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January
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A-State Innovate's

Ty Keller

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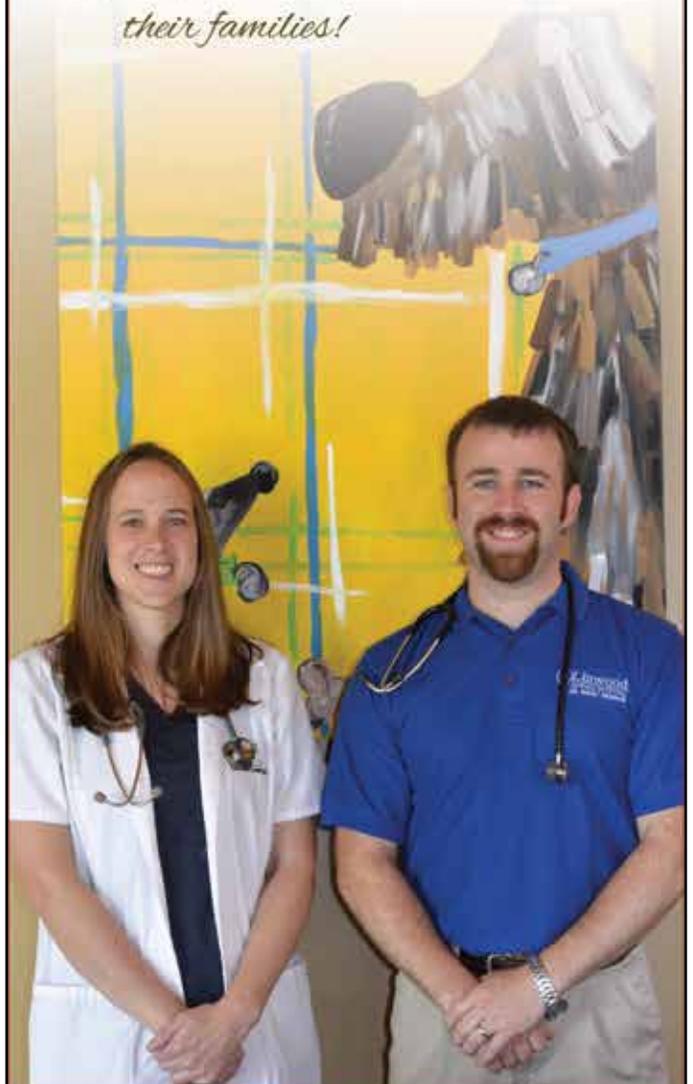


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From The PUBLISHER... DINA MASON

It is hard to believe that 2017 is behind us; it was a tough year for so many that it is difficult to celebrate. It is with the deepest respect and affirmation that we do celebrate the positives of the past year with even more resolve to appreciate each and every moment we have been given and celebrate those that have given us moments to treasure for times to come.

2017 was MOR MEDIA, Inc's 15th anniversary and it was our Best Year Ever. We have a small but mighty team that has taken up the gauntlet to make our products work to help businesses grow and succeed through marketing plans for businesses big and small. Promoting LOCAL is our charge and we appreciate our listeners and readers in helping us by shopping with these local businesses and making Northeast Arkansas a better place to live, one purchase at a time.

As we move into 2018 we ask that you continue to support local businesses and be reflective of the past while looking to the future as we all pull together to help our fellow community members through their good times and not-so-good. I am most proud of being a part of communities that step up when needed and that is what I see in Northeast Arkansas every day.

This edition is packed with practical tips from Finances to Fitness and the mental state in between. Our goal was to gather practical, real life suggestions to make 2018 your best year ever!

Our cover story on AState Innovate introduces you to Ty Keller and is just a scratch on the surface of the resources available to anyone with an entrepreneurial spirit. I have operated

businesses since 1996 and I still take at least two, if not more, classes or seminars every year from the Delta Center, Chambers of Commerce, Black River -- even a Skill Path class a few years back. It amazes me that small businesses do not use the resources; so many of them are free, and if not free the fee is so minimal and the returns so great I just think it is a shame when I see a "Going Out of Business" and wonder if they had reached out to see if someone could have helped them survive.

Don't miss the new restaurant feature -- a behind the food --- Kelly and Farrell Gibson with Terry's Cafe in Downtown Paragould, and if you are looking to diet in 2018 don't miss Amanda Yates' nutrition advice with practical ways to approach your dieting in the new year.

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Pictured Left to Right: Kelly Roswell, NMLS# 1162196; Mike Weaver, NMLS# 1142609; Charitti Garner, NMLS# 1051962; Kirk Brinkley, NMLS# 539769

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ELITE TEAM NUTCRACKER

The dancers of the Elite Team Nutcracker, along with Elite Performing Arts, presented their third showing of Tchaikovsky's Nutcracker with a selection from the party scene. Heather Claude, Director and Choreographer, was excited that this year's presentation was highlighted with new costuming, sets and choreography. Claude also credits the local area for embracing the Nutcracker as part of Paragould's Christmas tradition. She said, "We are blessed to be part of a community that supports the arts. Our generous benefactors and numerous volunteers have continued to make our Nutcracker a success."

To help raise money for the event, the Elite Team hosted "Pumpkins in the Park" with games, activities, and a Halloween costume contest, awarding prizes in several age groups.



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To celebrate the holidays, businesses such as Sissy's Log Cabin, Morningside of Jonesboro, the Paragould Chamber of Commerce and Travel With Us hosted Christmas open houses.





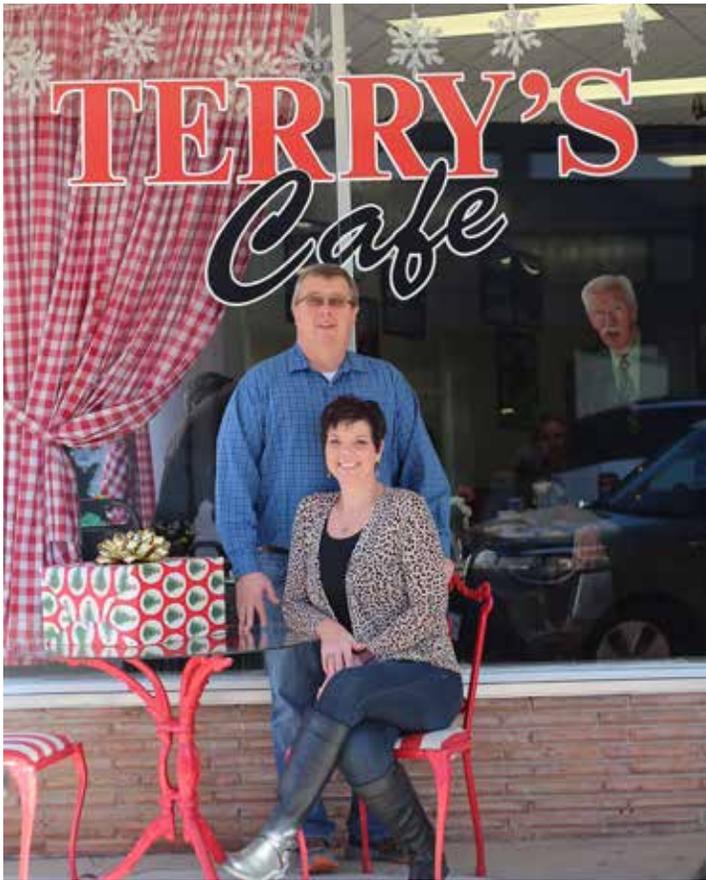
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RESTAURANT'S INSIGHT TERRY'S CAFE

By Joy Robinson

It's no question that Terry's Café is a staple in Downtown Paragould. Opened in 1934, and formerly located adjacent to the Historic Collins Theatre, Terry's is still going strong. Upon entry, the laughter and conversation of customers blend with the smell of fresh catfish and homemade sides, as well as owners Kelly and Farrell Gibson running a cash register, cleaning tables, or visiting with clients who have become friends.

Kelly and Farrell acquired Terry's on January 1, 2017. With previous experience in management and catering, it just seemed like the perfect fit.

"They didn't want to leave it to just anyone," Kelly said of previous owners Brenda and Mark Dunavin. Long-time friends and customers of Farrell's, conversation arose that they were wanting to sell. "I talked it over with Kelly and we decided it was too early. Not time. So, we originally turned her down," Farrell said. After further talks with the Dunavins, the Gibsons became the new owners one year ago.

"We walked in at the right time. It was turn-key ready with a full staff," Kelly said, adding that all they did was do a little decorating to bring back the "old café" look. "We put a little new life into an already town-favorite." They also started adding their daily menu to their Facebook page.

Kelly is a 5th grade math teacher at Brookland. She has been teaching for 25 years, and planned to start catering or open a restaurant or event venue after retirement. "It just happened three years earlier," she laughed. Farrell has served as a member of the Paragould City Council for 18 years, and a part of City Beautiful for 20 years. Both have a strong sense of community and pride for what they do. They have four daughters, and two young grandsons.

"It's always been a dream of mine (to own a restaurant) since I was a child going to the Collins or Watkins and seeing the meringue pies through the window," Kelly said. "So, it was a dream for after retirement." Kelly still has plans to add some of her homemade pies to the menu at Terry's.

Her love for cooking started with inspiration from her mother. "My mother was a stay-at-home mom so she was always cooking for us or other people." One of her funniest kitchen memories was when her mother asked her to "wash" the potatoes, and was caught washing them in a sink of soapy water when she was around age four.

