

PREMIERE

JANUARY
2015

Fit FOR THE
New Year

- AREA CHRISTMAS PARADES
- TOUR OF HOMES
- ENCORE LEADERSHIP
- BRADBURY GALLERY
- HABITAT FOR HUMANITY

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On the Cover: Ronnie Richardson and Sumer Hall work out at the Arkansas Methodist Medical Center's Wellness Center.

Photo by Tim Rand Photography



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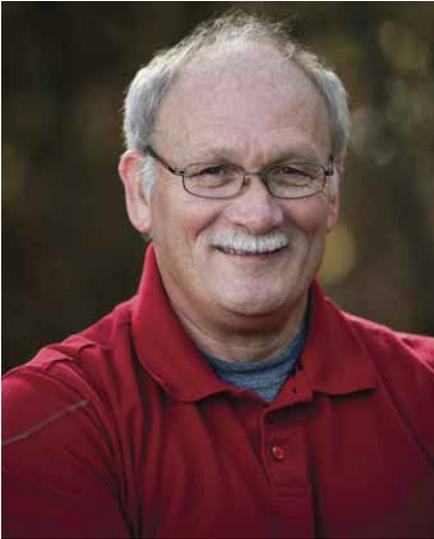


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From The Editor ...



Richard Brummett, Managing Editor

With the arrival of the new year, most people start looking toward individual improvements and ways of doing a better job over the coming twelve months.

We're no different. We want to continue to bring readers the stories and information

they have come to enjoy in the past, but we also want to branch out and become an even better publication.

In recent years, when we spoke of "our" community, we generally meant Paragould and Greene County but the rapid expansion in all directions gives "our" community a very different look these days.

Jonesboro is no longer our neighbor, it's our sister community. Kennett and Walnut Ridge and Rector are now just a quick jog down the highway and we look at the sudden increased familiarity with those areas as additional opportunities for stories about the people who live there and help their home towns thrive.

We will be venturing out in all directions this year, introducing readers to friendly faces in a variety of places.

Our writers and photographers will be adding some new features that we are certain will be welcomed additions to the monthly fare, offering faithful readers the chance to learn more about the Northeast Arkansas area and people who make it such a wonderful place to live.

A good start in this issue is Cheryl Nichols' initial contribution of her column "Our Community," focusing this month on Beverly Parker, Director for the Center on Aging-Northeast. You can find that feature on page 21 this time around, and you can expect to see it each month in Premiere.

We have Christmas Parade recaps from Paragould, Jonesboro and Brookland -- we would have had more, but those were the only ones we could fit into the schedule -- and our cover story on fitness opportunities also has a regional appeal. So does the article on the Bradbury Gallery at Arkansas State University, a wonderful venue for folks from all over Northeast Arkansas to enjoy contemporary art in all media.

We are always ready to listen to readers' suggestions for story ideas -- our email addresses appear each month on page 7 -- and welcome comments on our work.

Here's hoping readers enjoy meeting new people through the pages of our magazine, and that they can stay in touch with old friends by picking up a copy of Premiere each month. ♦

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Photos provided by Dr. Wendy Hymes

Guests view the work of ASU senior students during the fall Senior Exhibition at the Bradbury Gallery.

ASU's Bradbury Gallery features works of many talented artists

Tucked away inside the Fowler Center on the campus of Arkansas State University in Jonesboro is the Bradbury Gallery, a venue for art enthusiasts to view the works of regionally, nationally and internationally recognized artists.

The Gallery was established in January of 2001 by an endowment in honor of Charlotte (Chucki) Bradbury, an alumna of Arkansas State University who later became a member of the ASU Board of Trustees.

As the fall semester wound down at ASU, the Gallery played host to the Fall 2014 Senior Exhibition, showcasing work by Jessica Corder, Amber Denton, John Funderburg, Victoria Morgan and Deborah S. Schmidt. The Bradbury Gallery features changing exhibitions of contemporary art in all media and programs that promote the understanding of art and its significance to society.

Next up at the Bradbury Gallery is the Delta National Small Prints Exhibition, an annually held, nationally recognized juried print show. Artists from around the world have the opportunity to enter the competition, chosen by a nationally known expert in the field of printmaking. Along with selecting the



The Bradbury Gallery hosts a show, open to the viewing public, at the end of the semester to feature the talents of Arkansas State University seniors.

exhibition, the juror also determines which works receive awards, including purchase prizes. This year the juror is Ruth Lingen, Director of Pace Paper in Brooklyn, New York. The Gallery is open Tuesday – Saturday from noon

to 5 p.m. and on Sundays from 2 p.m. to 5 p.m.

Les Christensen is the Director and may be reached by phone at 870-972-2567; by fax at 870-972-3748; or by email at lchristensen@astate.edu. ♦



Outgoing Sheriff Dan Langston looks at a sign constructed by Tech students, thanking him for the many years he helped keep them safe each school day.

Students, supporters gather to thank Sheriff for service

It was an emotional afternoon in December when a group of Greene County Tech students, administrators and parents gathered at the superintendent's office to thank Sheriff Dan Langston for his efforts to keep them safe during his tenure.

Langston directed traffic daily in front of one of the GCT campuses to help motorists enter and exit safely, and 7th-grader Mason Foster came up with the idea of presenting him with a certificate of appreciation.

Langston expressed his thanks for their support over his 18 years in office. ♦



Sheriff Langston and Mason Foster



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Paragould Christmas Parade



Floats, marching bands, beauties ... Downtown Paragould was alive with the sights and sounds of Christmas.



Jonesboro Christmas Parade

Jonesboro's downtown area also played host to a variety of entries as organizations and individuals alike shared the Christmas spirit.

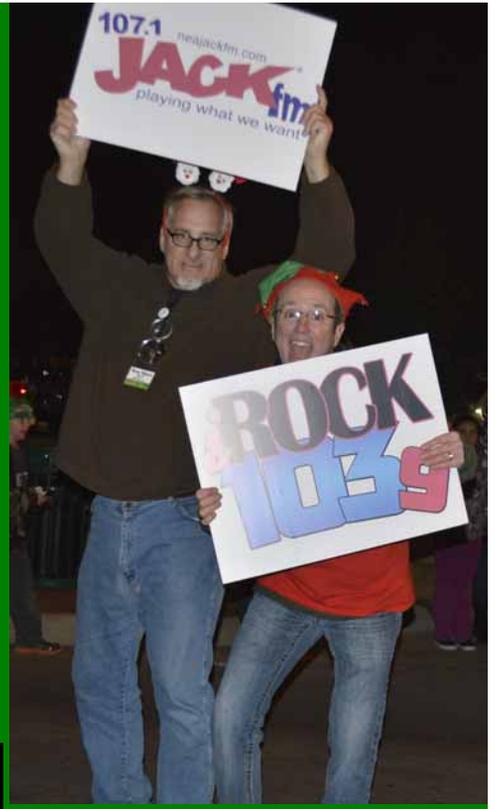


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PREMIERE'S SCENE 'YA



From the Paragould Regional Chamber of Commerce Annual Open House before the Paragould Christmas Parade: Top left, Loretta Hawley, Autumn Naney and Catrina Holt; top right, Dr. Aaron Thompson and his son, Aaden; below left, Ashley Mays and her son, Bentley, visit with Santa; at right, newly elected Greene County Judge Rusty McMillon with daughter Alaina Jo and wife Vanessa.



Prior to the Paragould Parade: At left, Allen Haney, Gracie Pitcher, Tasha Davis and Hunter Davis; at right, Miranda Gramling, flanked by Holly Gramling and Rikki Gramling.



Auctioneer Kenneth Grady, Foundation Director Terry Austin and Miss AMMC Abigail Huckabee present a Razorback Santa themed wreath donated by RDK Lawn Service. At right, the 16' Christmas tree located in The Herget Atrium at AMMC is lit.

AMMC Auxiliary holds annual auction, tree lighting ceremony in Paragould

Since 1984, the Arkansas Methodist Medical Center Auxiliary has kept a holiday tradition going by lighting a Christmas tree at the hospital.

In recent years, the AMMC Foundation has added the element of an auction featuring decorated trees, wreaths, centerpieces and topiaries donated by local businesses and organizations, as well as by

departments within the medical center.

This year's event raised more than \$3,400 and will go toward the continued efforts of the Women's Services Department and Prenatal Education. ♦



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Holiday Tour of Homes

This year's AMMC Holiday Tour of Homes featured four beautiful houses in Paragould's Hill Home neighborhood. Homeowners Kelly and Darrin Malone, Jamie and Gene McIlvoy, Julie and Mardy Holmes, and Kim and Kevin Mann opened their homes for the tour, which raised just over \$2,400 for the Foundation.



