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Man*

RICHIE WILLIAMS

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VetNotes

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Spring is near, but warmer weather on the horizon means mosquitoes will soon be out in full force.

Unfortunately, this means that heartworm disease will be, too. Heartworm disease is by far the number one infectious disease that I diagnose in adult dogs. In fact, the majority of dogs in our area that are not on heartworm preventative will at some point acquire the disease.



While we live in an area where heartworms are not in short supply, the good news is effective preventatives are available. I personally recommend two options for heartworm prevention, Advantage Multi and Proheart 6. Both of these preventatives have proven to be very effective over the past few years, yet it is important to consider the pros and cons when choosing what's best for your dog.



Advantage Multi is currently the most popular heartworm prevention as it covers many risks with one medication. A once monthly topical application will provide excellent heartworm protection while, at the same time, preventing fleas and the majority of intestinal parasites. The downside is that it has to be applied topically which isn't easy with some dogs and, since it covers several issues, it is typically more costly.

Proheart 6 is a newer option for heartworm preventative. It is gradually growing in popularity due to its ease of use and, in direct comparison, lower cost. It is a once every 6 month injection of slow release heartworm prevention. Hard to beat when talking about convenience! However, the downside is that it offers no prevention for fleas. Because of this, most dogs that receive the Proheart 6 preventative are given a flea preventative called Comfortis to provide great all around protection.



I encourage anyone interested in this topic to visit our website or call us with questions!

God Bless!

Brent Reddick, DVM



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CONTENTS



Paragould High School Band Director Richie Williams goes through life singing a happy tune. His story is on page 26.

10 POLAR BEAR PLUNGE
Teams and individuals were Freezin' for a Reason →→

16 WHAT'S THE FUSS
Some things about life just bug you

18 OUR WEDDING STORY
Shea Purcell and John Oxford

20 I AM GREENE COUNTY
Shawna Scoggin

22 RED CROSS →→→→→
What you can do to help

30 CHAMBER SHOWCASE

36 OUTSTANDING TEACHERS

40 NEARING 100 →→→→
Gene DeBons is about to hit the century mark

46 HAPPENINGS



On the Cover: Richie Williams, photographed by Tim Rand Photography

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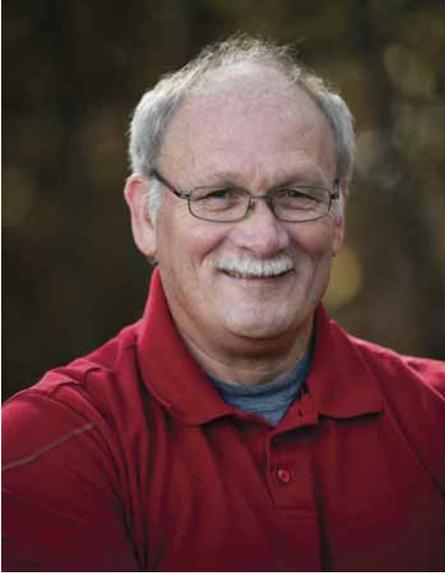
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Way To Go Courtney!

From the Editor...



Richard Brummett, Managing Editor

Most of us have a soft spot in our hearts when it comes to the Special Olympics and all that goes into making that program so successful for all involved.

This month we look at the ever-popular Polar

Bear Plunge, an event that Greene Countians hold very dear, as witnessed by the record-breaking donations collected year after year. This time around we topped the \$41,000 mark, an amazing example of love in action.

Along those same lines, we also bring you the story of an individual -- third-grader Bridger Vines -- who made a most meaningful contribution to the Special Olympics cause.

You can find a photographic recap of the big Plunge on pages 10-11, while Bridger's story appears on page 12.

March is "Music In The Schools" Month and we have musicians of all shapes and sizes, from campuses near and far. Our cover subject is Paragould School District Band Director Richie Williams, a young man well known throughout the community for his avid love for and promotion of music in a variety of ways.

There are also stories from other schools from around Greene County regarding their music programs and the people who make them something worthy of praise.

March also signals a time to make an effort to be a volunteer for the American Red Cross, and

we tell you the best ways to get involved with that amazing organization.

We also take a look at some items that are made in America, products readers have told us they possess and are proud to own. We found the stories interesting, and hope you do also.

Readers will notice on the inside cover of this month's Premiere Magazine a ballot promoting The Premiere Awards.

This is an invitation for Premiere readers to express their favorite businesses and/or individuals in a number of categories. Voting begins with this issue and will continue through Friday, April 19.

Ballots may be mailed in or hand-delivered to us here at Premiere Magazine, located at 400 Tower Drive in Paragould, or can be submitted electronically.

All the information you need is contained on the ballot and we hope you will take the time to recognize those area businesses and business-people that go out of their way to serve you.

Enjoy this month's Premiere. ♦

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Saints & Sinners ride for Children's Hospital set for Saturday, March 30th

Each year when the Arkansas Children's Hospital Radiothon rolls around, organizers can hardly wait to see the Saints & Sinners Riding Club show up.

And, no wonder. The local organization is one of the top fundraisers for ACH, providing thousands of dollars annually for the hospital's research programs.

This year's local version of the radiothon will be held on Friday, April 19, in the parking lot of Southern Bank, located in the Paragould Plaza. It will run from 7 a.m. until 7 p.m.

The Paragould Circle of Friends and MOR Media co-sponsor the event, with 107.1 Jack FM broadcasting live from the site and bringing to the radio audience the wonderful stories shared by families who have experienced the love and expertise administered by Arkansas Children's Hospital staffers.

As for the Saints & Sinners, they will hold their annual Angel Run on Saturday, March 30, according to Rocko, club Vice President.



The Saint and Sinners Riding Club is annually a top contributor to the ACH campaign, last year topping \$8,000.

"Children's Hospital is special to several of our members because of personal experience," he said, himself included. "It's something every member of our club pours their hearts into."

Rocko said anyone wanting to participate in the third annual Saints & Sinners Riding Club Angel Run may email him at [\[riner@yahoo.com\]\(mailto:riner@yahoo.com\) or call him at 573-559-5272.](mailto:bootheelma-</p>
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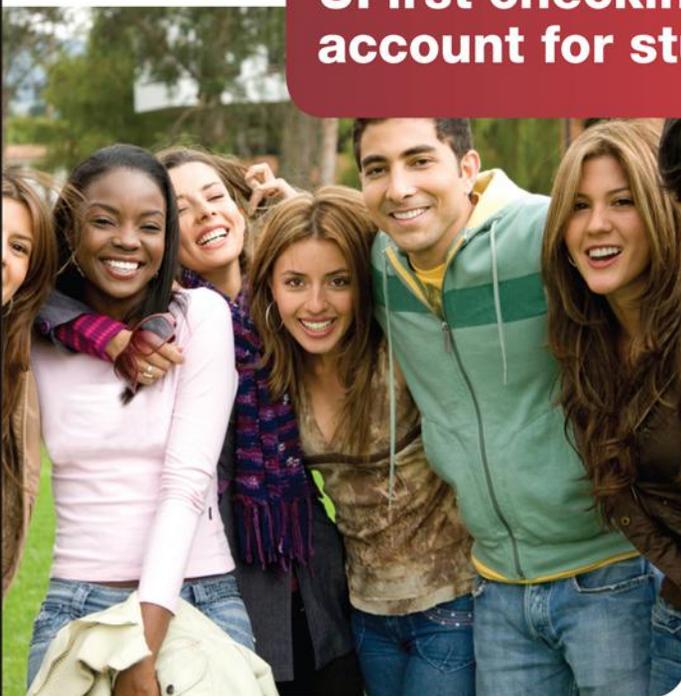
They have a variety of activities planned during the day at their clubhouse on Hwy. 49, and he said he can fill in interested parties.

"Last year we had helicopter rides, games, tents," he said, "and the highlight of the evening is local artist Lance McDaniel" and his band Shotgun Billy's. ♦

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Brooksie, Bonida and Elisa welcomed friends to a night of entertainment.

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Terri Mangrum



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Signs front and back delivered various messages at the start of the Polar Bear Plunge, while local organizers Audra King and Vonnie Greer, right, were eventually all wet.



POLAR BEAR PLUNGE

Volunteers surpass goal for 2013, raise in excess of \$41,000

They came in all shapes and sizes, sporting costumes and headgear and signs ... but the important thing is, they came.

More than 100 volunteers took a dip in a frigid Crowley's Ridge State Park lake, all in the spirit of the Polar Bear Plunge, Greene County's fundraiser for the Special Olympics.

The local version, Greene County's ninth, raised just over \$41,100 to help fund athletic training and events for Special Olympians. ♦

It's cold, according to participants above and below left; at right, members of GCT's Four Seasons prepare to jump in.





The Nerd Herd, above, and "Ram"arkables, below, left the water on the run while onlookers, left, enjoyed their antics. Music and emcee Brian "Big O" Osborn were provided by MOR Media's 107.1 Jack FM radio station.





Bridger Vines' donation to the Special Olympics was indeed special.

GCT Elementary student offers 'special' gift to Special Olympics

By Richard Brummett

When students at Greene County Tech Elementary School in Paragould collected spare change to help raise money for the Special Olympics, some people gave a lot.

Bridger Vines gave all he had.

As the last day for donations arrived, instead of opening his piggy bank and donating a few coins, Bridger told his mother, "Just take the whole thing."

Bridger and his third grade classmates in Ashley Ezell's room won a pizza party for having raised the most money -- he topped \$200 himself -- but it was the one giant act of kindness that stood out to his mother, Shaylie Sloas, a speech language pathologist at GCT.

"He's a very sweet boy," she said, "with a giving heart. I was so proud of him. I love the Special Olympics and try to work them every year. He and I talk a lot about kids with special needs, because I work with them.

"He's very understanding, and really calm and patient with the kids."

His mother said after he made the decision to give all the money he had, they heard a story on the radio recounting a family's loss and summarized by the thought that "maybe you can't be repaid with money, but you'll be repaid with God's blessing.

"I told Bridger, he'll be repaid with God's blessing for what he did," she said.

As for the nine-year-old Bridger, whose donation amounted to \$74.11, he said it felt good to do something nice.

"Yeah," he said, "it was something special."

Bridger's father is Steven Vines, also of Paragould. ♦

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**Contest winners
named at Baldwin**

Winners of the Ridge Kids Dental Month Poster Contest at Baldwin Elementary School have been decided.