When asked what her favorite thing to cook is, she immediately mentioned that she's famous for her peanut butter pie. "I also love the classics, like smothered steak and mashed potatoes."

A clear message from speaking with the Gibsons is that one of their secrets to success is having fun, and knowing it's about community and not competition. "We are close to our customers," Kelly said. "This is one of those establishments you don't see a lot of anymore. Our customers become our family."

2018

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TY KELLER
DIRECTOR OF A-STATE
INNOVATION SYSTEM

A-STATE INNOVATE'S TY KELLER

By Anthony Childress

Ty Keller is a young man whose innovation literally paid dividends. Now, he uses that talent to help others with an entrepreneurial spirit to connect their dreams into reality.

Keller, director of the new A-State Innovation System, jumps at the opportunity to share its unfolding story. ASIS operates under the oversight of the Arkansas State University Delta Center for Economic Development. The innovation endeavor consists of three sites set up to boost would-be entrepreneurial projects.

"When I was approached for the position I immediately began looking at similar ventures," Keller explained. "It quickly became apparent that there is a buzz all over the country about innovation and entrepreneurship. Then, when I looked further into some of the success stories it became exciting. The whole project was/is new to me, but it is something that can really benefit the entire NEA community."

Location, Location, Location

Three spaces are in place to address any number of ideas and proposals for those seeking to bring their creativity into clearer focus. The Garage is located at 219 South Church Street in Jonesboro, The Shop claims space at 5501 Krueger Drive and The Lab, 504 University Loop. Keller noted how unique-yet-cohesive commitments make each site a critical component of the overall mission.

"The Garage downtown is a maker space, collaboration space, and incubator. We have equipment for designing, creating, and prototyping small products. We have a conference room that all of our members have access to. We have office space available that gives startup companies a place to work with free Wi-Fi and a dedicated phone line at a much cheaper rate than would typically be available to lease," he pointed out.

The Shop offers those skilled in using their hands on the job an opportunity to polish their talents, thus benefiting themselves and their employers.

"We have both a machine shop and woodshop that allows us to prototype parts that are more advanced in nature," Keller said. "The Shop will allow us to serve local industry by providing research and development space and equipment. The idea being that we have the equipment so there isn't a need to invest in more capital that will only be used for research. Just send your engineers and other employees over and use the tools we have to create new products."

In addition, The Shop is equipped to handle smaller production runs and is cost prohibitive for a new company when ordering small quantities from a vendor. A membership fee sets this and other features in motion.

"The Lab portion is affiliated with The Catalyst at the Arkansas Biosciences Institute building on the ASU campus. It is fully owned and operated by the Research and Development Institute. It offers lab space and office space geared towards biosciences and other high-tech startups. There are currently a few businesses operating there really gaining momentum," Keller stated.

Another benefit, he added, is the potential for "diversifying our local economy, and giving our graduates in research and technology a chance to stay in this area and make a good living."

Partnerships have been a staple in American business throughout its history and Keller said tapping into a variety of resources is more important than ever before.

"What I have learned since I've been here is that very few people know about any of the available resources, much less all of them," he shared. "There is a lot that goes into starting any business. Then, when

you add that the aspect of starting a new business with a new product or service, it becomes even more demanding. At A-State Innovate, once we have helped get a product developed, we aim to connect the startup to every available resource. We provide the same service to anyone who already has the product or service finalized and is the business development stage."

Experience and Advice

A new year brings a lot of possibilities, especially for business ventures. Keller, a member of the Jonesboro Regional Chamber of Commerce board (and Leadership Jonesboro graduate) urges existing and new businesses to cultivate and maintain connections. And, he ties the presence of ASU to the process of building relationships.

"First of all, between the faculty and their students, Arkansas State has a tremendous amount of resources and talent on campus. One of the reasons A-State began this initiative was to connect the community to those capabilities, so my personal relationships with the university's administration goes a long way in accomplishing those goals. Being involved with the Chamber has introduced me to people I never would have met otherwise. For me, that has created a large network of businesses and resources comprised that are all interested in doing what they can to move the region forward," he offered.

Prime the Entrepreneurial Pump

The overarching goal of A-State Innovate and the Delta Center more broadly is to bolster economic opportunities in the Delta region. Keller said resources for new businesses or supporting those already in existence are at the ready.

With 2018 under way, there is no better time to pursue the possibilities. Memberships are being accepted online at www.AStateInnovate.com.

KEEP YOUR RESOLUTION AND GET HEALTHY

Every year thousands of people make New Year's resolutions to eat better, exercise, and lose weight. However, most of these goals fall short within a few months. Sometimes this is due to lack of knowledge, lack of motivation, or overambitious, unreasonable goals. So I've compiled some tips to help you be healthier in a sustainable routine.

Eat less. Although beneficial, juicing or fasting is extreme and not feasible for most people. However, incorporating some parts of these daily can truly increase your vitality and health. While not the same thing as a true juice fast, adding a whole food smoothie each day gives your body the nutrients it's craving and can quench cellular hunger. A healthy smoothie should include fresh or powdered greens, a fiber source like flax or chia, a high quality protein powder, fresh fruit, and liquid of choice.

Intermittent fasting is another excellent way to curb hunger and lose weight. This is a simple protocol of eating only during a 6 or 7 consecutive hour period each day. For example, if you eat breakfast at 7 a.m. you would eat your last meal of the day by 1 or 2 p.m. This lets the body truly use up all the fuel you've given it for the day and even allows it to dip into the reserves (aka fat cells) to provide nutrients. This also helps to regulate your blood sugar (assuming you're not eating junk). You can adjust the schedule of eating and fasting to fit your life. I find it easier to skip breakfast and eat a late lunch and early dinner instead.

Reducing processed foods and carbs is another strategy that benefits everyone. Cutting out carbs cold turkey is very hard and most people give up quickly. I suggest regulating your intake and gradually reducing so that you can make it sustainable. For example, allow carbs only one meal per day but have them every day for a few



Dr. Amanda Yates

weeks. So if you have oatmeal for breakfast, opt for a salad at lunch and meat and veggies for dinner. Need that sandwich at lunch... then skip the oatmeal and do bacon and eggs or yogurt and fruit. After a while on this routine, your body actually craves the carbs less and it becomes easier to reduce them to every other day and eventually to weekends only.

Eating clean also means dropping the drive thru. This food generally only benefits your taste buds. It's very low in actual, usable nutrients and so leaves your body wanting nutrients again soon, making you overeat. The unhealthy, non-usable aspects of processed foods (i.e. chemicals, preservatives, hydrogenated fats, additives) end up being stored by the liver in fat cells as a holding cell because that cannot be used by the body for fuel or nutrition. Resolve to make the "junk food" the exception instead of the rule. Plan ahead and have quick, healthy options on hand for those crazy nights when there is no time to cook.

Being healthier does take a little more time and commitment but taking baby steps allows you to maintain your goals and make the changes last. Bring a friend or your family into your resolve so they can back you up and encourage you. Search online for quick, easy recipes and try one new recipe a week. Keep the winners and toss the losers. You will eventually find enough healthy meals to keep meal time from being boring or intimidating. Find what works for you; whether replacing a meal with a smoothie, intermittent fasting, or just cleaning up your existing diet, you can make this your healthiest year yet.



GETTING FINANCIALLY FIT IN THE NEW YEAR

So you've opened the mail that includes the Christmas card bill, and you have picked yourself up off the floor from the shock; let's figure out how to get your finances in shape.

Just like losing weight, everyone has advice. Most revolve around some simple principles. Realistically, if you find yourself in need of a financial health check, these items are where you start.

Just like eating less, sometimes you simply have to spend less. Lay out what you spend every month and figure out where you could cut back a bit. Find out exactly what the cable bill is and when it's due. How much are you paying on the credit card bill, what is the interest? \$3 Coffee x 2 times a day = \$180 a month. Perhaps you find you only need Netflix and can cancel Hulu and Amazon and ESPN and cable. Can you cut that back and live on just Internet and streaming services? Do you still use a home phone? Can that go away? You'll be surprised the things you can easily cut off the top.

So you've figured out how to save an extra \$100 a month. Let's use that to get out of debt. The easiest way to pay off debt is referred to as the "snowball effect;" take your smallest debt and put any extra towards paying that off first. Once you've paid it off, take what you were paying on that and apply it as additional to the next smallest debt. Look online; there's free calculators available. Try to avoid anything that requires your information or you to sign up for a program to help you.

Now that you're paying things off faster, be sure you understand what you need credit for and what you don't. If you're opening a card to get \$5 off a purchase on a cute scarf or a new screw driver but you're bound to spend another \$500 a year at that store because you have the credit, is it really worth it? Tuck \$5 away every week and go buy the scarf.

Speaking of credit, do you know your credit score? Credit Karma offers a free app that allows you to track your credit score and even offers advice on how to fix your score. This could include refinancing items or suggesting a new card with a lower interest

rate. It will even tell you how to contact the credit agencies to help you remove bad or fraudulent items. If you're looking to make a major purchase anytime soon, this is the first thing you need to get in order.

You're doing fantastic, then suddenly you have to have \$1,000 for new tires or the air conditioning dies ... there's always something. This can force you to take a credit card you didn't want. It's like someone bringing your favorite cookies to the party when you've lost 10 pounds. Make sure you're tucking a little aside each week for savings. Don't worry about the amount, just start putting something away when you can, and forget it's there.

