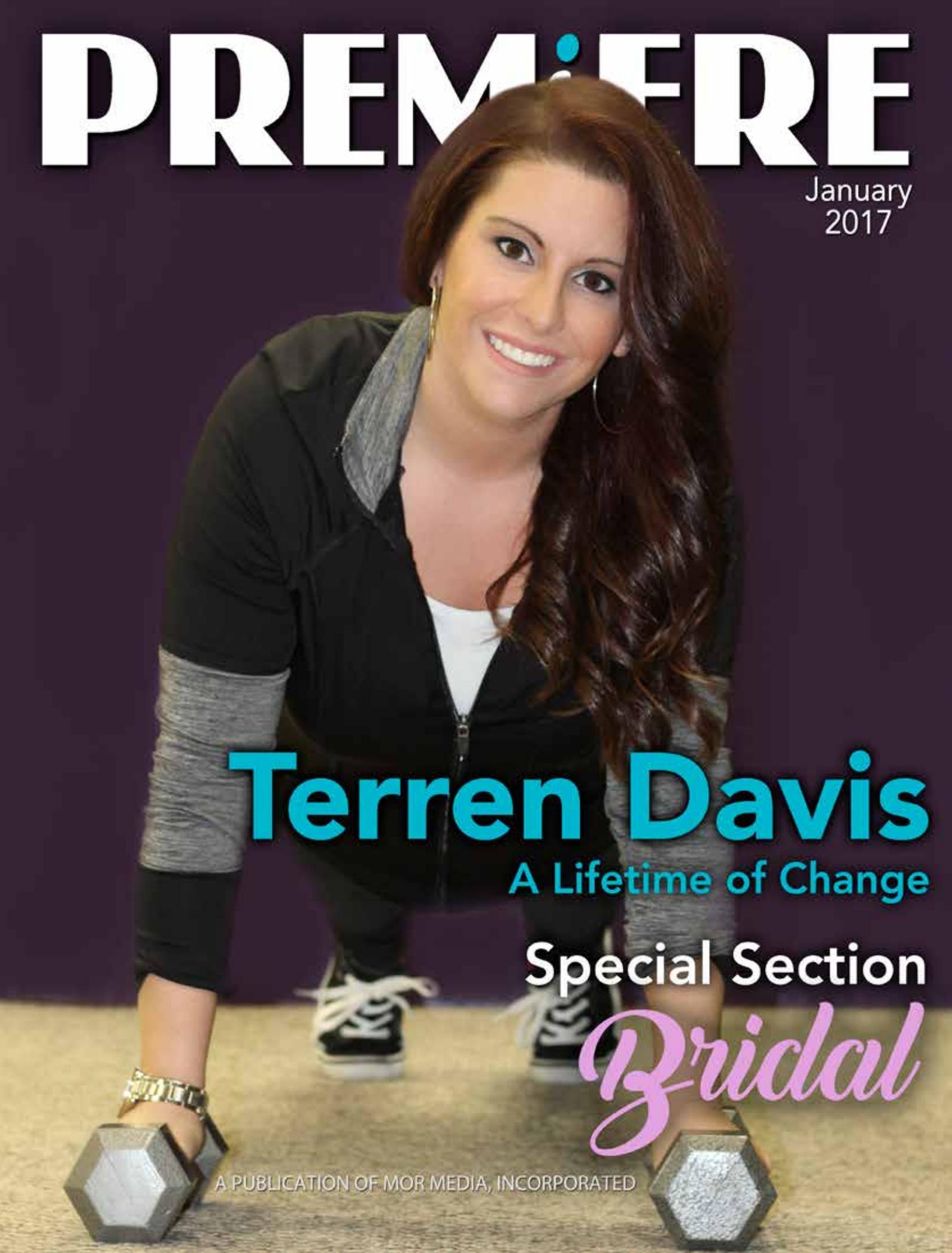


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January
2017



Terren Davis

A Lifetime of Change

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From The

PUBLISHER...

DINA MASON

As we put another year in the books, we want to thank all our advertisers for a great 2016 and all those “Good News makers” we love to write stories about. We also appreciate all the passed along information on things happening in Northeast Arkansas so we can help our readers enjoy life in the communities we serve.

“We want to thank all our advertisers for a great 2016 and all those “Good News makers” we love to write stories about.”

We start out 2017 with a happy healthy issue and a little sad that this is the last issue Richard will serve as our “Managing Editor.” He will be retired by the time you read this but we are calling it “semi-retired” since he will be continuing to write his column and a few stories per month, as well as the final edit of the pages. We will call him our “Editor” instead of “Managing Editor” as we take on the management part of the magazine.

So, let’s get healthy. This edition should get you started on those New Year’s resolutions from food to exercise. Rose Hankins at Jonesboro Total Health shares “eating clean” tips and Sarah

Adler at The Truck Patch helps you with your shopping and healthier cooking resolutions.

If your resolution was to start an exercise regimen we have that covered too, whether you prefer yoga at Bibb Wellness Center to new spinning classes and more at the new location of Peak Fitness. If you need inspiration, our cover story will do the trick. Terren Davis shares her story of weight loss and how that led to her new business, Beauty and Beast Fitness Bootcamp.

January also seems to be the wedding planning time of year so check out our special advertising section with tips from skin care to buying the dress and the all important cake! If you are planning a wedding in 2017 you can depend on these experts to help you through all those choices.

Of course you will find our regular features from Jared Pickney and Chuck Long and all the Good News happening in Northeast Arkansas in this edition of Premiere Magazine, and we look forward to bringing you more in 2017. We are planning big things heading into our 10-Year Anniversary edition in May, so stay tuned!

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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@mormediainc.com. Mailing address: 400 Tower Drive, Paragould, AR 72450.

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CHRISTMAS PARADES

Spectators lined the streets and kids waited to catch a glimpse of Santa Claus when area Christmas parades delighted them all in December.

Premiere cameras were out to catch the action at places like Paragould, Jonesboro and Brookland as bands, beauty queens and local celebrities joined with others to make the events go off as planned and put smiles on the faces of those who braved the cold temperatures to enjoy the sights and sounds of Christmas.





HOLIDAY TRADITIONS

Main Street Paragould and the Downtown merchants played host to hundreds of shoppers and spectators during the annual Holiday Traditions & Market in December.

Visitors to the downtown area were provided the opportunity to take part in horse-drawn carriage rides, shopping, excellent dining and a visit with Santa Claus.



Include your pets in your New Year's resolutions!
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An advertisement for Paragould Animal Clinic. It features two female veterinarians in white coats. The background is blue with white snowflake patterns. The text promotes a New Year's resolution offer for senior pet wellness in January. The clinic's name, services, and contact information are listed.



AMMC TREE LIGHTING



More than \$3,500 was raised in this year's Arkansas Methodist Medical Center Foundation Holiday Auction.

The crowd gathered in the AMMC Professional Building enjoyed the antics of auctioneer Colonel Tom Rhoads, who kept bidders laughing and – more importantly – bidding on the Christmas trees, wreaths and other items available.

Proceeds from the annual auction will benefit AMMC's Safe Sleep Education Program, which aims to create the safest possible sleep environments for babies.



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JILL'S CHRISTMAS CASH GIVEAWAY



Becky Darnell was the lucky winner of a \$3,000 shopping spree in the Jill Christmas Cash Giveaway.

MOR Media teamed up with area sponsors 22 Lou, Cricket Wireless, Alvin Taylor Flowers & Gifts, Caps Plus Inc., Health Wear, Heather's Way Flowers, Rouge Spa & Salon, Special Moments and Gamble's Home Furnishings for the promotion, with names being drawn from registration boxes at each of those locations.

Those whose names were drawn were invited to Gamble's new location in Turtle Creek Mall for a "draw down" to reveal the eventual winner of the furniture shopping spree at Gamble's.

The giveaway was part of Jill @ 99.3's switch to an all-Christmas music format for the holidays



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Champions Birthdays are the BEST!



By Anthony Childress

The holiday season brought something a bit different than what most people in Northeast Arkansas are accustomed to seeing - an ice skating rink in the heart of downtown Jonesboro.

First Community Bank donated the synthetic rink at a cost of about \$60,000. Located at 215 West Monroe Avenue, across from the city's Winter Wonderland complex, people of all ages and abilities strapped on their skates to enjoy something few could have imagined a possibility locally.

"It's tough to keep your balance," said one youngster as he persisted in trying to stay upright. "When my parents brought me the first time, I fell a lot, but it was so much fun! I couldn't get them to skate. They probably would fall a lot more than me and that would be funny to see."

The First Community Bank Wonderland Rink was open from Nov. 30 through New Year's Day. Visitors were able to rent skates for \$5 for 45 minutes beginning every hour. Hailey Knight, executive director of the Downtown Jonesboro Association, applauded bank and city officials for creating yet another reason for people to make their way downtown.

"The Wonderland Rink has not only been a great addition to our downtown landscape, it's added a wonderful tradition to our holiday festivities," Knight said. "Several families have taken advantage of the ice skating rink this holiday season, and we've witnessed several school buses and large groups of people enjoying the rink. While they're out visiting Wonderland Rink, they also have the opportunity to walk across the street and take a tour inside Winter Wonderland, an interactive space with holiday scenes, for families and small children."

Jonesboro Mayor Harold Perrin said it was a "win-win" and noted the success of FCB's rink in Batesville as an indication of things to come in the region's largest city. Wixson Huffstetler, director of Jonesboro's Parks and Recreation department, echoed that viewpoint.

"It has been a huge hit," Huffstetler said. "The parks department is very thankful for the gift of the rink and skates from First Community Bank. This shows how the public and private sectors can work together and provide great things to Jonesboro and make the quality of life great here."

City crews erected the rink and dismantled it for storage until the holiday season arrives later this year. Cathy Lynn spent a couple of evenings skating with her children and looks forward to doing it again. "Sometimes, you need a new tradition with your family and this turned out to be a perfect one for us," Lynn, of Jonesboro, said.

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If delivering at AMMC, the classes are free. Otherwise, there is a small fee. All participants have to pay a \$10 materials fee. Call the AMMC Education Department at 870-239-7016 or email baby@arkansasmethodist.org for pricing, class location or to register. Registration is required for all classes.

BREASTFEEDING CLASS

Monday, January 23, 2017, from 6:00 PM-8:00 PM

Professional Office Building at Arkansas Methodist Medical Center

AMMC sponsors a breastfeeding class that discusses the importance of breastfeeding, breast preparation, feeding techniques and positioning options for mother and baby. Tips on hand expression, breast pumps, collecting and storing milk and breastfeeding after returning to work are taught. This class is offered to moms who plan to breastfeed, dads and other support persons. If delivering at AMMC, the classes are free of charge. Otherwise, there is a small fee. There is a \$10 materials fee. Call the AMMC Education Department at 870-239-7016 or e-mail baby@arkansasmethodist.org for classroom location, pricing and to register. Registration is required for all classes.

HEALTHY PREGNANCY CLASS

Tuesday, January 24, 2017, 6-8 PM

Professional Office Building at Arkansas Methodist Medical Center

If delivering at AMMC, the classes are free. Otherwise, there is a small fee. All participants have to pay a \$10 materials fee. Call the AMMC Education Department at 870-239-7016 or email baby@arkansasmethodist.org for pricing, class location or to register. Registration is required for all classes.

COMMUNITY DIABETES PROGRAM

Thursday, January 26, 2017, 6:00-7:30 PM

Auditorium of the Professional Office Building at Arkansas Methodist Medical Center

The program is presented FREE of charge but AMMC asks that people RSVP by the 25th by calling 870-239-7016.

