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February  
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# From The PUBLISHER... DINA MASON

“

Hearts are all the rage since it is February! Instead of Valentines maybe February should be your yearly “Healthy Heart” month. Okay, I don’t want to give up Valentines either, so we can do both.

Think about all the fuss that goes with Valentine’s Day and apply that to a yearly Heart Health Plan. Your HHP can be about eating, going out to a special dinner, which is usually part of our Valentine’s Day routine. If you get flowers for Valentine’s Day, think about planting a flower garden or having flowering plants in your office or home. A nice patron of MOR MEDIA, Inc. brought us a Christmas flower that we thought we would surely have killed by now, but it has bloomed into a beautiful flower and the whole office has enjoyed the process.

Exercise is not usually associated with Valentine’s Day but let’s use “Love” (or chocolate?), getting your heart rate up to remind us that exercise is key to a healthy heart. It seems that everyone has one of the Fit-somethings on their arms and heart rate monitoring is all the rage.

So when you hear, “Happy Valentines!” think “Happy Heart” and commit to eating healthier, getting outdoors (and away from the Blue light) and exercising to make your heart pound while you are enjoying that Valentines dinner out, getting flowers from your sweetheart and taking a vigorous walk outside!

Happy Valentine’s Day!

”



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# NEEA Artist

By Caitlin LaFarlette

At just 3 years old Vicki Bishop-Nigro stood on a piano bench in church and sang her first solo. Ever since then, singing and performing have been part of her life.

"It's just always been who I am. I don't have any memory of not singing," she said. "I am definitely an entertainer at heart."

When Bishop-Nigro was 5 years old, she began singing every Saturday night with The Country Music Makers, a country group from Paragould. As she got older she discovered a love for theatre and acting and in college, she studied vocal music education and was classically trained.

"I love and perform all genres of music, which I think makes me somewhat versatile and has given me opportunities by not locking myself down to one particular type of music."



Gospel, country, blues, jazz, rock, opera, pop, show tunes and folk music are all on Bishop-Nigro's entertainment resume. She added the only style of music she probably hasn't done is heavy metal, "or that screaming kind, which damages the vocal cords."

Bishop-Nigro said she receives inspiration for performing from God, and her female icons include Patsy Cline, Rosemary Clooney, Patti Page, Dolly Parton, Bette Midler and Aretha Franklin, among many others. And the one cheering her on the most was her mother.

"My mother was my absolute biggest fan and inspiration to continue on, even when I felt I was failing or felt that people were getting tired of hearing me," Bishop-Nigro said. "She never missed a show or performance of mine. Never."

## ***JONESBORO Premiere Awards are HERE! Cast Your Vote NOW!***



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In February Bishop-Nigro will start back up with performances at the Roundup in Brookland, as well as an upcoming performance March 8, the Collins Opry Show at the Collins Theatre. Area musicians and singers come together to keep interest alive in the older country, bluegrass and gospel music. The show also incorporates comedy and audience interaction in the style the Grand Ole Opry still stands by today.

"It's very family friendly and we always have a lot of fun," Bishop-Nigro said.

For the future, Bishop-Nigro has several dates set at various theatres and venues and added she is excited for events this summer and fall that she can't quite spill the beans about yet.

In addition to this variety of performances, singing has led Bishop-Nigro to travel extensively over 42 years of entertaining. She added she has also been blessed to teach private voice and stage lessons with students ranging from 8-85. Her passion even paid her college education with full scholarships.

"Most of all, singing and performing has allowed me to do what I love most, which is just to meet and reach people, entertain them and hopefully touch their hearts in some way with music," she said. "It is the universal language. Words fail often but music reaches people."

Photos by Mike's Music News & Joy Robinson.



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# RESTAURANT Insights

By Caitlin LaFarlette

**G**rab the sweetheart and head down to a laid back, local Paragould steakhouse this Valentine's Day for some delicious grub and relaxing atmosphere.

Fiesty B's started off as just a smokeshack offering processed meat but after requests for a dining establishment, the restaurant portion was built in 2016. In the three years since, the restaurant has assembled plate after plate of gourmet burgers and steaks, all while keeping the doors open to anyone, whether coming from a meeting in business attire or from the woods in camouflage.

That comfortable atmosphere makes Fiesty's a great place for a Valentine's Day dinner. The rustic lodge style dining area is home to perfectly cooked burgers and steaks but has none of the pressure one might feel at a more glitzy restaurant. In fact, the mounted deer, fish and even a bear skin keep it feeling like a typical Southern home.

When it comes time to actually eat, start off with the most popular appetizer: handmade tater tots. These tots are nothing like what can be found at fast food places. They are filled with cheese and bacon and

served with a poblano sauce, and could almost be a meal on their own. These tots are extremely fulfilling, but with hardly any grease they go down easily.

A dinner date wouldn't be complete without a steak. The ribeye at Fiesty's is one of the most popular entrees, and for good reason. The steak takes up an entire plate and is packed with flavor and seasoning that might make it hard to want to share with a date. Not too tough or chewy, the cooks at Fiesty's get their steaks just right.

If an appetizer and giant steak don't keep hunger at bay, fear not. The ribeye comes with two sides and the lobster macaroni and cheese should be choice number one. This isn't standard macaroni and cheese; there is a wonderful balance between the seafood and cheese putting a delicious spin on a classic dish.

Don't worry about making a trek to a fancy restaurant for a good steak. Fiesty B's has everything needed for an amazing night out while keeping things cozy and personable!



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Please contact Teresa at [tbranch@paragould.org](mailto:tbranch@paragould.org)  
for more info!

# PET OF THE MONTH

By Marilyn Poole

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While my daughter, Joanna, was leaving work she found him and immediately fell in love! She brought him home and the name "Tom" came pretty quickly to us. He has become a part of our family now. He lives the good life; his favorite things are: watching videos, playing on his Cat App game on the phone, running circles at night (especially if we're sleeping!) and his ultimate favorite -- getting under the sheets of a freshly made bed. He gets to look forward to treats every morning, too. He truly does not like being bathed, and is a ham when it comes to getting his picture taken. He is such a joy to this family and I cannot imagine being without him now.



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**NEASIGNS**  
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Greene County Tech patrons ask voters to say “yes” to accomplish a safer environment for the students of its district. Voters will decide on March 12th on an additional 4.95 mills to fund the improvements diagrammed here.

Safety is cited regarding many of the proposed improvements. The proposed millage will support additional security to each campus with two additional resource officers. It will fund the building of several “hardened” classrooms, providing shelter in storm situations to schools that currently do not have storm shelters. These multi-purpose areas serve as space needed to alleviate classrooms in the portable buildings AND as storm shelters.

Another safety concern has been for students involved in activities requiring them to go to campuses across town. These improvements will provide facilities on the high school campus and limit the student traffic back and forth.

These diagrams show the plans and you can find more information on Facebook/sayyesGCT

# GREENE COUNTY TECH SAFETY IMPROVEMENT MISSION

## GREENE COUNTY TECH HIGH SCHOOL



High School projects will eliminate travel across town for these programs.