Once you get in the routine of seeing your debt shrink, there are several other things you can do. Start dreaming. Maybe you want

a cruise, or a home in the mountains, or you want to retire early. What would you need to do to make that happen? Do your research, find a financial planner or a trusted member of your community and talk to them about ways to start planning correctly to make those dreams a reality.

Lastly, be generous. Whenever possible give back. I'm not suggesting you open a credit card and pay for everyone all the time, but when you can set up a lifestyle of being generous. Start by tucking your pennies into the collection jar, or pay for a drink at the corner store. Small things add up. It does amazing things for you physically, and mentally.

Imagine not passing out from the shock next year. That alone will help.

The advertisement features the Community Title & Escrow logo at the top left, which consists of a stylized green and blue geometric shape above the text "Community TITLE & ESCROW". To the right of the logo, the text "MEET TARA PIERSON" is displayed in large, bold, blue and green letters. Below this, a photograph shows Tara Pierson, a woman with dark hair, sitting in a brown leather armchair and smiling. To the left of the photo, a green box contains the text "Tara is the Office Manager at the Paragould location." Below the photo, a green box contains the text "At Community Title & Escrow, we understand that your home is your most valuable asset." At the bottom of the advertisement, there are three columns of contact information: (870) 240-0400, 203 S. Pruetts St. Paragould, AR; (870) 931-5500, 1841 E. Highland, Suite B Jonesboro, AR; and (870) 418-0400, 501 Hwy 463 N. Trumann, AR. The bottom of the ad also includes the website "neatitle.com" and a social media follow prompt, accompanied by Facebook and Twitter icons.

MEANINGFUL JOURNIES



Jamie Gibson, LPC

By Richard Brummett

There are many areas of life where one needs to be fit ... physically, financially, mentally, spiritually, to name a few. It is the latter two where Jamie Gibson feels her family's life is coming full circle.

In the beginning stages of opening Meaningful Journeys, a therapy and support center in Paragould, Gibson feels she and her loved ones have taken a meaningful journey of their own and have been led to this destination as part of a larger plan. "The sign went up in July, but I'm really just now getting rolling," said Jamie, a Licensed Professional Counselor (LPC). "I always kind of wanted to have something of my own like this, even

in the school business all those years. When I left school, I had 28 years in. It was a real struggle to leave school, like a wrestling match with God, the biggest struggle professionally I've ever had. I worked 16 years at Tech, and 12 at Paragould. For five years I was a fourth grade teacher, and the rest I was counselor for K-through-12."

While she loved the work on campus, there was always a feeling that she had a different calling. "I

felt like I could do something a little bit different if I got away from the school system," she said. "I envisioned a place that's private, where I can have my own stuff. A place where the walls and the shelves look like it's mine, a place that smells like coffee."

Having obtained her LPC license -- which gives one the full counseling range as provided by Arkansas law -- years ago, she decided "if I'm ever going to use this, it's time." But while in the midst of searching for acceptable office locations, the Gibson family's unexpected battle with addiction came to light. Jamie's husband, Brett, needed to face issues of his own and the story took on an entirely new direction.

"After Brett's situation came up, our daughter Sally said she had someone I needed to meet and she got me in touch with Holly Burnett, so I could hear her testimony. I told Brett about it and gave him the phone number and he took it from there."

To his credit, Brett understood he needed professional help and was accepted into the John 3:16 program in Charlotte, where he spent a considerable amount of time putting his life back in order.

"Brett was gone for six months, but doors kept opening," Jamie said. "It just seemed like angels were all around. Things just continued to fall into place and seemed to be leading me to this, and in one of Brett's journal entries at John 3:16 he wrote, 'Do it, Mom.' I saw that as a sign that this was supposed to happen.

"No matter how perfect life looks on the outside, it's not. We should embrace these scars we have. We're better for it. No one wants it, but there's meaning in it. We're supposed to find the meaning. If God wants it to happen, it will. Even if we don't see the whole picture, maybe we're not supposed to. Maybe we're supposed to take it one step at a time."

Once Meaningful Journeys is in full swing, Jamie sees it as much more than a counseling center. "We'll do therapy here, but it can be used for a lot of other stuff, too. Right now, on Mondays, I have a ladies support group. We named it Charlotte's Web, because everyone

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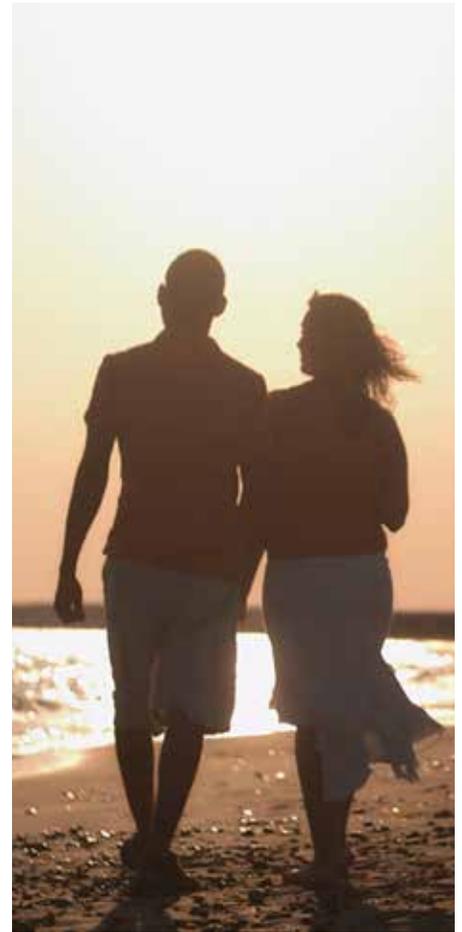
has husbands who have been through the John 3:16 program or some who are in it. We do a short Bible study and prayer. Brett, on Tuesdays, has the same kind of deal. He meets with men whose addictions have impacted their lives.

"I eventually see workshops, groups, anything that's helpful," Jamie said. "Success is being obedient to what God wants us to do. And I think this is where He wants me." Meaningful Journeys is located at 507 South 4th Street in Paragould, and can be reached by phone at 870-495-2911; or by FAX at 870-495-2912.

"The journey of life is hard and no matter how hard we try, sometimes we need the support of another on that same journey. My dream has always been to offer Christian based therapy that does not feel like therapy but instead feels like hope and healing. I love people, I love to laugh and I love to do things differently," Jamie said. "I enjoy working with both children and adults through an interactive, individualized approach in a private, comfortable, fun setting. I hope you consider Meaningful Journeys as a stop on your own journey. We all have scars, the difference lies in what we do with them. Challenges are part of what makes us who we are. I believe they can make us better.

Gibson accepts private pay and/or insurance. Areas addressed include anxiety, emotional disturbance, addiction issues, ADHD, alcohol abuse, behavioral issues, coping skills, depression, divorce, drug abuse, dual diagnosis, family conflict, grief, life transitions, parenting, peer relationships, relationship issues, school issues, spirituality, self esteem, stress, trauma and PTSD, women's issues, mental health, impulse control disorders, mood disorders, thinking disorders and client focus.

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A composite image for a Focus Bank advertisement. The top part shows a group of five people (three men and two women) wearing Santa hats and holding up sparklers, celebrating in front of a brick wall. The bottom part features a portrait of Jennifer Rollings, a woman with blonde hair, smiling. The background of the bottom part is a blue and white striped pattern.

JENNIFER ROLLINGS
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THE PRINTED PHOTOGRAPH

By Richard Brummett

For the last few years before my mother died she lamented the fact that no one shared photographs with her any more. “They just hold their phones up and want me to look at them,” she explained, “and I want to hold a picture in my hands.”

I, too, regret the rapid demise of the photograph. Each morning I begin my day by posting on my Facebook page a photo from one of the many negatives amassed over 40 years of journalism, and I am constantly amazed at the number of people who are touched by the images from our past. Photos are the stepping stones that allow us to cross the stream between today and yesterday. They tell the stories of triumph and tragedy, show us how we looked and acted in days gone by far better than the most descriptive of words can hope to accomplish. They bring back memories of days long past and call to mind the faces that filled those moments alongside us and others we loved.

Take the accompanying photo, for instance, of a school building no longer standing. How many Marmaduke students sat on those benches and contemplated life? Who sat there at lunchtime and told their best friends their most intimate secrets? Who sat down and crammed one last time for an important test? Who just looked around and wondered exactly what life might hold down the road?

One day recently my daughters sat on our couch and went through a box of old family photos and laughed so hard I felt compelled

to photograph them. Tears actually flowed as they looked at bad hairdos, plaid bell bottom pants and pitiful physiques ... all things we “wore” at the time and felt as if we fit in perfectly. And we probably did.

As the calendar turns the page into a new year, my hope is that people won’t turn

away from the printed picture totally. I understand the value in becoming a pretty-much paperless society, but I wish photographs could somehow survive the purge. I know the print of my children laughing will hang in a frame somewhere for all posterity to see, and the viewer will also be smiling.

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GCT TEACHERS HONORED

The Greene County Tech National Board Certification Board celebrates the re-certification of six National Board Certified teachers and welcomes two new teachers to the group.

Re-Certified National Board Teachers:

Meredith Baine teaches at GCT High School. She teaches AP Literature and Composition, AP Language, and English 11. She also serves as the Senior Class Sponsor. She has 19 years of educational experience and has taught 11 years at GCT. Meredith is a graduate of Ridgecrest High School, attended Williams Baptist College and Arkansas State University. She received a BSE in English Education in 1998, and an MSE in English Education in 2002 from ASU. Meredith stated, "I enjoy serving my community as I lead and teach in my church, West View Baptist. I teach in the children's department, and I cook and coordinate special meals at the church, sometimes cooking for 300-500 people."

