Why Join the Group: Members love their cars and the fellowship of driving together, said club president Ron Johnston. The group also does some charity work, collecting supplies for the Peace at Home Family Shelter in Fayetteville and sending telephone cards to Arkansas National Guard members in Iraq, for example.

History: Several Miata enthusiasts started the club in 1999. Most of the founders are still members.

Special Events: The club celebrates its birthday each June or July. Summer meetings are typically at night, when temperatures cool off.

For Information: Call 267-2424 or visit the club Web site at www.nwamiataclub.com.

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WE WANT TO HEAR FROM YOU

To report local stories or events, contact Our Town Editor Tammy Tucker. Call 872-5049. E-mail: ttucker@mwaonline.net



WEB WATCH

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FOURNET: Yoga Instructor Focuses On Living

CONTINUED FROM PAGE 1H

timing. We've been together 20 years."

David Fournet also embraces yoga. Andrea Fournet hopes more men will pursue the calming exercise.

The chance to work with the University of Arkansas men's basketball team gave Fournet insight into the male mind. At first, the players and coaches were skeptical, but former coach Nolan Richardson said they would give it a try. It didn't hurt that basketball great Kareem Abdul-Jabbar had touted yoga's benefits in his performances, Fournet said.

During preseason training, her nickname of "Yoga Lady" was coined.

"There were 16 of the players and one of me. I got one of their names mixed up and they ribbed me. I told them I was trying to remember theirs and asked what mine was. They replied, 'Yoga Lady.'"

At first, there were jokes about them doing yoga, but Fournet's confidence in her abilities allowed her to stretch out her 6-foot frame and display her talent. Her husband told her to challenge the players with moves she knew they couldn't do to prove yoga is more than easy breathing and stretches.

"I tried demonstrating upbeat moves for the athletes like 'Sun Salutations,' where they raised their arms over their heads. Corliss Williamson wanted to do the 'om' at the end, and several others enjoyed it." In 1994, they won the national championship, so it must have helped, Fournet said, smiling.

Anyone can do yoga, even people in wheelchairs, she said. A lot of moves incorporated into physical therapy come from yoga, which is 5,000 years old. Some doctors send their patients with neck and back injuries to Fournet before they consider surgery.

Dr. Luke Knox, a neurosurgeon at Northwest Arkansas Neurosurgery Clinic in Fayetteville, has sent several patients to yoga in the past five years. He also takes classes from her.

"It's been a wonderful experience from my standpoint. The best thing about yoga is building strength, endurance and posture awareness," Knox said. "Andrea is extremely knowledgeable in the face of taking care of individuals with significant problems of back and neck pain."

Behind The Lens

When Fournet began teaching yoga at Washington Regional Exercise Center in 1995, she gained more recognition in the community. Bob Emenegger, a friend, was in the TV business in southern California before moving to Northwest Arkansas.

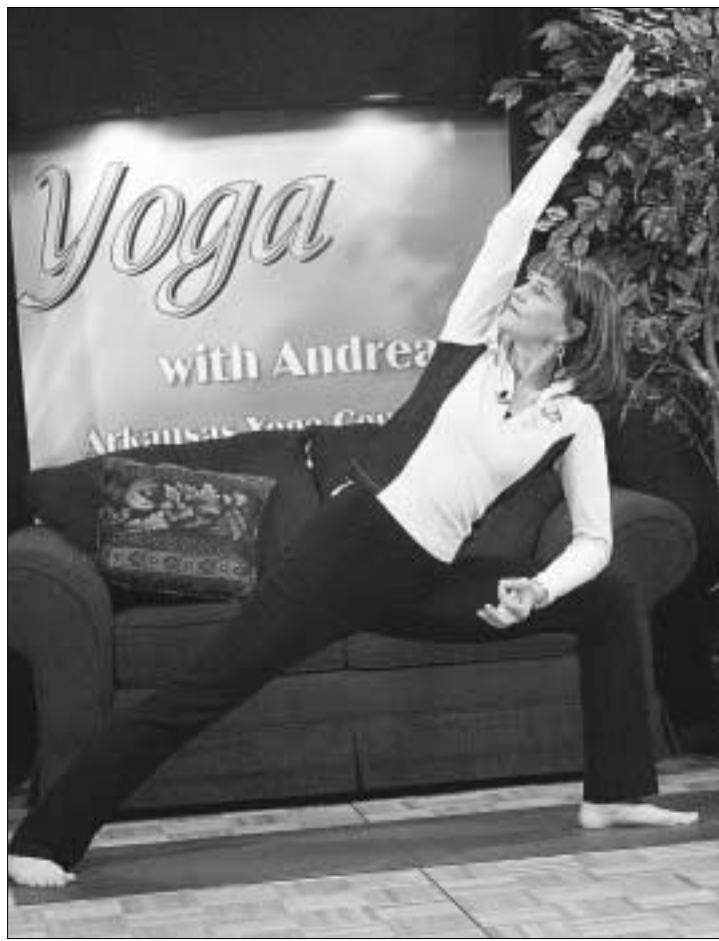
He suggested Fournet present a yoga show on Community Access Television. Fournet had never been filmed but agreed. Her trepidation faded when Emenegger told her to smile and imitated her moves behind the camera.

