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Get hooked! Team Lewis fishing. Starting on pg

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From The
Managing Editor ...



“Like music and art, love of nature is a common language that can transcend political or social boundaries.”

Former President
Jimmy Carter

“Like music and art, love of nature is a common language that can transcend political or social boundaries.” – Former President Jimmy Carter

Nature, outdoors ... one’s freedom from desks and cubicles and electronics, unless you choose to take your phone along and spoil the moment.

This month we have turned our focus to the great outdoors and just a small look at the many opportunities Northeast Arkansas has to offer those who love hiking, biking, playing a sport or just enjoying the absolute beauty of nature.

Our cover feature presents the Dwayne Lewis family’s unique way of spending quality time together, situated close to each other in a boat, seeing which of the three can pull in the largest fish. As a team, husband, wife and daughter compete on the

fishing tournament circuit but bring out the biggest reward – sharing the love they have for each other – whether they catch any fish or not.

Writer Caitlin LaFarlette brings readers helpful information regarding the many camping opportunities available at Crowley’s Ridge State Park, one of Arkansas’ true gems. Whether you desire to pop down your tent and rough it or choose to stay in a cabin, Crowley’s Ridge can take care of you.

If you like to hop on a bike and ride a trail, Craighead Forest Park in Jonesboro has more than 15 miles of ample biking paths looped throughout its 692 acres and a move is on to try and bring similar trails to Paragould. Those stories, like the Lewis family feature, can all be found near the middle of this month’s Premiere. And there’s more.

Lots of NEA people ventured outside last month to jump right in at the Greene County version of the Polar Plunge, an annual event that benefits the Special Olympics. Be sure and find that feature to see if you or a friend provided a shivering photo opportunity.

The Paragould Regional Chamber of Commerce’s Showcase, at the Community Center, again provided the chance for area business men and women to feature their services and to interact with others, sharing and trading ideas before opening their displays up to the public. Again, find those pages and look for photos of folks you know.

This month we are trying something new, inserting our quarterly publication “NEA Seniors” inside this magazine. Take a look at that special section and let us know what you think. It starts on page 37.

As always, there are numerous other features, like Caitlin’s piece on Paragould High School’s award-winning band director Richie Williams, several pages from the Arkansas Sports Show in Jonesboro, our salute to this month’s Outstanding Teachers and much more. ♦



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PREMIERE

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PREMIERE is a publication of MOR Media, Incorporated. Editorial, advertising and general business information can be obtained by calling (870) 236-7627, faxing to (870) 239-4583 or e-mailing to dina@kdrs.com. Mailing address: 400 Tower Drive, Paragould, AR 72450.

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PREMIERE

AWARDS

2016

Health

	(Paragould)	(Jonesboro)	(Other)
Physician/ General (List Clinic) _____	P	J	O
Nurse (List Clinic) _____	P	J	O
Dentist (List Clinic) _____	P	J	O
Audiologist _____	P	J	O
Dental Clinic _____	P	J	O
Orthodontist (List Clinic) _____	P	J	O
Chiropractor (List Clinic) _____	P	J	O
Ophthalmologist (List Clinic) _____	P	J	O
Medical Supplies _____	P	J	O
Home Health Agency _____	P	J	O
Pharmacy _____	P	J	O
Counselor (List Agency) _____	P	J	O
Home Medical Supply Service _____	P	J	O
Medical Clinic _____	P	J	O
Optometrist (List Clinic) _____	P	J	O
Therapist (Clinic) What Kind? _____	P	J	O
Other Medical Specialty _____	P	J	O

Construction/New Home, Repair

Heat & Air _____	P	J	O
Electrician (List Company) _____	P	J	O
Excavating _____	P	J	O
General Contractor _____	P	J	O
Landscaping _____	P	J	O
Siding _____	P	J	O
Title Company _____	P	J	O
Other Construction _____	P	J	O

Beauty & Fitness

Beauty Salon _____	P	J	O
Massage Therapist _____	P	J	O
Cosmetic Studio _____	P	J	O
Fitness Center _____	P	J	O
Tanning Salon _____	P	J	O
Day Spa _____	P	J	O

Business of Business

Attorney (List Firm) _____	P	J	O
Computer Service & Repair _____	P	J	O
Dress Shop/Formal Wear _____	P	J	O
Employment Agency _____	P	J	O
Real Estate Co. _____			
Screen Printing _____	P	J	O
Sign Company _____	P	J	O
Office Supply _____	P	J	O

Life Events

Caterer _____	P	J	O
Florist _____	P	J	O
Funeral Home _____	P	J	O
Photographer _____	P	J	O
Retirement Center _____	P	J	O
Custom Cakes _____	P	J	O
Party Rental _____	P	J	O

For the Home

Appliance Store _____	P	J	O
Carpet & Rug Cleaning Service _____	P	J	O
Flooring Dealer _____	P	J	O
Furniture Store _____	P	J	O
Lawn & Garden Equipment Dealer _____	P	J	O
Mattress Store _____	P	J	O
Pest Control Service _____	P	J	O
Mini Storage _____	P	J	O

Financial

Accountant (List Company) _____	P	J	O
Bank _____	P	J	O
Charitable Organization _____	P	J	O
Financial Planner (List Company) _____	P	J	O
Insurance Agency _____	P	J	O
Tax Service _____	P	J	O

MAIL IN/HAND DELIVER:
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Entertainment/Relaxation

Live Entertainment Venue _____ P J O
Local Festival _____ P J O
Movie Theater _____ P J O
Night Club/Bar _____ P J O

Kids

Child Care Center _____ P J O
Dance _____ P J O
Gymnastics _____ P J O
Martial Arts _____ P J O
Park _____ P J O
School Administrator (List School) _____ P J O
Teacher (List School) _____ P J O
Coach (List School) _____ P J O

Gifts/Décor Shops

Home _____ P J O
Baby _____ P J O
Wedding _____ P J O
Holiday _____ P J O

Restaurants

Bakery/Sweet Treats _____ P J O
BBQ _____ P J O
Breakfast _____ P J O
Buffet Style _____ P J O
Burger _____ P J O
Catfish _____ P J O
Chicken _____ P J O
Frozen Treats _____ P J O
Pizza _____ P J O
Steak _____ P J O
Ethnic _____ P J O

Shopping

Consignment Store _____ P J O
Flea Market _____ P J O
Farm Supply Store _____ P J O
Jewelry Store _____ P J O
Pawn Shop _____ P J O
Grocery Store _____ P J O
Hardware/Tool Store _____ P J O
Liquor Store _____ P J O
Shoe Store _____ P J O
Clothing _____ P J O
Sporting Goods _____ P J O
Uniform Clothing _____ P J O

Pets

Pet Grooming Service _____ P J O
Veterinary Clinic _____ P J O
Pet Supplies _____ P J O

Automotive

Auto Body Shop _____ P J O
Auto Parts Shop _____ P J O
Auto Dealer/New _____ P J O
Auto Dealer/Used _____ P J O
Oil Change & Lube _____ P J O
Tire Service Center _____ P J O
Wrecker Service _____ P J O
Repair/Service/Mechanic (List Shop) _____ P J O
Carwash _____ P J O

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Jody's Finds

by Cheryl Nichols



My Mom, Jody, loves to shop. Her love of browsing, touching, thinking, and then sometimes buying has provided our family with endless amounts of interesting items, ingenious solutions to problems we may or may not have known we had, and sometimes just odd stuff and funny stories.



**This edition's
"Interesting
Find":
Paper towels with
dishwashing liquid
imbedded
in the towel.**

My family spent some time at the beach over the holidays. Travel gives my mom extra energy to shop for cool stuff and she did not disappoint on this trip. She found these amazing paper towels laced with dishwashing soap. My entire family gathered around the kitchen sink of our rented beach house, admiring the towels and saying things like: "So smart!"; "Oh, let me wash something right now!"; "Jody, where did you find this?"; "No more smelly dish rags!", and so on.

Our memories of that wonderful week at the beach include walking on the beach with our dogs, cooking my grandmother's famous spaghetti sauce, playing the card game "pepper," and washing all the dishes with these amazing paper towels!

Good times. ♦

UPDATE:

The Henry Wrinkles Foundation

The Henry Wrinkles Foundation, once simply a dog in clothes working with school children, has big plans to create and expand two programs in 2016.

In addition to a literacy program, adoption boot camp and basic life skills classes, Henry Wrinkles will add a medical therapy clinic to its impressive list of services for the public. The clinic includes occupational, physical and speech therapy, founder Susan Boyd said.

"If there's anybody out there with a kid who needs OT, PT or speech, here in probably a few months we'll be ready to go," Boyd added.

Currently, Boyd's team is searching for a site closer inside the Paragould city limits but also plans to offer the service at the farm location in Beech Grove.

In 2005, Boyd's Shar-Pei/Labrador mix dog, Henry, began working with school children to build their self esteem and expand their communication skills, which kicked off the start of the foundation. After a special day of entering a classroom for students to read to Henry, things really got rolling.

"We ended up staying all day and Henry just became part of the class," Boyd said. "Finally, we settled in on the four limbs."

The four limbs of the foundation developed into Animal Assisted Learning and Therapy; Unlimited Possibilities (a foster home service); Spay, Neuter and Adopt and the Henry and Friends Literacy Program. The literacy program is a collection of books written from the point of view of the foundation's animals to teach life lessons, and this year Boyd will revamp the program to fit schools' specific needs for pre-kindergarten-fourth grades.

"We have a reading specialist coming on board," she said.

Sandy Jones, who works with the foundation, added that schools are looking to level the books for different grades and add various activities for the children to work on.

"At this point in time it needs to involve science and architecture, building, and that kind of thing, rather than some simple craft project," Jones said.

Once the program is up and running, Boyd said she wants to bring on board the foster children she works with to help out. This project, along with training the various goats, pigs, horses,

dogs and cats on the farm, gives the children a sense of responsibility and self-worth, she said.

As for the remainder of 2016, Henry Wrinkles is in the planning stages of varying fundraisers and will return for this year's Woofstock, an event organized to help spay, neuter and adopt animals in Northeast Arkansas.

"We're actually planning on being bigger and better with them this year," Boyd said.

Boyd's team has a mobile unit for the spay and neuter clinic and said Dr. Steven Copeland assists with the event. She also plans on organizing a race at Woofstock as a fundraiser for the Woofstock team.

For now, the farm is waking up from winter with a new calf that has to be bottle fed, an earless pig and a new puppy named Bo, who has a personality mirroring Henry's. It's a special place to be where animals and people come together to heal and learn. ♦

Caitlin LaFarlette



BUSINESS IS GOOD

The Crossing



There have been a lot of questions surrounding the purchase of the Red Goose Deli in Downtown Paragould by a church group, but its pastor has a very calming answer for all concerned.

"The bigger building is going to be a blessing to us," said Jared Pickney of Fellowship Paragould, "but we, in turn, want to make it an even bigger blessing to the city."

Besides being a downtown restaurant, Red Goose also served as a banquet hall suitable for a variety of occasions. Pickney said it will remain so, and will have a new name and a new look for those who want to make use of its services.

"This is really what it boils down to," said Pickney. "For three-and-a-half years we met at the Paragould Cinema 8. We started way back at the first with only 8 people; now we have 280-plus and we've been in need of a place to meet that will hold us. We have seriously outgrown the cinema.

"We began looking for a place that would house us and someone recommended renting the Red Goose. I talked to Matt and Nancye (Gage, the previous owners) about renting it and they said, 'What

about buying it?' They wanted to get into some different things professionally and we talked about it and prayed about it. We decided that it's such a big building that's already a blessing to the city as a banquet hall and that maybe we could buy it and make it better than ever and continue to bless the city even more."

Pickney said Fellowship Paragould "had no interest in putting a bunch of money into a building where we would meet a couple of times a week. We decided to purchase it, and restore it to its original look, exposing the brick walls and exposing the ceiling. And we're going to rename it The Crossing to tie it in to Paragould's history as a railroad town and to pay homage to the city and its roots. A lot of people don't know that before it was called Paragould, it was called The Crossing."

