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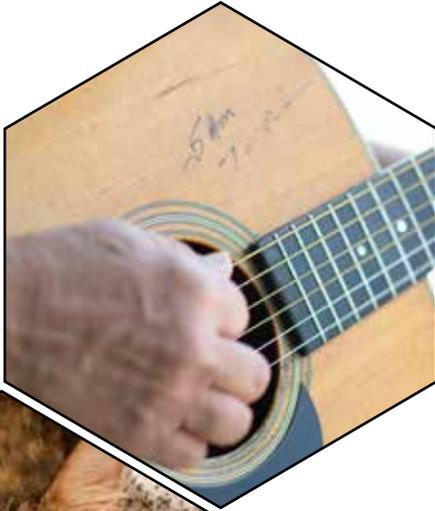
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From The PUBLISHER... DINA MASON

“

“Quality of Life” means something different to each person asked but most everyone agrees that a good quality of life boosts a community. We have asked Lindsey Mills to compile a report on each of the communities we serve, and her first installment is in this edition on Jonesboro, with Paragould to follow in the September edition.

August is here and it is already Back to School and Football season. Richard Brummett’s passion for sports has had him wanting to incorporate football in an edition of Premiere so he brings you some insight into the local teams and the 2019 season.

Fall is my personal favorite season and I look forward to this half of the year of Premiere topics as we look at heroes in our community -- Pink Heroes -- in October -- Veteran Heroes in November -- and Philanthropic Heroes in December. We have some in mind but if you know of others, we would love to consider their stories for publication. Let us know with an email to dina@mormediainc.com

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IN BETWEEN

BY LINDSEY MILLS



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"I've got my life together." This is what ninety-nine percent of posts on social media seem to be saying to the rest of the world. As a consequence of living in this digital age, most of us are left wondering, "Why don't I have my life together?"

Then we try to make it look like we do, in fact, have our life together. Guilty! Let me try to clear something up: no one has it together. Not you, not me, not that friend who's really just an acquaintance whose posts you see sometimes, and not the influencer who appears to be living his or her dream life. One more time: no one.

How do I know? Post college I realized I didn't know what was next. I (very shyly) expressed this concern and had some very open and honest conversations with those close to me. I realized they were quite unsure, too. I opened up a bit more; I told a few more people. People I didn't actually know that well voiced similar feelings. *Huh, I thought, maybe everyone feels this way?*

I started a blog and I began asking people for interviews where we talked about life, adventure, and coping with this "in-between" feeling. Each interview confirmed this fact: we're all trying to figure out what the heck comes next and no one has his or her life together!

What's the number one piece of advice shared by explorers, world travelers, business owners, and students alike? Many say, nearly to a T, what they'd tell everyone feeling lost, scared, and not like they have it together: You're not alone. Everyone feels this way.

Also, it's probably never going to go away. You're not going to get it together. So forget about trying to fill in the gaps. Stop trying to become more comfortable. Settle into the in-between and accept that pretty much your entire life will be spent trying to put it together... and that's okay.

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What is the Bridal Expo?

By Rick Steiner
SEG Event Group

SEG Bridal Expos were designed so the bride could plan her day while at one of our bridal expos. Our goal, from the beginning, has been to target a limited number of vendors who are the better vendors in the area. This allows vendors at the expo who have the experience and knowledge to assist a bride in making her plans. Many brides will attend the expo as their first step in the planning process, while other brides come looking for a specific vendor type needed to complete their process. Either way, SEG Bridal Expos can accommodate their wishes.

SEG hosts many events for clients in the Northeast Arkansas area and across the country, along with weddings, so SEG is very familiar with all of the vendors that participate in the bridal expos. Even if SEG is not a particular bride's planner, SEG will still assist the bride in referring brides to vendors that are best suited for their budget, taste, and/or theme.

The main fact that every bride should know, is that Northeast Arkansas has some of most creative and talented vendors (florists, bakers, caterers, photographers, etc.) that can do the work comparable to, and above, those in the larger cities. There is never a need to go outside the area to find qualified people in various fields – we have them locally.

So, from the very first planning stages to completing the last detail, SEG Bridal Expos can help the bride and groom make the planning process much more enjoyable.

HOW DID SEG BRIDAL EXPOS BEGIN?

I have always loved being outside the norm, and to bring my ideas to life. I wanted to bring to Jonesboro an upscale boutique style expo that targeted more on the brides who were serious, as well as vendors whose businesses were more targeted to a bride in planning her special day.

It begins with the venue. SEG always hosts its bridal expos in venues that are upscale, because we provide an open concept. Black pipe and drape is not used, because we want the vendors and attendees to be able to interact. Ideally, it is about having a higher degree of interaction between the attendee and the vendors, so that if a bride chooses, she can book most of her vendors at the expo, rather than having to make appointments and attempts to follow up with vendors. Once this concept was understood, it was received very well.

SEG also provides a floor show throughout the expo, rather than a fashion show at the end. This was something I saw at a GQ VIP Party at the beginning of New York Fashion Week several years ago. There were five areas set up, with 10 models on different height cubes, and every 30 minutes the models were replaced with other models featuring various designers participating in fashion week. So, I brought that concept to Jonesboro. Every 20-30 minutes, the models are replaced with other models featuring a different look. There may be 30 minutes of bridal gowns, then 30 minutes of tuxedos, 30 minutes of formal wear, etc. This gives the audience a chance to look more closely at the items being showcased, as well as more attention on the vendor being featured. I have been very pleased with how this has been accepted in the Jonesboro area.

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STAY ON TOP: HEAD LICE FAQ

By: Shae Murphy
Rouge Spa & Salon

Ready or not it is that time of year again: Back to School! It's hard to believe that our summer is already coming to a quick end. But with back to school approaching that also means, as parents, we start worrying about the ever dreaded head lice. Although there isn't an actual head lice "season," back to school brings all of our kiddos together in close quarters, which makes for the perfect environment for these creepy little critters. Here is a list of a few common misconceptions about head lice and some ways to prevent these little boogers from spreading:

1. Head lice cannot fly or jump. (Thank goodness!) Head lice can only be spread from direct head to head contact.
2. Head lice can only stay alive by feeding on blood. They will die within 1-2 days after being off of their host because they no longer have a food source.
3. At first glance, head lice eggs (or nits) might be mistaken for dandruff. But they are firmly attached to the hair shaft with a waterproof glue-like substance and won't brush off.
4. They prefer a dark, warm environment and are often discovered behind the ears, under a ponytail and at the nape of the neck. They can also be found on eyebrows and eyelashes.
5. And the most important thing to keep in mind is ANYONE can get head lice. They know no socioeconomic or ethnic boundaries and are equal opportunity infesters!



BONUS INFO: When it comes to cleaning your house after a lice outbreak, remember that lice only live 24 to 48 hours off of the scalp. So if your child hasn't touched a household item recently, you don't need

to worry about it. Sheets, pillows, and other items that have close head contact should be washed in water that is hotter than 130 degrees. If the item is something you can't wash, cover it or put it in a plastic bag for 48 hours.

Now, what can you do to help prevent these critters from setting up shop on yourself or kiddos?

- Do frequent and thorough head checks.
- Sharing may be caring but teach your kids that certain items shouldn't be shared: hats, coats, brushes, pillows, etc.
- Worried you may have been around someone with lice? Lice die when exposed to temperatures greater than 130°F for five or more minutes. Prevent a lice outbreak by tossing your clothing, hat, jacket, scarf, gloves, and any other items into the washer. Use hot water (130° F or higher), and then dry on high heat. Soak your combs and brushes in the wash, too. Can't wash an item? Place it in a plastic bag and put it in the freezer for three weeks.
- Lice are repelled by certain smells, like tea tree oil, menthol, eucalyptus oil, lavender oil, rosemary oil, lemongrass, and citronella.

So now that you are equipped with the information needed to tackle this up and coming school year, head on over and stock up on all your head lice preventative needs with our Fairy Tales lice prevention product line.

Why should you have chair massages at your office?

By: Shawnda Weaver
Rouge Spa & Salon

• Increased focus and mental clarity:

After chair massages, employees in two studies show increased alertness, speed and accuracy on math computations following treatment.

• Stress relief:

Studies have shown that chair massage can cause stress reduction up to 85%. Less stress means fewer mistakes and more effectiveness!

• Relief of back pain:

These studies also show that back pain is cut in half with regular chair massages.

• Improved quality of sleep:

Over multiple studies, the average improvement in sleep quality was 28%. That includes increased duration as well as fewer sleep disturbances.

• May prevent strain from repetitive movement:

Yes, that means typing! Weekly chair massage is believed to reduce the occurrence of repetitive stress injuries by 37%.

NEEA Artist

By: Caitlin LaFarlette

Chester Jetton knew he wanted to be a musician when he heard "Stairway to Heaven" for the first time, but the guitar player and singer actually jumped into the music scene when he was only 12 years old.

After picking on a friend's guitar with a borrowed songbook, Jetton learned basic chords and then actual songs. He decided to form a band that eventually came to be known as Blue Moon. The band played every weekend and even once performed on television for a fundraiser.

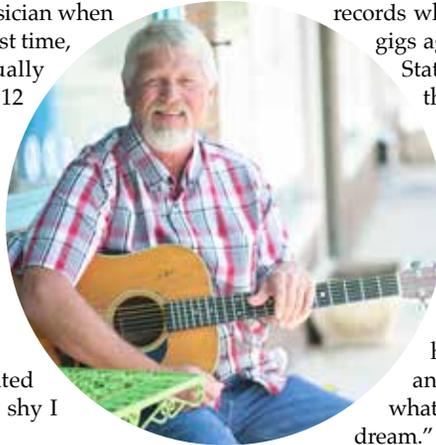
"I was the vocalist because no one else wanted to," he recalled. "Even though I was extremely shy I somehow made myself do it and liked it."

As he grew up, Jetton's taste in music evolved. Early on he listened to what his parents did, which was country. Then came The Beatles and other rock and roll bands. But it was "Stairway to Heaven" that changed Jetton's taste in music forever and it clicked for him that he wanted to be a musician.

Years after that revelation Jetton said he decided he wanted to write a song, so he sat down to try it out.

"The first one wasn't good, even though those who heard it said they liked it," he said. "Which helped me very much because then, and only then, did I know I could do this."

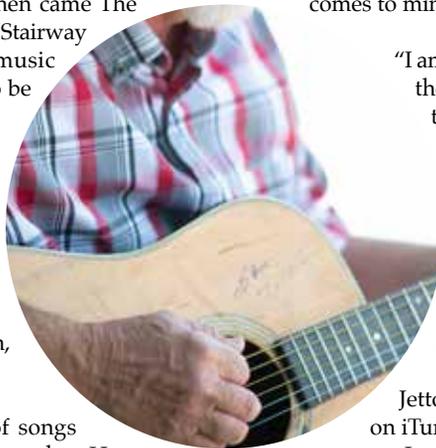
Since then, Jetton has completed thousands of songs that will keep him busy even if he never writes another. He



records when he can and hopes to eventually start playing gigs again. For the time being he plays at the Arkansas State University Farmers Market May-September on the first Saturday of each month.