Baldwin and Ridge Kids Dental are Partners In Education, and all the prize winners received gift cards to McDonald's except for the grand prize winner, Jazmine Madden, who received an iPod touch. Pictured are Cloe Brown, Keali Lamb, Sara Cline, Kristopher Hansen, Christian Lund, Corbin Bailey, Hailey Beasley, Lucy Lopez, Gift Ekoh, Jazmine Madden, Riley Chronister, Jake Cupples, Olivia Hood, Allie Robb, Lexi Carter, Paige Glenn and Brian Williams. ♦



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Son hits a real home run in sharing description of his father

Several of my old softball teammates and I gathered at a funeral home in Kennett recently to say our final farewells to a good friend, Terry Brown, a guy who shared numerous long road trips and wins and losses and cramped dugouts with us for many seasons.

His memorial service was a simple affair, just the way he would have wanted it. A song performed by his younger son Chris' band was played before some close friends and family members stood in front of the audience and shared recollections of their time together with him. Those of us there smiled or laughed right out loud at the humorous accounts.

Again, just the way Terry would have wanted it.

His older son, Terry Ray, said some nice things about his dad and tried his best to encapsulate the man's life in a few brief sentences. All his words rang true, but the

Get Rich

By Richard Brummett



most accurate came when he said, "He was a ballplayer."

That he was, and as I looked around the three or four rows occupied by us, ten of his teammates and our families, I sadly came to the realization that these instances of saying a final goodbye will become more frequent now.

When we were young men with most of our lives ahead of us we took on all comers and relished the challenge. Age is now doing the same thing to our lives that it did to our athletic abilities. It chipped away and sent us, one by one, in search of other, less strenuous, forms of entertainment. Now it's chipping away at our numbers. We know we're closer

to the last inning than to the first, and sadly we will begin to mark off the list one teammate after another as we can see the age of 70 not all that far down the road.

On the way back from Terry's service I was thinking how nice it was that people could speak short sentences that had so much meaning. I hope when my time comes that someone -- anyone -- will be willing to step forward and share a story or two that will make the others laugh.

I would hope someone could come up with a simple four-word phrase like Terry's son did that would suffice, something better than, "I never liked him" or "he was a jerk." More than likely, the folks who would share those sentiments won't take the time to come to the service anyway.

It would be nice to know someone would try to capture my spirit and, to be honest, if they said, "He was a ballplayer" that would be just fine with me. ♦

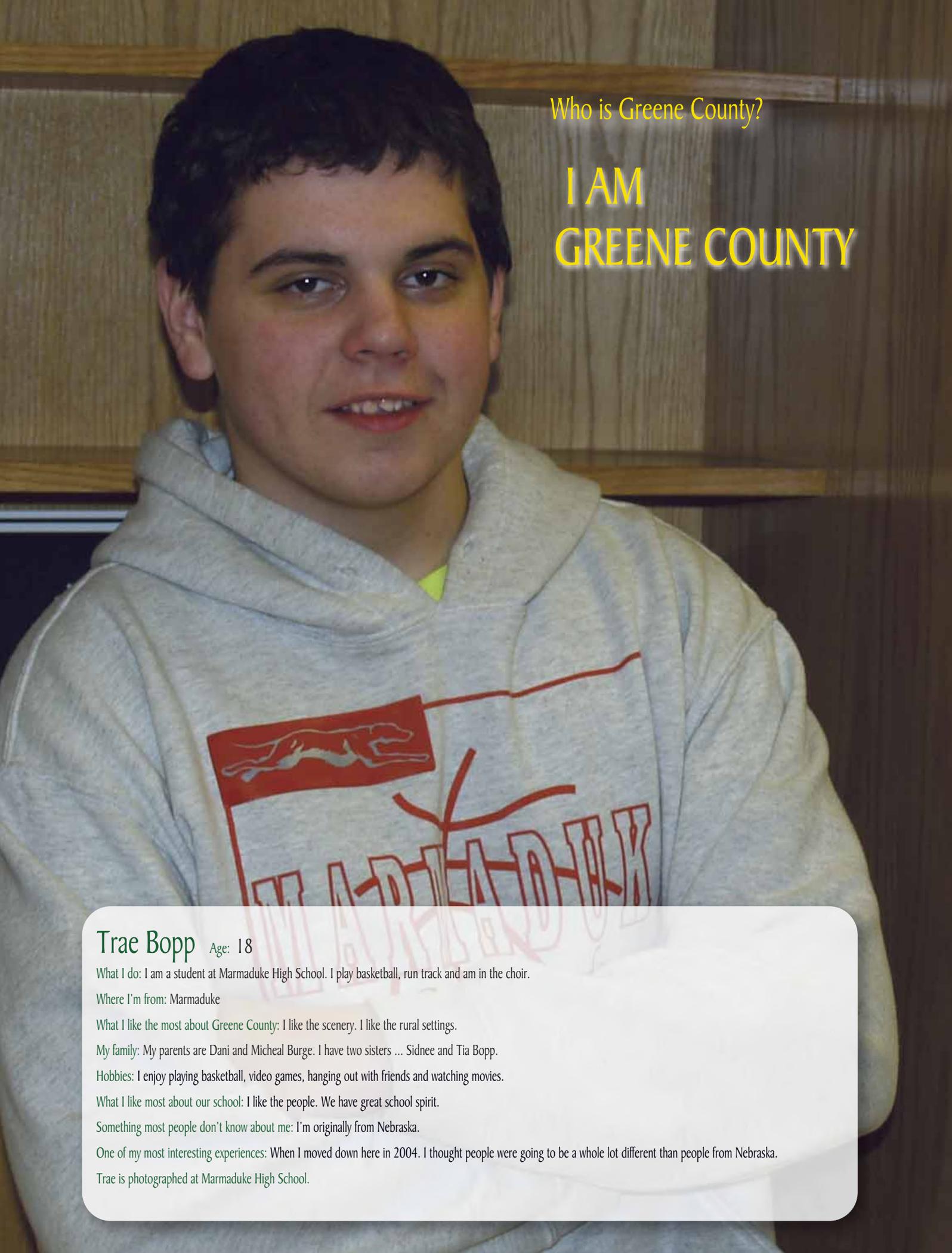
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Who is Greene County?

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Trae Bopp Age: 18

What I do: I am a student at Marmaduke High School. I play basketball, run track and am in the choir.

Where I'm from: Marmaduke

What I like the most about Greene County: I like the scenery. I like the rural settings.

My family: My parents are Dani and Micheal Burge. I have two sisters ... Sidnee and Tia Bopp.

Hobbies: I enjoy playing basketball, video games, hanging out with friends and watching movies.

What I like most about our school: I like the people. We have great school spirit.

Something most people don't know about me: I'm originally from Nebraska.

One of my most interesting experiences: When I moved down here in 2004. I thought people were going to be a whole lot different than people from Nebraska.

Trae is photographed at Marmaduke High School.

There's something about the coming of springtime that just bugs me ... literally

Spring is not my favorite time of year. I prefer the quiet drawing-in of fall, the feeling of slowing down in preparation for a long rest. Spring is Nature's alarm clock — one without a snooze button.

Spring's worst attribute is weather. I grew up in a home fearful of storms. The smallest rumble of thunder struck terror in our hearts. Even large trucks whose engines impersonated the sound of thunder sent us scrambling for cover. The hint of severe weather saw me thrown in the bathtub with cushions and pillows, my mother believing this to be the proper precaution at such times.

Not long ago, my wife and I were visiting my parents when bad weather spun up. The sirens blared, and the weatherman advised us to get in our "tornado safe spot." Having seen the destruction of tornadoes in various news reports, I suspect the only "safe spot" is 150 miles away from any tornado. We mulled our options and decided on the hall closet. Unfortunately, my cousin and her dog were also there, so that made Mom, Dad, cousin,



wife, three dogs, and myself squeezed into a coat closet with several rubber tubs, a dozen picture albums, and — of course — coats, most of which had not been worn since 1988. It was, to say the least, a tight fit.

Another odious aspect of the season is mowing. Hard experience taught me to hire that particular chore out, but the first year we lived in our current home I foolishly attempted it myself. Our yard sprawled before me as I spent hours yanking the starter cord. The machine itself was an older model; pushing it was akin to pushing a hobbled elephant. By the time I'd finished the backyard, I was beat. Hot and sweaty and out of sorts, I'd begun the front when my wife suggested a break while she took over. Fearing the task too much for her, I agreed to a quick five minutes.

I had just leaned against the truck to catch my breath when every neighbor on the street stepped outside to find my small wife struggling with the mower and me in repose. I was accorded a dozen looks typically reserved for folk like Jack the Ripper.

But it all pales in comparison to bugs. Flies, spiders, wasps, it doesn't matter — I hate bugs and am known for my "Bee Dance." (A general term applied to the jumping, ducking, and carrying on I enact when any bug comes near.) The worst of the bunch are ants, and our home is considered a summer resort to the local gang. At times, our countertops appear black with ants, and I once saved my infant son as he was being carried out the back door by the little creatures, his chubby hands waving bye-bye. I believe the poison we put down is nothing more than sugar water, and the tiny note asking us to leave two bottles per morning on the doorstep does nothing to dissuade me.

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Chateau On The Ridge to stage first Arts and Crafts Show in April

Excitement is in the air as Chateau on the Ridge in Paragould prepares to host its first annual Arts and Crafts Show on April 20, 2013.

The show will begin at 9:00 a.m. and run until 3:30 p.m.

According to a press release from the Chateau, "There are many wonderful areas for you to set up your booth, so call today to reserve your space. The cost is \$25.00 per booth and is on a first-come, first-served basis. Several vendors have already reserved their booth space."

As visitors casually walk through Chateau on the Ridge they will find items for their homes, items for the kids, fashion items and many gift ideas. Remember, Mother's Day is in May, so what a great time to find something for Mom.

The wonderful smell of popcorn will be in the air and the Chateau staff will offer floats and ice cream for anyone who is interested.

If you haven't visited the facility before, or would just like to see it again, the staff will gladly give you a tour.

Chateau On The Ridge can be reached by calling 870-215-6300 for more information, or to set up a tour. ♦

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Our Wedding Story: Rain symbolizes blessings

Shea and John met through mutual friends at a softball game one fall day in 2010. They had their first date the next week, and were engaged almost two years later.

The big day was set for September 16, 2012, at Alda's Magnolia Hill in Little Rock. It was a drizzly, rainy afternoon. With an outside wedding planned, the thought of being drenched in your white wedding dress isn't exactly what most brides envision, but as the Italians say, "Sposa bagnata, sposa fortunata" which translates to "a wet bride is a lucky bride."

Rain is said to symbolize blessings, cleansing, unity and a new day. Shea and John believe that to be true.

The couple spent a week honeymooning in Negril, Jamaica. Shea resides in their home in Little Rock while John is spending 2013 stationed with the Army in Afghanistan. ♦



Shea Purcell and John Oxford



Who is Greene County?

