

Creative Piece: Review of a Pottery Shop

Latent Semantic Index (LSI) Optimized for Keyword Phrase: "pottery"

Smokies Craft and Design Hit the Highest Note Down at Alewine's Pottery Store

There's plenty of Smokies spirit to be found in the [Alewine Pottery](#) shops of Gatlinburg, Tennessee. Driveway to the door, wall-to-wall inside, workshop room to the fantastic bedecked pottery presentation room in the store front, this true family-run shop knows how to roll out the welcome mat, provide friendly one-to-one service, and wow you and your loved ones with a live, didactic experience of how their rustic, one-of-a-kind pottery is made, from dull lumps of clay to the finished, refined technicolor product.

Wander inside, and you'll be invited to observe the live action in the workshop, ogle over each original item on the shelves, and entertain lively conversation with the staff. And whaddaya know? The Alewine family plies their visitors with free complimentary popcorn, coffee and apples, provide rocking chairs and a checkers table (for the restless kid and tired husband) and, believe it or not, host the playing of live banjo music just outside. So what's not to love about this place?

Small wonder this much-beloved store is the pride of the town. One [TripAdvisor.com](#) reviewer, one of many of the pottery shop's fans, couldn't stop raving about her experience there. She outright considered the flagship store to be "the best stop... on the Arts and Crafts Community loop of Gatlinburg." All the other reviewers chimed in agreement: Alewine Pottery is ranked #1 in the Gatlinburg shopping category of the popular review site, pretty much making this store downright unmissable if you are touring the town's famous regional Arts and Crafts circuit.

Indeed, store founders Robert and Connie Alewine do a fantastic job communicating their earthy aesthetic taste and honest values to visitors in the flagship shop and the other two stores, located in [The Village](#) shopping area in downtown Gatlinburg. The beautiful homeware of the stores – consisting of dinnerware, bakeware, mixing bowls, mugs, vases, candle holders, and oil and electric lamps – are made with solid-gold love for the craft, well conveyed by a tremendous selection of crockery, a wonderful diversity of colored hues and design – no two pieces exactly match and are each wholly original – as well as a lovely ambiance.

How did this shop's story begin? With founder Robert Alewine discovering his passion for pottery-making in the early 1970s, honing his clay-fashioning skills with renowned artists Bob Munro, Charles Counts and Lewis Snyder, marrying life and business partner Connie, and launching the business in the spiritual heart of Gatlinburg. The story continues with them constantly innovating, developing new multi-process glaze techniques and using real Smokies Mountains leaves to create their signature "leaf impression" homeware.

The result? The kind of Smokies souvenir you want to take home. Or give away to your friends. Or simply cherish for years to come. So what are you waiting for? Head on down to an Alewine Pottery store. You'll be bound to find something you love, at just the right price, in exchange for a dandy old time.

Alewine Pottery

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(504 words)

Green Ecological Blog Post #2:

Latent Semantic Index (LSI) Optimized for Keyword Phrase: "how to recycle"

5 Ways to Stay Green With Your Kids in School

With all the homework, bagged lunches and after-school activities that require lots of non-environmentally friendly "stuff", it is always a good time to do right by the environment and teach the kids habits such as how to recycle that cut down on waste generated during school time.

Here are at least 5 simple things you can do to set a green example for your kids so that they in turn can set an example and teach others how to recycle and be green.

1. **Don't brown bag lunches anymore.** Although brown bagging has always been the traditional way of doing lunch for your kids, using a reusable bag is an infinitely greener way than contributing to the 18,000 pounds of lunch waste that are created by elementary schools across the United States each year. By some estimates, American students who don't know how to recycle toss away, on average, 67 pounds of school lunch packaging every year. Opt out of this unnecessary waste and put together a healthy lunch in a reusable bag, such as the naturally antimicrobial one from New Wave Enviro, which is made from 100% bamboo.

2. **Pack it all up yourself.** Nix all pre-packaged lunches, snacks and even drinks in favor of ones that are packed by yourself. Instead of juice boxes or bottled sports drinks, pack a lunch-box sized Sigg (now completely BPA-free) or one of New Wave Enviro's jewel-toned bottles. Using reusable containers and bowls for snacks or sandwiches, such as the recycled plastic bowls made by Preserve, is just as important as knowing how to recycle for a greener school life.