Above and at right, scenes from the home of Mardy and Julie Holmes.



Above, two photos from the home of Dr. Kevin and Kim Mann.



Above and above right, the Darrin and Kelly Malone home; at right and far right, the Gene and Jamie McIlvoy home.





Christmas at Chateau On The Ridge



In conjunction with the Arkansas Methodist Medical Center Foundation's Tour of Homes, Chateau On The Ridge hosted a Holiday Open House featuring treats, decor and tours of the facility. ♦

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Family donates land to Habitat For Humanity

William and Lois Prestidge signed over ownership of 10 lots inside the Paragould city limits to the local chapter of Habitat For Humanity, increasing that organization's ability to provide adequate housing for needy families.

"There wasn't much I could do with it myself," said Mr. Prestidge, 97. "I thought this might be the best way to go."

The Prestidges' grandson, Brad Ford, said they had owned the lots -- located at 7th and Morgan streets, for more than 50 years.

Terry Austin, representing Habitat For Humanity, indicated that one of the biggest problems facing the group is finding suitable, affordable land and that this gift will allow several more people from the area to acquire acceptable housing.

"Land is typically too expensive for us to acquire," he said. "Having 10 lots in an



William Prestidge prepares to sign the paperwork under the watchful eyes of his daughter, Brenda Ford, and, from left, his wife, Lois; Brenda's son, Brad; and Terry Austin, a board member with Habitat For Humanity.

established, safe neighborhood and in the shadow of a steeple (West View Baptist Church is just across the street) is a 'game changer' for our local organization."

Running utilities to the property will be expensive, but Habitat has applied for a grant to help, and welcomes donations from individuals, businesses and churches.

(Donations can be mailed to P.O. Box 222 in Paragould.) The Paragould affiliate has built seven homes and will begin construction on the eighth in January.

"This land will alter the future of 10 families for generations to come," Austin said, "and it will make our city a safer, better community." ♦

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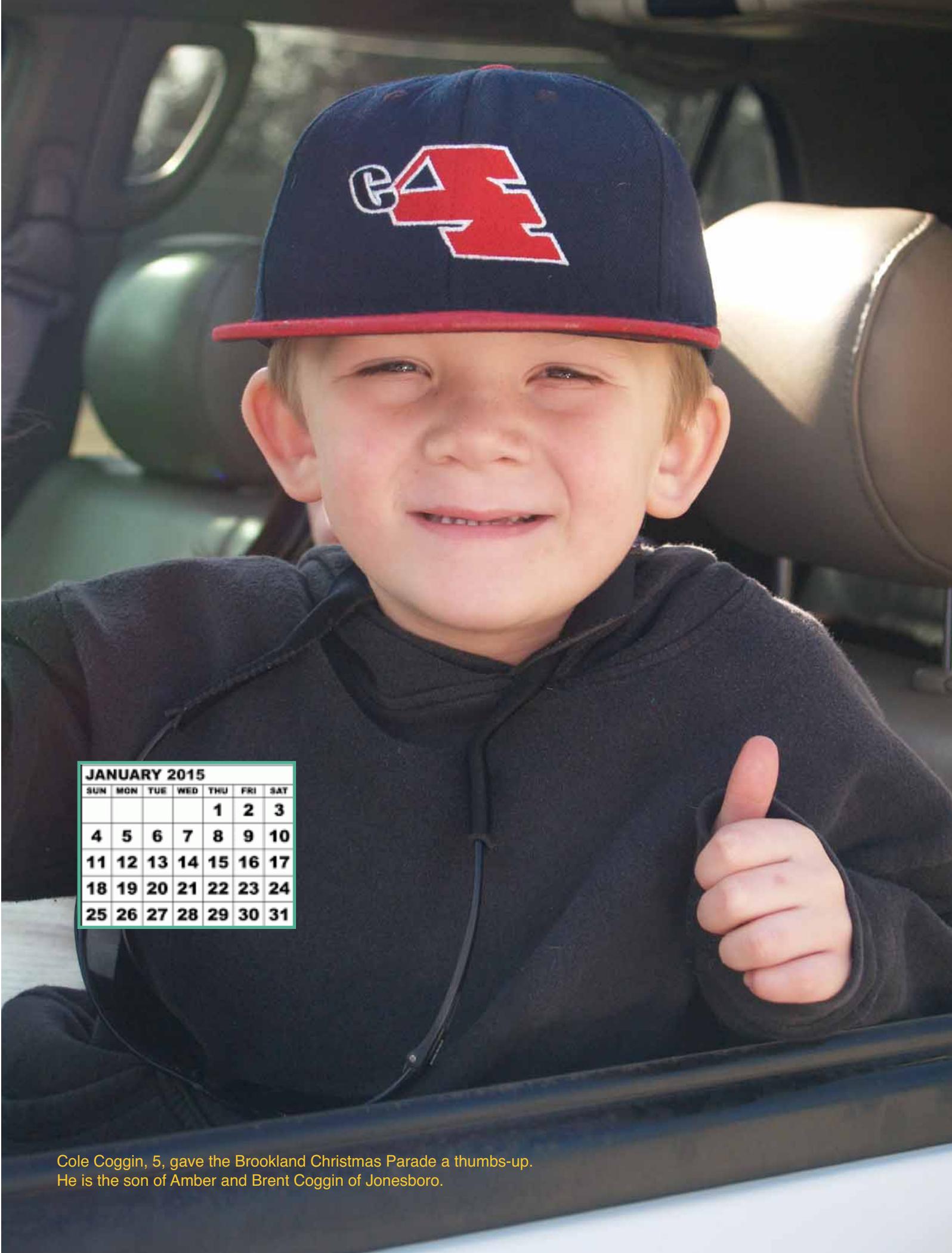


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25	26	27	28	29	30	31

Cole Coggin, 5, gave the Brookland Christmas Parade a thumbs-up. He is the son of Amber and Brent Coggin of Jonesboro.



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Encore Leadership Participants, above, at the Jonesboro Regional Chamber of Commerce. At top left, Encore Leadership participants Vernon Wood, Brenda Ferralasco, Joan Cash and Don Waddell; below left, Lise Cater, Wanda Vaughn and Glenda Rushing.

Meet Beverly Parker, Creator of Encore Leadership

The Center on Aging – Northeast is one of seven centers in the state and serves as the regional resource for older adults, families, health care professionals and the community; advocating wellness, education and quality care. Recently, Beverly Parker, Director for the Center on Aging-Northeast, partnered with the Jonesboro Regional Chamber of Commerce and other



Beverly Parker

community advocates, to pilot a new program called “Encore Leadership.” This program is for retired or soon-to-retire adults wanting to learn more about their community, the programs and services offered,

and opportunities to volunteer.

Cheryl Nichols: Beverly, what inspired you to create the Encore Leadership program?

Beverly Parker: My inspiration for working with older adults stems from my childhood and the supportive and educational relationship I had with my grandfather. Later, through my work as a hospice nurse, it was clear that every person can leave a positive legacy. In

**Our
Community**

By Cheryl Nichols



recent years, I became aware of other communities that were sponsoring programs like Encore Leadership. The idea is to build capacity for older adults to continue to make a contribution. As people live longer we must give them avenues to stay active in the community. Their unique skills and experiences are needed in our community.

CN: When I spoke with some of the leadership participants recently, they commented on how well organized and intense this program was and how much they learned about the inner-workings of the city and county governments, industry, healthcare and senior services. How did you get this program so well organized?

BP: We modeled it after the Leadership Jonesboro program and had strong support from Cari White at the Jonesboro Regional Chamber of Commerce and Beverly Gilbert at Arkansas State University. We covered topics important for seniors to know. Our hope is to continue this leadership program and host at least one per year.

CN: Tell our readers a little more about the Center on Aging – Northeast. What are a few

things you wish more people knew about this center?

BP: We are a free education resource center. We provide information to anyone needing guidance on any aging-related topic from Medicare to elder law to Alzheimer’s support to volunteer opportunities – you name it, we are a resource for it.

CN: Wait, did you say this was a FREE service?

BP: Yes! Many people don’t realize that we are a free service or they confuse us with other senior service agencies, but, the Center on Aging exists to provide free resource counseling and education.

CN: How can our readers find out more about the Center on Aging-Northeast or how to participate in Encore Leadership?

BP: Call us at 870-207-7595 or 1-800-745-0557. Our staff are eager to assist and we can make a face-to-face appointment or simply talk over the phone.

CN: Beverly, this is my Barbara Walter’s inspired question: If you were a super hero, what would be your name and your super-power?