I AM GREENE COUNTY

Shawna Scoggin Age: 33

What I do: I am a PCA at Sunshine Manor.

Where I'm from: Paragould

What I like the most about Greene County: There are so many churches that do great things to help families in need. There are several that offer help with food, clothing and Christmas gifts for children whose parents have a hard time making ends meet. It's nice to see a community come together and help people.

My family: My family is very important to me. Two months ago, I married my best friend. We have four children, a 13-year-old daughter and three sons, ages 6, 8 and 9.

Hobbies: I enjoy spending time with my family and scrapbooking.

Shawna is photographed at Sunshine Manor.

Archers from Greene County schools compete in regional tournament



GCT Elementary team, front from left: Gunner Gomer, Catelin Adams, Casen May, Jonah Warmath, Matthew Exum, Mason Clark; 2nd Row: Aaron Utley, Hunter Clester, Cassidy Hass, Hannah Young, Cade Webster, Jenna Rogers, Emily Rowe, Devin Smith, Corry Riga, Rylee Cook; 3rd Row: Mike Clark, Charity Andrews, Zoe Blankenship, Jazzmon Pillow, Jacob Jones, Hunter Massing, Jason Rowland, Blake Strobe, Colton Couch, Sarah Hodge, Laura Robinson.



GCT High School team, seated: Cassie Cooper, Macey Barnum, Sydney Adams, Madison Parrish, Rebecca Martin, Chandler Henfling; standing: Hayden Moore, Drake Lowe, Corey Rowe, Garrett Inman, and Tiana Nyland.



GCT Middle School team, front from left: Trace Huckabee, Alex Utley, Jessa Everett, Jordan Everett, Trisha Adams, Alex Robinson Middle Row: Jarrett Earnest, Allison Rowe, Sean Combs, Lily McDaniel, Luke Atwill, Chris Bateman, Danny Adams, Megan McDaniel, Kelsey Brumley, Tanner Johnson, Zach Rollins; Back Row: Jordan Kidd, Garrett Thompson, Hayden Faulkner, Garrett Wood, Levi Reynolds, Reed Whitaker, Elijah Wood.



Marmaduke Senior High, front row: Edna Johnson, Mallory Carter, Madison Nelson, Ashlyn Raines, Hannah Muse, Kelsey Campbell; back: Coach Mike Cook, Nathaniel Collins, Amber Latsha, Tristin Judd, Will Winberry, Austin Shelton, Hunter Prince, Alex Reece, William Retherford, Phillip Bobbitt, Matt Hamm, Dustin Parrish, Jake Edwards, Assistant Coach Bonita North.



Marmaduke Junior High, front row: Josh Carey, Ashley Latsha, Rachel Taylor, Carissa Specking, Maddie Lamar, Ty Muse; back, Coach Mike Cook, Eli Lourcey, Derek Farmer, David Clayton, Austin Hendrix, Dylan North, Garrett Mullins, Assistant Coach Bonita North.

All three teams from GCT headed to state tournament

Greene County Tech's Elementary School and Middle School archery teams finished in second place while competing in the regional tournament, and both will continue in state competition this month.

GCT's and Marmaduke's senior high teams also qualified for the state meet after performing in the regional event.

Regional tournaments took place at Clarksville High School, Bergman High School in Harrison, Eagle Mountain Magnet School in Batesville, Joe T. Robinson High School in Pulaski County and Monticello Schools, as well as Glen Rose.

Winners from each regional tournament will go on to compete in the state tournament March 15 and 16 at the Hot Springs Convention Center. ♦

Be a volunteer ...

At left, Hutch Garrett prepares Matthew Combs for a donation during Arkansas Methodist Medical Center's Red Cross Blood Drive. Below, Collection Technicians tend to donors and catalog vials of blood at the Blood Drive, hosted in AMMC's auditorium in Paragould.



March is Red Cross Month; volunteers needed in many areas

By Richard Brummett

When most people think of offering their services to the American Red Cross, the first thing that comes to mind is donating blood.

According to statistics provided by the Red Cross, every two seconds someone in the United States needs blood, with more than 44,000 donations required daily.

March is Red Cross Month and there are several ways one can be of help, volunteering in a variety of fashions. The following is a list of typical volunteer opportunities provided by the Red Cross:

Board Members

Serve on local boards and help with fundraising and marketing programs. Be the



AMMC hosts blood drive every 56 days

Arkansas Methodist Medical Center in Paragould stages an American Red Cross blood drive every 56 days.

They are booked that way because whole blood donors are eligible every 56 days, or every 8 weeks.

It is estimated that AMMC transfuses approximately 100 units per month at its facility alone.

face of the Red Cross in your community and ensure we are serving your community well.

Volunteer Management

Assist with volunteer recruitment, placement, record keeping and recognition.

Disaster Services

Provide food, shelter, comfort and home for families affected by major disasters such as fire, hurricanes and tornadoes.

Disaster Action Team

Volunteers need to respond to single-family fires with a disaster action team supervisor.

Disaster Preparedness Presenter

Educate individuals and groups on how to be prepared before a disaster occurs.

Be Red Cross Ready

Take the 10 minute quiz and prepare your

family with your own disaster plan and kit.

Hospital Volunteer

Lend a hand to patients at Veterans Administration and military hospitals.

School Clubs

Students and teachers from elementary school through college lead Red Cross school clubs.

Health and Safety Instructor

Teach community classes such as CPR, First Aid and water safety to children and adults.

Babysitting Course Instructor

Become certified and teach American Red Cross Babysitting courses to teenagers.

First Aid Team

First Aid and CPR volunteers staff special events throughout the year.

Armed Forces Caseworker

Ensure delivery of emergency communications for members of the military and their families.

Blood Donor Recruiter

Work with individuals, groups and companies to recruit blood donors and promote blood drives.

Blood Drive Volunteer

Greet and register blood donors.

Driver

Pick up donated blood units from a blood drive and deliver to the laboratory to be thoroughly tested and then sent to the hospital.

Facts about blood needs and supply

A total of 30 million blood components are transfused each year in the U.S.

The average red blood cell transfusion is approximately 3 pints.

The blood type most often requested by hospitals is Type O.

The blood used in an emergency is already on the shelves before the event occurs.

More than 1 million new people are diagnosed with cancer each year. Many of them will need blood, sometimes daily, during their chemotherapy treatment.

A single car accident victim can require as many as 100 pints of blood.

Blood cannot be manufactured – it can only come from generous donors.

Type O-negative blood (red cells) can be transfused to patients of all blood types. It is always in great demand and often in short supply.

Type AB-positive plasma can be transfused to patients of all other blood types. AB plasma is also usually in short supply. ♦

IHL Instructor

Conduct classes on International Humanitarian Law.

International Tracing Services

Assist in the international search for persons living overseas, in war-torn countries or thought to be living in your community.

Language Bank

Utilize your language skills to translate.

Grant Researching/Writing

Assist the fundraising team as they research, write and execute grants.

Thank a Donor

Make calls to thank Red Cross financial donors.

Speakers

Provide presentations about Red Cross programs in the community.

Public Affairs

During disasters, tell the Red Cross story to your community.

Social Media

Be an online advocate and tell the mission of the Red Cross.

Clerical

Assist with administrative tasks.

The Northeast Arkansas Chapter of the Red Cross is located at 305 West Jefferson Ave. in Jonesboro. The phone number is (870) 932-3212 and it serves the residents of Clay, Craighead, Cross, Fulton, Greene, Izard, Jackson, Lawrence, Mississippi, Poinsett, Randolph and Sharp counties. ♦

Congratulations 2012-2013 National Board Certified Teachers!



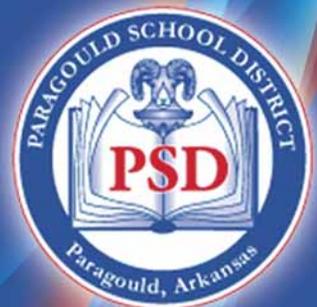
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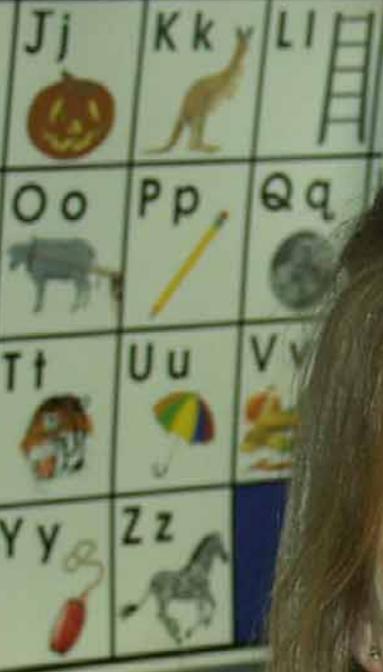
Tammy Morgan
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OGMS 5th Grade
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MARCH 2013						
SUN	MON	TUE	WED	THU	FRI	SAT
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Jaci Pratt, 7, is a first grader at Marmaduke. She is the daughter of Kevin and Amy Pratt.



Students enjoy Crowley's Ridge Academy KIDS

The Crowley's Ridge Academy KIDS recently performed for students at Baldwin Elementary School in Paragould.

The CRA group sang and acted out several popular children's book stories. ♦



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*Richie Williams
... The Entertainer*

Music is a vital part of band director's life

By Richard Brummett

At any given point during the school day, Richie Williams is apt to break into song for no apparent reason.

"My students say being in my class is almost like watching a musical," said Williams, Director of the Paragould Pride Bands. "They say they never know when they're going to be treated to a performance."

Performing ... that's a large part of what Williams is all about. He's known throughout the Paragould community as a singer, musician, director, emcee -- a performer.

"I do have to admit, I love being out in front," said Williams, 35, and owner of an ebullient personality. "If I wasn't doing this, I honestly think I'd be a Las Vegas lounge singer."

His love of music spills over to his students, who have followed his lead and made the Paragould band program

one of the best in the state. As a result, Williams was named Arkansas' Outstanding Young Band Director for 2012.

"That award is not about competitions you've won or trophies," he said. "It's about the product you put out and the enthusiasm in your program. I tell everyone, that's one I have to share credit with the kids. They're the ones that bring all the positive attention to the program. It just shows that if you can get the kids excited about it, it pays dividends."

Williams said he was introduced to music early on, because his father was a musician who "sang and had his guitar with him all the time. He would never hesitate to get it out and start playing and singing.

"I got my love of music from him, but my first year in band -- in the seventh grade at Marion -- I knew in my mind right then that I wanted to teach band. I thought, 'This teacher, this Mr. G., is having way too much fun. That's what

I want to do.'"