"I would love to write songs for a living and perform, but that dream hasn't transpired," he added.

Jetton works for the Arkansas Department of Transportation, with plans to retire there, and for the most part music takes the place of most of his hobbies. He said he does make time to deer hunt and enjoys working on his property, "but music is what keeps me going and keeps me working toward the dream." Jetton added a dream is one of the greatest feelings one can have, no matter what that dream is. As for inspiration for that dream, Jetton has no one specific musician or performer who comes to mind.



"I am inspired by anyone that pours their soul into what they're doing, whether it's with their instrument or their voice," he said instead. "To touch the heart of a listener is almost spiritual. It's very moving."

Jetton also said a musician's work should come from the heart.

"If you laugh, cry, get goosebumps or just become consumed with the song, then the storyteller and musician has done their job," he said.

Jetton's new CD "Howl at the Moon" is now available on iTunes, Amazon Music and Shazam. For hard copies, contact Jetton at chesterjetton@yahoo.com.

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GOLLINS FOUNDATION

NAMES THEATRE MANAGER

The Historic Collins Theatre is now under new leadership. Joy Robinson of Paragould will be moving from her role on the Collins Theatre Foundation Board of Directors to take on her new duty as theatre manager, effective immediately.

"We all mourn the passing of our former manager and theatre veteran, Rick Lane," Robinson says. "He was 'the face' of the Collins Theatre for many years and poured his heart and soul into caring for it in any way possible. I have some very large shoes to fill. Thankfully, I have an amazing support system in place with members of the Collins Foundation."

For Robinson, the position has made her Collins career come full circle. She began performing on the Collins stage at age 15, and "just never stopped," she said. In addition to performing, she has volunteered in all aspects of the theatre – set, stage crew, directing – and served on the board of a local theatre group before joining the Collins Foundation Board in early 2018.

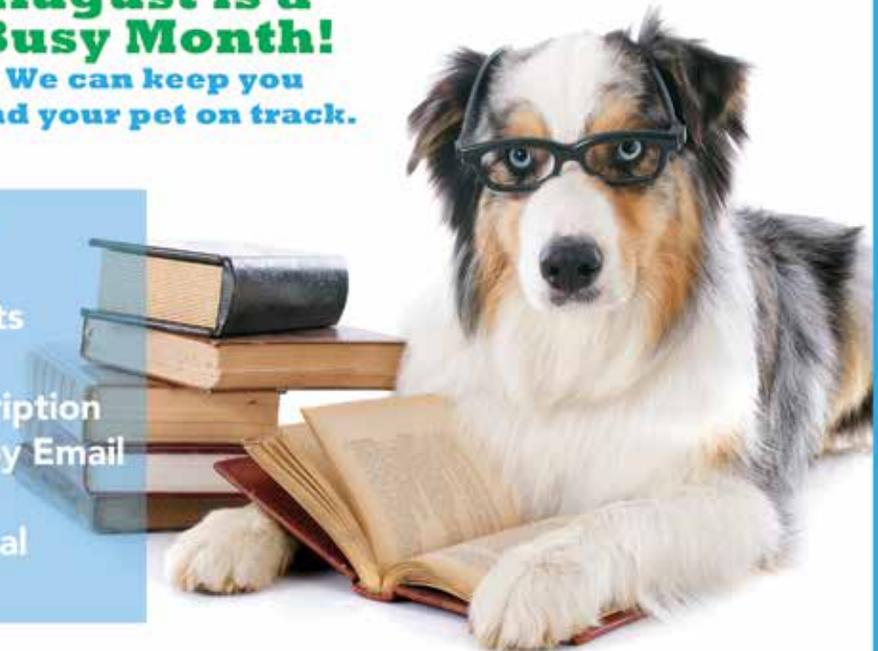
"I hope to do my part to guarantee the Collins is around for many generations to come," Robinson said. "It's truly a downtown treasure."

For more information on the Collins, visit: www.collinstheatre.com



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BUILDING COMMUNITY

By Lindsey Mills

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Our overall health goes beyond our physical state of being; our mental strength and spiritual health are important to tend to as well. This connection between mind, body, and spirit is at the heart of what Griffin Power Yoga wants to help its community find, balance, and maintain.

“The reason I built Griffin Power Yoga was to have a place where you could have a true mind, body and spirit experience,” said Courtney Griffin, owner and instructor at the studio located on the north end of Caraway Road. “It is not enough to just get in good shape and clear your head. Spirit is your connection to your higher power, your higher self; it’s about being up to something bigger than yourself.”

Griffin and the studio’s team are passionate about leading their students to a healthier life, whatever that means for them, and work hard to build an environment that is welcoming for all.

So wherever you find yourself in life, you’ll find a group of people happy to walk alongside you. “Our mission and core values say it all: build a community that inspires you to live your best life with community, compassion, integrity, humility and play,” said Griffin.

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FOSTER KIDS AND FAMILIES COOKOUT



By: Richard Brummett

Law enforcement agencies in the Paragould area gathered for a good cause in June, hosting the Foster Kids and Families Cookout at Reynolds Park.

In addition to providing food and fun for foster kids and their families, the cookout served as an opportunity for members of law enforcement -- and other first responders -- to bond with the youngsters.

Omer Overbay, who works with both DHS and the Greene County Sheriff's Department, said, "We want them to know that we are there for them and that law enforcement is there for them in a positive way."

He said sometimes the relationship between officers and foster kids is not good because "someone is always being taken away. We wanted to have a positive experience for foster kids with law enforcement."

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Hot Springs, AR

GET OUTTA TOWN: DAY TRIP FOR THE FAMILY



By: Lindsey Mills

Nestled in the Ouachita Mountains of Central Arkansas lies the beautiful historic town of Hot Springs. Named for the natural thermal waters that run beneath Tower Mountain, the city is famed for the bathhouses built early in the 1900s, as well as for being the playground of many gangsters through the late 19th and early 20th centuries. The town is a three-hour drive south of Jonesboro and while there's enough to keep a visitor occupied for days, weeks, or months, here are some ideas for making the most of a little time if headed to the Spa City for a quick day trip.

Choose your morning adventure: explore the sprawling Garvan Woodland Gardens, kayak or stand-up paddleboard on nearby Lake Ouachita, or take a hike around Lake Catherine State Park to discover a cascading waterfall. Unwind from your adventures with a bath in the calming spring waters at one of the three still operational bathhouses.

Stroll through the National Park on the sidewalks of the beautiful downtown and via the Grand Promenade that stretches behind Bathhouse Row. Shop at local art galleries, enjoy a craft beer at the Superior Bathhouse Brewery or a glass of wine at the historic Arlington Hotel. Before you head home, be sure and drive up West Mountain for a final view of the city.



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PET OF THE MONTH

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By: Robin Wicker

We came across Chevy as a stray kitten about four years ago. Since then, he has become a unique aspect of our family. As we've gotten to know him, we have found that he is very talkative and energetic. He likes to wake his family by meowing loudly, sounding as if he is saying, "Hello." One of us once threw a fuzzy ball and he brought it right back. Playing fetch has become one of his favorite activities.

I sometimes joke that he should have been born a dog. Chevy loves to go outdoors and bask in the sun while chewing on a little grass. He likes to chill in his chair in front of the window and watch birds while dreaming he could get out to chase them. Whenever someone goes to the fridge to get ice, he comes running and thinks he has to have a piece or two to chase around and sip on. Chevy is terrified of the broom, vacuum cleaner, and the sound of trash bags. Although he is mostly well-behaved, he has a habit of chewing on earbuds and phone chargers, so we have quickly learned to keep them out of his way. Last year, we jokingly bought him a striped bow tie. It actually looked quite handsome on him and became his trademark. If you'd like to see more pictures, as well as videos of Chevy, go follow his Instagram account at chevvy.w.



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Promoting Positivity This School Year

By: Richard Brummett

Many experts in the field of mental health agree that the start of a new school year is often one of the most difficult times in life for a young person. Parents and grandparents most likely did not have to deal with the pressures confronting today's students -- the ever-present temptations of drug and alcohol use, being bullied physically or through social media, feelings of low self-esteem or inadequacy -- or at least not to the extremes young people currently face.

Recognizing the need to inject positivity into the lives of young people, a Paragould couple is laying the groundwork for a plan to help people of all ages understand that, "You matter."

Shannon and Kevin Curtis, both mental health professionals, are the driving forces behind The You Matter!® box, an idea that originated a few years ago but is just now beginning to take off. Shannon is a counselor in the Paragould School District and realized through conversations with kids of all ages that many feel depressed, alone and even suicidal. Seeking ways above the norm to provide help, she started thinking about the box idea.

"God put this in my lap," she said. "In 2015 I decided to give it a shot, very prematurely; I hadn't thought it through or done enough research. It sort of sat there and I decided to scrap it, but I couldn't let it go. He (Kevin) said, 'Go for it' and I launched it in February 2018. If you subscribe you get a box ... the You Matter Box!®, and with that comes four to six items that are uplifting and encouraging, and include an activity per month. It's recommended for ages 10 - 22, but can be useful for any age.

"It's just to reinforce that you matter. You get a package each month filled with items. A T-shirt with a positive message, a You Matter bracelet, lip balm and a therapeutic activity. Just uplifting things. It's to promote a positive self-image and positive thinking. The box is filled with encouraging, uplifting items to show them that they are loved, they are important."

Kevin, a therapist with Life Strategies, Inc., bought into the idea from the start because he sees the same issues confronting the young people he counsels. "So many kids have problems with self-esteem or being

bullied," he said. "We decided to try this idea every month. This is designed to inject positivity. We've seen teachers buy a box for a student. A mom had a subscription for her daughter and said that after a couple of weeks the box had a positive impact. It kind of deterred her daughter from her plan, which was not a good one. The idea started right here in this house, and suddenly it was, 'Poof! We're supposed to be doing this.' Each month a box goes out with a different theme ... depression, self-esteem, bullying. Feedback has been really positive."

Shannon said she was seeing an increase in the number of students mentioning suicide and felt she had to do something to bring some joy into their lives. "It's not just about letting someone know they matter," she said, "but about paying it forward. *We matter*; pay it forward. Share a positive feeling with someone else."



The home base for The You Matter!® box right now is a spare room at the Curtis home. They hope the program grows to a point where they need to rent a facility, but for now they are footing all the expenses of purchasing products to package and send out monthly. Shannon said she has begun accepting purchase orders in case a school wants to get involved, and explained the three ways individuals can participate now.

"One is the box, and it costs \$35 per month," she said. "It includes a therapeutic activity plus four-to-seven items sent monthly. Two is the mini-pack, and it's \$14.99 per month, and it includes a therapeutic activity plus one-to-four items. Or there is the card for \$6 per month, where the young person gets a card each month with an uplifting message. You can subscribe for three months, six months or a year.