INFANT SAFETY CLASS

Monday, January 30, 2017, from 6:00 PM-8:00 PM

Professional Office Building at Arkansas Methodist Medical Center

AMMC sponsors an infant safety class that focuses on topics including car seat safety, childproofing your home and crib safely, as well as infant CPR. This class is offered to expectant families and anyone caring for the infant. If delivering at AMMC, the classes are free of charge. Otherwise, there is a small fee. There is a \$10 materials fee. Call the AMMC Education Department at 870-239-7016 or e-mail baby@arkansasmethodist.org for classroom location, pricing and to register.

Registration is required for all classes.



GIVING BACK

Several sixth grade students at Oak Grove Middle School volunteered at Mission Outreach in Paragould. The students are learning about the importance of giving back to the community.





HUNTING THROUGHOUT THE SEASONS

By Chuck Long

We are very blessed to have great opportunities in our area. A wide range of landforms and habitats provide diverse outdoor options for a day trip or a night or two away from home. Here is a look at a quick list of things to do in the coming year that will help you get outside.

As we enter 2017, January provides some great opportunities. Duck hunting will still be going strong and January often offers some of the best hunts of the year. It is also a great month to fill unused deer tags to top off the freezer. For those who may not want to endure the cold but would like to see some wildlife, this is probably the prime month to view bald eagles as well as waterfowl. Take a drive through Beech Grove, Delaplaine, over to Lake Ashbaugh and then to Knobel and back toward Corning and there will be a great opportunity to view an eagle. Take binoculars and a camera and remember to view without disturbing the wildlife.

February provides great opportunities for small game hunting. One of my favorite things to do is to chase rabbits in a fresh snow and, hopefully, this cold month will provide that opportunity. Snow goose hunting is also popular; be sure and check the regulations before you go. This month is also good for wildlife viewing and visits to our local parks. Lake Frierson and Crowley's Ridge State Park would be great local destinations.

March can be a testy month, providing beautiful weather one day and a blizzard the next. It also abounds with opportunities. This

is probably the best month of the year to catch a record fish as they are heavy in preparation for the spawn. Most local schools will have Spring Break during this month and that would be a great opportunity to visit the Forrest L. Wood Crowley's Ridge Nature Center in Jonesboro. They will have a variety of activities during the week. Check their website at www.crowleysridge.org for details.

When hunters think of April, they think turkey hunting and there are great opportunities in Northeast Arkansas and throughout the state. The turkey population is stable and should provide some great hunting this spring. Thoughts also turn to crappie fishing and we are blessed with a myriad of lakes within a day's drive to catch these tasty fish. This is also a great month to drive into the Ozarks for a day of hiking. With good timing the dogwoods will be in full bloom, wildflowers will be peaking through the cool ground and the woods will be coming to life providing some great natural beauty.

May is perhaps one of my favorite months. My joy for this month began as a youngster because tax season was over and Dad could go fishing. Bream were on our list as we headed out and they should be on your list as well. Watch for the full moon and try to time your fishing for the few days leading up to it and the bream should be thinking about bedding and ready to bite. Kayaking is a rapidly growing sport and this is a great month to get out the kayak or canoe and explore some of our waterways like the Spring, Buffalo

or Eleven Point. The waters should be flowing from the spring rains but settled enough to provide some great floats and fishing.

June is also an excellent fishing month with the bream still being very active, as well as the crappie and bass feeding up after finishing their spawning duties. June is also known for catfish and many of our local rivers provide great opportunities to catch cats, both large and small. A few plastic worms and a jar of Doc's or Sonny's dip bait will provide opportunities for eating-size channel cat while live bait choices can be used to catch flatheads and blues. This is also a great month for hiking, canoeing and getting the family out to visit our parks.

We will finish our calendar later, but I want to take a few words and thank Richard Brummett and the staff at Premiere for allowing me to write this column. I hope each of you are enjoying it and I am looking forward to many more.

May you have a great 2017 and God bless each of you. Hope to see you out there enjoying God's great outdoors!



CHUCK LONG
Regional Education
Coordinator Northeast
Education Division
Arkansas Game and
Fish Commission



LIVING A BETTER STORY

By Jared Pickney

Do you ever experience a gap between what you know and what you do? Have you ever found that new knowledge and information don't seem to translate into a new way of life? Can you identify with the millions of people who make and then break New Year's resolutions each year? If so, you are not alone.

The truth is, we all have things in our lives we would like to improve. The problem is that change isn't easy. We are shaped by what we love, and therefore, if we want to change our habits we must change our loves. This creates another problem because we know we can't just change our affections. We can't simply make a decision to love one thing one day and another the next.

So what is the secret to change? How do we get healthier physically, emotionally, relationally and spiritually?

First, we need to realize that nothing worth having in life comes easy. If it's worth having it will take hard work, sacrifice and dedication.

We also need to remember that at the end of the day we are what we love, and love is a habit. In other words, if we want to make change for the better we need to develop habits that shape our desires.

Think about it like this. I work out three days a week. I hated it at first because I was so out of shape. However, the more I hit the gym the

more I found myself enjoying it. Sure, I still have days where I don't want to get out of bed, but more than wanting to stay in bed I want to work out. Over time I have created a healthy habit which in return has shaped my life as it also shaped my loves.

This is the way it works in all of life. That means that if we want to change we need to work at it. We don't need to wait until we want something before we do it.

Rather, we need to create healthy habits that over time will shape our desires, which will then cultivate a healthier lifestyle all around.

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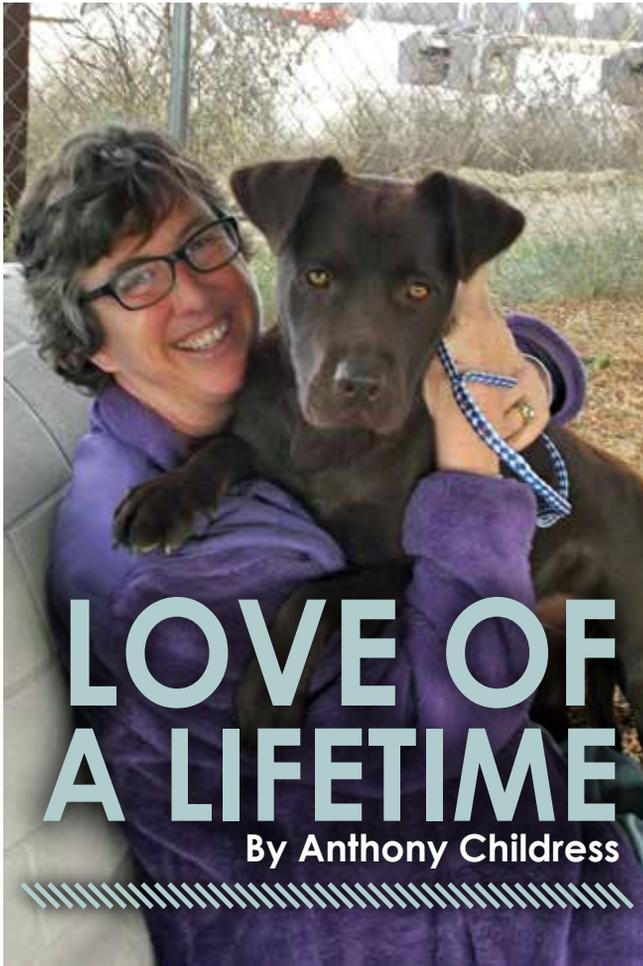
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Love of a Lifetime

As long as she can remember, Trevathan said she has felt a deep sense of connection with animals. She noted that in going back through her childhood many family pictures included a dog. She is a proud mother to five pets at home now - three dogs and two cats. All but one of them wound up with her by way of rescues.

A common belief among shelter workers and those affiliated with animal rescue and adoption is that people do not select their pets; it actually follows a very different pattern. "You know, with cats, they pick their humans. I've seen it happen so many times out here," she said. "It happens with dogs, too. These animals tell you by their actions and body language. If a cat stretches out a paw to you or a dog barks incessantly when

you walk up or walk away, chances are they picked you to be their forever family."

Support and Advice

Trevathan lauded the community involvement she has witnessed on behalf of the shelter and credits a big part of it to its online presence via the NEAHS web site (<http://neahs.org>) and Facebook. She said it averages nearly 5,000 visits on a regular basis and that often leads to adoptions. Before a dog or cat joins its new family, though, she encourages would-be adopters to keep some important things in mind.

"We're in the Christmas season and people will often get a puppy or cat for their kids," Trevathan said. "We suggest they bring the family member that will receive the pet on a visit to the shelter so they can be sure the person really wants a pet. Our numbers always go up in January and February because people will get a pet for a child or a mother living by herself, then bring it to us because things didn't work out."

Adoptions at any time of year should begin with prospective owners spending time petting and interacting with a potential pet, Trevathan stated, because it often signals

whether a dog or cat will bond with their human. Another misperception many in the public have about the shelter is an assumption it operates under the city's Animal Control department.

"We still have folks who call and are surprised to find out we're not the same office. I've had people say they had no idea we sheltered pets because they assumed we hold them and then put them down. We really need to make sure the public understands that we only do that when an animal is very sick or has bitten someone," she said, while noting that Animal Control does good work and serves an important role.

Dogs and cats are the dominant four-legged shelter occupants, but it currently houses four horses rescued from a hoarding situation. Trevathan said caring for them is very different, but she felt a bond soon after being with them.

It's a Matter of Trust

Animals often land at the shelter out of difficult situations, at best. Trust is a major factor and staff work hard to gain and keep it. One of the challenges comes when a group of dogs are rescued from a hoarder, often suffering from extreme malnutrition, disease, and physical abuse.

"Hoarded dogs are really the most special," she said. "You have to earn their trust because of what they've been through. Then, when you see them run up and want to love on you, it's an amazing feeling."

Wisdom and Tail Wagging

Trevathan points to Shepard as a mentor. "Working with Margaret has taught me so much. She's phenomenal. She knows the laws and she knows how to handle situations case by case. I have a lot of admiration for her," she added.

One of her cherished shelter dogs is Mama CC (Coco Chanel), a chocolate Labrador retriever found and rescued on Interstate I-555 at Bono. She had given birth and was in poor health. Trevathan said all but one of her puppies perished.

"She's been through so much," she shared. "But, her spirit is very strong. She lights up when she sees me and I light up when I see her. That's why I do this."

Shelter hours are from 11 a.m. to 4 p.m. Monday through Saturday. To contact the shelter, call (870) 932-5185 or visit the website.