Now his life is filled with music, whether leading the school band program, serving as Music Director for West View Baptist Church, playing with the Oldies group at the Collins Theatre or heading up the Rockin' The Night Away fundraiser for the PHS band program.

"And I'm constantly being called and asked to sing or play the trumpet," he said, adding that he is also the voice of the Arkansas State University women's basketball program and



Out in front, right where he likes to be, Williams both emceed and performed at the Rockin' The Night Away fundraiser for his Paragould band program.

still sits behind the microphone at several Paragould High School games. "I actually have to find ways to play my trumpet for myself, but I'm pretty fortunate. Lots of musicians have a regular job, then only get to play at night. I can always play in class any day I want to, and the kids get a kick out of it."

As for that job, Williams said people sometimes don't understand the total impact a solid music program can have on a school and community.

"We reach a larger majority of kids than most people can imagine," he said. "Over twenty-five percent of the seventh-through-twelfth graders are involved in band. The high school band is the single largest organization on campus. We have over 100 kids.

"We give more kids an opportunity to have something they're good at than any other program. I tell them, 'There are no benchwarmers in band; everybody plays, all the

time.' Every individual person plays a key role. We have high expectations, and hold ourselves accountable."

While stopping short of calling himself The Music Man, he admits he is definitely a man of music. He owns a bachelor's degree in instrumental and choral music education, and a master's in instrumental conducting.

His daughter, Dixie Danielle, 6, and a kindergartner at Paragould's Baldwin Elementary has already said she plans to follow his lead,

although he indicated "her instrument of choice changes month by month. She's heavily involved in dancing and the arts and gymnastics, too."

He also has a son, Dexter Alexander, who is not yet a year-and-a-half old, but Williams said he hopes he, too, chooses music when the time comes.

"I will always be the band director," he said. "That's what I am. I wouldn't want to do anything else. Almost any time you ask, people are willing to share some meaningful story about their band or their band director. I love that."

Williams' love of music is rivaled only by his love of spinning a tale, such as how he got his name.

"I am a full-blooded Native American Indian," he said, "of the Cherokee and Apache tribes. My real name is Guianta Mescatero, which translates to Red Magic. Try going through life as Guianta. I made Richie up. The movie *La Bamba* came out in 1987 and I love oldies music, loved Ritchie Valens' music, and after I watched that movie, I told my mother, 'I'm going to be Richie from now on.' And so, I was."

Like his music, he is quite a story. ♦

Greene County Tech Band program continues successful run

By Jennifer Thompson

Even though the Greene County Tech band program has experienced some changes over the course of this school year, students and teachers alike are working their hardest to keep the program going as strong as ever.

Having Danny and Linda Davis retire offered the opportunity for one GCT alumnus to come in and help continue with the music program and the students. Jeremy R. Wortham was named as the Jr. High Band Director earlier this year. Wortham is a 1998 graduate of Greene County Tech and served as the band's Drum Major his senior year during the Davis' tenure at GCT.

Wortham said, "I have marked an item off of my bucket list by being given the opportunity to come back and give back to the community that I grew up in; that made me the person I am today."

After graduating from GCT, Wortham went to Arkansas State University to major in music education. He earned both Bachelor's and Master's Degrees from Arkansas State University. While at ASU he was Drum Major of the "Marching Indians" and over the ASU "War Party" (Pep Band) for three years.

He took on his first job at East Pointett County in Lepanto, where he taught for four

years prior to accepting his position with GCT. When Wortham took over the band program in Lepanto, he said, "There were only nine band students in 7th-12th grade, and when I left there were over 50 students in the program."

Wortham has been married for 14 years to his wife Christy, and they have a 12-year-old daughter, Gaithy, who is in the seventh grade at GCT Middle School.

As for the GCT band program, this year a total of six Jr. High students qualified for Jr. High All-Region Band: Hallee Cole, Rebecca Martin, Adam Hartness, Ryan Baldwin, Kelsey Brumley, and Luke Atwill.

Additionally, a total of 14 GCT Sr. High students qualified for the Sr. High All-Region Band: John May, Kris Isom, Emily Shain, Ashlie Books, Johnathan Hufford, Rae Wanner, Tyler Stowe, Kirsten Hazlewood, Zach Baker, Adrienne Freeman, Taylor Mullins, Mandy Jackson, Madison Mothershed, Seth Bayird and Ashley Hogan.

Three of the Sr. High Students also went on to qualify for the All-State Bands, an even more prestigious honor. Those students who qualified for All-State Bands, and the bands they qualified for are: Johnathan Hufford – Wind Symphony and Chamber Orchestra; Emily Shain – Symphonic Band; and Adrienne

Freeman – Concert Band.

"All of these students worked extremely hard by spending countless hours of practice time on their own and in private lessons. They participated in the Region V All-Region Band clinic hosted by Arkansas State University on January 18-19," Wortham stated. "Band students are often the brightest and most successful students on a school campus," he added, when speaking of his band students.

Though all auditions are not completed, Wortham said he "expects there will be around seven or eight of the senior GCT band students that will accept music scholarships to schools such as Arkansas State University, Arkansas Tech University, University of Arkansas, and University of Central Arkansas."

(Wortham also noted, that on March 7-9, the Greene County Tech Bands are set to host the 2013 Region V Concert & Sight-Reading Assessment. He said the Assessment provides the incentive for the development of musical understanding, skills, and taste through performances that are aimed at exhibiting each group at its most mature level. Assessments afford both students and directors with an opportunity to hear performances by other groups of their peers; they stimulate constant growth, and provide constructive criticisms from objective adjudicators.

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NEASIGNS - Signs
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"Each band will receive a rating from I, being the highest rating, to a V, being the lowest rating. Greene County Tech has been chosen the past two years to host the event because of the gracious and dedicated taxpayers that allowed for the construction of one of the best auditorium facilities in the state," Wortham added. "Anyone who hasn't had an opportunity to see the new auditorium, this would be a great time to see the facilities and listen to some great bands from Northeast Arkansas."

The Greene County Tech Jr. High Band and the Sr. High Concert Band will both be participating in the Assessment. "Both bands have been working extremely hard practicing, rehearsing, and learning every educational aspect of each piece they will be performing," he said.

For the Assessment, the GCT Jr. High Band will be performing:

Andalucía March by Victor Lopez

Shenandoah arranged by Robert W. Smith and Michael Story and

Fire Dance by David Shaffer.

The GCT Sr. High Concert Band will be performing:

March of the Belgian Paratroopers arranged by James Swearingen

Australian Up-Country Tune by Percy Grainger arranged by Glenn Cliffe Bainum

Urban Dances by Erik Morales.)

Both the Jr. and Sr. bands also played during their regular Winter Concert which was staged in February in the auditorium at the high school campus. ♦

Schools' music programs help students in a variety of ways

By Gabriel A. Cook

Education is a hot-button topic these days, especially with cuts and consolidation threatening schools. Extra-curricular activities go first to the chopping block, but one activity — music — serves its students in a myriad of ways. Beyond the concerts and band trips, music is an education in language, math, and group interaction.

The most polished of musicians do not sit with unfamiliar music and instantly perform. Technical details must be ascertained before a single note is played: Tempo, volume, mood, etc. Composers use guide posts to convey their musical intent, and the non-musician may be surprised to learn that Italian — not English — is their preferred language.



The youngest piano student learns that *Adagio* means to play slowly, *Vivace* means lively, and *Andante* is somewhere in the middle. Such terms are simple enough to memorize, but what of *L'istesso tempo* or *Doppio movimento*, to say nothing of *Calando poco a poco*?

Memorization means little to the agile musician; working knowledge of a second language is an invaluable tool for amateur and professional players alike, and even then it is not unusual to find tempo markings written in French or German.

At its core, music is math, and students who suffer with dyscalculia (math dyslexia, which afflicts this author/composer) fight an additional battle when practicing an instrument or taking music appreciation class. An average bar of music contains four beats in which four quarter notes can be played. Combine two of those quarter notes and one creates a half note, two of which can be played in a bar of four beats. Combine those two half notes and one has a whole note ... one round note that monopolizes the entire four-beat bar. But notes aren't only combined; they are fractionalized, thus creating eighth notes (a quarter note split in two), sixteenth notes (a quarter note split into four — or an eighth split in half), thirty-second notes, and so on.

Fractions and decimals feature prominently in music, and it is the student who shrugs off math

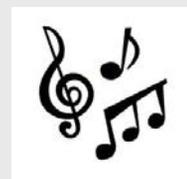
class to learn the saxophone or trumpet who suffers most.

Tempo and rhythm are also a form of math, but they are numbers felt more than seen, and a certain amount of innate ability must be present in order to enjoy the full extent of them. Like writing, music ability can be taught ... but great writers and musicians are born. This should not prevent anyone from pursuing the pleasures of music, however, as even a rudimentary knowledge has much to teach.

Most schools offer a band class, and it is here that the most difficult of tasks is achieved: Performing music in tandem with other people. To set loose twenty student musicians to learn a new piece results in chaos. It is at the hands of a capable instructor that a disparate group of musicians, all with different tastes, learn to play as one. They shoulder their weight without upstaging fellow players, keep an eye on the music and the conductor, and — most importantly — interpret the piece with unification. There are few pleasures in life greater than producing music with a group lost in the mood and magic of the piece before them.



Beyond instruments and group interaction, however, is a deeper need for music in schools. In



1998, the Houston Chronicle reported that students involved in a music class reported the lowest use of illicit substances. The U.S. Department of Education

says, "Many colleges view participation in the arts and music as a valuable experience that broadens student understanding and appreciation of the world around them. It is also well known and widely recognized that the arts contribute significantly to children's intellectual development." These are social issues influenced by the recurrence of music appreciation in schools, and they are some of the most important our nation faces today.

Not bad for a class that typically starts out with "Mary Had a Little Lamb" on its first day. ♦

Business Is Good

Paragould Chamber's annual Showcase proves to be a success

More than 90 vendors set up shop at the Paragould Community Center in February for the annual Paragould Regional Chamber of Commerce Showcase.

Hundreds of visitors strolled through the area to view displays from all phases of the business and educational sectors. ♦



MOR Media's Drew (Big O) Carey, above, explains to a booth visitor how The Price Is Right game is to be played. Below, Chamber volunteers and visitors take part in a variety of activities.



Business Is Good



Visitors to the Showcase strolled the aisles, above, to see displays like those from Arkansas Methodist Medical Center at right, or Room To Grow, Care Plus and US Biz Solutions, below, among others



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- Cregg Chronister



Cregg Chronister of Paragould is proud of his fishing gear, inherited from his father. Chronister said the rods, reels and tackle boxes "probably date back to 1970 on some of them. But you don't find things made like them today."