BP: (Smiling) My super hero name would be “The Fixer” because I love to help others and try to “fix” issues and my superpower would be sprinkling “fix-it” fairy dust everywhere so all issues could be solved! ♦



Outstanding Teachers



Julie Holmes

Getting to know Julie Holmes, teacher at Baldwin Elementary School in Paragould: I have been teaching in the Paragould School District for 14 years.

What made me decide to become a teacher? I have always loved being around children. When I was younger, I would "play school" with my dolls and a chalkboard for hours. Since becoming a teacher, I realize it is the most rewarding profession I could have chosen. To see how children truly adore you and light up when they see you makes all of the long hours all worthwhile.

A favorite teaching moment ... When I got a letter from a former student at the end of the

school year stating that I was his favorite teacher. He was so sweet and sincere in his letter that it literally brought me to tears. I had no idea the effect that I had had on him and it made me so proud that I had had the opportunity to be a part of his educational career. Being a teacher is such a blessing. The lives we touch each and every day is so rewarding. Another favorite moment is when I was recognized as teacher of the year at Baldwin. Being chosen by my peers made me feel so special.

I am married to Mardy Holmes and we have two beautiful daughters who are very active in sports in the Paragould School District. Megan is in the 9th grade and Madison is in the 6th grade. My parents are Pat and Dick Mitchell. ♦

Getting to know Becky Jernigan, teacher at Crowley's Ridge Academy High School:

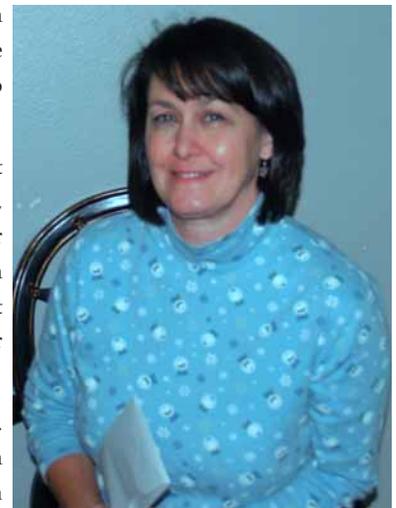
I taught my first class as a graduate student in the fall of 1986, and with the exception of two years when I stayed home with my son, I've been teaching either part-time or full-time since.

I was 21 when I started graduate school, hoping to eventually work at some place cool like NASA. I had never taken any education classes, thinking teaching was the last thing I wanted to do. That first semester, as a graduate assistant, they made me teach College Algebra. I *loved* it. Most people say they don't like math, or they don't get it. I felt like I was able to explain math in a way that most of my

students were able to understand. I realized then that the "cool" place for me wasn't NASA but the classroom. I love math. It excites me. To be able to share that with people is fun for me.

A favorite teaching moment ... When a student changes their mind about their career choice, deciding to major in something like math or engineering. And I love it when students ask math related questions about things that we have not discussed in class, or share things they've seen or read that are math related.

My husband, Ed Jernigan, grew up in Paragould. (I grew up in Steele, Mo.) Ed is a special agent with the FBI. We've been married 25 years and have a 17-year-old son, Sean, who's a junior at CRA. ♦



Becky Jernigan

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Habitat For Humanity board member Terry Austin explains to Crystal Clemmer what will be expected of her now that she is the recipient of a home to be built in Paragould.

Habitat For Humanity selects family for next house-building project

Crystal Clemmer and her children were named as the recipients of a home that will be built by Habitat For Humanity Paragould, along with help from Clemmer herself.

Clemmer is a single mother of three and

works at Black River Technical College in Paragould, and she was overwhelmed when the surprise announcement was made by members of the Habitat For Humanity group.

“They have no idea what this means to me .. to us,” she said after the announcement was made at Black River.

Habitat board member Terry Austin explained to Clemmer that she is required to put in 200 hours of “sweat equity” by helping build her home or the home of another recipient, and must agree to partner with Habitat For Humanity and work with the organization on future projects. ♦

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Polar Plunge set for January 31st

Greene County's version of the Polar Plunge -- a nationwide fundraising event that benefits the Special Olympics -- will be held on Saturday, January 31, 2015.

The local plunge is held each year at Lake Ponder, located in Crowley's Ridge State Park at Walcott. Teams and individuals gather to reveal the amount of money they have raised for the cause, and to jump into the icy water.

To participate, contact Vonnie Greer or Audrea King AREA 1 Special Olympics Directors at: vonnie.greer@gctsd.k12.ar.us; cell 870-476-2542; or aking@msd.gaggle.net; cell 870-215-2527. ♦



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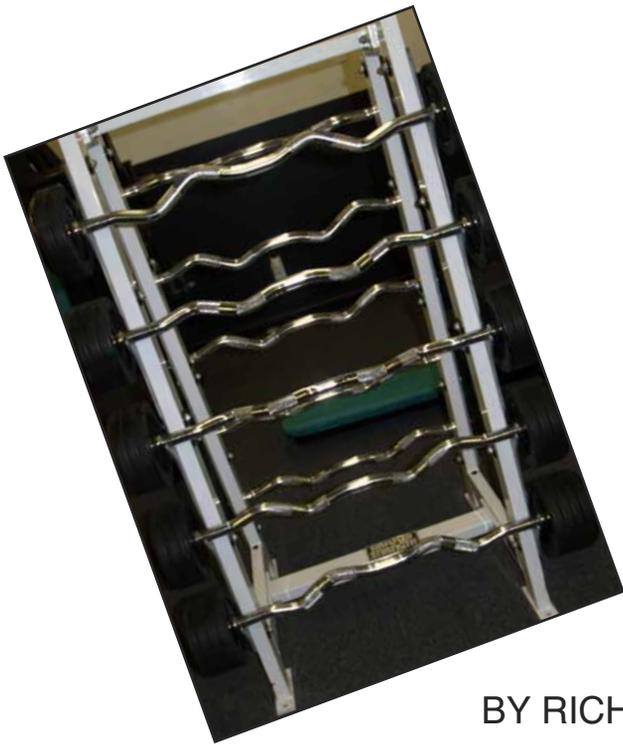
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Let's get pumped

Weightlifter and exercise equipment pictured courtesy of Inner Strength Fitness Center.



BY RICHARD BRUMMETT

If you want to work out, there are ample opportunities

Whether you're looking to bulk up for a body building contest or just wanting to tone up for bathing suit season, the answer seems to be the same: There's a place out there for you if you'll just make the effort.

There are more than 20 workout sites or facilities listed in the Paragould-Jonesboro area alone, and that's not taking into account the long list of personal trainers ready to whip you into shape once you make the decision to live a healthier, fitter lifestyle.

Age, by the way, is not of importance. Each facility contacted had the same answer -- that they have participants of all ages, shapes and sizes, and that they welcome one and all.

Jordan Richardson, at Peak Fitness in Paragould, said she deals with a wide range of folks looking to get into shape.

"I literally have people from the age of 10 up to the age of 67," said Richardson, a Certified Personal Trainer, who also runs the Boot Camp in Downtown Paragould. "Boot Camp had about 30 people in it when I took over, now I have more than 150.

"Trends are changing," she said. "I have lots of younger athletes, basketball players who are doing the Boot Camp. And, there's a bunch in the older group. When I say 'all ages,' I mean it. It's crazy."

Andre Watson, the Wellness Center Director at Arkansas Methodist Medical Center, echoed Richardson's thoughts.

"Our crowds are pretty much mixed" between younger and older participants, he said, "but the majority of ours are probably coming here just for their general health as opposed to coming for some other reason."

Watson said his facility offers a variety of programs "depending on what your goal is. Like I say, our crowd is pretty much mixed."

According to the Wellness Center website, people can choose from:

Step Plus, a high intensity, low impact combination of step aerobics, core work and light weights.

Silver Sneakers, designed to improve muscular strength and range of motion for persons older than 65.

Body Flow is a blend of tai chi, yoga and pilates designed to improve balance, strength and flexibility for all populations.

Power Pump builds strength and increases stamina using the best weight-room exercises.

Matrix is an endless variety of exercises to build strength, improve cardio-fitness, gain balance and challenge your flexibility.

Watson said those interested may call 870-239-7028 for information.

Richardson said Peak Fitness has the 24-hour access gym with the expected free weights, machines and treadmills -- presently on Linwood Drive but soon to be located on West Court Street next to the Boot Camp -- where people can work at their own pace, or she has five classes per day at Boot Camp.

"We work on strength, cardio, core, endurance," she said. "We also do PiYo -- which is pilates and yoga -- and I teach Insanity Live, which is high-intensity, a hard-core 45 minutes. The PiYo is more core, muscle sculpting and flexibility."