Extensive renovations have been under way for a while, but Pickney said the facility has already been booked for eight events in the coming year. He hopes to be fully ready for the public by April 1. "It is still going to be available for weddings, receptions, meetings, banquets," Pickney said. "I know you've heard people express concern and say it's 'church owned, church owned.' But nobody ever said the cinema was church owned ... they just happened to let us use it."



Jared Pickney

We want people to continue to look at it as a place to hold a conference or a banquet, and we just happen to meet there. We will be the ones taking care of it, but it is something that is absolutely open to the city for use. There will be no new regulations; it will be used as it has been used in the past. We're just trying to restore the building to its original beauty."

Located at 101 South Pruet Street, The Crossing – according to Pickney – is just in for a facelift and little more.

"It is a banquet hall," he emphasized. "We want it to continue to be used the way it has always been used. We will be there Sundays from 9:30 to 11:00, but every other day people can reserve it. Everyone who has talked to us about what we're doing seems excited and enthused. We are, too."

To find out more about The Crossing, or to schedule an event, call 870-335-6390. ♦

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Swanky Storks



Left to right: Hannah Carter and Lauren Cude

Community spirit is one of the factors behind the recent move of Swanky Storks, a Christian-based children's boutique and gift store in Paragould.

Co-owner Lauren Cude said a desire to contribute to the growing Downtown Paragould area was in part responsible for the store's move from its original location at 318 South 10th Street.

"We're trying to grow Downtown Paragould," Cude said. "We wanted to be a part of that opportunity."

Now located at 113 South Pruett Street, Cude and fellow owner Hannah Carter offer a wide range of gifts and clothing for children.

"You can find swaddle blankets, diaper bags, pacifiers," Cude said, "picture props, headbands ... lots of things for the newborn up to size 14, for boys and girls."

In addition to the above mentioned and a wide variety of clothing items, Swanky Storks provides a selection of hair bows, "bath bombs" and teething accessories.

Cude said the store also provides a shower registry and delivers to local showers, as well as having gift-wrapping services.

Carter emphasized the pair's commitment to Paragould, explaining that both are in training to become nurse practitioners, and both plan to stay in the area.

"We will both graduate this year and we both have ties to the community," Carter said. "So we plan to stay local. I was born and raised here and come from a family that has business owners in it. Paragould is where we plan to be."

Store hours are 10 a.m. to 5 p.m. Tuesday through Friday, and 10 a.m. to 4 p.m. on Saturday. Carter and Cude can be reached by phone at 870-573-8024 during store hours, and Swanky Storks also has Facebook and Instagram accounts. ♦

Richard Brummett

**"Train up a child
in the way he should go:
and when he is old,
he will not depart from it."**

- Proverbs 22:6 (King James Version)

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Chamber Showcase

Nearly 90 area businesses set up shop at the Paragould Community Center in February, taking part in the Chamber of Commerce's 10th annual Showcase.

This year's theme was "Picture Success with the Chamber" and the event featured a number of elaborately decorated booths relevant to the topic.

Door prizes were awarded in the early part of the session, limited to Chamber members, as merchants traded ideas and discussed trends. The afternoon session was open to the public, where visitors were able to pick up giveaway items and learn about the services and products offered by each business.







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SUPER BOWL SUNDAY

RECAP

More than 20 years ago the first St. Jude S'travananza was staged in Jonesboro and raised a little over \$14,000; in 2016, the 23rd annual version of the fundraiser broke all previous records and totaled more than \$500,000 to help the Memphis children's hospital continue its research and treatment efforts.

According to information provided by organizer Susan Cathcart, "We broke all records in ticket sales, live and silent auction sales, corporate and personal donations, and raffle and betting board sales. I don't have all the bills in yet so I can't give you an exact bottom line. But I do believe that we will exceed our goal of sending the hospital \$400,000 by probably \$50,000."

The Northeast Arkansas District Fairgrounds hosted this year's S'travananza, which offered ticket buyers a chance to watch the NFL Super Bowl 50 game on 35 large flat screen TVs and to enjoy ribs, smoked chicken, shrimp, crawfish, desserts, drinks and more.

S'travananza supporters have raised more than \$3 million over the years, helping St. Jude continue its practice of providing care at no cost to the patients or their families. Cathcart and her husband learned first-hand of the hospital's incredible services years ago when their 9-year-old daughter, Donna, wound up being a patient there. She had been diagnosed with a malignant brain tumor, and eventually passed away in November of 1993. But the experience led the Cathcarts to believe wholeheartedly in the St. Jude cause and they were inspired to begin their annual fundraiser, both to honor the memory of their daughter and to benefit the hospital. They learned that not only does St. Jude treat patients from all 50 states, but also worldwide.

"On average about 7,800 active patients visit the hospital each year," according to Cathcart's information, "most of whom are treated on an outpatient basis. These children are provided lodging free of charge at either the Target House, the Ronald McDonald House or the Tri-Delta House. And all their meals and the meals for a parent are paid for by the hospital. And all their transportation from their home to the hospital is paid for by the hospital. And never, ever is any family billed one cent for any child's care. Families never receive a bill from St. Jude's for treatment, surgery, drugs, travel, housing or food – because St. Jude's believes all a family should worry about is helping their child live."

Operating costs for the hospital run \$2,000,000 per day, making fundraisers like S'travananza all the more vital to its continued operation. Research at St. Jude has increased the childhood cancer survival rate from 20 percent to more than 80 percent since the hospital opened more than 50 years ago. The survival rate for the most common form of childhood cancer, acute lymphoblastic leukemia, has grown from four percent in 1962 to 94 percent today.

The S'travananza has also seen incredible growth. Everyone who works to serve the 1,500 or so people at the event is a volunteer and even buys a ticket to attend. It takes approximately 200 volunteers to make things work on Super Bowl Sunday, with a core group of about 40 who organize and host the party.

Anyone who wants to know more about the annual event, or anyone wanting to be involved personally or financially, can contact Susan Cathcart at 870-932-6440. ♦

In the words of **Susan Cathcart**,

"Thank you all SO much for your hard work in making this the biggest and best ever. I'll say it one more time – The money we raise might save the life of a child you know."

Carla Nadzam,
Kathryn West,
Gary and Lynn Gestring



Pam Crowson, Susan Cathcart,
and Lindsey Tedder



Megan and Ralo Brown

More pictures on the
Premiere facebook page!



Scott Richmond,
Ashley Rose,
and Drew Kellums



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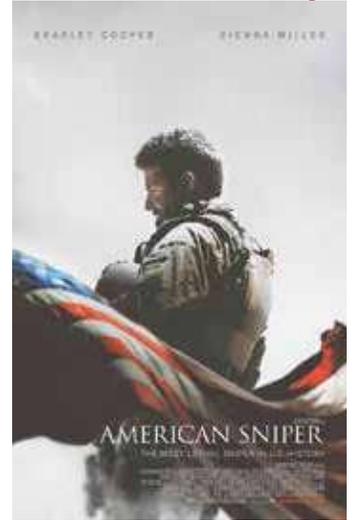
LIVE UNITED with the STARS

featuring Kevin Lacz



Kevin "Dauber" Lacz is a former Navy SEAL sniper, breacher, and combat medic who served in Iraq with real-life American Sniper Chris Kyle. As SEAL Technical Advisor on Clint Eastwood's film adaptation, Kevin helped the actors accurately portray Navy SEALs—teaching them to mimic the laser-like focus and steadfast determination that were rigorously engrained in Lacz and Kyle as members of the country's most elite Special Ops command force.

Working closely with Bradley Cooper in particular, who portrays Kyle in the film, Kevin not only helped him move, shoot, and act like a SEAL, but to also understand the man Chris Kyle was. After a short time working together, Cooper convinced Kevin that he should play himself in the movie; Eastwood gladly brought Kevin on board, proud to have someone on screen who intimately knew both the film's events and its hero. The Oscar winning film garnered six nominations in 2015 including Best Picture and Best Actor (Bradley Cooper).



The event will be held
Thursday, May 5th at the Cooper Alumni Center.
VIP Event starts at 5:30 PM,
Main Event begins at 7:00 PM.

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12th AMMC FOUNDATION GALA
Saturday, March 5, 2016
6:00 PM - midnight

Paragould Community Center at 3404 Linwood Drive. The AMMC Foundation invites you bring your black tie, your martini (shaken, not stirred) and your elaborate plan to woo beautiful women while saving the world from imminent destruction. Oh, and plan to stay for dinner and dancing too, with live music from Al Paris & The Heartbreakers. Tickets for the gala are \$250 per person with reserved seating available. Corporate sponsorships are also available. For additional information or to purchase tickets contact Teresa Vangilder at The Foundation at (870) 239-7077.

INFANT SAFETY CLASS
Monday, March 7, 2016
6:00 PM - 8:00 PM

Professional Office Building at Arkansas Methodist Medical Center. This class will include education on safety for your infant. Topics discussed will include car seat safety, childproofing your home and crib safety, as well as infant CPR. Anyone caring for your infant is encouraged to attend. Registration in this class is done individually.

SPRING FLING COMMUNITY DIABETES PROGRAM
Thursday, March 24, 2016
6:00 PM - 7:30 PM

Arkansas Methodist Medical Center Professional Office Building, Auditorium 1000 W. Kingshighway. Arkansas Methodist Medical Center and Wal-Mart bring you the Spring Fling Community Diabetes Program. AMMC Certified Diabetes Educator Allison Hitt, RN, will share light and healthy recipes for Spring and Trish Thielemier, RN, LD, CDE, with the Novo Nordisk Education Program will be the featured speaker.

MOMMY AND ME BREASTFEEDING SUPPORT GROUP MEETING
Monday, March 14, 2016
1:00-2:00 PM

Second floor conference room in the Professional Office Building at Arkansas Methodist Medical Center. This meeting is an opportunity for new and expectant mothers to meet other moms and share experiences. Greene County Health Unit's Leisa Kennedy, Breastfeeding Peer Counselor, is available to teach and assist participants.

HEALTHY PREGNANCY CLASS
Tuesday, March 29, 2016
6:00 PM - 8:00 PM

Professional Office Building at Arkansas Methodist Medical Center. This class helps ease the transition to parenthood for expectant mothers, their partner, and other family members. Topics include information to help you have a safe, healthy and worry-free pregnancy.

CHILDBIRTH PREPARATION CLASS
Monday, March 14, 21 & 28
6:00 PM - 8:00 PM
Monday, April 4, 2016
6:00 PM - 8:00 PM

Professional Office Building at Arkansas Methodist Medical Center. The childbirth class series provides detailed information about late pregnancy, preparing for labor and birth, how to know if you're in labor, the process of labor and birth, comfort measures, Lamaze techniques (relaxation and breathing), importance of early skin-to-skin contact, medications, anesthesia, variations (including cesarean delivery), newborn characteristics, and postpartum care while rooming in with your baby. Please wear comfortable clothing and bring two pillows and a blanket to class with you. Plan to attend four to six weeks before your due date. Saturdays. Pre-registration is required.



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AMMC Foundation *Gala*

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Your mission is to enjoy a one-of-a-kind experience with exquisite food and drink, fascinating company and a band that will get you out of your chair and out on the dance floor.

Tickets for the gala are \$250 per person with reserved seating available. Corporate sponsorships are also available. For additional information or to purchase tickets please contact Teresa Vangilder at The Foundation at (870) 239-7077.



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mean-spirited and/or stupid comments, quite often with absolutely horrendous spelling and grammar, generally substantiating the belief that they aren't smart enough to be turned loose on a keyboard without adult supervision.

eat it, but let it go. One day a year we should be granted a reprieve from self-pity parties and self-promotions.

Every month has its own list of wacky "holidays" and March is no exception. The coming month contains celebrations ranging from Old Stuff Day to Be Nasty Day to National Goof Off Day.

All seem to apply to me.