MADE IN AMERICA: Fishing gear stands the test of time

By Richard Brummett

Cregg Chronister said when he takes the time to pick up fishing gear in a store today he always has the same thought: "It looks good, but will it last?"

Chronister has an excellent supply of items to compare today's products to, having inherited from his father some good old American made rods, reels and tackle.

"You can't find that stuff anymore," he said, referring to the seven rods and reels bearing names like Eagle Claw, Ambassador, Shakespeare and Garcia. "Seems like everything you try to buy today is

made in China."

Chronister said he believes the items his dad, Bill, left behind were "made to last. I've got one rod of his that I use when I fish and five boxes full of lures. The boxes were made in America, too. There was some pride taken in making them."

He said his children "like to go through the boxes and look at them" but he's not quite ready to send them out to the water with his dad's gear.

"These are something I'm real proud of," he said. "You can't buy stuff like this anymore." ♦

Tervis Tumblers prove to be unique and useful at the same time

By Richard Brummett

Gina Jarrett isn't bashful about her fondness for an American made product: Tervis Tumblers.

When we sought input on products area residents were proud of, Gina submitted her version of the Tervis story:

"Let's take a little trip back in time. It's 1946. Detroit. Engineers Frank Cotter and G. Howlett Davis hit on something big: They harness the natural insulating powers of air to create a permanently sealed, double-walled tumbler. Finally a way to keep hot drinks hot and cold drinks cold. Not to mention, it is virtually indestructible. This outstanding innovation changed the drinkware industry forever. Talk about a game changer.

"Combining the last three letters of each of their last names, Cotter and Davis dubbed their new cup brand "Tervis." In the years to follow, they worked hard to refine and improve their designs. The original tall, cylindrical tumbler evolved into additional sizes and products. Today, Tervis offers six tumbler sizes, plus hundreds of customizable designs, emblems, and accessory combinations.

"The Donelly family purchased the Tervis product rights in the 1950s and incorporated the Tervis Tumbler Company in 1967. To this day, all Tervis products are proudly made in North Venice, Florida, where over 700 people are employed through this family-owned-and-operated business.

"In 2011 we celebrated 65 years of making quality made-to-order tumblers."

Jarrett said her family loves them, "Caroline especially. Made in Florida, sold locally at Treasure House."

Melinda Dixon is another Paragould resident who sings the praises of Tervis products.

"We have a ton," she said, "and we love them. They don't leave a ring on your table and they keep your drink cold."

Dixon also said the fact that they are American-made is a plus, and they can be found in numerous stores around the country.

"We get them when we travel," she said. "You

can get them with sports teams' logos on them or you can have them personalized. I have one with a moose on it from Vermont. The are great souvenirs and remind us of the places we've been." ♦



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March is a month designated to celebrate women's history

March is the month designated in celebration of women's history, thus I can't help but recall those monumental females who set a stage for women thereafter.

However, it's the everyday moms, teachers, entrepreneurs and like kind who exalt so many.

It's funny how the present can so quickly overshadow the past. As I watch a friend's daughter in her crowning moment, I remember the feeling of the same reward. It was, according to a long list of title holders documented before me, nearly 15 years ago. I feel like a time traveler who can't control the increment of years. I'm still that little girl waiting for another

redefining moment.

Each phase in my life seems of utmost importance: The day I was rewarded as a teenager, my first newscast, the day I married my husband and the times I gave birth to my

sons. Each incidence so quickly passed but not reciprocated.

I'm a feminist by nature. I've always had that "any-

thing he can do, I can do better" mentality. Much of this attitude was, ironically, inspired by my father who constantly empowered the women in his life. In addition, I embrace an incredibly diverse group of girlfriends. Each

The key is keeping your desires in overdrive. Women in history didn't make such a mark only to be ignored.



By Tiffany Napier

one of them encourages me to be someone different.

I constantly surprise myself with my own ambition or inspiration provided by those around me. A woman is not a singular success, for she is only as prosperous as those she surrounds herself with. The key is keeping your desires in overdrive. Women in history didn't make such a mark only to be ignored.

You'll have many goals in life and achieve a great deal of them, but nothing relates to a collective accomplishment. It's that realization that everything you've done before led you right where you are. ♦

Is Your Child Overscheduled?

Many kids today are involved in lots of activities, from school programs to sports to birthday parties and more. When they're so overscheduled, other things suffer - like family time, grades, and even their mental health.

Kids who don't have enough free time because they're overscheduled are more prone to stress, depression and lower self-esteem. Mental Health America

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Paragould police officers share the lunch table at Baldwin Elementary.

Baldwin Elementary invites police to share lunchtime

Baldwin Elementary students have new faces in the lunchroom on a weekly basis. They are not those of new students, but of Paragould Police officers who are participating in the Police Partners for Lunch program.

The program is the brainchild of Kristie Ford, counselor at Baldwin. Ford works with D.A.R.E. officers Brad Snyder and Jack Hailey, co-teaching third grade students about safety and survival skills. They noticed several students were nervous around the officers, and that is how Police Partners for Lunch began.

“By increasing the officers’ visibility in school we are promoting a safer environment for all our students, faculty, and staff, as well as modeling a positive community experience for our students and their families,” said Ford.

There is a special table in the cafeteria for administrators and guests, and the officers are welcome to eat lunch with the students at their convenience. The response from the students has been overwhelming. Students love seeing the officers in the lunchroom and are learning to identify resource officers in the school and community, and how to seek their help. They are also able to talk to the officers about questions they have regarding the law and what to do in certain situations, like talking to strangers.

“The Police Partners for Lunch has been a great program for our students. We are very grateful to the Paragould Police Department and proud to live in such a caring community,” said Ford. ♦



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Outstanding Teachers



JENNIFER ANTHONY

I don't believe I chose teaching, rather the profession chose me. My mom, a retired teacher of 38 years, tried to tell me it was what I was called to do. I stubbornly thought otherwise and shied away from it for seven years after college graduation. The opportunity arose in 2003 for me to teach at my alma mater. I took it and never looked



back. It's my passion, and my joy comes from the students' successes. It's because of them I went on to receive my master's degree and become a National Board Certified Teacher. I love kindergarten, Marmaduke and will forever bleed red and white. I wholeheartedly believe the best kids come from Marmaduke and that's what I want my students to believe in as well.

The best part of my job is teaching my kindergarteners how to read. Watching their little faces light up as the letters and sounds suddenly make sense is priceless. The changes the students go through in the course of their first year of school are amazing. I also coach 5th & 6th grade girls' basketball and I take great pride in watching my ballplayers successfully execute a play we've been working on. I'm so very fortunate on and off the court.

I've been teaching for 10 years, all at Marmaduke. The first year I taught remedial math and reading for grades 3-6. The last nine years have been in kindergarten.

I'm married to Shanon Anthony, who's Chief Deputy at the Greene County Sheriff's Dept. We have three daughters: Jordan MaLyn 14, Maggie Lou 11, Ava Caroline 5; all attend Marmaduke. The girls are very sports minded and are active in basketball and softball. We are members of the Union Central Church of Christ. ♦

DANA FAULKNER

Teaching just seemed the natural choice for me. My grandmother, Nellie Felty, was a teacher for forty years. I grew up seeing what an impact she had on her students. I wanted to be just like her. She would give me her old books and worksheets, and I would line up my dolls and play school. I feel that teaching is the most important job there is. We have such an opportunity to positively influence every child who comes through our door. I truly love my job.

I just love the kids. I love being around them. I teach junior high, and kids this age go through so many changes every day. It's amazing to watch them grow and mature right before my eyes. The best part of teaching is having former students come back and tell me that I made a difference in his or her life.

This is my twentieth year. I started out at Stanford teaching sixth grade. I taught one year at Woodrow Wilson then moved to Oak Grove Middle School where I taught sixth grade language arts for ten years. I've been teaching eighth grade language arts at PJHS for nine years.

I am married to Coach Anthony Faulkner. It will be 27 years in April. He is truly my soul mate and my best friend. He is currently battling colon cancer, and it has reminded me just how lucky I am. Our son Hunter is currently substituting for his dad at PJHS. He plans to join the Air Force this summer. Our daughter, Jordan, is a senior at Lyon College. She has been accepted into the Teach for America Corps and will be moving to Jacksonville, Florida, for two years to teach science in a poverty stricken school district. Anthony and I are so proud of both of our children. ♦



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PSD teachers receive National Board Certification

Three Paragould School District teachers were recently recognized as National Board Certified teachers by the National Board of Professional Teaching Standards.

National Board Teacher Certification is a recognition of high quality teaching practice as measured against rigorous standards by the National Board for Professional Teaching Standards. It is a symbol of achievement and commitment to excellence in teaching. Offered on a voluntary basis to teachers with at least three years of teaching experience, National Board Teacher Certification complements, but does not replace, state licensure requirements.

Stephanie Thomas is a speech pathologist at Woodrow Wilson Elementary. She has been



Stephanie Thomas

with the Paragould School District for ten years and was encouraged by her peers to pursue her National Board Teaching Certification. "I decided to do National Teaching boards because it was an opportunity to reflect on my teaching methods. It has made my teaching strategies better align with individual student learning styles," Thomas said.

Thomas went into teaching because she wanted to help students become life-long learners. She is grateful to work for the Paragould School District, and the Woodrow Wilson faculty and staff encourage her to teach so all children have the opportunity to learn with their individual learning style.

Angela Newby is a fifth grade Language Arts



Angela Newby

teacher at Oak Grove Middle School. She has been teaching a total of 16 years, with six of those years being at OGMS.

Newby applied for her National Teaching boards by seeing it as a way to challenge and improve her teaching. The reflection process of this advance certification creates a habit of analyzing teaching and student work on a much deeper level.

Newby loves teaching because she enjoys the children and wants to be a positive influence in their lives.

"The teachers and staff at OGMS are a great inspiration to me. Seeing how awesome they are at their jobs pushes me to do my best every day," said Newby.

Tammy Morgan is a special education teacher at Paragould Junior High School. She has been teaching for ten years and at PJHS for six.



Tammy Morgan

Morgan decided to become National Board Certified so she could increase her knowledge on how to help students with special needs, and help them learn according to their needs. Morgan has learned how to assess information on instruction and how to reflect on her teaching so she can modify her lessons.

She knew she always wanted to be a teacher and work with the students who needed help the most.

"Paragould School District and PJHS have supported me by giving me the technology and resources that my students need to be successful," said Morgan.