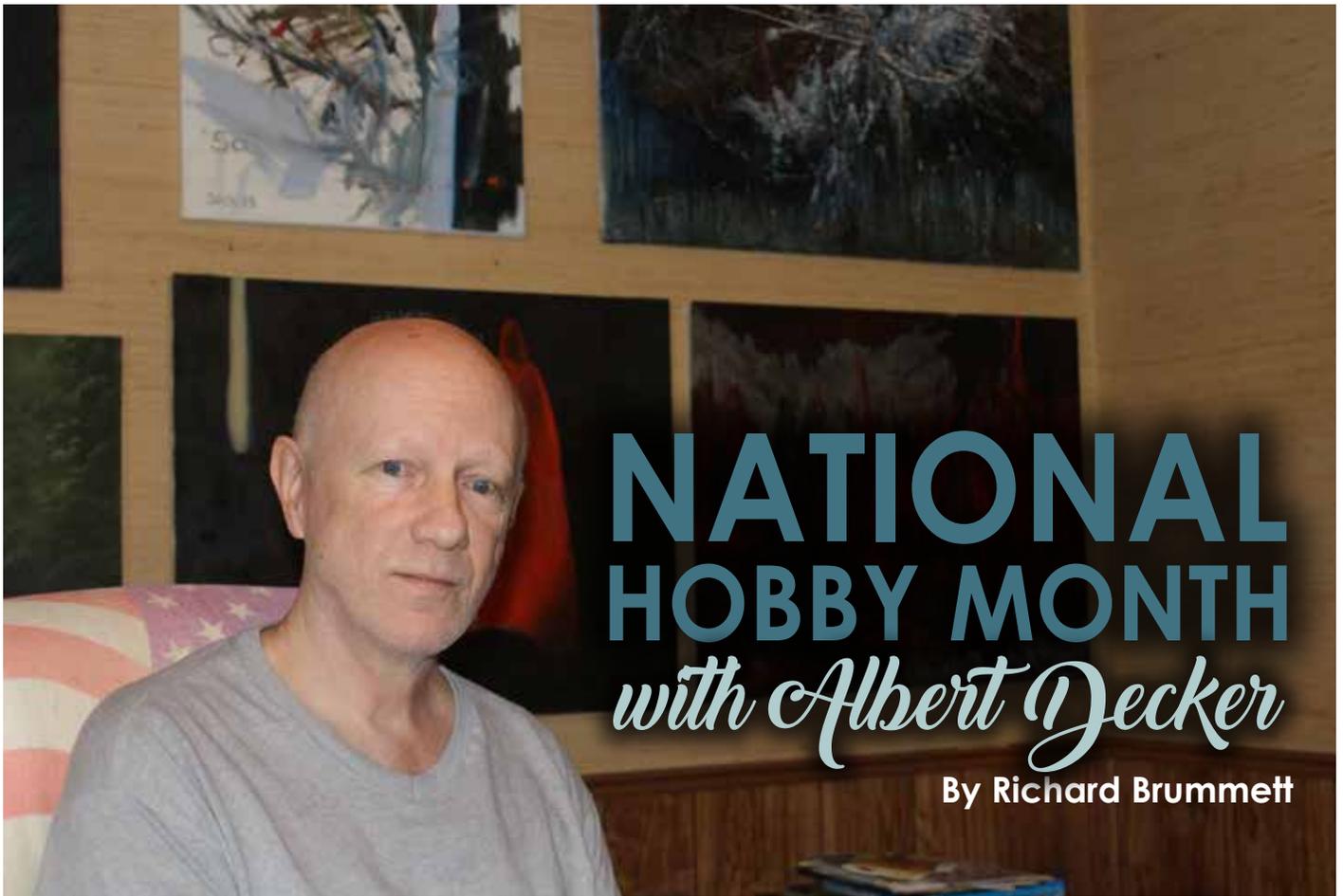
Lisa Trevathan cries a lot about her job. And yet, she wouldn't trade the tears for a different one.

For two-plus years, she has worked at the NEA Humane Society shelter in Jonesboro. Each day brings new joys and heartbreaks. A furry kitten lands her forever home. A high-energy border collie arrives in need of the abundant love and care Trevathan and her fellow staffers provide under the guidance of director Margaret Shepard.

"My eyes leak a lot," she explained while thinking of the many times a shelter animal has either been adopted or has passed away. "I've had times when I rushed a sick puppy to the vet's office and kept telling the puppy, 'Don't die on me!' We get to the clinic, they rush her back, and she doesn't make it. You're never ready for that."

A physical therapist by profession, Trevathan intended to work at the shelter temporarily. She had taken pictures of cats and dogs for Shepard to post online for potential adoptions. Then, she felt a need to shift careers.

"I knew within the first week I'd be staying," she said, chuckling. "I like to say that my level of care has gone from two legs to four legs."



NATIONAL HOBBY MONTH

with Albert Decker

By Richard Brummett

By his own admission, Albert Decker is not the most gregarious of individuals. He prefers the solitude of his apartment over socializing, he chooses to look at life his way instead of any other.

While he may not get out and about much himself, Decker's skill as an artist escapes frequently in the form of paintings and sketches that adorn the walls of his residence, and after only one look around it is apparent he has a talent far above the norm.

Soon to be 65, the Paragould resident refers to himself as a "died in the wool inveterate introvert" and said he used to be called the hermit of Paragould. "I researched it," he said. "My brain is wired differently from that of an extrovert. I need my solitude," but at the same time, he is an engaging conversationalist. When it comes to his artwork, he quickly recalls the story behind each piece and shares it willingly, just as he recalls the moment in time when he knew art was to be his calling. "There's a bit of an anecdote to how I started," Decker said. "The year was 1956 and I had gone to see *Animal World*, a film with stop-motion animation by Ray Harryhausen. I was 4 in Hope, Michigan, at the drive-in with my mom and dad. I was in the back seat and I had never seen anything like it ... dinosaurs hopping and explosions happening all over

the place. When it was over, I blew on the window to fog it up and try to draw what I had seen on it. I wasn't finished."

His mother was a seamstress and his father a skilled sketcher, leading him to "learn how to graduate from patterns to sketch marks. It just took off. I drew everything from that moment. My mom mentioned a thing called oil painting ... no patterns needed. I had to try it."

By the time he entered junior high school in Paragould, the continued interest in art led him to Mrs. Billie Ann Myers' class and his love for the craft blossomed. "She put oil paints in my hand and showed me what to do with them," Decker recalled. "That's where that began. I took art classes after that and dabbled with other media. But oil painting was the apex for me. I took art classes in high school and just loved art."

He was not destined, however, to pursue a career as a professional. He spent most of his adult life doing odd jobs ... "factories, warehouses, dish rooms," he said, "just unskilled manual labor. In Texas I learned to drive a forklift.

"As an artist, I am a rank amateur, a diehard. I looked up the definition of professional vs. amateur. A professional is in it to make money. For me, trying to make money gets in the way of the heart. Now, after the fact, I have no objections to selling them if someone wants to buy them. But I really just want to make something I see that no one else has seen yet."

He sees a lot. Mental images may emerge in the form of abstracts, and something as simple as a scene witnessed through the window may spark a session with brush in hand.



Decker considers this painting the best thing he has done so far.



"I have an aesthetic response to things," Decker said. "It may be a posy in a jug. That one (pointing to a painting of fruit against a dark backdrop), ... well, I had some fruit and I wanted to paint fruit. The moon, that's something I saw in the back yard when I was living in Garland, Texas."

"The abstracts? Sometimes the heart comes first. Sometimes I'm moved to get in front of a canvas, to create something. Sometimes it starts with something I wiped off the canvas and I go, 'Hmmm ... I like the wipe off better' and I go from there. But that one – that's my pride and joy. That's my best thing to date."

He's referring to a work called "White Rock Pump Station," a painting with detail so accurate it seems at first glance to be an enlarged color photograph. "I started it from some sketches," Decker recalled, "in '99 or 2000. I thought it was finished in '04, but I sat here and looked at it and thought I could still do better and went at it again. It was 2006 before it got to its present state."

He has displayed his work in the past and sold a few paintings, but that involves stepping out of the comfort of home and straying from painting simply for the joy of it. "I paint to gain a sense of freedom," he said. "I took architectural drafting at Cotton Boll and while I was there I realized I should take training to go to art school. I went to ASU ... I was already 28 and knew what I wanted to do and how I wanted to do it. They wanted me to scrape the slate clean and start over; it didn't pan out. My art is my art."

About half of his work is on his Facebook page and he said he's gradually putting "older stuff back in there," admitting that a lot of life as he views it has emerged through the end of a pencil. "Yeah ... I wish I could get more of it out."

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NATIONAL HOBBY MONTH

with Kier Heyl
By Caitlin LaFarlette



Gamers looking for a clique can put their skills to the test with the Northeast Arkansas Gamers Guild, a group dedicated to various types of tabletop games.

The guild was created in 2015 by 35-year-old Kier Heyl and his sister, Sarah Brown, after the two recognized a need for the group in this area.

“At the time there were no gaming stores in the Northeast Arkansas area that encouraged open play and had a large gaming space,” Heyl said. “While there were a great many gamers, it was really hard for them to get connected and come together to share the things we enjoy.”

From there, Brown and Heyl created the gaming club to share events. It started small but quickly grew to its current number of nearly 350 members. With the help of Cullison’s Cards and Games, the Jonesboro Public Library and the Arkansas State University Library, the guild has multiple monthly events and provides a way for other gamers and organizations to advertise theirs as well.

Heyl said while there are active gaming clubs in NEA, each one tends to focus on a single game or type of gaming, while the NEA Gamers Guild is a very general tabletop gaming club.

Every second Saturday the guild meets at the Jonesboro Public Library to play games for the remainder of the afternoon before heading to Cullison’s for a pizza party. At each meeting, Heyl and his members participate in role playing, war, board and collectible card games.

“The Jonesboro Public Library Game day is a blast, and the library works with us to provide board games for give away in a system called ‘play and win,’” Heyl said. “You come in, play the board game and if you enjoy it, you can put your name in a hat for a drawing at the end of the day to win the game.”

He added the guild donates the pizza at Cullison’s so there is never a cover charge.

“We’re just happy to be together and gaming with friends and family,” he said.





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A REAL FOOD RESOLUTION

By Sarah Adler

You have toasted in the new year, hopefully had your black-eyed peas and are set for a year filled with good luck! If you are like a large percentage of Americans, one of your New Year's resolutions is to lose weight or live a healthier lifestyle. It's a common resolution for a reason: most of us (68.8% - niddk.nih.gov) are overweight and/or have looming health issues.

So, where do you start? You have a health nut friend who swears that the only healthy diet is Vegan (no animal products), a co-worker who lost thirty pounds when she quit eating carbs, and your neighbor gets all of her meals delivered in a box by FedEx. All of these plans seem extreme to you and you know you are not likely to stick with them, so maybe this year's "get healthy" resolution will be another bust.

Some people try more extreme diets (ex: Paleo, Vegan, Ketogenic, Alkaline, etc.) and often find great success with them. Many folks have health issues that require the removal of certain foods for them to regain their health.

These diets take a great deal of dedication and discipline but can be a potential solution to some health issues. Listen to your body. If you feel bloated every time you eat a piece of bread, maybe you should try ditching the bread for a while. If you notice you get acid reflux when you eat a steak, maybe you should cut back a bit. We are all different, and should remember the old saying, "One man's medicine is another man's poison."

Truthfully, there are a lot of ways to lose weight and gain health. Historically, cultures have thrived on very different diets -- the Inuit on a diet rich in fat from whale blubber and fish, the Maasai on high protein from their cattle, and many cultures experience longevity from peasant food diets of beans and rice. What these cultures have in common is the food they consume is from REAL sources; it's not processed and from a bag or box. A great way to get your health on track is by focusing on eating clean and "real" food.

Sounds simple, right? Unfortunately, most of us consume our calories from overly processed foods: chips, crackers, snack bars,

pre-made meals, and fast food. We focus on calories instead of ingredients and a lot of processed and refined food ingredients are artificial or not found in nature. The practice of "clean eating" is about eating whole or "real" foods that are minimally processed, so they are as close to their natural state as possible. You will find if you look at food this way, you will eat more of the foods we all should be consuming more of, like vegetables, fruit, clean sourced meat and fish, some grains, and nuts and seeds. Real food should make up the majority of your diet, but when you do need to eat convenience type foods, just make sure what is in the package is the real thing with few other ingredients. Free yourself from the calorie counting and focus on eating a large variety of real food.

So, this year could be a different year for you. Cheer on your friends and co-workers with their health plans, but be confident and know that if you listen to your body and eat real, clean food, you too will find healthy success in 2017.



ARCARE RSVP BANQUET

The ARcare RSVP Recognition Banquet was held in December at Ann's Bridal in Searcy. Guest speakers were Michael John Gray, State Representative District 47, and Regina Burkett, Director of Community Development for AbsoluteCare.

Approximately 50 people attended the event. L.J. and Erleen Sawyer, Rose Hamby, and Joyce Landers won the awards for most volunteer hours for the past six-month period.