### 4,200 sq ft Animal Barn

- Animal stalls & wash down area.
- Doubles the size of Animal Science Program
- Show arena
- Shop/work area

### Baseball/Softball Complex

- Lighted turf fields - allows GCT home field advantage & to host tournaments
- Stacked concession & press box structures
- Restroom facilities

## PRIORITY ONE WITH THIS MILLAGE

The district will add 2 new resource officers to improve security



### CURRENT:

- 1 officer at High School
- 1 shared officer for Primary & Main Campus

### PROPOSED:

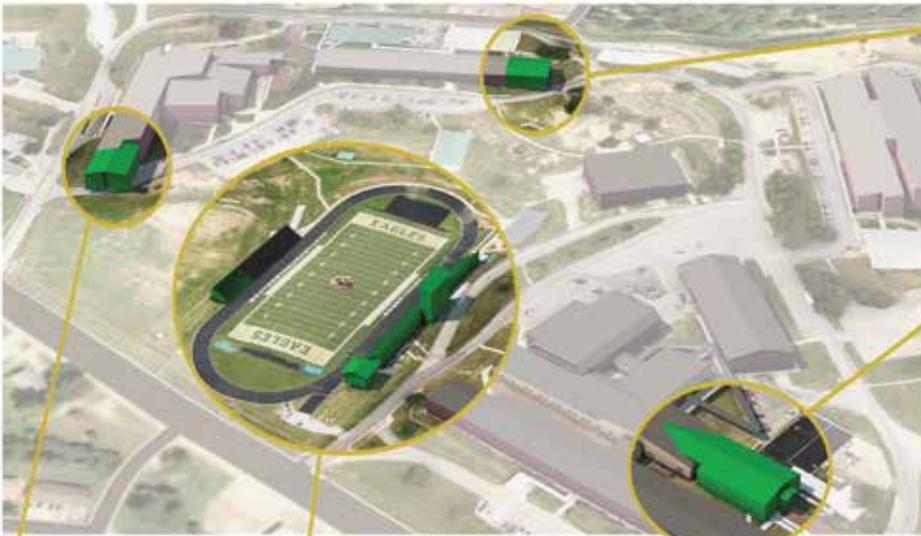
- 1 officer at High School
- 1 officer at Primary
- 2 officers at Main Campus

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**GREENE COUNTY TECH MAIN CAMPUS**



**Intermediate School  
Hardened 4-Classroom Addition**

- Hardened area for protection during storm season
- Eliminate the need for portable 5th grade classrooms
- Minimizes travel outside of building for students
- State-of-the-art classroom technology

**Junior High School  
10,000 sq ft Phase 2 Addition**

- Increased security - 90% of 8th & 9th grade will be under 1 roof
- 6 new classrooms for Jr. High and Eagle Academy, allowing Eagle Academy to relocate from the 1953 building
- New restrooms & support areas

**Middle School  
Hardened 4-Classroom Addition**

- Hardened area for protection during storm season
- Eliminate the need for portable 6th & 7th grade classrooms
- Minimizes travel outside of building for students
- State-of-the-art classroom technology

**Eagle Stadium Upgrades**

- Will meet ADA requirements
- New press box will be centered & equipped for Tech TV
- New press box location allows GCT to host band competitions on home campus
- New south concession stand with restroom facilities and patio area
- New home bleachers with 500 additional seats
- Relocate band bleachers to visitor side, adding 150 seats

**GREENE COUNTY TECH PRIMARY SCHOOL**



**6,000 sq ft hardened area and multi-purpose room**

- Hardened area for protection during storm season
- Increase capacity for PLUS, Summer Programs and indoor activities
- Overflow for special events

**VOTE YES  
MARCH 12**



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**ELECTION DAY**  
March 12 at the  
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# WHAT'S COOKIN'?

## TRY THESE HEART HEALTHY MEALS FOR YOUR DAY LOADED QUINOA BREAKFAST BOWL



### Ingredients:

3/4 cup water, divided  
1/4 cup tri-colored quinoa, rinsed  
2 tbs dried goji berries or dried cranberries  
1 small banana  
1/4 cup unsweetened almond milk  
1 tbs maple syrup  
1/8 tsn ground cinnamon  
1/8 tsn vanilla extract  
1/4 cup fresh or frozen unsweetened blueberries  
1 tbs chopped walnuts  
1 tbs slivered almonds  
1 tbs fresh pumpkin seeds

### Directions:

1. In a small saucepan, bring 1/2 cup water to a boil.
2. Add quinoa. Reduce heat; simmer, covered, until liquid is absorbed, 12-15 minutes.
3. Meanwhile, soak berries in remaining water for 10 minutes; drain.
4. Halve banana crosswise. Slice one half; mash the other.
5. Remove quinoa from heat; fluff with a fork.
6. Mix in mashed banana, almond milk, maple syrup, cinnamon and vanilla.
7. Transfer to an individual bowl; add blueberries, walnuts, almonds, pumpkin seeds, banana slices and goji berries.

If desired, serve with additional unsweetened almond milk and maple syrup.

*Recipe courtesy of tasteofhome.com*

## SHRIMP AND BROCCOLI STIR-FRY



### Ingredients:

1/4 cup fat-free, less-sodium chicken broth  
2 tbs rice vinegar  
2 tbs low-sodium soy sauce  
2 tsp cornstarch  
1/2 tsp dark sesame oil  
1/4 tsp crushed red pepper  
1 tbs canola oil, divided  
1 tbs minced peeled fresh ginger  
1 tbs bottled minced garlic  
1 pound peeled and deveined large shrimp  
1/4 tsp salt  
4 cups small broccoli florets  
1 cup vertically sliced onion

### Directions:

1. Combine first 6 ingredients in a small bowl, stirring with a whisk.
2. Heat 2 teaspoons canola oil in a large nonstick skillet over medium-high heat.
3. Add ginger and garlic to pan; stir-fry 30 seconds.
4. Sprinkle shrimp with salt.
3. Add shrimp to pan, and stir-fry 3 minutes or until done.
4. Remove shrimp mixture from the pan.
5. Add remaining 1 teaspoon canola oil to pan.
6. Add broccoli and onion to pan; stir-fry 4 minutes or until broccoli is crisp-tender.
7. Add shrimp mixture and broth mixture to pan; cook 1 minute or until thickened, stirring constantly.

*Recipe courtesy of myrecipes.com*

## SPAGHETTI SQUASH AND CHICKPEA SAUTÉ



### Ingredients:

3 lb. spaghetti squash  
1 small red onion, finely chopped  
4 tbs fresh lemon juice  
2 tbs olive oil  
2 cloves chopped garlic  
1 15-ounce can chickpeas, rinsed  
1 c. fresh flat-leaf parsley, chopped  
2 oz. crumbled feta

### Directions:

1. Using a large serrated knife, halve spaghetti squash lengthwise; discard seeds. Place both halves cut side down on a large piece of parchment paper, and microwave on high until just tender, 9 to 11 minutes. Use a fork to shred squash strands, and transfer to a large bowl.
2. In a small bowl, toss onion, lemon juice, and a pinch each of salt and pepper.
3. In a nonstick skillet, heat 1 tablespoon olive oil and chopped garlic until beginning to turn golden brown. Add chickpeas; cook for 2 minutes. Toss with spaghetti squash, 1 tablespoon olive oil, and 1/4 teaspoon each of salt and pepper. Fold in parsley and onion (and juices). Top with crumbled feta.

*Recipe courtesy of womansday.com*

# GREENE COUNTY TECH FFA

## 10th Annual Dinner & Auction

If you enjoy eating and supporting kids in your community Saturday, February 16, is your lucky day! By joining Greene County Tech at the Paragould Community Center at 5:30 p.m. you can have the pleasure of both when purchasing an entry to the 10th Annual All You Can Eat Dinner featuring fish, chicken strips, fries, hush puppies, coleslaw, tea and water. Adults can attend for \$10, children 6-10 years for \$5, 5 years and younger can attend for free. But there's more; if you choose to stay a while the Greene County Tech FFA Chapter will be hosting a live auction, door prizes, and raffle opportunities, and merchandise such as deer stands, Cajun cookers, and other wood working projects built by its very own agriculture students. Also included will be donations from businesses throughout Northeast Arkansas and families within our community with everything from custom-made duck calls and jewelry, to homemade quilts and baked goods. Your participation in the event funds many different programs like career development events, scholarships, livestock programs, and more.

Greene County Tech Officers pictured to the right.