"I had the idea but he works hard to give me more ideas, and does the grunt work," Shannon said of her husband. "He comes home every day with an idea or says, 'Look at this or that.' I had the original idea, but this is a partnership. I'm very excited. It definitely came from the heart and I think as a community we can help children see they are loved, they are important, and they matter."

There are about 100 subscribers now, from as far away as Great Britain. Anyone wanting to know more about the program or wishing to participate should email: info@youmatterbox.org.

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HALLORAN CENTRE
Lunch at The Beauty Shop
- **THE MILLION DOLLAR QUARTET** Sept. 28
ARKANSAS REPERTORY THEATRE
Lunch at Soul Fish Café
- **CRYSTAL BRIDGES MUSEUM** Oct. 23 - 25
BENTONVILLE
Walton Museum Tour
Broadway Show, *Escape to Margaritaville*
Shopping
- **LIGHTS OF THE DELTA** December 5
BLYTHEVILLE, ARKANSAS
Dinner at Wilson Café
- **CHRISTMAS RECEPTION** December 11 • 1 - 3 p.m.
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- Caitlin LaFarlette / Tyler Kenney: October 19th
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THE WALL THAT HEALS' VOLUNTEERS HONORED

By: Richard Brummett

Committee members who helped bring The Wall That Heals to Paragould hosted a luncheon at the B.C. Loyd Building at the Greene County Fairgrounds just to say "thank you" to all who volunteered and helped make the event a success.

Kenny Wright, President of the local Veterans Support Association (VSA), played a huge role in getting the replica of the Vietnam Veterans War Memorial to Paragould but said so many people filled key roles that it has to be considered a true community project.

"All the people that came out to the event, and helped set it up and take it down," Wright said, shaking his head, "it's just amazing. You've got Marco's Pizza catering here today and we had 10,000-to-11,000 people here to see the thing. We had people out here 24 hours a day. So many people, so generous. Some loaned us golf carts to help people get around, some supplied manpower. And we didn't really have to reach out."

He said there is no way to include everyone other than to offer "one big thank you" but did want to acknowledge the support of the Greene County Sheriff's Department, the Paragould Fire Department, Lowe's, the local VFW and the Independents Riding Club for help with security and the Greene County Fair Board for "doing anything they could to help."

Wright said the Paragould area "pretty well supported the whole thing financially. Most of the donations came from Paragould" and David Hicklin, in charge of raising funds for the wall's visit, told him early on "he wasn't going to have to go outside the city limits. It's a reassuring feeling and I'm very proud of Paragould for what we put up as a city and a community. I'm proud the older guys like myself got a chance to view this wall."

Hicklin agreed that finding support locally was not difficult. "I approached Mike (Paragould Mayor Mike Gaskill) about helping and he said, 'Anything I can do to support it, let me know.' He wound up being on the committee. And I can't remember being turned down by anyone. Some donations came in from out of town, but Paragould people supported this thing financially from Day One."

Wright again wanted to express thanks to the entire Paragould area. "Thank you Paragould so much for what you've done," he said, "and for the volunteers. We couldn't have done any of this without you. I'm really proud of it and the outcome, and proud to be from Paragould."



WHAT KIND OF COMMUNITY DO WE WANT?

By Lindsey Mills



What exactly does “quality of life” mean?

“Quality of life” is a phrase that needs defining before it can be discussed. Its definition: the standard of health, comfort, and happiness experienced by an individual or group. Its interpretation: different for everyone.

What exactly does “quality of life” mean? Well, it certainly depends on who you ask.

Some might say it’s access to great outdoor spaces and recreational facilities while others might prefer to see more museums and libraries to further education in their community. Others might want some really great food and drink options within a walkable distance so they can spend more time out and about with their friends than they do in a car to get to the destination.

“I want to see a community that is inspired to be healthy,” said Courtney Griffin of Griffin Power Yoga.

Whatever your specific preferences for quality of life, the conversation certainly revolves around spaces and activities that allow for more social bonding, which in and of itself plays a big role in a community’s health and determining its overall quality of life. This might seem obvious because,

when sick, we don’t often rave about how great life is – of course not!

Dr. Brookfield Laurent, of St. Bernards First Care Clinic, shared, “The Kaiser Family Foundation has stated that the majority of contributing factors to health care outcomes is not access to health care entities but it’s primarily built environment, social infrastructure, social context, food security, and home security.”

How do we improve it?

Perhaps steps taken towards an improved quality of life can be a cycle that builds with each revolution. But how to step onto the wheel to begin with?

Few would deny that great parks, trails, playgrounds, community centers, libraries and museums make a city more enjoyable to inhabit. These amenities, though surely residing on varying levels of importance to different citizens, aim to improve the quality of life.

What is the cost of those kinds of things? And perhaps the bigger and more widely debated question: are we willing to pay it?

A grassroots movement, as they’ve referred to themselves -- Team Jonesboro -- brought a proposal to the Jonesboro City

It's a team effort

Council in May. The spokesperson for the movement that is formed and propelled by citizens, Scott McDaniel, began his presentation by asking the council and the attendees to ask themselves this question: "What kind of community do you want?"

He responded to the inquiry at the end of the presentation that drew hundreds to the city municipal building with the statement, "Me? I want a community that's a little bit harder to leave and a little bit easier to come back to."

The cost of that kind of community, the means to raise funds for projects to improve the quality of life in the area, is a one percent increase in sales tax. The suggestion has met both thunderous applause and intense opposition.

Team Jonesboro's proposal includes three ordinances: one is to create the tax increase, one is to form an oversight committee to help ensure transparency on how the additional funds will be used to serve the desires of the community, and one is to allow the people to decide whether or not they want to initiate the tax increase.

Citizens have spoken up over the course of the readings of the ordinances to implore the council to let voters decide the path of the community's moving forward.

"Asking for this special election, a group of citizens, not the government, not an alderman, not a mayor, not a

businessperson alone, but a group of citizens said, 'You know what? We see what we could be. We believe in what we could be,'" said T.J. Thompson. "We are at a point in our city that we have a decision to make."

Dr. Laurent believes an increase in quality of life infrastructure will also result in an overall healthier community, and she advocated for the council to turn the vote to the citizens saying, "All of you carry the ability and the power to be healers of your community because you have the authority to give options and choices to community members to decide the path and the vision of health and wellness within their community by them deciding what their environment should look like."

What's important to remember, wherever you stand, is that we are all a part of the community and it's up to us to decide where our ship is sailing. "We all have to have patience and compassion and understanding for each other," said Griffin. "But we also have to be the cheerleader for each other to go, 'Okay, yes it's hard, and it's going to take a lot of work, and we're going to falter; but good things are always worth it.'"

On September 10, the community gets to decide what it can be and what its environment will look like for generations to come. Wherever you stand, make sure you're a part of the decision.

→ Stay tuned for the September article when we ask Greene County/Paragould their plans on Quality of Life improvements.

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2019 ANGEL RUN

The weather wasn't perfect, but that didn't stop them! On March 30, 2019, Saints and Sinners hosted its ninth annual Angel Run, featuring live music, local vendors, and great local food in the one and only Downtown Paragould. Thanks to Saints and Sinners and the Paragould community coming together, a grand total of \$11,477 was raised and donated to Little Rock Arkansas Children's Hospital.



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2019 Kids' Events

August

5

Kids Bingo

When: Monday 5 p.m. - 6 p.m.

Where: McAdams Public Library in Lake City

106 Cobean Blvd., Lake City, AR

Info: libraryinjonesboro.org

8

Jacksonport Discovery Hour

When: Thursday 10:30 a.m. - 11:30 a.m.

Where: Jacksonport State Park Pavilion
205 Avenue Street, Newport, AR

Info: arkansasstateparks.com

18

Beautiful Butterflies

When: Sunday 2:00 p.m. - 2:30 p.m.

Where: Village Creek State Park
201 County Road 754, Wynne, AR

Info: arkansasstateparks.com



Hayden and Zane McCord beat the summer heat by playing in the splash park at Paragould's Labor Park. Hayden, 12, and Zane, 7, belong to Sarena and Zach McCord of Paragould.

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ARKANSAS STATE UNIVERSITY: RED WOLVES

By: Richard Brummett

Arkansas State University head coach Blake Anderson begins his sixth season leading the Red Wolves and expectations are high on the Jonesboro campus. When the Sun Belt Conference announced its 2019 Preseason Football Coaches' Poll, Arkansas State was picked to finish second in the West Division. Three coaches picked ASU to finish first.

A-State returns 13 starters and 52 lettermen from last year's team that compiled an 8-5 overall record and 5-3 mark in league play while tying with Louisiana for first place in the West Division. The Red Wolves return five offensive and five defensive players who were tabbed All-Sun Belt Conference a year ago. Preseason first team picks this year are senior wide receiver Kirk Merritt, junior tight end Javonis Isaac, junior defensive end William Bradley-King, junior defensive lineman Forrest Merrill and junior cornerback Jerry Jacobs.

At the SBC Media Day, Anderson praised the progress made by the conference as a whole, bragging on its members' non-conference success and an almost-70 percent winning percentage in bowl games. "The league is getting better, playing better football than it ever has," the coach said, "and that's a challenge for us."

Anderson holds the fourth most Sun Belt victories (31) among all head coaches in the history of the league. A 17-year coaching veteran at the NCAA FBS level who also coached in an NJCAA National Championship game, Anderson was named the Red Wolves' 30th all-time head football coach in December of 2013. He led A-State to five consecutive winning seasons, five straight bowl game appearances and back-to-back Sun Belt Conference championships in 2015 and 2016. During that time, the Red Wolves broke numerous school records on the offensive side of the ball. Out of 30 all-time head coaches, Anderson became just the fourth to win at least seven games in his first season at A-State.

When A-State won the league title for the second consecutive year under Anderson in 2016 with a 7-1 record, it was the only program in the nation at the time to win five conference titles over the previous six seasons. The Red Wolves have won at least seven games every season under Anderson, including a 9-victory campaign in 2015



and eight-win years in both 2016 and 2018. A-State has also compiled a 31-9 (.775 winning percentage) Sun Belt Conference record under Anderson's watch.

"Our challenge is finding a way to get back into that game," he said of the title contest while addressing the media day crowd. "We want to win that trophy. We have five titles and in the last two years have been close. I feel good about the team we're bringing to the field this year. We just want to focus on being the best we can be every day. If we do that consistently enough we've got the talent to be in the mix. It's a talented enough team to win."

Arkansas State kicks off its 2019 football schedule on Saturday, August 31, in Jonesboro against the SMU Mustangs. Other non-conference games on the schedule for Arkansas State in 2019 include a home contest against Southern Illinois and trips to face UNLV and Georgia.

