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On the Cover: Susan Nanke  
Cover by Tim Rand Photography



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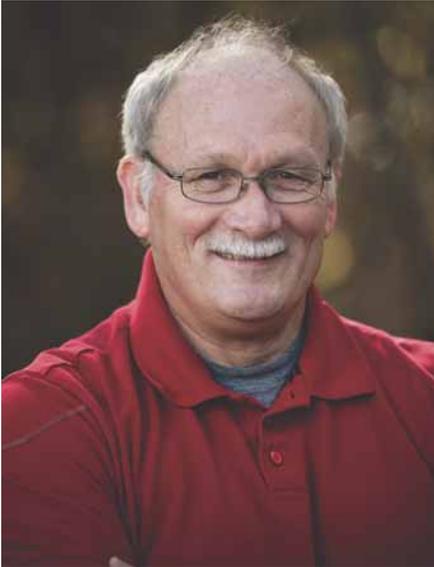
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## From the Managing Editor...



Richard Brummett, Managing Editor

**A**s we jump into a new year, we hope to bring you a number of new features and ideas to go along with our regular monthly offerings.

Our goal is to make Premiere Magazine the

best-read publication around, striving to bring readers new and exciting stories. We will continue to showcase our most popular features but will, at the same time, experiment with additional stories and photo pages -- some suggested by you -- to add a new look to our magazine.

\*\*\*

Artists will get an opportunity to show off their skills via the *my tOWN ART Mural Contest*, publicizing not only their work but promoting our community as well.

The Paragould City Beautification Commission has secured the pallet for a mural on the south side of 225 S. Pruett St., which is on the Iron Mountain Lofts building owned by JuDin's LLC. A contest is intended to get ideas with the understanding that the final mural may be a combination of the submitted art of several artists and will be painted by an artist with mural painting experience. Designs will be accepted until March 1, 2013, with a winner announced on March 29.

Artists will submit a mural design that depicts

the history, love and pride of the Paragould community. Mural design must also incorporate the Iron Mountain Railroad in honor of the building. Each artist may submit no more than 3 designs.

The winning artist will have the opportunity to contribute to the development of a public art piece in downtown Paragould, visible from the 412 overpass, which makes it welcoming to visitors and residents of the One and Only Downtown Paragould.

Submit the *my tOWN ART Mural Contest* application and mural design of an original painting on a canvas of no less than 16x20 to the Paragould City Beautification Commission by 5 p.m. March 1, 2013 (even if the design is computer generated original graphics you must print it to a 16x20 canvas).

Download the application online at [neajackfm.com](http://neajackfm.com) or pick up a packet at the Tax Collector's office. Mail or walk your application and design to the GC Tax Collector's office at 320 W. Court St. in Paragould Monday-Friday from 8 a.m. to 4:30 p.m. or bring it to The Mosaic Boutique Salon at 225 S. Pruett St. on March 1, until 5 p.m. ♦

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**publisher/advertising sales**  
 Dina Mason • dina@kdrs.com

**managing editor**  
 Richard Brummett •  
 editor@paragouldpremiere.com

**proofreader**  
 Patty Camp • pattysuecamp@gmail.com

**prepress**  
 Brian Powell • brianpowell@centurylink.net

**contributing writers**  
 Jennifer Thompson • jthompson4678@gmail.com  
 Gabriel Cook • fuss@kdrs.com  
 Tiffany Napier • tiffanynapier@live.com

**graphic designers — advertising**  
 Leisa Rae • leisa@kdrs.com  
 Megan Koller • megan@kdrs.com

**advertising sales team**  
 Ashley Mason • ashley@kdrs.com  
 Dina Mason • dina@kdrs.com  
 Brian Osborn • brian@kdrs.com

**contributing photographers**  
 Tim Rand, Tim Rand Photography

**printing**  
 Rockwell Publishing



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## LIVING

### Paragould Fire Department making use of new station at East Lake Street location

**P**aragould Fire Chief Kevin Lang said the new Station #2 at 1505 E. Lake St. is “really something we’re proud of.”

With good reason. The approximately 8,000-square-foot facility boasts state of the art features and equipment to make both training sessions and the day-to-day workload simpler.

Firemen moved into the new building around the first of November and will “always have two, and when fully staffed, three men there at all times,” Lang said.

In addition to the training room, the station has sleeping quarters; a great room featuring kitchen, dining and TV areas; a storage room; radio room; exercise/workout room; and the truck bay. ♦



Paragould firefighters have an impressive new station on East Lake Street, top right. Firemen can make use of an upstairs workout room, above, or feel at home in the modern kitchen, above right. There are six individual bedrooms, right, for PFD employees to use while on duty.



Part of the great room area includes the TV room.



A state of the art Training Room, above, complete with Smart-board, has convinced the PFD to move all training sessions to the new location. It will accommodate about 60 people. At right are trucks in the bay area where an elaborate exhaust system and a heavy duty ceiling fan aid in the daily operation. Below, firefighter Roger Fortenberry shows the dryer for turnout gear while at right is a Cascade system for filling air pack bottles.



## Annual auction at AMMC brings in \$3,390 for Foundation fund

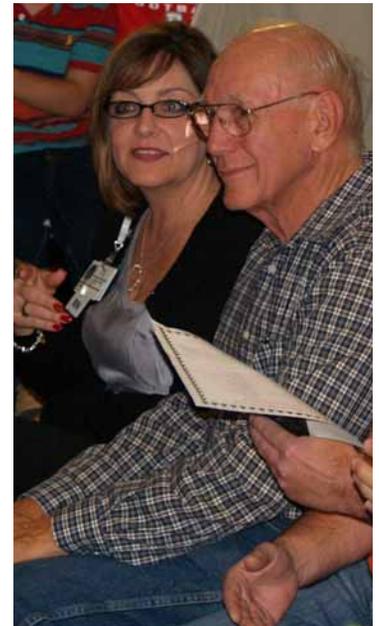
**A**rkansas Methodist Medical Center in Paragould hosted its annual Auxiliary Tree Lighting Ceremony and Foundation Christmas Auction, raising \$3,390.

All of the proceeds are targeted for the AMMC Foundation's general fund and will be used to help finance the many community projects in which the group participates.

Col. Tom Rhoads led the live auction which featured nine Christmas trees, seven wreaths and two centerpieces. ♦



Auxiliary President Shirl Kersey, above, gets the crowd ready for the tree lighting ceremony. Below from left, AMMC Foundation Director Terry Austin serves as Master of Ceremonies; Donna Rose introduces her Baldwin Elementary School choir before its performance; and Alvin Taylor reacts to being named Grand Marshal for the Christmas parade.



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# Downtown Paragould was the site for "A Dandy Candy Christmas" parade

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Mark Foster opened his home, above and at right, to visitors during AMMC's annual Holiday Tour of Homes.

## Arkansas Methodist Medical Center stages annual Holiday Tour of Homes

Residents of Club View Estates opened their homes to the public in December, sharing their Christmas decor during Arkansas Methodist Medical Center's Holiday Tour of Homes. The homes of Mark Foster, Tim and Sue McGowan, Matt and Chandra McGowan and David and Janie Stone were featured.

At the end of the tour, Chateau on the Ridge Assisted Living Retirement Community hosted a Holiday Open House. Proceeds from the Holiday Tour of Homes will help to establish the Dr. Tory Stallcup memorial scholarship fund. ♦



David and Janie Stone, above, and one of their trees, above right.



Matt and Chandra McGowan and son Paxton, right; above is an inside look into their home.

**January 2013**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2



**Luke Woods, 4, is the son of Stephanie and Chris Goode of Paragould.**

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While some workers ripped up carpet and carried out insulation, left, others worked on ceiling tiles and wiring, above.