According to information I found on the Internet – so it must be true – the 26th of March has been designated as Make Up Your Own Holiday Day, so I am doing my best to come up with viable options, like the following.

Ram The Cart Day

I would love to see one entire day dedicated to people who shop the way I do. I know what I want, I go to the aisle, I get it, I check out, I go home. Unfortunately, I am in the minority. Most people shop like this: Place your cart in the middle of the aisle while you take far too long to look for something so that no one else can possibly get by without acknowledging your roadblock, then strike up a conversation with another shopper who manages to park beside you, just in case someone might have squeezed a cart in between you and the shelves. Now, stand there and carry on a conversation about your daughter's divorce or your husband's hernia or your grandson's Honorable Mention certificate in the fourth grade Science Fair, all the while glancing at the rest of us who are lined up and waiting for the drawbridge to open, cutting your eyes at us as if we have quite the nerve for wanting to just pick up an item and move on. But, by all means, do not stop talking. On National Ram The Cart Day, the rest of us could get a running start and knock you and your partner out of the way without any repercussions. You can share the shopping aisle or share a ride to the ER; it's up to you. We can go home.

Slap You In The Facebook Day

Facebook, for me, is a wonderful tool for reading humorous posts or for keeping up with my old teammates from all across the country. I can see who has grandchildren playing the sports we love and learn about their successes and failures. Unfortunately, in order to do so, I first have to filter through relationship advice from 18-year-old girls, skip over posts from women who are still bitter about their breakups and want the world to know it, look at pictures of people's lunch, see notices about where folks are (Wal-Mart! At work! Headed home!) and read things from guys who are just looking for a good woman. People want to let us all know they are "still sick," want to argue with the world about religion, politics and race relations, and put out

One day a year I think we should be able to go to their homes, walk over to them and give a good slap and say, "Stop it. Stop it right now."

Stop Embarrassing Your Selfie Day

This one might just be combined with Slap You In The Facebook Day. Women, please, stop pointing the camera at yourselves every time you get a new hairdo or slide in behind the steering wheel of your car or when you get your teeth cleaned or decide to scrunch up your lips or open your mouth wide and stick your tongue out. Men, stop posting photos of your latest drunken whing-ding while flashing the two-finger party salute with your ball cap on backward. I am so tempted to find the address of every female over the age of 14 and send them a card that says, "You look fine." Maybe that way, if they will just carry it with them or stick it to the bathroom mirror and get up and look at it every day, they won't feel compelled to put yet another close-up of their face on the computer. Guys, you don't have to share your photos every time you kill another deer, catch a big old pile of fish or shoot a bunch of ducks. We get it. You killed something. Let it go. Cook it and

Don't Try To Sell Me Stuff That's Going To Kill Me Day

What is up with all these commercials that try to sell you the cure for whatever you have, but then list side effects worse than your ailment? And who names these things, anyway? They sound like a planet or galaxy from a Star Wars movie and just when you think it sounds like something worth trying, they come out with the disclaimer: "Side effects include severe diarrhea, headaches, nose bleeds, increased ear wax, pink eye, acne, ingrown toenails, nose whistling, heart attacks, fat thighs, sprained ankles, tight pants, hair loss, skin tags, knobby knees and Kardashian lips. Don't take Weerfoolinya if you have heart problems, in-laws, ulcers, children, very little money, poor penmanship, lousy driving skills, or if you inhale or exhale often. Don't take Weerfoolinya if you are pregnant, plan to be pregnant, ever were pregnant, know someone who is pregnant or can spell pregnant. Be sure and tell your doctor if you notice an increase in your desire to gamble, steal, watch TV programs that show people trying to buy houses or sit through a full episode of any reality show. Get help immediately if you begin to compliment your spouse for no particular reason."

They're just suggestions, but I'm working on them. ♦

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The temperature wasn't anywhere near as cold as in years past but the action was just as lively when more than 90 people took the plunge to benefit Area Special Olympics.

Crowley's Ridge State Park in Walcott hosted Greene County's version of the annual Polar Plunge, where individuals and teams raise funds for the Special Olympics projects, then cap off the event by plunging into the cold waters of the park's lake.

This year's plunge was held in honor of long-time supporter Marvin Exum, who passed away recently. One team of plungers was made up of Exum family members, and they teamed with all other entries to total \$35,804.82 in donations.

As he does each year, MOR Media's Brian Osborn entertained the crowd and announced each team as it prepared to enter the lake and take the plunge for the worthy cause.

Visit the Premiere Facebook page for more pictures!



POLAR PLUNGE 2016





Aubrey Schalk looked like a real sweetheart while taking part in the Greene County Polar Plunge. Aubrey, 9, is the daughter of Michael and Christal Schalk of Paragould.

March 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 	3	4	5 
6	7	8	9	10	11 	12 
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Sesame Street LIVE "Make a New Friend"

Wednesday, March 2, 2016 @ 10:30AM and 6:30PM
Doors open at 9:30AM and 5:30PM. \$15 and \$25.
Get the ultimate fan experience with Sunny Seats!
The Sunny Seats Package includes a VIP Seat and a pre-show photo opportunity with two characters from the show. Explore the universal fun of friendship and celebrate cultural similarities, from singing and dancing, to sharing cookies! Join the fun and make a memory with your friends and family!

Sensory Saturday

Saturday, March 5, 2016 @ 9:30AM

"Zootopia" will be the feature at Sensory Saturday hosted by The Center for Exceptional Families where the lights are up and children are allowed to move about as needed, tickets are \$5.50 per person, Jonesboro Hollywood Malco, 9:30 AM Info: 336-2786 or thecenterforexceptionalfamilies.org.

Monster X Tour

Friday, March 11, 2016 @ 7:30PM

Saturday, March 12, 2016 @ 7:30PM

Doors open at 6:30PM. Adults - \$40, \$25, \$20; Children - \$15, \$10, \$5. 4-pack discounts and group rates for both events when you get tickets in advance. Monster X Tour is bringing the nations most competitive MONSTER TRUCKS to The Convocation Center Friday, March 11 and Saturday March 12. See these incredible 10,000 pound machines crushing cars, wheelie contest, and some amazing freestyle action. Their philosophy is simple: to provide quality, safe, family entertainment.

Pit Party Info: The day of the show from 6:00PM-7:00PM meet the drivers, get autographs, and take photos of the drivers and their Monsters.

*The day of the show, all ticket prices increase \$5.

RATT LESN AKE

DAVE

Rattlesnake Dave Richardson is a paradox. He looks every bit like a bona fide Wild West cowboy but sounds like a New Yorker – which he is. His job ranks among the most dangerous in the world, yet he spends the entirety of his presentation poking fun at himself and dropping one-liners to keep everyone laughing.

One thing, however, is for certain: The soon-to-be 69-year-old Richardson is an entertainer of the highest magnitude. Bringing out his collection of Western Diamondbacks, Richardson captivated onlookers at February's Arkansas Sports Show at the Convocation Center on the campus of Arkansas State University with "Rattlesnake Dave's West Texas Rattlesnake Show."

He's proud of the fact that in his 24 years of performing he's never been bitten in spite of the fact that he spends a half-hour or more handling the poisonous reptiles. He calmly walks around the pit that keeps the snakes away from the audience, even though rattlers rest coiled up on the floor. He lowers his head into a container filled with snakes so attendees can hear them rattle, thanks to the microphone next to his face. He talks to the snakes, he talks to the crowd ... he talks a lot.

Getting a serious answer from Richardson is almost as hard as getting a rattler to cooperate. In the same manner that he mixes bits of useful information in with his comedy routine during the show, he tosses out some pieces of truth with his self-deprecating humor when discussing his life as a snake handler. "I had a tree removal service for 25 years," he said, "and I almost got killed cutting trees.





After a quarter of a century I said, 'The heck with this. I'm giving up the tree removal business ... that's dangerous' ... so I quit so I could do something safe. And here I am."

In truth, he was almost killed when a tree limb fell onto a power line and 13,200 volts of electricity entered his body. "I was electrocuted," he recalled, "but I believe if God wants you to live, you live, and if he wants you to die, you die. Doctors said I should be dead. But I'm not ... yet."

Searching for a better way to make a living he ventured to Houston, Texas, and hired on as a speedy delivery guy. The money was good but this was in the days before GPS use and widespread cell phone availability. "We still had CB radios in the pickup," he said. "A factory over here is losing \$5,000 an hour because it doesn't have a part, so I go get the part and 20 minutes later I've made \$150. The problem was, I didn't know my way around. I'd be gone several minutes and I'd get, 'Where are you?' And I'd say, 'I don't know.' I wasn't

very good at it, so I started thinking about going home." Since he was in Texas and had had a fascination with the Sweetwater Rattlesnake Roundup since he was 7 or 8, he wanted to witness that event before heading home. Considered the largest rattlesnake roundup in the United States, Sweetwater's has been held every year since 1958. It attracts approximately 30,000 visitors per year and cash prizes and trophies are given out to participants in categories like heaviest, longest, or most snakes. The Western Diamondback is the most popular among all the others, and that's basically where Richardson's attraction to them surfaced.

"So I went from Houston to Sweetwater and it ran Thursday, Friday and Saturday, and I stayed all day every day watching what they did," he said. "They had a guy doing demonstrations in an above ground cage ... like a pool liner. Now, I don't like snakes and even worse, they're venomous, but I saw the money the guy was making and people



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like money – I know they do, because I read all about it once. And, you know what? I like money, too. So I read up on how to do it and started handling snakes and I figure, what’s the worst that could happen? You die? You can go out there right now and die in a car or in an elevator.

“But the really good part is that they pay me a lot of money to do this,” Richardson said, leaning in closer. “You might not believe this but they pay me, listen close now, they pay me \$8 an hour. AND, I get in to all the sports shows for free. I’ll tell you right now, though, if I get bitten, they’re going to have to pay me \$8.50 an hour.”

All kidding aside, he said he is compensated well.

“It does pay pretty good,” he admitted. “I did a fair in Florida and there was a guy in a booth across the way and he said, ‘How in the world can you get in there with those things?’ When I told him how much I make, he said, ‘Where do I sign up?’”

Today, he and his permanent sidekick, Cindy, make a habit of catching enough Diamondbacks to put on a good show. They are found mostly in the Southwestern part of the U.S., and Richardson has settled on the Sweetwater area as an excellent harvesting spot. Diamondbacks frequent deserts, scrub and other rocky areas, with adults growing to an average of around 4.5 feet but they may grow longer than 5 feet.

That’s what onlookers got to see Richardson pull out of the containers in Jonesboro, watching him have one strike and pop a balloon, seeing another bare its fangs at his prompting, and grimacing as he held large rattlers as calmly as someone else goes about mundane daily chores.

“It’s been good to me,” he said of the show. “I’ve met a lot of wonderful people and I’ve seen a lot of places. AND, they pay me \$8 an hour.” ♦

Richard Brummett



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TEAM LEWIS

For the Dwayne Lewis family, tournament fishing is not all about winning championships and awards, though they have come in bunches.

For Team Lewis, Fishing is mostly about family ... about a family spending time together doing something they all thoroughly enjoy.

"THAT FISH WAS THIS BIG"

Malissa furthers that theory, explaining that when the three are together not all the rivalries exist outside the boat. "We all have a competitive nature," she said, prompting a chorus of unified laughter. "When all three of us are in the boat, it's who catches the biggest fish." "It's the last name," Lindsay said.

The pursuit of competitions takes them from neighboring sites like Frierson, Poinsett and Lake Charles, all the way to Texas, Georgia and Alabama ("We just go where the tournaments are," they said) with tournaments ranging from "as little as 10 boats up to 300," according to Malissa. "I was in awe the first time we fished a big tournament. I got my phone out and photographed boats on the water with their lights on in the early morning. It was an awesome sight."

Dwayne grew up in the Black Rock area and said he has "fished my entire life. I started a long time ago." He expanded the enjoyment of angling to include tournament fishing when some friends invited him to a company-sponsored event, "... probably because I had a boat," he said with a smile. "But that got me turned on to it."