Sun Belt opponents include Louisiana, Texas State, Coastal Carolina, and Georgia Southern at home and Troy, Georgia State, ULM, and South Alabama on the road.

2019 SCHEDULE:

Saturday Aug. 31 | SMU Mustangs | Centennial Bank Stadium, Jonesboro, AR
 Saturday Sept. 7 | UNLV Rebels | Sam Boyd Stadium, Las Vegas, NV
 Saturday Sept. 14 | Georgia Bulldogs | Sanford Stadium, Athens, GA
 Saturday Sept. 21 | Southern Illinois Salukis | Centennial Bank Stadium, Jonesboro, AR
 Saturday Sept. 28 | Troy Trojans | Veterans Memorial Stadium, Troy, AL
 Saturday Oct. 5 | Georgia State Panthers | Georgia State Stadium, Atlanta, GA
 Saturday Oct. 12 | OFF
 Thursday Oct. 17 | Louisiana Ragin' Cajuns | Centennial Bank Stadium, Jonesboro, AR
 Saturday Oct. 26 | Texas State Bobcats | Centennial Bank Stadium, Jonesboro, AR
 Saturday Nov. 2 | ULM Warhawks | Malone Stadium, Monroe, LA
 Saturday Nov. 9 | OFF
 Saturday Nov. 16 | Coastal Carolina Chanticleers | Centennial Bank Stadium, Jonesboro, AR
 Saturday Nov. 23 | Georgia Southern Eagles | Centennial Bank Stadium, Jonesboro, AR
 Saturday Nov. 30 | South Alabama Jaguars | Ladd-Peebles Stadium, Mobile, AL
 Saturday Dec. 7 | Sun Belt Championship Site, City TBD

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UNIVERSITY OF ARKANSAS: RAZORBACKS

By: Richard Brummett

Regardless of the Razorbacks' final record at season's end, things almost have to be better for the Arkansas football team in coach Chad Morris' second year as head coach.

Coming off a program-worst 2-10 record -- 0-8 in Southeastern Conference play -- the second-year Hogs' football coach emphasized the continued process of laying the groundwork to build Arkansas back into contention. The Razorbacks are picked by many to wind up last in the SEC again after going winless a year ago and bringing an 11-game league losing streak into the season.

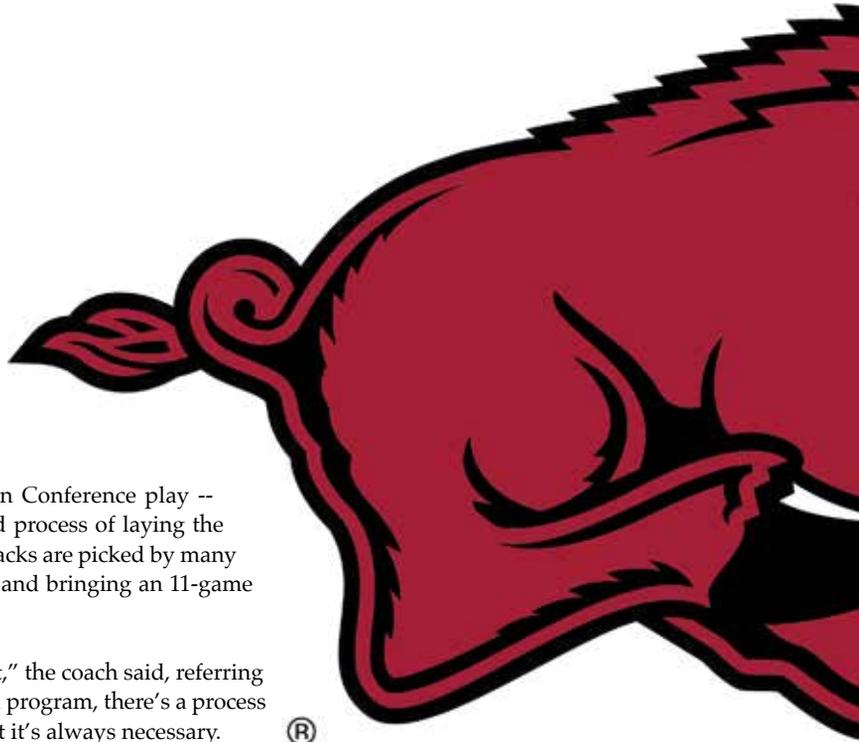
"It wasn't a lot of fun when you go through tough times like that," the coach said, referring to the difficult first year on the hill. "But we know that building a program, there's a process that you have to go through. It's not fun. It's not always easy. But it's always necessary."

"I've been in this position before. I've stood in the same area of record, of building a program. Year One at Arkansas was like when we got to Clemson and watching the values and the vision that were set in place and in movement and the challenges that you had to go through in changing a culture. Year one at SMU (was similar)."

Clemson was 6-7 in 2010, the year before Morris' arrival. Joining the staff as offensive coordinator/quarterbacks coach, the Tigers would win at least 10 games in each of Morris' four seasons at the school. Inheriting a 1-11 SMU program, Morris' first Mustangs team went 2-10, just like the Razorbacks. They won five games in his second year and reached a bowl game and finished with seven wins in his final season.

While there has been a lot of turnover on the Razorbacks' roster in the past year, everything starts at the quarterback position on offense and the Hogs will look very differently there. Gone are Cole Kelley and Ty Storey, who combined to throw 16 touchdowns and 15 interceptions in 2018. Two transfer additions provide hope: Ben Hicks was Morris' starting quarterback for two seasons at SMU and has thrown for over 9,000 yards in his collegiate career; Nick Starkel, who arrives from Texas A&M, has SEC experience and joined the program in early March.

Morris' offense is a fast-paced, no-huddle system, so getting it right at the most important position will be vital to the team's improvement hopes. Arkansas has placed an emphasis on winning the battle in the trenches.



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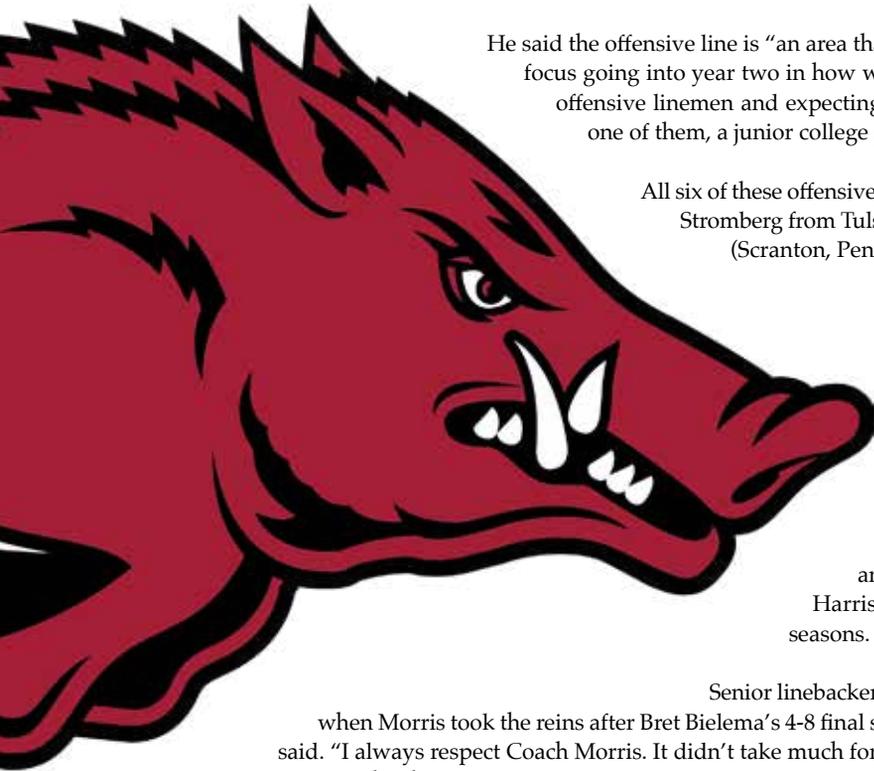
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He said the offensive line is “an area that we have to improve. We knew that. We knew this had to be a focus going into year two in how we developed and how we recruited bringing in six, signing six offensive linemen and expecting some of those guys to contribute. Myron Cunningham being one of them, a junior college guy we brought in.”

All six of these offensive line additions are regarded as three-star prospects: Center Ricky Stromberg from Tulsa was the No. 6 center in the class and tackle Chibueze Nwanna (Scranton, Pennsylvania) ranked inside the top-10 tackles nationally.

The defense must improve in all aspects. The Razorbacks allowed 34.8 points per game, 108th in the nation a year ago. “Our defense is built on speed and stopping the run and understanding it’s a line of scrimmage league,” Morris said. “I feel like we have the pieces in place to continue to show improvements as we move into this season.”

Morris has noted T.J. Smith’s leadership on the defensive line and Kam Curl’s in the secondary. Linebacker De’Jon “Scoota” Harris also returns and has racked up 233 tackles over the last two seasons.

Senior linebacker De’Jon Harris noted the Razorbacks underwent a big transition when Morris took the reins after Bret Bielema’s 4-8 final season. “We’ve been building since he got here last year,” Harris said. “I always respect Coach Morris. It didn’t take much for me to buy in.”

Morris said he thinks a postseason bowl bid is a reasonable expectation this season, but he is placing a priority in building Arkansas back into a consistent winner. The Razorbacks will open the 2019 season at Donald W. Reynolds Razorback Stadium against Portland State. Along with opening against the Vikings, Arkansas will host Colorado State, San Jose State, Auburn, Mississippi State and Western Kentucky in Fayetteville before wrapping up the regular season in Little Rock at War Memorial Stadium against Missouri.

The Razorbacks will visit Ole Miss, Kentucky, Alabama and LSU and square off against Texas A&M in Arlington, Texas, at AT&T Stadium. The schedule also includes two open dates for Arkansas, Oct. 5 and Nov. 19.

2019 SCHEDULE:

- Saturday Aug. 31 | Portland State
- Saturday Sept. 7 | at Ole Miss
- Saturday Sept. 14 | Colorado State
- Saturday Sept. 21 | San Jose State
- Saturday Sept. 28 | Texas A & M (Arlington)
- Saturday Oct. 12 | at Kentucky
- Saturday Oct. 19 | Auburn
- Saturday Oct. 26 | at Alabama
- Saturday Nov. 2 | Mississippi State
- Saturday Nov. 9 | Western Kentucky
- Saturday Nov. 23 | at LSU
- Friday Nov. 29 | Missouri (Little Rock)

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GREENE COUNTY TECH: EAGLES

By: Richard Brummett



2019 SCHEDULE:

Monday Aug. 26 | Westside | Away | 5:30 p.m.
Friday Sept. 6 | Brookland | Home | 7 p.m.
Friday Sept. 13 | Newport | Away | 7 p.m.
Friday Sept. 20 | Off
Friday Sept. 27 | Forrest City | Away | 7 p.m.
Friday Oct. 4 | Wynne | Home | 7 p.m.
Friday Oct. 11 | Blytheville | Away | 7 p.m.
Friday Oct. 18 | Nettleton | Away | 7 p.m.
Friday Oct. 25 | Valley View | Home | 7 p.m.
Friday Nov. 1 | Batesville | Away | 7 p.m.
Friday Nov. 8 | Paragould | Home | 7 p.m.

