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From The PUBLISHER...

DINA MASON



October is the real start to my favorite season ... fall! It also starts the holiday season, so October is my fave.

This edition has a hint of fall but we also would be remiss if we let the official Cancer Prevention Awareness Month get by without taking the opportunity to highlight some local survivors and make our readers aware of the resources our community offers when you or your loved one is in the fight with this terrible disease ... the "Big C" of any kind.

On a positive note, October is also Women in Business Month and again we take this opportunity to highlight the accomplished business women in our communities and the resources available through ASU. Dr. Kathy White-Loyd accepted our invitation to grace our cover and let us tell how the Women's Leadership Conference morphed into a Women's Leadership Center and what that means for area Women in Business. I have been involved in the Conference from the beginning and it is a wonderful experience that all women should attend! The 2018 Women's Leadership Conference is scheduled for March 29th.

This issue is packed! Don't miss the Green Cottages at Belle Meade section. There are nine houses and each has been named after someone from the community who has had an impact on Belle Meade over the years, and we tell you each of their stories.

All our regulars are here with interesting information and advice. If you are a hunter, Chuck Long has relationship tips, really; hunting buddy relations. And Richard Brummett caught up with Stan Jones for the story on his appointment to the Arkansas Game & Fish Commission. Tracy Mothershed is our NEA Cook and brings you a Fall Treat with her Caramel Apple Cake recipe and Get Rich has a Halloween story you won't want to miss!

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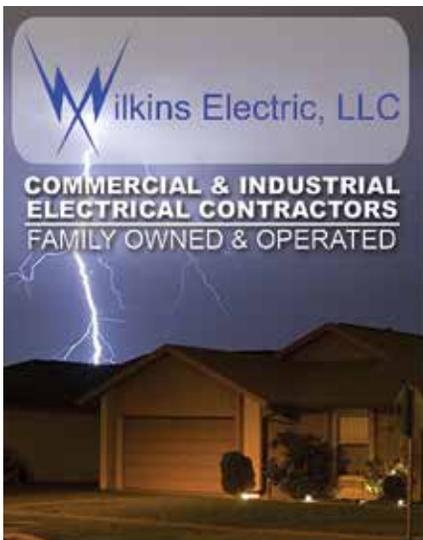
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PLAYING IN THE MUD FOR CHARITY

K13 hosted its annual Fall Mudball on August 26. They had 19 teams participate this year and raised over \$4,000 for the St. Bernards NICU. Everyone who participated had a great time raising money for this great cause. No one was clean by the end of the first games!



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FALL

FALL LOOKS



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Lifestyles
FALL

PAINT THE TOWN RED

Valley View Elementary School kicked off Paint the Town Red Week by letting its students release red balloons.

Paragould's Paint the Town Red began with a luncheon held by the Chamber of Commerce at the Paragould Community Center. Chamber members gathered to listen to Assistant Football Coach Trooper Taylor talk about his story.

Red Wolf fans gathered in Downtown Jonesboro to celebrate the end of Jonesboro's Paint the Town Red with The Big Great A-State Tailgate.



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HAPPY ANNIVERSARY PUMPKIN HOLLOW

Pumpkin Hollow is celebrating its 25th anniversary this year. Owners Darrell and Ellen Dalton have farmed at the Pumpkin Hollow site since 1969. It all started in 1992, when Darrell planted a field of pumpkins.

That year, they ended up hauling a load of pumpkins to St. Louis where there was a shortage. When an area school heard a local farmer had pumpkins they called, wanting to bring the kids out on a field trip to see a pumpkin patch. So that is how it all started -- on a dirt road in a pumpkin patch.

Pumpkin Hollow as we now know it was established in 1993 to fill a need for wholesome family fun and education (and pumpkins!). The Daltons decided to turn their old dairy barn into part of the experience, so they pulled all the stuff they had stored in it out and turned it into what is now the store. They also added a maze out of straw bales for the kids to go

through. Ellen said her daughter had just completed a college computer class that year, so she designed a flyer to be passed out to all the schools, letting them know about the experience that they could offer their children.

That year they charged \$1 per child and gave each one a mini pumpkin to take home with them. That was the start of a long tradition of local school kids getting to go on their fall field trips to Pumpkin Hollow.

Over the years they have added all kinds of new attractions and activities at the farm. It isn't just for school kids; the Daltons wanted to make it an experience that entire families could enjoy. They have something for everyone: The kids' barn, zip line, Friendly Forest playground, pony rides, hay rides, corn maze, disc golf, petting zoo, pig scrambles, and much more. There is also a full list of haunted attractions at Horror in the Hollow.

This year visitors will get to see the all new big red kids' barn that boasts all the same fun games and fun facts they have been enjoying for years, along with lots of new games and even a two-story slide. You will even be able to feed the goats from the top floor of the barn and there is a new Misery Manor and Butcher Barn added to the haunted attractions for those who enjoy a good scare. The 2017 season opened on Saturday, September 16, and that evening the staff hosted the first-ever Running Scared in the Hollow 5k. The Horror in the Hollow season opened on September 23.

For more information about Pumpkin Hollow and a full list of attractions, you can find them online at pumpkinhollow.com.



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Bathroom Remodeling

Bathroom remodels can sometimes be an overwhelming venture. There are so many elements involved that must be considered. HGTV has a bad habit of making most remodels look like they happen over a weekend's period. What they don't tell you is several weeks of preparation with the designer and the construction crew must take place in order for a well executed plan to unfold. The bathroom you see here is inside a late mid-century home nestled in the neighborhood between Wood Springs Road and Wood Street in Jonesboro, Arkansas. While many of its basic elements can be re-utilized in this renovation, some were so dated we needed to start over. What I was able to keep was basically the layout. It had form and function that we were able to work with. Plus, I discovered an extra two feet behind the existing bathtub that I was able to burst into and expand, giving me more room for my client's new Jacuzzi tub.

The following are specific bullet points you need to follow for a bathroom renovation. Your designer can help you with these and lay out a well proportioned space to enjoy.

***Layout** - Make sure you can get all plumbing to each specific area.

***Lighting** - A good lighting plan is essential for cleaning, for make-up application, for emotional mood.

***Overall design** - Your fixtures should be all the same color, finishes and styles and should compliment each other well.

***Flooring** - This should be water resistant, non-slip. Again, make sure it compliments other features. Your designer can help you with this.

***Adequate space** - for storage and counter space. Best placement for mirrors, towel

bars, rings and toilet paper holder should be addressed.

***Optional space** - for other appliances as requested or needed. I put an ice maker in this bathroom for sore muscles.

***Directional flow** - Your tile, either on walls, flooring or both, needs to have the best direction that not only works well together, but gives you the most visual space possible and/or a place of focus where the eye will land once entering the room.

***Color** - Choose color that will not only harmonize with rooms or spaces adjacent to your bath, but will give you a sense of uplifting pleasure. This can be anything from relaxing, like what we've chosen here, or something energetic on the other side of the spectrum, which usually works well for a guest powder space.

BEFORE



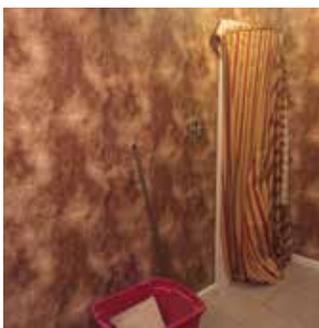
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LIVING A BETTER STORY

By Jared Pickney



None of us will make it through this life without experiencing grief.

We grieve when we experience the loss of something that gave us delight, pleasure and fulfillment. We grieve when a marriage comes to an end. We grieve when we hoped to have children but experience a miscarriage. We grieve when we get cut from a team or fired from a job. We grieve when we make bad decisions that lead to bad consequences. We grieve the death of a loved one. We grieve because this life is not the way it was supposed to be. And we grieve because we are humans, created in the image of a God who also grieves (John 11).

The question is, how do we learn to grieve well? How do we go from trying to stuff our pain with pills, shopping, weightlifting, work or Netflix, to grieving our pain in a healthy way? Let me offer six tips.

1. Lean Into The Suck. Suffering sucks what we value away from us. In light of this, the first step to grieving well is admitting your pain. If you cannot feel you cannot heal.

2. Identify What Was Lost. When you suffer, ask yourself the question, "What did I really lose when this happened?" Security? Comfort? Purpose? Love? Discover what was lost and grieve that.

3. Take Your Pain To God. God is not afraid of your emotions. Just read Psalm 13 for confirmation. Be real with God about how you feel. Go to Him with the good, the bad and the ugly, and He will meet you there.

4. Take Your Pain To Others. David Kessler once said, "Grief needs a witness." To grieve well we need the presence of others to grieve alongside us and comfort us with their love.

5. Be Patient. Pain isn't a disease that you get over as much as it's something you learn to live with. The fact that you are still grieving your loss after three months doesn't make you crazy, it makes you human. Death sucks. Pain is real. Give yourself time to grieve.

6. Keep Perspective. When suffering first hits we are tempted to believe the aftershocks from the event will last forever. We try to tell ourselves things will get better, but we

hear a louder voice that says, you will never experience joy again. The truth is, for those who trust in Jesus, one day He will make all sad things come untrue (1 Cor. 15:51-57; 1 Thess. 4:13; Rev. 21:5).



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October is National Fire Prevention Month. It only takes a few moments of preparation to be safer and to avert a personal catastrophe.

Here are a few safety tips:

- Many people use wood-burning stoves or a fireplace for additional heat in their homes. Now is the time to have your chimney serviced.

- Always check to be sure space heaters are mechanically sound and used in a safe manner. It is absolutely essential to have proper distance between the heater and any flammable surface. Be sure extension cords are not used and that cords are positioned so that they cannot be tripped over.

- Fire extinguishers and smoke detectors are essential for your family's safety. Forty percent of all home fire deaths result from having no smoke alarms. Be sure those detectors have fresh batteries and extinguishers are fully charged and in a place that is easily accessible.

- Having a fire escape plan is also essential for a family's safety. This can be a fun activity, especially if you have small children who like to hear what the smoke detector sounds like and practice their "evacuation route." Spend time educating your kids and practicing your escape plan. Your local fire department is more than willing to give you tips on keeping your family safe.

- If you plan to clean up your yard within the city limits, be sure to obtain permission and acquire a burn permit from the fire department. If you are in the county, make preparations to be able to control what you start. Notify your local volunteer fire department of any burning plans and your location. This will speed up the response time that it takes the fire department to come to your aid should you need assistance.

- Take a few minutes and thank those in the fire service, whether they are professional or volunteer, for the personal sacrifices made.



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ANCHOR SAFETY TEAM

Over the past year the Anchor Safety Team (Bryan Thompson, Safety Director, and Richard Gassaway, Safety Coordinator) has been working directly with the Paragould Fire Department to increase the level of readiness in the event an emergency rescue would be required. They have conducted several on site rescue simulations to test both the reactions of Anchor personnel and the Paragould Fire Department. These scenarios include both confined space rescue and high angle rescue drills.