## Teleflora employees, additional volunteers give Mission Outreach dorm a facelift

By Richard Brummett

**M**ore than 60 volunteers donated time and labor to make living a bit easier for the women housed at Paragould's Mission Outreach.

With \$5,000 available for a community service project, employees of Teleflora selected the Mission as the recipient and got busy ripping up worn carpeting and replacing it with new floor covering, tearing out old ceiling tiles and

insulation and generally doing just about anything that would spruce up the women's living quarters on the second floor.

Jamie Collins, executive director of Mission Outreach, said parts of the women's dormitory had "not been touched in two decades and we had some obviously serious problems." She was thrilled, as were the residents, to see the Teleflora workers and other volunteers give the rooms a complete makeover, including the

replacement of old electrical wiring in some and the addition of wiring to others that had never had it.

Teleflora granted workers paid time off to go to Mission Outreach and take part in the remodeling project, but those on hand seemed to be of one accord: Helping those in need was payment enough.

"I don't know whether to smile or cry," said one volunteer. "I just know I'm helping." ♦

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Downtown Paragould was bustling with activity when Main Street Paragould hosted its annual Holiday Traditions. Children like Evan and Hailey Crittendon, left, were able to visit with Santa Claus at Something Sweet, while others chose to take advantage of the carriage rides in the downtown area. Several local merchants offered exceptional dining and shopping opportunities to make the Saturday an attractive family experience.

## Holiday Traditions



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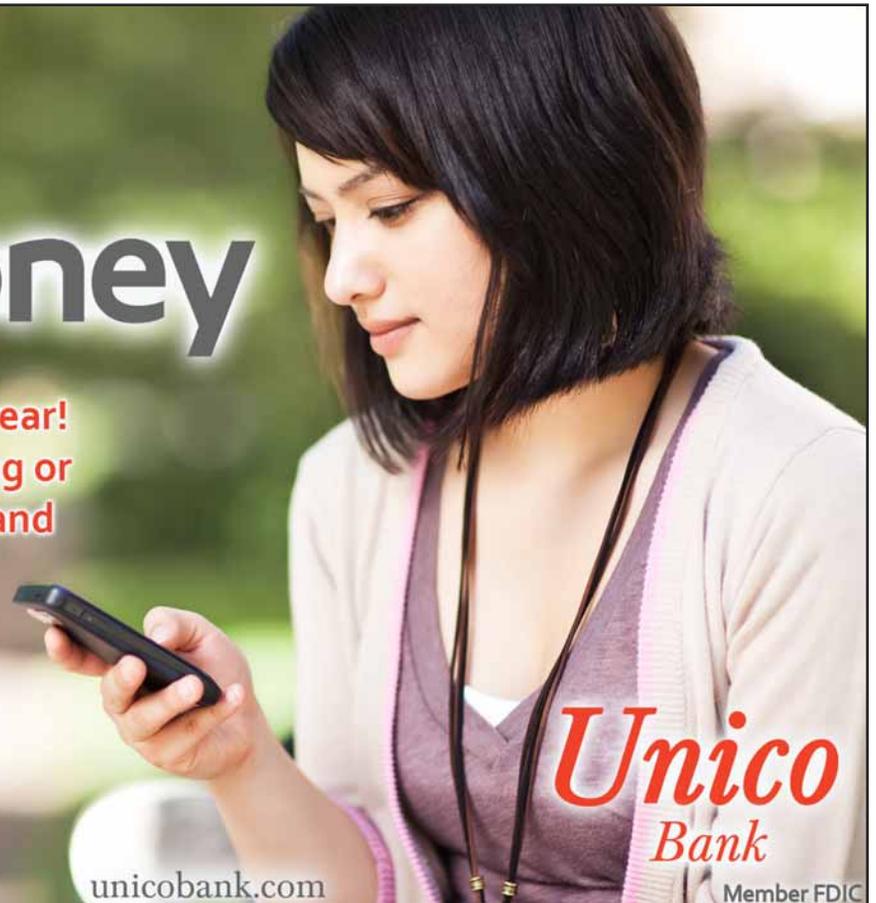
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Who is Greene County?

# I Am Greene County



## John Smith Age: 70

What I do: Security Officer at Arkansas Methodist Hospital

Where I'm From: I was born in Cardwell, Mo., and was raised in Greene County.

What I Like Most About Paragould/Greene County: I like the feeling of living in a closeknit community. The way our community comes together in times of crisis gives an overwhelming sense of unity. We all become one to help with the needs of others.

My Family: I've been married to my beautiful wife, Donna Hall Smith, for 49 years. I have three children: Kevin Smith and wife, Wendy, of Corning; Tammy Smith Johnston and husband, David Johnston, of Paragould, and Angie Smith Grooms and husband, Jimmy, of Paragould. I also have 7 grandchildren and 3 great-grandchildren, with another great-grandchild on the way.

Hobbies: I enjoy doing many activities, but fishing gives me the most enjoyment and relaxation.

What I Like Most About My Job: I enjoy meeting new people every day, but most of all I enjoy the close feeling of family ties I share with my co-workers.

Something Most People Don't Know About Me: Years ago my sister and her husband owned a beauty school in Jonesboro, and for a short time during the 1960s I was a beautician.

One Of My Most Interesting Experiences: Witnessing the goings on of the Emergency Room at AMMC. When I first began working at AMMC I was impressed with the professionalism and teamwork of the emergency staff, especially during times of treating trauma patients. These people come in with serious and sometimes horrific injuries and sicknesses. The way our emergency staff is able to come together as one and show their compassion without compromising the best medical care is absolutely amazing.

## Moyer manages Paragould Bowl

By Richard Brummett

In the year that Christopher Moyer has been General Manager for the Paragould Bowl he has come to realize there's more to running a bowling alley than meets the eye.

He said his duties include "absolutely everything ... from cooking food to fixing the lane machines. I've had to learn how to do a little bit of everything," but considers the entire process educational.

"I learned a significant amount about lane machines and a lot about business in that first year," he said. "I've worked on the pizza oven, ballasts for the lights -- I'm also the head mechanic -- but mostly it's making sure the lane machines work properly."

Calling himself "mostly a bowling guy," Moyer said the head coach of Arkansas State University's bowling team -- Justin Kostick -- told him of the opening at Paragould Bowl and that's how he wound up leaving Pennsylvania for Arkansas. Since his arrival he has tried to implement promotions to get area residents more interested in taking part in the sport.

"The big thing I brought was 'Kids Bowl Free' as a summer deal," he said. "It's a nationwide program and really successful, and I hope to



Christopher Moyer is the manager of the Paragould Bowl entertainment center.

expand on it this year. I want to increase league participation back to what it was when it was real big here, and other than that, trying to get high school bowling started in the area and sanctioned like any other sport is something we'd like to see happen here."

Anyone needing information about the Paragould Bowl can call 870-236-2466 during business hours. ♦

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## Business Is Good



### Greene County Museum hosts Christmas program

**T**he Greene County Museum was filled with the joyous sounds of Christmas during its annual Christmas program Dec. 8. The theme was "A Patriotic Christmas" and featured decorations of red, white, and blue and was dedicated to Greene County soldiers past and present.



Rick Hale and the Crowley's Ridge College Ambassadors provided the music. ♦

### Contest Winner



Something Sweet and Southern Bank teamed up to stage a "Name That Cupcake" contest. Winner of a \$100 gift certificate to Something Sweet is Katlynn Poe, who came up with "Gold Rush!" as the winning entry. Pictured are Tracy Mothershed of Something Sweet, Poe, and Heather Ward of Southern Bank.

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Cast members Matthew Howard, Gabriel Cook, Jeff Mitchell, Kevin Moslander and Tommy Lane.