Greene County Tech started last season exactly the way it wanted, winning its first two games. But things took a downward turn from there and the Eagles finished up 2-8, a mark head coach Nathan Morgan isn't willing to accept in his second year at the helm.

Morgan joined the GCT staff as an assistant coach in 2014, arriving in Paragould from Caruthersville, Missouri, and assumed head coaching duties a year ago. This year, with six or seven starters returning on each side of the ball, he expects better results. He said he has about 60 kids out for the team right now, and one of the top goals is to improve the Eagles' attitude toward game day.

"We've got to change the culture here," he said, "and go about things the right way ... at home, in class, at practice. The learning curve for football should be over. We just have to get in the habit of doing things the way they are supposed to be done."

The coach said seniors Cato Batten at linebacker, linebacker/safety

Cody Miller, and offensive linemen Jacob Sapp and Austin Gentle will be counted on heavily if the Eagles plan to add more wins to the ledger, as will underclassmen Shad Vaughan at running back and Nate Foster, who doubles at running back and linebacker.

"Offensively, we like to run and possess the ball," Morgan said. "Defensively, we want to be technically sound in what we are supposed to do, and get to the football. We've got to get into it on both sides to put us in a position to make us successful."

As far as 5A-East conference favorites go, he reeled off "Wynne, Batesville, Forrest City, Nettleton, Valley View, Blytheville, Paragould ... everybody could have a chance.

"We always expect to be above .500," he said of his team. "As a staff, we want to win at least 70 percent of our games and be in the playoffs. We definitely have higher expectations than 2-8 like we were last year. I think we're up to it."

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JONESBORO HIGH SCHOOL: HURRICANE

By: Richard Brummett



Jonesboro High School's Randy Coleman is starting his 12th year as head coach at the school and his 22nd overall and said this year's Hurricane team "could be one of the best we've had in a long time."

Three returning All-State players give JHS hopes of surpassing last year's 7-5 overall record, a total that included a 47-44 postseason victory over Lake Hamilton before seeing the team bow out of the state playoffs with a 38-37 quarterfinal loss

to Benton, a team that advanced all the way to the state championship game.

Quarterback Cross Jumper, defensive end Jashaud Stewart and linebacker Jamaricus Wright comprise the All-State trio that will lead Jonesboro into the tough 6A-East Conference schedule. Stewart has already committed to play for the University of Arkansas next year and Coleman said Jumper and Wright are "top notch" players.

"We return six players on both sides of the ball," Coleman said, "and we have some sophomores that will have to play a part for us to be successful. Maybe we'll start one on both sides. But the good news is, these kids put in so much work in the summer that we pretty much show up ready to play."

2019 SCHEDULE:

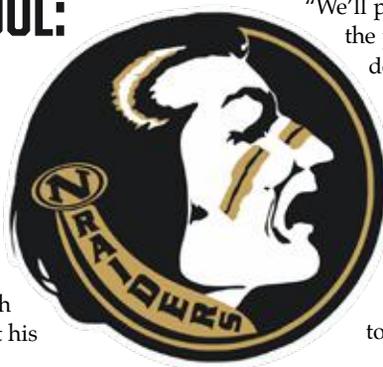
Friday Aug. 30 | Little Rock Catholic | Home | 7 p.m.
 Friday Sept. 6 | Batesville | Away | 7 p.m.
 Friday Sept. 13 | Conway | Away | 7 p.m.
 Friday Sept. 27 | Mountain Home | Home | 7 p.m.
 Friday Oct. 4 | Jacksonville | Home | 7 p.m.
 Friday Oct. 11 | Pine Bluff | Away | 7 p.m.
 Friday Oct. 18 | West Memphis | Home | 7 p.m.
 Friday Oct. 25 | Searcy | Away | 7 p.m.
 Friday Nov. 1 | Sylvan Hills | Home | 7 p.m.
 Friday Nov. 8 | Marion | Away | 7 p.m.

Coleman also mentioned wide receiver Dryden Bartels, linebacker Cameron Clark and tight end Connor Clark as players to watch when the season gets under way. "They're all real talented kids," he said.

Under his guidance, the Hurricane teams have won two conference championships and made six trips to the state playoffs' semifinal round. This year, Coleman said he sees conference opponents West Memphis and Marion as tough games on the schedule and said Pine Bluff should "be in the mix" as well.

NETTLETON HIGH SCHOOL: RAIDERS

By: Richard Brummett



For a guy who lost more than 20 seniors from last year's team, Nettleton coach Steven Hampton remains upbeat about his club's prospects entering this season.

"I expect us to compete for the conference championship," he said of the Raiders' hopes in the always-tough 5A East. "A lot will depend on how quickly some sophomores adjust. You know, the game is a lot quicker on Friday night than it is on Thursday night."

The good news on that front is that Nettleton won the Jr. High conference title last year, providing some quality newcomers to the varsity level. NHS finished last season 8-3 and dropped a first-round playoff game to Texarkana. Hampton and his staff want to keep things moving forward this time around.

Quarterback Cade Carter and running back Nathan Young are returning All-Conference picks and will team up with wide receiver Terrel Rogers, two-way lineman Justin Livingston, linebacker Charles Moore and sophomore tight end/linebacker Cameron Scarlett to try and get the Raiders off and running. It is on the defensive side of the ball where they only have two returning starters, so Hampton said things may look differently with that unit for a while.

"We'll probably use multiple looks," he said. "We've run a 3-3 in the past and may run a 3-4 this year, just trying to adjust our defense to our personnel. We graduated some good kids and we just don't have those guys to rely on this year. It will take some time, but we've got a lot of good athletes here and I think we'll get it done."

He said Wynne ("they're always tough"), Batesville ("right in the mix, like always") and Valley View ("returning a lot of players from a team that was really good last year") look like league favorites, and he said not to count out Blytheville, either.

"I think for us, the quicker we gel, the better we'll get," Hampton said, "and I expect us to compete for the championship."

2019 SCHEDULE:

Monday Aug. 19 | Benefit Scrimmage/Osceola | Away
 Friday Aug. 30 | Gosnell | Away
 Friday Sept. 6 | Pocahontas | Home
 Friday Sept. 13 | Mountain Home | Home
 Friday Sept. 20 | OPEN
 Friday Sept. 27 | Batesville | Home
 Friday Oct. 4 | Blytheville | Away
 Friday Oct. 11 | Paragould | Away
 Friday Oct. 18 | Greene County Tech | Home
 Friday Oct. 25 | Forrest City | Away
 Friday Nov. 1 | Valley View | Home
 Friday Nov. 8 | Wynne | Away



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PARAGOULD HIGH SCHOOL:

RAMS



By: Richard Brummett

Head coach Michael Sloas hopes for a better overall record with his Paragould High School Rams as this football season gets under way, but at least his team ended last year with something to shout about.

Paragould entered the final game of the season against Greene County Tech with a winless mark but came out of the contest with a 42-7 victory, capturing the Bell Trophy from its rivals residing just down the road for the fourth time in the last five seasons. Not only did the win keep the zero off of the "wins" side of the ledger, it gave the Rams a conference victory as well.

Sloas enters his 23rd year of coaching at Paragould and his fourth as the head coach at the high school level. He has several players he will be counting on to make a difference and help PHS improve on last season's 1-9 overall mark. Offensive linemen Zach Raney, T.J. Myatt, Trey Schenck and Adam Lindsey will have to perform well if the Rams are to have success moving the ball and providing protection for quarterback Dayton Sanders.

Several players slated for duty on both sides of the football will also be counted on heavily if the Rams plan to be a force in the 5A-East conference. Among those mentioned by Sloas are:

- Carter Starling, tight end/defensive end
- Brayden Hines, running back/linebacker
- Nick Ashby, running back/safety
- Jamal Savior, running back/linebacker
- Tyler Andis, offensive and defensive lineman
- Jacob Murphy, running back/linebacker
- Darion Norris, running back/linebacker

Sloas said in his mind Wynne and Batesville should enter the season as the top two teams chasing the first place trophy in the conference. After that, he said, "I think it's a toss-up for the final two playoff spots."

2019 SCHEDULE:

Thursday Aug. 22 | AAA Scrimmage/Gosnell | Home | 7 p.m.
Friday Sept. 6 | Rivercrest | Away | 7 p.m.
Friday Sept. 13 | Pocahontas | Home | 7 p.m.
Friday Sept. 20 | Trumann | Home | 7 p.m.
Friday Sept. 27 | Valley View | Home | 7 p.m.
Friday Oct. 4 | Batesville | Away | 7 p.m.
Friday Oct. 11 | Nettleton | Home | 7 p.m.
Friday Oct. 18 | Forrest City | Home | 7 p.m.
Friday Oct. 25 | Wynne | Away | 7 p.m.
Friday Nov. 1 | Blytheville | Home | 7 p.m.
Friday Nov. 8 | Greene County Tech | Away | 7 p.m.

VALLEY VIEW HIGH SCHOOL:

BLAZERS

By: Richard Brummett

The Blazers of Valley View return a couple of All-State performers from a team that went 7-4 overall and 5-2 in the tough 5A-East Conference a year ago and hope to be in the mix for a playoff run again this time.

Sean Cockrell begins his sixth year as head coach counting on All-Stater Travis Graf, a free safety on defense and wide receiver on the other side of the ball, and another two-way All-State player in Connor Watson, a wide receiver and cornerback.

Defense looks to be a strong suit for VVHS, as Cockrell mentions strong safety Carter Winters, linebacker Jacob Waleszonnia and ends River Dean and Cade Rogers as players the team will count on to come through every Friday.

Valley View made it to the postseason last year, taking a 7-0 lead into the halftime break against Little Rock McClellan before falling 24-14 in the opening round of the tournament.

Cockrell feels his club will again contend for a postseason berth, putting it right up near the top of the conference along with Wynne, Batesville and Blytheville.