Ray Stricker serves as a counselor at Greene County Tech High School. Ray also serves as a transportation driver at GCT. He has 28 years of educational experience with 10 years serving at GCT. He attended Mineral Area College, SEMO and ASU. He received a BS in Health and Physical Education in 1990 and an MSE in Guidance and Counseling in 1997.

Kim Webb serves as a Pre-AP Mathematics teacher at GCT Jr. High School. She has 26 years of educational experience with 24 of them serving in the GCT School District. She is a graduate of Ridgecrest High School, and attended Williams Baptist College, and Arkansas State University. She received a BSE in mathematics in 1992 and received an MSE from ASU in 2016 in Educational Theory and Practice. Kim also serves as a National Math and Science (AIMS) Institute Trainer.

Misty Drope serves as a Literacy Facilitator at GCT Intermediate School. She has 20 years of education experience and has

been with the GCT School District for 11 years. She is a 1994 GCT graduate and a 1998 graduate of Arkansas State University with a degree in Elementary Education. She received an MSE in Educational Theory and Practice in 2016 from ASU. Misty stated, "I am proud to be an educator, and I am thankful to do what I love at the place that I love the most."

Robin Stokes serves as a Preschool Teacher in the Greene County Tech School District. She has 22 years of educational experience, all in the GCT School District. She is a graduate of Corning High School and attended Harding University and ASU-Beebe and ASU in Jonesboro. She received an Early Childhood P-4 in 1994. She is also licensed to teach K-6, Business Technology 4-8, and Middle School Social Studies. She received an MSE in Education Theory and Practice from ASU in 2016.

Deborah Kiestler serves as a Business Teacher at GCT High School and as the High School FBLA Sponsor. She has worked

Congratulations on your Certification as a National Board Certified Teacher

Re-Certified National Board Teachers
Meredith Baine, Ray Stricker, Kim Webb, Misty Drope, Robin Stokes & Deborah Kiestler

Newly Certified Teachers
Chelsie Gill & Dalea Perkins

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at GCT for 19 years, serving as a bookkeeper for six years in the GCT Central Office. She is a graduate of GCT and received a BSE in Business Administration in 1997 from Arkansas State University. Debbie stated, "I am passionate about Career Education, and preparing students for college and careers. Teaching the classes of Accounting I, Accounting II, Computer Business Application, Insurance Risk Management and Investment and Securities, is a daily enjoyment. GCT FBLA has been recognized nationally as a Gold Seal Chapter and a National Outstanding Chapter with qualifying students attending National conferences across the U.S. for the past seven years. I truly love my job."

Newly Certified National Board Teachers:

Chelsie Gill teaches 2nd and 3rd grade Resource classes at GCT Elementary School. She has eight years of teaching, all in the GCT School District. She is a graduate of Paragould High School and a graduate of Arkansas State University with a degree in Special Education P-4.

Dalea Perkins teaches 3rd Grade at GCT Elementary School. She has 19 years of teaching experience, with seven years serving in the GCT School District. Dalea is a graduate of Marshall County High School and attended Freed-Hardman University and Bethel University. She has a Bachelors of Science in Arts and Humanities Degree in K-8 and received an MSE degree from Bethel University in Teaching and Instruction.

CLAES NOBEL EDUCATOR OF DISTINCTION



Kelly Clayton, a math instructor at Marmaduke High School, has been selected as a Claes Nobel Educator of Distinction by The National Society of High School Scholars (NSHSS). A role model to pupils, Kelly was nominated by a student for outstanding dedication and commitment to excellence in the profession.

Each year student members of NSHSS are invited to nominate the educator who has made the most significant contribution to their academic career for the Claes Nobel

Educator of Distinction award. The honor recognizes exemplary educators whose passion and devotion inspire their students to grow and develop as scholars, leaders and citizens. In addition to her classroom duties, Kelly is also the senior class sponsor.



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P A R A G O U L D

CHILDBIRTH PREPARATION CLASS

Mon. Jan 8 , 15 & 22
from 6 PM - 8 PM

Education Computer Lab in

Professional Office Building at AMMC

AMMC sponsors this preparation class series that provides detailed information about late pregnancy, preparing for labor and birth, comfort measures, importance of early skin-to-skin contact, medications, anesthesia, newborn characteristics and postpartum care while rooming in with your baby. This free class is offered to anyone who is expecting and is 5-8 weeks away from your due date. A tour of labor and delivery and the mother/baby unit is included. Registration is required one week in advance of class. Call the AMMC Lactation Services Department at 870-239-7013 or email baby@arkansasmethodist.org to register.

living with diabetes as well as guest speaker Matt Knight with Mid-South Health Systems. The event is free but a reservation is required. Please RSVP by Wednesday, January 24th by calling (870) 239-7016.

BREASTFEEDING CLASS

Mon. Jan 29 from 6 PM - 8 PM

Education Computer Lab in

Professional Office Building at AMMC

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. Registration is required one week in advance of class. Call the AMMC Lactation Services Department at 870-239-7013 or email baby@arkansasmethodist.org to register.

HEALTHY PREGNANCY CLASS

Tues. Jan 30 from 6 PM - 8 PM

Education Computer Lab in

Professional Office Building at AMMC

This is a healthy pregnancy class that can help ease the transition to parenthood for expectant mothers, their partner, and other family members. Topics include changes in early and mid-pregnancy; healthy lifestyle; coping with the discomforts of pregnancy; work-related issues; warning signs; and other information to help you have a safe, healthy, and worry-free pregnancy. This is a one-time class for expectant mothers who are prior to 16 weeks in their pregnancy. Registration is required one week in advance of class. Call the AMMC Lactation Services Department at 870-239-7013 or email baby@arkansasmethodist.org to register.

RETIREES MEETING

Fri. Jan 19 from 12 PM - 1 PM

Auditorium at AMMC

AMMC sponsors an employee retirees meeting every other month. This luncheon is held so that employees of the hospital who have retired have the opportunity to come together for good food, fun, and fellowship. This meeting's guest speaker is AMMC President/CEO Barry Davis.

COMMUNITY

DIABETES PROGRAM

Thurs. Jan 25 from 6 PM - 7:30 PM

Auditorium at AMMC

AMMC Certified Diabetes Educator Allison Hitt, RN, will explore healthy food and prepare and share diabetic-friendly, easy-to-make recipes. Come hear a patient's testimony about

SO I GOT THIS ENGAGEMENT RING FOR CHRISTMAS... NOW WHAT?

By Tara Piatt

So you got engaged over the holidays. Now what? Now begins the sometimes daunting task of planning for your wedding day and making decisions that can make your big day memorable ... and also expensive. First off, buy a few Bridal magazines that look interesting to start creating your vision. Wedding vendors agree that one of the most important things is to be organized. It helps to keep consultations short and to the point. Brides and grooms naturally want a wedding that allows their individual personalities to shine through. That's why they should show up to vendor meetings armed with clear ideas of what they want ... as well as some ideas that they don't want.

The Cake

Tracy Mothershed, owner of Something Sweet in Paragould, says the first thing is to stick to your budget and make sure your cake is appropriate for the number of guests you'll be serving. She also stresses the importance of bringing as much information as you can to the consultation. "If you already have a design picked out, that's actually a good thing! If you do not have a design picked out, try searching on Pinterest and Google for your cake keywords and see if you can find a vision. Then, get your cake designer to mix it up and create something original."

The Rings

Nelson Gotay, jewelry specialist, and owner of Gotay Jewelry Design in Jonesboro, says the trend is incorporating family pieces into something very special. He says, "Many

couples bring in diamonds and/or gold from family heirlooms. I can then use them to create a new ring like no one else's. The new ring is a testimonial to their love, their marriage and their newly combined families. It creates a living legacy."

The Dress and Bridesmaid Dresses

Although it's important to show up to the dress shop with ideas of dresses you like, Rebecca Speer, owner of Gorgeous U in Paragould, stresses the importance of having an open mind when shopping for the perfect dress. She says, "Sometimes they will have an idea of the dress they think they want, but it may not fit their body type. I can show the bride a dress that may look ugly on the hanger, but looks awesome on her."

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The Caterer

With so many consumers interested in eating healthy, the trend is to serve up fresh and nutritious options instead of gravy-heavy meals. And, surprisingly these light bites won't necessarily break the bank. Plus, it's easier to incorporate more fresh produce into the first meal of your married life. Lindley Pipkins, owner of Meals for Moms in Jonesboro, says, "Weddings are my favorite events to cater. It's such a blessing to be a part of the time when a couple starts life's biggest adventure."

The Photographer/Videographer

Most photographers have samples of his or her work on a website or Facebook page that you can check out to get a feel for how you want your wedding day memories to be saved on film. Ask married friends what photographer and videographer they used as well as what they liked or disliked about the service to decide who you can trust to capture your special day.

The Flowers

According to thespruce.com, it's important to share your ideas for floral arrangement and color choice with your potential florist. You also need to take your church and venue into account so that your flowers won't clash with the decor of the room.

"Bring swatches of the bridesmaid dress fabric, pages from magazines with bouquets and floral arrangements that you like, the type of container you'd like to use, and any ideas you may have. Create a Pinterest board of your favorite wedding flower ideas and share the URL with the vendor in advance of your meeting."