Richardson said anyone wanting to know more about Peak's menu may call her at 870-450-6267 or email peakfitnessparagould@yahoo.com.

"You know, there are lots of people who say, 'I can't do that' but, once they get started, they find out they can," she said. "Whether you're at the gym or Boot Camp, you can work at your own pace. We do strength days, and we do cardio days and we see so many people who are leery at first but then really get hooked on working out and getting in shape."

For those seeking a less-intense workout, the Paragould Community Center offers a walking track and workout equipment -- for free. All you have to do is show up and design your own workout.

When speaking with workers at The Trim Gym in Jonesboro, wellness centers at NEA Baptist or St. Bernards, or any of the various Paragould workout spots, each indicates anyone interested in getting into better shape needs to make the call or visit for themselves.

“Everyone has different needs,” Watson said of a fitness regime. “It’s going to be different for a senior citizen than it is for a younger, more active person.”

Watson is beginning his 15th year as the Wellness Center Director and said the majority of people he comes into contact with “are doing it for their general health.”

In an earlier conversation, Kara Fowler, Personal Trainer/Group Exercise Instructor at NEA Baptist’s Wellness Center, said it’s important for people of all ages to concentrate on fitness.

“We have senior citizens who come here now and never miss a day,” she said of their fitness programs, “and so many of them say they wish they’d started when they were younger.

“Keeping fit is something we all need to pay attention to.” ♦

Tips for getting that exercise program going

WebMD offers 10 tips for starting an exercise program.

1. Set Specific, Manageable Goals. For example, plan to exercise for 20 minutes, three times a week. And don't forget to track your progress by writing it down.
2. Use a Variety of Daily Reminders. Schedule your exercise sessions on your calendar like any other appointment.
3. Set Up a Non-Food Reward System. To reward yourself when you accomplish a fitness goal - such as staying on track with your exercise for a full week or month -- treat yourself to a movie, massage, or pedicure.
4. Invest in a Good Pair of Workout Shoes. Make sure they have good cushioning and arch support and feel so good that you'll look forward to putting them on.
5. Find a Buddy, a Class, or a Group. When someone is depending on you and striving for the same goals, this helps motivate you.
6. Start Slowly. Most people try to do too

much when they start exercising. Begin with 10-15 minute chunks of activity, several times daily. Just fit it in whenever you can.

7. Just Walk. One of the easiest ways for most people to work in exercise is to walk.

8. Get Back to Basics. Don't think you need fancy equipment to get a great workout. Fitness trainers are going back to basic equipment like medicine balls, free weights, Swiss balls, and kettle bells.

9. Use Multiple Muscle Groups. When you work more than one muscle group at a time and use full-body movement as much as possible, it takes less time to do a thorough weight-training workout.

10. Use Whatever Gets You Going. Some of us need a little something extra to keep us exercising from week to week. For some, this could be working out with an mp3 player. For others, it could be listening to books on tape as you walk, or watching favorite TV shows while you use the treadmill or stationary bike. ♦



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Hungry after your workout? No problem

It's a common exercise dilemma: You're famished after your workout session, but you don't want to overdo it and negate all the calories you just burned. A good rule of thumb: Eat about half of what you burned during your workout, fitness expert Dean Anderson told Sparkpeople.com. (If you burn about 300 calories, have a 150-calorie snack). Make it a mix of complex carbs, protein, and some fat, which helps replenish energy stores and repair muscles. These tasty options do the trick.

Greek Yogurt, Orange, and Peppers

Oddly specific, sure, but fitness experts swear by this nutritious combo as a post-workout snack. Vitamin C-rich red peppers and oranges help prevent some of the exercise-induced oxidative stress to your muscles that occurs during intense workout sessions, according to the Nutrition Twins, Lyssie Lakatos, RD, and Tammy Lakatos Shames, RD, on Shape.com. The yogurt contains an energy-restoring mix of carbs and protein.

Whole Grain Waffles Topped with Yogurt and Almond Butter

After a solid exercise session, top a frozen whole-grain waffle with low-fat or fat-free Greek yogurt and one tablespoon of almond butter. You'll be getting an ideal ratio of carbs, protein, and healthy fat in this post-workout snack, according to ACEFitness.org.

Tuna on Toast

Tuna, a lean protein, is an ideal post-workout



snack. Drizzle a little lemon juice and olive oil over 4 ounces of water-packed tuna, then spread over a slice of whole wheat bread, said Kristin Reisinger, MS, RD, on Fitnessmagazine.com. "Research shows that carbs and protein together have a better response to post-workout recovery," she said.

Protein Shake

There's a reason fitness buffs swear by them. For the ultimate low-maintenance, no-fuss post-workout snack, toss these in your gym bag, as recommended by CarrotsnCake.com blogger Tina Hauptert on Health.com: one scoop of protein powder in a clean, empty water bottle, and an 8-ounce carton of shelf-stable almond milk. After your workout, add the milk or even just water to the bottle, and drink up. Protein powders come in various flavors (vanilla, strawberry, chocolate) so you're sure to find one you love.

Eggs and Hummus

Slice a hard-boiled egg in half and spread each side with one tablespoon of hummus for a light

post-workout snack that's packed with tasty protein, as recommended by Revolve indoor cycling instructor Kristin Kenney to Prevention.com. Kenney said the yolk contains crucial amino acids that aid in muscle repair. Add chopped chives or red pepper flakes on top for flavor.

Cottage Cheese Blueberry Toast

Spread a half-cup of cottage cheese on millet toast (or whole grain bread) and top with blueberries for a filling post-workout snack that will cut those ravenous post-workout feelings, according to Jessica Matthews, exercise physiologist and senior health and fitness editor for the American Council on Exercise, on Shape.com.

Simple Trail Mix

Nibble a quarter-cup of dry roasted nuts for a healthy dose of protein and good-for-you fats. Sports nutrition expert Rebecca Scritchfield, RD, recommends pistachios as a post-workout snack because they're richer in potassium—an electrolyte you lose through sweat—than most other nuts, according to Prevention.com. Toss them in a zip-top bag with raisins for a portable snack.

Low-fat Cheese and Fruit

Hauptert also loves pairing low-fat cheese (try individual string cheese or a mini Babybel for a good on-the-go option) with a fiber-rich apple. It's a quick way to refuel fatigued muscles in a post-workout snack. ♦

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Annual Duck Classic draws record crowd, brings in more than \$500,000

What began 12 years ago as an idea has grown into the largest and most successful outdoor oriented fundraiser in the region. The 12th annual NEA Baptist Charitable Foundation Duck Classic experienced a record-breaking year – raising \$512,000, drawing a crowd of approximately 1,600 people from a 10-state area and gaining national recognition from corporate sponsors such as Avery, Drake, and Under Armour.

This year's banquet, held December 4 at the NEA District Fairgrounds, featured the traditional live and silent auctions, raffles, a barbeque dinner, and even more chances than ever for attendees to win cash and prizes. Pre-registered teams participated in a competitive duck hunt involving strategy and a scoring system. Hunters were paired with landowners/hosts that showcased Jonesboro and Northeast Arkansas as a premier duck hunting destination.

Following the hunt, the teams validated their scores at an official duck scoring and awards event held at sponsor location DNW



1st Place Winner: "Jorge's Revenge": Dennis Noell (DNW), Kody Riggan (land owner), Thad Hardin, George Roberts, Jim Green, Clay Hardin, Darrell King (NEA Baptist Clinic)

Outdoors Archery Range. The winning team, "Jorge's Revenge," hunted on land owned and guided by Kody Riggan. Team "Med South/NEA Xray" came in second with landowner Greg Baltz and Team "Cammack Commanders" came in third with landowner Adam Boothe.

"Each year, Duck Classic relies on the countless volunteer hours, sponsors, landowners, hunters and the support of our community to be successful and this year is no different," said Darrell King, CEO of NEA Baptist Clinic, "It is a blessing to see how this event has

grown and continues to bring the community together to support the programs of our foundation."

Feedback from hunters, landowners, and local businessmen included, "Great event, great cause; love that the money stays local, looking forward to next year; and Duck Classic was phenomenal!" One hunter, who has participated in Duck Classic for 12 years, stated that it was the best hunt yet.

Proceeds from Duck Classic support the programs of NEA Baptist Charitable Foundation, all of which are free to the community. NEA Baptist Charitable Foundation has a mission to help change lives through the programs and services it supports in Northeast Arkansas. It accomplishes this through five programs, each of which is free to participants: Medicine Assistance Program, HopeCircle, ShareHope, Center for Healthy Children, and Wellness Works. For more information about NEA Baptist Charitable Foundation, call (870) 934-5109 or log on to neabaptist-foundation.org.

