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Maumelle Magazine

"To Bee or Not to Bee?"

Carl Mouton
*Marching to the
beat of his own
drum.*

**Maumelle
City Council
2011**

**How to make
New Year's
resolutions**



**The
NEW
ABCs
of CPR**

*Wine
Revolution*

**Office
Aquariums**

...a Quilter's Question.

Office Aquariums:

An Interview with Dr. Thomas Koonce

By Shannon Goins

The building at 9600 Lile Drive in Little Rock looks just like any other one around it. Its medium brown exterior features a busy entrance with people coming and going and a parking lot where people are hurriedly searching for parking spaces. For all practical purposes, you would never know that inside of it there is something very special to see. Although it is a doctor's office building, there is one office that makes people want to come and spend time in the waiting room. Why? Because of the saltwater reef aquarium inside.

Dr. Thomas Koonce's practice, the radiology division of Little Rock Hematology Oncology, imaging center located near Baptist Medical Center off of Interstate 630. His 125 gallon saltwater reef aquarium is set up in the lobby for his patients to enjoy. At any given point during the day you can glimpse patients in the waiting room completely lost in thought as they gaze at the fish in the aquarium.

Why did he originally think about putting the aquarium in the office? Dr. Koonce recalls, "I had one myself a while back, and I enjoyed it as much as TV. I thought it would make a great addition to our office." The aquarium has been there since the day they opened 8 years ago and it has been a true hit with patients and staff. Dr. Koonce says that he decided on a saltwater aquarium because it is so colorful. Reflecting a bit, he added, "I wanted to provide something that would catch people's interest – provide something different than what they might have had as a kid."

Dr. Koonce describes the typical people who come to his waiting room as entering with a degree of stress and worry about their diseases and diagnoses. Many of the people who come to see him have cancer. "My patients often find themselves spending a long time in doctors' waiting rooms," he says. "Usually there is a big screen TV streaming loud reactionary newscasts. These patients are under so much stress already that it can literally cause them to cry. We wanted to provide them with something different - something to enjoy - something for them to look forward to when coming to our office."

Enjoying the aquarium is exactly what his patients do. According to Koonce, people in the waiting room spend a lot of time watching the aquarium. When asked about what children think about it, he responds, "Well, we don't have a pediatric practice, so there are very few children that come to us. However, there is a pediatric clinic on another floor and we routinely have parents asking if they can come in our office because their kids want to see the aquarium. When you see these kids, they all have their noses pressed to the glass and are asking all kinds of questions." He notes that if it is not too busy in the office, sometimes the office staff will come out and feed the fish so that the kids can watch.

So, just how interested are his patients in his aquarium? Dr. Koonce says that his office staff routinely pass along compliments from patients. "They take a great deal of interest in the aquarium. They always want to know what happened to this fish or that fish," he notes.



Dr. Koonce points out that the most important thing about getting an office aquarium is to understand and commit to the upkeep. "You have to be aware that it is necessary to change part of the water every month and that every couple of days you might have 15 minutes of work to do to keep it looking really good," he says. "If you can do that," he adds, "you will have great success."

While it is the norm for most offices to have a professional aquarium maintenance service come in and take care of the monthly water changes, Dr. Koonce has taken a different approach to caring for his aquarium. "It's really low maintenance," he says, "because caring for the aquarium at our practice is a community project. Different members of the staff split up the task of cleaning



Clownfish



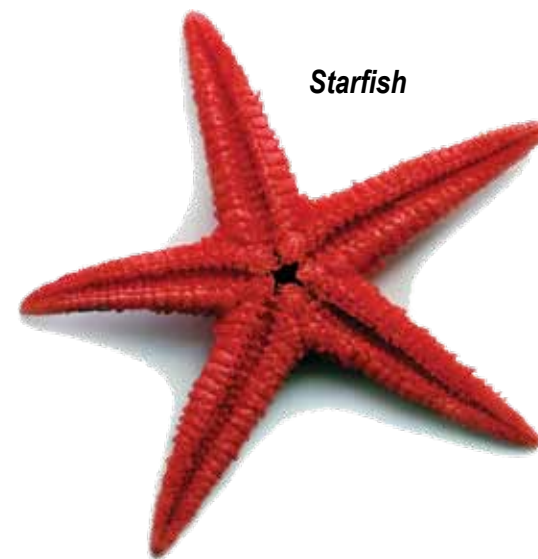
Yellow Belly Blue Damselfish

the glass, feeding the fish, and adding the supplements." He notes that this makes it very little work for any one person. "Everyone just seems to pitch in," he adds.

Even though Dr. Koonce maintains his aquarium himself, he still makes use of his local aquarium store. "When I had a small problem crop up," he remembers, "I went to my fish experts and I explained my problem to them. They just knew the right thing to fix my problem. I took their advice and it cleared right up." Dr. Koonce emphasizes that there is no need to try to guess when it comes to aquariums when you have access to people who maintain aquariums for a living.

When asked how he feels about the cost of setting up and maintaining the aquarium, Dr. Koonce says, "I really don't know how to put a dollar amount on people's enjoyment. If you are considering spending money on a new painting or TV for the waiting room, ask yourself how much will people really get out of it." Dr. Koonce advises that, "an aquarium is worth the investment."

Office aquariums range in price depending on size and complexity. It is much like buying a big screen TV. Price depends a lot on the area you have to fill and the type of fish you want. A professional aquarium store can guide you in making the right choices for your business, keep you within your budget, and help you get the most out of your investment.