For his wife, Malissa, it was evident early on that if she planned to see him much at all she would need to be fishing alongside him. He was firmly into tournament fishing when they met. "After we had been dating, we fished in a tournament at Norfolk in March," she recalled. "That was my first tournament fishing with him, and it rained all day long. But we started looking at tournaments as an avenue to fish together. Fishers of Men is a good team tournament, a good avenue for us. Legacy allows adults and minors together," and through those avenues they are able to include daughter Lindsay in the realm. At 15, Lindsay says she recalls taking up fishing at a very early age, young enough to have had "a little Mickey Mouse pole. I started with him (Dwayne) and really like the competitive side. I've always been really competitive."





Harboring such a love of the sport might be a reason for their individual and collective successes. They've won state titles and qualified for national events but all agree seeking honors like their multiple team championships or Dwayne's Angler of the Year trophies is not why you will find them in a boat, on the water about three weekends per month, from February through August.

"Usually, the championships are in October," Malissa said, "but as a group we all fish into November. If he goes two weekends without fishing, he's gotta go."

All three are in agreement that their fishing expeditions enhance the family togetherness aspect and emphasize a common bond.

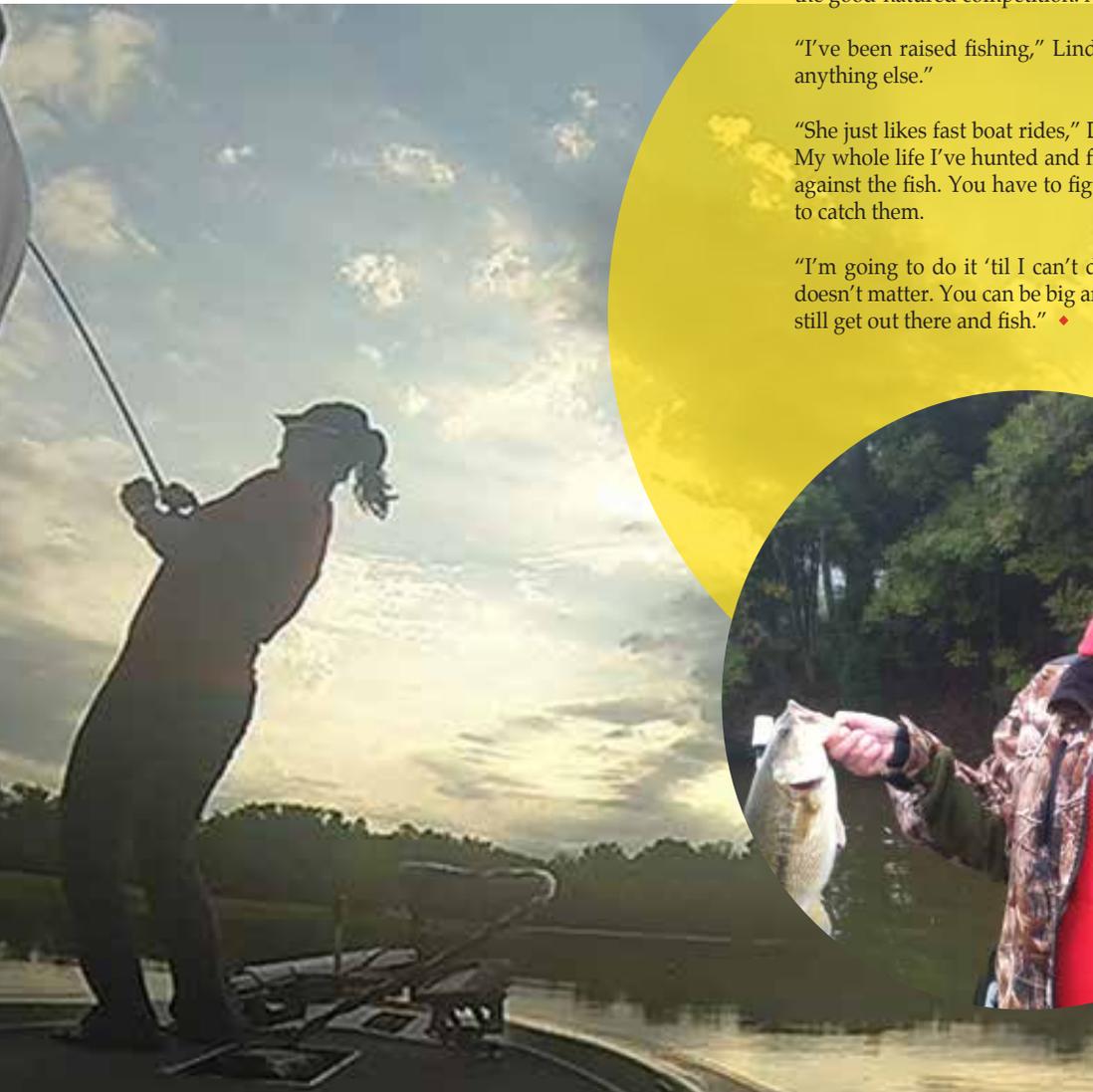
"It's a good way to spend quality time together," Malissa said. "It's a good stress reliever, a good way to appreciate nature. I like the fellowship, the good-natured competition. And we get to catch and release."

"I've been raised fishing," Lindsay added. "I can't see myself doing anything else."

"She just likes fast boat rides," Dwayne said. "I just like the outdoors. My whole life I've hunted and fished and it's kind of a head game, us against the fish. You have to figure it out; you have to figure out how to catch them."

"I'm going to do it 'til I can't do it anymore. It's a sport where size doesn't matter. You can be big and strong or you can be old ... you can still get out there and fish." ♦

Richard Brummett



Hit the Trails



Kimberly Dale said she has “a lot of pipe dreams ... this is one of them,” then turned the conversation over to fellow outdoors enthusiast Josh Agee.

Both are members of the Greene County Future Fund, an assemblage of young professionals looking for ways to give back to their communities. The two are instrumental in keeping talks that support plans to build a walking/jogging/biking trail in the city of Paragould alive.

“There is definitely a plan,” Agee said. “Right now, it’s really just ‘pie in the sky’ ideas, but you have to start somewhere.”

Agee said when the Paragould Community Center was built a decade ago, talk of a safe and accommodating trail was mentioned but “the city had so much going it just got pushed over. The idea has come up again and now the mayor thinks it’s a good idea, Pat Austin with the Parks and Recreation Department thinks it’s a good idea and the County Judge, Rusty McMillon, also thinks it would benefit both the city and the county.”

The problem is the same one facing most other cities across the nation: Money.

A feasibility study is under way now, spearheaded by the same firm (ETC Engineering) with which the city has invested more than \$1 million for improvements like those to Reynolds, Labor and Harmon parks, but there is only so much money to go around.

“Every city in the state wants more trails and more sidewalks,” Agee said. “There is more emphasis now on getting out and doing something physical than there has been in the past. Twenty years ago, many people would say a trail eight miles long winding through the city was asinine to think of. Now, it’s not only a popular idea, it’s something people want. There is money available but we’re not alone. Many cities are in our situation, so you won’t get your project 100 percent funded.”

An already established series of riding and walking trails exists in Jonesboro at Craighead Forest Park. The park offers approximately 15 miles of mountain bike trails that weave through the forest, more than 2 miles of chat trails that skirt the 80-acre lake edge, and 2.9 miles of paved road circling the park. There are exclusive areas for ATV riders, and many of the wooded trails also accommodate horses.

Mountain Biking

Mountain Bikers will find trails for all skill levels within the confines of the park. Beginner trails are inside the loop road and have trailheads located at Access #5 and Access #6. The beginner trail is approximately 4 miles in length. The more advanced trail begins just behind Pavilion #1 and winds its way around to the South side of the park before connecting to the beginner section of the trail. The entire trail is 11.7 miles in length.

ATVs, Horseback Riding and Hiking

ATV enthusiasts are welcome to ride all the trails in the Northwest section of the park. The ATV riding area extends from the parking lot on Craighead Forest Road west to South Culberhouse. Horseback riding is also permitted, though there are no marked trails for horses. Horses are not allowed on any trails that are inside of the road that circles the park.

All trails are open for hiking. In addition to the mountain bike trails and ATV trails, walkers and runners are invited to spend a little time on the 2.4 mile chat trail that circles the lake.

A \$3.5 million dollar project to add different types of exercise equipment near the jogging trail is currently under way.

Craighead Forest Park is located at 4910 South Culberhouse Road. The park offers a variety of outdoor activities including:

- Basketball
- Bike/running trails
- Bird watching
- Camping
- Disc golf
- Fishing
- Horseshoes
- Playgrounds
- Softball
- Volleyball



Craighead Forest Park also is the host to several special events including:

- 4th in the Forest
- Freedom 5K
- Labor Day Blues Fest
- The XTERRA: Iron Will XC Triathlon.

For information regarding any of the events or facilities available, contact Patsy Bishop, Office Manager, at 870-933-4604. ♦

Agee, himself a cyclist and runner, said the Arkansas Highway and Transportation Department "has a recreation/trails program; they are going to invest money on a bike trail in our area. Maybe through the Mounds highway and with 412 incorporated. Right now, there are enough paved roads in the county that we all ride. But we need more signs, more ways to help people pay attention. And that will be for the 'real' riders.

"If we can get this one we're talking about inside the city, it will pretty much be used by walkers, joggers and kids on bikes. If you see an avid cyclist on it, he's leaving town (because of start/stop issues). It would be pretty much a safe corridor leaving town, as for real cyclists. This one could be used to teach kids to ride. It would be right by Sundale, within a mile of Harmon Park, real close to Labor. It would allow people to walk to Wal-Mart safely. It would be multi-use ... it would offer so much potential; with the wide open spaces, there is so much we could do. But it all comes back to funding. Money is available; the problem is, every town in Arkansas wants some."

Agee said the proposed trail would start around Spring Grove Road to the west of town, wind through the heart of the city and end east where the Eight Mile Creek meets the new bypass. If you are interested in getting involved, contact Josh or Kimberly Dale, futurefundgreencounty@gmail.com.

"If it happens, we will probably start in the middle and build out from there in small segments. We would hope to start, probably, this spring." He said the surface would consist of a 10-foot wide, asphalt trail, suitable for police cars to travel in order to patrol and keep users safe whether walking or riding. "Safety for riders is probably better today than it was because there are more people riding, so more people are aware," he said. "Ten years ago you might not pay as much attention; now you probably know someone who rides. Inevitably, though, someone will not give you the three-foot courtesy."

He again emphasized that all the plans are very much in the preliminary stages. "We've taken some steps to see if it's possible," he said. "To have ETC look at it costs us nothing. If he says it is do-able, then we would use him."

Agee said many people are rediscovering the outdoors as a means of inexpensive entertainment, not to mention the additional value of improved health.

"It's all about not sitting on the couch, actually getting engaged in enjoying life," he said. "At the Future Fund we know a lot of people think life is so bad most days, but if you immerse yourself in life, it's not." ♦

Richard Brummett

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CROWLEY'S RIDGE



Celebrate an early spring and say goodbye to winter weather by taking a step outside to enjoy the beautiful Crowley's Ridge State Park.

With 26 camping sites, the park serves as a great local getaway for the weekend with a special someone or with the family. Even if taking a full retreat into nature sounds a bit chancy, Park Interpreter Elizabeth Whaley said 18 of those sites have water and electric. If taking a true camping trip is the goal, there are eight tent sites available.

While it may be nice to get out for a few hours, the true magic of the park can sometimes only be seen after the sun goes down, making it the perfect place to unroll a sleeping bag.

"By staying overnight at Crowley's Ridge State Park, you have the chance to experience the park in a whole new way," Whaley said. "The park is home to many species of wildlife, most of which come out at night, giving our overnight guests opportunities for wildlife viewing and listening that many daytime guests don't get to experience."