The site also says to make appointments with at least three florists and check out the arrangements they have in their shops.

With the growing number of blogs and website information available, it's easier than ever to look at ideas and get a feel for what you want your wedding day to look like. Before each consultation, arm yourself with pictures and color schemes so that you can actually show the vendor your ideas. But, as with almost any big decision, keep an open mind and let the professional give you their best ideas as well. That way you're sure to create the wedding day that is personalized and marked with your special signature.

Some good blogs to consider reading: theeverylastdetail.com, www.theknot.com, apacticalwedding.com, www.bridalguide.com/blog, www.honeyfund.com



An advertisement for Gotay's Gallery of Custom Jewelry Designs, LLC. It features a large, square-cut diamond in the center, surrounded by many smaller diamonds of various cuts. The text "Drop the hint" is written in a cursive font above the diamonds. At the bottom, the company name "Gotay's" is written in a large, elegant cursive font, followed by "GALLERY OF CUSTOM JEWELRY DESIGNS, LLC" in a smaller, sans-serif font. Below that, the address "2604 E Nettleton Ave. Jonesboro AR" and phone number "870-972-8743" are listed, along with a Facebook logo and the text "Find us on Facebook". There is also a logo for "AGS" (American Gem Society) in the bottom right corner.

PLANNING CHECKLIST!

By The Knot

Once the initial shock of being engaged wears off (and you take a second to peel your eyes away from the new ring on your finger!), you'll need to start making decisions. Here are the 11 most important things you need to do to really kick off your wedding planning.

Set a Timetable

The minute you get engaged, everyone will be asking for your wedding date. But in reality, you won't be able to set an exact date until other major decisions—like choosing (and booking) your venue—are made. So first, focus on determining a range of dates that'll work for you. The average engagement lasts 15 months, but also think about what season you'd prefer, any major holidays or family events you'd like to avoid conflicting with, and how long you predict you'll need to plan.

Dream Up Your Style and Pick a Location

Before you try on a single gown, book a band or sample a bite of cake, look at the big picture and imagine what kind of style and vibe you want to set for your wedding—and where you want to hold it. Close your eyes and picture your fantasy wedding. What do you see? Is it a candlelit ceremony in a mansion? Are you walking barefoot on a beach in the tropics? Or maybe it's in your hometown's botanical garden. While you're picturing your perfect wedding, here

are some key questions to consider: Big (everyone you know) or small (just close friends and family)? Outdoors or in? Home (one of your hometowns or your current city) or away (a destination wedding)? Modern, classic, romantic, vintage, rustic or all-out glam? Fancy, casual or somewhere in between? To help you get a better idea of what you want (and what you don't want), spend some time gathering inspiration. Check out magazines, books and real wedding photos online, but don't limit yourself to the obvious sources. Something as unlikely as a wallpaper pattern, a scene from a favorite movie, or a family heirloom can spark your creativity. Bottom line: Always keep your eyes open for inspiration.

Set Your Budget

Sit down with your families and figure out how much everyone is contributing. This number will affect every decision and purchase you make, so be sure to work out your budget before you start planning with our online wedding budget tool. It can be an uncomfortable conversation to have, but it's better to get it out of the way now so you have a realistic picture about what you can spend.

Draft a Guest List

As you begin to build your guest list, you'll need to consider a number of factors. If you have a particular ceremony or reception site in mind, for instance, you're going to be limited by how many people it can

accommodate (you can't squeeze 300 people into a lighthouse). Would you rather have quality one-on-one time with each guest or throw a once-in-a-lifetime party for all your friends and family? If Mom and Dad won't budge about inviting throngs of friends and family, you'll have to hear them out—especially if they're footing a major part of the bill. Keep in mind that more guests means higher prices, as catering costs are generally calculated on a per-head basis. So, in addition to location, your budget will have a big influence on the size of your guest list.

Register (Before Your Engagement Party!)

Worried that you'll look gift-grabby if you register too early? Don't! With all the engagement parties, showers and well-wishing relatives in your future, everyone will appreciate your foresight. And although gifts are optional for engagement parties, some of your guests may want to give you something to commemorate the occasion, so register for at least a few items beforehand so they don't have to ask (or guess) what you'd like. One thing to note: Don't include registry information in your engagement party invitations or in any other formal manner. Stick to using word of mouth or links on your wedding website.

Insure Your Engagement Ring

No matter how careful you are, the peace of mind that engagement ring insurance will give you and your fiancée is worth it. There are two basic ways to do it: As an



extension of your renter's or homeowner's policy (which would reimburse you for a set amount of cash if you lose the ring), or through a company that specializes in jewelry insurance (which might offer more coverage than a standard homeowner's policy by replacing a lost or stolen ring).

Choose Your Wedding Party

Now it's your turn to propose to your bridesmaids and groomsmen. Remember, the earlier you ask, the sooner you can enlist their help. And keep in mind that your wedding party is agreeing to spend their money and donate their time—be considerate and kind by informing everyone about all your plans (including costs for attire, bachelor and bachelorette parties and more), showing them a good time and making sure they know how much you appreciate them.

Consider a Consultant

If you're a super-busy couple, have demanding jobs or have big (read: complicated) dreams for your wedding weekend, then you should hire a full-time wedding planner to help you prepare your entire event, from the engagement party to the honeymoon. You can also hire a part-time consultant to devise a wedding blueprint—

including budget, schedule, and lists of good vendor and site choices—before you launch solo into the preparations. Another option is a day-of coordinator, who will make sure everything goes smoothly on your wedding day. (Find a consultant in your area with our local wedding vendor search.)

Book a Venue (and Set Your Date)

Your reception venue will become the backdrop for virtually all your photos and can influence everything from heavy hitters like your budget and guest list to smaller details like your menu (if you choose a venue with in-house catering). Ensure that you get the look, price and extras you want by scouring local listings, shopping around, scheduling visits and booking early. Bonus: By signing your venue contract, you will officially have your wedding date (congrats!).

Hire Priority Vendors

If you just can't imagine getting married without a certain local band playing at the reception or a photographer whose work you love, act fast. Many top wedding photographers and other in-demand vendors are hired more than a year in advance, and once they're booked, they're gone. Translation: Figure out what your highest

wedding priorities are, whether it's world-class catering or exquisite flowers, and snap up the vendors whose work you love.

Shop Dresses!

Begin your search by browsing dress photos online (and saving your favorites—you'll want to take them with you to your appointments). Then, learn the lingo before setting foot in a dress salon. Read up on silhouettes, necklines, trains and hues that might flatter you. The season will also affect your choice. Getting married in the sweltering summer? Go with lightweight fabrics such as chiffon, linen or organza. Having a winter wedding? Brocade, faux fur and velvet will keep you warm. Satin, shantung, silk and tulle are perfect year-round.

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LOVE AND FLOWERS

Molly Stoll and Cody Hutchison

Cody and Molly met through their common love of music. They were both in band throughout high school. "I remember the first time I noticed Cody was when he was playing a solo with the band. Normally, I would have been very focused on my own part, but after hearing him play for a couple of seconds, I was hooked." After taking a group trip to Disney World in Orlando, Molly and Cody began dating.

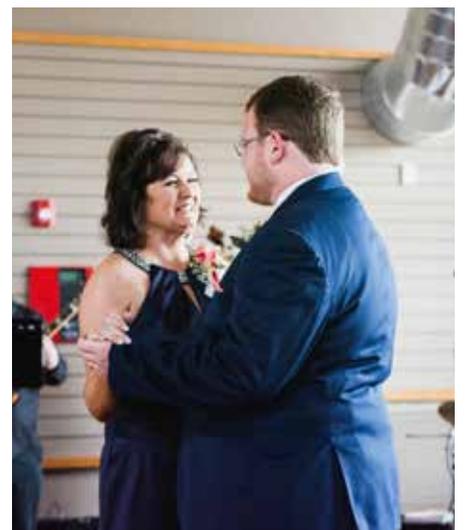
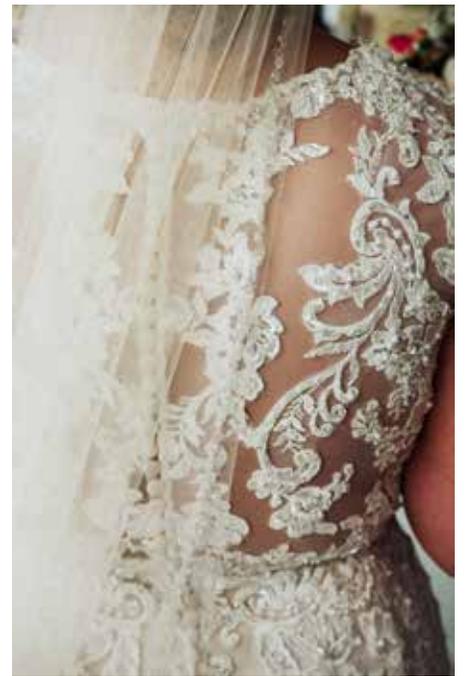
During their final year of college at Arkansas State, Cody proposed to Molly at the Memphis Botanical Gardens. He got down on one knee in the Japanese Garden and surprised Molly. The event was very romantic and heartfelt and they enjoyed the rest of their evening celebrating in downtown Memphis.

On June 4, 2017, Molly and Cody got married in the Gardens at Harmony, located in Jonesboro. "It was the perfect place to get married because the staff is amazing and the venue is so beautiful." Their wedding had an abundance of flowers with Southern touches that made it a memorable day. Another memorable moment for the couple was having Molly's grandfather, John Stoll, officiate the wedding. It was sentimental to the couple to have someone who knows them so well and has watched the couple grow over the last six years.