Congratulations!



Larisa Wallace
Re-Certified



Amie Cole
Re-Certified



Carly Hurt



Elizabeth Combs

Greene County Tech National Board Certified Teachers

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Lunch at the Kountry Kupboard



Don't let the sign outside fool you. It says the Kountry Kupboard is a bulk food store, but if you walk inside at lunch time you'll find a wide range of soups and sandwiches available to soothe your palate.

While owner Patty Wilson will tell you her store deals in all kinds of specialty ingredients like spices and seasonings, there's also candy, gift baskets, organics and more ... including those tasty lunch specials.

I was able to have half a grilled cheese sandwich, a cup of beef stew and a soft drink for under \$6, and the entree was served alongside a big old smile from the cook, Shannon Smithee, and my server, Leslie Tucker.

Kountry Kupboard is located at 2703 Paula Drive in Jonesboro, just off of Parker Road. Store hours are Monday through Saturday from 9 a.m. until 6 p.m. and the staff can be reached by telephone at 870-931-3663.

The grill closes each day at 2 p.m. ♦



Leslie Tucker, above, and Shannon Smithee, at the grill, made the lunchtime dining experience at Kountry Kupboard a pleasant one. The \$5 lunch special of soup and sandwich is a real bargain.



-- Richard Brummett



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The Joint Commission has recognized The Arkansas Methodist Hospital Corporation as a **Top Performer on Key Quality Measures** for achieving excellence in performance on its accountability measures during 2013 for heart attack, pneumonia and surgical care. Arkansas Methodist is one of 1,224 hospitals to meet or exceed the target rates of performance for 2013 and one of 16 hospitals in the state to be recognized. The Arkansas Methodist Hospital Corporation was also recognized as a **Top Performer** in 2011 and 2012.



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GCT teachers are now National Board Certified

Two are first-timers, two are re-certified

Four teachers at Greene County Tech have recently been recognized as National Board Certified instructors.

Elizabeth Combs

Kindergarten teacher at Greene County Teacher Primary School, Elizabeth Combs, was recognized as a National Board Teacher for 2014.



Elizabeth Combs

Elizabeth has worked for six years at GCT and has six years of teaching experience.

She is a graduate of Arkansas State University with a BSE degree in Early Childhood Education and received an MSE in Theory and Practice in August of 2011.

Elizabeth is married to Adams Combs and they have two daughters, Alyssa and Ashlyn. In her spare time, Elizabeth enjoys spending time with family.

Carly Hurt

Third grade teacher at GCT Elementary School, Carly Hurt, was also recognized as a National Board Teacher for 2014.

Carly has taught seven years at GCT and has



Carly Hurt

eight years of teaching experience. She received a BSE degree in Early Childhood Education from Arkansas State University in 2006 and later in 2012 received an MSE in Reading Education from ASU.

She is married to Kiley Hurt and they have been married for six years. They have a son who is 2 years old, Kellan. She enjoys spending time with family, scrapbooking, walking and fishing.

Tim Rand PHOTOGRAPHY



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Amie Cole

Amie Cole is a re-certified National Board Teacher, originally certified in 2004 as the first Agriculture National Board Teacher in the State of Arkansas.

Amy has 14 years of teaching experience with 13 of them in the GCT School District.



Amie Cole

She serves as one of four agriculture teachers and FFA sponsors in the GCT School District. She works at the High School and serves as the Carl Perkins Director and Sr. High Dance Team Sponsor.

She has a BSE in Agriculture and an MSE in Vocation Teaching Administration from Arkansas State University. She is also licensed as a building administrator.

She is married to Steven Cole and they are parents to Seth Busby, Tanner Cole, Clair Busby, and Maggie Cole. She is so busy with her job and kids, she said that is what she does with her spare time.

Larisa Wallace

Larisa Wallace is a re-certified National Board Teacher, originally certified in 2004.

Larisa teaches Biology at GCT High School and serves as both the Student Christian Sponsor and Fellowship of Christian Athletes Sponsor.

She has a BSE in Physical Education, Health and General Science from Arkansas State University and has an MSE in Physical Education.



Larisa Wallace

Larisa is married to Mason Wallace and they have two sons, Eli, and Ty.

She stated, "I am thankful to work at GCT with such a great group of students and staff."

Of her spare time she said, "My children and family keep me busy with school, sports, and church activities. We enjoy outdoor activities and going to the lake in the summer." ♦



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Business Is Good



Lucille Lancaster, seated, and her husband Bill have turned over The Boot Store to their granddaughter Kimberly Downs and her husband Drew.

Ownership changes hands at The Boot Store in Paragould

According to Kimberly Downs, everything is the same at The Boot Store in Paragould except the people who are running it.

Kimberly and her husband Drew have taken over from her grandparents, Bill and Lucille Lancaster, who were in charge at the business for the past 43

years. "Everything else is the same," she said. "We're a Western store, so we have boots and Western clothes, and we do all the work boots for the factories."

There's much more to be found at the store, which is open Monday through Saturday from 9 a.m. to 6 p.m. Call 870-239-4000 for information. ♦

AMMC WELCOMES NURSE PRACTITIONER

Heather Stultz, MSN, APRN, is one of the newest members of the medical staff at Arkansas Methodist Medical Center. She received her Bachelor of Science in Nursing from Arkansas State University in Jonesboro, her Masters of Science in Nursing from University of Cincinnati in Cincinnati, Ohio, and is working to complete her Doctorate of Nursing Practice from Walden University in Minneapolis, Minnesota.



Heather Stultz

She is a member of the American Nurses Association, the Arkansas Nurses Association and the Association of Women's Health, Obstetric and Neonatal Nurses.

Heather is practicing in the AMMC Women's Clinic. To schedule an appointment, call 870-239-8307. ♦

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Business Is Good

Group honors Rowland for 25 years of service

Co-workers surprised Mark Rowland with a reception to acknowledge his 25 years of service to Professional Credit Management, Inc., in Jonesboro.

The event was hosted by the Jonesboro Regional Chamber of Commerce in November and brought together family members and friends who offered their congratulations to Rowland. ♦

At right: Bill Rowland, Janice Pollard, Carrie Rowland, Mark Rowland and Claire Rowland; below left, Bill Rowland, Jeremy Colton, Bryant Marshall and Brian Reddick; below right, Aaron Heller, Joe Wessell, and Mark and Claire Rowland.



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Paragould Pride Band students make All-Region

Thirty-three Paragould Pride Band students placed in the ASBOA Region V All-Region Honor Band.

They participated in auditions in December and received the honor of performing at the All-Region Clinic at ASU-Jonesboro on January 23-24, 2015.

Junior High All-Region members pictured at right are:

Front (L-R):

Christian Wagner (2nd band, 1st chair trumpet), Emilee Owen (1st band, 8th chair horn), McKenzie Moore (1st band, 21st chair clarinet), Aaron Hadley (2nd band, 7th chair tuba), Danielle Henderson (alternate clarinet)

2nd Row (L-R):

Josh Huffstutler (1st band, 3rd chair percussion), Valerey Michael (1st band, 6th chair horn), Ali Renfroe (2nd band, 1st chair tenor saxophone), Zach Pullam (2nd band, 6th chair percussion), Brett Murdie (2nd band, 4th chair horn), Seth Laws (alternate horn), Grace Dial (2nd band, 7th chair trumpet)

3rd Row (L-R):

Illyana O'Rourke (1st band 4th chair trombone), Charlie Williamson (1st band, 11th chair trumpet), Emilee Braaksma (2nd band, 7th chair flute), Drake Plunkett (2nd band, 5th chair trombone), Issac Russom



Jr. High All-Region Honors Band

(alternate euphonium), Abby Smithee (alternate percussion), Tryniti Garred (alternate flute), Sam Baker (2nd band, 4th chair alto saxophone)

Back (L to R):

Tyler Brown (1st band, 6th chair percussion), Colton Thomason (1st band, 2nd chair trumpet), Daniel Crawford (1st band, 5th chair trombone), Alec Wilkinson (alternate trombone), Ben Smith (1st band, 5th chair tuba), Tucker Bryan (2nd band, 2nd chair baritone saxophone), Karson Oakes (1st band, 13th chair trumpet), Trevor Gatewood

(1st band, 5th chair percussion), Tyler Teague (2nd band, 1st chair trombone)

Not Pictured:

Annie Grace Fleming (2nd band, 26th chair clarinet), Gabe Waddell (2nd band, 2nd chair tenor saxophone), Taylor Copeland (alternate flute), Libby Burns (alternate euphonium)