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Rose Hankins

ALTERING YOUR LIFESTYLE

By Richard Brummett

Rose Hankins doesn't look like someone who was ever in need of a solid diet plan. She's tiny, she's taut and she's full of pep, but the owner of Jonesboro Total Health will tell you she had to make a serious lifestyle change in order to look and feel the way she does today.

"I was 21, in the party phase, always going to hamburger places," Hankins said. "I was a runner for a long time, so I was never too big. I just didn't know how to 'eat clean.' I don't have a story like a lot of people do about being way too fat and then getting fit.

"I actually had a stomach issue and had to 'eat clean.' I couldn't keep on doing the burgers and fries," she continued. "I needed something to motivate me, so I signed up for a body building show ... you know, you have to have goals, a reason to lose. So I lost the weight and got in shape and did the show, but then I went right back to the old habits. When I finished the show, I binge ate. To get back on track, I signed up for another show ... eight weeks of prep ... not one cheat meal, not one snack."

That up-and-down experience helped her understand that many people need motivation to eat the right way and that's where her business came into play.

"You have to eat correctly," Hankins explained, giving meaning to "eating clean,"

one of her pet phrases. "Even for the Average Joe, it shouldn't be that hard. You have to want to change your food palate. We try to cater to the Average Joe instead of the body builder. We don't have any body builder food in the store. We teach you how to eat clean again."

At Jonesboro Total Health, Hankins and her staff provide gourmet meal prep, personal training classes, and individual diet plans. Diet consultations at the outset reveal what the individual needs to reach desired goals, and instruction and encouragement follow soon thereafter. Meals are prepared ready to heat and eat. Additives are removed, leaving great flavor and exercising portion control. Hankins teaches people how to shop for the right ingredients, how to cook, how to exercise the right way.

"We all work together to see what works for you," she said, "so we try to take the leanest meats and create dishes people eat already ... we literally take those items people really want to eat and make our own versions. If you're heavier, you need more carbs and fats, and more protein, too. The more weight you lose, the more those numbers go down. Carbs depend on everyone's own weight and size." She said two traps waiting to trip up most people are in shopping for ingredients and in eating out.

"Lasagna, for example," she said. "The worst thing is usually the beef you buy. That's the main issue; you need the leanest, but most people don't look for that. They just buy the amount of beef the recipe calls for. Eating clean means lean meats, low sugar, low carbs (per body weight). If you're going to eat cheese and cheese dip, it's the amount you use. Most people use to excess. You can't eat all the bad things and say, 'I ate a small meal.' We say we are making bad food fun. You live on food. You celebrate things with food. Food is almost like a drug; you have to learn not to abuse it.

"The average restaurant gives you far too much of what you need," Hankins added. "For instance, if you order a sweet potato, they will give you about two-and-a-half times what you need. When we're shopping, we're too careless. People go by recipes, but you don't need it all. Recipes usually call for way too much. When we prepare our meals here, we don't use butter, flour or salt. Or, if we have to use flour, it's minimal. Ours is made cleaner, from the leanest meat. You might make the same thing at home, but we make it a whole different way. We teach you how to eat clean again."

That's really what Hankins' business is all about: Educating customers on how to start and maintain a healthier lifestyle.



“Fat goes on three times faster than it comes off,” she said. “Crash diets are a big ‘zero.’ I’ve got a cookbook; I’ve got a plan. I’d rather kill myself for six months to fix what I messed up than to yo-yo up and down and not fix anything. We say, if it doesn’t challenge you, it won’t change you. You have to seek consistency. From us, you can buy a 7-day meal plan but you have to have a support system. You have to make the mental change. That’s what we help you with.”

Once the customer’s food plan is constructed according to their likes, Hankins and company deliver pre-prepared meals ... breakfast, snack, lunch and dinner. People can belong to the program or just walk in and purchase a healthy prepared meal, but Hankins said the total program -- strength training boot camp included -- and accompanying support system make the difference.

“It’s all about changing your lifestyle,” she explained. “I have books full of crock pot meals that can be ready for you when you get home. I will prepare meals for you that have the right amounts of what you like and what you need. In the long-term, you will experience weight loss, you will feel better, your stress level will go down ... hormones, blood pressure, diabetes, strength and energy, you’ll sleep better. It’s a total change of lifestyle.”

Jonesboro Total Health is located at 1312 Red Wolf Blvd, and can be reached by calling (870) 761-1714. Hankins has also opened a healthy-eating restaurant called Twisted Foods, just down the sidewalk from her current location. Call the same number listed for information.



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TERREN DAVIS A LIFETIME OF CHANGE

By Caitlin LaFarlette





In just two years, Terren Davis has experienced extreme life changes, including losing 80 pounds and opening her own business. Now, Beauty and Beast Fitness is open to serve other Northeast Arkansas women traveling the same journey Davis did.

In 2014, Davis weighed 200 pounds and decided it was time to make a change for not only herself, but her children. During the process she posted before and after photos to Facebook to keep track of her progress. This essentially spurred the creation of her fitness boot camp.

"I received an overwhelming response from other ladies wanting to know how I was doing it so quickly and what my exact routine was," Davis said.

In just one year, Davis lost 80 pounds and realized she wanted to help others struggling to do the same. She obtained her Personal Training Certification through the National Academy of Sports Medicine and during that time became pregnant with her daughter.

It was then she determined it was time to somehow open her own gym.

"I had nine months to work out in my head exactly what I wanted and how I wanted to run it," she said. "I wanted it to be obtainable for all women but especially moms who find it hard to get away and take time for themselves."

Davis said for a woman to be the best mother she can be, she has to be at her best. And that involves being healthy and energized for her children.

Beauty and Beast Fitness is special in that it is an all-female gym with classes built for students of all weights and fitness levels. To help those with children, Davis has added a childcare area included in membership fees.

"I also have 27 class times throughout the week starting as early as 4:45 a.m. and as late as 5:30 at night," she said. "I also try to stay affordable for those families who don't have a lot of extra money and feel like it's too expensive to work out and be healthy."

To achieve this, Davis offers a membership of \$40 per month with no contract. In three months, the personal trainer has assisted over 150 women in reaching their goals by building her gym on three principles: no judgment, comfort and safety, and creating a support group for women to make friends.

"I never dreamed the response would be so great and the ladies of this town would speak so highly of me and this gym," Davis said.

She added she never wants anyone to feel like just a client. Her students are people she truly enjoys getting to know. Davis said she genuinely cares about every woman that steps through the gym door; she knows their hobbies, children and asks how they are feeling if they have been sick.

"It isn't about the money to me," Davis said. "It's about each woman's personal journey to a healthier life. I consider them all friends and part of my ever growing boot camp family."



NEW 8 MILE TRAIL COMING TO GREENE COUNTY

By Caitlin LaFarlette

Plans for a bicycle and pedestrian trail in Greene County are under way, promising a safe route for those traveling through the town.

The Greene County Future Fund supports the creation of urban trails and greenspace for a better environment, and the 8 Mile Trail Creek Trail is a current project of the GCFF.

According to the GCFF website, the trail will connect Paragould High School, Paragould Primary and Greene County Primary schools, as well as Harmon, Bland and Labor parks. Other benefits of the trail include attracting businesses, increased property values

and fighting obesity. One challenge in the community is creating a healthier lifestyle, but the 8 Mile Creek Trail would be a solution for those needing a safe space to walk, run or bike.

“Forty percent of our daily trips are less than two miles away. We do not have any public transit,” the website states. “Trails can serve as a convenient route to the corner store, work or school.”

Additionally, the trail could serve as an incentive for businesses moving into the area that look for safe and attractive activities for employees. The GCFF also states there are

lower levels of diabetes and obesity in states with high opportunities for biking and walking.

Phase one of the project, which will begin near Rotary Softball Park, took a huge jump forward when the Arkansas Highway Transportation Department approved a \$403,000 grant for construction. Now, the GCFF is seeking donations for the \$180,000 remaining to cover the first phase. The remainder of the trail will follow the 8 Mile Creek east to Highway 49 North.

For more information or to donate, contact the GCFF at futurefundgreenecounty@gmail.com.



NEW CASA DIRECTOR JEREMY BIGGS

The Court Appointed Special Advocate (CASA) program of the 2nd Judicial District has selected Jeremy Biggs as the new Executive Director, as previous director Donna Lamb-Bowyer relocates to Malaysia.

Biggs has been with Mission Outreach of Northeast Arkansas for more than six years and served as Executive Director for the past two years. During this time, Mission Outreach helped place more than 200 families into permanent housing and equipped them with life skills needed to succeed. In addition, Biggs secured a grant from the Arkansas Economic Development Commission to refurbish the existing facility and provide a safer, healthier, and more efficient place for homeless individuals to live.

During his tenure, Mission Outreach enjoyed a vastly improved public image and increased organizational capacity by expanding its donor base and recruiting new partners. Biggs is a finalist for the Nonprofit Executive of the Year award by Arkansas Business.

“CASA will benefit tremendously from Jeremy’s expertise in capacity building. This organization is serving more children than ever, but the

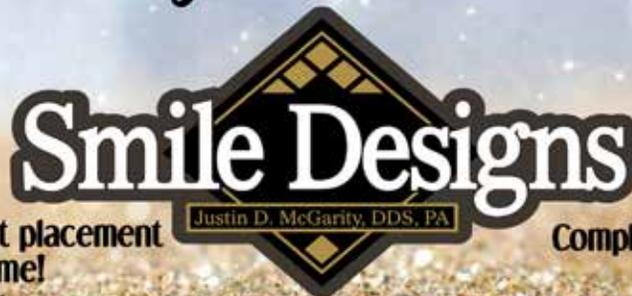
demand for CASA’s services is so great that 300 more volunteers are needed in order to advocate for every child in foster care in Northeast Arkansas,” stated exiting Director Lamb-Bowyer. Under her leadership, the organization exceeded its strategic plan goals last year and was a finalist for the award of “High-Impact Nonprofit” with Arkansas Nonprofit Alliance earlier this year.

CASA of the 2nd Judicial District

CASA of the 2nd Judicial District is the second largest of 25 programs in Arkansas and one of 949 programs nationwide that recruit, train and supervise volunteer advocates for children in foster care. CASA volunteers work within their local courts, at the request of the judge, on behalf of the children. CASA of the 2nd serves children within the Northeast Arkansas counties of Clay, Craighead, Greene, Mississippi, and Poinsett.

In the fiscal year ending June 30, 2016, 104 CASA volunteers from the 2nd Judicial District advocated for 327 children in foster care. For more information on the CASA program and how to become a volunteer, visit neacasa.org or call 870-935-1099.