Of the 35,000 public school teachers in Arkansas, approximately 2,000 are National Board Certified. Paragould School District has seventeen National Board Certified teachers. The Arkansas Department of Education encourages teachers to complete the certification process by paying part of the application fee and providing a bonus payment to teachers who successfully complete the certification process. ♦

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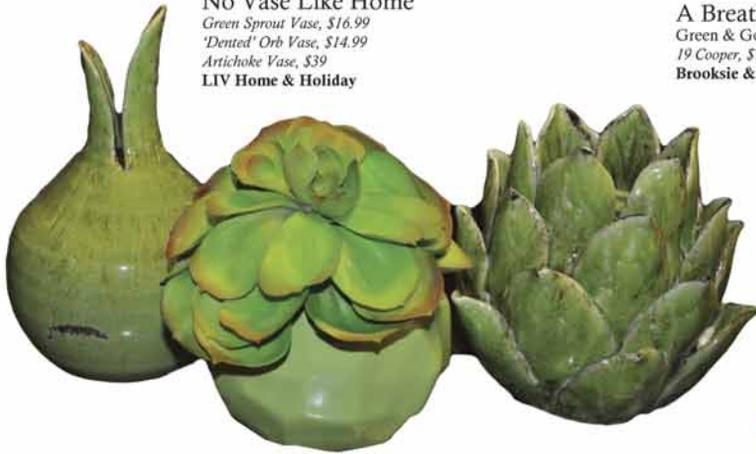
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Front: Destiny Baldwin (2nd runner up junior), Karlee Jo McCarty (honorable mention Petite), Bailey Overshine (high gold and 3rd overall high score), Emma Copeland (1st runner up Petite), Sophie Simmons (1st runner up Junior); middle: Elleigh Counts (high gold and 2nd overall high score), Shaley Jordan (honorable mention Petite), Piper Mitchem (2nd runner up Petite), Dixie Williams (high gold), Kaitlyn Lizarraga (honorable mention Petite), Valley Mitchem (high silver), Hayden McCord (high gold and 2nd overall high score), Gracie Cassibier (honorable mention Petite); back: Sierah Armstrong (1st runner up Teen), Megan Lowe (high silver), Samantha Watson (2013 Teen Miss Dance of the Mid-South), Dax Claude (high silver), Lexi White (1st runner up Miss), Kenzie Overshine (high gold). At right is Samantha Watson, 2013 Teen Miss Dance of the Mid-South.



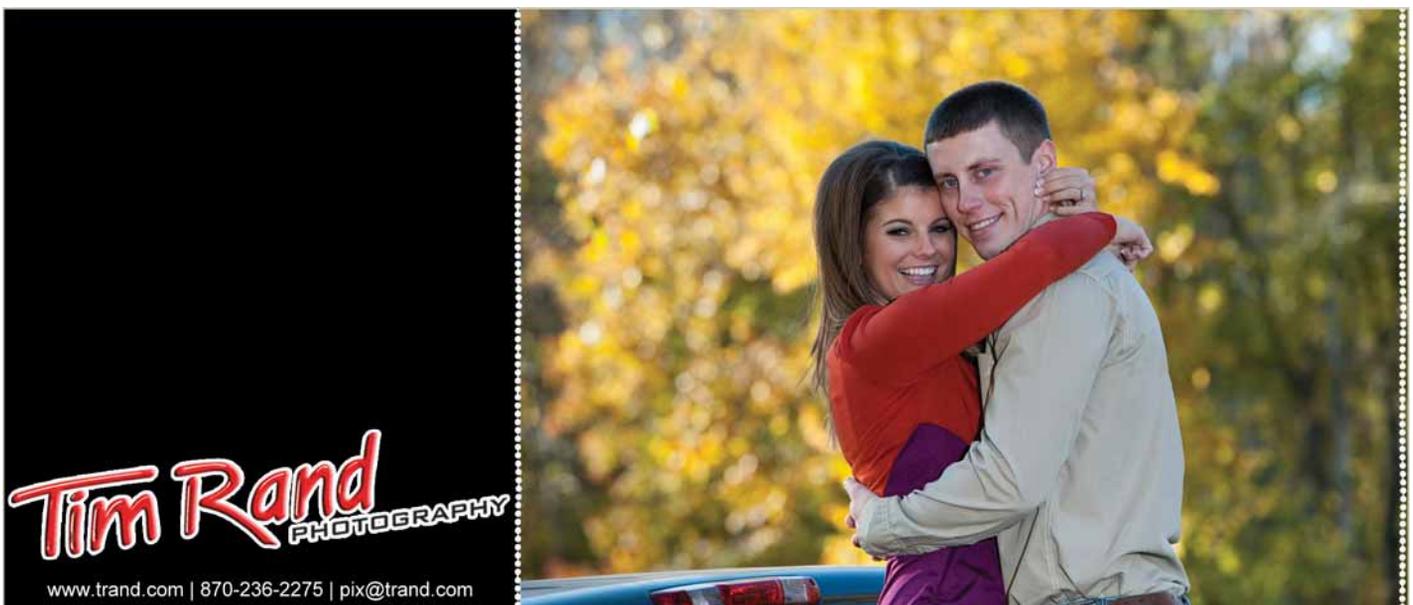
Local dancers come home from competition with awards

Performers representing Elite Performing Arts, owned by Heather Claude, attended Dance Masters of the Mid-South dance competition and convention classes February 8-10 in Chattanooga, Tennessee.

According to information provided to Premiere Magazine, the Elite team represented Paragould very strongly.

Members of the dance team competed in title competition and the performing arts division,

and also took classes from noted instructors Denzil Adams, Pat Shepherd and Eugene Flemming. ♦



100th birthday celebration set for Gene DeBons on March 30

By Richard Brummett

Gene DeBons said he doesn't have any special activities planned for his birthday later this month. "Just hope to be there," he said, pointing out that the March 30th birthday will be his 100th.

"I've got 27 kinfolk," he said, "and 25 of them are coming in. I think that's pretty good. I think we're going to the Red Goose on Friday, and then to Fox Hills on Saturday and there's a party at St. Mary's Hall on Saturday afternoon."

DeBons, who has five children, said he tells them, "I don't know if being this old is a blessing or a punishment. I feel great, but my legs are gone. All those years climbing a ladder, and now my legs are gone."

He was a sheet metal worker back in the day and also an avid golfer and fisherman. He played golf until just recently ("I hit the ball out behind the house, but I don't hit it so good any more") and still enjoys fishing with family members in Texas. He said the family outings usually end up with "us catching our limit of crappie by about four."

"I joined Fox Hills (Country Club) in 1930," he recalled. "It was originally here in 1915 and then it quit around 1920. I've seen cotton six feet tall out there on Number One fairway. And I couldn't tell you how many rabbits I've killed ... right out there in the middle of Number One."

Happy that the club resumed operation, DeBons said he "will always be indebted to Fox Hills. Four of my kids played golf and the other really liked to swim, and they could do that over there whenever they wanted to. You let your kids play golf or swim all day, you don't have to worry about them getting in a lot of trouble."

As far as handing out advice for a long and healthy life, DeBons said he only has one thought. "I tell my kids ... don't get old." ♦



Whether sitting at home on his couch, above, or hauling in a big fish, Gene DeBons seems to enjoy taking life one day at a time.

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Rotary Club provides
Marmaduke students
with gift of thesauruses

Members of the Paragould Rotary Club distributed thesauruses at Marmaduke Elementary school in Judy Lange's class.

Students looked up the word, "dependable," and learned many other versions of the word. They also learned that Rotarians have to be "dependable" in order for every student in Greene County to receive a thesaurus of his/her own on the same day. ♦



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Local church sending out 'love' by the truckload

By Richard Brummett

They are called "Love Packages" because that's exactly what they are - bundles of Christian literature boxed for shipment to countries around the world.

Operated by Eagles Nest Ministries of Butler, Illinois, the Love Packages program collects old and unused literature -- Bibles, tracts, books, magazines and the like -- and sends it out, literally, by the ton so that people seeking to hear the gospel will have that opportunity.

Any denomination is welcome to contribute and participate. According to literature provided by Eagles Nest Ministries, they regularly send almost 1,000 tons of literature to missionaries in approximately 35 countries.

Locally, Mike Woodside has been helping coordinate the collection and dispensation of literature through the Center Hill First Baptist Church. He said literature to be donated may be left at the rear of the church building; just mark it as being items for the Love Packages program.

Started in 1975, the program began with an initial shipment of about 60 boxes of literature. When word of the good works spread, other individuals and congregations joined in by contributing their excess books and pamphlets. The second year, three-and-a-half tons of



Maddison Griggs, left, and Sarah Scorfina sort through collected materials to be sent away through the Love Packages program.

literature was gathered and shipped; the third year, seven tons; the fourth, eleven ... then, by the years 2008-2010, at least 1,000 tons were shipped annually.

The goal is for tons of Christian literature to be shipped for use by missionaries and Christian workers around the world. More than 50 million readers will get their first-ever

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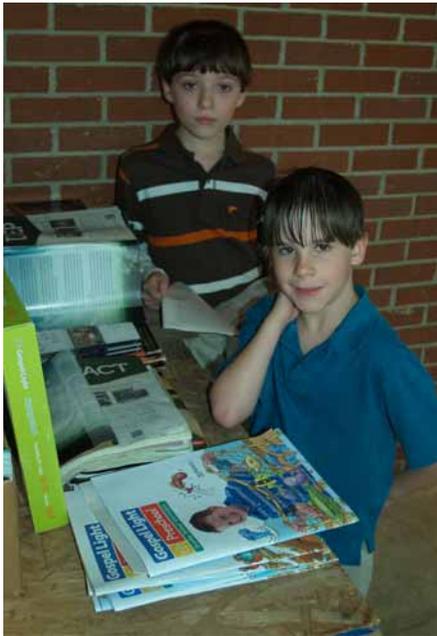
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Devon Ray and Zachary Ray volunteered to help sort materials at the Center Hill church building.

look at the gospel through these efforts.

The literature is shipped overseas on 20-foot containers at a cost of about \$1.90 per pound. The program is supported by free will offerings from churches and individuals who are concerned about wasting God's word.

Love Packages is not affiliated with any denomination, but seeks to be a blessing to the whole body of Christ. Love Packages operates from and is a part of Eagles Nest Ministries.