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# LILY GRACE GAIRHAN

## Loving & Inspiring

By Richard Brummett

Lily Grace Gairhan is proud of her zipper. Not the one on her jacket or the one on her pants, but the one situated right at the top of her chest. "She calls it her zipper," Lily's mother, Emily, said of her daughter's scar, their constant reminder of a successful heart surgery. "She actually loves it."

As she should. This zipper doesn't represent a closing but, rather, the opening of renewed prospects and an appreciation of how fragile life can be even when we think we are sailing along smoothly. Because of her daughter's experience, Emily, the owner of Gairhan Dental Care in Jonesboro, has begun an annual blood drive to help others in need, just as they once were.

As far as she and her husband, Scott, knew two years ago, they had a healthy four-year-old daughter. "We just thought she was always a calm toddler, not the type that was rowdy," Emily recalled. "She did have a chronic cough but we went to the pediatrician and they did an echocardiogram and didn't like what they saw, and they sent us to Arkansas Children's Hospital. She was diagnosed with Sinus Venous ASD ... Atrial Septal Defect with PAPVR and we were told at that time she needed surgery." PAPVR -- Partial Anomalous Pulmonary Venous Return -- is a condition where one or two of the pulmonary veins return blood to the right atrium instead of the left, causing oxygen rich blood to flow back to the lungs instead of to the body.

Quite a whirlwind of emotions followed. "We left ACH pretty much in shock," Emily said. "Really shocked. That day in a nutshell is total confusion, and I cried all the way home. We were told she needed immediate open heart surgery to repair a large hole at the top of the heart. They would have to reroute the arteries.

"I researched what they told us; I was totally in that mode. We found a surgeon at Texas Children's Hospital in Houston, which was recently named No. 1 in the nation for children's hearts. In October of 2016 we flew out for a consultation. Dr. Fraser, at the time, was the chief surgeon. He was great and spent unlimited time with us. He assured us he could fix her heart. We really felt at ease and felt like we made the right decision. They scheduled surgery for November 18 and she was basically quarantined. We had to quit day care, she couldn't go to church, nothing. It was hard on us, because we like to go places. Then three days before surgery we and my dad (Steve Ballard), and my sister-in-law, Sarah Cole, all donated blood to give her during surgery."

The Gairhans had done all they could to allay Lily Grace's fears, at the same time trying to mask their own. "I wanted to put her in a bubble,

but I didn't want to put fear in her eyes," Emily said. "We told her the doctor was going to make a little window in her chest. We didn't use words like 'incision' or any scary words. Donating our blood was the only thing we could do to be a part for our baby. After that, it was up to the surgeon and up to God. She needed two units of blood during her surgery, and she did so well. We were, I think, six days at Children's and stayed in all about two weeks."

During surgery, the Gairhans experienced the expected nervousness but also felt "a certain peace. We know there were thousands of prayers said on our behalf. I know we were on so many prayer lists. I was nervous when I kissed her goodbye but amazingly calm during the surgery. I could feel the peace God put over us. When she was in ICU, now that was hard, but the surgeon said she was perfect."

Now 6, Lily Grace frolics through life like any other child. "It's amazing to see how kids bounce back. They recover so fast," her mom said. "She was such a warrior and so strong ... our little hero. Now, she's just a school kid at Valley View who loves to dance and loves gymnastics and loves art ... drawing, painting, coloring. Knowing she's a girl we know she won't be playing football or contact sports, even though they said she could and for us not to worry about it that much. She's just a normal kid."



The entire experience piqued Emily's interest in finding a way to give back, a way to make a noticeable difference in the fight to save lives. The idea of a blood drive crept into her thoughts because it would serve a dual purpose: Not only would a sponsored blood drive help countless unknown others, it would help the Gairhans to always be mindful of Lily Grace's journey.

"Once life was back on track I told the girls here at the office I wanted to do something to make people aware of the need to donate blood," she said. "This year will be the 2nd Annual Blood Drive at Gairhan Dental Care (460 Southwest Drive in Jonesboro) in honor of Lily Grace. It's on Friday, February 15th, and the Red Cross will be here and anyone is encouraged to donate. Lily Grace will be here to greet people and to say thank you. The Red Cross works so hard to get blood for people whose lives are on the line.

"The blood drive means a lot to me. It's the only way we can give back. It is very important to me. I want to make people more aware, to come out and do it. Most people just don't pull in and say, 'I think I'll donate blood today.' We don't think about it, and except for Lily Grace, we'd do the same. Now we know how precious life is, and we want to do our part."



# Enchanted Garden

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*Charity Ball!*



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All funds raised benefit children, youth, and families in  
Craighead County through Junior Auxiliary of Jonesboro service program.

# GREENE COUNTY TECH TEACHERS

## *National Board Re-Certification*

### **ASHLEY EZELL**

Ashley teaches 3rd grade at GCT Elementary School. She has 21 years of educational experience, all of which have been in the GCT School District. Ashley is a proud GCT graduate and a graduate of Arkansas State University where she received a BSE in Early Childhood Education in 1997 and in 2016 she received an MSE in Educational Theory and Practice.

### **KERSTEN HERGET**

Kersten teaches kindergarten at GCT Primary School. She has 13 years of educational experience, all of which have been in the GCT School District. Kersten is a proud GCT graduate and a graduate of Arkansas State University where she received a BSE in Early Childhood Education in 2004 and an MSE in Educational Theory and Practice in 2015.

### **SHERRI NAMORS**

Sherri serves as the Literacy Instructional Facilitator at GCT Primary School. She has 21 years of educational experience, all of which have been in the Greene County Tech School District. She is a graduate of Oak Grove High School, and received a BSE in Early Childhood Education from Arkansas State University in 1997. She also received an MSE in Educational Theory and Practice from Arkansas State University in 2015.

### **SHAYLA KING**

Shayla serves as the Library Media Specialist at GCT Intermediate School. She has 15 years of educational experience, all in the GCT School District. She is a graduate of Paragould High School, and received as Associates Degree from Crowley's Ridge College, and a BSE in Early Child Hood Education from Arkansas State University in 2003. She received an MSE from the University of Central Arkansas in Library Science in December of 2015.

On behalf of the Greene County Tech School District, congratulations to each of our teachers on completing the re-certification process of National Board Certification, as it is quite an accomplishment and honor.



**CONGRATULATIONS on your re-certifications  
as National Board Certified Teachers!**

**Ashley Ezell, Kersten Herget, Sherri Namors & Shayla King**



# INCREDIBLE KIDS

By Jennifer Delong

Imagine working out every day under extreme pain and exhaustion, or passing out for no apparent reason. That's been Abigail Smith's life for the past few years. This 16-year-old 11th-grader at Bay High School grew up on her family land with her parents, her three sisters, and lots of land to explore. She's a member of FCCLA, FBLA, the captain of the senior high cheerleading team, and has been Miss Teen Craighead County International. Quite the busy girl.

For about two-and-a-half long years, Abigail has visited doctors, unable to find answers. Finally, the cheerleader and beauty queen was diagnosed with Postural Orthostatic Tachycardia Syndrome (P.O.T.S.) With this illness, your blood pools in the lower part of your body when you stand up. Your heart races to move the blood up your body, and can cause your heart to work overtime, even cause you to pass out. Easy tasks can make you feel like you've just run a long race or are



coming down with the flu. Other symptoms can include, chest pain, feeling anxious, nervous, or jittery, headaches, body pain, insomnia, and more. Not a great thing for such an active girl, who jumps, spins, and gets tossed in the air quite often. Since diagnosis, she's been working to get her symptoms under control and function daily.

"I have overcome many things in my life, including this illness which has taken a huge toll on my abilities in life. I also struggle with my self image. I always remind myself that beauty doesn't only show on the outside," said Abigail.