## Paragould's Collins Theatre hosts 'A Christmas Carol'

The Greene County Fine Arts Council presented "A Christmas Carol" November 30th-December 2nd at the Collins Theatre in downtown Paragould. The production was adapted by Gabriel A. Cook and directed by Amy Lane.

The play boasted a cast of 60, a two-story set built by Tommy and Rick Lane, and lighting by Jim Kjørlaug. Several families participated in the show, as well as many children, and the cast and crew involved themselves in every aspect of production, from building props and hemming costumes to various forms of publicity.

This is the second time the GCFAC has produced Cook's adaptation of the novel by Charles Dickens. The first — in 2008 — also proved to be an audience favorite. ♦



Caleb Simpson and Ella Murray

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# Some of the things I dislike the most, just in case we're still here

**M**agazine pieces are written weeks ahead of publication, which can lead to minor confusion. For instance, I'm writing this in early December — the trappings of Christmas all around me — to publish in bleak January.

But will there be a January? Talk of Mayans and their terminal calendar makes me wonder if we'll see the New Year. Since we appear doomed, I've decided to list the things I dislike most — it can do little harm, as there'll be no one left to read it, so here goes!

1. People who prepare mashed turnips and place them beside mashed potatoes. One bite and I produced a Van Gogh-like spray against my parents' dining room wall. (There's something a little "hmmm" about someone who would mash a turnip, don't you think?)
2. Waiting at the gas station behind someone who doesn't realize they must press the payment button before they can pump any gas. Do you get out and explain the situation or wait for them to work it out on their own? And how many times can someone press a button that doesn't do anything before they



give up, anyway?

3. Accompanying someone to the movies, being the only two there, and someone walking in — at the last minute — and sitting directly behind you. Three hundred empty seats and they spend all evening breathing popcorn butter down your neck.
4. Door-to-door home security salesmen who demonstrate their product by displaying pictures of houses in the neighborhood they've outfitted. Isn't that a big, red arrow pointing to homes that don't claim such protection? (Kind of like "Follow the Yellow Brick Road" ... only with crowbars and panty hose on one's head.)
5. Wondering how the paper towel dispenser in a public restroom works. Once upon a time,

you grabbed, pulled, and tore. Now there are motion detectors and retina scanners and all manner of NASA technology you must breach just to dry your hands.

6. People who use words like "tarnation" and "dadnabbit." Unless you're Yosemite Sam, don't talk like that.
7. Seeing a big, black, hairy tarantula spider skulking across the kitchen floor at midnight.
8. Coming back armed with a shoe and NOT seeing the big, black, hairy tarantula spider skulking across the kitchen floor.
9. People who walk around drenched in so much cologne or perfume you're amazed they're not picked up for Drunk and Disorderly.

And number 10: People who go in the out door. It's a basic tenet of society! The door says in — you go in; it says out — you go out. It's blatant disregard for such rules that will steep this country into anarchy, dadnabbit!

If we've made it this far: Happy New Year — and wouldn't you hate to be in the Mayan calendar business right about now? ♦

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# Get up and go: Susan Nanke makes sure she finds time to exercise

By Richard Brummett

**E**xercise has always been a big part of Susan Nanke's life. The type of exercise has pretty much been determined by where she was living at the time.

Winters filled with ice skating, sledding, snow skiing, tobogganing, and shoveling lots of snow have been countered with summers of swimming, biking, water skiing, canoeing, hiking, golfing, tennis, horseback riding, camping, tennis, archery and hunting.

"Everyone should do something to slow down the aging process," said Nanke. "We need to do things to keep us active. If you do, maybe you don't get all the problems that come with aging."

As a child in Decorah, Iowa, she grew up in the family business, Wilson A. Lange Jewelry and Sporting Goods and Blue Cue Family Billiards. "I was born into it," she said. "My parents owned a jewelry and sporting goods store and I worked in it since the eighth grade. I got whatever I wanted out of there for birthdays and Christmas, but it was either jewelry or sporting goods ... not a lot of clothes."

"Maybe because of that I always felt the need to stay physically active," she added. "Everyone should do something you enjoy ... but do it!"

Nanke said she and her husband, Craig, moved a lot due to work related demands, so the types of exercise she settled into "depended on where we lived; it depended on the opportunities where we lived that were there to take advantage of."

Skiing in Illinois and Michigan, golfing in Kentucky, walking and running elsewhere -- Nanke said she simply feels it is imperative that she stay active.

"I went after my teaching degree late in life," said the second grade teacher at Southland Elementary, "and when I was in P.E. classes in

college I noticed the young people were not very physically fit. Here I was over 50, and they were in their teens or early 20s, and I'm saying to myself, 'What happened?'

"I had better endurance than they did but, of course, I grew up doing lots of shoveling snow. My hometown in Iowa was close to springs, caves, waterfalls so we did a lot of walking, hiking, boating. I grew up that way, and because of it there's lots of longevity in Mom and Dad's

families ... into their 90s. I feel like I can do that, too."

Her exercise routine today is, again, dictated by surroundings and a busy work schedule. She is a faithful member of the local Jazzercise facility, where she finds the routines "fun to dance to. I love the music, I love to dance, and it helps build a fit lifestyle."

"I've been a member of Jazzercise since the very beginning," she said, tracing her start back to 2003. "It's a lot better for me than going to a fitness center and waiting in line for a machine. I don't have the time for that; I can't get it done in 45 minutes to an hour. I need to get in, count on getting to work out, and get out."

Nanke said she attends classes two to five times a week, depending upon other meetings related to school work. "In the summers, I can go in the mornings. During the school year it's at night. The important thing is to go. When I've been away from it

for a while after an illness or surgery and get back to it I go, 'My gosh.' So, even if I'm sick or on vacation I at least try to walk."

She said she loves to stay active right along with her elementary school students, and they have decided she is "about 35. I have a daughter who is 32, but they think I'm 35. They are not so good at figuring that out."

Still, we can all do the math: An active lifestyle adds up better than the alternative.

"Quality of life is very important," Nanke said. "Tell everybody to get up and do something." ♦



Susan Nanke practices what she preaches ... an active lifestyle.

# Hard work, dedication are keys to shaping up

By Richard Brummett

**S**uzette Baker's interest in health and fitness started as a teenager, when her grandfather died from complications of diabetes and high blood pressure. That made her realize the importance of taking care of herself and making good choices on a daily basis.

An athlete while in school, Baker said exercising was never a problem but "I didn't learn how important good nutrition was until I was older and became certified as a personal trainer," helping people improve their fitness while she learned more about nutrition.



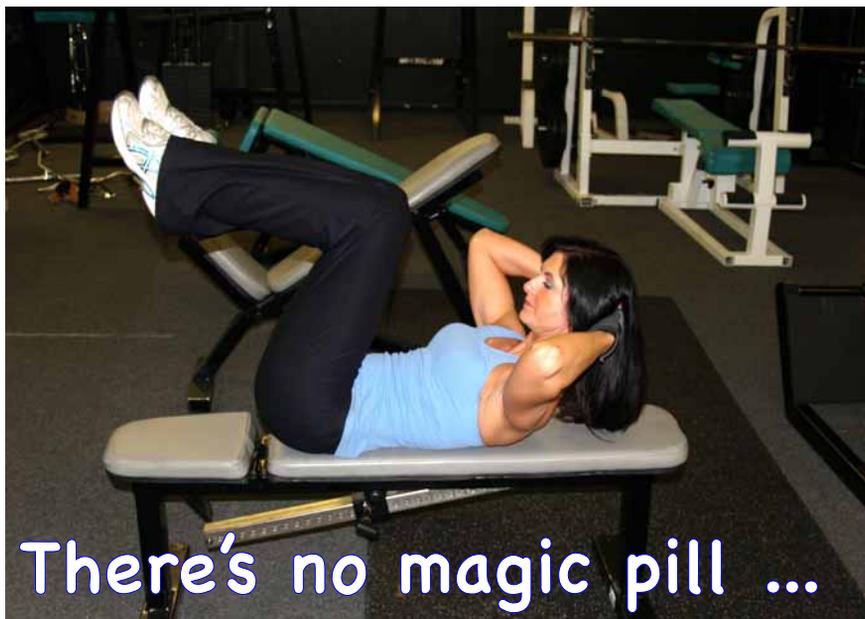
Baker says to start with small changes, then add more.