Lessons learned have resulted in several changes to how both teams perform during these types of events. From the confined space drills they have been able identify rescue equipment needs, LOTO and fall protection systems necessary to increase not only the safety of a victim but also that of the first responder. To address the equipment needs identified, Anchor Packaging recently presented the PFD with several pieces of rescue equipment. The recent scenario focused on the rescue of a victim from an elevated platform.

These types of integrated drills are important for both Anchor and the Fire Department. They allow Anchor Packaging to forge a solid working relationship with the community and first responders, as well as allowing the Fire Department the opportunity to develop and test its skills. The real winners are the workers who may someday find themselves in this type of situation.



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23RD GOLF TOURNAMENT

The Foundation at AMMC held its 23rd annual golf tournament on Thursday, September 14th. The Paragould Country Club welcomed 49 4-person teams to 18 holes of gold during 8 AM and 1 PM flights. The event raised \$55,000 to help continue the mission of Arkansas Methodist. The 24th annual tournament will be held on Thursday, September 13th, 2018.



CHILDBIRTH PREPARATION CLASS

Oct 2, 9, 16, 23 from 6 PM - 8 PM

Professional Office Building at Arkansas Methodist Medical Center
AMMC sponsors this preparation class series that provides detailed information about late pregnancy, preparing for labor and birth, comfort measures, Lamaze techniques, importance of early skin-to-skin contact, medications, anesthesia, newborn characteristics and postpartum care while rooming in with your baby. This class is offered to anyone who is expecting and is 5-8 weeks away from your due date. Register early to ensure availability. Call the AMMC Lactation Services Department at 870-239-7013 or email baby@arkansasmethodist.org for classroom location and to register. Registration is required for all classes.

BLOOD DRIVE WITH AMERICAN RED CROSS

Thursday Oct 12 from 11 AM - 5:30 PM

Professional Office Building at Arkansas Methodist Medical Center
Donate blood to help victims of trauma, organ transplants, childbirth complications, and leukemia regain strength and health. In order to donate, you must be at least 17 years old or 16 years old if allowed by state law (includes Arkansas, Illinois, Kentucky, Missouri, and Tennessee). You must weigh at least 110 pounds and not have donated whole blood in the last 8 weeks or double red cells in the last 16 weeks. You must be "healthy," meaning you are not currently being treated for chronic conditions. Those who successfully donate blood will receive three \$5.00 coupons to be used at the Auxiliary Gift Shop, Beacon's Deli, Cafeteria or The Foundation Station.

20TH ANNUAL WOMEN'S HEALTH FAIR

Thursday Oct 5 from 6 AM - 2 PM

Professional Office Building at Arkansas Methodist Medical Center
The Women's Fairs is held as a community service in continuing with Arkansas Methodist Medical Center's mission of being a beacon of health, hope and healing. Join AMMC and learn more on the latest tips, trends and information about women's health. Visit www.myammc.org for more information.

BREASTFEEDING CLASS

Monday Oct 30 from 6 PM - 8 PM

Professional Office Building at Arkansas Methodist Medical Center
This class discusses the importance of breastfeeding, breast preparation, feeding techniques and positioning options for mother and baby. This class is offered to moms who plan to breastfeed, dads and other support persons. Call the AMMC Lactation Services Department at 870-239-7013 or email baby@arkansasmethodist.org for classroom location and to register. Registration is required for all classes.

CANCER SURVIVORS

By Richard Brummett 



SLADE SMITH

Raising children is enough of an experience in and of itself but when you're thrown an unexpected curve the process becomes even more serious.

DeShane and Stacie Smith of Brookland are parents to 12-year-old Slade, a youngster who is happiest with a basketball in his hand. The normally bouncy boy began acting lethargic in late August, feeling feverish off and on and complaining of having little energy. He experienced nosebleeds which led his parents to take him to the hospital emergency room. Long story short, the Smiths wound up at St. Jude Children's Research Hospital in Memphis, dealing with Slade's diagnosis of leukemia.

"It came at us out of the blue," said Stacie, firmly entrenched by her son's side in the hospital room. "When the pathologist suspected leukemia we followed up and the pediatrician said that's what it was, and they immediately called St. Jude and had us on the way that same night. They did a lot of blood work and got us into a room, and the following morning confirmed it was leukemia, B-cell ALL. Two hours later he was in surgery to have a port put in and a bone marrow biopsy and a spinal tap. They acted very quickly."

Officially diagnosed on August 30, Slade was told he would be in the hospital about six weeks for administration of chemotherapy, then will face trips back and forth from home to continue treatments. He was scheduled in mid-September to be "really pumped full of chemo," his mom said. "He's done well, they say, responded well so far."

Stacie said she would encourage parents to seek additional opinions "if in your gut you feel what the doctor is telling you is not right. Even after you go to your doctor, get checked again. Slade loves basketball and right up until he started getting ill, he was very active. When we were first at the ER, they thought it might be tick fever. Then, everything just snowballed on us."

She was quick to acknowledge "an amazing support group of school, family, friends ... everyone has been so amazing. We feel very lucky to have so many people pulling for us."

For more information about Leukemia, visit www.stjude.org.



JERRY JETT

Jerry Jett was a UPS driver for 25 years, a job that required a yearly physical exam. In 1998 a biopsy was ordered on his prostate gland but nothing showed up, even though his PSA had risen. By 2006, with the PSA rising again, his doctor ordered another biopsy and found cancer.

"It was in the early stages, and not real aggressive," Jett said. "But I told the doctor, 'It doesn't belong in there, let's get it out.' That required major surgery, and it takes a while to recover, but by that time I wasn't driving any more and had gotten into real estate."

Dealing with cancer convinced Jett not to stay on the sidelines but to step to the front, hoping to make other men aware of the need for consistent exams and to inform them as to the types of support groups that are available to them. He will have been on the Board of Directors for the Arkansas Prostate Cancer Foundation for six years in January, and his is a frequent face at area health fairs.

"I try to give back something by being on the board, plus I work with the health fairs here in the Northeast corner of Arkansas," Jett said. "And we have a peer group in Jonesboro that meets the first Thursday of the month at the Area Agency on Aging at 303 E. Matthews. Whether they are early diagnosed or are having a little bit of an issue with it, it helps them work through. Maybe someone will have a little different way of dealing with it that can be helpful."

"We have set it up for the male and the spouse," he continued. "The woman is definitely a part of everything involved in their health care. That's why we incorporated them into the peer group. When it comes right down to it, the woman typically sets up the appointments for the husband. She'll tell you you've got an appointment with Doctor so-and-so tomorrow and the next morning remind you it's already set up for you. A few have even administered a swift kick in the pants to get things moving."

Jett said he simply encourages all men to be wary of changing health situations and be vigilant in seeing their doctors and following up on their advice. "I'm proof you can beat this thing," he said.

For more information about Prostate Cancer, visit www.prostatecancer.org or call (501) 379-8027.



JUNE MORSE

“Fortunate” is a word June Morse uses often when recalling her encounter with cancer, and she has been so moved by the experience that today she works with others battling the disease. She can be found at the Hope Circle in the Fowler Family Center for Cancer Care at NEA Baptist Hospital in Jonesboro, sharing her knowledge with people in need of support and advice.

“Mine was ovarian cancer,” she said, “and it will be 20 years this December. I was so very fortunate. I had gone to my doctor for something else but I was aware of my body and knew something was just wrong. We did an ultrasound that day, and surgery the next week and six months of chemo, but I was so lucky that we caught it early.”

Morse was the Director of the United Way at the time, and said she would “do chemo all day Friday and be back at work on Monday. Mine was such a different experience from a lot of people, again, because it was caught so early. I was tired, but I was never really sick.”

She said because of her healthy lifestyle, many friends and acquaintances expressed their fears, saying, “I’m so scared. You jog, you eat right, you don’t smoke, you don’t overeat ... and if you can get it, I’m really scared that I’ll get it.”

“But, you know early detection makes all the difference. I am adamant that people know their own bodies, so that if they think something is wrong they should go and get it checked out. The thing with ovarian cancer is that the symptoms are a lot of things that women have anyway. A lot of times they think what they are experiencing is just part of being a woman.”

Morse points to “great support” as one of the things that helped her get through the ordeal, and one of the reasons she chose to “do something more hands-on. At Hope Circle we see a lot of people with serious illnesses and I felt I might be useful there. It’s been 13 years now, I guess. We are so blessed to be in the new Cancer Center, because not everyone has a lot of support like I did. Sometimes more than one person in the family is dealing with cancer at the same time. It feels great to be a resource for people. Most people will tell you after they’ve had cancer that you’re so grateful for every day. Every day is a gift, but having cancer really brings it home.”

For more information about Hope Circle and the NEA Cancer Center, visit www.neafoundation.org.



CINDY SHEPARD

Cindy Shepard says the best advice she can give other women is pretty basic. “Do not be afraid to get your regular mammogram,” she said, explaining that her scheduled checkup is what led to the detection of N2 carcinoma.

“I was completely oblivious to the different types and stages of breast cancer,” she said, happy today to have taken her final radiation treatment. “Mine involved no chemo ... just radiation. They told me, if you’re going to have breast cancer, I had the kind you want, sort of the cream of the crop.”

Stage is usually expressed as a number on a scale of 0 through IV — with stage 0 describing non-invasive cancers that remain within their original location and stage IV describing invasive cancers that have spread outside the breast to other parts of the body. The designations of N1, N2 and N3 are based on the number of lymph nodes involved and how much cancer is found in them. The higher the N number, the greater the extent of the lymph node involvement.

“Thankfully, I never miss my regular yearly checkup ... never,” Cindy said. “That’s how it was detected. They said they saw something and needed a closer shot. Then on the second one, they said they needed a needle biopsy. That scared me to death. Then they came back and said I had Stage 0 breast cancer. But mine was limited to the milk duct; I was very, very lucky.”

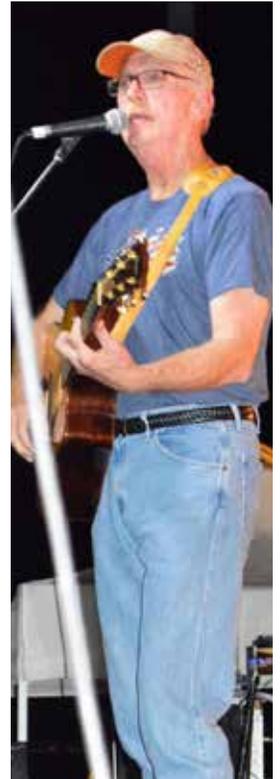
She said the group Misty’s Mission in Senath, Mo., was extremely supportive of her throughout her ordeal and that she hopes to be active with those ladies, as well as offering to speak publicly to anyone who needs to hear her story. To contact Cindy, email her at clbs1963@hotmail.com.