Despite the pain and limits P.O.T.S. brings, she lives for the happy times in life: Staying up late, car rides with family or friends that you'll just never forget or seeing the sunrise and having it inspire you to keep going. "Outside of my sister, who is the most kind-hearted role model I know, happiness is my inspiration and I want to pass that on to others," she said.

An advertisement for a turkey banquet. The background is a photograph of a large turkey with its tail feathers fanned out. The text is overlaid on the image in various colors and fonts. At the top left, it says "Scatter Creek Fightin' Toms" in red, "NWTF" in a stylized red font, and "Banquet" in large red letters. To the right, it says "February 21, 2019" in yellow, "Paragould Community Center" in yellow, and "Tickets Available at the Door" in yellow. At the bottom, it says "RAFFLE • LIVE AUCTION • DINNER" in large red letters, "Doors Open at 6:00pm | Dinner at 7:00pm" in blue, and "For more information, contact: Kyle Franzen 870.530.2320" in red.

Scatter Creek Fightin' Toms  
NWTF Banquet | February 21, 2019  
Paragould Community Center  
Tickets Available at the Door

RAFFLE • LIVE AUCTION • DINNER  
Doors Open at 6:00pm | Dinner at 7:00pm  
For more information, contact: Kyle Franzen 870.530.2320

Abigail is a huge advocate for the treatment and cure of P.O.T.S. and even speaks on it whenever she can. Her plans are to go to college to be a phlebotomist and continue modeling. She hopes to travel the world after she graduates. "If I had my dream I'd be a model, and have a gateway to see the world and provide for my family," she said.

When asked about her advice to friends and other girls struggling with issues, she suggests, "Always know who you are. When you think you can't do it anymore, just think about how far you've come. Think about the happy things like waking up on Saturday morning and lounging around all day. Think that you can do anything. You will be able to achieve your biggest dreams, when you think about the good things."



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# A STORY OF LOVE

# Jaramillos

By Caitlin LaFarlette



Jorge and Sam Jaramillo's love story began in 2011 and progressed in a way that, while not a typical journey for two people in a relationship, worked perfectly for them.

Jorge managed Don Jose's in 2011 when he and Sam met, since she and her friends would visit a few times each week to eat.

"I mostly forced them to go because I had a crush on Jorge," she admitted. "Eventually I got a job there to be closer to him."

And just like that, within a few weeks the two were dating. Because of Jorge's working long hours, his and Sam's first date was at Taco Bell because it was the only place open late at night. But Sam said it was the perfect experience because it took the pressure off of going to a fancy restaurant for a first date.

Three years later on March 1, 2014, when Jorge was 26 and Sam was 19, they exchanged vows in a simple ceremony at her father's house. The events leading up to their marriage, however, didn't follow the societal norms of an engagement.

"We never really had an engagement," Sam said. "When we decided to get married we had five days to plan."

"We had been dating for about three years and just decided one day to get married," Jorge said. "It was so quick and unplanned but we both knew we always wanted to be together."

Sam bought her wedding dress at Forever21, Jorge happily wore jeans, and the pair said "I do" with their close family and friends present.

"It was perfect for us," she said.

Jorge, 31, and Sam, 24, now have a 3-year-old daughter and an 11-month-old son who "keep things interesting." While they love spending time with their kids, date nights are always a must.

"Something simple like dinner and a movie," Jorge added. "It's just nice to be able to spend some time by ourselves."

Nearly five years after their wedding, Jorge and Sam have learned marriage isn't perfect and it is something any couple has to work on. Sam said disagreements happen but that is normal, and the two simply work through it together.

"Compromise, love and respect each other," she advised.

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# HEART DISEASE IN DOGS AND CATS

## Our Furry Valentines

By Dr. Kristin Sullivan, D.V.M.



**H**eart Disease in animals is very common, but there are also a number of different causes for heart disease to develop.

These causes are different among species.

In other words, what may cause heart disease in a dog may not cause the same disease in a cat. So let's talk about a couple of common causes of heart disease in our furry Valentines.

One of the most common causes of heart disease for dogs in this area (Northeast Arkansas and the Mississippi Delta Region) is due to Heartworm Disease. Heartworm Disease is caused by an actual worm that resides in the heart (the right atrium and into the pulmonary artery). Heartworm Disease is transmitted by mosquitoes, and with such a tremendous population of mosquitoes, you can imagine how common this disease is. The heartworm's journey from the time of the mosquito bite at transmission to the time when it is an adult living in the heart is a long one, taking anywhere from 5-7 months. In other words, your dog may be infected but it will take up to 5-7 months before a positive

heartworm test will result. Once in the heart, the heartworm causes an inflammatory response because the body recognizes the parasite as foreign. However, because it is a large worm, the body cannot fight off this infection with an immune response; the immune system is designed to fight off smaller invaders such as bacteria and viruses. Because these worms live in the heart, they cause a direct and detrimental effect on bloodflow and act as a physical obstruction. It is for this reason that many dogs develop heart disease, specifically Congestive Heart Failure. If the heart cannot pump effectively and deliver the blood, failure ensues. This is unfortunately a very common result with heartworm disease. The most common signs that are observed with heartworm disease is dry, hacking cough, shortness of breath, exercise intolerance, and fluid accumulation in the abdomen. Heartworm Disease is easily prevented by using a heartworm preventative; best to consult your veterinarian on which heartworm preventative is best for your dog or cat.

Speaking of cats, do they get heartworms? Of course they can! However, we do not see the same disease process in them as we do in dogs. Typically they develop pulmonary, or lung, disease and develop a chronic cough.

Cats do, however, develop a different kind of heart disease commonly. This disease is called Hypertrophic Cardiomyopathy. That is a fancy and very medical way of saying thickened heart muscle disease. This abnormal thickening of muscle results in altered contraction and relaxation of the heart which can lead to clinical problems. The thickening of the muscle typically occurs in the left ventricle, and this has a domino effect on other areas of the heart and vascular system. The tricky thing about this disease is that oftentimes cats do not show any symptoms at all! But symptoms can include lethargy and increased resting respiratory (breathing) rate. Because this disease is so common and can be completely asymptomatic, it is so important that you take your feline friends to the vet at least once yearly for a check-up.

These are just two examples of very common causes of heart disease in pets in this area, but there are so many more. This is why it is so important to have your pets (cats and dogs) on a strict heartworm preventative regimen, get them examined by a veterinarian at least once per year, and pay close attention to even subtle changes in your pet's behavior.

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# A Heart for Giving IN GREENE COUNTY

By Arkansas Community Foundation

Arkansans have a demonstrated heart for giving. Consistently, the state ranks among the top in the nation for charitable giving per capita. Supporting the charitable causes we love with our time, talents and resources comes naturally to us.

“Arkansas Community Foundation of Greene County has been working with our community for 20 years to help people who love to give become smart givers, making sure their dollars are used for causes that help make Greene County a great place to live now and in the future,” said Kerri Watson, Executive Director of Arkansas Community Foundation of Greene County.

Like any worthwhile endeavor — building a career, earning a degree, raising a family or saving for retirement — smart giving requires planning and effort. Creating a plan for personal giving is one of



the smartest investments we can make in terms of the potential payoff for our community and the causes we care about most.

Mr. J. Dewayne and Mary Ann Allen see value in giving back to their community through endowments managed by the Community Foundation. Mary Ann is a long-standing board member for the Greene County affiliate and supports its mission of making the local community a better place to live. February often sparks feelings of love and devotion, so the Community Foundation spent a few minutes with Allen to learn about her love of local philanthropy:

Tell us a little about why you and your family give:

“We have a family endowment at the Community Foundation that my husband and I manage. It will live



## SMART GIVING IN 2019

A R K A N S A S

community foundation

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GREENE COUNTY

Smart Giving to Improve Communities



“The Board and I look forward to a great year of Smart Giving in 2019. If you would like to know more about endowments and ways to honor someone while helping your community, please contact myself or one of our board members.”