That move convinced her that women need to train with weights just as men do, and she enjoyed the challenge. Before long it was suggested that she try bodybuilding and compete in the Figure class for women. She did, and "learned a lot about myself physically and mentally while preparing and presenting for the contest, especially that I was capable of doing a

lot more than I initially thought I could. I didn't place at my first contest but I really enjoyed the whole experience and decided to make more improvements and enter another contest a few months later. I enlisted the help of a coach and did much better this time, bringing home two trophies and more knowledge about the sport."

Now she feels she can help others with the same goal and reach the "fine balance needed to achieve a calorie deficit while still providing the nutrients the body needs to maintain muscle mass, lose fat, and have an equate energy for daily life."

She suggests starting with small changes and gradually improving to good habits that easily



Suzette Baker says we need to forget fad diets and get to work in order to shape up.

become part of your daily life. "It's best to incorporate these gradually," she said. "Some helpful ones to begin with can be added in slowly, such as making one change each week." She suggests:

1. Eliminate, or reduce as much as possible, all liquid calories. These are generally high in sugar and "empty" calories, meaning they have no important nutrients so it's easy to gain weight with these since your body is still craving nutrients it needs.
2. Most people need more protein in their diets. Adding lean sources of protein at each meal will help to regulate hunger levels and provide the body with the building blocks it needs.
3. Eliminate all processed foods. This automatically omits sugar, white flours, and junk foods which again add lots of "empty" calories without satisfying hunger, and adds up to gaining fat.
4. Only eat carbohydrates that have at least 3 grams of fiber per serving, such as fruits, vegetables, oatmeal, and whole grain products. This helps slow down digestion of foods, satisfying hunger longer, and keeps blood sugar levels stable.
5. When it comes to exercise "anything is better than nothing." Start with small amounts and slowly add over time, then increase intensity as you are able. Even just 15 minutes per day can improve the way

you feel, function, and look.

"It's very important to learn how to perform exercises properly. So it is helpful to work with a trainer in the beginning, even if for just a few sessions. This will help you to learn how to get the most benefits of your efforts and also prevent injuries in the long run," she said.

As a single, working mother she knows people often feel guilty taking time away from families to take care of themselves, but they should consider "that by our own example is how our children will learn to take care of themselves and lead healthy lifestyles as well. Staying healthy also reduces the burden our children will bear when our health suffers or the pain from losing a loved one at an early age. We teach them the importance and consequences of brushing our teeth, so we should also educate them about staying strong and healthy.

"And please save your money from 'Magic Pills and Fad Diets!' If it sounds too good to be true, it probably is. Finding out what you as an individual need each day and educating yourself about nutrition and how it affects your body will enable you to make wise choices each day and that is the only way to long-term weight loss and a healthy lifestyle."

Baker can be reached at 870-236-0578 to discuss a personal training regimen. ♦

# You **MUST** Taste This!



By Richard Brummett

There's a simple rule that each student in Ann Pickney's class is expected to obey: You *must* taste it. Pickney is the instructor in the Food Prep/Nutrition Lab at Oak Grove Elementary School, a class that not only shapes students' attitudes about healthy eating but also about practicing a healthy lifestyle in general. "We spend a lot of time concentrating on improving our diets," Pickney said, "and I've been doing this long enough to know that some kids aren't going to like what we fix in here. But the rule is that they have to try it," she added. "If they try it, and they want to say, 'I'm not a fan,' that's okay. But they can't say, 'Yuk!' and about nine out of ten end up liking it. They surprise themselves." A display on the bulletin board at the entrance to the classroom educates visitors as to just what a child can expect to learn while cooking. Math skills are involved when counting, measuring and weighing ingredients; reading skills are improved, as are students' vocabularies and instruction-following techniques. Other areas the children visit almost daily are chemistry and science, geography, art, history, health, social skills and fine

motor skills.

"Parents tell me," Pickney said, "that their children enjoy something hands-on like this so much more than the regular classroom. I take a gamble and introduce new spices to them on occasion, but mostly what we're trying to do is learn to try and be healthy, to take better care of ourselves."



She said parents also tell her that when the kids go grocery shopping with them, they read labels and decide what is or isn't a good purchase. Many of the students have also become fans of cooking shows on television and "will see something on there and come back to school and say, 'Can we try that? Do you think we could make that? It looks healthy.' That makes me believe we're getting the point across,"

Pickney said.

She said another bonus of having a child in the class is that they often know how to fix a quick, nutritional meal themselves.

"Families are so busy these days, with moms and dads working," she said, "that finding time to cook a meal for the whole family is rare. Mothers have told me their children have brought home ideas from class that are not only easy to make, but are also low-budget and sensible. Our burrito pie that we learned to make can be used as a meal."

The students have picked up on the fact that "most of us don't eat every meal as we should," according to their teacher. "They have learned, though, that eating healthy also includes the amounts you eat, and how often."

So, thanks to the OGE program, lots of local school kids are eating things like pumpkin and black bean soup, vegetables, foods rich in fiber and protein, and drinking water instead of soft drinks ... and loving it.

"This generation is becoming more aware of the need to eat differently," Pickney said. "If we change the way we eat, we change the way we live. They're grasping a lot of this information." ♦



## Stacked Burrito Pie

### Ingredients:

- 2 tablespoons Olive Oil
- 1 medium onion, chopped
- 1 package taco seasonings
- 1 lb. lean ground beef
- 3 teaspoons chili powder
- ½ teaspoon sea salt
- 1 (15 ½ ounce) can black beans, drained and rinsed
- 1 ½ cups frozen whole kernel corn
- ½ cup water
- ½ cup low fat sour cream
- 1 cup salsa
- 8 ounces Cheddar or Mexican Cheese
- 4-10 inch flour tortillas

1. In a large skillet over medium-low heat, warm the oil. Add the onion and sauté for 5 minutes, stirring often.
2. Increase the heat to medium then add the ground beef and cook until no longer pink. Add the taco seasoning, chili powder, salt, water, black beans, corn, and bring to boil. Allow it to continue to boil, stirring occasionally, until the water evaporates. Remove the mixture from heat and let cool for 10 minutes.
3. Heat the oven to 350 degrees.
4. Spray the bottom and sides of a spring-form pan with non-stick spray. Press the tortilla evenly in pan. Spread 1 tablespoon of the sour cream over the tortilla, followed by ¼ cup salsa. Spoon and spread a layer of beef mixture over the salsa, then sprinkle with cheese. Continue until the ingredients and tortillas are used. Top the last tortilla with cheese.
5. Bake until heated through at 350 degrees, or cheese is melted. Let set for ten minutes then serve. ♦



## Banana Split Smoothie

### Ingredients:

- 2 ripe bananas
- 4 oz. crushed pineapple, drained
- 1 1/4 cup of low fat chocolate milk
- 1/2 cup of unsweetened strawberries (frozen or fresh)
- 2 scoops of low-fat vanilla ice cream

Combine bananas, pineapple, milk, and strawberries in a blender. Blend until smooth, no lumps. Add ice cream and blend. Pour into glass, preferably chilled. Garnish with low fat sugar free whipped topping, which is optional.