“At first, you’re almost embarrassed to think ‘this has happened to me,’ but then you realize you’re in a big club now,” she said. “The day you find out, you want to drive somewhere and have someone cut it out of you. I am so fortunate to have people in my circle wanting to help me, and to keep me calm. I never realized how many friends I actually have until this happened.”

“Early detection is so important, and mine was found because of my regular exam. If I could, I would get on my soapbox and preach it. Get your mammograms.”

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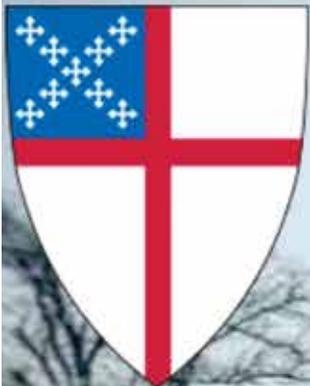
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DR. KATHY WHITE LOYD
EXECUTIVE DIRECTOR
WOMEN'S BUSINESS
LEADERSHIP CENTER

INTERIM DEAN
COLLEGE OF BUSINESS

DR. KATHY WHITE LOYD A-STATE LEADERSHIP

By Caitlin LaFarlette

The Women's Business Leadership Center at Arkansas State University has only existed since 2016, but its impact has spread across the region to numerous women and school aged girls. And it all came from the dream of one ASU alumna.

Dr. Shane Hunt, dean of the College of Business at the time, and Dr. Patricia Roberston, chair of the first two Women's Business Leadership Conferences, both understood a center would aid women and professionals in the area. In the summer of 2016, Dr. Kathy White Loyd stepped in and propelled that idea into creation. Loyd had suggested forming a center after seeing the success of the conferences and returned to ASU to serve as Executive Director.

"All of us knew we had the potential to do something that would possibly impact ASU and our region forever," Loyd said.

Thirty women stepped up to create the Founder's Circle, which dedicated time and money to launch the center, Loyd said. Since then, 35 young women have become involved with the center and a satellite location was established at ASU Mountain Home.

The WBLC is dedicated to creating confidence and capability in young girls and women, and sets high goals on their paths to success. Women who participate in the program can also broaden career options, speak and interact in group settings and develop a passion to support others.

The center has seen much success since its creation. Since last year the organization has become an institutional member of the International Mentoring Association, hosted Arkansas' First Lady Susan Hutchinson at the WBLC grand opening and established a strong reputation on campus. Future goals include recruiting new leadership interns and establishing relationships with incoming freshmen.

Loyd's own time at ASU was spent as a non-traditional student in the College of Business, with encouragement and support from the caring faculty.

"Many of the faculty were role models for me as I started my career as a faculty member at the University of North Carolina-Greensboro," she said.

For 10 years she served as a faculty member before entering the business world and retired as Executive Vice President and Chief Information Officer of Cardinal Health, Inc. — a \$60 billion healthcare and distribution company. Loyd currently serves as the Interim Dean of the ASU College of Business, as well as on the board of directors for Mattel, Inc., all of which has aided in shaping the WBLC at ASU.

For the 2017-2018 school year, the first full year of operation for the WBLC, the center plans for 50 students to participate. Loyd said an expanded group of professional women in the center, called the Center Champions, dedicates time to mentoring young women.

The core of the WBLC is the Step Up and Reach Back Leadership Initiative. The program is a network of support that reaches out to high school and middle school girls for mentoring. The WBLC also participates in fundraising activities.

"This year they are working with Girl Scouts in Memphis on an outreach activity," Loyd said.

As a College of Business graduate, being involved with the WBLC has meant everything to Loyd.

"I couldn't be prouder to be a part of changing lives and reaching out to assist our young women on their pathway to success," she said. "I was one of those students growing up in rural Arkansas and know firsthand how much a helping hand makes a difference in the future of these young women."

WOMEN'S BUSINESS LEADERSHIP CONFERENCE

The Women's Business Leadership Center branched off from the Women's Business Leadership Conference, a forum for leadership and professional development for women in the business community. The conference is a one-day event featuring keynote speakers of women leaders, workshops to fine tune skills and engaging discussions for students and professionals.

Students, alumni, businesswomen and entrepreneurs all gather to connect and create a network to celebrate the strength women bring to the business world.

The third annual conference was held in March this year and was the first conference after the founding of the WBLC. Speakers included Fawn Lopez, publisher and vice-president of Modern Healthcare; Nancy Everitt, president and CEO of HEOPS, Inc.; and Cindy Boyle, partner at BKD, LLP.

The 2018 Women's Business Leadership Conference will be held on Thursday, March 29, 2018. The conference is a work in progress but information to the conference webpage will be updated as it gets closer to event day (<http://www.astate.edu/cobwbcl>).

So far, the confirmed speakers are Barbara Ross-Lee, recently retired from NYIT, the first African American female to serve as dean of a United States medical school; Rupa Dash, CEO of World Woman Foundation and Co-Founder & CEO Dash Global Media; Rose Stuckey Kirk, Chief Corporate Sustainability Officer for Verizon; and Becky Huling, Vice President of Marketing for FedEx Services.

For more information on the conference contact the organizers at wbcl2astate.edu





TIFFANY RYAN PATHWAYS

Tiffany Ryan is a speech pathologist who owns Pathways Pediatric Therapies and was led to her current line of work through family ties.

“As a younger adult, my family was very involved with activities for special needs children and adults,” she says. “Myself having a special needs brother and being involved in these activities just always seemed like a fit for me. God began to put people and things in place at that time to start molding me to be a speech pathologist and a business owner. After several disappointing jobs, and the support of Travis, I took a walk in faith and Pathways was born.”

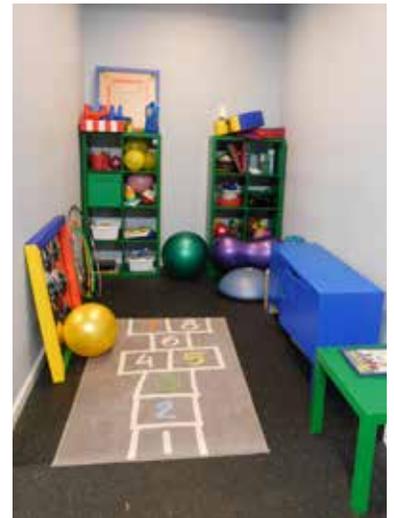
She advises anyone considering becoming a therapist to “pray for guidance and direction, so he or she can begin with a solid foundation for his or her new path. Educate yourself more! Gather all the resources one can to think outside the box. Lastly, enjoy the ups and downs of this career with a full and eager heart. The rewards will be plentiful.”

Tiffany believes Pathways is “more than a therapy clinic with exceptional therapists and families, but a light of God for love and hope. We like to call it ‘a God thing!’ at our office,” and she points to Psalm 119:105 – “Your word is a lamp for my feet, a light on my path.” Pathways is a locally owned pediatric therapy company that provides physical, speech, occupational, and developmental therapy services to the Northeast Arkansas area. There are over 20 therapists equipped with a variety of specialized certification to ensure that patients have the most updated and research based services. Pathways implements individualized therapy plans to uniquely fit each patient and offers therapy services in the home, at its outpatient clinic, or in daycare settings.





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THE STATE FARM FAMILY



VIRGINIA WALLS STATE FARM IN BUSINESS SINCE 1993

The Virginia Walls State Farm Insurance Agency opened in Paragould in 1993, continuing a trend of family-owned business enterprises.

Virginia's father-in-law, Bill Walls, had a State Farm agency of his own in Camden for 25 years so for her and her husband, Alan, the insurance business was not unfamiliar territory.

"We want to help our customers with all their insurance needs," Virginia said. "We try to provide outstanding customer service and make sure our customers get all the discounts they qualify for."

State Farm is available 24 hours a day, seven days a week to take care of customers' needs and the Virginia Walls agency is licensed in both Arkansas and Missouri.

"Everyone in the office is licensed," she said. "And State Farm Pocket Agent® allows customers to view ID cards, make payments and file claims."

Pocket Agent gives mobile access to State Farm® insurance and financial information, and allows customers to manage their policies and accounts anytime, anywhere. For instance, Pocket Agent lets customers get an auto, homeowners, renters, life, and condo owner's insurance quote.

The Virginia Walls agency offers options in auto, home, renter's, farm, business, life insurance, and annuities as well as long term care, disability, and Medicare supplements.

"State Farm Bank offers competitive rates for car loans, CDs and money markets," Virginia said. "In the future, there will be even more options for homeowners rates. We also offer earthquake coverage, which is important since we all live on the Fault line."

State Farm Bank officially began operations in March 1999. Its focus is on consumer-oriented financial products, complementing the State Farm® insurance focus on personal lines. State Farm Bank is a nontraditional financial institution and doesn't have branch offices. The majority of direct customer interaction and product assistance is provided by State Farm agents, supplemented by a telephone call center, the mail, and the Internet.

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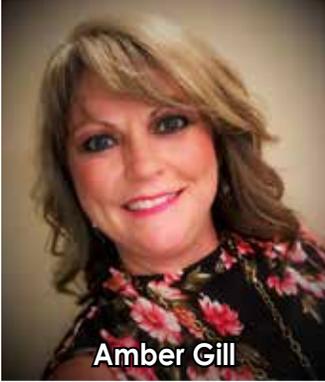
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THE WOMEN OF EXIT REALTY PARAGOULD



Amber Gill



Lori Dowdy



Kim Kellums



Taylor Davis



Kayla Conger



Amber Gill, Executive Broker, has been selling real estate for 11 years. She has served as President for the Paragould Board of Realtors and currently serves on the Board of Directors for the Arkansas Realtors Association. She has previously served on the board of directors for the Paragould Chamber of Commerce and is currently on the Ambassador Committee. Amber has completed the Realtor Leadership (GRLA) and the Leadership Paragould programs. She was named Realtor of the Year for the Paragould Board in 2012. Most recently, Amber completed the Graduate of Realtor Institute (GRI) program. She has received many awards throughout her career, including being named EXIT Realty International Top 100 agents across the country three times. Amber is married to Jason Gill, has one son Jacob Higdon, and two dogs.

Lori Dowdy, Executive Broker, has been selling real estate since 2011. Prior to that, Lori co-owned a local title agency for a number of years. Lori served as President of the Paragould Board of Realtors in 2015 as well as being named Realtor of the year in 2013. She has achieved the Award for Excellence from the Arkansas Realtors Association each year. This year she obtained her brokering license. Lori, who is very active in her church, is married to Marcus Dowdy, and they have two children, Hannah and Colton.

Kim Kellums, Executive Broker, is a longtime resident of Paragould and has been with EXIT Realty Paragould since 2013. Kim is also a full-time teacher in the Greene County Tech School District. Kim has been very involved in her church and community throughout the years and has earned the Award for Excellence from the Arkansas Realtors Association

each year, and also earned her broker's license in 2017. She is married to David and has three boys and a new grandson, Ben, born September 15.