Whaley added roaming the park grounds during the day is always great, but camping is the way to go.

No matter how long the visit at the park, guests are sure to enjoy their time with everything Mother Nature has to offer in Northeast Arkansas. Interpretive programs are available along with the wildlife viewing opportunities and photographers can load up their lenses for other special sights.

"Crowley's Ridge State Park is the perfect place for photography, as we have flora along the ridge that can't be found anywhere else in the state," Whaley said.

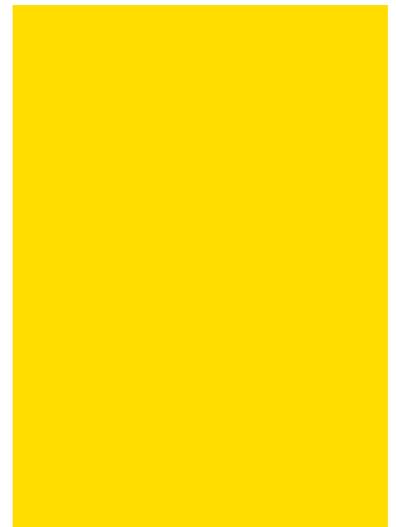
For those celebrating a specific event and looking for a beautiful site, Crowley's Ridge offers that as well.

"We have a group lodging area that is perfect for weddings, family reunions, birthday parties and any gathering," Whaley said.

If staying overnight, whether in a tent or lodge, isn't what a guest is looking for, there is still plenty to do. Crowley's Ridge is the ideal location for picnics, swimming, fishing or sports.

"Or, simply enjoy the outdoors at Crowley's Ridge State Park," Whaley added. ♦

Caitlin LaFayette



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Spring 2016



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A knitting group called Threads of Faith from First United Methodist Church shows residents of Chateau on the Ridge how to knit. They went to the Chateau every Thursday in February.

Knitting at the Chateau

There are countless ways to be of service to one's community and a group of women from First United Methodist Church in Paragould has put an excellent idea into action.

The Threads of Faith knitting and crocheting group spent each Thursday in February sharing their talents with residents at the Chateau on the Ridge Assisted Living Center, helping those women either learn about or refresh their memories in the art of knitting.

The ladies at the church have been meeting for about five years, according to group member Kay Bland, and they have crafted items like baby hats to be donated to Arkansas Methodist Medical Center, prayer shawls and baby blankets.

"We have six or seven regulars in our group," said Bland, who also played a big part in getting the ladies together with the Chateau group. "We've been doing it long enough to take on a lot of projects. Some of them at the Chateau said they want to learn how to do baby hats; there were 571 babies born at AMMC last year and we made each one a hat. That's almost 50 to 60 per month."

While the newcomers' desire to make hats is a worthy goal, Bland said in the limited time they are spending together it might not be a realistic one. "Some had knitted but it was 40 or 50 years ago," she said, "and some never had. It's basically a beginning class. You have two needles and you have to learn to hold them correctly. We cover 'casting on,' regarding getting started on a pattern for a scarf, for example. The first two lessons were learning to knit three or four rows at a time ... say, for a scarf or a dishcloth.

"Then we planned to cover 'purl' in the next two. Some of them didn't come back after the first week for various reasons, but it's still fun. You can tell some knew what they were doing. It's a mind thing as much as it is a physical thing."

The idea for the knitting sessions had been mentioned some time ago but didn't get off the ground until after the first of this year. Bland said they settled on the Thursday afternoon one-hour sessions to see what kind of interest there was, and the church group provided the necessities like needles and yarn.

"It really takes one-on-one sessions to do the best," she said, "but it's a fun thing to do. It's a really good mission for our church. We have a lot of members out there at the Chateau. It's good for them to have someone to visit with and talk to. It was nice. It's a good project for us, and a good project for them." ♦

Richard Brummett

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The Green House Project



Pam Diggs

Developers of the "Green House Cottages of Belle Meade" project made a presentation to the Greene County Senior B.E.E.S. in Paragould recently, laying out the plans for the latest in long-term elder care.

Jana Wineland, Community Relations Manager with Absolute Care Management, arranged for the guest speakers through the Senior Networking program. First up was Belle Meade Administrator Pam Diggs, who briefly referenced the new concept before turning the microphone over to John Ponthie, managing member of Southern Administrative Services and one of the developers of the cottages that are being constructed. He called the project "revolutionary."

According to Ponthie, "Sixty-seven percent of people 65 and older will need senior care. By the fate of God we were directed to go look at the Green House Project. We found out it is where elders go to grow, and we wanted to build a Green House environment."

He said rather than being trapped in a 1960s model of providing care, the Green House Cottages "are an example of long term care where great stuff happens. Instead of 50,000 square feet of building,



John Ponthie



these will be a series of cottages where 12 elders live in a community and experience life as they desire. They can live life on their schedule, and not lose a percentage of their dignity. This breaks the cycle of loneliness, helplessness and boredom.”

Under the Green House plan, individuals are housed in private rooms with private bath rooms and they determine when they choose to arise for the day and what time they choose to eat their meals. “They’re yours,” Ponthie said of the cottages. “It will not resemble a nursing home inside or on the campus. If you like to awaken at 5:30 a.m. and want to eat breakfast, you can; if you want to sleep until 9 and eat breakfast, you can. The elders are cared for by consistent staff, providing care 24/7.

“And because of that, relationships evolve ... it becomes a family of families. It promotes the richness of the relationship. The quality of care and quality of life are outstanding and families are encouraged to come by and stay and be a part.”



A provided visual aid depicted a central area surrounded by living quarters and various service areas like a kitchen, spa and beauty shop, and library.

“It’s a complete departure from what you might experience elsewhere,” Ponthie said. “It creates a better life for seniors in elder care. We’re pleased to no end to bring it to you. It is the new standard in elder care. It’s where you go from, “I hope I never have to live here” to “I would be happy to live here. There will be more staff, better-trained staff. They’re there and they know who they are caring for intimately.”

He said that Belle Meade in Paragould has been a 5-star facility for a number of years and, “Their dedication makes a huge difference. Their staff will get 128 hours of additional training by certified experts in Green House. Staff turnover in a normal nursing home is 70%; in Green House it’s 10%. That should tell you something.”

Ponthie said he hopes the first cottages, which will be adjacent to The Chateau on the Ridge assisted living center just off of Carroll Road, will be ready for occupation by September of this year but a lot of that depends upon whether or not the weather cooperates and does not further hamper construction. There will be nine cottages initially, suitable for 108 residents. The Green House will accept Medicaid, Medicare, VA and private pay, according to Ponthie, and will carry a cost no higher than those of traditional facilities.

“Any place is only as good as its community and the supporters you have,” he said. “Come out and be a part of the lives of people in the facilities -- be an active part of their lives. I don’t want to have to go somewhere where I have to live with 140 people. I want to go into an environment where I feel a kinship, where I determine who I want to live with, who I want to socialize with.

“I have been in long term care for a long time and I always felt there is a better way; this is it.” ♦

Richard Brummett



“ This breaks the cycle of loneliness, helplessness and boredom.”

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The Truth about Heart Disease

A survey conducted by the Cleveland Clinic that included over 1,000 men and women revealed some alarming facts. Approximately 74 percent of Americans are not worried about dying from heart disease, and 32 percent are not taking any steps to prevent the condition. Even among those with a family history of heart disease, only 26 percent are proactive in protecting their health.

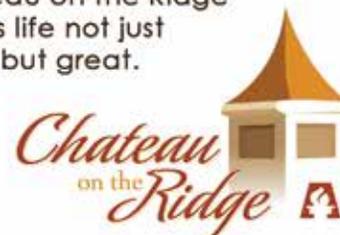
The survey was conducted as part of Cleveland Clinic's "Love Your Heart" consumer education. Heart disease is the number one killer of men and women in the United States. Each year about 600,000 people, or one in every four deaths, die from the disease. In 2001, at age 64, that number included my mother.

Life is good!



A healthy, happy and active atmosphere is what makes life so good at Chateau on the Ridge Assisted Living in Paragould, AR. The Chateau is more than an assisted living facility, it's a thriving community of entertained and engaged aging adults. From a spirited game of chair volleyball to a relaxing afternoon of wine and cheese, The Chateau puts the "life" in lifestyle. With all the amenities of home, and the peace of mind of knowing care and assistance is always close by.

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Many of us share common misconceptions regarding heart health. The survey found that 44 percent think vitamins can lower cholesterol and 61 percent wrongly believe vitamins or supplements can help prevent heart disease. When it comes to salt, we think cheese is the biggest culprit, blissfully unaware that breads have a high sodium content. We also think there is a “heart disease gene” that can help identify risk. Although a family history of heart issues is a significant risk factor, no such gene has ever been identified.

Cardiologist Dr. Suzanne Steinbaum, director of Women’s Heart Health at Lenox Hill Hospital in New York City, believes that in many cases, heart disease is preventable. In her work with patients, she gives these 10 tips for reducing your risk of cardiovascular trouble:

- **Know your numbers.** Keep track of blood pressure, cholesterol, hemoglobin A1C and inflammatory markers.
- **Watch your diet.** Paying attention to what you eat can decrease your risk for heart disease by as much as 30 percent. A diet high in fruits and vegetables, whole grains, legumes, nuts and olive oil is a major cornerstone of good heart health.
- **Exercise.** Go for two and a half hours of moderate exercise every week.
- **Manage your stress.** Stress takes a toll on the heart, increasing heart rate and blood pressure. Other stress hormones, such as cortisol, can cause inflammation.
- **Master the art of well-being.** Positive emotions like optimism, contentment and laughter can lower stress and boost the immune system.

- **Keep your arteries healthy.** Arteries should be clear of plaque and flexible. A healthy diet can help decrease cholesterol, lower blood pressure and prevent clotting. This results in better artery health.
- **Be aware of gender differences in heart disease.** While men may experience chest pain, arm pain and shortness of breath as signs of a heart attack, in women the symptoms can also include jaw pain, nausea, vomiting, fatigue and trouble sleeping.
- **Talk to your family.** Although 80 to 90 percent of heart disease is due to lifestyle choices, a significant family history can accelerate the onset of problems. Knowing your family history can give you a better chance for lowering your own risk.
- **If you are a woman, consider your pregnancy history.** High blood pressure or elevated sugars during pregnancy put women at a higher risk of heart disease later in life.
- **Be proactive about screenings.** If you have multiple risk factors (smoker, high blood pressure, high cholesterol and/or diabetes) or a strong family history, get screened to determine your personal risk. Aggressive prevention can lead to a healthier heart and a longer, more vibrant quality of life.

My personal list would include two more guidelines: Maintain a healthy weight, and don’t use tobacco. Heart health can be a very individual thing, but these tips include behaviors everyone can adopt to lower their risk. If my mom were here, she would tell you “because I said so” and mean it. ♦



Belle Meade will be opening the Green House Cottages of Belle Meade in late 2016. We will have nine cottages with 12 private rooms in each cottage. We will continue to offer our same services: Wound Care Management, Orthopedic Surgery Recovery, Stroke Recovery Program, Hospice Services, Physical Therapy, Occupational Therapy, Speech Therapy, Vital Stem Therapy, IV Therapy, Outstanding 24 hour care, Activities, and much more.

For more information or to schedule a presentation for your company on the Green House Cottages of Belle Meade, please call 870-236-7104 or stop by 1800 Linwood Dr. Paragould.

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AMMC OFFERS CUTTING-EDGE HOME HEALTH TECHNOLOGY TO AREA RESIDENTS

In-home Telemonitoring Devices Used as Preventative Medicine to Keep Patients Healthy and Reduce Repeat Hospitalizations

Through the use of new, in-home telemonitoring technology, patients served by the Arkansas Methodist Medical Center Home Health Agency are getting a checkup every day in the comfort of their homes.

In-home telemonitoring uses telecommunications devices placed in patients' homes to take their vital signs every day. The technology brings benefits to both patients and healthcare professionals and has a significant impact on patient care and quality of life.