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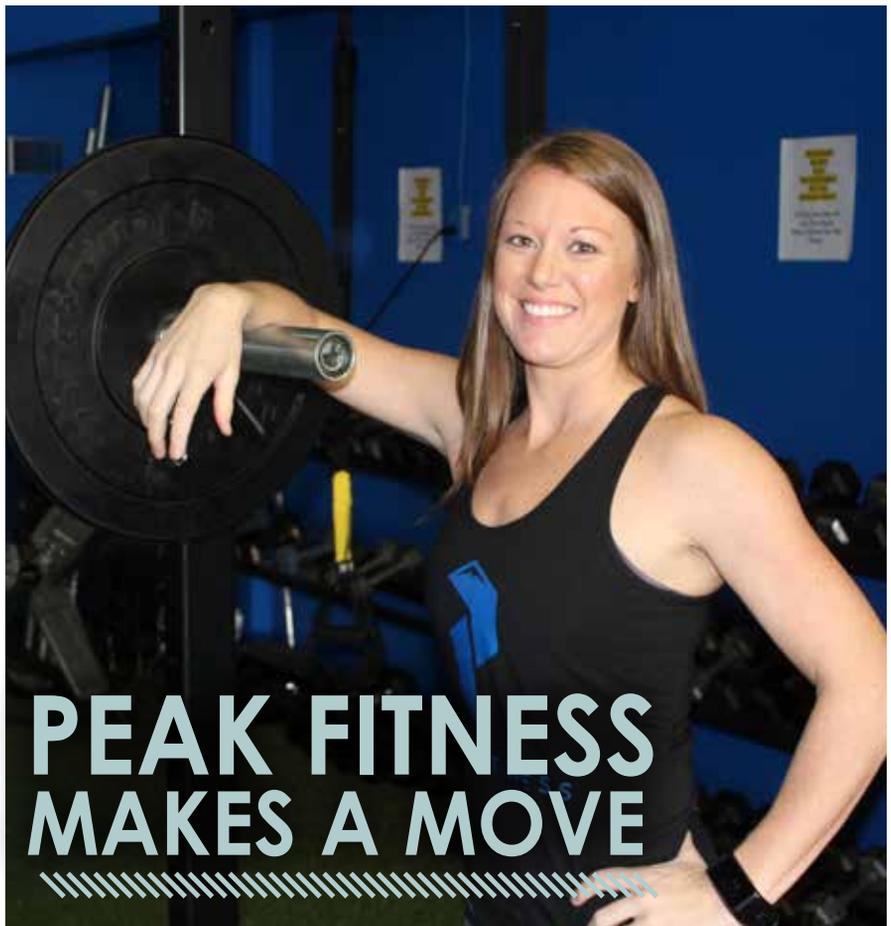
Let worries, doubts and fears melt away at Bibb Yoga and Wellness this year with a soothing yoga practice. New to yoga? Don't let intimidation keep you off the mat and away from true happiness and relaxation. Yoga is for anybody and everybody.

One of the most common misconceptions of having a yoga practice is needing to be flexible to begin. This couldn't be further from the truth. Yoga isn't just about being physically flexible; it's about tuning the mind and body to work together, becoming aware of the breath and finding inner peace. Even if you aren't flexible, a proficient instructor will guide you through the asanas (poses) to ensure you don't hurt yourself.

With that being said, it is always smart to try a beginner's class as you leap into the world of yoga. This can help you determine your skill level and if you can handle a more advanced class of higher intensity. Many yoga practitioners stepped onto their mat in the first place because they expected it to be only a physical workout. This can also make others shy away from trying a class. A beginning class will ease you into your practice and give you mental clarity and peace of mind before you step up to faster flowing postures.

The benefits of a yoga practice are tremendous. Practitioners can look forward to increased circulation and muscle strength, better bone health, improved balance and even relief from symptoms of depression and anxiety. Meditation, which pairs along with yoga, can also help you sleep better!

If you are looking for something healthy to add to your New Year's resolution list, stop by Bibb Yoga and Wellness this year for a variety of classes. Daily schedules can be found on the Bibb Yoga and Wellness Facebook page. Don't put off your health any longer — take a gentle approach to healing your body, spirit and mind.



Peak Fitness is on the move and when all the equipment turns the corner and arrives at its new home, gym users will certainly see the benefits.

Owner Jordan Richardson said Peak's new location at 216 South Pruett Street in Downtown Paragould will offer more space for customers and has led to the opportunity to install even more state of the art equipment.

"We will have 10,000 square feet, which will double the size of our 24-hour facility and Boot Camp," she said. "Then we will also be able to offer Spinning classes in their own separate room."

As with any move, Richardson and her staff have been playing the waiting game while all details are finalized but they are more than ready to go. "We're waiting on little

things right now," she said. "By early-to-middle January we'll be up and running."

Currently situated at 119 and 123 West Court Street, Peak Fitness serves customers in a variety of ways, from group classes, to individual training sessions or even the 24-hour access for workouts. Richardson also provides PiYo (Pilates and yoga) and high-intensity Insanity sessions.

"We have no age limitations," Richardson said. "We have everything from athletes to others who just want to get in shape and stay in shape. It's not all about losing weight, and once we move we will have a chance to be even more family oriented."

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NEW MURALS COMING TO DOWNTOWN JONESBORO

Two more building walls in Downtown Jonesboro are getting a big splash of color. The Downtown Jonesboro Association Design Committee held its second call for mural artists, and has officially selected the next murals for the continuation of its public art project, “Fearlessly Brilliant.”

The murals, which will be located in the arts and entertainment district of downtown, will be brought to life by local artists Beau Jones and Tolik Rayevskiy in early 2017. “We are proud to bring not just one, but two new murals to Downtown Jonesboro as part of our ‘Fearlessly Brilliant’ initiative,” stated Steven Trotter, DJA Design Committee chair. “We are so excited to see the submissions resulting from our call for artists earlier this fall. We received over a dozen different designs to choose from.”

Fearlessly Brilliant is a public art initiative created by the Downtown Jonesboro

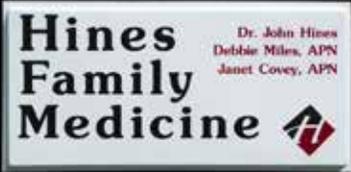
Association in 2015 that aims to increase pedestrian traffic and enhance the streetscape of the community. Over time, more and more communities have adopted public art initiatives to enhance their streetscapes, gain value through community art via cultural, social, and economic values, and inspire creativity.

“Fearlessly Brilliant” encompasses a wide range of artwork for downtown Jonesboro, with emphasis on highly traveled routes and public spaces. The initiative promotes community art, and provides an intersection between the past, present, and future, between disciplines, and between ideas.

Trotter and the DJA Design Committee observe individuals daily interacting with the existing pieces of art completed already. “One of Downtown Jonesboro’s primary mandates is to bring people downtown to shop, eat, and

play. Public art is an excellent way to do this. We’re not only creating a better destination experience, but we’re also bridging art, and the discussion of it, to the area.”

The new murals will be placed at 211 S. Main Street and at 212 Union Street. Funding for the project was provided by a grant through the Arkansas Historic Preservation Program. Established in 2010, the Downtown Jonesboro Association is a non-profit organization that seeks to provide community outreach and to promote Downtown Jonesboro as the place to eat, shop and live. An official Main Street Arkansas program, the organization is made up of a board of directors, four committees, staff personnel and many local volunteers. For more information, visit www.downtownjonesboro.com or call the office at (870) 919-6176.




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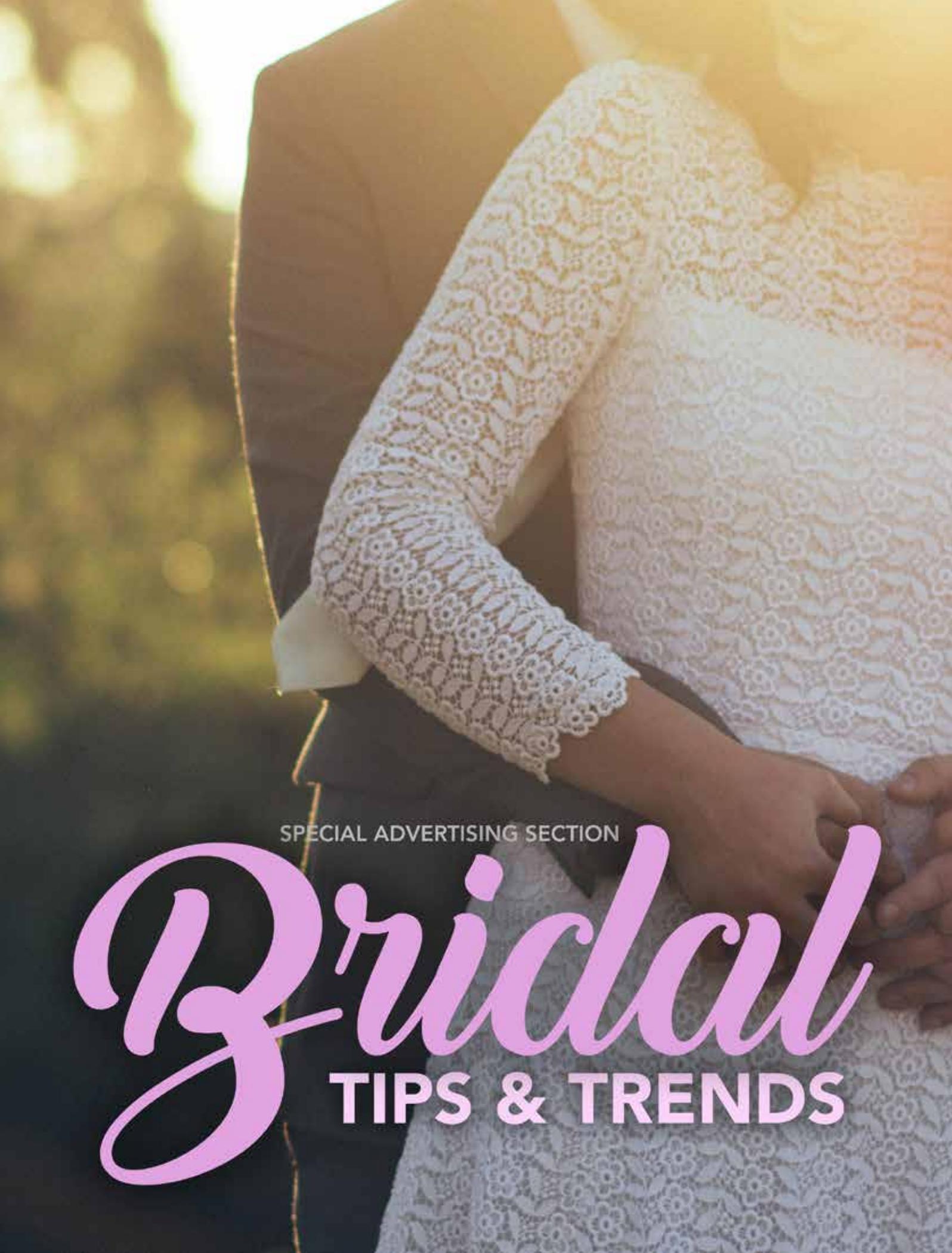
Janet is a board certified Family Nurse Practitioner and a retired Lieutenant Colonel from the United States Air Force. She is a seasoned Veteran with over 20 years’ experience in primary care of the entire family and emergency medicine. Her experience and wealth of knowledge will be an asset to our practice and community.

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Bridal Makeup Tips

By Caitlin LaFarlette

When you walk down the aisle and take photos for the first day of the rest of your life, it's important that your makeup stays put and looks like something straight from a magazine spread. Going into bridal makeup with the correct knowledge will ensure you look picture-perfect on your wedding day.

Beginning with a smooth base is essential, and airbrush makeup is the way to go. Airbrush makeup can last up to 12 hours, can give sheer to heavy coverage and can also be mixed to completely match your skin tone. This type of foundation is also water and sweat proof and gives a true airbrushed look so your skin seems flawless.

For brides who prefer standard foundation, it is crucial to find products that won't cause flashback, or "ghost face," in your photos. Look for products either without SPF, or without zinc oxide and titanium dioxide. These two ingredients are white minerals that can create flashback.

The eyes are, for most brides, the main focus of their makeup as they say, "I do." Consider false lashes, which can be applied as strips with

glue, or lash extensions for a long-lasting beauty boost. This opens up the eyes and supplies a bit of drama to distinguish your bridal makeup from everyday looks. For eyeshadow, always apply a primer first to keep pigment from slipping off or smudging. Blue, green and purple are great for brown eyes; orange, grey and pink work for green eyes; and orange, brown and other neutrals will best enhance blue eyes.