2019 SCHEDULE:

Friday Aug. 23 | Pocahontas | Away
Friday Aug. 30 | Osceola | Arkansas State University
Friday Sept. 6 | Bald Knob | Away
Friday Sept. 13 | Rivercrest | Home
Friday Sept. 20 | OPEN
Friday Sept. 27 | Paragould | Away
Friday Oct. 4 | Forrest City | Home
Friday Oct. 11 | Wynne | Away
Friday Oct. 18 | Blytheville | Home
Friday Oct. 25 | Greene County Tech | Away
Friday Nov. 1 | Nettleton | Home
Friday Nov. 8 | Batesville | Home

BROOKLAND HIGH SCHOOL: BEARCATS

By: Richard Brummett



2019 SCHEDULE:

Thursday Aug. 22 | Scrimmage | Hoxie | 6 p.m.
 Friday Aug. 30 | Riverview | Home | 7 p.m.
 Friday Sept. 6 | Greene County Tech | Away | 7 p.m.
 Friday Sept. 13 | Piggott | Away | 7 p.m.
 Friday Sept. 20 | Off
 Friday Sept. 27 | Pocahontas | Away | 7 p.m.
 Friday Oct. 4 | Trumann | Away | 7 p.m.
 Friday Oct. 11 | Westside | Home | 7 p.m.
 Friday Oct. 18 | Gosnell | Away | 7 p.m.
 Friday Oct. 25 | Cave City | Home | 7 p.m.
 Friday Nov. 1 | Highland | Home | 7 p.m.
 Friday Nov. 8 | Rivercrest | Home | 7 p.m.

Brookland's Bearcats have a goal in mind for the 2019 season and it is a lofty one: making the playoffs for the first time in school history.

Coach Chuck Speer begins his fifth year at the helm with optimism, citing last year's 2-8 team that was forced to play a lot of young people, meaning the Cats will return an experienced unit. Speer said three seniors will be counted on to lead the way, starting with quarterback Trent Still. Fellow seniors Braden Haff (defensive end) and Kaden Strode (running back) also bring talent to the squad.

Junior defensive end Bentley Hart and junior running back/linebacker J.D. Davis are also counted on to help the Bearcats improve on the win total from a year ago. "We feel like having to play so many young people last year will actually help us this year," Speer said. "We lost three games by under a touchdown and one in overtime. We didn't do the little things it took to win those games; little things build up to big things."

The coach said he likes for his teams to "run if we can. We use a pistol-wing set and we're never under center. So we run if we can but we try to stay pretty balanced. We've got good running backs and a tailback coming at you. We're short on backs, but the young people getting all the action they did last year will help.

"Our offensive line is thin and we'll have to keep it healthy," he added. "The way we're set up right now, we'll be okay."

Speer, who has also spent time on the football staffs at Corning and Conway Christian, said coach John Proffitt has joined his program as Defensive Coordinator, coming over from Nettleton and will have several players with speed to work with.

He said Rivercrest and Pocahontas are two teams "with lots of potential" at the top of the 4A-3 Conference with Gosnell and Westside both returning good teams as well. Brookland, he feels, could be somewhere in the middle but definitely in the hunt for that elusive playoff spot.

"The key for us would be to get three conference wins," he said, "and get into the playoffs for the first time. We're really hoping to crack through this year."

WESTSIDE HIGH SCHOOL: WARRIORS

By: Richard Brummett

If Westside High School football fans are optimistic entering the 2019 season they can count their head coach right there with them. Bobby Engle starts his fifth year as the Warriors' leader -- his seventh overall, all at Westside -- with high hopes for his team, a consistent post-season contender.

WHS finished at 7-4 last year, falling 31-22 in the first round of the playoffs to Dardanelle but expectations are high as some players with outstanding athletic ability and football skills return this time around. Engle said tailback Logan McPherson is probably the best athlete on the team and "possibly in the whole school. He ran for over 1,100 yards last year and he has 4.6 speed. He could be a D-1 prospect."

Good news, but there's still more. Junior quarterback River Engle brings a strong arm and excellent field vision to the offensive backfield, coming off a year where he threw only two interceptions. Wide receivers Kesler Engle and Jared Garner both have "really good hands," according to the coach, and run routes precisely to bolster the passing game.

On the offensive line "we're stacked," Engle said, starting at center with Austin Rhodes. "He is in command up front. And with left guard Caleb Whitmire, those two could be All-State caliber players for us. They can dominate people and they're hard workers. Running the football is our style and they sort of set the tone."

Defensively, Engle said junior linebacker Tyler Ray -- who also starts at fullback on offense -- loves contact and is "a quiet leader. He doesn't say much, but when he does they listen. He's one of our best, and Logan McPherson is another All-State type at safety."

Competing in 4A-3 Conference, Engle sees his team, Rivercrest and Pocahontas as the early league favorites. "Rivercrest obviously has great athletes and everyone seems to think Pocahontas is going to be there," he said. "I see all of us right there at the top."



2019 SCHEDULE:

Friday Aug. 30 | Greene County Tech | Home | 7 p.m.
 Friday Sept. 6 | Piggott | Home | 7 p.m.
 Friday Sept. 13 | Hoxie | Away | 7 p.m.
 Friday Sept. 27 | Highland | Away | 7 p.m.
 Friday Oct. 4 | Pocahontas | Away | 7 p.m.
 Friday Oct. 11 | Brookland | Away | 7 p.m.
 Friday Oct. 18 | Cavy City | Home | 7 p.m.
 Friday Oct. 25 | Rivercrest | Away | 7 p.m.
 Friday Nov. 1 | Trumann | Home | 7 p.m.
 Friday Nov. 8 | Gosnell | Home | 7 p.m.

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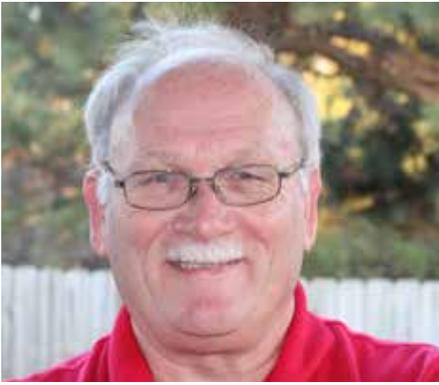
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PREMIERE
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August is a fun month for me because it contains my birthday and people seem to enjoy reminding me exactly how old I have become. I have to admit, as I creep closer to 70 than to 60, my attitude has changed from, "Don't worry, be happy" to, "Get off my lawn!"

My life has been relatively simple and I credit my parents for that. I went to my father with sports-related issues, because he was an excellent athlete during his younger days, leading area teams to league championships in baseball and fast-pitch softball. It was he who explained that coaches didn't want to hear a bunch of words from players; they wanted a simple "Yes, sir" or "No, sir" and that's how I tried to operate.

Our basketball coach when I was in grades 9-11 was a yeller and a screamer, but that was just his way. I never felt compelled to say, "You're being discouraging and I need to go to my safe place." He yelled at me the same way he yelled at the next guy, and when one of us had to run bleachers or line drills or sprints we all had to run them. Over the years since we have sat together at ballgames and had adult conversation and I never once feared he was going to make me climb the rope hanging from the gym ceiling at halftime.

I didn't always know how to answer him because sometimes he would scream at me, "Are you just an idiot?!" and I was afraid if I said, "No, sir" he would expect me to explain why my performance indicated that I was, so I usually just said, "Yes, sir" and that didn't seem to please him, either. But that was the style of many coaches back in our time, which is referred to as Days of Yore. Today a coach would be reprimanded, suspended or fired for such conduct but way back then we just ran until Coach said we could stop and I don't recall a single instance when someone fell over dead, needed counseling or burst into flames.

My mother gave me guidance for everyday life. I was a skinny teacher's kid and I felt I

absorbed more than my share of being picked on by the bigger guys. Mom said there will always be bullies and people who say and do mean things, and to ignore them. "Some day," she said, "they will have to answer for their actions and you will have to answer for yours. So make sure yours are kind." Remembering those words, I walked away from situations that seemed threatening and I am none the worse for it.

Mom also said I should respect the *position* some people held, even if I didn't care too much for the individual. She said teachers, coaches, policemen, judges and the like had all earned the right to be in charge, and my job was to respect them and their words even if I couldn't like the person speaking them. We were having that conversation because one of my high school teachers constantly compared me to my sister, an outstanding student from the year before.

I was placed in the Advanced English class for my senior year and I don't know how that happened. I didn't attend tryouts for Advanced English and, although I was a good student, I didn't see myself as advanced. Being in the class with people who were striving to be class valedictorian and, eventually, doctors, lawyers and accountants made me seem out of place because I was striving to stay awake. That wasn't good enough for my teacher, who often chided me in front of classmates for not trying to reach my potential.

One day she made me stay after class to tell me that my dreams of being an athlete were "immature and ridiculous" and it wasn't so much her words that upset me as it was the fact that lunch was next on my schedule and during that hour I went to the gym lobby and looked at the pretty girls, so this was an intrusion of major magnitude. And that's the day I went against my mother's wishes and spoke out. I told the teacher I had been listening to her interaction with the smart kids and several of them were nervous, hoping they would be accepted to the colleges of their choice while in my room at home I had five scholarship offers to come play baseball for particular schools. All I needed to do was decide where I wanted to go, and I was in. "So maybe sports aren't so ridiculous after all," I said and walked out of her room, and walked out really fast before she could shout, "Young man! You get back here!" or release the flying monkeys to chase me down the hallway. I didn't feel very good about my response and realized that Mom's admonition to be nice or be quiet -- and respect the position -- was actually solid advice. I wish she were here to talk to much of America today.



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BIRTHS

Kamden Lee Alen Dover

Proud parents Christian Dover and Shelby Warner of Paragould welcomed their newborn, Kamden Lee Alen Dover, into the world on July 3, 2019.

Kamden was delivered at Arkansas Methodist Medical Center, weighed 8 pounds, 10.5 ounces and measured 21 inches long.

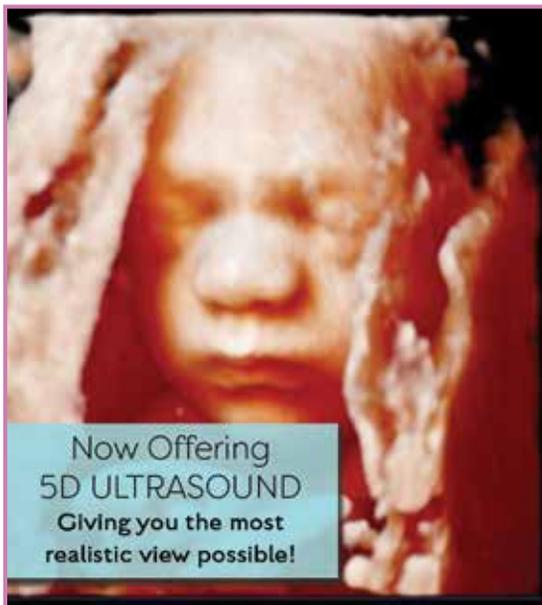
Kamden is also welcomed by grandparents Lee and Sarah Dover, and Katrina and Wade Keeling.

Photo by Autumn Dover



Corbin Carter

Corbin Carter was born on June 21, 2019, to parents Chris and Shelbi Carter of Paragould. He was born at NEA Baptist Memorial Hospital weighing 6 pounds and 14 ounces, and reaching 20 inches long.