Jazz All-Region Honor Bands

Front (L-R):

Heather Warren (Sr. High, 2nd band, 1st

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chair trumpet), Ashley McIninch (Sr. High, 1st band, 1st chair tenor trombone), Jessica Huffmaster (Sr. High, 2nd band, 2nd chair piano), Nathan Barker (Sr. High, 2nd band, 1st chair drumset), Sam Baker (Jr. High, 1st chair baritone saxophone), Shay Cline (Sr. High, 2nd band, 2nd chair tenor saxophone)

Back (L to R):

Colton Thomason (Jr. High, 2nd chair trumpet), Brandon Bakkala (Sr. High, 1st band, 4th chair trumpet), CJ Slatton (Sr. High, 1st band, 1st chair baritone saxophone), Kyle Runsick (Sr. High, 2nd band, 1st chair tenor saxophone), Hannah Smithee (Sr. High, 1st band, 2nd chair tenor trombone), Kason Irvin (Sr. High, 2nd band, 1st chair bass trombone)



Jazz All-Region Honors Band

Not Pictured: Alex Poschmann (Sr. High, 2nd band, 2nd chair bass), Tyler Teague (Jr. High alternate trombone) ♦

5th Annual "ROCKIN' THE NIGHT AWAY" for the Paragould Band

The 5th Annual "Rockin' the Night Away for the Paragould Band" is an action packed, toe-tapping, non-stop fun show for young and old.

Take a stroll down memory lane with this variety show, set for two performances at 7 p.m. on Friday, January 30, and Saturday, January 31, that will take listeners back to the Golden Age of Rock n' Roll of the '50s and early '60s and keep you on the edge of your seat with the Motown and Rock sounds.

This one of a kind show spans 40 years of music and will bring together some of Northeast Arkansas' top singers, performers, and musicians, with guest appearances from members of the award-winning Paragould High School Band program.

Singers include Shannon Freeman, Ryan Fisher, Donna Rose, Lori Dial, Derrick Palmer, Tyler Hart and Billy VanDelinder, and singer and Master of Ceremonies, Richie Williams.

The band features Mark Owen, Teddy Hoke,



Joey Pruet, Ken Wadley and Josh Mobley. Sound and lighting will be expertly done by Theater Master Jim Kjolraug and Kent Straub.

Tickets will be \$12 in advance or \$15 at the door and all seating is General Admission. Donations will also be accepted at the event, with 100% of the proceeds being applied to help fund transportation. These singers and musicians have traditionally sold out

performances at the Collins, so we encourage you to purchase your tickets before the show to ensure you don't miss all the fun. Last year's shows saw nearly 1,000 tickets sold.

Call Director of Bands, Richie Williams, at (870)-926-6225 or email rwilliams@paragouldschools.net to reserve your tickets.

Tickets will also soon be available at The Treasure House in the Paragould Plaza. ♦

HAPPENINGS



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HAPPENINGS

1. Job Shadowing

Paragould High School Senior Advanced Learning Programs students participated in a professional job shadowing day in December. Job shadowing allows students to experience the job of their choice and helps them decide a path for college. "The students spent the day with these professionals to gain a better idea of what a normal day in the chosen occupation is like," said Karen Snyder, Paragould School District AP Coordinator. "Hopefully, this will also help students realize if they are a good fit for their intended career."

Pictured are Judge Dan Stidham and Chris Porter.

2. D.A.R.E. Graduates

Oak Grove Middle School 5th grade students recently graduated from the D.A.R.E. program. Paragould Police D.A.R.E. officers held several classes with the students and taught them the importance of making good choices and avoiding the dangers of drugs. Students entered an essay writing contest and the top two entries were awarded with prizes. The 2014 D.A.R.E. essay contest winners are Autumn Bateman and Rachel Chadima.

3. Gift To PAWS

Paragould residents Jeremy and Stephanie Wooldridge (inset) donated a washing machine to the PAWS Animal Shelter. PAWS had posted the

need for the appliance on Facebook and was pleasantly surprised when it arrived just in time to wash bedding for the shelter pets.

Since being founded in 1998 the PAWS shelter has placed over six thousand animals into permanent loving homes and has provided a safe haven for homeless pets. The shelter is open Monday-Saturday, noon until 6 p.m. The shelter is located at 1103 E. Kingshighway.

4. Donation to GCT

The 1037th Engr BN NCO Association made a donation to GCT Primary for the Clothing Closet and Christmas Adoption for 2014. This monetary donation will be used to stock the Clothing Closet with needed items such as shoes, socks, and underwear, and to aid those children who were in need at Christmas. Pictured from left are: 1SG Fred Siebert, SFC Bobby Farmer, GCT Social Worker Robin Williams, GCT Primary Parent Center Coordinator Rebecca Murry, SSG Andy Metcalf, SSG Jeremy Ervin, and SGT Rodney Dees.

5. Community Volunteers

Oak Grove Middle School 6th grade students volunteered at the Mission Outreach in November. The students served lunch, wiped tables and chairs, washed dishes and cleaned the floors. They are learning about serving the community and are encouraged to help local non-profit agencies. Mrs. April Winn and Mrs. Gina Starling are the OGMS sponsors for the service project. ♦



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Greene County Tech choral students selected All-Region

Twenty-one choral students from Greene County Tech Senior High School in Paragould were recently selected to the Northeast Arkansas All-Region Choir.

The students performed in the honor choir in November in Rice-land Hall at the Arkansas State University Fowler Center in Jonesboro.

Beverly Finley is the Choral Director at Greene County Tech High School.

Pictured at top right are:

Top row, from left: Dean MacDonald, Logan Taylor, Will Robbins, Cody Lewis, Bailey Morgan, Dakota Douglas

Middle: Loren Colvin, Madison Garrett, Ashlyn Pillow, Gabby Randel, Alyssa Cox, Madison Wilson

Front: Sara Brown, Whitney Rowe, Taylor Bogard, Bethany Hisaw, Ceslee Kidd, Madison Mothershed, Hannah Vaughn

Not Pictured: Skylar Brasher, Kyle Vincent

Pictured in the photo below right are the Greene County Tech Junior High students who were also selected as members of the All-Region choir.

They are:

Front Row: Desiree Floyd, Erin Gammill, Jessica Murphy, Nina Witcher, Grace Smith, Olivia Beaverson

2nd Row: Malcom Allen, Jackson McCarty, Tara Pangborn, Tollie Cooper, Presley McLain, Anna Shain, Catherine Hankins

Back Row: Cailyn Secrease, Reese Ruhl, Robert Tant, Michael Markum, Logan Hisaw, Abby Baker, Lorena Hoggard, Hanna Sharpe. ♦

GCT Senior High Choir



GCT Junior High Choir





GCT School Board president Tim Barnum presents Donna Ashley with her award.

GCT school psychologist earns statewide recognition

Greene County Tech's Donna Ashley was named School Psychologist of the Year for 2014 for the ASPA.

She was recognized by the GCT School Board at its November meeting, and was presented a plaque by president Tim Barnum. Ashley also serves as Tech's District Testing Coordinator. ♦



Third and fourth grade Sunday School classes at First United Methodist Church have collected money in their classrooms all semester. They voted that it be used to benefit the food pantry at the Witt House, a ministry of First United Methodist Church. Shown are the children taking the items purchased with the money to the Witt House. The classes collect money every semester and determine where it will go at the end. Susie Cook, Leanne Harris, Luke Cook and Greig Lynn are their teachers.

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There's simply no more room in my brain for additional knowledge

During a recent staff meeting I looked around the table and realized I was once more the only one in the room without one of those George Jetson telephones, one where you can actually look at the screen and see Mr. Spacely as he speaks to you.

While my younger workmates took their index fingers and swiped left and right, using terms like "app," "stream" and "link," I sat there with my grandpa phone folded up in my pocket and had no idea what they were talking about.

It reminded me of a day years ago when I stopped by to see my parents, and Dad was obviously in a quandary. Seems he really wanted to see the ballgame on TV that night but was obligated to do something with his church group, and he wouldn't have felt right deserting them. I pointed out that he had a VCR, but he said, "Aww, I don't know how to work that thing ... and don't want to fool with it."

I told him I could easily program it so that it would turn itself on, record the game and turn

Get Rich

By Richard Brummett



itself off, allowing him to see the game in its entirety later that night or even the next day. "Too much trouble," he said, and left the room while I programmed the machine anyway.

The next day I asked if he had reworded the tape and watched the game. "Naw," he answered. "I don't want to fool with that thing. I already have too much stuff to remember, and I don't need to be adding anything new."