NOTE: If you're not big fan of pineapple, cut back to 2 oz. ♦

## Low Fat Pumpkin Black Bean Soup

### Ingredients:

- 1 tablespoon olive oil
- 5 green thinly sliced onions (white and light green parts)
- 1 small red bell pepper, chopped
- 2 tablespoons of dried diced garlic
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon dried thyme
- 2 cans (15 oz. each) black beans, rinsed and drained
- 1 15 oz. can of pure pumpkin
- 1 can (14.5 oz.) no-salt added diced tomatoes, undrained
- 1 can (14 fl. oz.) vegetable broth
- 1/2 cup water
- ½ teaspoon black pepper
- 1/2 teaspoon salt or more to taste

In a large skillet heat oil over medium heat. Add onions, bell pepper and garlic, stirring occasionally, for 4 to 5 minutes. Stir in cumin and thyme, cook and stir for one minute. Add beans, pumpkin, tomatoes and juice, broth and water; bring to a boil. Reduce the heat to low; cook for 10 minutes. Stir in salt and pepper. You may top each serving with additional green onions.

Note: This has been a big hit with the students, yet healthy and nutritional. ♦





## Swirlz of Paragould makes dessert an option, even for healthy eaters

By Richard Brummett

**E**ven as folks push themselves away from the holiday dinner table and vow to do better in the coming year, the urge to satisfy the sweet tooth is not necessarily out of the question.

Ricky Nunn, Owner/Operator of Swirlz of Paragould, said the new store's multiple offerings of frozen yogurt give customers a healthy way to have dessert and still not be embarrassed when they step onto the scales.

Owner/Operator Ricky Nunn explains the process of selecting one's favorite flavor of frozen yogurt and then adding toppings of choice, a process that gets a "thumbs up" from David and Kegan Clayton.



At Swirlz, customers pick up a cup and select from 15 different standard flavors of yogurt, then can move on to add as many of the 40 toppings as they wish before reaching the cash register and paying for their selections by the ounce.

"It's all healthy ... 'til you get to the toppings," Nunn said with a grin, "and there are healthy parts to the toppings. You just have to use them in moderation, and use some common sense."

Nunn points to the healthy aspects of choosing yogurt as a treat, such as:

- \* It's good for your bones in that it is an excellent source of calcium (based on two servings of 8 ounces), and a well-balanced diet with adequate calcium may reduce the risk of osteoporosis;

- \* It aids good health and wellness through live active cultures and probiotics to promote a healthy immune and digestive system, and it's low in sodium and cholesterol, helping reduce the risk of high blood pressure;

- \* It helps maintain general digestive health.

"I tell everyone, if you like ice cream, you'll love frozen yogurt," Nunn said. "It's totally healthy; even our Dreamy Dark Chocolate is non-fat. Who would have thought that?"

Open since November 9 and located in front of the Paragould Cinema 8, Swirlz is already planning additions to the menu and Nunn said the staff keeps on hand all dietary and nutrition facts regarding the products and creations "so anybody who wants to can look at it. All you have to do is ask.

"What's unique is that you can make it be as little or as much as you want. It's all up to the customer, but it's all good."

Swirlz is open Sunday-Thursday from 11a.m.-9 p.m., and Friday and Saturday 11 to 11. ♦

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## AMMC, St. Bernards break ground for new medical center in Paragould

Arkansas Methodist Medical Center and St. Bernards Healthcare held formal groundbreaking ceremonies in December for Paragould Medical Park, a new ambulatory care facility located at 4000 Linwood Drive (U.S. Highway 49).

AMMC and St. Bernards are developing the medical park on a 48-acre plot located on the west side of U.S. 49, north of the new Greene County Tech High School. The development will be anchored by a 60,000 square foot primary care facility.

"The new medical park venture represents another collaborative effort involving AMMC and St. Bernards," said Barry Davis, president and chief executive officer of Arkansas Methodist Medical Center. "This venture enables both organizations to pool valuable resources and limited capital in such a way to undertake a project for the benefit of the community that we might not be able to do independently." ♦



Pictured from left are Betty Rodgers with Jonesboro Orthopedics and Sports Medicine, Architect George Krennerich, Nabholz Construction CEO Bill Hannah, AMMC President /CEO Barry Davis, St. Bernards President/CEO Chris Barber, Sister Lillian Marie, Dr. Dwight Williams, Paragould Mayor Mike Gaskill, Vice President of Healthcare Services with St. Bernards Healthcare Matt Parker and AMMC CFO Brad Bloemer.

## Congratulations GCT National Board Teachers!



Mrs. Adams is the District's FIRST re-certified National Board Teacher!

Beverly Campbell

Jennifer Pepper

Marcia Wooldridge

Kathy Bowlin

Ms. Adams



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- Catherine Dunn

Hey, I really love ya'lls station. It's amazing. Just want to say keep playin' what ya want! And keep rockin'!  
- Colton Holmes

Lovin it!  
- Tonda Oakes

You guys Rock!!!  
- Shelby Deaver

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- Mike McClanahan

I LOVE JACK FM!!!!!!! WHOOP! :)  
- Jeannie Phillips

Loving me some Jack FM!  
- Misty Hailey

BUT WE DON'T GET TIRED OF HEARING IT.





By Tiffany Napier

# Namaste

Yoga has long been attributed to centering the body and mind. It's a force for concentrating energies on muscles in the body that need relief, taking that long breath that is otherwise avoided throughout the day or releasing tension in the mind and beyond. It's a practice that's been endorsed by television physician Dr. Oz, who insists a daily, seven-minute routine is responsible for his longevity throughout the day and life. When studying yoga, you'll find many forms, but it's the general practice that's said to rejuvenate your body and enforce balance, flexibility and strength.

Simply, yoga is an exercise system derived from ancient traditions in India. There are many schools or varieties, but all of them involve "asanas," or postures. Many asanas function as stretching exercises to increase flexibility. Others encourage the development of strength and balance through advanced poses, but even the most simplistic form is said to benefit one's health. Yoga is ordinarily learned through inexpensive group lessons, but at-home practice is necessary to progress in skill.

Libby Glasco, owner of the local restaurant Kiss The Cook, understands these benefits, as she teaches at one of Paragould's yoga schools, Nirvana. While she's not making bon-bons for the holiday, you can find her on social media striking the latest poses with her husband or heading an impromptu yoga challenge at her workplace. While this might not be something you can brave at home, there are a few simple poses that, along with simple breathing and meditation, can be completely beneficial.



Libby Glasco demonstrates yoga poses (clockwise from top): Extended Side Angle Pose, Downward Dog, Crow, Warrior I, Upward Dog, and Warrior II.

# ॐ

## Get Rich

By Richard Brummett



It's a brand new year: So what's all the fuss about?

Recently, I was conversing with my grandson David, who takes the words he hears literally. As he explains it, "Sometimes I'm not so good with sarcasm."

Having recently flipped the calendar page to one that reads "January" we have ventured into a new year, one filled with hope and expectation. That reminds me of a time when I, too, took the words of all the grownups in my life very much at face value.

I was never very good at staying up late. Even when my cousins Ken and Malinda came from Alabama for holiday visits, I was the only one who generally fell asleep while trying to make it into the wee morning hours while watching TV's *Fantastic Features* on Friday nights.

One year, however, I was determined to stay awake on New Year's Eve long enough to greet the coming year. For days before the big event, Mom, Dad and their friends talked about plans for the big night, and this time I was going to see this apparently awesome event transpire right along with them.