Taylor Davis has been an agent with EXIT since 2013. Taylor was born and raised in Paragould. She worked real estate while attending school full-time to obtain her MBA. Most recently, Taylor passed her exams to become a CPA and currently works for Bill Mitchell CPA. She is married to Trase Davis and they are expecting their first child in 2018, and they have a fur baby, Benji.

Kayla Conger is an agent new to our office, joining in the summer of 2017. Kayla was born and raised in Paragould and has been a Realtor for more than four years. She has experience in farm land, farm management, and auctions in addition to holding a crop insurance license. Kayla is married to Bruce Conger and has a son, Dylan Barnhill, and two grandchildren, Presley and Kinley.



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THE WOMEN OF IMAGE REALTY



Brooksie Hartness is the principal broker and owner of Image Realty, overseeing a team of 13 agents/brokers and staff.

After watching her parents work hard to grow their family owned business, Brooksie said she wanted to pursue a career that she could put her whole heart into. She decided to combine her passion for people and her love for building and decorating, so a career in real estate always made sense. She has built and remodeled 70-plus homes and shopping centers.

For anyone wanting to start a similar career, Brooksie advises, “Be prepared for many long hours and weekend work. We are only paid commission when we sell, and then are taxed as self-employed. It surprises people the amount of money and hard work it takes to build your career in real estate.”

Established in 2009, the Image Realty staff is passionate about helping others “succeed in their goals and dreams of property ownership. We are all highly educated and extremely motivated,” said Hartness.



BROOKSIE HARTNESS



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Kendall Sheppard

Elisa Owen

Kersten Hovis

THE WOMEN OF 22 LOU

As the owner of 22 Lou, Elisa Owen assumes a number of roles in the day-to-day operation of the business.

“Being the owner, I pretty much do anything and everything,” she says. “I spend a lot of my time placing orders, keeping track of social media, merchandising the store, and LOTS and LOTS of sewing. I have also created an alteration business along with my clothing store, which keeps me very busy.”

Helping make the store a successful venture are Manager Kendall Sheppard and sales associate Kersten Hovis.

“You always have dreams when you are a little kid,” Elisa says. “Mine was being a fabulous designer and owning my own store. But when you grow up, a dream is just that, a dream. It wasn’t until my junior year of college when I thought that this is something I could actually do and make a living at. One of my absolute favorite professors, who happened to teach all my retail classes, looked me square in the eye one day and said, ‘You will never be able to work for

anyone but yourself.’ I laughed and said, ‘I know I’m type A, control freak, and bossy.’ He replied, ‘Yes, but that’s what it takes.’

“He was 100 percent right. He saw something in me, that until that day, I didn’t see in myself. I went on and received my degree in Retail Merchandising with a minor in Fashion Design. With a hope and a prayer I threw everything I had financially, emotionally, and physically into my dream.”

She said you often hear things like, “Owning your own business isn’t for the faint of heart. You laugh it off and think it can’t be that bad. Well, let me tell you, it is one of the hardest, most stressful, gut wrenching adventures you can take. Do I love what I do? ABSOLUTELY! Do I have days where I want to throw my hands up and say, ‘I’M DONE.’ ABSOLUTELY! It is beautiful chaos that I choose over and over again. The best advice I can give is to educate yourself. Know what you want to do, what does that demand of you, and how are you going to do it. Next piece of advice, give all your worries and doubts to God and JUMP. You might fail,

BUT you might succeed. Either way, you did more than millions of others out there that never even had enough grit to try.”

She credits those women already in business as being “so strong.” “You are beautiful. You are powerful. YOU ARE A BOSS” and quotes Proverbs 31:25: She is clothed with strength and dignity, and she laughs without fear of the future.

“For those little girls with a little extra spunk, you have greatness in you. You are not bossy, you are a powerhouse leader. You are not stubborn, you know what you want and are willing to do what it takes to get it. You are not a day dreamer, you are the exciting future.”



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PARAGOULD ANIMAL CLINIC

Dr. Emily White Carter has owned the Paragould Animal Clinic since 2006 and knew from an early age she was destined to become a veterinarian.

"I was highly allergic to cats," she recalls, "... couldn't be in the same room as one. I took allergy shots for most of my childhood. When I was 12, my allergies had improved enough that my parents allowed me to get my first cat, an outdoor cat named Millie. I was crazy about that cat and I knew from that point forward that I would work with animals. I started working in vet clinics when I was 16 and I have never looked back!"

She advises those interested in following her path to make certain they are totally committed to the project. "Study hard and shadow, work or volunteer in vet clinics as much as you can. It is not a glamorous job and we do so much more than love on puppies and kittens all day. You really need to get exposure to the good, the bad and the ugly before you invest the amount of time and money required to become a veterinarian."

Emily says she feels "blessed to be doing what I love each and every day, and even more blessed to be surrounded by a staff that shares my passion and love for animals."

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LEA RUSSELL ALLSTATE INSURANCE

As the owner of an Allstate insurance agency, Lea Russell keeps an eye on ways to serve the Jonesboro community.

"I got started in the insurance industry at a young age," she says. "Then when I moved to Jonesboro to go to college, I got my license and worked while I was in school. After I decided it would be my career and I started at Allstate, I loved getting to know people in the community and taking care of their families."

She suggests that anyone considering entering the world of the insurance business should have "a concern for people ... do it to serve other people." In my fifteen years of insurance experience, I've gotten to know many local families while serving our community.

"My husband, Hunter Russell, is a Jonesboro native and we love being a part of this community and having a commitment to making it better."



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THE POSTNET TEAM



Becky Murphy-Hatosy is the owner of PostNet and says in that role she “wears a lot of hats. I don’t have one job. Though my main focus is on graphic design, my responsibilities range from ... working with customers in shipping and printing, ordering products, inventory control, HR, paying bills, billing customers, troubleshooting the machines and sometimes cleaning!”

Becky is assisted in the business by Manager Christina Maxwell and crew workers Becca Book, Destanie Hass, Trisha Adams and Clint Carter.

She once owned a dog kennel, where she boarded and groomed dogs, allowing her to work from home and care for her ailing father.

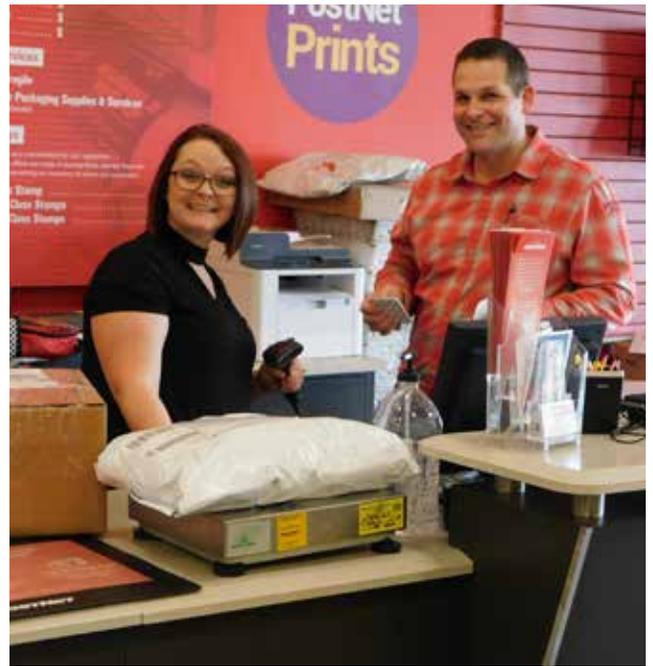
“That was a great business most days,” she said. “I loved the dogs; but it wasn’t overly challenging. So, I decided to do something more. The only shipping store in town had closed and it seemed this was a niche that could be filled to meet the needs of our area. Little did I know that I did not have a clue what I was getting into. I often say, ‘If I had known how much I didn’t know ... I would never have done this.’ I have had great customers, though, that have worked with me, helping me to learn the difference in a .pdf and .jpeg file and how to ship fine china across the country!”

As for helpful hints to other prospective business people, Becky says, “I would advise anyone starting a business ... be willing to work -- every day, all night, weekends. Your

mind never stops. You think about jobs, bills, deadlines, ordering, employees, and so much more, even in your sleep. If you are not willing to be 100 percent-plus, you will not succeed.”

She wishes to thank all the customers who have helped them achieve 10 years in business.

“Without our great community and our people, PostNet in Paragould would not have succeeded and still be here,” Becky says. “Every day is an adventure. I’ve learned in the last few years, it’s not the destination that is important - it’s the journey. Our customers make most days of the journey a fantastic trip.”



BECKY MURPHY-HATOSY

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POSTNET

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MINORITY CONFERENCE

Three press conferences across the state of Arkansas announce the changes Act 1080 will have on businesses in Arkansas.

Changes to the Minority Business Enterprise and Women-Owned Business Enterprise Certification Program, as a result of Act 1080 of 2017, took effect September 1, 2017. AEDC officials announced that Women Owned Businesses and Service-Disabled Veteran-Owned Businesses are now included as a Minority Owned Business Enterprise Certification Program. They can now register for certification and receive assistance in the process to receive state contracts, receive counseling services and participate in networking opportunities.

In Little Rock, Governor Asa Hutchinson said, "Arkansas minority and women-owned businesses have a unique opportunity to increase their market share in their chosen industry while enhancing our thriving economy."

Allowing women and service disabled veteran-owned businesses to partake in Act 1080 not only helps these small businesses compete for state contracts, but it also helps state agencies meet the diversity spending target.

For more information and direction in processing through the Minority Business Enterprise Certification Program, contact AEDC at 1.800.ARKASAS or log on to ArkansasEDC.com

The Jonesboro press conference included Shelle Randall, Director of Workforce Development & Existing Industry; City of Jonesboro Communications Director, Bill Campbell; Karen Castle, Certification Project Manager, Small Minority and Women-Owned Business Division, Arkansas Economic Development Commission; and Dina Mason, President, MOR MEDIA, Inc.



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STAMPIN' UP! CHRISTMAS!

Over 35 people gathered for the 11th annual Stampin' vUp! Christmas in August event at Prospect Missionary Baptist Church in Jonesboro. Participants came from Little Rock, Kennett, Missouri, and surrounding cities to spend the day with food, fun and holiday crafting. Participants made several Christmas cards, stocking stuffers, tags and gift items. A raffle was held to benefit Ronald McDonald House Charities in Little Rock, with over \$200 being raised, along with donations of laundry detergent and cards. Raffle winners were Laura Diamond of Bono and Sue Warrington of Kennett. The event was held by Stampin' Up! Independent Demonstrator Sandy Risi of Jonesboro. Sandy has been teaching rubber stamping and paper crafting for over 15 years and has a booth at Li'l Bit Christmas every year with some

fellow stampers at the ASU Convocation Center in November. For more information on annual events and monthly classes, visit her website at stampincrew.com.