The 100th episode of the show was special because Fournet made it one of her most challenging. "Yoga with Andrea" aired on PBS/AETN in 2002. When Fournet exhibits her yoga skills, people take notice.

"Andrea has the ability to attract people with her looks alone. When she begins to do yoga poses, she looks truly exotic," said friend Gail Stoops. The two took a trip to France and visited the village outside of Paris where Fournet's mother lives.

Stoops is an artist and enjoyed the chance to see all the sites. She took several pictures of Fournet in front of the Louvre doing "really creative, difficult poses."

Every time she would move into a pose, a crowd assembled,



Andrea Fournet, owner of Arkansas Yoga Center, performs various yoga positions.

Stoops said. The pair share their creative abilities. Stoops takes yoga from Fournet, while the yoga instructor attends Stoops' art classes.

Her ability to look at everything in the best light makes Fournet a great friend, Stoops said, and yoga is a continuation of the way she carries that through her personal life by focusing on "things that matter."

"She is inspiring and has helped me become a better artist and person. She's loving and caring about animals, people and the environment."

Fournet rescued her black chow and Labrador mix, Diamond, from the pound.

Stoops recalls that her friend was deeply involved with environmental issues and promoting the concept of keeping both nature and the body healthy upon her arrival in Northwest Arkansas.

On Her Own

Going the natural route will be a focus when Fournet opens her new wellness center. She has designs to make a Zen garden outside, where class members can see its beauty while practicing yoga outdoors on the deck.

The floors will be hardwood oak with expansion underneath so they will have "give." Also, she plans to have a massage area in the two-story building on Green Acres Road in Fayetteville.

"I can't wait to see people out on the mats. We can have 15 people out on the deck," she said.

Fournet is ecstatic as she expresses her vision that has been an 11-year dream. It began to form when Fournet set out on her own in August 2004.

For added insight, Fournet will invite yoga instructors from other areas to attend her center dedicated to yoga, tai chi and massage. Fournet believes she has been successful on several levels.

She co-formed a trademark yoga called VariYoga, or variety. The Arkansas Yoga Center that Fournet founded has graduated 15 students and incorporated. In 1999, Fournet became a registered yoga teacher with the Yoga Alliance and an Affiliated Anusara teacher with John Friend.

Fournet describes Anusara as stepping into the flow, taking in the present and feeling good.

She spreads her message of yoga and health by giving presentations at the university, local hospitals and health-care centers. Fournet has released her fourth video, "Outdoor Yoga with Andrea: Yoga in the

Ozarks."

Fournet searches for solutions outside the box, said student Gail Johnson-Hogan of Fayetteville.

"Andrea is patient, kind and has a super sense of humor. She exudes a vitality and positive outlook that is awesome to be around. One thing Andrea has done over the years that has had an impact on the community is to host yoga workshops. She invites master teachers from all over the country to come to Fayetteville and lead these workshops."

While yoga is her focus, Fournet also is an artist. She works in watercolor and acrylic and has been featured in the Iris Gallery. She likes to draw in pen and ink and has sketched old buildings in Fayetteville.

She used to sew and make her own clothes but now creates accessories like scarves and hats for friends. She enjoys instrumental, world, samba, Hawaiian and bossa nova music. The yoga expert returns to Hawaii every year to teach a workshop in October on the Big Island.

Her brand of yoga is different from more generic classes. Fournet incorporates Sanskrit into her classes and offers a workshop in the ancient language.