The largest independent study conducted on in-home telemonitoring in the nation, conducted in 2002, 2003 and 2004 by Strategic Healthcare Programs (SHP), a healthcare data services company, concluded that Honeywell HomMed-monitored patients experience fewer hospitalizations and emergency room visits than unmonitored patients.

The SHP study reported that CHF patients monitored by Honeywell HomMed experienced a 56.5 percent reduction in hospitalizations. Daily monitoring helps eliminate the two or three-day gaps of information that typically occur between home visits. Patients also become more aware of their condition and understand the effects of diet, activity and other factors have on their health.

"The system improves compliance because the patient gets feedback every day on their health and can see the affect when they don't take their medication or follow their diet," explains Moore.

AMMC Home Health is using Honeywell HomMed telehealth monitors to help care for many of its patients including those with congestive

heart failure, chronic obstructive pulmonary disease, cardiovascular conditions, osteoarthritis and patients taking blood thinners. The Journal of the American Medical Association estimates that 100 million Americans suffer from chronic conditions and 1.6 million deaths each year are caused by chronic illnesses. These medical problems also account for 75 percent of annual healthcare expenditures.

Every day, in just a matter of minutes, the system collects a variety of vital signs such as heart rate, blood pressure, oxygen saturation, body weight and temperature. The system can also gather subjective health information, which further assists in evaluating the patient's condition. The monitor can be programmed to ask up to 10 "yes/no" questions in 13 languages. Question sets can be tailored for each patient based on his or her diagnosis. For example, a patient with high blood pressure might be asking, "Are you experiencing any dizziness today?"

The data are transmitted via a telephone line or digital wireless technology over a virtual private network for review by AMMC Home Health clinicians. Each patient has a pre-programmed set of limits for their individual vital sign readings. If those limits are broken, an alert appears on the computer screen. This allows the clinician to quickly prioritize which patients require immediate attention. With this system, healthcare professionals can detect and address even the slightest abnormalities before they become serious.

"This system will help us keep patients healthier and in their homes and also offers our patients the security of knowing that their Home Health nurse can watch over them," said Dinah Bates, RN, AMMC Home Health Agency Director. ♦



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For those over 60 there are five issues that are important for preserving sight and preventing blindness: Cataracts, Glaucoma, Diabetic Retinopathy, Macular Degeneration and Dry Eyes. All five can cause reduce your independence, decrease your quality of life and cause falls.

By age 90 nearly everyone has cataracts. The natural lens of the eye becomes cloudy and it is difficult to see even with glasses. Glare while driving can be dangerous and distract you when driving. Advanced Surgical Options are available with very little down time for recovery.

Glaucoma is a sneaky thief. Usually there are no symptoms until damage to the vision is permanent. It destroys the optic nerve. An annual (or at least every 2 years) dilated eye exam is critical for early detection.

Age-Related Macular Degeneration is the leading cause of blindness and vision loss in seniors. It is three times more common in smokers. Regular visits with your Ophthalmologist is critical to prevent blindness.

Dry Eye is very prevalent over age 55 and more common in women. This can be very painful or itchy and can lead to serious infections. Your doctor can work with you to find just the right drop that will work for you.

Be proactive and take control of your eye health by seeing your Ophthalmologist at least every 1-2 years or more often if you or your family has a serious eye disease, diabetes, an autoimmune disease like Multiple Sclerosis or any sudden changes in vision. ♦

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Tips to make yours the booth to beat at this year's farmer's market

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2. **Make the most of your space!** - height, width, and depth
3. **Don't hide behind your booth!** Create a friendly atmosphere, welcome your customers!
4. **Write down** your market day routine to stay organized. Consistency is what keeps the customers coming back for more!



Master Gardeners

Nancy Rogers and Libby Christie, pictured with Janet Carson, the State Master Gardener Coordinator, and Dave Freeze, Greene County Extension Agent, are currently attending Master Gardener Training at the Craighead County Cooperative Extension Services in Jonesboro. Master Gardeners receive many hours of training in botany, soil science, plant propagation, pest management, pesticide and herbicide usage, vegetable and ornamental plant gardening, plant and weed identification, pruning and other horticulture related subjects. In exchange, Master Gardeners donate back to local communities by answering questions, researching specific problems, planting educational and therapeutic gardens, providing public speakers and much more.



Left to right: Janet Carson, the State Master Gardener Coordinator, Nancy Rogers, Libby Christie, new members and Dave Freeze, Greene County Extension Agent.



An Invitation:

Chateau on the Ridge hosts
Tea Time with Nancy Hendricks
as *Senator Hattie Caraway*

Hattie Caraway of Arkansas was the first woman elected to the U.S. Senate, serving during the Depression and World War II. Her contributions still resound today, though she is almost unknown. See her portrayed by award-winning Dr. Nancy Hendricks, author of Senator Hattie Caraway: An Arkansas Legacy.

Monday, March 7, 2016 at 2:30PM
at Chateau on the Ridge Assisted Living
2308 Chateau Boulevard, Paragould
for more information, call 870-215-6300



George Selden, UAPB Aquaculture Extension Specialist presented a program entitled Ponds and Rain Gardens in the Legacy Room at the Greene County Library. Selden works with the area fish farmers. Not only did he inform Greene County Master Gardeners about building and maintaining ponds in their landscape but also how to make a low spot in their yards into a beautiful flowerbed to utilize the extra rain and run-off water.

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Boating education in Arkansas

Many Arkansans will be taking to the water in the next few months to enjoy the abundant resources of our state's waterways. Arkansas has over 170,000 registered boats ranging in size from small johnboats to personal watercraft to high speed bass and ski boats which will be using the rivers and lakes of our great state for fishing, skiing and pleasure boating. With this traffic, however, comes the possibility of accidents that can lead to injury or death.

The accidents on the waters of Arkansas decreased slightly in 2015 from previous years with 56 reported accidents. This is down from highs in the previous few years of 96 in 2009 and 86 in 2012. Unfortunately, these accidents did involve 9 fatalities, which was the same as 2014. Seven of these deaths were from drowning while two resulted from trauma experienced during the accident.

Many think that most boating accidents can be attributed to younger drivers, but statistics show many of our accidents involve operators in the 40-plus year-old range with several hours of boating experience. Years of boating can lead to an attitude of complacency and operators not paying as much attention as they once did to proper safety measures, resulting in accidents.

Accidents can occur on any body of water in the state, but the larger lakes tend to lead the list with the number of accidents reported. Lake Ouachita, Greers Ferry and Lake Hamilton are high on the list in 2015, while more "local" lakes like Norfolk and Bull Shoals also have their share of incidents. These lakes are high traffic areas with many different types of boats operating in their waters, especially during the summer. Accidents can also happen on small bodies of water, so attentive driving is necessary no matter what type of waterway the boater is using.

As could be expected, July is the month with the most recorded accidents while Saturdays lead the way for the single day with the most accidents. Typically these occur during the afternoon hours and this information points to the fact that accidents are much more likely when lakes are crowded.

As a boater, steps should be taken to avoid being one of these statistics. Anyone born on Jan. 1, 1986, or later is required by Arkansas law to complete a boating education course before operating any power-driven boat or sailboat on the waters of our state. Though this is thought to only be for young boaters, seasoned operators can benefit from this class as well. This course will cover the basics of safe boating and help make operators more aware of safe boat operating techniques and possible dangers that could be encountered on the water.

Failure to keep a proper lookout while on the water seems to be a contributing factor in many of the accidents. Boating is often looked at as a relaxing sport and many boaters carry that attitude into the operation of their vessel. An awareness of the water, the weather and other boaters will help avoid any possible issues while enjoying the water.

Much like on the highways, designate a driver for the water as well. Driving a boat and alcohol do not mix. Each year drinking and boating contribute to many of the accidents.

Wear a lifejacket. This is one of the easiest but most significant contributors to safe boating. Anyone in a boat age 12 and younger must wear a life jacket (Personal Flotation Device). The only exception to the 12 and under law is if the child is within the enclosed area of a houseboat or cruiser, or within the area enclosed by railings on a party barge, cruiser, or houseboat and the vessel is not under way. On any boat, there must be a life jacket for every person on board. This life jacket must be the appropriate size for the intended wearer, U.S. Coast Guard approved and in serviceable condition. Life jackets must be worn by anyone on a personal watercraft (Jet Ski, SeaDoo, etc.) or on any person being towed on skis, tube or other towable device.

For further information on boating education classes, boating laws or safe boating information check www.agfc.com under the Education tab. Another tool that can be used is the video "One Summer Day" which re-enacts a boating accident and helps bring home the need for safe boating. It is available at www.agfc.com as well. If you would like more information, the Arkansas Game and Fish Commission also can be contacted at 501-223-6300. ♦

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OUTSTANDING TEACHERS

Dawna Schatzley
Marmaduke High School



Dawna Schatzley has been teaching at Marmaduke High School for 40 years, having already decided this is going to be her last. She currently teaches AP Literature and Composition, Senior English, Junior English and Spanish.

She recalls the day she was hired. "(Former Superintendent) Mr. McIntosh called me one night to tell me that I had been 'sentenced to one year,' and one year has turned into forty," she said. "I have taught many of my present students' parents, uncles, aunts, cousins, brothers and sisters. I am excited about retiring after this school year, but I know I will miss the interaction with my students and co-workers."

Dawna has been married to Bill Schatzley for 33 years. They have a son, Andy, and a daughter, Casey Jo. Andy and his wife, Sarah, have two children, Liza, 2, and Walker, 2 months.

Melissa McPherson
Paragould Jr. High School



Melissa has been teaching for 16 years, and currently instructs students in Pre-AP 8th Grade Math and 8th Grade Math at Paragould Jr. High school.

"I learn a great deal from my students because they each have their own ideas that may be very different from my own but just as worthy to point out, which in turn makes my teaching better."

She said those who know her best sometimes find her "clumsy and forgetful. Usually, I end up doing something unforgettable each year. This year I showed up to school on a Monday morning wearing my pajamas. As I entered the school that morning, I received a few looks. I went straight to the office and asked our principal and secretary, 'Isn't this homecoming week?' They answered, 'No, that's next week.' Oops!!"

Melissa lives in Cardwell and is happily married to Brad McPherson, a farmer. They have one daughter, Molly, a third grader at St. Mary's Catholic School.

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Richie Williams

Band Director

The Paragould High School band director has added another award to his impressive list of accomplishments in his eight years at the school.

Richie Williams was named by the School Band and Orchestra Magazine as one of “50 Directors Who Make a Difference” last November. Directors are chosen from each state and are nominated by students, parents and other band directors.

“For me it was very humbling,” Williams said, “just thinking about knowing all the previous directors who’ve won and the people who really deserve this.” Williams announced his award to the 150 student high school band just before the Grand Nationals competition in Indianapolis, IN, where the band placed 40th out of 95 other groups. Williams credits his achievement to the success of the students.

“Really, it’s them,” he said. “It’s everyone who’s been in this program.”

Williams’ direction of the band and his name have grown since 2008 and he shows no sign of slowing down. At last year’s Bands of America competition, the Paragould Pride became the first Arkansas band to win in its class, adding to various Grand Champion titles from other competitions. The band’s Facebook page is also the second most “liked” high school band page in America, and the program itself has grown since Williams began teaching. In 2008 the number of students in band in 7th-12th grades totaled 140. Today, there are more than 400 students who call the band room home.

“We get the kids to believe it’s their program,” Williams explained, adding he has honed his teaching techniques to truly get students to want national recognition. “As much success as we’ve had, we’re still just scratching the surface on the national level.”

The goal for the upcoming marching season is to place as semi-finalists at the Grand National competition — an extremely doable feat after being only 1.5 points away last November.

In addition to the students, Williams said he made it to where he is with the help of “three of the absolute best band directors,” Billy VanDelinder, Aaron Stickley and Michael Fletcher, as well as the band boosters.

“Our band boosters are second to none,” he added.