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NEA COOK

Tracy Mothershed

APPLE CARAMEL CAKE

Ingredients:

Crumb Topping

1/3 cup	Packed light brown sugar
1/2 cup	All-purpose flour
1/2 tsp.	Cinnamon
4 tbsp.	Butter

Cake

1	Stick of butter
1 1/2 cup	Packed brown sugar
2	Large eggs
2 cups	All-purpose flour
1 tsp.	Baking soda
1 tsp.	Cinnamon
1/2 tsp.	Salt
1 cup	Sour Cream
1 tsp.	Vanilla
2 cups	Peeled, cored, and chopped apples

Directions:

Preheat oven to 350. Prepare pan with spray or grease and flour.

Make crumb topping. In a bowl, combine flour, sugar, cinnamon and butter. Mix until it resembles coarse crumbs. Set aside.

In a large bowl, cream together butter and sugar until light and fluffy. Add the eggs one at a time, beating after the addition of each. In a separate bowl, sift together flour, baking soda, cinnamon and salt. Add to wet ingredients, alternate with sour cream and vanilla. Fold in apples. Pour into prepared baking dish, spreading out to the edges. Sprinkle the topping over the cake and bake until golden brown and set, 35-40 minutes. Remove from oven, let cool 10 minutes, but while still warm pour caramel sauce over entire cake.



TRACY MOTHERSHED OF SOMETHING SWEET

How do you like owning a business?

Having my own business was a dream come true. I love making people happy.

How did you learn to bake?

I did not know how to cook or bake when I got married. Thank God, my husband could cook. I decided one year I wanted to make our daughter a birthday cake. This was before the Internet, so I purchased several cook books and started experimenting. There were lots of trial and errors.

What is your favorite recipe to make?

Besides baking, I also love to cook. My favorite dish to make is my shrimp and crawfish etoufee. It take 3-4 hours in the kitchen but it is worth it.

Worst kitchen disaster?

Being in the kitchen every day, there have been so many disasters. Just because you are a professional cook, doesn't mean that we are perfect.



HELP YOUR BODY FIGHT SMARTER AGAINST CANCER

Today we are bombarded with news that “this substance has been linked to cancer” or “this will kill cancer” or “there is no cure,” and while most of this information is untrue or misleading at best, what is true is that cancer is definitely a war. One with casualties, survivors, good days, bad days, and a lot of emotional trauma throughout. We know, of course, that there is no miracle cure or guarantee in any course of treatment. There are some things you can do, though, to help your body fight back.

1. Mushrooms: Medicinal mushrooms like Reishi and Turkey Tail help to balance your immune system. They can regulate white blood cell counts and encourage macrophage activity, keeping you stronger and healthier while you’re battling.

2. Curcumin: Curcumin, the active ingredient in turmeric, has been shown to “turn on” our

body’s natural tumor suppressing genes. Because it is also an antioxidant, it can protect healthy cells from the effects of cancer drugs. There are thousands of published studies on the benefits of turmeric. Many of these focus specifically on turmeric’s anti-tumor properties.

3. DIM: Since we are talking about breast cancer this month, we must include this nutrient in our list. DIM is a compound found in broccoli and other cruciferous vegetables that can help with hormone regulation and estrogen imbalances.

4. Greens: Green foods like Kale, Wheat Grass, Kelp, Chlorella, etc., give your body key nutrients to stay strong by providing much needed nutrition to damaged cells. They help keep your PH balanced and naturally help remove toxins.

There are many other things you can do to help your body when fighting cancer. We invite you to come speak to us about your specific needs at Jonesboro Health Food.



This is an advertorial by Amanda Yates with Jonesboro Health Food.

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1

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¹Occasional inflammation due to exercise or overuse. ^{††}SPINScan Other Herbal Formula Subcategory Product Item Rank, data ending 7/27/17.
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GET RICH

with Richard Brummett

I'm aware that the observance of Halloween is a big deal to lots of people, but I have never been one to take it to the extreme.

For many years when I was in the newspaper business, co-workers delighted in showing up on Halloween dressed as monsters, Disney characters or just plain old funny guys while I came in attired the same way as the day before. When they asked what I was supposed to be, I would say, "I'm a grumpy old man. I already had the costume," and leave it at that.

During the early years of my childhood we lived far out in the country and I suppose my parents took my sister and me to neighboring houses in order for us to get free candy, but I don't actually remember it. Then, after we moved to town, I do recall Mom's driving us to the homes of family and friends she trusted to fill our grocery sacks with candy and treats while we tried to breathe behind those plastic face masks.

My two most vivid Halloween memories involve disastrous results for others, possibly a reason I have never tended to consider the date something worthy of note.

We lived out on the family farm until I was a second-grader. We didn't get a lot of foot traffic down our dirt road, so Trick-or-Treaters were few. Still, I remember one year when my dad was certain that the car doors he heard slamming shut outside were connected to my uncle Terry and his buddies. Terry would have

been 15 or 16 at that time, and I guess Dad was expecting some sort of prank from a bunch of teenage boys.

He hurried into the kitchen and filled a pan with cold water, waited for the chorus of "trick or treat" to be shouted, then opened the door and fired away ... dousing the Willis Maxwell family. The Maxwells were cousins and had ventured our way because they figured dealing with relatives represented some sort of Halloween safety, certainly not expecting to have to come inside and dry off before being able to move on down the road.

It was a pretty funny sight, funnier to my side of the family because we were still warm and dry.

Years later, when I was a member of the teenage segment of society, I let a school friend talk me into going out with a group of kids from our class and doing whatever it was kids that age did on Halloween night. Being a relatively shy and nerdy boy, I was not one to take part in many activities with the cool kids, but somehow that's where I found myself, walking the streets of Paragould to do mature things like knocking on someone's door and then running to hide, throwing water balloons, and just generally being goofy.

I followed the crowd, a mixture of boys and girls; when they ran, I ran. When they stopped, I stopped. When they laughed, I laughed. We were in the middle of walking down a sidewalk on Main Street when someone from our group yelled, "It's the seniors!" and everyone seemed to know what that meant. It was only after the

fact that I learned high school seniors roamed the town in pickup trucks, firing eggs at innocent bystanders and underclassmen.

It seemed to me that everyone had rehearsed the drill and knew where they belonged, but I was a Halloween novice and in a neighborhood unfamiliar to me and had no idea in which direction safety resided. So I just ran alongside a really pretty girl named Diane, because she lived nearby and seemed to know where to go. Turned out that she didn't know any more than I did and she was just scrambling, so when we ran across someone's front yard and had to make a serpentine path through little trees and bushes, I came to halt to try and survey the area.

Just as I did, I stepped in a hole and fell to the ground, hearing an egg whiz past my head at a high rate of speed. I was thrilled to be on the ground, safe and somewhat clean, but not so excited when I arose to see Diane wiping egg off her shirt and frowning while saying, "Ooh, yuck!" When I stumbled, the egg made a direct hit on her torso and she was left with the runny, sticky goo all over her top. I was left with the urge to get up and run again, hoping maybe it was dark enough that she wouldn't know who had left her a wide open target for the egg throwers.

That's the last time I can recall being a participant in the Halloween nonsense, although I did take my daughters on the Trick-or-Treat campaign trails when their times rolled around. And as we approached each door, even at the homes of friends and family, I kept an eye peeled for eggs and buckets of water.

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October

2017 Kids' Events

2, 9, 16, 23, 30

Rock the Blocks: Legos

When: Mondays 4:00 PM

Where: Children's Library, Public Library
315 W Oak Ave., Jonesboro, AR

Info: www.libraryinjonesboro.org

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
600 E. Lawson Rd., Jonesboro, AR

Info: www.crowleysridge.org



While everyone else was celebrating the results of a gender reveal for the Dickson family, Hudson Baldwin was more interested in taking a few swings of his own. Hudson, 21 months old, is the son of Aidan and Mallory Baldwin of Paragould.

A NEW FACE TO DOWNTOWN



Downtown Jonesboro Association (DJA) has announced the addition of Lindsey Ford as Executive Director.

DJA Board President Jay McLeod said, "We are thrilled to have Lindsey join our team. She brings a unique blend of both fresh ideas and excitement to the position."

Ford previously worked for St. Bernards Healthcare. Her education and recent work in the promotional field motivated her to be a part of something bigger.

"I am so excited to be Jonesboro's newest downtowner," Ford said. "I have a passion for people and I want to have a positive impact downtown, so I knew that Downtown Jonesboro Association would be the perfect place for me to turn this passion into a career."

Established in 2010, the Downtown Jonesboro Association is a non-profit organization that seeks to provide community outreach to make Downtown Jonesboro a better place to eat, shop, and live.



October EVENTS CALENDAR

07

What: Blessed Sacrament Fall Festival
When: Saturday, October 7th 10 AM
Where: Blessed Sacrament School, Jonesboro
Info: It's fall! That means Blessed Sacrament School is hosting the Fall Festival! Enjoy a carnival, silent auction, live auction, country store, and entertainment while dining on BBQ sandwiches, tea from the Tea Room, and authentic Mexican food. Pre-order a Boston Butt and sandwiches by October 6th by visiting their website at fallfestival.com. Visit their website for more information.

08

What: Outdoor Movie Night
When: Sunday, October 8th 5 PM
Where: First United Methodist Church, Jonesboro
Info: Come and enjoy the hit movie "Boss Baby" for free in the grassy field next to First United Methodist Church. Pull up a chair or a blanket and enjoy complimentary popcorn and soda.

12

What: 10th Annual Dig for the Cure Volleyball
When: Thursday, October 12th 5 PM
Where: Paragould High School Gym
Info: 10th Annual Dig for the Cure Volleyball game will be held between Paragould and Greene County Tech. A silent auction will be held in the gym lobby, and there will be a ceremony recognizing the honorees from the last 9 years. All money raised will be donated to three local organizations that help the fight against breast cancer: St. Bernards Cancer Center, NEA Baptist's Hope Circle, and AMMC's Project Hope. Contact jgill@paragouldschools.net for more information or questions.

13

What: DT Paragould Zombie Walk
When: Friday, October 13th 6 PM
Where: Centennial Park, Downtown Paragould
Info: It's BACK! Bring on your best Zombie costume and "Shamble" down Pruett Street! Registration is at 6 PM and a Kids Contest will start @ 6:30 with the Adult contest to follow. Then ALL Zombies will follow the MOR MEDIA lead vehicle for our 5th Zombie Walk! Entry will be \$1.00 and one non-perishable food item per person.

14

What: U.S. Renal Care 5K Run/Walk
When: Saturday, October 14th 8 AM
Where: U.S. Renal Care Corporate Office, Jonesboro
Info: The 5th Annual 5K Run/Walk Fundraiser sponsored by U.S. Renal Care will raise funds to

benefit the National Kidney Foundation (NKF). The NKF dedicates itself to raise awareness and provide treatment to kidney disease cases. Registration will be held from 6:45 AM - 7:45 AM. Cash prizes will be awarded to the first 3 male and female finishers as well as first place in each division. The awards ceremony will be held at 9 AM. Visit caringforkidneys.racesonline.com for registration and prices.