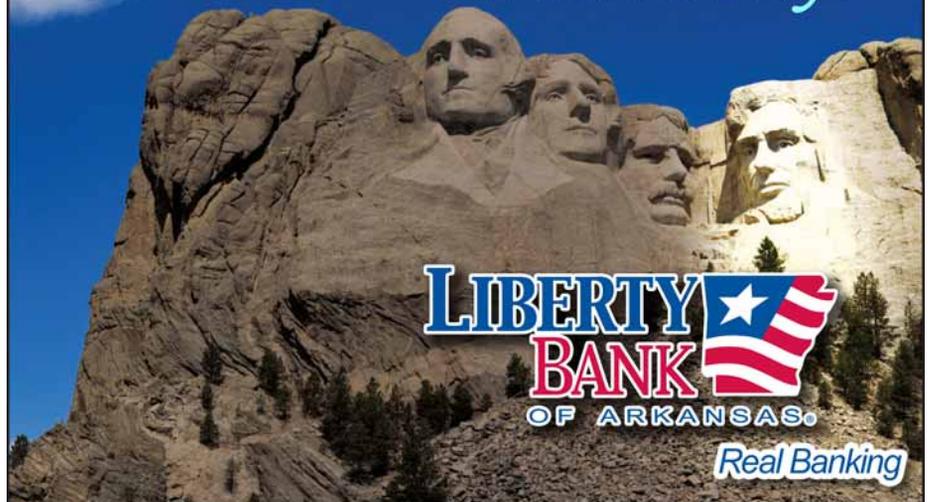
Local items may be taken to the Center Hill First Baptist Church, located at 4211 West Kingshighway. ♦



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Beware! Gluten-free diet might actually make you feel healthier

You want me to take what out of my diet? Gluten ... the protein found in certain grains such as wheat, barley, and rye. Inside the human digestive system there is actually an enzyme designed to take care of gluten, but many times for one reason or another that enzyme is unable to fully digest gluten and can begin to wreak havoc.

Sometimes the symptoms can be mild, like constipation or maybe a little achiness in the joints; sometimes at it's worst it can be related to severe problems like diarrhea, malabsorption of nutrients and vitamins, and auto-immune disease. At its mildest, it is called gluten sensitivity, and at its worst, celiac disease. Different people have different manifestations due to their genetics. There are actually genes associated only with celiac disease, and genes associated only with gluten sensitivity. Humans can inherit just one genetic trait or a combination, and that inheritance can determine the severity of disease.

One might not develop problems with gluten if there were not other insults to the body,

such as infections like Salmonella and Shigella. Other problems like mercury interfere with the enzyme DDP-IV, which helps to digest gluten. Additionally, the amount and type of good bacteria and microbes that live in the intestines has an impact on the overall health of the intestines and protects the lining from damage related to gluten.

Other symptoms associated with gluten sensitivity and celiac disease can include general malaise, fatigue, heartburn or reflux, weight gain, osteoporosis, infertility, colon cancer, low blood hemoglobin count, intestinal complaints of gas and loose stools, irritable bowel syndrome, deficiencies of other vitamins like B12 and folate, mood irritability, and mental fogginess or unclear thinking, ulcers or sores in the mouth, joint or muscle pain, and auto-immune diseases. The list of problems associated with even includes heart disease.

When I attended the annual American Academy of Anti-Aging and Regenerative Medicine conference in Las Vegas, I was privileged to attend a lecture by notable

cardiologist and author of *Wheat Belly*, William Davis, M. D., during which he blamed wheat for not only celiac disease, but also diabetes and heart disease. He gave evidence by citing studies and showed how, because of new breeds of wheat that have double the amount of genetic material, our bodies are unable to break down the protein found in wheat, which in turn can lead to problems with gluten sensitivity.

When the human digestive system is unable to break down gluten it actually causes the cells lining the intestines to change shape, which leads to gaps between the cells and allows undigested food molecules to be exposed to the immune system, well over 60 percent of which resides in the intestinal system. When the immune system is exposed to undigested gluten, it sends out an alarm because it recognizes gluten as foreign to the body. That alarm begins a cascade of events that cause inflammation in the body.

Which problems will someone have? It depends on their genetics, in short.

My opinion is consistent with that of Dr. Davis, that everyone would benefit from a gluten free diet. However, if you suspect you might have a serious problem with gluten, you should contact your doctor who can order a blood test for celiac disease. Only about 1 in 133 of the general population have celiac disease, but the incidence of gluten sensitivity is thought to be higher.

Remember, that if you go on a gluten free diet, you will benefit much more by eating a diet rich in fruits and vegetables to replace the gluten rather than replacing foods like bread, pasta, cookies, cakes, crackers with their gluten free equivalent. There are, however, many healthy options and creative alternatives to replace gluten in the diet, and there are many websites devoted to eating a gluten free diet.. Beware, though! Eating gluten free may cause side effects including weight loss, increase in energy, loss of infertility, decreases in joint and muscle aches, better digestion, and overall better sense of well-being!

**Lisa M. Hendrix, M. D., ABFM, Fellow
Anti-Aging & Regenerative Medicine**



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Sumer Purcell-Hall

Where are you from? I was born and raised in Paragould. I lived in Central Arkansas for 11 years, but decided to move home when our son was a year old to be close to my parents.

Family: My husband Ben and I were married in 2004. We have a son, Keller, named after my granny, the late Eileen Keller. My parents, Don and Sherri Purcell, and grandmother, Virginia Swafford, all live in Paragould. My sister, Shea Oxford, resides in Little Rock and my brother, Seth Purcell, lives in Kansas City, Missouri.

What is your occupation? I have a BSN in Nursing, and I have worked for Sanofi Pharmaceuticals since 2003.

Who taught you how to cook? My sister and I always joke that our mom never cooked growing up, but actually she is a fantastic cook when she decides to do it. If I ever have questions or need suggestions I usually call mom or my mother-in-law. My mother-in-law is one of those people that can cook an entire meal when it appears you have nothing in your pantry at all. It's remarkable.

Do you have a favorite cooking memory? I used to love when my mom would bake pies. She would always give me my own dough and a little filling so I could make my own mini pie. Keller and I bake and decorate



Avocado Chicken Salad

Ingredients

- 8 cups Spinach and arugla
- 3 tbsp White wine vinegar
- 1 cup Halved cherry tomatoes
- 1/2 cup Corn (frozen, fresh or canned)
- 1 1/2 cups Cooked chicken
- 1 Large avocado, sliced
- 1/3 cup Crumbled goat cheese
- 1/4 cup Toasted Pine Nuts
- 2 tbsp Extra virgin olive oil
- 1 tsp Dijon mustard
- Salt, ground black pepper and Vinaigrette dressing

Layer all ingredients in a large salad bowl. Whisk together vinegar, oil and mustard for the dressing and season with salt and pepper. ♦

cookies together a lot. I hope he looks back on it fondly one day.

What is your absolute favorite thing to cook?

I love to bake. Desserts are so fun to make, especially since my mother got me a Kitchen Aid mixer for Christmas this year. I have really been putting it to good use.

What is the one ingredient you can't live without?

I love cheese in general, but especially goat cheese. I even use it in desserts. I also love coconut oil. It's great for cooking and it is a great moisturizer for your skin.

Do you have any general cooking advice to share?

Break out your crock pot and use it! Cooking in the crock pot is easy, delicious, and it's ready when you get home. I love mine, and you can make just about anything in it.

What is your family's favorite dish that you make?

When my mom and "the women" (my mom's teacher friends) have a gathering, they



Sausage Stuffed Mushrooms

Ingredients

Mushroom caps

- 1/2 cup Onion
- 1 pound Sausage
- 8 ounces Cream cheese
- 1/2 cup Bread crumbs

Also Parmesan cheese, butter and olive oil

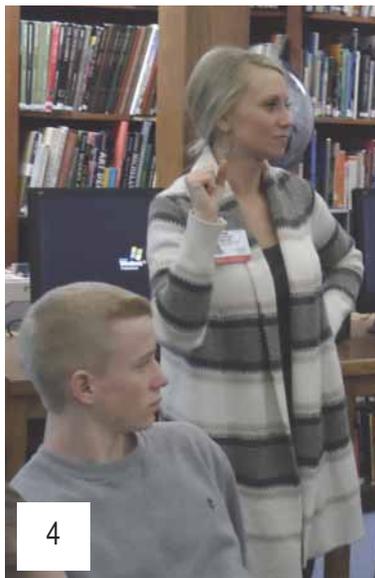
Brown onion and sausage in a skillet coated with olive oil. Pulse the sausage/onion mixture in the food processor. Mix in cream cheese and bread crumbs. (You can refrigerate overnight to bring out the flavors.) After cutting off the stems and cleaning out the insides of the mushrooms, saute' the mushroom caps in butter until moist. Stuff the mushroom caps with the sausage mixture and bake at 325 degrees for 20 minutes. Sprinkle parmesan on top the last few minutes. ♦

always request my Avocado Chicken Salad. My husband loves my mac and cheese, but my son prefers the box kind! Keller likes my desserts the best.

What would you consider your worst kitchen disaster?

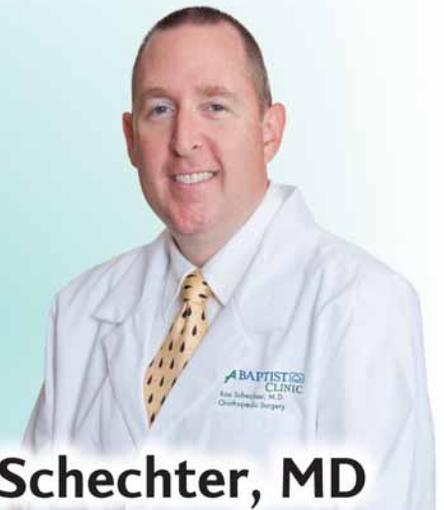
Once when I was on a health kick, I decided to try a brownie recipe that replaced the flour with black beans. The online reviews were good, and they looked delicious. When Keller tried them he spit it out and yelled, "Mom, these brownies are rotten!" They were absolutely terrible. When I make desserts, I always call my dad and he comes over to try them out. We decided it would be hilarious to not tell him that the brownies were disgusting and watch his reaction. He took one bite, and didn't eat any more. I could tell he was trying not to be obvious because he didn't want to hurt my feelings. We all got a good laugh out of that one. ♦

Happenings!



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Happenings!

1. Drawing Contest Winners

The Paragould Junior High School Art Department recently held a drawing contest. Six drawings were chosen and will be displayed in the lobby of Bancorpsouth. Winners include, back from left, Anna May, Chase Willcutt and Lizzy Stoddard; and front from left, Madison Housley, Jenna Steele and Shay McQuay.

2. Scout Sunday

First United Methodist Church in Paragould hosted Scout Sunday on Feb. 3. Scouts of all ranks were represented in all three church services and Associate Pastor Angie Gage explained Scouting as current Scouts and leaders stood and recited the Boy Scout Oath. From left, Luke Atwell, Sean Combs and Tanner White say the Boy Scout Oath. All three are members of FUMC and are in the process of working toward being Eagle Scouts. All three are from Troop 500.