So, fighting yawns all the way to midnight, I sat in the kitchen watching my parents play cards with the Meadows family and the Jordans until the moment finally arrived ... and nothing happened. I heard some sirens and a few firecrackers go off, but as I looked out the window -- not certain exactly what I was expecting -- I saw only darkness.

There was no turning of the Great Calendar Page, no physical change whatsoever to the outer regions of the neighborhood, just people hooting and hollering and exchanging greetings. So, as 1959 turned into 1960, I turned to the bedroom quite disappointed. Maybe it was a new year, but it looked exactly like the old one to me.

Sort of like today. ♦

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## Five GCT teachers are National Board Certified

The Greene County Tech School District has five teachers recently recognized for becoming National Board Certified. Four are first-time honorees while one, Deborah Adams, is the district's first recertified national board teacher.

Adams teaches high school math and has been at Tech for 24 of her 39 years as a classroom instructor. She is a graduate of Paragould High School and Arkansas State



Deborah Adams

University with a BSE in Math and a Master's in Math Education.

She is married to Steve Adams.

She said her co-workers at GCT "are the best. They truly care and act like it. They are encouraging. My co-workers are very supportive."

**Beverly Campbell** is a First Grade teacher with nine years of experience, three at GCT.

She is a graduate of Bay High School and of Arkansas State University, with a BSE in Early Childhood Education. She earned her Master's in Reading last summer.



Beverly Campbell

"The staff (at GCT) is so welcoming and friendly," she said. "They made me feel at home since my first day. And the students are wonderful as well."

**Jennifer Pepper** is in her fifth year as a Third Grade teacher, all at Greene County Tech.

She is a graduate of Wynne High School, and earned a degree in Early Childhood Education from Arkansas State University in 2007. She also was awarded a Masters of Science in Education (Reading) in 2011.

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She is married to Blake Pepper.

"GCT is like a family tradition," she said.

"Most of my family went to school at GCT and I was upset to leave it in the sixth grade. I am so blessed to be back as a teacher and to be able to work with amazing teachers. I have made friends for a lifetime and look forward to growing as an educator in this district."



Jennifer Pepper

**Kathy Bowlin** teaches high school Geometry and has spent 10 of her 11 years at GCT. She graduated from Malden High School at attended Three Rivers Community College before graduating from Arkansas State University with a degree in Secondary Math Education.



Kathy Bowlin

She is married to Scott Bowlin.

"I love my students. They make my job fun," she said. "Along with great students, I feel appreciated by the people I work with. Also, everyone here truly cares about our students and what we can do to help them now and in the future."

**Marcia Wooldridge** is a Preschool Teacher with all nine years at Tech. She is a graduate of GCT and of Arkansas State University, having earned a BSE in Early Childhood Education in 2002 and her MSE as a Special Education Instruction Specialist in 2010.



Marcia Wooldridge

"I have always enjoyed the family atmosphere that our teachers share," she said. "While I was going through the National Boards process, everyone was so supportive of me and willing to help me. I really cannot imagine teaching any where else." ♦

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# Our Wedding Story... Meredith & Zack

**Z**ack McMillon and Meredith Smith met more than 15 years ago when they were kids. Zack was best friends with Meredith's brother, Seth.

Meredith and Zack remained friends throughout the years but it wasn't until a couple of years ago that they began dating.

It didn't take long for them to realize it was "meant to be" and in February of 2012 Zack proposed to Meredith at her house, and she said, "Yes!"

The two were happily wed on August 25, 2012.

It was a beautiful day at Swindle's Lakeview Recreation Center, despite a little bit of rain. The elegant country wedding was a huge success. Much thanks to the officiant, Rusty McMillon (cousin of the groom), the ceremony was beautiful.

The auditorium was decorated with several arrangements, candle holders, vases, and gorgeous cedar furniture made by the bride's uncle, Edward Allred. Reception guests enjoyed a delicious southern meal of fried chicken, biscuits and gravy, mashed potatoes, green beans and bacon, and much more. Sweet tea was served in Mason jars.

The couple exited the premises in a big red fire truck. They had planned a romantic beachside honeymoon but Hurricane Isaac had other plans. Due to evacuations in their desired location, the couple spent a week in Branson, Mo., which turned out to be very enjoyable as well. ♦





# Outstanding Teachers

## Robin White, Paragould Library/Media Specialist

**R**obin White has always loved working with children, and that's why she chose to be a teacher/library media specialist. "No job gives you a more fulfilling opportunity to work with kids than teaching," she said. "You help children learn, watch them grow, cheer on their successes and hopefully make a meaningful difference in the world. I was blessed with some great teachers throughout my academic years that inspired me to want to follow in their footsteps."



The most exciting part of the job is helping students who say they don't enjoy reading find that first book that gets them hooked. "There is nothing better than putting a book in a child's hands that they connect with and then have them return to say, 'What should I read next?' Students also ask the most interesting questions,"

she said, "prompting me to dig and learn more about the subjects they are most interested in. In this profession you develop bonds with students and co-workers that go way beyond the classroom. We are not only a school, we are a family that cares about one another and prays for success for each of our kids."

Robin is married to Dennis White, her husband of twenty years. They have two daughters, Skye and Lexi. Skye is a junior in college pursuing her degree in Psychology and Lexi is a senior at Paragould High School. They have also hosted a German Exchange student, Emely, who "will forever be considered our daughter, too." She said she has been blessed with inspirational parents, O'neal and Gail Kappelman, "to whom I owe everything, and blessed with wonderful in-laws Mary and the late William White. Love my family!" ♦

## Kimber McMillon, GCT First Grade

**K**imber McMillon says she chose teaching because, "I cannot remember ever wanting to do anything else. Growing up, I also had several teachers that made such a difference in my life that I hoped to be able to do that for someone else as well."

She said she enjoys working with children, and that "it gives me great joy to see them grow and learn throughout the year. I also have outstanding co-workers that are like my family. Every day is a little different. It is ever-changing and each day presents new challenges and experiences. I am always learning something new."

Kimber has been teaching for ten years. She also attended Greene County Tech from kindergarten through twelfth grade and said it "is wonderful to get to be an Eagle again."

She is married to Chad McMillon and they have two sons.: Carson is 6 years old and is a first grader; Dash is 2.

She said she and Chad "spend most of our time outdoors with our boys or participating in activities at our church." ♦



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## 50th Anniversary Celebration

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February 2  
Giny Draper & Nick Rice  
February 9  
Lindsey Hinson & Matthew Clark  
April 6  
Whitney Stewart & Casey Foster  
April 27  
Whitney Weeks & Matthew Miller  
June 1  
Jessica Davis & Tyler Nutt  
June 1  
Erica Schabbing & Jacob Pierce  
July 20



Katie Richardson  
April & Joey Bowen  
Nicole & Brian Poyner  
Lindsay & Travis Mans  
Natalie & Blake Gray

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Baxter and Anna Mae Turner in the early years, above, and today, at right. They will celebrate their 50th wedding anniversary on the 5th of January.



### *Baxter, Anna Mae Turner marking 50 years of marriage*

**B**axter and Anna Mae Turner will celebrate their 50th anniversary on January 5th, 2013.

They met in church at Egypt, Arkansas, and dated a few years before becoming engaged in 1962. The pair was married at the Egypt Assembly of God by Brother Owen Hutchenson in 1963. Sammy Johnston served as Best Man; Ruby Johnston was the Matron of Honor.

Shortly after their marriage, the pair moved to Germany, where Baxter was stationed. Their son, Baxter, Jr., was born in 1963, followed by Perry in 1965. They had a daughter, Kathy, in 1985.