While I found that a rather foolish and antiquated attitude back in the day, suddenly I embrace it. It's not that I don't want to know what the younger generation is talking about when they tilt their heads downward and look at their phones, it's just that I have so much information crammed into my brain already that there's simply no more room.

Stuck inside my head are things I can't let go

of, things that have so little value today that I'm wondering why they continue to take up precious mental capacity.

For instance, I can still diagram every movement and option of "The Shuffle," the man-to-man offense our basketball team was supposed to run in high school. I say "supposed to" because about three-fifths of the starting lineup never bothered to learn the offense and just shot the ball when it came to them.

I remember conjugating the Latin verb *amo*, meaning "to love," all the way through to *amatus*, and I recall several paragraphs about The Appian Way because we had to translate one almost every day in Latin class. Yes, I said Latin class. Two years of it. *Puella* is girl and *puer* boy, by the way.

Lodged inside my brain are all the words to The Gettysburg Address. I memorized the entire thing in the car on the way to Woodrow Wilson Elementary School one morning when I was in the fifth grade because I forgot about the assignment the night before. It's still there.

I can tell you that Stan Musial finished his major league career with 3,630 hits -- exactly 1,815 at home and 1,815 on the road -- and that Mickey Mantle played about three years too long and his lifetime batting average wound up at .298 instead of above .300 where it belonged.

Crammed in this cranial landfill is some little ditty from Coach Dale's biology class about kingdom, phylum, class, order, family, genus, species ... which remains there but means absolutely nothing to me today, save for the one time it allowed me to advance a pie on the Trivial Pursuit board.

I can still remember some of my good friends' telephone numbers from when we were kids, and inside my head is a vivid picture of the time I squeezed in the winning run in the bottom of the 11th inning of a 1-0 American Legion baseball game when I was 16.

But if your iPhone 6 is lying on the table beside me and it rings I can't answer it and I have no idea if I can send something from my phone to yours.

It's not that I'm not willing to learn, it's just that there's way too much knowledge up there already, and no more room at the inn. ♦

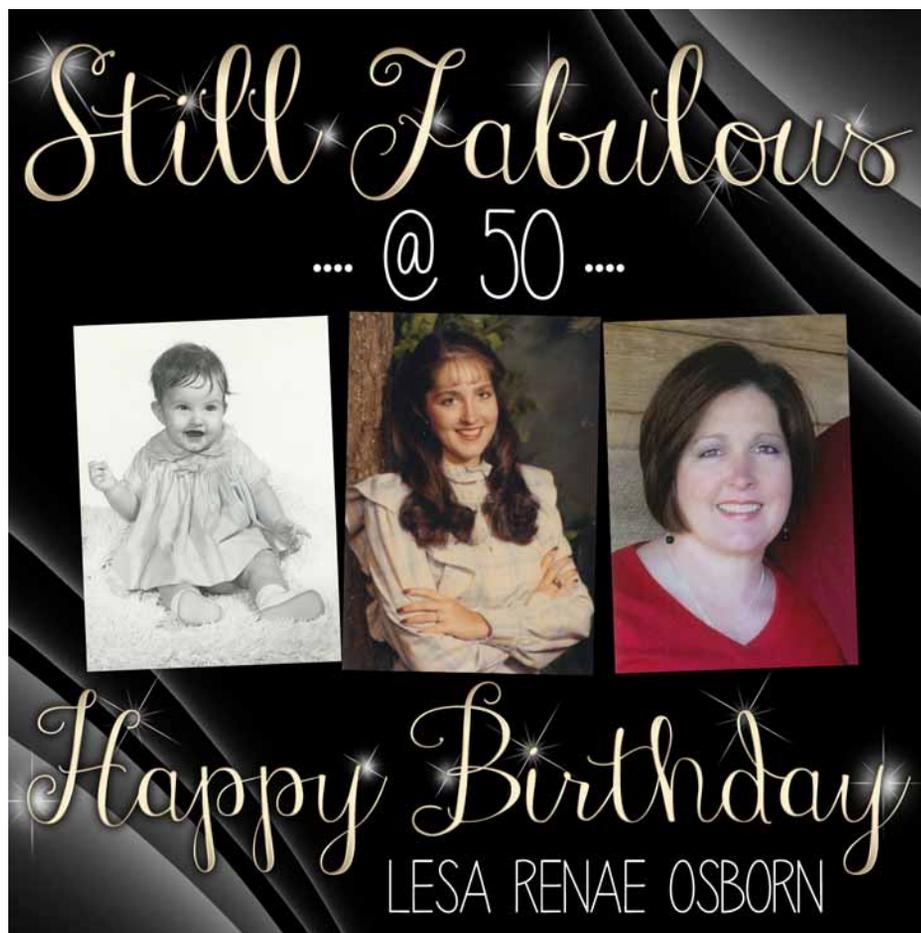




Image Realty, TRU Boutique donate to AMMC Foundation

Image Realty and TRU Boutique recently presented two checks to the Arkansas Methodist Medical Center's Project Hope Foundation.

"Through the month of October, Breast Cancer Awareness Month, we worked hard to close deals and work sales to donate to this foundation," said Brooksie Hartness, Broker/Owner of Image Realty and TRU Boutique.

Those Pictured – (TRU, from left) Courtney Garrett, Whitney Felty, Lisa Jackson, Brooksie Hartness, Carrie Rowland - Mammographer, Terry Austin – Foundation Director.

(Image Realty, from left) Terry Austin, Carrie Rowland, Pete Cancilla, Brooksie Hartness, Raina Thomas, Stacie Russell and Delaine Landrum. ♦



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A Focus, Inc., consumer looks at a Christmas card created by the youth at First United Methodist Church in Paragould, above, while below FUMC kids shared a meal and a few Bingo rounds with the residents of the Mini-Rise.

Getting Into The Holiday Spirit



Guests took to the dance floor at the Paragould Country Club when the Board of Realtors and Affiliates held their annual social event.



Area organizations and families got together during December to spread holiday cheer



There was plenty to cheer about at the Paragould Rotary Club's Family Social at the bowling alley, as Malissa Lewis showed, above.



Santa Claus visited First Community Bank in Jonesboro and got a hug from Gage Shelton, left, as well as some smiles from Brian Emison and his family, right.



Organizations will address underage drug, alcohol issues

The Division of Behavioral Health Services, Prevention Services announced that it has partnered with community based organizations across the state to reduce underage drinking and prescription drug abuse throughout the state of Arkansas.

In the state of Arkansas, underage drinking and prescription drug abuse is considered an epidemic.

According to www.buildingasaferevansville.org, 5,000 people under age 21 die each year from alcohol-related car crashes, homicides, suicides, alcohol poisoning, and other injuries such as falls, burns, and drowning. According to the U.S. Drug Administration, every day, 2,000 teenagers use a prescription drug to get high for the first time.

"It is vitally important that we educate our youth about the consequences of underage drinking and prescription drug abuse. It is truly 'uncool' and as some seem to forget, it's still illegal," says Dennis Emerson, Principal of Poyen High School.

"I am very excited about this new initiative. It speaks directly to our youth and empowers them to make wise, informed decisions. Prevention is key and collaboration will help guide us to victory."

This initiative is entitled "Drinks, Drugs, Nah." It is a prevention-focused, youth-centric, outreach initiative that will be spearheaded by local youth, non-profit organizations, faith based groups and community leaders.

For more information, visit the website at www.takeactionar.com.

For more information, contact Sharron Mims at: Telephone -- (501) 686-9030; or sharron.mims@dhs.arkansas.gov.



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Crowley's Ridge State Park plans January 1 events

Home on the Ridge First Day Hike, 10 a.m. - 10:45 a.m.

Meeting Place: Basketball Court

Admission: Free

Join a park interpreter and get a healthy start to the new year while you explore the natural and historical features that make Crowley's Ridge State Park special. Explore the various types of animal housing, both natural and man-made, around the lake. The hike will finish with an opportunity to view housing for humans built by the Civilian Conservation Corps in the 1930s. The newly renovated group dining hall is open for viewing after the hike. The path around Ponder Lake is stroller accessible, so bring the whole family.

Hoppin' John Dutch Oven Demonstration, 11 a.m.-noon

Meeting Place: Group Lodging Area

Admission: Free

Hoppin' John is a traditional southern New Year's dish full of good luck symbols and can be easily made outdoors in a cast iron Dutch oven. Participants will also learn how to clean and care for cast iron. Bring a bowl and spoon for sampling if you can, if not we will have some to share.