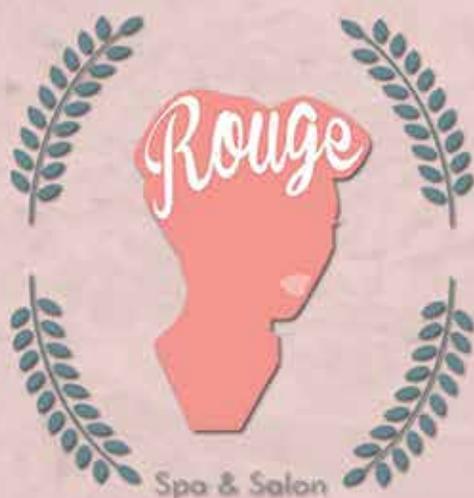
Your lipstick also needs to stay put as you take your first kiss as husband and wife. In the days leading up to the wedding, exfoliate your lips with a toothbrush and moisturize with products that contain aloe vera or coconut oil. More importantly, stay hydrated! On the day of, use a lip liner to prevent lip color from feathering and seal it all up with a light coat of gloss.

In the months before your big day, practice, practice, practice! Do research on your makeup artist and do a trial run to lock in what colors and style you want. If you are more of a DIY gal, spend your free time with tutorials and testing products so your actual wedding day will be stress free.

Wedding Services Available!



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Meet Shae Stylist at Rouge.

Born and raised in Paragould, Shae graduated Hair Tech Beauty College in 2014. She has worked with Sexy Hair Product Company out of California as an Educator teaching upstyling and product knowledge. She is also a certified in Babe Hair Extensions. Shae loves being pushed out of her comfort zone and is always looking for different ways to continue her education and provide the very best and latest trends for her clients.

Shae has been married to her best friend, Jeff, for almost 7 years. She has two kids, Haley, age 6, and Reed, age 3.



870.215.0663 | 3501 Stonegate Drive | Paragould, AR 72450
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FIND THE PERFECT WEDDING DRESS

Wedding planning is often very stressful and confusing, but it doesn't have to be! Finding that perfect dress should be a fun and exciting experience. Making sure you come prepared will help you find your dress with minimal stress. Here are 7 things to bring before starting your wedding dress shopping.

1. An open mind.

Don't be too narrow minded and only try on one style of dress. You never know when a certain cut, length, or style might surprise you!

2. The right shoes.

If you already know what shoes you will be wearing at your wedding, don't forget to bring them along! If you don't have them yet, bring some shoes that are very similar. The type of shoe you wear dictates how clothing falls, especially hems.

3. Proper undergarments.

The right shapewear or bra can do wonders to your silhouette. Needless to say, this can dramatically affect the way your dress will look on you. Bring a couple of different options with you so that you know how a dress will look if you are wearing a push-up bra, strapless bra, or other pieces of shapewear.

4. Bring accessories.

Have a family heirloom or special piece you want to wear at your wedding? Bring it! Make sure that your dress will look good with that necklace, veil, or cover-up that you've been dying to wear.

5. A small entourage.

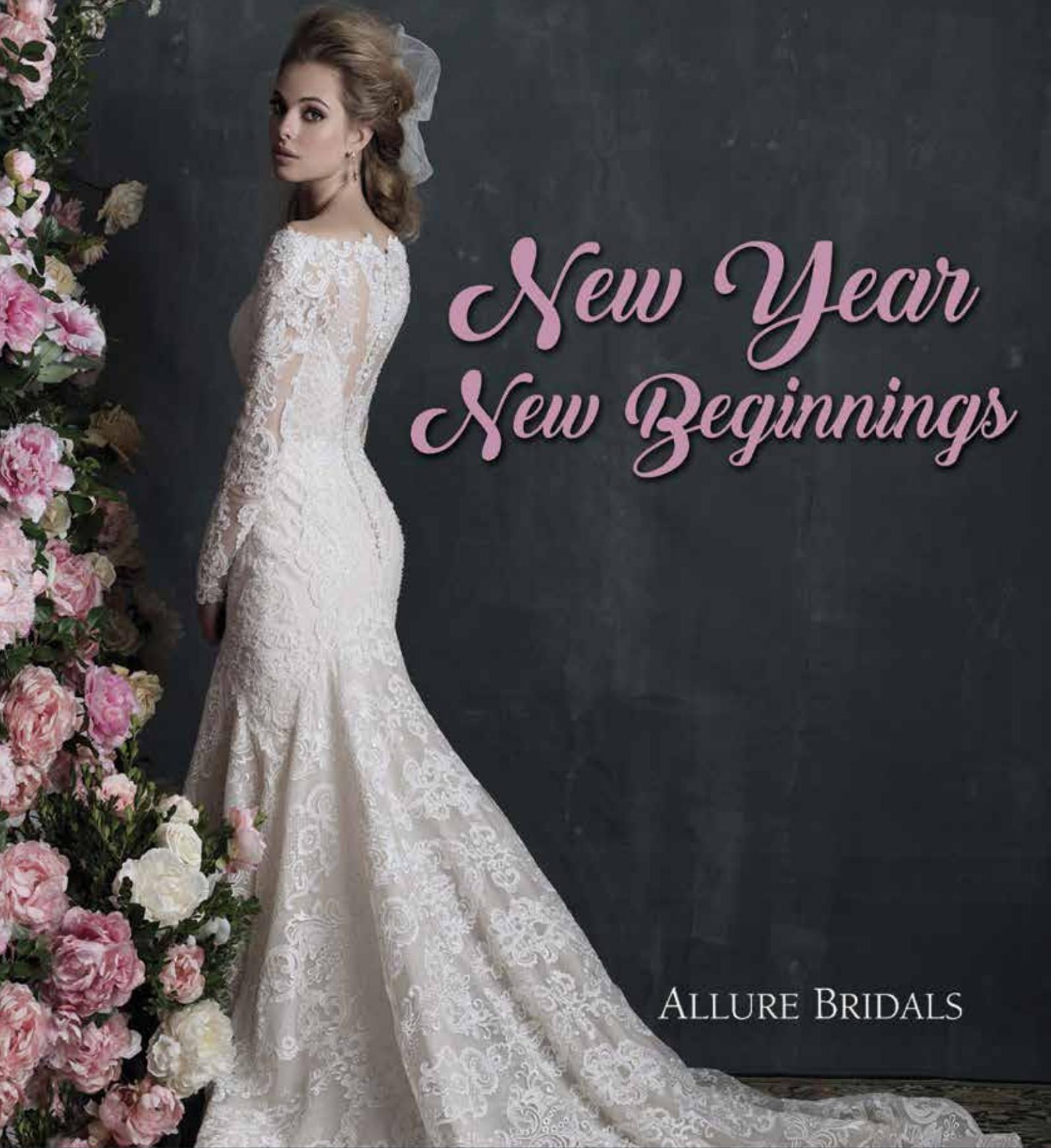
Inviting a big crowd with you can make dress shopping more stressful. Keep it simple and just invite two or three people. This could be the perfect time to bond with your mom, best friend, and future mother-in-law.

6. Hair elastic.

It's a good idea to style your hair like you plan to for your wedding. This will help to create a clear picture of what you will look like on the big day. If you plan on wearing your hair down, bring some hair elastic with you. This will allow you to put your hair up so that you can get a clear view of your gown's neckline.

7. Your budget.

However unglamorous it may seem, you should bring an idea of what your budget is for your wedding dress. The sales person will be able to assist you better if she knows to only bring you dresses within your price range. This also keeps you from falling in love with a more expensive dress than you can afford.



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TOP TIER WEDDING CAKE TIPS

Wedding cakes come in all shapes and sizes. Check out these tips to help you decide on the perfect wedding cake.

1. Choose a flavor YOU want.

Don't forget that it's your big day! Choose a flavor that you enjoy, even if it's not the traditional vanilla or chocolate. Try not to come in too hungry, as that might distract you from the flavors you are trying.

2. Decide on a frosting.

Buttercream or fondant? This may be the biggest question when it comes to wedding cakes. Buttercream tastes better, but it's hard to beat that smooth, perfect finish that can only be achieved with fondant. Having a style in mind can make this decision easier.

3. Tacking on Tiers.

Make sure to have a head count in mind when deciding on how big your cake needs to be. Knowing if you want a groom's cake or not could affect how big the wedding cake will be.

WEDDING DÉCOR MADE EASY

No wedding is complete without the perfect décor. Follow these tips to make ordering your decorations a breeze.

1. Have a general style preference... i.e. Rustic, glitz, etc...

Sticking with a style will narrow your options and make choosing decorations less overwhelming.

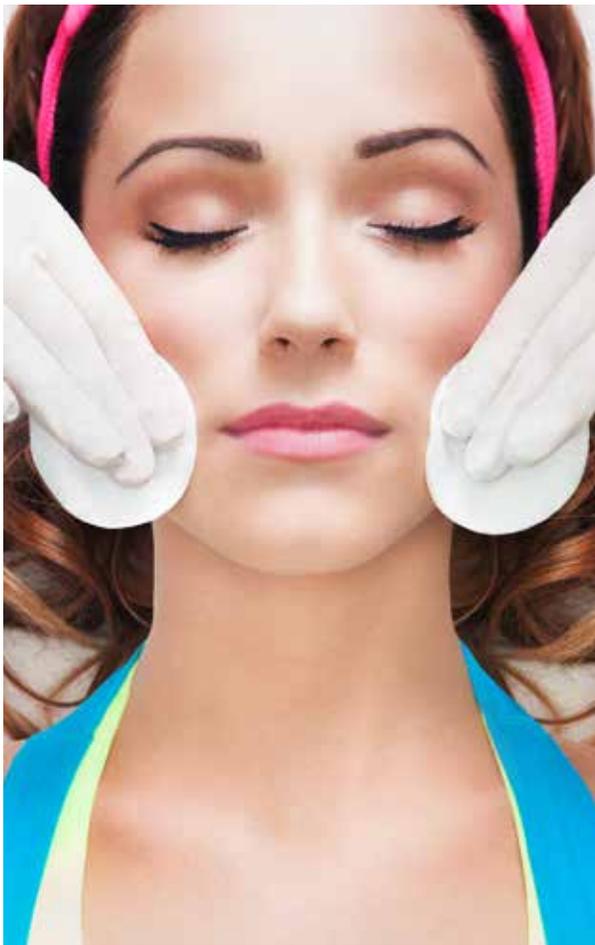
2. See what items are included with the venue that you have decided on.

Save money by checking with your venue to see if they will provide decorations. Some venues offer table cloths, centerpieces, chairs, etc. No need to order anything extra.

3. Create an estimated budget. For a good start on this you can visit costofwedding.com

To avoid added stress, start with creating a budget for your wedding. This will help you narrow your options and make the planning process go smoothly.





The Secret to Clearer Skin

By Caitlin LaFarlette

It's a Friday afternoon and you're heading to the gym for a nice, long workout to keep up with your new healthy lifestyle. An hour later, sweat pouring down your face and legs aching, you feel great as you head home for dinner.

The next day, clusters of bumps and pimples have erupted on your cheeks and forehead.

It's a vicious cycle: a healthier lifestyle through diet and exercise can help clear up acne, but when dirt or makeup enters pores, it can cause more breakouts. Luckily, this is easily preventable!

The first step is to avoid working out with makeup on, if possible. Morning workouts are a perfect way to get around this; sweat it up at the gym, shower, then get ready for your day. Life gets in the way, though, and

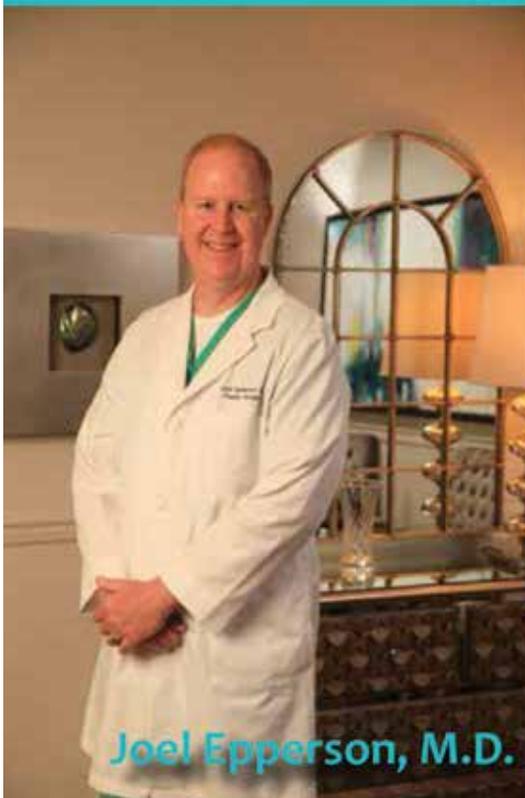
sometimes you must exercise with a full face of makeup on. Simply wash your face directly after a workout to immediately cleanse your skin of any impurities.