Everything Williams and his group have worked on these eight years has created an extreme shift at PHS, moving the spotlight to the assembly of students marching across the football field each week.

“Band at Paragould has changed dramatically from what band usually is at any school,” Williams said. “It’s the cool thing to do now.”

The “cool thing to do” is helping students academically, too. Williams said 5-6 university representatives visit each year to recruit students to come play for their schools, along with receiving scholarships. All of this culminates from Williams’ passion for music and to teach.

“This is a dream job for me,” he said. “This is my alma mater. I’ve always wanted to teach here.”

But his goal of teaching doesn’t stop at scales, time signatures or how to assemble an instrument. Williams is dedicated to giving his students experiences they may not realize exist.

“We just preach that excellence is not a geographic phenomenon,” he said. “We can achieve anything we want.”

Caitlin LaFarlette



Roger Cagle, M.D.
Lucas Hoggard, A.P.N.

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NEA COOKS

Angela Weese



Chicken Casserole

Ingredients

- 1 stick of butter
- 1 ½ – 2 cups rice
- 1 can cream of celery soup
- 1 can cream of mushroom soup
- 1 ½ cups of soup cans' water
- Chicken cut into pieces

Directions

- 1) Melt butter in casserole dish
- 2) Spread rice in bottom of dish, then chicken pieces over rice, one layer deep with skin side up
- 3) Combine soups and water, pour over chicken
- 4) Add salt and pepper to taste
- 5) Cover dish, bake 1 hour 15 minutes at 225°



Occupation:

Office manager at Dr. Brady Allmon's dentistry office.

How did you learn to cook?

From my sweet mother.

What is your favorite dish to cook?

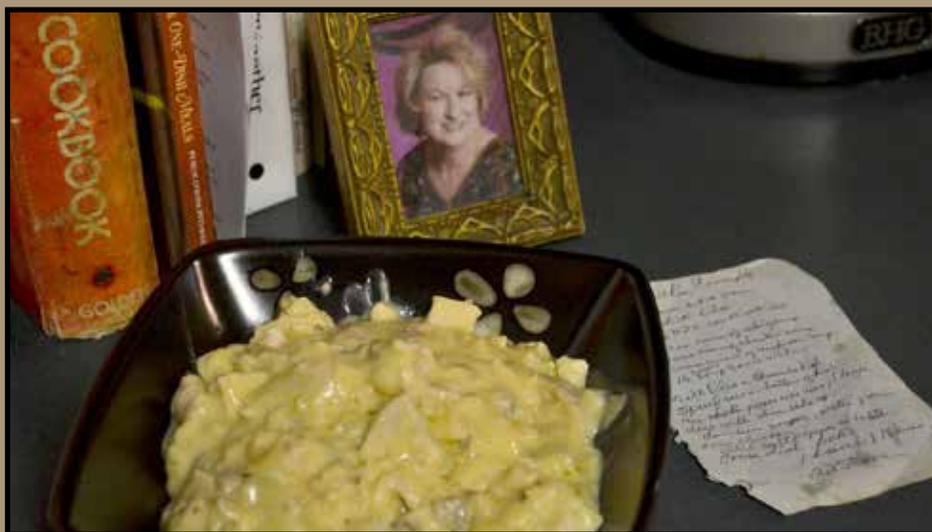
Chicken and dumplings.

Funniest/worst cooking disaster?

The first time I made a cake for my husband to take to work, it had a few eggshell pieces in it.

What advice do you have for other cooks?

Watch your mother or grandmother cook, and actually listen and take notes.



LIFE *style*

Backyard

HACKS

Find outdoor furniture
round out your back
look at Gam

Take your yard from ordinary to extraordinary with a few simple tricks.

1 So maybe your yard is a little on the small side. No problem, try this! Add a few mirrors to create the illusion of a larger space.

2 Got any old pallettes laying around? Even if you don't you can find them pretty cheap at most hardware stores or plant nurseries. Turn them into a thrifty bench or a sweet multi-person swing! Get ideas at www.99pallets.com

3 So pools are pretty great right? But they can be alot of work. How about trying out this neat, cheaper alternative to beating the heat this year, it's a water blob! Instructions found at www.homemadetoast.com

4 How about this for some outdoor fun? Get a big ol' chalkboard for the backyard!

5 And now how to spice up the yard at night! You can always string up a tree or your patio with some string lights. Fire pits rock! Or how about an outdoor movie theatre! The screens are pretty cheap and easy to make, then all you need is a projector and some pillows, pop in a movie and love love LOVE your awesome new back yard! Instructions to make your very own movie screen can be found at www.running-w-scissors.com



re to
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Kysek Cooler
\$339.00 - Hays Clothing

Cowl Neck Sweater
\$36.99 - Obsidian Boutique



DIY Mug

It's amazing what you can do with a white mug and a gold sharpie.



Neutral

Iced
Coffee



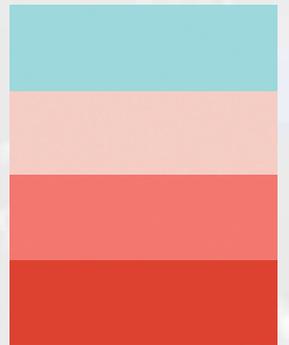
Blanket Scarf
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Machine Brand Jeans
\$38.99 - Obsidian Boutique



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Boutique

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Best New Retail Business
Fringe (Jennifer Chitmon, owner)



Main Street Awards

Downtown Jonesboro
Association Claims
Six Statewide
Awards

Best New Event
Pack Pride Weekends
(Bill Smith, ASU)



Best New Event
Alive After Five
(Angela Lancaster)



**Outstanding
Main Street
Merchant**
Ted Herget
(Gearhead Outfitters)





Left to right: Jay McLeod, Danny Kapales, Chad Niell, Greg Phillips, Laura Pickens, Hailey Knight, Mary Kay Jones, Brandon Stevens, Heather Clark, Brandi Hodges, Joel King, Brent Cassidy

In addition to the \$3 million in properties sold, fifteen new businesses and 733 volunteer hours logged last year in downtown, the Downtown Jonesboro Association can now add six statewide accolades to their record.

2015 was a big year for the local Main Street program, a non-profit that works to promote downtown Jonesboro as the place to eat, shop and live. Main Street Arkansas recently awarded the Downtown Jonesboro Association six statewide awards for projects the local non-profit has completed since late 2014. The program, which recently turned over its two year mark in October, received awards for Best New Event, Alive After Five and Pack Pride

Weekends; Best Campaign Promotion for #ImADowntown; Best New Retail Business, Fringe (Jennifer Chitmon, owner); Outstanding Main Street Merchant, Ted Herget (Gearhead Outfitters); and finally, the Spirit of Main Street Award awarded to the Downtown Jonesboro Association for its outstanding dedication to the mission of Main Street.

Alive After Five was the first signature event the Downtown Jonesboro Association created in 2013, which brought a street market, live music, food trucks and a movie to Huntington Avenue on the third Thursday of every month. The Alive After Five committee members include Shanna Haworth, chair; Angela

Lancaster, Christina Ballard and Brandi Hodges. Following closely behind Alive After Five was the unique event partnership between downtown and Arkansas State University, Pack Pride Weekends, in the fall of 2014. Pack Pride Weekends features downtown Friday night activities, Red Wolf Express partnership with JETS, and Brunch & Browse on all home game football weekends during the fall. Arkansas State University's Bill Smith was instrumental in helping the program launch the collegiate game day experience, with JETS director Steve Ewart working with the program to incentivize the transportation from downtown to the stadium on home game weekends. ♦

“

We are incredibly honored to have received such prestigious recognition for our projects this year. Our volunteers work hard to address beautification needs, sustain vibrant events, and ensure our Main Street continues to thrive. In addition to our volunteers, our merchants and their employees have embraced everything that downtown is, and consistently work to promote the place they call home to their businesses and way of life. All of their hard work is definitely paying off.”

– Hailey Knight, Executive Director.





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HAPPENINGS



1



2



3

3. Businessman of the Year

Chris Bass was named Kiwanis Businessman of the Year at a recent meeting of the Paragould Kiwanis Club. Presenting his award is Debbie Cross.



4

1. Utility Trailer Gives

Utility Trailer recently pledged \$55,295 to the 2016 Greene County Community Fund Campaign Fund Drive. The pledged amount includes an employee contribution of \$42,067 and a corporate donation of \$13,228. **Pictured for the presentation include (front from left):**

David Neighbors – Plant Manager
and Kera Crafton – GCCF Executive Director.

Back row, from left:

Scott Maxwell – Human Resources Manager;
Bob Wilson – Plant Engineer;
John Oliver – Plant Superintendent;
Jeremy Dogan – Quality Control Manager;
Anthony Hollis – Field Service;
and Chris Pindell – Materials Manager.

2. FUMC

First United Methodist Church of Paragould gives to local organizations through it's \$1 a Week program. All single dollar bills in the offering plate are set aside for a special offering and given away in the form of grants the following year. In January FUMC gave \$12,200 from bills collected in 2015; more than \$50,000 has been given since the program started in 2011 by the late Rev. Bill Leslie.

Recent recipients include Focus, Inc., Greene County Goodfellows, Future and Hope Christian Women's Job Corps, Greene County Rescue Squad, and Court Appointed Special Advocates.

Pictured: Pastor John Fleming presents checks to representatives of the 8 organizations.

4. Chess

Pictured are Nate Brittingham (blue shirt/blonde hair) and Corbin Bailey (blue shirt/brown hair) taking on their opponents at the recent Northeast AR Regional Chess Tournament in Walnut Ridge. Nate represented Woodrow Wilson Elementary and Corbin represented Baldwin Elementary School. The PSD team went on to place first in the tournament after competing with 8 other teams in the area.



A stylized graphic of a woman's face in profile, looking to the left. The face is yellow with black outlines. Her lips are red. The word "Jill's" is written in pink cursive above her head. To the right, the word "DISH" is written in large, teal, outlined letters. Below "DISH", it says "Tuesday Morning" in black. Further down, it says "LIVE from NEA BAPTIST HOSPITAL At the DAILY BREAD CAFE". Below that, it says "Sponsored by CENTRAL DEALERSHIPS - NEA BAPTIST HOSPITAL CPI. CAPS PLUS INC". At the bottom, it says "EVERY TUESDAY from 7:00am to 10:00am". In the bottom right corner, there is a pink and teal logo for "Jill's @ 99.3 less talk. more music neajillradio.com". At the bottom left, there are social media icons for Facebook, Twitter, and the App Store, and a Google Play logo.

A large, shaggy brown bear rug is lying on a polished hardwood floor. In the background, there is a fireplace with a fire burning. The scene is set in a living room with wooden chairs and a table visible on the left.

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March

EVENTS CALENDAR



Thursday, March 3

Merle Haggard at ASU.

For one night only, country music legend, Merle Haggard will be in Jonesboro, Arkansas, joined by Marty Stuart on Thursday, March 3 at 7:30 p.m at the ASU Convocation Center. Known for writing revolutionary and prolific lyrics, he blended elements of jazz, rock, blues and folk music into his arrangements, while staying true to the traditions of country. Doors open at 6:30, Tickets Available at the Convocation Center Box Office (Lower red entrance), by phone at (870) 972-2781 or (800) 745-3000, or online.

Saturday, March 5

TLC Memorial 5K.

9:00AM in Downtown Jonesboro. This is the first annual TLC Memorial 5K. The Learning Center (TLC) provides our region's children with physical, occupational, and speech therapy. Money raised will send therapists for a specific training called NDT certification. What they will learn will treat children with any form of motor issues, which is the majority of the children at TLC.

Saturday, March 5

AMMC Foundation Gala.

6:00PM at the Paragould Community Center. The event is a black-tie/formal affair or James Bond themed attire. Tickets are \$250 per person and the evening meal will be provided by Chow Catering. Prizes available include elegant jewelry from Sissy's Log Cabin. For more information, call The Foundation at AMMC at 870-239-7077.