Kerri Watson, Executive Director

Fiscal year 2019 board members (some not pictured): Chandra McGowan, (Chair) Kelly Roswell, Kimberly Dale, Back: Joe Wessell, Mary Ann Allen, Jason Noel, Dan Turner. Not Pictured: Tracy Brengard, Bill Fisher, Pam Jumper, Bob Thompson.

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on in perpetuity and we will pass on to our children and eventually their children, which is why I like it. Future members of our family can be making meaningful gifts from the endowment 100 years from now. We tend to give to causes involving children like St. Jude's Children's Research Hospital, Shriners Children's Hospital, and local entities such as Mission Outreach, and having an endowment with the Community Foundation allows us the flexibility to do that."

What is philanthropy's importance to society?

"We are supposed to be caring and sharing as the Bible teaches us. Hopefully, the spirit of giving is contagious and will create a more caring society."

What do you like most about Arkansas Community Foundation of Greene County?

"I like the fact that an endowment can last into perpetuity. An initial investment can gift annually and still maintain its value...forever!"

Other community-minded people agree that the Community Foundation is a great partner in giving. "Arkansas Community Foundation opens the door to a legacy of giving back to our community," said Dan Turner, who recently joined the Greene County Affiliate Board of Directors. "Not only are they a great partner

in year-end giving, but the Community Foundation provides a way to give for the long-term," said Dan.

In reviewing the [AspireArkansas.org](http://AspireArkansas.org), Dan observed that Arkansas is the wealthiest state in the US. While Arkansas may rank lower than most in regard to income, our state is continually ranked among the top three for its generosity. This is the purest form of wealth; wealth in the Spirit.

The Community Foundation engages people, connects resources, and inspires solutions to build community. The Community Foundation is a nonprofit organization that promotes smart giving to improve communities. We offer tools to help Arkansans protect, grow, and direct their charitable dollars as they learn more about community needs. By making grants and sharing knowledge, the Community Foundation supports charitable programs that work for Arkansas and partners with others to create new initiatives that address the gaps.

If you would like to join the many Arkansans who have a heart for giving, the Community Foundation is a place where you can come together with others who care about your local community and leave a charitable legacy that forms a connection with our future. For more information, call 870-236-7718, email [greenecounty@arcf.org](mailto:greenecounty@arcf.org), or visit [arcf.org/greenecounty](http://arcf.org/greenecounty).



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ASK ABOUT OUR LAYAWAY

# AFFORDABLE TECHNOLOGY That Makes Our Heart Throb

By K13

In February, thoughts turn to love and matters of the heart, including some of the newest and coolest technology in health.

It's been said there's an app for everything, and it's accurate. Take, for example, the AliveCor KardiaMobile FDA approved clinical grade EKG that travels with you wherever you go. This device, starting at \$99, clips to the back of your phone and, should you feel faint, simply open the app, touch the pads and have an accurate reading. Great for cardiac patients, EMTs, or even traveling to help those less fortunate.



Slide it on, and your readings are stored on your phone. They even give you the option to alert your doctor. They offer all sorts of



watches and bands to help monitor your heart rate and check for emergencies.

This little gadget has nothing to do with your heart, but it will keep you warm and cozy on those long winter nights, plus it offers to protect you from particulates that go bump in the night. Bioscarf starts around \$50 and boasts that it is the "first scarf with air pollution, allergy, cold and flu, dust and germ protection built right in." I don't know about you, but between cold and flu season and all the allergens in Arkansas, this makes me want to stay home wrapped in a blanket. The scarf offers you the opportunity to go out and have an N95 rated air filter built right in.



Finally, this pocket-sized sensor could be a lifesaver for people with celiac disease or gluten allergies. The Nima claims to be the first portable gluten tester. The test kit comes with 12 test capsules and the sensor. The kit has been tested by MIT scientists, and brags that it is community driven. Log into their app and share your data with others. Find restaurants and foods already tested by other Nima users.



Withings offers a twist on hypertension management. Steady tracking over time helps you better understand your heart health, but let's face it, going to the store to use a blood pressure cuff, or even the clunky home models, is a pain. This Bluetooth option provides an alternative, starting around \$99.

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# BEAUTY BY BRITTANY

By Brittany Murray

Valentine's Day is approaching quickly. With that holiday, salons and spas start to see a major increase in their waxing services. One of the most popular services requested in February is Brazilian Waxes. Yes, the hair down there! Most women start this and realize it helps with so many pesky problems that after that first wax, it becomes a routine thing for them. We all have hair down there and many of us want that hair gone. In our area, waxing is not as popular as shaving. However, with shaving, there is that inevitable itch that comes a few days later as the hair starts to grow back. There is also the possibility of ingrowns and razor burn. Itching and discomfort, real sexy, right? So, more and more women are making that trip to the spa to endure the momentarily painful, yet more efficient, Brazilian Wax.

If Brazilian Waxing is something you've been thinking about for a while or something you're interested in learning more about after reading the above paragraph, you're about to know exactly what to expect when scheduling that very first appointment. First, you will need to make sure the hair is long enough. For the wax to be able to pick up hair, the hair should be about 1/4 of an inch long, or the length of a grain of rice. For some, this could happen in a couple of days, and for others it may be a couple of weeks. Now that your hair is grown out and ready and you've made your appointment, the anxiety starts. You start asking yourself, "What if I'm not normal down there?" And that leads you to many more questions that make the days leading up to your appointment exhausting. It may seem silly, but estheticians all over hear about this same concern from thousands of women. Just remember, you're going to a professional. They see body parts all day. From eyebrows to Brazilians, it is all the same to us. Our job is to get the hair off, and that is the focus.

When you step in to your appointment, your esthetician will need you to undress from the waist down. For a full Brazilian, it's better to take everything off so nothing gets in the way. Our goal is to get this over with as soon as possible! Your esthetician may ask you to move your legs to certain positions so the hair is easily accessible. Nothing too strenuous, and MOST practitioners will not require

you to get on all fours, despite what Google will say. Your esthetician's goal should be to make sure you are as comfortable as possible. So if that means modifying some positions, she can adjust her routine to what is best for you. Most practitioners' goal will be to finish quickly. If you're the one on the table, you want the esthetician to be quick. Depending on the education level and specialties of the esthetician, the entire service should be between 10 and 30 minutes. Everyone has a different pain tolerance, but since we are ripping your pubic hair out, it's always going to be a bit painful. There is usually a sting that you will feel for about 2 seconds and then it's done.

The area will be a little sensitive for the next 24-48 hours so you will want to avoid sun exposure, tanning beds, harsh exfoliants, hot tubs, or any activity that may irritate or introduce bacteria to the skin. You will

be smooth for about 2-3 weeks with NO SHAVING! Woohoo! That means no razor burn!! Many people find that waxing helps significantly with ingrown hairs as well. Your next appointment should be scheduled in 3-4 weeks. Many women who consistently wax find that their hair growth slows enough to allow for longer waits. With each wax you will notice that your hair will grow in thinner and more sparse. Even ladies with thick dark hair are shocked at the results when there is a drastic decrease in the thickness of their hair. Don't forget to schedule that appointment. With Valentine's Day, the busy season will begin for many professionals. And don't forget to call with any questions or concerns that you may have. Your practitioner has heard it all before. We would rather you ask and set your anxiety at ease. Happy Valentine's Day and Happy Waxing!!

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# STRENGTH IN RECOVERY:

## Kase Kersey

By Richard Brummett

Seven months into her second pregnancy, Amy Kersey had the normal fears any expectant mother would have. She and her husband, Jarrod, hoped for a smooth pregnancy and delivery and for her baby to be healthy, just as their first son was. Or so they thought.