In fact, washing your face right after sweat-inducing activities is the key to glowing skin. Pack facial wipes in your gym bag for a quick wipe down before you can get home for a more thorough washing. For active pimples and blackheads, use a product containing salicylic acid or benzoyl peroxide to kill off bacteria.

Another way to avoid breakouts while exercising is with a sweatband or keeping a washcloth nearby to frequently wipe your face.

Exercising shouldn't create more stress for your skin. By following these tips you'll be on your way to a healthy complexion.

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January is blood donor awareness month, and the need for the gift of life is real in Northeast Arkansas.

According to Shay Willis, Director of the Foundation and Marketing at Arkansas Methodist Medical Center, blood is always in demand. AMMC alone transfuses nearly 100 units of blood to patients each month.

"There is always a need for blood donors because blood is something that has to be donated," she said, "it is something that cannot be purchased."

Willis added without donations, the medical center could not meet the needs of its patients. AMMC hosts blood drives through the American Red Cross every 56 days, which is how often a whole blood donor is eligible to donate.

"We also host additional blood drives around the holidays to assist the Red Cross in making sure they have enough life-saving blood and blood products available for patients in need," Willis said.

The next blood drive at AMMC is Feb. 16 from 11 a.m.-5 p.m. in the auditorium of the Professional Office Building. According to the Red Cross, donors should drink plenty of fluids and eat iron-rich foods before donations.

For those unable to donate, Willis said they should encourage others to give the gift of life.

"Only 38 percent of the population is eligible to donate, but only about eight percent of those who are eligible actually donate," she said.

Jerri McArthur, Quality and Point of Care Testing Coordinator for the Laboratory at NEA Baptist, said the hospital hosts three to four drives each year through LifeBlood, and each event normally results in 40-45 units of blood donations.

"Our blood supplier works very hard to ensure we have the necessary blood products to treat our patients," McArthur said. "All blood suppliers are in a constant need for

donors in order to meet the growing needs all across the nation."

LifeBlood donation requirements include weighing at least 115 pounds and being at least 17 years old. Donors may be delayed if they have had a blood transfusion, take certain medications such as antibiotics, have had a heart attack or are pregnant.

According to McArthur, every three minutes someone needs a blood transfusion. Car accident victims can require up to 50 units of blood per hour until they stabilize, cancer treatments can require four or more units and brain surgery can require 2-25 units.

"There is no man-made substitute for blood products so we must depend on the generosity of donors," McArthur stressed. "Blood donation is a way that you can help save a life."



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NEW DOCTOR IN TRUMANN

Dr. Timothy Dow is seeing patients at the St. Bernards First Care Clinic-Trumann.

Dow is a family practice physician who earned his Medical Degree from the University of Oklahoma Health Sciences Center in Tulsa. He completed a family practice residency at Oklahoma University Tulsa Family Practice.

Originally from Ozark, he is board certified in family medicine and holds a bachelor's degree in microbiology from the University of Oklahoma at Norman.

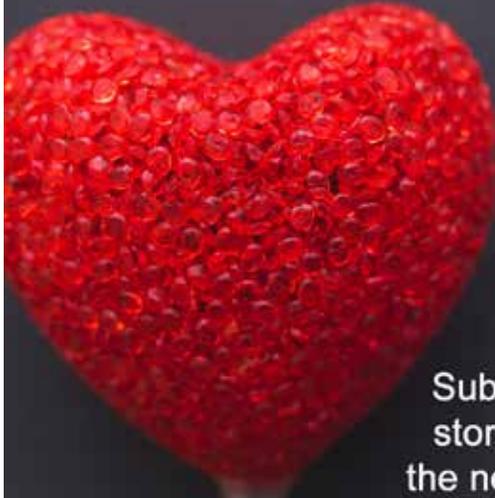
Dow served as a family practice physician in Trumann from 1985-88 following completion of his residency. He practiced in Bristow, Oklahoma, and DeQueen before returning to Jonesboro in 1992. For the last two years he has seen patients at Talihina Community Clinic in Talhina, Oklahoma.

Married to LeAnn Hodges Dow, he has three daughters, Stephanie Dow of Oklahoma and MacKenzie Dow and Kelsey Dow Mason, both of Trumann.

He holds membership in the American Academy of Family Physicians.

St. Bernards First Care-Trumann is located at 1300 Industrial Drive. Patients can make appointments to see Dow by calling 870-418-1122.

Have a good love story?



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NEA COOK

Kara Smith

Tiramisu

- 1 oz. package cream cheese or mascarpone cheese
- 2 pints heavy whipping cream
- 8 oz. chilled espresso or strong coffee
- 1 tsp. vanilla extract
- 1 cup powdered sugar
- 17 oz. package lady finger cookies

Brew espresso and chill. Beat heavy cream with mixer until peaks form (it takes a while, don't give up).

Fold in powdered sugar and vanilla, then beat in cream cheese.

Lay lady fingers in bottom of dish and spoon espresso over until soaked. Spread layer of cream mixture and repeat layers in the dish. Sprinkle with sifted cocoa. Refrigerate for one hour before serving.

1) Occupation/Family: I am a claims adjuster at United Home Insurance in Paragould. My family lives in Mountain View, where I am originally from.

2) How did you learn to cook? For the most part I learned to cook from my grandmother. She would find projects to keep us busy when we were with her growing up, such as cooking and sewing. I know now that she taught me something very valuable, but I'm pretty certain she was keeping me out of trouble as well.

3) What is your favorite dish to cook? I don't necessarily have a favorite dish. I think for me it is more enjoyable to be able to share the food I prepare with my friends. I like to know that I have cooked something they enjoyed eating. For that reason, I have trouble picking a favorite.

4) Funniest/worst cooking disaster? I can remember taking a sourdough bread starter to my sister a few years ago. I had left it in a Mason jar with the lid tightly closed. Upon returning a few hours later we discovered the mixture oozing out of the jar onto the counter top while my sister's dog sat in the kitchen floor looking up at it worriedly. It was a funny sight to behold because the dog was clearly bothered by the moving liquid. I know now that it should not have been stored in a tightly sealed container. Like most things in life, you learn from your mistakes.

5) What advice do you have for others wanting to learn to cook? Go for it! Discovering new foods and recipes is all a part of the fun.



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GET RICH

with Richard Brummett

As far as I know, I have not passed away although my precious young co-worker Jordan Lewis wondered aloud what work is going to be like “after you’re gone.” I cautioned her not to use phrases like that with people my age, although she was simply referring to my recent decision to change my work status.

If all has gone as planned, I am now a retired – or semi-retired – person.

A number of factors contributed to my decision to step aside as Managing Editor of the magazine, making this column my last while serving in that official capacity. The boss around here – Dina Mason – has graciously consented to let me continue to submit feature stories and columns on a monthly basis, but all the stressful decision making is going to fall on someone else’s shoulders from now on. I’ve had some serious health issues dating back to March, when a nurse took my blood pressure and immediately said, “Oh, my, I have to get someone else to look at this!”

That’s not exactly what you want to hear when you’re sitting up on there on that crinkly layer of paper with your feet dangling back and forth, and when she and a fellow medical person came back in and retook my blood pressure they instructed me to swallow a pill and lie down until it returned to something close to acceptable in order for the doctor to decide what to do with me. I don’t know exactly what the numbers were but I did hear “220 over ...” something, which I later learned

is not a good thing. I guess I was trying to be the leading scorer but apparently blood pressure is like golf: the lower the score, the better, and it seems I was topping the charts at near-stroke or heart attack levels.

I’ve been taking medication since then and have managed to slowly get close to where I need to be, but the stressors involved with the daily operation of the magazine tend to send the blood pressure back up. I’ve been told that if I would lose a lot of weight, that would also help, but that seems to be a rather drastic measure and I will use it only as a last resort.

So, beginning at the end of last month, I no longer plan to worry over things like whether stories will fit their allotted spaces, whether people will get their work to me on time, what we’re going to take out if we have too much copy or what we will fill pages up with if we have too little. No more stressing about if we will or won’t make our deadline to send the finished product to the printer and all the other things that go into the process of producing a magazine each month. I can’t help being a worrier; I get it from my mother.

Now I get to do the thing I like, which is to write. That has always been the easy part for me and I will be contributing two or three features and a column for each issue. One of the big changes, I suppose, will be the Monday morning staff meetings. From now on, mine will be held at my house – possibly with a breakfast sandwich in hand – and I will be both the one in charge and the one taking orders.

“Okay, Me, you need to get these three stories done today,” I will have to say to myself, unless I decide to give the whole staff the day off and go hunting. “Better yet, take the day off and get rested up so you can do a better job on those features tomorrow or some day when you feel like it.”

“Well, thank me.”

“I’m welcome.”

Come to think of it, maybe we just won’t have staff meetings.

I have a couple of writing projects I hope to finish, things I started before my parents and in-laws slipped into life’s downward spiral.

For a decade now my wife and I have spent a lot of time in hospitals and nursing homes and funeral parlors, and when that occupies large portions of your day you don’t much feel like sitting down at a keyboard and trying to produce reading material. I hope now to have time to complete a couple of books that have been pushed even further away than the back burner ... they haven’t even been on the stove for a while but I plan to spend time each day getting them headed toward completion.

Obviously, there’s no way to know if a book will sell but I have these ideas that have been bouncing around in my head for years and I feel compelled to see if I can bring them to fruition, which is a word used pretty much only by journalists ... which is what I still am, only now it’s a part-time gig.



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HAPPENINGS



JOY OF GIVING

First United Methodist Church in Paragould recently held the Joy of Giving Market, an annual event where people buy gifts and the proceeds go to local, national and international missions. More than \$5,900 was raised in one day through the endeavor that assisted organizations like the Agape House, Heifer International, mission work in El Salvador and others. FUMC is located at 404 West Main Street.



WORLD CHAMPION

AMMC Wellness Personal Trainer, Chris Hatley, is now a five-time WABL World Champion. This year he won in dead lift, bench press, and push/pull.



GC MASTER GARDENERS

The Greene County Master Gardeners presented a book entitled "Champion Trees of Arkansas," by Linda Williams Palmer of Hot Springs, and also a video entitled "Champion Trees" to the Greene County Library.

Pictured are, from left, Holly Fletcher, Greene County Master Gardener, treasurer; Kenneth Fletcher, Greene County Master Gardener; Dave Freeze, Greene County Extension Agent; Sue Gilmartin, Greene County Master Gardener; Joy Gatlin, Greene County Master Gardener, secretary; Linda Glickert, Greene County Master Gardener; Mike Rogers, NEA Regional Library, director; Diana Brummett, NEA Regional Library, assistant director; Connie Whitman, Greene County Master Gardener, president; and Dr. James Laird, Greene County Master Gardener.

GRIEF SUPPORT

A new grief support group will meet monthly on the campus of Arkansas Methodist Medical Center in Paragould.

Meetings will be on the second Tuesday of each month, with the first scheduled for 5:30 to 6:30 p.m. on Tuesday, Dec. 13. Sessions will be in the second floor conference room of the Professional Building on the AMMC campus. The group is open to interested individuals and is being sponsored by St. Bernards Hospice.