Starfish

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The Stars Come Out, Inc. is a nonprofit, tax exempt organization which inspires people of central Arkansas to make a difference in the lives of others through volunteer commitment and financial generosity. One of the ways this is accomplished is through an annual Celebrity Dance Showcase event called Let's Dance to Health. It is a major fund-raising initiative, which showcases central Arkansas community leaders competing through dance to raise money for their favorite nonprofit, community-based agency. The event highlights the importance and value of the agency's contributions to the community while demonstrating the physical, emotional and spiritual health benefits and fun of dancing.

Stars Come Out, Inc. Let's Dance to Health Celebrity Dance Showcase is made possible through public, private, and philanthropic contributions and the support of local and state public health organizations. Net proceeds from the event go to nonprofit/community-based agencies represented by competing dancers.

Please join us for another successful and fun-filled evening of entertainment. This event will showcase a variety of dance forms to promote physical, mental, and emotional wellness. It utilizes dance as a form of fitness; while exposing individuals to the arts.

Third Annual Celebrity Dance Showcase

"Let's Dance to Health"

Saturday, April 30, 2011,

5:00 pm - 8:00 p.m.

Silent Auction, Dessert Bar, & Dance Showcase

8:15- 10:00pm

After Party, Music & Heavy Hors d'oeuvres

Wildwood Park for the Arts

20919 Denny Road in Little Rock

Tickets: \$35.00 /\$40.00 at door

Hosted by The Stars Come Out, Inc.

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If you are interested in being a sponsor or volunteering, please contact Carlette Henderson, Director at 993-8867 or starscomeoutinc@sbcglobal.net.

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Office Aquariums...
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If you are considering an aquarium for your office, but have no idea where to start or that you will make the wrong choice, Dr. Koonce notes that, "It's hard to go wrong, because they are all neat". "But," he cautions, "you should go to an expert from the outset – someone that really knows the aquarium business, so that you can benefit from their expertise. Aquarium professionals can help you get the right equipment and ensure that the aquarium is set up correctly".

If he had it to do all over again, Dr. Koonce says, "I would do a larger aquarium. It would be an even nicer setup."

Although his aquarium is a very respectable size at 125 gallons, he notes that there are more possibilities with a larger system. "It is worth the cost, the time, and the effort, simply because my patients enjoy it."

Wine Revolution... Continued from Page 17

Revolution number one will be the changing of this situation.

The revolution starts with the total abandonment of present wine lists offered by most Chinese restaurants many of which are prepared off premises, not by restaurant personnel. We may come back to them later but if we do it will be in a greatly modified form.

Then, let's observe that menus at such restaurants offer extensive lists of dishes and that those dishes, even the hot and spicy, almost universally are very subtle: noodles and vegetables, alone or mixed or in combination with chicken, seafood, pork, beef or those meats served by themselves. All with appropriate sauces. A dish of beef and broccoli or Mongolian beef is about as "heavy" as the food gets.

So ... in order to provide proper matching of wine and food in Chinese restaurants, how many wines need there be on the wine list of such a restaurant?

Although more may be offered, two wines would be perfectly adequate. Trust me.

More than two wines may be provided of course if owner analysis or expertise or customer comments suggest it, but two will be adequate.

One of the two should be a wine to match with the "heavy" offerings (most often those containing beef). Fresh young Beaujolais will do nicely, as will White Zinfandel (which is actually pink) and other pink wines, either still or sparkling. Heavy Chardonnays, Zinfandels, Cabernet Sauvignons, Pinot Noirs and similar wines are best forgotten.

For every other food, even the hot and spicy, (excluding only fresh fruit and sweets), the way to go is with a dry (very dry) mid-priced sparkling wine. Dry Champagne is a prime example of a sparkling wine that goes well with this food, but keep in mind that Champagne comes only from a carefully delimited area in France. Other sparkling wines made in America, Italy, even France, by the methode champenoise (second fermentation in individual bottles) used in Champagne offer opportunity for a variety of subtle wine tastes to match with food, as do carefully selected wines produced by the Charmat (bulk process) method.

Should the wine lists in Chinese restaurants then be limited to two wines? Beaujolais or rose for "heavy" foods and dry sparkling wine for all the others? Most assuredly not. Sparkling wines vary considerably and even subtle variations will support endless opportunities for comparison. Taste a dry California sparkling wine against one from New York (or any other American wine producing area) and that in turn against one from France and then another from Italy and note the subtle variations. In essence, one person may prefer the dry sparkling wine from one producer to go with his Chinese food while a companion insists on the superiority of a competitor, resulting ultimately in greater customer satisfaction. The Chinese restaurant that offers a pleasing selection will profit not only in customer satisfaction but also monetarily but also in customer satisfaction.

The second revolution is much simpler and on closer examination may not actually be a revolution, maybe just an unrecognized situation that needs fine tuning. It is a fact that dry, white sparkling wine is one of the best appetizers in any market, any restaurant. Unhappily is also the most neglected.

Let me suggest this to any restaurant that serves wine: At the top of your menu of appetizers, list a dry, sparkling wine. Describe it any way you care to (language from the label is fine) and in the description suggest its value as an appetizer. Serve it by the glass (see below) and count on increased profits.

Now before we leave our revolutions, let's include a couple of observations:

Glasses. The principal difference between sparkling wine and still wine is the bubbles in the former, caused by the second fermentation. The customer pays more for the bubbles, why not show them off? The best glasses for Champagne and other sparkling wines are flute glasses (shaped like a flute) or tulip glasses (shaped like a tulip). These glasses show off the bubbles beautifully.

Then let's note that some Arkansas restaurants open a bottle of wine when a

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