Cody and Molly spent their honeymoon in a house on Ochlockonee Bay in Florida. The couple recently moved to Northwest Arkansas where Cody is now in graduate school at the University of Arkansas and Molly is a band director at a nearby school.

Photographer: Ashley Orr





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GET RICH

with Richard Brummett

The other day I had to make a copy of a document and when the paper emerged from the printer I realized it was not a pristine page but rather one that already had figures on its back side. If anyone understands the importance of checking both sides of the page, it should be me.

When I was a fourth-grader at Woodrow Wilson Elementary School, I was a straight-A student, a teacher's kid. But I was not studious; I was sportious. To me, school consisted of morning recess, lunchtime recess and afternoon recess with some obligatory classes woven in just to make us appreciate play time more. I was an excellent speller, good with grammar and math -- until they started throwing in "word" problems that required me to think -- and fine in all other subjects. I retained knowledge well, remembering things that were said by the teacher, so I made really good grades without studying much.

For the first few years of my life I lived in the country and the only sport I knew about was baseball, because that was my dad's game and it's what we played in his spare time. Since becoming a city boy I had been introduced to things like basketball, kickball and football, though Mom wouldn't let me participate in the latter and judging by all the bloody lips, bent up fingers and torn shirts the other boys sported, I was sort of

glad she didn't let me play. But kickball was a lot like baseball, with pitchers and batters and fielders and baserunning, and I loved it. Just as I was coming to bat on this particular day, the bell rang to send us back to class, meaning that when the final recess started I would be first up.

We went back to class and I continued to glance at the cardboard box near the door, the one containing the maroon kickball, and I envisioned myself leading off the final recess by kicking it sky high, over everyone's head and darn near down to Court Street as I circled the bases in my home run trot. The fact that we had a Social Studies test to get out of the way first was of little consequence. I had read over the material covered and knew it well, so I zipped through the questions in record time and waited for the recess bell. When it rang, Mrs. Lassiter told us to pass our test papers forward and as soon as we were released I sprinted for the ball and headed for the playground, arriving well ahead of the others and probably jogging back and forth like a boxer waiting for his bout to start. I was ready, and when classmates finally showed up most were shaking their heads and saying how hard the test had been.

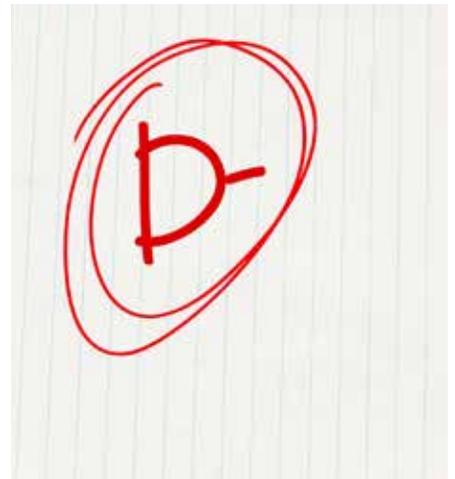
"Really? I thought it was easy," I said.

"The questions on the front were," one responded, "but those on the back were hard."

The back? There was a back?! And so I ran. I sprinted back to the school building and

up the steps, taking two at a time, all the while building an excuse I could give Mrs. Lassiter for not having finished the test. Our desks were arranged in sets of four and I was grouped with Bobby Vaughn, Whit Whitsitt and Allan Yearry, and there had to be a reason she put the four of us together and situated us right in front of her desk. Surely, I could blame it on one of them and she would understand.

Didn't matter. When I hit the top of the stairs I saw my mother exiting the teacher's lounge, holding my test paper that had a giant red "D" on it. She curled her finger and motioned for me to join her, then she led me to my desk and made me read my Social Studies book for the remainder of the recess. To this day I care very little for Social Studies but at least I have learned to check both sides of the paper before going to play.



Include your pets in your New Year's resolutions!
Take advantage of discounts on senior pet wellness packages throughout the month of January.

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January

2018 Kids' Events

6

Tales & Trails Storytime

When: Saturday, Jan. 6, 10:00AM
Where: Children's Library, Jonesboro
315 W Oak Ave., Jonesboro, AR
Info: www.libraryinjonesboro.org

6, 13, 20, 27

Creature Feature

When: Saturdays 10:00 AM
Where: Crowley's Ridge Nature Center
600 E. Lawson Rd., Jonesboro, AR
Info: www.crowleysridge.org

3, 10, 17, 24, 31

Story Time

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



Leanne Dodd is ready to turn the page on the calendar and see what a new year holds. Leanne, 3, is the daughter of Joseph and Jordan Dodd of Marmaduke.

January

EVENTS CALENDAR

02

What: Ballroom Dance Lessons

When: Tuesday, January 2nd 7:30 PM - 8:30 PM

Where: Christie McNeill Dance Studio, Jonesboro

Info: Introduce students to ballroom dance as a social/recreational or competitive activity, with the goal of leading to an active lifestyle. This course provides the basic skills and information necessary to develop and continue one's interest in ballroom dancing. The class is for 4 weeks (or 4 lessons). \$50 per person for the 4 weeks or \$25 per person per class. Workout clothes will be best for this class.

06

What: 3rd Annual Paragould FFA Alumni Chili Cook Off Dinner & Auction

When: Saturday, January 6th 5 PM

Where: Greene County Fairgrounds, Paragould

Info: It's the beginning of 2018 and the Paragould FFA Alumni want to start it off with a savory Chili Cook Off Dinner and Auction. The cost is \$5 per person to taste a sample of each team's chili then cast your vote for "Crowd Favorite" as you enjoy a bowl of your favorite chili of the evening. Judging will begin at 5 PM followed by an auction at 6 PM. The event will be held at the B.C Lloyd Building at the Greene County Fairgrounds.

07

What: New Beginnings Party

When: Sunday, January 7th 2 PM - 4 PM

Where: Crossroads Church SHE, Paragould

Info: SHE is excited you're at Crossroads & we want to fellowship with you with a New Beginnings Party! The night will begin with refreshments, games and fun. A prayer for the upcoming year will close out the night. Admission for the event is one item to donate for the next Outreach event Crossroads Church SHE is hosting. This item can be fuzzy socks, chap stick, warm scarves, etc.

What: Gail Garrett and Pat Tippen Concert

When: Sunday, January 7th 5 PM

Where: First Assembly of God in Senath, MO

Info: Gail Garrett and Pat Tippen are brother and sister from Kennett. They have sung many

places around the Bootheel. Gail and Pat are volunteering their talents for this cause. The churches of Senath thank them. Come hear good music, worship with others, and contribute to help the needy.

13

What: Benefit Fundraiser for Jason Country Barnhill

When: Saturday, January 13th 11 AM - 3 PM

Where: Hyde Park Cafe, Paragould

Info: A Benefit Fundraiser for local Arkansas resident Jason Barnhill will be held in Downtown Paragould's Hyde Park Cafe. The fundraiser is to aid Barnhill's fight against Melanoma and to raise awareness about the threatening disease. Visit Hyde Park Cafe's Facebook page to learn more about the event.

What: Cluster III Founders Day 2018

When: Saturday, January 13th 11 AM

Where: Reng Auditorium, Arkansas State University

Info: The Jonesboro Alumnae Chapter of Delta Sigma Theta Sorority, Inc., is celebrating 105 years of public service with guest speaker Min. Angela M. Cooley, D. Min. This event is open to the public.

20

What: Polar Plunge 2018

When: Saturday, January 20th 12 PM - 5 PM

Where: Jonesboro Elks, Jonesboro

Info: Members & guests, please join us on Saturday January 20th, for the Polar Plunge®, which is a fundraiser in which individuals and teams take the plunge into various bodies of water...typically cold water to raise money and awareness for Special Olympics Arkansas! Participants must be at least 12 years of age and raise a minimum of \$50 per person. Registration begins at 12 p.m., with silent & live auctions at 12:30 p.m., followed by the Polar Plunge at 2:30 p.m. and the Awards Ceremony to conclude the event. For more information please contact: Theresa Book: 870-598-4908 or by e-mail at theresa@specialolympicsarkansas.org.

What: 4th Annual A Red Carpet Murder

When: Saturday, January 20th 6 PM

Where: Centennial Hall, Arkansas State University

Info: Join The Foundation of Arts for a night of dinner, dancing, gaming and mystery. Cocktail hour begins at 6 PM and dinner begins at 7 PM. For more information and tickets, call (870) 935-2726 or visit foajonesboro.org.