Baxter retired in 1979. In 1993, he and Anna Mae moved into their current home, which Baxter built, and busied themselves with gardening, church work, and spoiling grandchildren Laura, Meredith, Jessica, Beth, and Alex. ♦

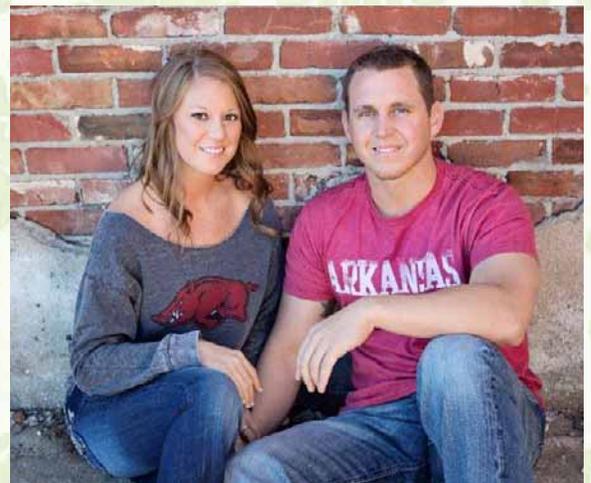
## Engagement Announcement

**A**lyssa Jordan Smith and Ronnie Lee Richardson have announced plans for a February wedding.

Alyssa is the daughter of Mr. and Mrs. Blaine Nunn and Mr. Bill Smith of Paragould.

The prospective groom's parents are Rev. and Mrs. Rondall Richardson, also of Paragould.

The wedding has been set for February 2nd, 2013, at The Red Goose Banquet Hall in Paragould. ♦



Alyssa Smith and Ronnie Richardson

# Birth Announcements



Harleigh Alexis Banks

**B**rittany Wallace and Bret Banks of Paragould announce the arrival of Harleigh Alexis Banks.

Harleigh was born October 4, 2012, at Arkansas Methodist Medical Center and weighed 6 pounds and 1 ounce, and was 17.5 inches long.

Grandparents are Shane and Mabelle Wallace, and Linda Banks, all of Paragould.

Great-grandparents are Linda Washington and the late Bill Washington, Joe and Sandra Wallace and the late Bettye Wallace, and Evelyn Banks and the late Charles Banks, all of Paragould. ♦



Alaina Jo McMillon

**R**usty and Vanessa McMillon of Paragould announce the arrival of their daughter, Alaina Jo.

Alaina was born November 21, 2012, and weighed 6 pounds, 4 ounces, and was 19 inches long.

Grandparents are Jimmy and Gloria McMillon of Paragould and Mitch and Melana Long of Advance, Mo. Great-grandmother is Flossie Dunnam of Paragould and great-grandfather is Ed Hicks of Advance. ♦



Blaise Victoria Betts

**B**laise Victoria Betts was born October 8th, 2012, at Arkansas Methodist Medical Center in Paragould.

She weighed 6 pounds, 2 ounces and was 18.5 inches long.

Parents are Dustin and Ashley Betts. Grandparents are Rhonda Betts of Paragould, Linda and Shay Stacy of Paragould, and Gary and Linda Rooker of O'Kean. ♦

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## Wedding Announcement

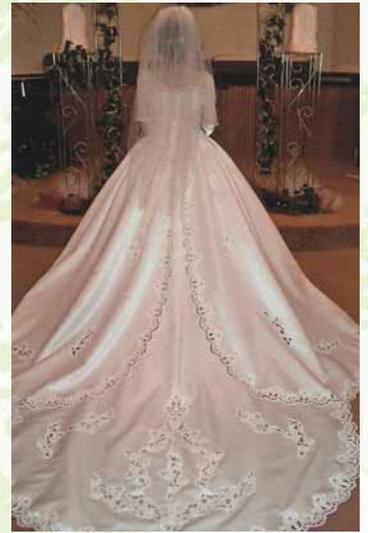
**G**ary Sloan and Joyce Wren of Paragould were married October 20, 2012, in a ceremony at First United Pentecostal Church in Oak Grove.

Bro. Edgar Humphrey officiated while Caroline Humphrey and Becky Brown served as bridesmaids, and James Brown and Tony Ryan were groomsmen.

Music was provided by Phyllis Ryan and the ring bearer was Dre Palmore.

Joyce is the daughter of the late Elmer and Bessie Wren.

Gary's parents are Eva Lee and Wesley Crabtree. ♦



Joyce and Gary Sloan

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# NEA COOKS

**Katy Gifford/Chateau on the Ridge,**  
Dietary Food Supervisor

**Family:** Husband, Jerry of 40+ years; Children - Tammy and Mike Eanes and Tracy and Shaun Sandusky; Grandchildren - Bailee, Tanner, Jarrod, Garrett, Makayla and Conner.

**From:** Ava, Missouri

**Who taught you to cook?** My mom and dad, and my older sisters taught me to cook. I was the youngest of five daughters and had one younger brother, so I learned a lot from my sisters.

**When did you start cooking?** I actually started cooking when I was about 6 years old, I guess. I know I burned myself making an egg when I was about 3, but I didn't really start cooking until about 6.

**Favorite cooking memory:** Making candy at Christmas. It just seemed to always bring everyone in. My brother would even come to bring supplies in.

**Favorite thing to make:** Desserts, definitely. Desserts of all kinds. I just love desserts.

**Who do you like to cook for?** I love cooking for my family, but I also really love cooking for the residents here at Chateau on the Ridge. They can be so much fun to cook for. They do occasionally have their special requests of things they enjoy having. Like catfish; I have learned they love catfish. Taking care of our residents and giving them good nutritional meals is the top priority for us here at Chateau on the Ridge, and it's also something we all enjoy doing very much.

**What is your family's favorite dish for you to make?** My husband said his would be Springfield Cashew Chicken, and my daughters said Oeey Goeey Butter Cake and Chocolate Caramel Layer Squares.

**Worst kitchen disaster?** Oh, there are so many! But, when my husband and I first married one of the first things I tried to make was dumplings in this new pressure cooker I had gotten as a wedding gift. I pressure cooked the entire chicken, bones and all, and when it came out it was one huge dumpling.



Chateau on the Ridge employees are, back row, from left: Sierra McHenry, cook in training; Irma Thomas, head cook; Juanita Jones, assistant cook; Julie Wyatt, cook in training; and Alysha Moslander, cook in training; seated is Katy Gifford, dietary food supervisor.

## Aunt Doris' Cream Pie Variations

### Ingredients:

¾ cup	Sugar
¾ cup	Flour
2 ½ cups	Heated and diluted Milnot (1 ¼ water, 1 ¼ Milnot)
3	Eggs
1 teaspoon	Butter
1 teaspoon	Vanilla
¼ teaspoon	Salt

Pastry shell/crust

Mix sugar and flour thoroughly. Gradually stir into the hot diluted milnot. Cook over low heat, stirring constantly until thickened. Beat egg yolks slightly, stir in a small amount of hot mixture and gradually stir back into remaining hot mixture. Cook not more than 1 minute, stirring constantly. Add butter,



vanilla and salt. Cool slightly before pouring into into a pastry shell. Cover with meringue, brown and cool well before serving.

### Variations:

Fruit cream pie: add 1 cup of any fruit to the cooled filling

Coconut: add 1 cup of coconut

Chocolate: ½ cup cocoa and increase sugar to ¾ cup, mix with flour and sugar.

This pie could be modified in almost any way you wanted, for example: lemon and banana as well. ♦

I did not know to debone the chicken. My husband ate it though.

**What is the one ingredient you can't live without?** Philadelphia Cream Cheese.

Chateau on the Ridge is an assisted living facility committed to providing a living envi-

ronment for senior adults to call home and to provide an environment that will enable residents to be as self-sufficient as possible while meeting their daily living needs.