22

What: America Back to God Crusade
When: Sunday, October 22nd - October 26th 7 PM
Where: Greene County Fairgrounds, Paragould
Info: This five day interdenominational event consists of praying and bringing our community into God's desired place for all and to introduce Him to people who may not know Him. Evangelist David Ford from Globe for Christ International will be sharing the gospel. Contact David King at 870-212-3642 for more information.

26

What: Signature Chef's Auction
When: Thursday, October 26th 6 PM
Where: Centennial Hall at Arkansas State University
Info: Join the annual gathering of the area's finest culinary talent in support of the March of Dimes. Upon arrival, you will enjoy the chance to sample our chefs' creations for a 90-minute tasting experience before taking your seat for the Live Auction and Fund the Mission. Enjoy dessert while you bid on our unique packages, raising your paddle and giving generously to help babies. For more information, contact Rachel Guerin, Executive Director at rgeruin@marchofdimes.org or 870-316-7481.

28

What: Para-GHOUL Pumpkin Day Party Downtown
When: Saturday, October 28th 10 AM - 5 PM
Where: Centennial Park, Paragould
Info: 10:00 a.m. to 5:00 p.m. in Centennial Park that includes: Free Activities--All games, tattoos, music all day, dance performances, martial arts exhibition, and a D.A.R.E. Officer. 2:00 p.m. - Halloween Parade on Pruett, for kids and pets. 2:30-4:30 p.m. Downtown trick-or-treating! Pruett Street will be closed to through traffic during the events.

29

What: Trunk or Treat
When: Sunday, October 29th 5 PM - 6:30 PM
Where: First United Methodist Church, Jonesboro
Info: Dress up in your best costume and bring a pail for all the candy available at Trunk or Treat! It's completely FREE! No scary costumes, please.

Recurring EVENTS

Every Monday & Thursday: Alcoholics Anonymous, meets every Monday and Thursday at noon in the Welcome Center classroom at Paragould First United Methodist Church. The group is open, but court slips will not be signed. Mondays: 12x12 Study. Thursdays: Big Book Study. For information contact Lynn at 419-350-1275 or the church at 870-239-8541. The church is located at 404 West Main Street. Parking is located in the large parking lot at the back of the church.

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 VFW on 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: Alzheimer's Support Group with Alzheimer's Arkansas and Dierksen Hospice, 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.

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

graphics@mormediainc.com

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Arkansas Progressive Medicine

ABOUT ARKANSAS PROGRESSIVE MEDICINE

Arkansas Progressive Medicine is a new medical cannabis evaluation and service clinic in Jonesboro. Dr. Flippin, a Jonesboro native with over 20 years of patient evaluation experience, moved back to Jonesboro from Memphis specifically to open the clinic.

Arkansas Progressive Medicine is in operation and evaluating patients as well as helping them fill out their paperwork and deal with the process necessary to acquire a medical marijuana card. There are 17 diagnoses that qualify a patient.

Services we offer:

Medical Marijuana Evaluations

- See list for qualifying conditions

Lipotropic Injections

- These injections are packed with fat burning amino acids and B Vitamins for weight loss.

B12 Injections

- These injections are used to treat and prevent a lack of vitamin B12.

QUALIFYING CONDITIONS FOR A MMJ CARD

1. Cancer
2. Intractable Nausea
3. HIV/AIDS
4. Hepatitis C
5. Ulcerative Colitis
6. Crohn's Disease
7. Alzheimer's Disease
8. Tourette's Syndrome
9. PTSD
10. Persistent Muscle Spasms
11. Severe Arthritis
12. Epilepsy/Seizures
13. Peripheral Neuropathy
14. ALS
15. Intractable Pain
16. Fibromyalgia
17. Glaucoma

ABOUT DR. FLIPPIN

Dr. Dane Flippin attended medical school at the University of Arkansas Medical Sciences in Little Rock and earned his M.D. degree from August 1991 to May 1995. He completed his residency at Area Health Education Center (AHEC) in Jonesboro, and Family Practice Residency from July 1995 to June 1998. During his time at Family Practice Residency, he became Chief Resident from 1997-1998.

Dr. Flippin has built most of his experience right here in Northeast Arkansas and in our neighboring state, Tennessee.



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The Green House Cottages of
BelleMeade

THE BELL HOUSE



Or a “Charlie” Bell started at Belle Meade on 2-23-1994 as the beautician. She had taken care of her mother at home for about 3 years and when the time came that her mother needed 24-hour care, Charlie sold her shop, placed her mom at Belle Meade and came to work here to be close to her mom and be able to see her every day. She was Belle Meade’s very first full-time, on staff beautician and she loved fixing up the beauty shop for her ladies. After a few years she transferred into the kitchen and while she enjoyed her time there, she soon realized that the beauty shop was her calling. On July 10, 2008, Charlie received her CAN certification in order to better serve her clients in the beauty shop without having to bother the CAN’s on the floor. During the rest of her time with Belle Meade, Charlie would assist in the dietary department when needed and even worked the floor if asked.

Charlie was truly adored by the ladies of Belle Meade and would do everything in her power to make all of her regularly scheduled appointments, worked them in for special occasions and holidays and would come in during off hours if needed.

Ms. Charlie actually retired twice because she missed her ladies, but not as much as they missed her. Her final retirement was in September 2014 when her health left her no choice. To this day we still have a few elders who compare every beautician we have had to Charlie, and no one measures up. Because of her love for the

elders of Belle Meade and her dedication to all she cared for, it is my honor to name a Cottage after Ms. Charlie Bell.

- Pam Diggs

A graphic advertisement for Wilkins Electric, LLC. The background is dark with a lightning bolt striking down. The text "THANK YOU" is written in large, white, bold letters at the top. Below it is the logo for "The Green House Cottages of BelleMeade" with a stylized house icon. Underneath that, "FOR CHOOSING US!" is written in large, white, bold letters. At the bottom, there is a logo for "Wilkins Electric, LLC" with a stylized 'W' and the text "COMMERCIAL & INDUSTRIAL ELECTRICAL CONTRACTORS" and "FAMILY OWNED & OPERATED". To the right, there is a logo for "KOHLER Generators" with "Authorized Dealer" written below it.

THE CAMPBELL HOUSE



Telpher Campbell was born in 1925 in the Mounds community. He grew up poor and despite having to quit school in the 6th grade, Telpher went on to own and operate a successful business -- Campbell's Termite and Pest Control -- from 1968 until his retirement in 1993. Telpher was a WWII veteran, an avid fisherman and most of all a devoted Christian. His name is synonymous with generosity and servanthood, both in church and the community. Telpher started working for the needy in the early 1970s when he spearheaded the Compassion Outreach and the Joy Bus ministries, both connected to the 7th and Mueller Church of Christ. He also participated in many Bible studies locally and abroad, even as far away as Kenya. Telpher helped anyone who asked in any way he could, by giving them cash, locating furniture and clothing, as well as paying bills, and arranging for repairs, at no cost or expectations of repayment. He always dressed like those he helped -- a work uniform, no nice clothes, and certainly nothing fancy. Mr. Campbell also volunteered at the hospital and fostered a teen from the Children's Home, showing that he truly did practice what he believed. Mr. Campbell was very active in Compassion Outreach and Joy

Bus ministries until he entered Belle Meade in 2008.

During his 4 years at Belle Meade, Telpher continued his ministries and the Lord shined through him. He could frequently be seen rolling up and down the halls of Belle Meade in his wheelchair with his notebook trying to sign people up for his Bible studies or free termite estimates. He would never pass by the room of someone that was bedfast or unable to be out and about without stopping to speak to them and let them know that he loved them and so did the good Lord. Telpher was married to his lovely wife, Alidean, for over 66 years and she was truly the love of his life. As her health declined also, their 2 granddaughters, Shannon and Bobbie, became his primary caregivers and during the time he resided at Belle Meade there was rarely a day that at least one, if not both, girls were not present and involved in the life of Belle Meade. And they continued to own and operate his business today. It is a great privilege to keep Mr. Campbell's legacy alive by naming this cottage in honor of his memory.

- Pam Diggs



"The staff and residents would like to thank the suppliers for their support in publishing the stories of our cottage namesakes."

- Pam Diggs,
Administrator,
BelleMeade
Rehabilitation and
Guest Care Facility

The Green House Cottages of
 BelleMeade

THE HYDE HOUSE



Frank Hyde, September 1, 1928 – July 3, 2015. Frank Hyde lived at Belle Meade from January 26, 2014, until July 3, 2015. Mr. Hyde served a 2 year tour in Germany with the U.S. Army during the Korean Conflict and managed a pharmacy/store in Newport before he and his new wife Polly moved to Paragould in 1955. Frank opened his own pharmacy when he relocated to Paragould, inside a newly built Medical Clinic. Mr. Hyde ran his pharmacy until 1991 when he sold the business, but it continues to bear his name even today. After his retirement, Frank worked one day a week in Jonesboro, Leachville and Paragould to allow other pharmacists a day off. He and Polly were married 59 years and Polly spent the majority of every day visiting Belle Meade and she became a dearly loved member of the Belle Meade family.

Polly's biggest fear was that Frank, who had Alzheimer's disease, would forget who she was, but that day never came. "Even to the end, he always knew who I was and I was so thankful for that." The Hydys were faithful members of Village Creek Church of Christ where Mr. Hyde taught Sunday School classes. He was a former high school and college athlete and was an avid spectator at all the local high school and college games with Ms. Polly by his side.

Ms. Polly always wanted to meet Frank's caretakers and she would make it a point to tell them about Frank's history, the things he used to enjoy, his routines and habits, all for the purpose of helping them to know what Frank was like before Alzheimer's changed his personality and his ability to care for himself. To this day, Ms. Polly continues to visit the elders, families and staff at Belle Meade on a

regular basis. She states the friendships she has made here still give her joy and happiness. Because of Mr. Hyde's battle with Alzheimer's disease, and it is with honor that we name our Memory Care Unit after Mr. and Mrs. Frank Hyde.

- Pam Diggs



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THE DALTON HOUSE



Carey Dalton, June 25, 1977 – September 5, 2016. Carey was a CAN at Belle Meade for almost 3 ½ years, and he had some of the most creative and unique ideas of anyone. His excitement level over the new Green House cottages grew daily and it was amazing to see him embrace every aspect of this new model of care. Because of his excitement, Carey was asked to attend the 9th Annual International Eden Conference in May, 2016. Those three days with Carey were like watching a kid in a candy store. He soaked up so much information in the breakout sessions, he participated in all interactive groups, he spoke with “Shahbazim” from every other county represented there, and we knew he would become the “Champion” we needed to come back and teach and share with the other staff exactly what was about to become our new reality.

Carey knew his elders better and more intimately than anyone. He was in the process of making slide shows about his elders that could be shared with new staff to help them know the elders better, be

aware of their strength and weaknesses, understand their preferences and know their likes and dislikes in order to offer them the best possible care they could. He had a gift for knowing how to relate to the families and the elders in order to build the most beautiful relationships, which is the foundation of the new Green House model of care.