"Kase was born in April of 2007, a perfectly healthy baby, no complications," Amy said of their first child. "He had the typical ear infections, normal infant illnesses. Nothing serious." At least not for a while.

In June of 2008 the Kerses' one-year-old developed a low grade fever. Kase was diagnosed with Hand, Foot and Mouth Disease, a common children's ailment that usually resolves itself. A few more trips to the doctor and ensuing blood tests showed nothing serious, but Kase continued to get weaker instead of stronger. Soon thereafter his parents grew concerned because he displayed a variety of symptoms: Constipation, restlessness, no sleep, not urinating. Very early one morning in mid-June, Amy called Dr. Kristina Wenger, their local pediatrician.

"It was 3:30 or 4 in the morning and I told her, 'We can't wait, something's not right,'" Amy recalled. "She said to take him to the hospital and they were thinking twisted bowel, maybe. They came out to see us about the X-rays and, remember, I'm seven months pregnant with our second child, and they're asking if we've had any talks about heart disease. We told them no and they said, 'We caught something on the X-ray. We want better pictures,' and when they came back they said, 'We've got a problem.' They called Arkansas Children's Hospital and said, 'We've got to get him out, his heart is enlarged.'"

The Angel 1 helicopter was sent for and two doctors accompanied Kase on the flight to Little Rock, where the Kerses headed as quickly as they could by car. "When we got there, he was already on the floor in PICU," Amy said. "Within 24 hours he's on a ventilator. The doctors said the Hand, Foot and Mouth had attacked his heart. We learned that in about 1/3 of cases it heals itself; about 1/3 recover most of the way but need meds; and about 1/3 obviously don't improve and need a heart transplant. That turned out to be us."

Daily X-rays showed that Kase's heart was not going down. Joined by a host of family and friends, the young parents periodically sang and played music to the baby, wondering, "How in the world? It happened so fast," Amy recalled. Kase was placed on an ECMO machine, a device that provides prolonged cardiac and respiratory support to persons whose heart and lungs are unable to function properly to sustain life.

"The first week he was too critical to move," Amy said. "But they were very good at ACH to keep us updated. They gave us a transplant book; I read about the worst case scenario, in case I would need to know. His body was not doing well on the ECMO. They scheduled him for a Berlin Heart, a device that sits on the outside until time for transplant. He had a tracheal infection. A few days later it was scheduled again but he had a brain bleed because of the meds."

Due to her pregnancy, Amy was not always comfortable in the waiting room setting and sometimes went elsewhere for a while. She had a pager and was alerted to a call. "Within hours, we were offered a heart," she said. "I got a call from Jarrod early in the morning and he said, 'There's a heart. What do I tell them?' and I yelled, 'Tell them yes!'"

Just about 20 days after being admitted to the hospital, Kase underwent his heart transplant. "And I knew immediately, it was good," his mom said. "After the actual surgery we waited a few hours because he was sedated, but I could tell immediately. Lots of prayers, lots of churches; I wasn't on Facebook but social media helped get the word out and I just knew the prayers and everything helped it go right."

Kase did extremely well in recovery and was finally cleared to go home with certain restrictions, which actually made "going home" a prolonged experience. "We couldn't go home right away because we had well water, and he couldn't drink it," Amy said. "We had to stay with Mom and Dad (Bob and Joy Middleton). It was like an act of Congress to get water run to our house. It took a while, maybe nine months. I had to take a leave of absence from school for a whole year. Kase had to be isolated even from his own brother. You couldn't bring kids over. We had to remove the carpet. We definitely lived off of a lot of prayers."

For his part, Kase said he remembers little of the procedure but knows that "every three months I have to go to Children's Hospital and they draw my blood and there are a couple of hours of tests."

Amy said the doctors have cleared him to act like "a normal kid" with no restrictions other than maybe avoiding contact sports. He has already played soccer and baseball, and now plays saxophone in the Greene County Tech Middle School band program. He also likes guitars, hunting and fishing.

"He wasn't born with a defect, and maybe that was a good thing," Amy said. "A normal person wouldn't know Kase has had a transplant. But for a long time at every little thing, I called Dr. Wenger. She was there from the very get-go. She's been awesome. We taught him not to drink after anyone, not to pick up others' toys. And I didn't want him in day care, I wanted to have an in-home sitter. When he went to school the first year, I had all this anxiety. And every year when it's new teachers, new nurses, I'm wanting to be sure they know the situation."

Kase, now 11, has settled into a routine along with brothers Klay, 10, and KJ, 6. He's already looking to a promising future. "I'd probably like to be in the medical field, because, basically, I like to help people," he said, but added, "Today, I'll probably just tease my brothers."

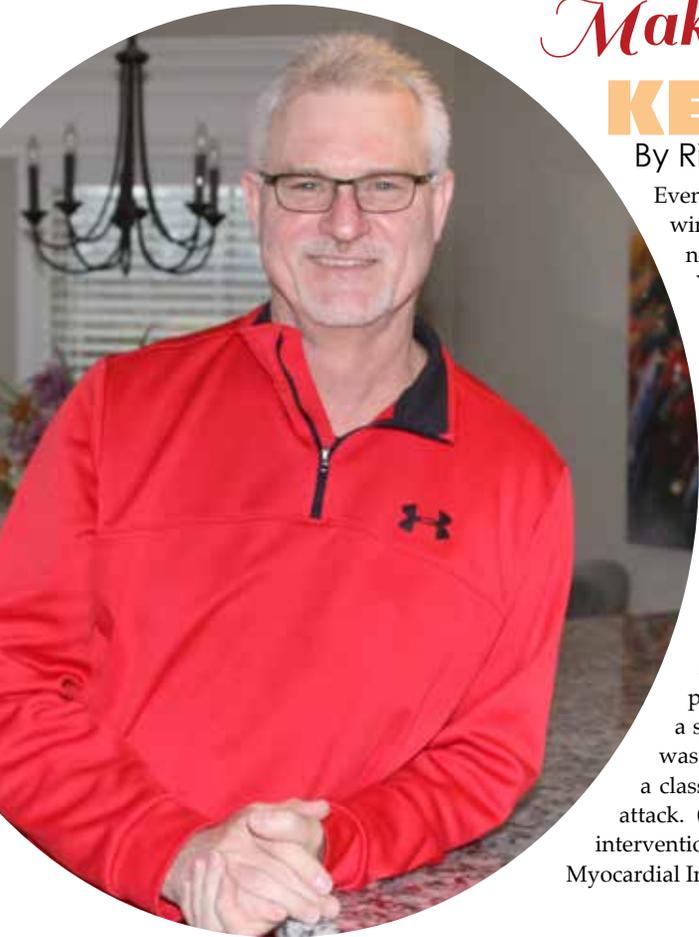
That sounds like a pretty normal kid.



## Making the Change:

# KEITH REBSTOCK

By Richard Brummett



Even at the age of 56, Keith Rebstock looks like he could still step onto the track and win a sprint, just as he did when he was a collegiate track athlete. He's trim and lean, not exactly the kind of guy you expect to find flat on his back, having a heart attack. Yet six years ago, that's just where he was.

"When you have a life experience -- or death experience -- nothing else seems all that important," the Jonesboro resident said. "You learn not to stress over things. You look at life a different way."

At the time, Rebstock was working as a Team Leader at the Denso factory in Osceola on the night shift. With his lines shut down for maintenance and repair, he switched temporarily to days and said, "Otherwise, I probably wouldn't have made it." Having returned home one day around 4 p.m., Rebstock went to his father-in-law's storage building to make window screens for his home.