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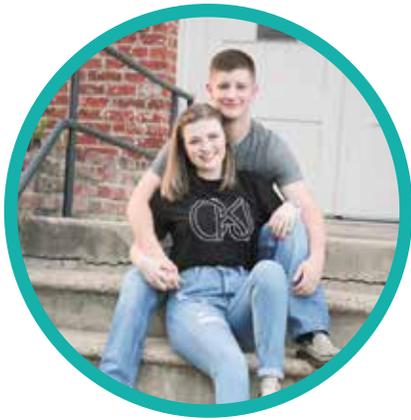
ENGAGEMENTS

Kirstyn Wyatt & Christopher Salehi

Kirstyn Wyatt of Jonesboro and Christopher Salehi of Paragould have announced their engagement and plans to be married at Harmony Gardens in Jonesboro in December 2019.

The bride's parents are Michael and Suzy Wyatt, and the late Michelle Kirby. The groom's parents are Ebrahim and Pamela Salehi.

Photography by Chelsea Duff Photography



Makayla Sandusky & Logan Garner

Makayla Sandusky and Logan Garner of Paragould have announced their engagement and plans to be married at Houston's in Brookland, AR, in August 2019.

The bride's parents are Shaun and Tracy Sandusky. The groom's parents are Stacy and Jennifer Garner.

Photography by Hailey Stokes Photography

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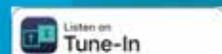
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Natalie & TJ

By: Natalie McDowell

Our story began on December 18, 2017, when TJ sent me a “happy birthday” message on Facebook. That message led to some phone conversations, which led to a lunch date at Skinny J’s a few days later. TJ was a few years younger than I, so I was not sure what to expect from our date. Little did I know that lunch date would turn into the best decision I have ever made. We really hit it off and he ended up ringing in the New Year with me, which meant ringing in the New Year with my parents and lots of other family. I knew he was a keeper when they didn’t scare him off! A few weeks later was the moment of truth; I was meeting the two most important people in TJ’s life: his kids, Isabella and Wyatt. To say I was a little nervous is a complete understatement, but the day went perfectly. It was like we were all meant to be together. Seeing what an amazing father TJ was only made my feelings grow stronger.

During our time dating we learned that we are both old souls, with his being much older than mine when it comes to his love for Westerns and musicians like Jim Croce and Johnny Cash. I can now say I have seen “Lonesome Dove” and “Tombstone” multiple times. He witnessed me “ugly cry” way too early in our relationship by making me watch “Old Yeller.” We both love God and our families. We figured out our personalities are opposite but that is what keeps things interesting. I am a little high-strung, and he is extremely laid back. He likes to plan and research EVERYTHING and I am more into organized chaos. We each became the other’s best friend and knew we would not want to do life with anyone else.

On December 7, 2018, during a carriage ride at Shelby Farms, TJ finally proposed, and I only say *finally* because we had already figured out the day we wanted to get married and looked at a venue. The carriage ride was passing a light display with a diamond ring and the words “Will you marry me?” and TJ asked if we could get out for a picture. Well, we took the picture and what seemed like an eternity later, he got down on one knee and said, “Well, will you?” Those were the best words I had ever heard. I was so excited I ripped the ring out of his hands. I was thankful he still wanted to ask me after our drive to Shelby Farms. I might have gotten a little high-strung over his driving slowly in the fast lane; you just can’t do that kind of thing in Memphis.

We were married on May 11, 2019, at The Crossing in Paragould, the same day TJ’s Grandma and Grandpa Underwood exchanged vows in 1957. The venue was decorated with the help of family with a rustic theme. The tables were decorated with a wood slice centerpiece that

displayed a floral arrangement and empty wine bottle filled with cork lights. Wood stumps, lanterns and flowers decorated entryways and the steps leading to the stage. Our late grandparents’ pictures were displayed on a custom-built sign that read, “We know you would be here today, if Heaven wasn’t so far away.” Bro. Mark Trout officiated the wedding. We said our vows under an arbor built and decorated by my parents. It was beautifully draped with vintage mauve fabric and large greenery arrangements. They worked so hard building several custom pieces for our wedding and went above and beyond to make sure the day was everything I had dreamed of. The Vintage Rental Depot put up a gorgeous floral chandelier, which was the perfect finishing touch. The bridesmaids wore vintage mauve dresses and the guys wore navy suits. The boutonnieres and corsages were white roses and the bouquets were white roses and oriental lilies. My bouquet was adorned with a beautiful bracelet that my grandpa gave my grandma for her high school graduation in 1962. Our guests enjoyed a taco bar with food prepared by my uncle and a custom-built candy bar, which was a big hit with the kids. Our cakes were made by Cakes by Mandy. They were just as delicious as they were beautiful. TJ is a police officer, so we went with a police theme for his groom’s cake. He was, and will always be, my something blue. Most people don’t know this but TJ and I had our first dance to a song we heard while watching a Power Rangers movie with the kids: “Stand by Me” by Bootstraps. Dane Dillion of Xtreme Entertainment kept everyone dancing and also kept everyone laughing by making us play the shoe game, consisting of questions we answered by holding up the shoe, mine or his, of whomever the question described. We actually agreed on most of the answers. I am messier, the better cook and have the crazier family. TJ is the morning person, has a better singing voice and is the pickier eater. However, we didn’t agree on who is the better driver and will continue to agree to disagree, until death do us part.

The night ended with a sparkler send-off. Our wedding day was perfect. It was filled with family, friends, laughter and a few happy tears. Esther Luna (Luna Photography) did an amazing job of capturing all of our special moments. She usually does not photograph weddings, so we are so thankful she chose to do ours. We are thankful to the family and friends who helped decorate and stayed for cleanup. We are blessed with an amazing support system.

Natalie Denise McDowell, daughter of John and Dana McDowell
Thomas “TJ” Edward Underwood, son of Tom and Diane Underwood



Photography By Luna Photography



I was an “outdoors” kid. I cannot remember a time in my life when I was not. As I grew up on our family farm in the Coffman community, I spent more time outside than I did inside. I might have been playing in the dirt with toy tractors, chasing the livestock, or sitting on a ditchbank. I might have been chasing anything I could find with my BB gun, digging worms or checking out the garden. Why was I outside? The choice was simple, either go outside or watch “The Guiding Light” and “As the World Turns” with Grandmother Long or Mama Blanton. There were no other choices in the house.

I became a product of worm dirt, gunpowder and gumbo along with a little bit of goat poop and cotton tromping thrown in for good measure. It seemed each day held an unplanned adventure, and for that I am truly thankful.

Society seems to be changing and the perception has become prominent that people do not enjoy the outdoors as they once did. Conservation agencies are lamenting the decline in hunting and fishing license sales and companies based on the outdoors lifestyle have been looking at other avenues for revenue.

I see a lack of knowledge about our local flora and fauna on an almost daily basis as I talk with people about the outdoors. One question I typically ask as I begin a basic

program for children is, “Can you name an animal?” The students will eagerly raise their hands and spout off many names like lion, tiger, elephant, polar bear, and even Bigfoot. It usually takes a few answers to get to an Arkansas animal as they seem to know much more about animals from other continents than about those found in Northeast Arkansas.

What has happened? Why are we becoming disconnected from nature and the outdoors abounding around us? Blame is often placed on the kids, the adults, governmental agencies and many other factors. It sounds like doom and gloom for the outdoors and the wonderful traditions that go along with the enjoyment of God’s creation.

The world of our children has become so organized and scheduled that it has become a place of continually following handbooks, rules and a clock instead of jumping puddles, chasing frogs and coming in when the sun goes down. As a youngster, the only two times I worried about each day were dinner at noon and supper at about dark. Outside of those times, the schedule was wide open. Today’s society seems to have a fear of an empty schedule. Youth sports have followed the same suit, focused on year-round practices, personal training and the world’s hanging on whether or not the team wins a ring. As I played youth sports, one of our biggest concerns for a baseball game was keeping the ball out of the pig piles in the pasture.

Some folks have written off the battle for the outdoors as lost to electronics, air conditioning and video games. I see many folks who throw up their hands in disgust and write off the passing on of the joy of the outdoors as hopeless, but I truly believe there is still a desire for all generations to spend time in nature. Our senior adults still enjoy being outside, middle age folks enjoy a day on the lake or river and our youngsters are thrilled to



CHUCK LONG

Regional Education Coordinator Northeast Education Division Arkansas Game and Fish Commission

catch a fish, dig a worm or watch a bird soar. Barbara Corcoran, a very successful businesswoman and “shark” on the television show “Shark Tank” said, “I’ve never had a really creative idea sitting at my desk. All the big ideas that made a difference happened when I was playing outside.” There is much more value to the outdoors and getting our kids and ourselves out there than we realize. I will not give up the fight to generate interest in the outdoors. Will you join me? To keep the outdoor traditions alive those of us who are “outside” folks must be intentional, positive and welcoming with our actions. We must work toward showing those who are inside the joys and benefits of outside. The rewards of being outside are documented in an article published in the “Harvard Health Letter.” This article gave five basic benefits of being outdoors that included more exercise, an increase in vitamin D levels, overall happier attitude, improved concentration and lower stress levels.

Physical benefits from spending time outdoors are great but I think one of the greatest benefits is that some of the strongest bonds in family or friendships are built on a creek bank, in a garden or on a trail. The outdoors teach us to learn together, think together and live together. Turn off the phone, ignore the calendar, disregard the clock, grab family and friends and spend some time outside. I hope to see you out there!



WHAT'S COOKIN'?

OUTDOOR COOKING FOR THE FAMILY

FRESH BLACK-EYED PEA SALAD

**Ingredients:**

4 Cups Fresh Black-Eyed Peas
2 1/2 Cups Chicken Stock
1 Red Bell Pepper, Chopped
1 Jalapeño Pepper, Seeded and Chopped
1 Pint Yellow Cherry Tomatoes, Halved
3 Scallions, Sliced
1/4 Cup Olive Oil
1/4 Cup Apple Cider Vinegar
2 Cups Coarsely Chopped Baby Spinach
Kosher Salt
Freshly Ground Pepper

Directions:

1. Bring peas and chicken stock to a boil in a medium saucepan over medium-high heat.
2. Cover, reduce heat to low, and cook until tender, 5-7 minutes.
3. Drain and cool for 30 minutes.
4. Stir together peas, peppers, tomatoes, scallions, oil and vinegar in a bowl. Season with salt and pepper.
5. Chill until ready to serve, at least 4 hours and up to 24 hours.
6. Gently fold in spinach before serving.

Recipe courtesy of www.countryliving.com.

BEST BACKYARD BURGER

**Ingredients:**

1 Pound Lean Ground Beef
1/4 Onion, Diced
2 Cloves of Garlic, Minced
1/4 Cup Wild Mushroom and Sage Infused Olive Oil
Salt and Pepper
Burger Buns

Directions:

1. Mix meat, onion, garlic, salt and pepper together in a bowl.
2. Divide and mold the meat mix into patties.
3. Brush olive oil on top of patties.
4. Sprinkle salt on top of the patties.
5. Grill burger patties to your desired level of doneness.
6. If you would like to toast your buns, brush some spare olive oil on the underside of the buns. Toast lightly on a low grill or on a griddle.
7. Assemble burger with desired toppings.