The Paragould support group is the fourth one being sponsored by St. Bernards Hospice. Two meet at the Flo & Phil Jones Hospice House at 1148 East Matthews in Jonesboro – one at 5:30 p.m. on the second Thursday of each month and the other at 2 p.m. on the fourth Thursday of the month. The other meets at First Assembly of God Church, 653 Bill Hudgen St. in Lepanto.

The groups are open to anyone interested in attending regardless of whether they used St. Bernards hospices services.

Additional information may be secured by calling 870-897-7099.

January

2017 Kids' Events

4, 11, 18, 25

Story Time

When: Wednesdays, 10:30 AM
Where: Greene County Library,
120 North 12th Street, Paragould
Info: www.mylibrarynow.org

7, 14, 21, 28

Creature Feature

When: Saturdays, 10:00 AM
Where: Crowley's Ridge Nature Center
Info: www.crowleysridge.org

7

Make a Toolbox!

When: Saturday, 9:00 AM
Where: Home Depot
711 E Parker Jonesboro, AR 72404
Info: www.workshops.homedepot.com

Kayden King has plans to sharpen his basketball skills as the new year begins. Kayden, 10, is the son of Greg and Laura King of Paragould.



January

EVENTS CALENDAR

01

What: First Day Hike

When: Sunday, January 1, 10 a.m.

Where: Crowley's Ridge State Park, 2092 Highway 168 North; meet at the Visitor Center, Paragould, AR

Info: Start 2017 on the right foot by joining a park interpreter on a guided hike at Crowley's Ridge State Park. This hike will take place on the Lake Ponder Trail, which is a 0.45-mile paved trail that is ADA and stroller accessible. While on this guided hike, you will take a step back in time and learn more about the history of the park and the people who made it possible. The Lake Ponder Trail is located just below the CCC Pavilion at the swim beach. This guided hike is free of charge and no registration is required. For more information call 870-573-6751 or visit the park's events webpage.

05

What: The Four Tops

When: Thursday, January 5, 2017

Where: Convocation Center, ASU, Jonesboro

Info: Tickets range from \$39-\$59. Contact (870) 972-3870 or convo.astate.edu/ for information.

06

What: Harlem Globetrotters

When: Friday, January 6, 2017, 7 p.m.

Where: Convocation Center, ASU, Jonesboro

Info: The Original Harlem Globetrotters are preparing for their action packed 2017 tour! A star-studded roster will have fans on the edge of their seats to witness the ball handling wizardry, basketball artistry and one-of-a-kind family entertainment that thrills fans of all ages. Join Globetrotter stars after the game where they will stay for an autograph, photograph and high five session for fans (subject to availability). Contact (870) 972-3870 or convo.astate.edu/ for information.

07

What: "Tales and Trails" Kids Nature Program, Monthly Children's Nature Event

When: Saturday, January 7, 10:30 a.m.

Where: Crowley's Ridge Nature Center, 600 East Lawson Road, Jonesboro

Info: "Tales and Trails Nature Stories and Crafts" is a cooperative program between the Jonesboro Public Library and Forrest L. Wood Crowley's Ridge Nature Center that is held

the first Saturday of each month. Meet in the Discovery Room for nature stories and crafts on topics native to the area - from leaves to streams to forest critters. Geared for ages 5-8 to listen to some stories and create a take home craft. Free. For more information call 870-933-6787.

13

What: Cabin Fever FOA

When: Friday, January 13, 6:00 p.m.

Where: The Gardens at Harmony, Jonesboro

Info: Enjoy a night of drinks, dinner, gaming, dancing, and murder mystery! All proceeds go directly to The Foundation of Arts. Cabin Fever will take place at The Gardens at Harmony, with cocktail hour beginning at 6 p.m. and dinner served at 7.

13

What: American Red Cross Drive for Life

When: Friday, January 13-Sunday, January 15

Where: St. Bernards Auditorium, Jonesboro

Info: The American Red Cross blood drive will take place at the St. Bernards Auditorium Friday from 11 a.m.- 7 p.m., and again Saturday and Sunday from 10 a.m.- 4 p.m. To schedule an appointment, visit redcrossblood.org (Sponsor code: JonesboroDFL). Please bring your photo I.D.

16

What: WWE Live

When: Monday, January 16, 2017, 7:30 p.m.

Where: Convocation Center, ASU, Jonesboro

Info: Ticket prices range from \$18- \$103. Tickets can be purchased online or at The Central Box Office. Contact (870) 972-3870 or convo.astate.edu/ for information.

23

What: Bluegrass Mondays, Monthly Musical Performance

When: Monday, January 23, 7 p.m.

Where: Collins Theatre, 120 West Emerson Street, Paragould

Info: On the fourth Monday night of each month, KASU of Arkansas State University presents its "Bluegrass Monday" concert series at the Collins Theatre. The concerts feature acclaimed bluegrass musicians from across the country. KASU will "pass the hat," collecting money to pay the musicians. The suggested donation is \$5 per person.

26

What: Acre of Hope

When: Thursday, January 26, 6:00 p.m.

Where: The Food Bank of Northeast Arkansas

Info: This is a special event recognizing agriculture in Northeast Arkansas and joining forces with their representatives to fight hunger in the area. Acre of Hope will be held at the Food Bank of Northeast Arkansas and will feature live and silent auctions. Info: Mary Beasley, mbeasley@foodbankofnea.org.

26

What: Delta National Small Prints Exhibition

When: January 26 - February 26; Tuesday - Saturday: Noon - 5 p.m.; Sunday: 2 p.m. - 5 p.m.

Where: Bradbury Gallery, Fowler Center, Arkansas State University, 201 Olympic Drive, Jonesboro

Info: Founded in 1996, the Delta National Small Prints Exhibition has received great acclaim as it has grown to be one of the country's foremost annual competitions for prints. Each year a nationally known expert in the field of printmaking is invited to select the works of art for that exhibition, and determine which works will receive awards, including purchase prizes. Free. For more information call 870-972-2367.

28

What: Special Olympics Arkansas Area Polar Plunge

When: January 28, Registration-9 a.m.

Plunge-10 a.m.

Where: Crowley's Ridge State Park in Paragould
Info: Participants must be at least 12 years of age and raise a minimum of \$50 per person. Have FUN! Form a team, create a fun name and crazy costumes with friends, co-workers, or classmates. All plunges can be found at Firstgiving.com/soar. This is an easy way to raise money online and reach your fundraising goal in no time!

To have your calendar items included in Premiere Magazine, email information to:

graphics@premiere-magazine.com

Recurring EVENTS

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.

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.

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 Thursday of every month: Alzheimer's Support Group with the Alzheimer's Arkansas Association and Home Helpers Senior Care, 1:00 PM at Chateau on the Ridge.

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

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

Third Friday of every month: Paragould Young Professionals Lunch, noon, at rotating sites

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

Every Thursday: Alcoholics Anonymous, meets at noon in the Welcome Center classroom at Paragould First United Methodist Church. The group is open; but court slips will not be signed. Meetings are free. For information contact Lynn at 419-350-1275 or the church at 870-239-8541. The church is located at 404 West Main Street.

It's back to music Jill's way!

Thank you for all the encouragement to play Christmas music Jill's way!

Happy New Year

Jill @99.3

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Chris Hatley, personal trainer at the AMMC Wellness Center, is a five-time WABDL World Champion. He and our professional wellness staff are here to help you reach your fitness goals. The AMMC Wellness Center offers:

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Chris Hatley, AMMC personal trainer and World Champion power lifter



UTILITY TRAILER GIVES BACK

Utility Trailer recently announced its 2017 donation to the Greene County Community Fund totaling \$54,646. This donation included a \$41,130 employee contribution and a \$13,516 corporate pledge.

Pictured are, from left, Paragould Mayor Mike Gaskill, GCCF Volunteer; Sean Graddy, EHS Manager; David Neighbors, Plant Manager; Joe Upchurch, Fabrication & Process Improvement Manager; Chris Pindell, Materials Manager; Scott Maxwell, Human Resources Manager; John Oliver, Plant Superintendent; Jeremy Dogan, Quality Control Manager; Joe Wessel, GCCF Volunteer; and Tim Ward, 2nd Shift Supervisor.

BIRTH

Asher Jordan Pauly

Brya Duke and Ryan Pauly welcomed a baby – Asher Jordan Pauly – into the family on October 28.

Born at Arkansas Methodist Medical Center in Paragould, the baby weighed 8 pounds and was 20 inches long.

Grandparents are Robert and Vicki Grimsley, Amy Newton and Travis Richards.



Stay Tuned

What's in store next month

Love Stories



Love is in the air! Submit your love stories to graphics@mormediainc.com and be on the lookout. Yours could be in the next edition of Premiere!

Organ Donor

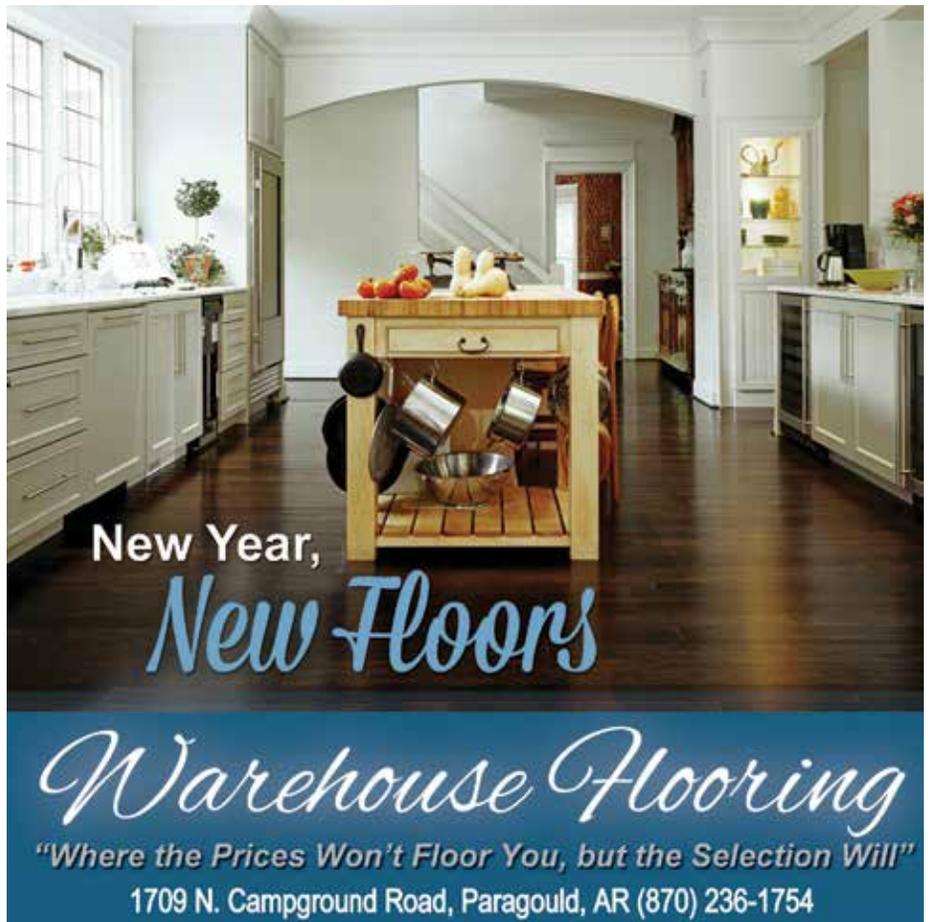


Check out the next edition of Premiere for a look into what it takes to be an organ donor. Get the latest information.

National Margarita Day



Don't miss out on National Margarita Day on February 22nd! Take time out of your day to sit back, relax, and enjoy a cold margarita.





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