"I put them together and hauled them to the apartment," he recalled, "and I felt some nausea. I got home and got the drill out to hang screens and had chest pain like someone put a gun to my chest. I fell out in the floor, and I laid there for a second ... and said to myself, 'I'm having a heart attack.' I knew instantly; there was no mistaking it. It was like an elephant on my chest, the tightness. I remembered a class I had taken and you're supposed to remember MONA to be used for a heart attack. (MONA stands for: Morphine, Oxygen, Nitrates, and Aspirin, four primary interventions routinely performed when treating a patient with suspected Heart Attack/Myocardial Infarction).

# MYTH BUSTERS:

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"The only one I knew I had was aspirin, and I made it upstairs and found everything but an aspirin. I was in my work clothes, and I guess my brain was being deprived of oxygen because I put on shorts, tennis shoes and a t-shirt. The pain was so excruciating that I laid in the floor and thought, 'It's over; this is the way it's going to end.' From the class I also knew to lay flat on my back and raise my arms, so I could breathe a little better."

Locating the keys to his vehicle he took off, hoping to reach the hospital in time, and encountered 5 p.m. "going home" traffic. He was stuck behind a truck loaded with lawn care equipment going about five miles per hour and couldn't get around it. When he got to the entrance to the Interstate, traffic was stalled and he couldn't go anywhere. Finally, seeing a state trooper on the road with his lights flashing, Rebstock maneuvered his way down the shoulder to the four-lane, falling in behind the trooper and following him to the exit that led to the hospital.

Rebstock made it inside and informed hospital personnel he feared he was having a heart attack, and when they addressed his symptoms they immediately got a doctor to his side. Soon thereafter, the physician confirmed it. Feeling a little more at ease, Rebstock responded, "At least it's not the widowmaker."

"I'm not so sure about that," the doctor said. When doctors use the term "widowmaker" to refer to a heart attack, it usually implies a blockage of the left anterior descending (LAD) artery -- the largest of the three arteries providing blood to the heart, also sometimes called the widowmaker artery. The term is used because these types of blockages are very often fatal and happen very quickly, suddenly depriving a large part of the heart muscle of oxygen.

Fortunately, a cardiologist was in the building and got Rebstock stabilized and prepped and put a stent in his heart. He had 100 percent blockage in the LAD. He told Rebstock most people would have been dead before they hit the floor. Only about five percent survive.

Even though he didn't look like a candidate, Rebstock feels his diet played a big role in the attack. "It was all cholesterol, fried foods," he said of his eating habits. "The way we eat is a big problem. We don't pour grease down the kitchen sink, but we sure do pour it into our bodies and our arteries and it does the same thing. The crazy part is, I felt fine. There were no real warning signs.

"After about 12 weeks of rehab, I started watching what I eat ... salads, baked fish, more baked chicken or something grilled. We don't fry anything. I eliminated salt completely, eliminated sugar. I drink water or coffee. I walk a lot and now I feel great."

He also decided to go back to school and pursue a longtime dream of becoming a Physical Therapist Assistant (PTA), working now at Sensational Kids Pediatric Therapy in Jonesboro. He said he and his wife Melissa are believers now that life is meant to be enjoyed, not stressed over.

"I think this was the Lord's way of saying, 'Slow down,'" Rebstock said. "The sun will rise tomorrow with or without us. Don't sweat it. It's crazy how it all worked out. Some people say I'm lucky, but I say I'm blessed to come through all that. I get to see my kids grow up, get to see birthdays. I'm here and I'm loving my life more than I ever have."

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## 2019 Kids' Events

# February

2

### St. Bernards Stories in the Forest

**When:** First Saturday each month  
11 AM

**Where:** Mall at Turtle Creek  
3000 East Highland Dr., Jonesboro  
**Info:** mallatturtlecreek.com

13

### Valentine's Party Story Time

**When:** Wednesday at 10:30 AM

**Where:** Legacy Room at Greene  
County Public Library  
120 North 12th Street, Paragould  
**Info:** mylibrarynow.org

22

### Extreme STEAM

**When:** Friday at 4:30 PM

**Where:** Craighead County Jonesboro  
Public Library  
315 W Oak Ave, Jonesboro  
**Info:** libraryinjonesboro.org



Pacey Bowen is ready to welcome Valentine's Day in style with a sweet smile. Pacey, 6, is the daughter of Joey and April Bowen of Paragould.

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of prayers sent up on her behalf before she was ever born, and she will probably never understand how her long-anticipated arrival educated all of us in the family -- and when I say family, I mean blood kin, church family, and circle of friends -- as to the perils of heart disease.

All the details are not necessary for one to understand the importance of the story. The basic facts needed are that my daughter Lindsay and her husband Kelly had tried for several years to have a baby, so when the news of her pregnancy was announced we were all ecstatic. But as the routine checkups followed, doctors began to see something wrong with the baby's heart. It was feared she might have Hypoplastic Left Heart Syndrome (HLHS), something the average grandpa and grandma have no knowledge of. Only after researching it on the Internet did I come to realize our granddaughter might be in for a desperate fight for life right from the start.

Basically, HLHS means the left side of the baby's heart is not developing. It's falling far behind the right side and means that at birth, the baby most likely faces a series of heart surgeries and possibly even a transplant in the early stages of life. That in itself is scary enough but when you research HLHS extensively, you read that as recently as 10 years ago many doctors suggested to parents something called "compassionate care" or "comfort care", which meant rather than subjecting the newborn to such delicate surgery, the parents should just love it as much as they can for as long as they can and face the probability of an early death.

That gets your attention pretty quickly and it elicits lots of prayers, lots of tears, lots of helplessness. However, if you choose not to stop reading and dwelling on the negative, you can find many stories of people who have been HLHS babies and lived normal, thriving lives well into adulthood. And so, while we prayed for Roxie Jo to be one of them, we also prayed

One of my rules of journalism is that, when needing a subject for a story or a photo, we should always try to choose someone else's family members. Being a child or a spouse or a relative of the author leads people to believe you have an advantage at getting to be seen in print -- something a lot of readers strive for -- so I always suggest our families come last in the pecking order.

I'm breaking my own rule this month because I have a loved one who is a walking example of both of this month's themes: Heart Health and Love. My granddaughter, Roxie Jo, who will be just about 9 months old by the time this issue comes out, will never know the thousands and thousands

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for her to simply have a chance at life. We loved her while she was in the womb as much as we could ever love her in the outside world. Just let her live, we prayed, and we'll deal with whatever comes afterward when it is time.

That's where love in its purest form came pouring into our lives. Roxie Jo was added to prayer lists all over the country. A person at this church told a person at that church and as time went by prayers were being offered on her behalf from coast to coast. People we'd never met, never even heard of, were sending vibrations of love our way -- especially Roxie Jo's way -- and we were re-educated to the facts of what it means to share love without boundaries, to say to your fellow man, "We are praying for you" and to mean it.

On May 10 of last year our expectations were that doctors very well might deliver our granddaughter, hold her up for the parents to see and then rush her down the street to Le Bonheur Children's Hospital for immediate surgery. To our relief, that didn't happen. Doctors decided to keep Roxie Jo right where she was and monitor her progress, because the feared HLHS didn't seem to present itself. As the days passed and turned into weeks, each succeeding session pleased but puzzled the medical professionals. The left side of the heart seemed to have caught up on its own and when the final doctor's session that might still contain a verdict of down-the-road surgery ended, he hugged our kids and told them to "have a good life" and see him again in five years, when Roxie Jo is ready to begin school.

We certainly know more about heart issues than we ever did before, and our belief in our fellow man's sharing love in every sense of the word has been reinforced emphatically. Love comes in many forms. Sometimes it's a baby, and sometimes it's a hug and a prayer. We're thankful for both.