Carey was a very talented and compassionate young man. He impacted the lives of so many people and was truly loved by the Belle Meade family. There were many days that Carey would come in early or stay after his shift and go to the dining room and play the piano. He often said this brought him peace and comfort but mainly he knew it did the same for his elders. By naming this Cottage “The Dalton Cottage,” we hope to keep his legacy and memory alive and he will always be a part of what Belle Meade does, is and always will be.

- Pam Diggs



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THE JACKSON HOUSE



Mr. Wallace Jackson was admitted to Belle Meade on July 15, 2015, after suffering a debilitating stroke. He and his wife of 68 years, Laura, have been a part of Paragould since 1957, when they moved here from Dyersburg, Tennessee to open The Family Shoe Store in downtown Paragould. Over the years, the Jacksons opened two other stores, including one in Kennett, Missouri. Wallace and Laura had 3 sons while living in Paragould and all of them have helped with the family owned business for a while. The Family Shoe Store closed its doors in 2012 after 55 years. Mr. Jackson stated that in his time in Paragould, he had seen it change from an agricultural economy to a manufacturing economy.

In 2006, Main Street Paragould and the Christmas Parade Committee named the Jacksons as Grand Marshals of the annual downtown Christmas parade. The Jacksons were members of the Paragould Regional Chamber of Commerce for almost 55 years and have been involved in Kiwanis Club during their years in The Friendly City. Ms. Laura is at Belle Meade for extended periods of time almost every day, including being present during all three meals and volunteering her time helping the other elders in the dining room as they prepare for their meals.

Ms. Laura always makes a point of meeting the elders and their families when they move into Belle Meade. She

helps them learn the staff and who does what, she encourages them and gives them comfort when needed and she is often seen at the hospital visiting those that are admitted for treatment or surgery. I can truly say that she is one of our biggest fans, and we appreciate her so much.

Because of their dedication to the city of Paragould and the life of Belle Meade, it is an honor to name this cottage after Mr. and Mrs. Wallace Jackson.

- Pam Diggs

Glen Sain Ford

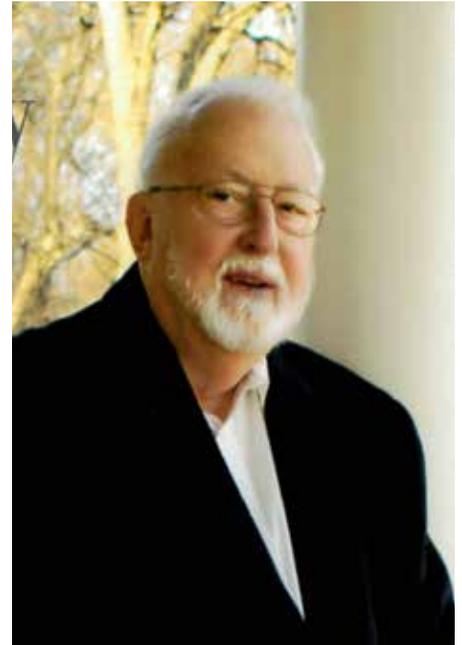
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THE MITCHELL HOUSE



Dr. Bennie Mitchell served as the Medical Director of our former facility for just over 35 years, starting in 1979 and retiring in 2014. During his 35-year tenure as Medical Director at what has been known as Home For the Golden Years, Paragould Nursing Center, Golden Living Center and lastly Belle Meade, Dr. Mitchell has seen the long term care Industry go through many

changes, some for the better and some that were challenging, at best.

Dr. Mitchell has always been adored by both residents and the staff. He made more than monthly visits to the facility, which was the norm, and was available to the staff any time there was a need. His pharmacy background, his knowledge of the state and federal regulations, and his

relationships with his patients made him an excellent resource for the staff and the families served.

It is my privilege and honor to name our Rehab Cottage after Dr. Bennie Mitchell, who has so faithfully served Belle Meade for so long.

- Pam Diggs



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THE SMALLING HOUSE



Sam and Jerry Smalling moved to Paragould to make their home in 1965. At that time, Mr. Smalling accepted the position of principal of Paragould High School, a position he held until his retirement in 1983. The Smallings had four sons. Dennis, Bob, Tom, and John had quickly become involved in the community activities of Paragould and Greene County.

The Smallings' paths crossed in the military during World War II while both were stationed at Squantum Naval Air Station in Quincy, Massachusetts. Mr. Smalling was a member of the U.S. Coast Guard and Mrs. Smalling was in the Navy. From two very different and distant states, they married while on active duty in May of 1945. Upon completion of the war, both were honorably discharged and moved back to Arkansas. Upon arrival, Mr. Smalling re-enrolled at Ouachita where he completed his degree in 1948 and accepted his first coaching job in Warren. He later completed a Master's Degree at George Peabody College in Nashville, Tennessee.

While in Paragould, the Smallings were active members of First Baptist Church. Together they were involved in church events. Mrs. Smalling was involved in

nearly every activity of the church for many years, teaching Sunday School, working in Women's Missions, teaching and organizing Bible School, singing in the choir, planning receptions, special events, and serving on various committees. Mrs. Smalling also served as a substitute teacher and was always Mr. Smalling's helpmate at all school events, working the gates at ballgames and being a loud supporter of the Bulldogs and Rams.

Mr. Smalling was a member of the Paragould Kiwanis Club for many years until his retirement. The Smallings operated under the principle of "bloom where you are planted." In the two communities in which they resided, they believed in being actively involved for the betterment of the community. They invested many hours and years in the youth of Greene County through their school and church involvement and were a positive influence on many. They were proud veterans and Mrs. Smalling was a member of the VFW in later years. The Smallings were married almost 53 years upon Mr. Smalling's unexpected death in 1998. Mrs. Smalling led an active lifestyle after the loss of her husband and continued to be involved in community activities until her health began to decline

in 2013. At that time, she became a resident of Chateau on the Ridge and later Belle Meade, where she continues to reside. The Smallings are just one example of why Paragould is a great place to live, raise a family, and a community where you give back by "blooming where you are planted."

- Pam Diggs



THE WHITE HOUSE



Murl Anthony "Tony" White was a resident at Belle Meade for almost 18 years before his death on June 17, 2016. Tony served in the United States Marine Corps for 4 years and soon after he returned home, while working at Allen Engineering, he had a tragic vehicle accident that left him with a traumatic brain injury that severely limited his mobility.

While Tony had every right to be angry and bitter, he always had a big smile on his face and "thumbs up" for anyone that came to his room. Tony loved his hard rock music and the posters that covered his

walls, and year after year, when surveyors were in the building, they would always ask about "the young man with posters" because he was such a joy to them. Tony was also a big jokester and one day in October 2014, Tony sent word for me to come to his room. When I went in, he kept motioning for me to move to the foot of his bed. As it turns out, his mom had brought him a motion censored Halloween Witch, and as I passed by it, she let out a blood curdling scream. Needless to say, I jumped and gasped and Tony laughed until tears rolled down his cheeks.

The staff that took care of Tony adored his smile and the way he showed his love and

appreciation for everything they did for him. He would write notes of gratitude to the housekeepers, laundry staff and dietary staff frequently, as well. Just a few months before his death, Tony wrote me a list of who he wanted working in "his house." Tony and his dad always saluted each other before and after each visit and his mother was the love of his life. In honor of Tony's service to our nation and his love for Belle Meade it is my honor to name a cottage in memory of Murl Anthony "Tony" White.

- Pam Diggs

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THE TUBERVILLE HOUSE



Howard "Bo" Tuberville was an employee of Belle Meade from March 8, 2002 until his sudden death on February 20, 2011, following a massive heart attack. Bo, as the staff, elders and families of Belle Meade fondly knew him, could always be heard before he was seen because of the massive ring of keys he carried on his belt. Many of our elders would frequently stop Bo and ask for him to identify a certain key and he could always pick out the key and open the door within seconds, much to their amazement.

Bo was a friend to every employee that worked here. He kept a refrigerator in his office and it always had sandwich meat, drinks, bread, chips and other snacks because he could not stand the thought of someone not having something to eat or having to work over without being prepared. Bo never refused to help fix a flat, open a locked vehicle, give a ride or even take care of small projects at someone's home if they needed help. He even loaned his car to people and bought them gas cards when needed. When it came time for outside activities or other special events, he was right in the middle of planning what needed to be done and seeing it through. His biggest thrill was participating in every BBQ we had on the

Belle Meade parking lot and the annual District 5 Senior Olympics.

Bo was very excited when the Green House Cottage Campus was announced in 2009 and as progress has been made over the years, the staff remarks frequently that it is a shame he will never see it become a reality because he knew the old building inside out and could

always fix whatever problem presented itself. By naming this cottage after Bo and placing the 2 concrete benches out front that were donated in his memory, we will keep Bo's dedication and love for Belle Meade alive.

- Pam Diggs

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HUNTING WITH FRIENDS

By Chuck Long

They come in all shapes and sizes. They might be young or old or somewhere in between. They might work at a local factory, serve the public or work on a farm. They might still be in grade school or be retired, age does not seem to matter. They might be male or female, that does not matter either. What matters is that they have a love for the outdoors, a desire to get up and get out there, an appreciation for conservation and an ever present sense of optimism that keeps them going back. These folks are our hunting and fishing friends and buddies which make the outdoor world much more enjoyable and exciting.

I have been blessed with many, many great friends and buddies that have that desire to be out there chasing fish, ducks or other game and for that I am very thankful. At the top of the list would be my family. As many of you have read in my words or have heard me say, I am very thankful for parents and grandparents that instilled in me a desire to be out there on a day-to-day basis. They were my original hunting and fishing buddies and for that I am very thankful.

I have enjoyed great times outdoors in a duck blind or a fishing boat with many other family members. Some of my greatest outdoor memories have been built with my uncles, cousins and in-laws as we spent time in God's great creation. They are family, but time outdoors makes that family bond even stronger.

The family relationships are very special but many of my outdoor friends are of no relation other than through our desire to be outdoors.

These relationships have become strong, not only in a hunting or fishing sense but in the ways of life. Many of these guys and gals are the ones I look to for help in some of the tough situations life might deal us.

What makes a person a good hunting or fishing buddy, you might ask? Well, that is a hard one to answer. Most of mine have come about through relationships in other ways that led to us spending time in the outdoors. I hunt with childhood friends, guys I have become acquainted with at church, coworkers who have become great hunting and fishing partners, and young men and women who I was fortunate to spend time with as they learned the outdoors.

I like to hunt and fish with folks who are positive and have an expectation of success on each and every day outdoors. With that being said, they must also be able to handle the days the motor does not start, the days the fish don't bite, the days the ducks don't work or the days that one of the many other things that can go wrong in the field happens.