The assisted living facility is located at 2308 Chateau Boulevard in Paragould and can be reached by phone at 870-215-6300. ♦

# Happenings!



1



2



3



4

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# Happenings!

## Birthday Celebration

1. Bettye Busby celebrated her 80th birthday at the Greene County Museum in Paragould. She said that it was a pleasure to celebrate her special day with approximately 85 family members and friends. One of the founders of the Greene County Museum, she has served as the museum coordinator and as a member of the Board of Directors.

## OGMS Spelling Bee

2. Oak Grove Middle School held its Spelling Bee in November. The top five winners will compete in the Greene County Spelling Bee in January. Winners, from left, were: 1st Place: Berry Dickey; 2nd Place: Jackson Parker; 3rd Place: Avery Little; 4th Place: Kiara Culverson; 5th Place: Breonna Murphy.

## National Guard Donates Funds

3. Representatives from the Greene County National Guard made a \$500 donation to Woodrow Wilson Elementary School to help purchase items for the school's clothing closet. Members of the Greene County National Guard also adopted several students at Woodrow Wilson to help make Christmas extra special. Pictured are Woodrow Wilson

Principal Laurel Taylor, SST Jeremy Ervin, Woodrow Wilson Nurse Sara Brown, SSG Cory Huckabee and SSG Bobby Farmer.

## Joy Of Giving Market

4. First United Methodist Church in Paragould hosted its annual Joy of Giving Market during the holiday season. The Joy of Giving, a market of arts, crafts, baked goods, home decor and more, serves as a fund raiser for the church. Proceeds benefited local, national and international missions. More than \$7,000 was raised in one day during the third annual event.



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# CALENDAR OF EVENTS

**Tuesday, January 1st**

**First Day Hikes, Davidsonville State Park, 2 p.m.**

Want to kick start that New Year resolution to get in shape? Join us at Davidsonville Historic State Park as we hike the trails and enjoy nature. Pets are welcome but must be on a leash. Call the park for more details at 870-892-4708.

**First Day Hike: Powhatan Town Tour, 1 p.m.**

\$5 adults, \$3 children 6-12, under 6 free. Start the new year off right by exercising both mind and body! Join a park interpreter for a guided tour of historic Powhatan. Stroll along the banks of the Black River where the Delta meets the Ozarks while learning about life in a busy 19th-century steamboat town. Today's activities are part of a nationwide "First Day Hikes" movement; join others across Arkansas and the nation out on the trails on the first day of 2013! Contact the park at (870) 878-6765 for information.

**Saturday, January 5th**

**Childbirth Education Class, Arkansas Methodist Medical Center, 8 a.m.-4 p.m.**

Classes take place in the AMMC auditorium. Call 870-239-7000 for more information.

**Saturday, January 12th**

**Northeast Arkansas Artifacts Show, Reynolds Park Building, 7 a.m.-4 p.m.**

Indian artifacts including pottery, arrowheads, fossils, as well as arrowhead T-shirts and much more will be on display. Admission is free and organizers encourage scout groups, church groups, school groups and anyone interested in history to attend. Call 870-215-1627 for information.

**Childbirth Education Class, Arkansas Methodist Medical Center, 9 a.m.-12 p.m.**

Classes take place in the AMMC auditorium. Call 870-239-7000 for more information.

**Friday, January 18th**

**AMMC Retirees Luncheon, Arkansas Methodist Medical Center, noon**

The retirees meet every other month in the auditorium at noon. Call 870-239-7000 for more information.

**Saturday, January 19th**

**2013 Master Gardeners Training Class, 8:30 a.m.-4:30 p.m.**

Call the Greene County Extension Office at 236-6921 for more information or an application. Registration deadline is Jan. 12, 2013. Classes will be held on Saturdays through February 16.

**Introduction to Embroidery, 1 p.m.-3:30 p.m.**

Take a trip back in time as we look through the history of the creative art of embroidery. Learn a variety of stitches and patterns that turn boring old cloth into a work of art. Bring your creativity and an old piece of scrap fabric as we put a new twist on an old craft. Call Davidsonville Historic State Park to ask what goodies you take away from the workshop. Reservations are required and must be made at least 3 days before the workshop. Workshop Fee: \$15.00. To reserve your spot contact the park office at 870.892.4708.

**Beginner's Knitting Workshop, Powhatan Historic State Park, 9 a.m. - 2 p.m.**

Registration Fee: \$15/person. Have you always admired your grandmother's knitted scarves, hats, and sweaters, but never thought you could recreate them? You can, and it's easier than you might think! Join us to learn the basic stitches you'll need to get started making handmade clothing, gifts, and household items. Tools and materials are provided, and participants are given a project to take home. Please bring a sack lunch. Contact the park at (870) 878-6765 to register.

**Monday, January 21st**

**Mommy and Me Breastfeeding Support Group, Arkansas Methodist Medical Center, 6-7:30 p.m.**

Classes are held in the 2nd Floor Conference Room of the AMMC Professional Building. Call 870-239-7000 for more information.

**Saturday, January 26th**

**Polar Bear Plunge, 3 p.m.**

Annual fundraiser for Special Olympics, held at Crowley's Ridge State Park. Join in the Freezin' for a Reason. Registration begins at 1 p.m.

**Thursday, January 31st**

**Community Diabetes Program, Arkansas Methodist Medical Center, 6-7:30 p.m.**

Sessions are held in the AMMC auditorium. Call 870-239-7000 for more information.

**Saturday, February 2nd**

**Childbirth Education Class, Arkansas Methodist Medical Center, 8 a.m.-4 p.m.**

Classes take place in the AMMC auditorium. Call 870-239-7000 for more information.

**Saturday, February 9th**

**Childbirth Education Class, Arkansas Methodist Medical Center, 9 a.m.-12 p.m.**

Classes take place in the AMMC auditorium. Call 870-239-7000 for more information.

**Thursday, February 14th**

**Red Cross Blood Drive, Arkansas Methodist Medical Center, 11 a.m.-5:30 p.m.**

Held in the AMMC auditorium. Call 870-239-7000 for information.

**Thursday, February 21st**

**The Chamber Showcase, Paragould Community Center**

Theme: Stay on Top of your Game with the Chamber! Contact the Chamber at 870.236.7684 or www.paragould.org for information.

**Recurring Events:**

**First Monday of every month**

Paragould Young Professionals First Monday Lunch, noon

**Every Wednesday**

Perking on Prueett, 8:30 a.m.-10:00 a.m.  
At Something Sweet. Find out what's happening in the One and Only downtown Paragould. Your input is welcome.

**T.O.P.S. (Taking Off Pounds Sensibly)**

Wednesday mornings at the Paragould Community Center in Room E. Private Weigh in at 8:00 a.m.; support meeting at 8:30 a.m. May attend one meeting as a guest. Membership fees are \$26 a year and \$1 dues per meeting.

**Second Thursday of every month**

The Compassionate Friends, 7:00 p.m. Southside Community Church Conference Room, 2211 Jones Road. For parents grieving the loss of a child. [tcfofnortheastarkansas@yahoo.com](mailto:tcfofnortheastarkansas@yahoo.com).

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# STAY TUNED

## What's in Store For Next Month

### Cover



Senior independence takes the stage in next month's Premiere. Staffers will talk with area senior citizens who still practice an active lifestyle.

### Feature



lthy is

February is National Wild Bird Feeding Month. We'll visit with folks who enjoy watching birds on their feeders.

### Events



#### The Polar Bear Plunge

Mark your calendars for the Polar Bear Plunge, freezin' for a reason for Special Olympics. Premiere will be at Crowley's Ridge State Park for the event. ♦

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