3. **Set up a recycling center at home.** Install an easy-to-find recycling center for plastic, paper, glass and aluminum at home. Use chalk and chalkboard paint to label old buckets or bins to make sorting recyclable items easier for the whole family. According to the EPA, most common school materials are recyclable. These include notebook paper, office paper, newspapers, milk, water and juice boxes and jugs... and so on and so on. Teach your kids how to recycle and separate their trash today so as to instill a really good habit.

4. **Spend more time outside.** The author of "Grow Your Own Treehugger", Wendy Rosenhoff, highly recommends sending your kids and their friends out with a garbage bag and some long sticks to pick up trash in a green area or local waterway or the like. Teaching children to be responsible for

community trash and how to recycle the same will impart some important values while building their connection to the natural earth around them.

5. **Host a swap party.** Here's how it works: you and your family go through the house and collect used and/or unwanted items. You encourage your friends, neighbors or local church group to do the same. Then throw a swap party and share what you will while having lots of fun. From old kitchen gadgets to clothes to books to toys, anything can be up for grabs at a swap party! You'll find new fun clothes, gadgets, books, backpacks and more, while saving ecologically. Anything left at the end can be donated to the Salvation Army. Swap parties are a great way of setting an example of recycling for families that don't know how to recycle creatively.

(523 words)

Blog Post #3 on Health:

Latent Semantic Index (LSI) Optimized for keyword "anti-inflammatory"

Heart Healthy Fish Oil is Good for You

There's a sea of media hype and information around fish oil and its many health benefits, but should you take the plunge? Absolutely. There's nothing "fishy" about the oil and its ability to naturally reduce cholesterol, high triglyceride levels, inflammation and other cardiovascular risk factors.

The fishy tasting liquid contains significant amounts of the Omega-3 fatty acids DHA and EPA essential for body function. Because we cannot produce them, we must obtain the essential fatty acids (EFAs) through food or supplements. While fish and fish oil are two of

the richest sources of EFAs available, the heart healthy nutrients can also be found in flaxseed, English walnuts, algae oils and other oils.

The Other Fatty Acid: Omega-6

Unfortunately, the American diet is packed with Omega-6s instead. Before the introduction of fats, grains and artificial substances, the ratio of omega-6s to omega-3s was two to one. Today, Americans consume at least 20 times more omega-6s than omega-3s – a diet tendency that promotes internal inflammation, a key factor in many chronic diseases such as cancer, cardiovascular disease and certain autoimmune diseases (such as rheumatoid arthritis).

Omega-3s, however, have the opposite effect: they are anti-inflammatory and prevent the onset of these chronic maladies. They also support insulin function and ward off diabetes.

The Omega-3s in fish oil have been proven to effectively target:

High cholesterol – Researchers think fish oil helps lower cholesterol by keeping it from being absorbed in the intestine. Some studies indicate that taking a combination of vitamin B12 and fish oil lowers cholesterol even further.

High triglyceride levels – Related to cholesterol, triglyceride is the most common type of fat in the body. In excessive amounts and in combination with low HDL (“good”) cholesterol or high LDL (“bad”) cholesterol, a high triglyceride level speeds up atherosclerosis (the buildup of fatty deposits in artery walls), which lead to heart attacks and strokes. High triglyceride levels have also been linked to diabetes.

High blood pressure – Fish oil seems to modestly reduce blood pressure in people with high blood pressure. The omega-3 fatty acids in fish oil do this by marginally expanding blood vessels.

Stroke – Moderate fish consumption (once or twice a week) seems to lower the risk of stroke by as much as 27%.

Hardening of the arteries (atherosclerosis): Fish oil apparently slows or slightly reverses the progress of atherosclerosis in the arteries serving the heart (coronary arteries), but not in the arteries that deliver blood up the neck to the head (carotid arteries).

Best Omega-3 Sources

Fish that are especially rich in Omega-3s include mackerel, salmon, tuna, mullet, sturgeon, bluefish, anchovy, sardines, trout, herring and menhaden. They provide about 1 gram of omega-3 fatty acids in about 3.5 ounces of fish.

If you'd rather take fish oil capsules, be sure to purchase supplements from labels that can provide lab analysis of their products. This way you know that what's on the label is actually in the bottle. For best results, we also recommend you look for capsules that contain a high concentration of EPA and DHA content, such as Beyond Health's very own [Fish Oil Formula](#) or [Omega-3 Fatty Acids supplement](#).

(520 words)