3. Ram Jam Winners

The 4th Grade Paragould Red Rams took 1st Place in their division of the Ram Jam Slam Tournament, beating crosstown rival Greene

County Tech 23-22 in double overtime. Pictured, back left: TJ Myatt, Cole Doke, Weston Shirley, Cole Edwards, Sam Cook, and Coach Chris Vial; front, from left: Kord McCormick, Blaine Wood and Simon McBride.

4. Guest Speaker

Yolanda Young-Merrell from UAMS spoke to 9-12th grade Gifted and Talented students in the Paragould School District. She shared with students information about various medical careers and the education needed to pursue those careers. Students were encouraged to research and job shadow various vocations as they prepare for college and life-long career choices.

5. Valentine's Day Dinner

Residents of Paragould's Chateau On The Ridge were treated to a special Valentine's Day meal, complete with steaks and all the trimmings. Valentine-themed desserts were also prepared and served by staff members, helping those in attendance enjoy the special day. Pictured, from left, are Carolyn Langley, Doris Wells and Billie Kieffner, all residents of the Chateau.

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- Kayla Hammersley & Matt Mullins
May 4
- Kelsey Huggins & Tyler Garnett
May 18
- Kelly Drury & Aaron Reddick
May 25
- Whitney Weeks & Matthew Miller
June 1
- Jessica Davis & Tyler Nutt
June 1
- Haley Johnson & Spencer Price
June 1
- Casey Hosman & Jordan Drennin
June 8
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Engagement Announcements



Aaron Reddick and Kelly Drury

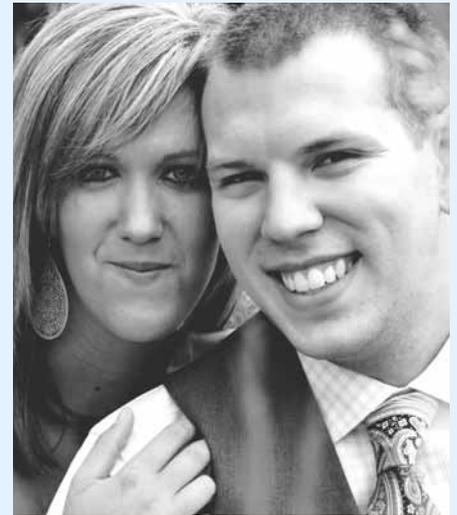
Drury-Reddick

Kelly Drury and Aaron Reddick announce their plans to be married in May.

Kelly is the daughter of Robin and Danny Drury of Lafe.

Aaron's parents are Kerry and Kevin Reddick of Paragould.

The couple will be married May 25, 2013, at St. John's Lutheran Church in Lafe. ♦



Jordan Elisabeth Mallard and Holden Austin Smith

Mallard-Smith

Jordan Elisabeth Mallard and Holden Austin Smith have announced their plans for a May wedding.

The bride-to-be is the daughter of Karen and Scott Mallard of Paragould.

The prospective groom's parents are Julie Smith and the late Larry Smith, also of Paragould.

The wedding date has been set for May 18, 2013, at the First United Methodist Church of Paragould. ♦

Birth Announcements

Kinzley Kate Coward was born December 7, 2012, at Arkansas Methodist Medical Center in Paragould.

Parents are Kirk and Latoya Coward of Paragould.

Grandparents include Jerry and Pam Goff of Bono, Kenny and Stephanie Cox of Paragould, and Rosa Rock, also of Paragould.

Kinzley was born at 5:54 a.m. ♦



Kinzley Kate Coward

Contest winner will have artwork featured on mural in Downtown Paragould

Paragould's City Beautification Commission is sponsoring the *myTOWN ART Mural Contest*, seeking to enhance the cultural experience of the downtown area while paying tribute to our history.

The pallet for the mural will be the south side of 225 South Pruet Street, on the Iron Mountain Lofts building owned by JuDin's LLC. The contest is intended to get ideas with the understanding that the final mural may be a combination of the submitted art of several individuals and will be painted by an artist with mural painting experience.

Designs will be accepted until March 1, 2013, with a winning artist announced March 29. The Commission will interview artists to paint the mural in April, with the final artwork approved in May.

Artists must submit a mural design depicting the history, love and pride of the Paragould community. Mural design must incorporate the Iron Mountain Railroad in honor of the building where it will be featured. Artists may submit no more than three designs.

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

Submit applications and mural designs of an original painting on a canvas 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 my *tOWN ART Mural Contest* application online. Mail or walk applications and designs to the Greene County Tax Collector's office at the Greene County Courthouse at 320 West Court Street in Paragould, Monday-Friday from 8 a.m. to 4:30 p.m. or take it to 225 South Pruet Street on March 1 from 9 a.m. to 5 p.m. ♦

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CALENDAR OF EVENTS

Friday-Sunday, March 1st-3rd

"The Lion, the Witch and the Wardrobe", Friday and Saturday, March 1-2 at 7:30; Sunday, March 3 at 2:00, Collins Theatre
Tickets are \$9 general admission and \$7 for seniors and children 12 and under. Tickets can be purchased online at www.gcfac.org and at the door.

Friday, March 1st-Friday, May 31st**Great American Cleanup In Arkansas, Statewide**

Volunteer to help keep Arkansas beautiful. Call 501-682-3507 or email elizabeth.philpott@arkansas.gov to learn how you can participate.

Saturday, March 2nd**2013 Greene County Lincoln Day Dinner, 6-8 p.m., Paragould Community Center**

Former governor Mike Huckabee will be the keynote speaker. A VIP Private Reception will be held from 5-6 p.m., followed by the dinner. Also, a silent auction of unique memorabilia and collectibles will be staged from 5-7:30 p.m. Tickets are \$35 each or \$250 for a table of eight, and may be purchased locally at Simpkins Family Buffet or PostNet. Call Tommy Grooms at 870-476-1212 or Anita Wells at 870-335-8855 for more information.

AMMC Foundation Benefit Pageant, 1-4 p.m., Greene County Tech High School Auditorium

Afternoon Pageant for Wee Miss to Young Miss Contestants, 6 to 9 p.m.; Evening Pageant for Pre-Teen Miss to Senior Miss Contestants. The pageant will be held at the Greene County Tech High School Auditorium, 4601 Linwood Drive, Paragould.

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.

Meet The Artist Reception, 1:30-3:30 p.m., Greene County Museum

The Greene County Museum will display work by local artist Joshua Hudson throughout the month of March. Hudson will be present to discuss his works. A variety of his works will be for sale at the museum during March. Some of his works are sold in IO Metro home furnishing stores in eight different states, and he has had designs featured in New York's Times Square as well as on the Lifetime Television Network. The museum is open on Fridays and Saturdays from 10 a.m. to 4 p.m. and by appointment. Admission is always free at the museum, but donations are appreciated.

Tuesday, March 5th**Paragould School District, Pre-K/Kindergarten Registration, East Side Baptist Church Gym, 8 a.m.-6 p.m.**

For Pre-K, children must be 4 years old by August 1, 2013; for Kindergarten registration children must be 5 years old by August 1, 2013. Registration packets will available at S21C by February 26, 2013. If there are any questions, please call 870-236-8064.

Saturday, March 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.

Paragould Youth Baseball Signups, Bland Baseball Park, 9:00 a.m. to noon

Late signups will be held in the upper concession stand at 1308 Carroll Road. All age groups are included.

Mission Outreach Chili Rodeo, Greene County Fairgrounds, 11 a.m.-1:30 p.m.

Teams are invited to enter and vie for the People's Choice award in the 5th annual event. Sign up by calling Jeremy Biggs at 870-236-8080. Admission price will be \$2.

Tuesday, March 12th**Paragould Youth Baseball Signups, Bland Baseball Park, 5:30-7:30 p.m.**

Late signups will be held in the upper concession stand at 1308 Carroll Road. All age groups are included. This will be the last day to register players for the 2013 season.

Friday, March 15th**AMMC Retirees Luncheon, Arkansas Methodist Medical Center, noon**

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

Saturday, March 16th**Greene County Master Gardeners' Garden Explosion II, 10 a.m.-3 p.m., Paragould Community Center**

Speakers will be presenting programs on Wild Flowers, Worm Casting, and Pruning. Vendors will be selling plants and garden items. Light refreshments will be served. Admission is free.

Saturday, March 23rd**Agape House Banquet, Red Goose Deli, 6:30 p.m.**

The Agape House will hold its eighth annual banquet and silent and live auction. Tickets are \$25. each. Call 870-236-1188 for information.

Thursday, March 28th**Community Diabetes Program, Arkansas Methodist Medical Center, 6-7:30 p.m.**

Move It and Lose It Community Diabetes Program. AMMC Certified Diabetes Educator Pat Malone, RN, will feature "eggstrodinary" meal ideas. Plus, the Arkansas Methodist Medical Center Wellness Center staff will demonstrate the importance of staying active. Arkansas Methodist Medical Center Auditorium, 900 W. Kingshighway. Please RSVP by Wednesday, March 27, 2013 by calling (870) 239-7016.

Saturday, March 30th**Agape House 5k Run, Paragould Community Center, 8 a.m.**

The Agape House fundraiser will start at 8 a.m. Call 870-236-1188 for information.

Thursday, April 18th**Greene County's Musical Legacy in concert, Collins Theatre**

The concert will feature the Rhodes family. They have been a part of Greene County's musical history for many years. The musical legacy will also include the Morris family and the Joiner

family. The concert promises to be one you don't want to miss, so mark your calendar now. The Rhodes family onstage reunion is a fundraising event for the Greene County Museum.

More details will be announced later.

Friday, April 19th**Arkansas Children's Hospital Radiothon, Southern Bank parking lot, 7 a.m.-7 p.m.**

The Paragould Circle of Friends and MOR Media, Inc., present the annual ACH Radiothon. Listen to 107.1 Jack FM to hear the stories of families who had their lives changed for the better, thanks to the care received at Arkansas Children's Hospital.

Recurring Events:**First Monday of every month**

Paragould Young Professionals First Monday Lunch, noon

Every Wednesday

Perking on Pruett, 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. tofofnortheastarkansas@yahoo.com.

Second Wednesday of every month**St. Mary's Spaghetti Dinner, 11 a.m.-1:30 p.m.**

Admission is \$5 for all you can eat spaghetti, salad, garlic bread, dessert and drink. At St. Mary's Catholic Church in Paragould.

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STAY TUNED

What's in Store For Next Month

Theme



The Arkansas Children's Hospital Radiothon will again be taking place, and MOR Media will be right in the middle of it. We'll have the information for you.

Events



Premiere staffers will be out and about covering community events. Be sure to check out the April issue. ♦

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