Group Lodging Area Open House

Admission: Free

View the historic group lodging area first built by the Civilian Conservation Corps in the 1930s. The lodging area, which originally included 6 cabins and a "community building," provided a camping experience with a view for early visitors to the park and has remained a popular group venue. The facility now includes 5 cabins, a newly renovated group dining hall with full kitchen, a bathhouse, an outdoor pavilion, and a large fire ring. All amenities are open for viewing.

There will also be a First Day Hike from 3-4:30 p.m. Call 870-573-6751 for information. ♦

Engagement Announcements



Kalee Reed and Jacob Gaines

Reed-Gaines

Kalee Reed and Jacob Gaines have announced their plans to hold a January wedding.

The bride-to-be is the daughter of Nita Reed of Paragould and the late Mark Reed.

The prospective groom is the son of Lisa and Chris Wilcox of Marmaduke, and Paul and Lanae Gaines of Mammoth Spring.

The wedding is scheduled to take place Saturday, January 31, 2015, at The Silos in Bono. ♦

Birth Announcements



Brazen Tucker Parson

Parson

Brazen Tucker Parson was born November 21, 2014, at St. Bernards Hospital.

He weighed 10 pounds, 1 ounce and was 22 inches long.

Parents are Casey and Heather Parson of Paragould. Grandparents are Alan and Linda Parson of Paragould and Neil and Debra Tucker of Rector. ♦

Would you like to include your engagement or birth announcements in Premiere Magazine? All you have to do is email your information to:

editor@premiere-magazine.com

or call 870-236-7627 for more information.



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January

CALENDAR

Thursday, January 1

AMERICA'S STATE PARKS FIRST DAY HIKE, join the park staff at Jacksonport State Park for a special hike along the Tunstall River Walk. The low impact hike begins at 10:00 am at the trail head. Be sure to bring bottled water, snacks, binoculars, cameras and birding books. This hike is appropriate for all ages. Dress according to local forecast. For more information, please contact the park staff at Jacksonport State Park by calling (870) 523-2143 or emailing jacksonport@arkansas.gov

Saturday, January 3

AUDITIONS FOR 'ALICE IN WONDERLAND', by Charlotte Chorpenning and directed by Jeremiah Allen, beginning at 2:00 pm at the Collins Theatre in Downtown Paragould. The timeless Lewis Carroll tale will be brought to the stage by The Greene County Fine Arts Council. Be a part of this magical journey of a young girl who stumbles down a rabbit hole only to find a world that is so mysterious, one can't help but fall in love with it all.

Other Dates: Sunday, January 4 at 2:00 pm and Monday, January 5 at 7:00 pm

Tuesday, January 6

AMMC HOSTS BREASTFEEDING CLASS, held in the Professional Office

Building at Arkansas Methodist Medical Center from 6:00 pm to 8:00 pm. Covering the importance of breastfeeding, breast preparation, feeding techniques and positioning options for mother and baby. Call the AMMC Education Department at (870) 239-7016 for pricing and to register.

Tuesday, January 13

AMMC HOSTS INFANT SAFETY CLASS, focusing on topics including car safety, childproofing your home, crib safety and infant CPR, held in the Professional Office Building at Arkansas Methodist Medical Center from 6:00 pm to 8:00 pm.

Call the AMMC Education Department at (870) 239-7016 for pricing and to register for the class.

Monday, January 19

MOMMY AND ME BREASTFEEDING SUPPORT GROUP MEETING, for new and expectant mothers, brought to you by Arkansas Methodist Medical Center and the Greene County Health Unit. Held in the Professional Office Building at AMMC from 6:00 pm - 7:00 pm. For more information, call the Greene County Health Unit at (870) 236-7782.

Thursday, January 22

"FROM OUR HEART TO YOURS" COMMUNITY DIABETES PROGRAM,

put on by Arkansas Methodist Medical Center and Wal-Mart, from 6:00 pm to 7:30 pm in the Auditorium in the Professional Office Building at Arkansas Methodist Medical Center. AMMC Certified Diabetes Educator Allison Hitt, RN, will share recipe ideas for heart healthy dishes and Dr. Frank Schefano will speak about heart health and diabetic complications.

Please RSVP by Wednesday, January 21 by calling (870) 239-7016

Saturday, January 24

AMMC HOSTS CHILDBIRTH PREPARATION CLASS, held in the Professional Office Building at Arkansas Methodist Medical Center, from 10:00 am to 3:00 pm with one hour for lunch. Call the AMMC Education Department at (870) 239-7016 for pricing and to register.

Other class dates: Saturday, January 31

Monday, January 26

AMMC HOSTS HEALTHY PREGNANCY CLASS, held in the Professional Office Building at Arkansas Methodist Medical Center from 6:00 pm to 8:00 pm. Call the AMMC Education Department at (870) 239-7016 for pricing and to register.

KASU'S BLUEGRASS MONDAY, at the Collins Theatre in Downtown Paragould, 7:00 pm.

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Recurring EVENTS

First Monday of every month: Paragould Young Professionals First Monday Lunch, noon.

Every Wednesday: Perking on Pruetz, 8:30 a.m.-10:00 a.m. At Something Sweet. Find out what is happening in the One and Only Downtown Paragould. Your input is welcome.

Second Tuesday of every month: The Greene County Wildlife Club meets at the Paragould Community Center, beginning at 6:00 pm.

Greene County Master Gardeners present a Brown Bag Lunch Program at the Greene County Library, 2nd Tuesday of the month, from 12-1. Bring a lunch and enjoy a free gardening presentation.

First & Third Thursday of every month: Alive After Five, Downtown street market in Downtown Jonesboro.

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.

Second Thursday of every month: The Memory Cafe, support group for those having memory, dementia or Alzheimer's at 1:00 pm at Swirlz Yogurt and Coffee.

Second Wednesday of every month: St. Mary's Spaghetti Dinner, 11 a.m.-1:30 p.m. Admission is \$6 for all you can eat spaghetti, salad, garlic bread, dessert and drink. At St. Mary's Catholic Church in Paragould.

Every Third Monday: Greene County Retired Teachers Meeting, 11:30 a.m. at Grecian Steak House. All retired Greene County school personnel are invited.

Every Third Tuesday: Alzheimer's Support Group with the Alzheimer's Arkansas Association and Absolute Care Management, 1:00 pm at the Paragould Library.

Fourth Tuesday of every month: Greene County Master Gardener Meeting, Greene County Library, 6 pm, guests 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.

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Jimmy Barnes, left, and his father, Fred

Jimmy Barnes and his family can cook, but the recipe they work from takes anywhere from 100-110 days to produce. Fourteen years ago Barnes taught himself to create syrup from sorghum cane, and it has since become a family affair.

The process begins with working the ground and planting the seeds for the cane, which then has to be cultivated as it grows. The plants are then stripped, cut and sent to the mill. One truckload of sorghum makes approximately five gallons of syrup.

“Not very many people do it,” Barnes said. “It’s a dying art.”

Since his first batch of syrup, Barnes has had his product taken to Germany and even gotten others interested in making bottles of the sweet stuff. He also explained each cooking of the syrup can taste different, resulting in a variety of flavors.

“When it turns out, it’s rewarding,” he said.

Occupation: Greene County Road Department

Family: Tonya (wife); Cody, Kacey and Courtney (children); Fred (father)

How did you learn to cook sorghum? “What got me started was Silver Dollar City. I saw them making it there and all I knew was it looked neat and I wanted to try it.”

What is your favorite thing about the process? “My favorite part is when someone eats it and knows what sorghum is supposed

NEA COOKS



SORGHUM SPICE COOKIES

- | | |
|------------------------------|----------------------------|
| Ingredients: | 3 cups flour |
| 3/4 cup shortening | 2 tsp. baking soda |
| 1 cup sugar (white or brown) | 1 tsp. each cloves, ginger |
| 2 eggs | 2 tsp. cinnamon |
| 1/4 cup sorghum | |

Mix shortening and sugar, then beat in eggs and sorghum. Add flour, baking soda and spices and mix. Chill dough a few hours or overnight. Roll into balls and dip tops in sugar. Place on an ungreased cookie sheet and bake at 350 for 10 minutes. ♦



to taste like and they tell me it’s the best sorghum they’ve ever had.”

What are some good dishes to make with the sorghum? “Anything that uses sugar, you can substitute with sorghum. Most people eat it

with biscuits and butter.”

What advice do you have for people interested in the sorghum making process? “If they’re cooking it, make sure it’s boiling, and filter it.” ♦

Next Month

Cover Story



Almost everyone loves chocolate and we'll take a new look at the old favorite. February is National Chocolate Month, so get ready for some sweet features.

Also ...



Not only is February the month for gifts from the heart, it's also American Heart Month and Premiere writers will focus on heart health and awareness.



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