Saturday, March 12

Rummage at the Rails.

The 'One and Only' will be the place to be Saturday March 12th for the first Rummage at the Rails of 2016. Do you have too much stuff but don't have a good spot for a garage sale? Join us Downtown, Main Street Paragould will assign you a spot. MSP is handling the advertising, promotion, and signage.

Sunday, March 13

SPRING FORWARD!

Don't Forget to set your clocks an hour ahead on Saturday night!

Tuesday, March 15

Ag for Autism Bracket Bonanza.

The 2016 Ag for Autism Bracket Bonanza is set to be held Tuesday, March 15 at 6 p.m. at Arkansas State University's Centennial Hall in Jonesboro. Attendees will enjoy great food, fun and fellowship—which will include a silent auction, live music and more—while watching that night's hoop action. All ticketholders will also be entered into a giveaway on-site for \$3000. If history repeats itself, it will be a fun-packed evening in the name of a great cause. Tickets are \$75 each or \$500 for a table of 8. To purchase Bracket Bonanza '16 tickets, contact Mary Beth Hoke at 870-336-3863. To become a sponsor, contact Melissa Powell at 870-336-3866. To donate or sponsor silent auction items, contact Melissa Coles at 870-932-1037, ext. 5425. For in-kind donations contact Amy Batson at 870-336-3871.

Friday, March 18

NWTF Banquet.

NWTF of NEA Hosts a raffle, dinner, and live auction at the Paragould Community Center. Tickets available at the door. Doors open at 6:00PM, Dinner is served at 7:00PM catered by Strawberry's. For more information, contact Kyle Franzen at 870-530-2320.

Sunday, March 27,

HAPPY EASTER!

Tuesday, March 29

Humorist Jeanne Robertson.

Humorist Jeanne Robertson is bringing her Fabulously Funny tour to Jonesboro. Robertson will perform LIVE at The Convocation Center on January 14 at 7:30 p.m. Doors open at 6:30. There's a group rate of \$5.00 off when purchasing 10 or more tickets and one free ticket per every 10. Tickets are available at Convocation Center Central Box Office (lower red entrance), online at www.ticketmaster.com or by calling (870) 972-2781 or (800) 745-3000.

Friday, April 1

St. Mary's Live and Silent Auction.

St. Mary's hosts a live auction at St. Mary's Parish Hall. Proceeds benefit the Deacon Rex Bouldin Scholarship Fund benefitting Catholic and non-Catholic children attending St. Mary's School. Social hour from 6:00 - 7:00PM. Tickets are \$50/person or \$350/table of 8. For more information call or text 870-236-0742 or email jbouldin@astate.edu.

Recurring EVENTS

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

First & Third Wednesday: Perking on Pruett, 8:30 AM-10:00 AM. At Something Sweet. Find out what's 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.

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

Second & Fourth Tuesday of every month: The Paragould American Legion Post 17 meets at 7:00 PM at the corner of Court and Hwy. 49. The second Tuesday is a business meeting and the fourth is a Pot Luck Dinner with spouses and friends.

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

Second Thursday of every month: The Compassionate Friends, 7:00 PM. Southside Community Church Conference Room, 2211 Jones Road. For parents grieving the loss of a child. tcfofnortheastarkansas@yahoo.com.

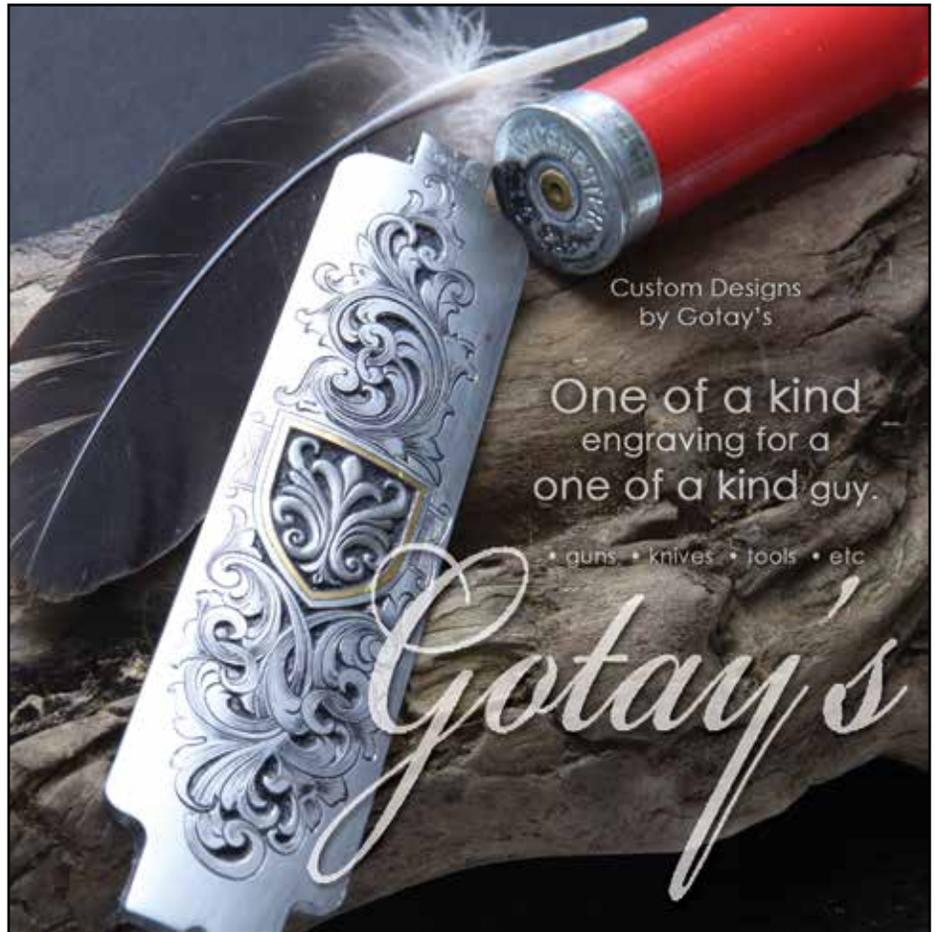
Second Thursday of every month: The Memory Cafe, support group for those having memory, dementia or Alzheimer's at 1:00 PM at the Senior B.E.E.S. Center, North 12th St. in Paragould.

Second Wednesday of every month: St. Mary's Spaghetti Dinner, 11 AM-1:00 PM 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 Thursday: Alzheimer's Support Group with the Alzheimer's Arkansas Association and Home Instead Senior Care, 2:00 PM at Chateau on the Ridge.

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



ENGAGEMENTS

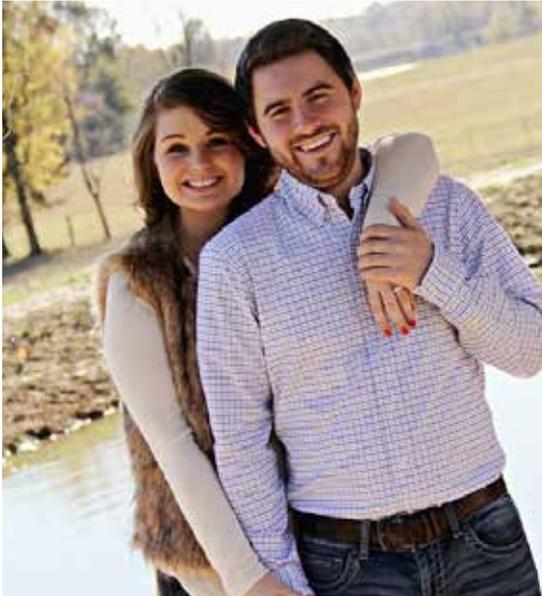


Photo by Amaris Davis
Makenzie Strope and Hunter Rawls

Strope-Rawls

Makenzie Strope and Hunter Rawls have announced their plans for a May wedding ceremony. Makenzie is the daughter of Shannon and Wendy Strope, and Jessie and Laura Weaver of Paragould. Hunter's parents are Steve and Jennifer Rawls, and Heather and Brandon Russom, also of Paragould.

The wedding is scheduled to take place on Saturday, May 28, 2016, at Fairview Baptist Church in Paragould.

Paragould takes second at

Quiz Bowl

Regionals

The Paragould Jr. High Quiz Bowl Team placed 2nd in the Regional Tournament held at Valley View Jr. High in February, earning the right to compete in the state tournament at Vilonia. Team member Jackson Parker was also named the tournament Most Valuable Player. Pictured are Matthew Bermea, Max Hooten, Noah Hughes, Noah Coffel, Jackson Parker, Gabe Waddell, Payton Hooten, Abby Stevens, Sofia Garcia and Coach Krystal Hooten. Not pictured is Sarah Sellen.



Baby Registry

Bliss Fox
Mallorye Wesley
Meagan Cole
Brittany Spence
Kasey Nelson
Felicia Brokaw
Isha Fletcher
Patience Simmons
Kendra Street

"Train up a child in the way he should go, and when he is old he will not depart from it."
Proverbs 22:6



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Ruffle Butts
Rugged Butts



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Perfect Touch

Registry

Bobbie Jo Hyde and Blake Williams
Feb 20

Sally LeBlanc and Kevin England
Feb 20

AnnMarie Brogdon and Michael Casey
Feb 27

Ali Mangrum and Jim Buck Walton
March 12

Christina Walls and Peter Burrow
April 16

Graycen Colbert and Alex Bigger
May 21

Mackensie Nutt and Clayton Davis
May 29

Julie White and Zack McCoy
June 4

Jordon Miller and Skyler Droke
June 25

Taylor Garner and Trase Davis
July 23

BABY Registry:

Felicia Brokaw

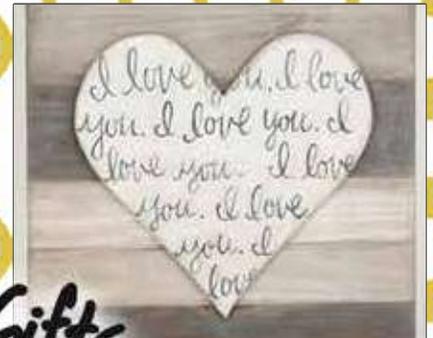
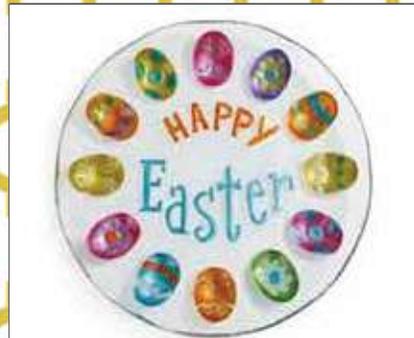
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where they may.

Step 3:
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your square.

Saturday, April 16 • Harmon Play Field

2 p.m. until "End of Business" (*if you know what we mean*)

Habitat for Humanity of Paragould will give away \$5,000 in our "Drop It Like It's Hot" contest on April 16th! Contestants buy a random "square" on our grid, and then we let a cow meander on the grid until it, well, you know. The holder of the square where the "Stuff" lands wins the cash prize!

BUY YOUR SQUARES NOW!

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Stay Tuned

What's in store next month



April will be spring and that is a time of renewal. We will explore the economic development progress in Jonesboro and Paragould and look at what is in store in our near future. Join the discussion with the local mayors, chambers of commerce and economic development agencies in the April edition.



April 22nd is Earth Day and we will show you some "upcycle" DIY projects you can be a good steward of your world, have some fun and make something useful.

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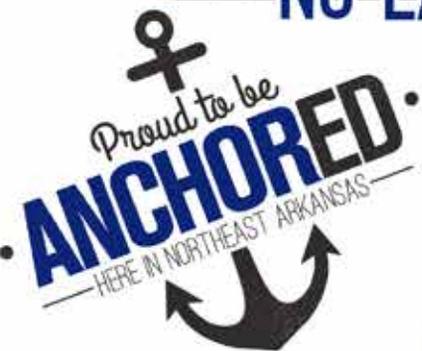
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