27

What: Paragould Polar Plunge

When: Saturday, January 27th 11 AM

Where: Crowley's Ridge State Park

Info: Join the Paragould Polar Plunge to benefit Special Olympics Arkansas. Registration will begin at 11:00am -12:30pm, with the Plunge starting at 1:00pm. The Polar Plunge is a wild, crazy, fun event and a great way to show your community support. So grab your friends, neighbors and co-workers and form a team. Individual plungers are also welcome. For more information go to: www.specialolympicsarkansas.org. Warm up after the plunge at Walcott Baptist Church with a bowl of chili, soup, or dumplings

31

What: Send Me 5th Wednesday Youth Rally

When: Wednesday, January 31st 6 PM - 9 PM

Where: Ignite Student Ministries, Harrisburg

Info: Youth Pastors from Harrisburg are hosting this event. It will take place at Harrisburg First Assembly of God in Harrisburg, AR. It will be a great time to meet with other student believers. All students grades 7-12 are welcome to come. Sponsored by: First Baptist of Harrisburg (B.J. Chatman), Calvary Baptist of Harrisburg (Casey Goode) Cornerstone Baptist of Harrisburg (Matt McLeroy) & Harrisburg First Assembly of God. (Michael Kimble)

To have your calendar items included in Premiere Magazine, email information to:
graphics@mormediainc.com



NEA ARcare Retired and Senior Volunteer Program (RSVP) is serving your community by focusing on HEALTHY FUTURES, DISASTER TRAINING, and OTHER COMMUNITY NEEDS

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GAMBLE HOME SHOPPING SPREE GIVEAWAY

Last month, the \$3,000 Gamble Home Shopping Spree Giveaway, held by Jill Radio, resulted in Jessica Wright being our winner!



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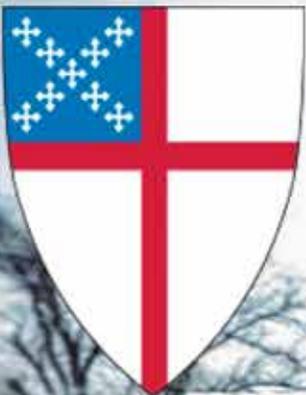
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KEEPING YOUR RESOLUTIONS

BY CHUCK LONG

2018? Really? I cannot believe it is once again time to change the calendar and start a new year. With the turning of the page, many want to make changes in their lives to better themselves, their health and their outlook and what better place to do those things than outside. Let's get the ball rolling on a few resolutions for 2018, with an outdoor twist.

Many folks say they just want to feel better and the outdoors can provide some great medicine to reach that result. Sunshine and fresh air are both proven to promote better health. Numerous studies have proven that time outdoors can help both young and old live healthier, happier lives. Time spent outdoors has also been linked to an increase in creativity, brain function and concentration. Make it a goal to spend a little more time outdoors this year, to improve your health.

One of my favorite memories as a child was the gardens that my both sets of my grandparents cultivated, nurtured and harvested to provide food for the family. Take some time in the upcoming year and grow something to feed the family. It could be as simple as one tomato plant, a small container garden or it could be a full blown vegetable patch. Dig a little in the dirt, plant some seeds, feel the satisfaction of watching them grow and then enjoy the fruits of that labor on the table. If your green thumb is a little brown, find some nature grown goodies to fill your pantry. Blackberries, mushrooms, pecans, muscadines and many other assorted fruits or nuts can be found in fields and forests of the Natural State.

Get outdoors and travel Arkansas in 2018. We are truly blessed with vistas that range from cypress swamps to stately mountains. There are 52 state parks, four Arkansas Game and Fish Commission operated Nature Centers, as well as many other visitor centers or parks operated on a local level. Many AGFC Wildlife Management Areas offer great opportunities to view birds and other wildlife. There are great opportunities to see everything from elk to bald eagles and with a little research and road time, these trips can be very rewarding.

Of course I have to talk a little about hunting and fishing and as we enter the new year and there are some things we can do to help us be more effective at both activities.

Make it a point to spend a little time in maintenance on fishing equipment. Rods, reels, and other tackle can benefit from a little care in as we head into spring. New line, a smooth reel, and sharp hooks will help insure that the big one does not get away this fishing season.

Learn a new fishing technique or a new body of water in the upcoming year. Try a jerkbait or jig in the cold waters of the White, Norfork or Little Red rivers to catch a trophy brown trout. Use a jigging pole to catch crappie or bream in an oxbow or try an ultralight in a stream for smallmouth and rock bass.

Hunting also offers great opportunities to try something new, or bring back some old traditions or techniques. Make an effort to spend a little more time on small game including squirrels, rabbits and doves. The

focus of hunting has shifted heavily to deer or ducks over the last few years, but many of us got our start with much smaller game. A morning of squirrel hunting in the calm, cool woods can refresh the hunting soul and hone hunting skills as well.

Make an effort to practice more with the bow, shotgun or rifle to insure a quick, clean kill. Also, learn basic techniques for cleaning game after the harvest and then spend a little time learning more about cooking wild game taken in the field and enjoy it on the table.

As for me, I hope to follow through with many of those mentioned above and have a few more to add to my personal list. I have been very fortunate to enjoy many, many days outdoors and I plan to focus more on the peace and relaxation the outdoors offer. With that being said, I also plan to be better prepared, work harder, sit longer and be more attentive when out there.

One thing that has been on my mind over the last few months are the many fellow outdoorsmen that I have gotten to share time with over the years. It could have been in a fishing boat, duck blind, deer camp or behind a good set of dogs, but all those folks have shaped me and my enjoyment of the outdoors in some way. The list is long and they come in all ages and I hope to use 2018 to get with some of those guys and gals and spend some more time with them chasing something for supper.

I wish each of you a very Happy New Year and I hope you can make 2018 a great year. I truly believe some time outdoors will help with that. God bless and I hope to see you out there!



CHUCK LONG
Regional Education Coordinator
Northeast Education
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2017 NEA BAPTIST DUCK CLASSIC

The NEA Baptist Charitable Foundation has announced that the 15th Anniversary Duck Classic raised \$593,000 to benefit the newly formed NEA Baptist Center for Good Grief and the five other programs of the Foundation.

“We are proud that the 15th Anniversary Duck Classic has continued the tradition and has had another record breaking year,” said Brad Parsons, CEO, NEA Baptist. “All of the money raised through this event stays local and allows our Foundation to continue providing much needed services and resources to our community, free of charge. On behalf of NEA Baptist, I would like to thank our local and national sponsors, our landowners, hunters, donors, banquet attendees, steering committee and volunteers. Their support has been instrumental in the success and growth

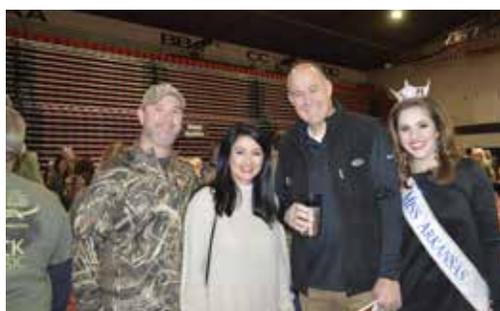
of this event and it would not be possible without them.”

The Thursday evening banquet saw attendance rates of approximately 1,650 people, including attendees and hunters from a ten-state radius. The Grand Classic Raffle Duck Truck winner was Boyd Cardwell of Jonesboro, AR, and the 2018 Polaris Ranger winner was Shannon Whitner of Monticello, GA. Nearly 200 silent and live auction donated items brought in over \$55,000 of the total money raised. The 2008 Chevy Silverado Duck Truck was donated by Glen Sain, with more than \$10,000 worth of accessories added by DNW Automotive. The 2018 Polaris Ranger 900XP was donated by Barton Powersports.

Twenty nine teams made up of four hunters each braved the frigid temperatures Friday

morning to compete in the duck hunt. Teams and hosts gathered at DNW Outdoors after the hunt for the Hunter Check-In Event. At this event dice are rolled to assign a value to each duck species and gender. Scores are tallied up for each team and the top three scoring teams are announced as winners. This year, the first place team won \$1,000 each in merchandise, donated by Drake. Second place won Banded waders and Third place winners won Frog Togg waders; both second and third place prizes were donated by DNW Outdoors.

The 2017 Duck Classic winning teams and hosts are: **First Place Team** - Conway Regional - L to R Dennis Noel of DNW, Thad Hardin, Josh Robinson (not pictured), Adam Harrison, Jim Rankin, Matt Fiddler, Matt Thompson - Guide (not pictured), Brad Parsons, CEO, NEA Baptist. **Second Place Team** - NECA #3 - L to R Dennis Noel of DNW, Bill Dooley, Jeremy Edgar, Jeff Edgar, Jason Dooley, Tyler Kirklin - Guide, Brad Parsons, CEO, NEA Baptist. **Third Place Team** - Lite Quakers - L to R Dennis Noel of DNW, Robert Barnes, Chip Youngblood, Ryan O'Connor, Scott Holden - Guide, Buddy Griffin (not pictured), Brad Parsons, CEO, NEA Baptist.



DUCK CLASSIC

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For more information, visit www.downtownparagould.com, call (870) 240-0544, or visit the office at The Caboose on East Emerson Street.

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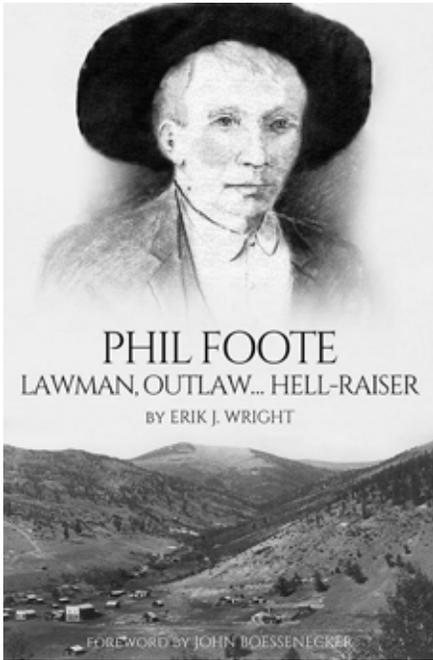
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PHIL FOOTE

BY ERIK WRIGHT



Phillip Foote has all but been forgotten in the annals of outlaw-lawman history. However, seasoned historian Erik Wright has worked to uncover the life of this dangerous frontier figure and has traced his career as a lawman in the high mining camps of Colorado to that of an outlaw and hired gun in Montana, Utah, and Nevada.