A benefit of learning the words is that the names of the poses will be the same everywhere. For example, a move she is trying to master is called "Down Facing Mountain," or Adho Mukha Tadasana, a handstand in Sanskrit.

Fournet is not afraid to try the difficult poses, or admit that she hasn't mastered them all.

"I believe everyone has creative potential. Don't say you can't do something, say you're not there yet. That's what I tell people when they can't complete a pose."

The goal is that students become so relaxed they can't believe class is over, she said.

"Yoga helps you forget time." Perhaps that is because Fournet is kind and gentle in the words of her student, Terri Speer of Fayetteville.

"Andrea is amazing. I work with special needs kids at a junior high, so my job can be very stressful. Andrea's calm voice helps me refocus and think about what is important. Andrea teaches you to honor your body."

"We are very lucky to have Andrea in our community. She contributes in so many ways. I can be most anywhere and encounter a tough situation ... somewhere in the background I can hear her whisper ... breathe."

Red Hat Chix Club Forms In Springdale

MEMBERS ELECT OFFICERS AT INAUGURAL MEETING

SPECIAL TO THE MORNING NEWS

SPRINGDALE — The Springdale Senior Center was the meeting place March 21 for 20 women wearing purple and red hats, forming the Red Hat Chix Club.

Club officers were elected, and times were selected for the monthly dinner and business meeting. Elected officials include: Patty Smith, queen; Vada McFerrin, princess; Katherine Whitlow, treasurer; Jean Cooper, secretary; Alma Frye, social secretary; and Ree Mills, historian and publicity chairwoman.

The group voted to dine out the first Monday of the month. A business meeting is scheduled for the 18th day of each month at the senior center. The next dinner will be May 2 at Fire Mountain.

Other members are: Ruth Boyd, Edith Claypool, Willa Fouty, Gloria Hall, Gladys Hillary,



COURTESY PHOTO

Twenty women from all parts of Northwest Arkansas have formed the Red Hat Chix Club. The women dine together on the first Monday of each month.

Barb Howery, Jewell Mayes, Dorothy Minnich, Helen Roderick, Imogene Sanders, Rozella Scott, Jan Simpson, Beatrice

Smith, Mary Stuart, Wanda Spears, Jolene Watts, Elsie White, Linda Ladyman, Linda Jewett and Kena Johns.

Horse Club To Sponsor Annual Charity Show

SPECIAL TO THE MORNING NEWS

FAYETTEVILLE — The 32nd annual Ozark Festival Charity Horse Show is scheduled for Thursday through Saturday at the Pauline Whitaker Arena in Fayetteville. The show is sponsored by the Northwest Arkansas Gaited Horse Club.

Performances will be at 6:30 p.m. Thursday and Friday and at 10 a.m. Saturday. Stake and championship classes will be at 6:30 p.m. Saturday.

The charities for this year are the D.E. King Equine Program at the University of Arkansas and Children's House. Concession proceeds will go to Our

Farm Inc. in Rogers.

The show will feature 88 classes showing Tennessee walking horses, Missouri fox trotters, spotted saddle horses and racking horses.

Champion gaited horses from throughout the Midwest will be featured. More than \$20,700 will be awarded in show premiums along with the trophies, crystal and ribbons.

During the past 31 years, the Northwest Arkansas Gaited Horse Club has presented more than \$306,000 to Northwest Arkansas charities — all from the annual horse show.

For information, call Evonne Fulkerson, president, at 273-2782.

Ride Helps Hospital

SPECIAL TO THE MORNING NEWS

HINDSVILLE — Northwest Arkansans can help save lives by participating in Saddle-Up for Kids, a horseback ride to benefit St. Jude Children's Research Hospital in Memphis, Tenn.

The trail-a-thon is a 10-mile ride that will begin at 10 a.m. Saturday in the Bohannan Mountain Community.

Riders are asked to solicit pledges per mile or a flat donation for St. Jude. All riders turning in money will receive prizes, such as T-shirts, patches, caps and sports bags.

For information, call Steve Bercher at 789-5596.

Splurge

Today,
In your Morning News

- A Day in the Life of da Nineberg
- How NOT to Raise Brats
- Grandma to the Rescue
- Enter to win:
- Mother Daughter Makeover
- Dinner for two at Cogn Water



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