I like guys and gals that can discuss a wide range of topics. We often talk about deep subjects like football, wrestling and cooking while standing in the duck woods. There are also the times when we do actually discuss raising families and living the Christian life that helps each of us make better sense out of this world. As much as I like our discussions, I also like to spend time in the outdoors with folks that know there is a time to be quiet, a time to sit and listen, a time to watch the ducks work or focus on that next cast.

Another neat thing about those outdoor-based relationships is that I consider many folks my hunting and fishing buddies even though we have never spent a bit of time together in the outdoors. I see these guys at Walmart, at church, at the convenience store or talk with them through texts or phone calls. We talk hunting and fishing but our schedules have never meshed to get out together, yet that bond is still there.

Psalms 18:24 says, "One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother." This verse reminds me so much of the many, many friends I have made through the outdoors. They are friends who I know I can call on at a moment's notice and would not only be ready to head outdoors, they would be there to help in any of life's tough moments.

I hope you will get outdoors and spend some time outside with some special folks. Whether it be hunting, fishing or just enjoying a leisurely hike, I hope to see you out there!



CHUCK LONG

Regional Education Coordinator Northeast Education Division Arkansas Game and Fish Commission



COMMISSIONER STAN JONES

By Richard Brummett

Like most successful business men and women, Stan Jones is often asked to serve on community boards or committees, but by his own admission his usual answer is, “No, no, no and no. I never wanted to be a school board member or on the board at the hospital or at the bank. There are a lot of boards and a lot of other people who can do a better job than I can.”

But when Governor Asa Hutchinson came calling and asked Jones to accept a post as a commissioner for the Arkansas Game and Fish Commission, his answer was a resounding, “Yes!”

Jones farms thousands of acres in the Walnut Ridge-Clover Bend area and is also the owner of the luxurious Stan Jones Mallard Lodge, but what he really considers himself is a hunter ... an outdoorsman and a steward of the land with an eye on both the present and the future of Arkansas game and habitat.

“If he (Hutchinson) had never asked, I would not have gone out and tried to become a commissioner,” said Jones, 66, and beginning a seven-year term to replace Fred Brown of Corning, whose term expired. “The governor came here and hunted and said he had watched me for two or three years. He asked would I consider a spot with the Game and Fish Commission ... well, that’s something I’ve been doing for fifty years. He said he knew I would go to work Day One.

He knew I love the woods and wildlife and hunting, and he said, ‘Just take care of what we’ve got.’ And that’s what I intend to do.”

As a long-time duck hunting guide (he started when he was a teenager) and a former Arkansas State University football player, Jones has plenty of area contacts to consult when considering hunting and fishing issues. But his lodge brings in people from all over the world and he has been able to trade ideas on a number of issues, whether outdoors related or of a personal nature. The lodge features 15,000 square feet of indoor and outdoor meeting spaces suitable for corporate retreats, weddings, and other special group events, and includes a full workout facility, lodging options and world class hunting and shooting opportunities. The numerous groups and individuals who have made use of the lodge have allowed Jones to cultivate even more relationships that should contribute to his becoming a top-notch commissioner.

He takes pride in the outstanding opportunities Arkansas offers hunters and fishermen, pointing out that “we have harvested turkey with 17-inch beards. We’ve caught flathead catfish that weighed 100 pounds and caught world record German Brown trout and world record Rainbow trout. Stuttgart is the duck hunting capitol of the world. We’ve killed 200 class deer and killed 350 class elk in Arkansas, and 650 black bears is one of the biggest harvests in the United States. We’ve had a 70-pound striper

bass. What other state compares with that? It’s pretty awesome. Over the years the Game and Fish has done an outstanding job.

“I am as interested in Southwest Arkansas and Southeast Arkansas as I am in Northeast Arkansas,” Jones said. “Whatever is better for our state, that’s what I’m interested in,” and he points to situations already facing the G&FC like the new license issue. “Game and Fish went to a printed out piece of paper. The hunters are unhappy. While it might save money, we’ve heard you and we will redo them. We will come out with something more acceptable.”

Also already on the table for discussion are finding solutions to problems statewide like chronic wasting disease in elk and deer herds, bait fish procedures on state lakes, and frequently flooded woods for duck hunting, which is now causing many of the trees to rot.

“We need to rethink and relook at what we’re doing in some instances,” Jones said. “It is not about me here today: it’s about what is best for Arkansas and hunters.

“The seven of us as commissioners will do the very best for wildlife in the state. It has to go through all seven. We don’t need seven lawyers. We don’t need seven business men. I am extensively a hunter; we don’t need seven of me. It’s good to have diversity.”



OUR WEDDING

Lauren Jetton and Justin Roberts

Lauren Jetton and Justin Roberts were joined in marriage during an evening ceremony on September 10, 2016, at Mt. Zion Baptist Church in Walcott. Bro. Greg Rainwater officiated the ceremony. Following the ceremony, the couple celebrated their marriage with numerous family members and friends at Cedar Ridge Venue in Finch. Wedding décor included sunflowers, colors of burgundy and yellow, burlap, lace, and a beautiful surprise sunset. The couple went on a honeymoon cruise to Jamaica, Grand

Cayman, and Cozumel. They reside in Paragould with their dog, Toby.

Lauren is the daughter of Chester and Cathy Jetton of Paragould. Justin is the son of Mike and Misty Roberts and Paul and Theresa Nedelman of Paragould. The couple met at Paragould High School. Justin was active in PHS basketball and Lauren participated in cheerleading. Justin holds a Bachelor of Science in Finance degree and Lauren holds a Bachelor of Science in Nursing degree; both were

obtained from Arkansas State University. Lauren works as a Registered Nurse and Justin works at a local family business, Sign-Tech.

Justin and Lauren share the love of animals (especially dogs), spending time outdoors, and making memories with their close friends. Justin enjoys participating in dirt track racing on Saturday nights; Lauren is usually close by, cheering him on.

Photography by Joy Robinson





ENGAGEMENTS/WEDDINGS



Chelsea Rawls & Matthew Harvey

Chelsea Rawls and Matthew Harvey held their wedding on September 30th, 2017 in Paragould, Arkansas.

The proud parents of Chelsea are Kevin and Candice Rawls of Paragould. Matthew is the son of Miles and Ronda Harvey of Jonesboro.

Photo by Callye Morris Green.

HAPPENINGS



KAIT-TV won a Regional EMMY Award for newscast excellence at the 41st Mid-America EMMY Awards Gala on September 9. The station earned the award with the broadcast covering a near-death experience in May of 2016 concerning a teenager being swept away by a strong current after a torrential rain storm. KAIT-TV covered the entire rescue mission until the boy was found safe.



Staff Sergeant Dale Galloway surprised his children at Oak Grove Elementary and Paragould Primary after an eleven month deployment to Korea. Thank you, Sergeant Galloway, for your service!



Oak Grove Middle School was awarded a \$1,375 matching grant from the Arkansas Game and Fish Commission to purchase archery supplies for the OGMS archery team. Matthew Bishop is the archery team sponsor.

Pictured: Assistant Principal Jamie Dial, Archery Sponsor Matthew Bishop and Principal Donna Singleton



Glen Sain Ford's Shawn Sutton hands over a check to Oak Grove Middle School's Kathy Cook for a \$200 donation for the Oak Grove Middle School DEAR program. DEAR stands for Drop Everything and Read. Students at vv participate in the program for 20 minutes each day. The donation will help purchase organizational items to store the students' books in their home room classes.

BIRTHS

Darby Layne Robb

Danny and Candice Robb welcome their newborn daughter, Darby Layne Robb into their lives.

Born August 11, 2017, at the Providence Medical Center in Anchorage, Alaska, the baby weighed 12 pounds, 1 ounce and measured 22 inches long.

Great-grandmothers Charlotte Mitchell and Margie Robb and brother Halsie Clinton Robb were extremely happy to meet Darby, as well.

Photo courtesy of Megan Marlene Photography.



FAREWELL HAILEY KNIGHT

Chamber members threw a farewell party at The Parsonage 322 in Jonesboro for former head of the Downtown Jonesboro Association, Hailey Knight. Knight had a few parting words about her experience as a downtowner: "I always touted that very few people had

the opportunity I had to leave footprints on their hometown, and what an incredible experience and honor it has been. What they say about downtown is true; it certainly feels like home. For the past couple of years, I've built friendships that will last a lifetime, met incredible people with phenomenal

stories who were just passing through, and worked alongside some brilliant community members. Downtown certainly shaped me into the person I am today, and there is no doubt it is evolving into an amazing place to eat, shop, live, play, gather, love, volunteer, and belong. #ImADowntowner."





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CONGRATS PARAGOULD PRIDE!

Congratulations to the Paragould Pride Marching Band on its Overall Grand Championship at the Union City Marching Invitational on Saturday, September 16, 2017. The Pride won the Overall Grand Championship for the second consecutive year. In addition, the band brought home the following awards:

PRELIMS

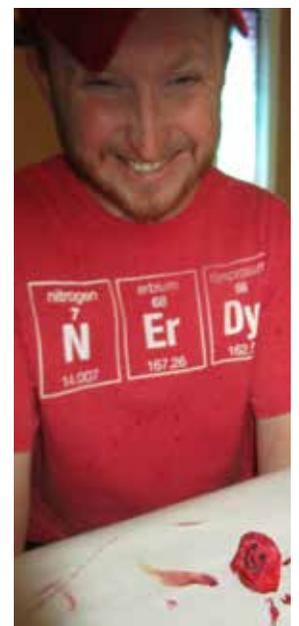
- First Place Band - Class AAAAA
- Outstanding Color Guard - Class AAAAA
- Outstanding Percussion - Class AAAAA
- Outstanding Music Performance - Class AAAAA
- Outstanding Visual Performance - Class AAAAA
- Outstanding General Effect - Class AAAAA

FINALS

- Grand Champion Band - Overall
- Outstanding Color Guard - Overall
- Outstanding Percussion - Overall
- Outstanding Music Performance - Overall
- Outstanding Visual Performance - Overall
- Outstanding General Effect - Overall

KINDNESS ROCK PAINTING

Focus Inc. Paragould Adult Developmental Center spent a day painting Kindness Rocks and giving big smiles to the camera. The group is a day program for adults over 18 years of age with disabilities. If you would like to volunteer your time and work with other friendly volunteers, contact Program Supervisor Glenda McEuen at GMcEuen@focusinc.com or visit focusinc.org.



Stay Tuned

What's in store next month?

What Are You Thankful For?



Celebrate what you are thankful for with inspiring stories from local philanthropists. We are also going to ask you about delicious meals perfect for your Thanksgiving feast. Watch for submission details on our Facebook page!

A Nutcracker Season



As the holidays grow closer, local performing art centers are putting on their own performances of the Nutcracker. Paragould's Kelsey Garnett shares her experience as a ballerina.

Gift Guide for the Holidays!



Get your Christmas shopping done early! Check out our Gift Giving Guide well before it becomes crunch time for the gift giving season!



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