At times, Foote was lauded by the local press as “brave” and “heroic” while at other times he was publicly berated as a “bad” and “deadly man.”

Erik Wright serves as the assistant editor of The National Tombstone Epitaph. He is the recipient of the 2016 Wild West History Association Award for Outstanding Article on Western History and has authored dozens of popular and scholarly papers on frontier history. His previous books include Main Street Mayhem: Crime, Murder & Justice in Downtown Paragould: 1888-1932 and Gamblers, Guns & Gavels: A Study of Crime, Violence and Murder in Early Tucson and the American Southwest.



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WEDDING ANNOUNCEMENT



Baylee Ewing & Cameron Adkerson

Paragould couple Baylee Ewing and Cameron Adkerson announce their plans to marry next spring on April 29th of 2018.

The young couple would like to marry at The Studio venue in Walnut Ridge, Arkansas. Baylee's parents are Ronnie and Tammy Ewing and Cameron's parents are Greg and Kelly Adkerson.

Photographer: Katie Alger

BIRTHS



Fowler Paul Roberts

Fowler Paul Roberts was welcomed into the world on November 29th, 2017, at St. Bernards Hospital to proud parents Gabe and Megan Roberts. Fowler weighed 8 pounds, 2 ounces and measured 21 inches in length.

Fowler's grandparents, Harry and Lara Hurst, Heath and Tracy Roberts, and Mark and Lisa Fowler welcome him along with his great-grandparents, Wallace and Jama Fowler, Bob and Karen Peevey, and James Roberts.

Photographer: Meredith Benton Photography

SUBMIT YOUR ENGAGEMENT, WEDDING OR
BIRTH ANNOUNCEMENTS FOR FREE
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2017 ARKANSAS STATE FAIR RESULTS FOR GREENE CO.



9 year olds- Hudson Tritch, 2nd. 10 year olds- Emma Kelley, 5th. 11 year olds- Ellisa Vaughn- Champion in Div. 12 year olds- Wil Exum, 2nd and Kayla Cossey, 5th. 13 year olds- Drake Williams, 4th. 15 year olds- Mathew Exum, 2nd. 16 year olds- Jessica Griffin, 1st and Champion Over-all, \$500 Scholarship. 17 year olds- Katie Head, 2nd.

Goats: 13th over-all market goat-Andy Agee, \$950 scholarship.

Sheep: 12 th over-all Market Lambs- Natalie Lentz, \$750.

Cattle: Anna Scarborough- 4th place steer. Baylee Mangrum- 3rd place steer. Grand Champion Shorthorn Plus Heifer in Jr. and Open Show, First place Shorthorn heifer in Jr. Show, Jr. Yearling Div. Champion in the Open Show, Reserve Champion Maintainer heifer in Jr. and Open Shows.

Greene County Purple Circle Winners at the Arkansas State Fair: Baylee Mangrum-1. Katie Head-1. Jessica Griffin-4. Rayliegh Gonser-1. Mathew Exum-1. Andrew Ellis-1. Hudson Tritch-1.

Since 1940, the Arkansas State Fair features fun for the entire family including a large variety of food vendors, carnival, midway rides, livestock show, arts and crafts, rodeo and musical entertainment featuring top names performers. October 12th marked the beginning of the 78th Annual Arkansas State Fair. The winners of the livestock show were determined by professional, well experienced and nonbiased Livestock Judges. Top winners recieved a scholarship fund and ribbon for their prized livestock.

Winners include:

Broilers: Grand Broilers-Mathew Exum, \$4100 and \$12,000 scholarship. Reserve Broilers-Andrew Ellis, \$3450 and \$12,000 scholarship. 3rd place Broilers-Amber

Lagace, \$1450 scholarship. 4th place Broilers-KayLynn Denzer, \$1200 scholarship. 6th place Broilers-Layne Kelley, \$700 scholarship.

Rabbit Fryers: Grand Champion Rabbit Fryer, Jessica Griffin, \$1350. Reserve Champion Rabbit Fryer, Jessica Griffin.

Hogs: Grand Champion Market Hog, Katie Head, \$10,350. Reserve Champion Market Hog, Jessica Griffin, \$7700. 4th over-all market hog- Katelynn Copelan, \$2700. Champion Duroc Market Hog-Rayliegh Gonser \$600. 5th over-all Hampshire Market Hog and 15 over-all-Hudson Tritch, \$1050 scholarship. 23rd over-all market hog- Ellisa Vaughn \$800 scholarship. Grand Champion Yorkshire Gilt, Hudson Tritch.

Swine Showmanship winners:

HAPPENINGS



The Greene County Tech School District is very appreciative of the recycling bins generously donated to all classrooms in grades K-1 at GCT Primary School and grades 2-3 at GCT Elementary School from the Paragould Future Fund and the City of Paragould. Students pictured are in Mrs. Ashley Robbins' 1st grade classroom as they are displaying pictures they drew about the unit on recycling they are studying.

PARAGOULD MAN'S LIFE CHANGES

Sometimes, a life-changing jackpot comes at just the right time – such as when your life has recently changed for the worse. That's what happened to Anthony Vaughn of Paragould. The Vaughn family – Anthony, his wife, Samantha, and their three children – was one of several in Paragould affected by a large grass fire Nov. 28. Homes and vehicles were damaged in the blaze, including the home and three vehicles of the Vaughns. He

burned his arm going back in the house to rescue his dog, while his cats “scattered,” and he even lost a chicken to the fire.

But on December 6th, Anthony's luck changed. While at Jordan's Kwik Stop #22 on Kingshighway in Paragould to buy gasoline, the store clerk urged him to get one of the new instant tickets that had just launched that day. He only had \$5 left after paying

for gas, so he bought a \$5 Multiplier Money instant ticket. He scratched it -- and promptly won one of the game's \$100,000 top prizes. Now, he's looking at buying a new house in Greene County and replacing his wife's car, as well as some of the other things they'd lost in the fire. Life can change in an instant, as the Vaughn family of Paragould knows all too well. Congratulations to them!

PJ MOVIE NIGHT ASTATE GRADUATION



Kids were treated to the movie “Polar Express” while they watched in their PJs at the end of a semester of kids choir and Bible study at First United Methodist Church. Jame Cook is the Director of Children's Ministries.



Arkansas State University Chancellor Kelly Dampousse conferred a record 1,474 diplomas during the fall graduation ceremony. Graduates from six colleges including Agriculture, Engineering and Technology; Business; Education and Behavioral Science; Liberal Arts and Communication; Nursing and Health Professions; and Sciences and Mathematics received doctorate, bachelor, master, specialist and associate degrees.

TENNIS TEAM HONORED

The Paragould High School Senior High Fall Athletic Banquet was recently held at the Paragould Community Center. Senior high athletes from the tennis team were honored for their achievements.

Picture one, from left: Anna Gazaway: Girl's Most Improved Player; Madi Wood: Girl's MVP; Claire Phillips: Ram Award; Jonah Treece: Boy's Most Improved Player; Derek Shollenbarger: Boy's MVP; Cole Edwards: Ram Award.

Picture two: Tennis Players named All Conference and State Qualifiers

Left to Right: Madi Wood, Claire Phillips, Blaine Wood, Jonah Treece, Derek Shollenbarger, Cole Edwards, and Jenna Brittingham.



WELCOME MCCORMICK



KAIT is pleased to announce the return of Bryan McCormick to the Region 8 News team. Bryan will be joining Mallory Jordan and Justin Logan on the anchor desk weekday mornings on Good Morning Region 8. Bryan joined the KAIT team originally as a meteorologist in 2011. Most recently he has been a meteorologist at our sister station KFVS in Cape Girardeau, MO, since 2013. Bryan is a native of Caraway and his wife Rachel is a native of Paragould.

A NEW HOME FOR HABITAT FOR HUMANITY



December 8, 2017: Habitat for Humanity of Greater Jonesboro has completed construction on its 20th Habitat Home in Jonesboro. The Moreno Family, Nayda and her one daughter, moved into their new home before the holidays. The family was selected as Habitat homeowners after applying and meeting Habitat's qualifications. Selected families partner with Habitat for Humanity where they have to complete at least 250 volunteer partnership hours by helping construct their home and by completing homeownership education courses. After



moving into the home partner families pay a zero-percent interest mortgage payment monthly and those funds are put back into building more homes for families in need.

This house was originally donated to Habitat for Humanity in 2016 and reconstruction on the home began in summer 2017. Funding for the project was provided by individual donors, monies from fundraising events, and a \$30,000.00 Community Development Block



Grant awarded by the City of Jonesboro.

Habitat for Humanity and the City of Jonesboro worked hand-in-hand to see that another family was served through Habitat's Homeownership Program.



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What's in store next month?

AMMC Foundation Gala



Stay Tuned for more details on the AMMC Foundation's Masquerade Ball and how the fundraising efforts of the Ambassadors help the local medical center improve services and facilities.

Heart Healthiness



February is all about Hearts...Heart Healthiness from the inside and out as we gather tips to keep your heart healthy.

Valentines Day



Speaking of Hearts...check out the February edition as our advertisers show you how to show your LOVE this Valentine's Day. Flowers; Chocolates; romantic dinners or one of each! And don't forget Him Gals...massages and more!

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