Recipe courtesy of [Mt. of Olives](http://Mt.ofOlives.com).

BLUEBERRY LEMON TRIFLE

**Ingredients:**

3 Cups Fresh Blueberries, Divided
2 Cans (15 3/4 oz. each) Lemon Pie Filling
2 Cups (8 oz.) Lemon Yogurt
1 Prepared Angel Food Cake, cut into 1-inch cubes
8 Ounces Frozen Whipped Topping, Thawed
Lemon Slices (Optional)
Fresh Mint (Optional)

Directions:

1. Set aside 1/4 cup blueberries for garnish.
2. In a large bowl, combine pie filling and yogurt.
3. In a 3-1/2-quart serving or trifle bowl, layer a third of the cake cubes, lemon mixture and blueberries.
4. Repeat layers twice.
5. Top with whipped topping. Cover and refrigerate for at least 2 hours.
6. Garnish with reserved blueberries and lemon and mint if desired.

Recipe courtesy of www.tasteofhome.com.



LIVING A Better Story

By Jared Pickney

Is summer getting shorter, or is it just me? June flies into July and as soon as smoke from the Fourth of July fireworks leaves our nostrils, we are back to filling our carts with school supplies.

Each new school year brings a whole cluster of emotions. We are hopeful that this year our daughter will meet classmates who won't make fun of her, that our son will do better in math, or that our teen will make the team. We are hopeful, we are scared. What if this year is worse than last year? Some of us march into September holding our breath. But we don't need to.

Here are three things we can do to help get the year moving in the right direction:

1. Be proactive, not fearful. So many decisions we make for our kids stem from fear rather than strength. We manipulate schedules to get our daughter the right kindergarten teacher, scared that if she gets the "wrong" one her year will be miserable. Who says? We make our 16-year-old hit the gym every morning in summer so that he'll have a leg up when he tries out for the team. We can't stand to see him get cut again. Are you sure? Let's give our kids some appropriate breathing room. They are more resilient than we think they are.
2. Help your kids develop a positive attitude toward school. If your son hates sports but likes band, take him to a concert to enjoy music together. If your daughter hates math but loves science, go on nature walks with her. Look for interesting things in God's

creation to talk about. In other words, act enthusiastic about your child's passions.

3. Establish a healthy sleep pattern. Sleep is the greatest performance enhancing drug. It's our super power. Therefore, before school starts, rein in bedtime and help your child establish a healthy sleep rhythm. Most kids fight sleep, so you need to help.

Great education begins at home. Kids adopt attitudes from their loved ones -- especially parents. If we talk to them as though they can handle curve balls which life brings, live with grateful attitudes and establish calm routines at home, life goes well. These are small changes for us, but bring enormous changes in our kids.

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HAPPENINGS



ASBTDC NAMED SMALL BUSINESS DEVELOPMENT CENTER OF YEAR

The Arkansas Small Business and Technology Development Center (ASBTDC) at Arkansas State University has been recognized as the small business development center of the year by the U.S. Small Business Administration Arkansas District Office. ASBTDC Director Laura Miller, lead business consultant Robert Bahn and business consultant Sydney Rebstock were recognized for their assistance to the small businesses in their service territory. The award was presented at the Small Business Impact Awards luncheon hosted by the Little Rock Regional Chamber of Commerce.

"To be recognized for our work with small businesses is truly an honor," said Miller. "We couldn't do all that we do without the support of our stakeholders, sponsors and clients."



NEA BAPTIST RECEIVES ACCREDITATION AS CHEST PAIN CENTER

The American College of Cardiologists has recognized NEA Baptist for its demonstrated expertise and commitment in treating patients with chest pain. NEA Baptist was awarded Chest Pain Center accreditation in June based on rigorous onsite evaluation of the staff's ability to evaluate, diagnose, and treat patients who may be experiencing a heart attack. NEA Baptist is the only hospital in the region with this accreditation.



REGIONAL OVERHEAD DOOR COMPANIES MERGE

Jonesboro Overhead Door and Tri County Garage Door recently merged under a single ownership, combining two of the top overhead and garage door companies in Northeast Arkansas and Southeast Missouri.

"As a family-owned business, we keep the families of our customers and the families of our employees at the forefront of our decision making. With the purchase of Tri County Garage Door, we can keep serving all of those families by providing the products, services and jobs that they all need," said Gene Vance, representative of the ownership group of Jonesboro Overhead Door.

Both Jonesboro Overhead Door and Tri County Garage Door have long histories of providing quality sales and service of commercial overhead door installations, dock equipment, screens and awnings, residential garage doors, electric openers and repair services.

THE FOOD BANK OF NORTHEAST ARKANSAS RECEIVES \$8,000 BAYER FUND GRANT FOR FRESH PRODUCE DISTRIBUTION



Employees from Bayer Crop Science recommended the Food Bank of Northeast Arkansas to receive an \$8,000 grant from Bayer Fund to assist with hunger relief. The grant funds will be used to provide fresh fruits and vegetables for the Food Bank's Fresh Produce Distribution Program.

"Living in an agricultural state, many of us take for granted the access we have to fresh produce," said Christie Jordan, CEO for the Food Bank of Northeast Arkansas. "Hearing the excitement and gratitude from the recipients of the fresh produce is a reminder that many of our neighbors can't always afford to choose healthy fruits and vegetables as part of their regular diet."

"The Food Bank of Northeast Arkansas plays such a large part in our surrounding communities and it is awesome that we can partner with such a great organization that gives so much to our area," said Andrew Weeks, Operations Lead, at Jonesboro Bayer Site.



August

EVENTS CALENDAR

2 & 3

What: The Foundation of Arts presents: Broadway Orphans

When: Friday, August 2nd, 2019, and Saturday, August 3rd, 2019, at 6 p.m.

Where: The Forum Theater (115 E Monroe Ave, Jonesboro, AR 72401)

Info: The Foundation of Arts' youngest Young Artist Theatre campers will be performing a compilation of songs from popular Broadway orphan-themed shows "Annie" and "Newsies." Full of great music, lots of dancing, and of course high energy, this show is sure to be a blast! Composers: Alan Menken and Charles Strouse. Tickets available at foajonesboro.org, (870) 935-2726, and The Forum Theater.

3

What: The Collins Theatre Welcomes Reba Russell

When: Saturday, August 3rd, 2019, at 7:30 p.m.

Where: Collins Theatre (120 West Emerson Street, Paragould)

Info: Enjoy an evening with the legendary blues, jazz, rhythm performer and her band with an opening performance by the Arkansas Brothers.

8

What: Shop Local Park Free Movie Night

When: Thursday, August 8th, 2019, at 8 p.m.

Where: Shop Local Park (5036 US 49 Jonesboro, AR 72401)

Info: Shop Local Park on Farville curve hosts FREE movie nights every Thursday night starting at sunset. Bring your own chairs, blankets, snacks, dogs and whatever else you'd like.

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

10

What: Henry Wrinkles Benefit Car Show and Power Wheel Rally

When: Saturday, August 10th, 2019, from 11 a.m. to 6 p.m.

Where: Downtown Paragould

Info: Cars and trucks entry fee \$15, motorcycles \$10, Power Wheel Rally sign up is \$10. Bring your kids (age 3 to 6) and their power wheels so they can race Henry's Friends. All proceeds go to benefit Henry Wrinkles Foundation. Sign ups and entry fees are due by Aug 3rd. Sign up online at henrywrinkles.org/carshow.

17

What: Free Seminar: All About a Stroke

When: Saturday, August 17th, 2019, at 10 a.m.

Where: First Christian Church Jonesboro, Arkansas (2600 Woodsprings Rd [At Casey Springs Road] Jonesboro, AR 72404)

Info: St. Bernards Congregational Health Alliance is hosting a free community seminar about stroke and stroke prevention. Topics will include, "What Happens When You Have a Stroke," "Strokes: Risk Factors, Warning Signs and Prevention" and "Life After Stroke," a panel discussion with survivors and a therapist. No RSVP is needed. For more information, call the St. Bernards Healthline at 870.207.7300.

20

What: Alzheimer's Caregiver Support Group

When: Tuesday, August 20th, 2019, at 4:30 p.m.

Where: Center on Aging-Northeast (303 E Matthews Ave Ste 101 Jonesboro, AR 72401)

Info: Build a support system with people who understand. Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia. To register or for more information, call 870-207-7595.

24

What: Chad Garrett & Friends at the Collins

When: Saturday, August 24th, 2019, at 7 p.m.

Where: Collins Theatre (120 West Emerson Street, Paragould)

Info: An evening of country music with Chad, guests and the band - Randy Aden, Dana Johnson, Kevin King and Randy Loyd. General Admission: \$10.00
10-years-and-under: \$5.00.

26

What: KASU's Bluegrass Monday with The Vickie Vaughn Band at the Collins Theatre

When: Monday, August 26th, 2019, at 7 p.m.

Where: Collins Theatre (120 West Emerson Street, Paragould)

Info: No admission but they do pass the hat to pay the artists. Recommended donation \$5.00 per person.

29

What: Back the Pack Rally

When: Thursday, August 29th, 2019, at 4 p.m.

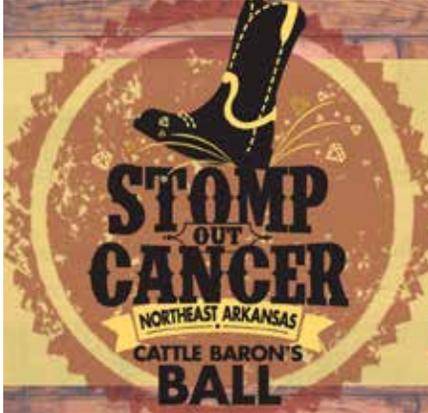
Where: The Glass Factory (313 West Huntington, Jonesboro, AR 72401)

Info: Join us during Paint The Town Red Week for the Jonesboro Regional Chamber of Commerce A-State Committee's Back the Pack Rally, sponsored by Arkansas Blue Cross and Blue Shield and The Glass Factory. There will be appearances by coach Blake Anderson and Miss Arkansas State, vendors, activities for kids, snacks and drinks for adults, music and MORE. You don't want to miss out on this FREE family fun! Guests who come to the party will also receive special discounts at various downtown restaurants. Vendor booths are available for \$25/each and can be reserved by contacting the Jonesboro Chamber at (870) 932-6691. There are limited spots available, so call today!

Stay Tuned

What's in store next month?

Cattle Baron's Ball



Highlighting the 2019 Northeast Arkansas Cattle Baron's Ball.

Prostate Cancer Awareness



Learn more about prostate cancer and utilizing resources.

NEA Seniors



Learn more about the good news within the NEA Senior community.

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