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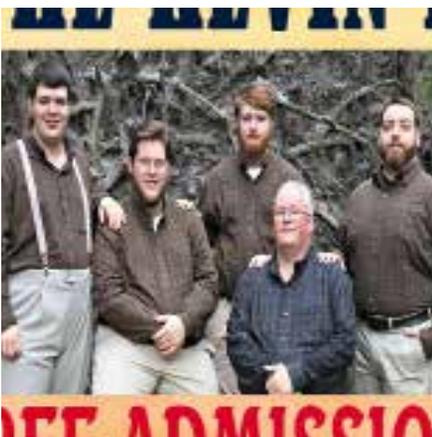
February 15  
Parents' Night Out  
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Howard R. Bromley, MD

Melissa Campbell, APRN

Chanel Bullock, APRN





# JOEL EPPERSON, M.D.

Dr. Joel Epperson joined the team in December 2014. He received his Bachelor of Arts from Millsaps College in Jackson, MS and his Medical Degree from Ross University School of Medicine in Dominica, West Indies. He completed an Internship and Residency in Internal Medicine at Mount Sinai School of Medicine Cabrini Medical Center Program in New York, NY; an Internship and Residency in General Surgery plus a Residency in Plastic and Reconstructive Surgery at The University of Mississippi Medical Center in Jackson, MS.

He is Board Certified by The American Board of Surgery. He and his wife and three children reside in Jonesboro where they are members of Blessed Sacrament Church.

Paragould Plastic Surgery is located at 1000 West Kingshighway, Suite 7 in the Professional Office Building at AMMC. To schedule an appointment at Paragould Plastic Surgery, please call 870-239-8427. For more information, please visit [paragouldplasticsurgery.org](http://paragouldplasticsurgery.org).

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## CHARLES BURK, D.O.

Charles Burk, D.O., received his Bachelor of Arts in Biology with a Minor in Chemistry from the University of North Texas in Denton, TX. He obtained his Doctor of Osteopathic (D.O.) Medicine Degree from the University of North Texas Health Science Center in Fort Worth, TX while in the Army Health Professional Scholarship Program.

Dr. Burk is a member of the American Osteopathic Association and is Board Certified by the American Osteopathic Board of Obstetrics and Gynecology.

The AMMC Women's Clinic is located at 1000 West Kingshighway, Suite 4. To schedule an appointment, please call 870-239-8307. For more information, visit [www.ammcwomensclinic.org](http://www.ammcwomensclinic.org).



## DAVID BROTMAN, M.D.

Dr. David Brotman is a graduate of Thomas Jefferson University Medical School in Philadelphia, Pennsylvania. He completed his Surgical Residency at Robert Wood Johnson University Hospital New Brunswick, New Jersey.

Brotman is a Fellow of the American College of Surgeons; a Fellow and Founding Member of the American Professional Wound Care Association and a member of the American Medical Association.

The AMMC Surgery Clinic is located at 1000 West Kingshighway, Suite 13. Dr. Brotman accepts patients for General and Vascular Surgery. To schedule an appointment at the AMMC Surgery Clinic, please call 870-239-8107.



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## LISA M. HENDRIX, M.D.

Lisa M. Hendrix, M.D., is the driving force behind Integrative Allergy & Wellness, and Envisage Med Spa currently in Paragould but soon to be relocated in Jonesboro. It will feature an IV bar and state-of-the-art procedure and therapy rooms.

Dr. Hendrix did her Medical School residency in Family Medicine and earned her medical degree from the University of Arkansas for Medical Sciences. She is an Advanced Fellow and Board Certified in Anti-Aging and Regenerative Medicine.

She has been in private practice in Paragould since 1998 and added allergy and anti-aging and regenerative medicine in 2005. "I am traditionally trained in allopathic medicine, and have worked in emergency medicine, hospital medicine, and traditional family medicine since graduating Medical School from UAMS," Dr. Hendrix said. "For the last 14 years I have enhanced my practice by adding anti-aging, regenerative, and integrative medicine by helping people get to the root of their problems. Areas of focus are thyroid function, bio-identical hormone therapy for men and women, auto-immune disease, tick-borne illness and fatigue for which treatment and therapy plans are formed and novel services like hydration and therapeutic IV services and detoxifying sauna therapy sessions are offered.



"I know that looking good and feeling beautiful are part of feeling and looking healthy, so I added aesthetics at my clinic." Dr. Hendrix also offers Botox services, dermal fillers like Juvederm, Vampire Facelift and other Vampire Signature procedures, OShot and PShot signature procedures, Ultherapy skin tightening and outpatient Smartlipo laser assisted liposuction permanent fat removal.

She said as a physician her goal "has always been to see people healed and made whole. I have found that through the use of many modalities people get relief by addressing the person as a whole ... body, mind and spirit."

Dr. Hendrix said that at Integrative Allergy & Wellness - Envisage Med Spa they believe "it's about you as a whole person. We have many services to offer and we listen." Newly-added Nurse Practitioner Heather Stallings is there to serve and is on board to serve you for your family practice needs.

Dr. Hendrix can be contacted at [envisagebody@gmail.com](mailto:envisagebody@gmail.com) or by phone at 870-236-3388 and you can follow her on her Facebook page Dr Lisa M Hendrix MD or Instagram [glutengirl95](#).




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Photo by Whitney Vassar

# ASHLEY WALLS, BSRS, RDMS (OBGYN)

Ashley Walls, BSRS, RDMS (OBGYN), is owner/operator of Show Me Baby 3D/4D Ultrasound in Paragould and said she loves challenges, adding, "And what's more challenging than babies?"

Ashley completed an 18-month ultrasound program at Arkansas State University in Jonesboro and earned a Bachelor of Science degree in Radiological Sciences, and also a minor in Spanish. She is a Registered OBGYN Sonographer by the American Registry for Diagnostic Medical Sonography and worked at NEA Baptist Hospital in Jonesboro and White River Medical Center in Batesville while in the ultrasound program, earning the Clinical Excellence Award. She spent four-and-a-half years at the NEA Baptist Women's Clinic, specializing in OBGYN and scanning women through all stages of pregnancy and pre/post pregnancy.

"I truly feel I was born to show people their babies before they are born," she said. "Family is important to me and being able to have families come in and give them the opportunity to bond with their baby is such a magical experience! I want to share with everyone."

She feels she is different from others in the field because, "First, I'm professionally trained and licensed to perform OBGYN ultrasound. Secondly, I'm very personable and love everyone like they are my family. I always take my time to give my clients the best images and experience imaginable. I want my clients to feel welcome and to provide a facility like they feel at home so they want to keep coming back again and again."

Married for almost 10 years, she and husband Tyler have three children ages 8, 4 and 17 months. Ashley is active with the Rotary Club, is an associate member of the Greene County Fair Board and serves as the fair's Pageant Director. In her spare time she enjoys riding horses and 4-wheelers, and fishing.

Ashley can be reached at [showmebaby3d4d@gmail.com](mailto:showmebaby3d4d@gmail.com) or by phone at 501-253-5511.

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## VIRGINIA WALLS

Virginia Walls is the owner of Virginia Walls State Farm Insurance Agency in Paragould and offers a wide range of services for clients and potential customers.

Virginia holds a Bachelor of Science degree from Southern Arkansas University and has been licensed to sell all lines of insurance for more than 25 years. She is licensed to sell securities and financial products. She offers auto, home, renters, commercial and life insurance options as well as Medicare supplements and disability insurance. State Farm Bank is a top-of-the-line source for auto and boat loans, CDs, savings accounts and retirement plans.

"I love to help people and make sure they have the coverages they need," Virginia said. "All of my customers are part of our State Farm family and we want to take care of them."

She said her firm's goal is "to give personal service to everyone and make sure they are getting all the discounts they deserve. If someone has a claim, we will help them any way we can."

"We are adding a new incentive for the community," Virginia added, "Quotes for Good is a program that allows my office to donate up to \$10 for every quote we provide in a given month. No purchase necessary. You can send friends, family, coworkers, etc., by to get a

quote and I will donate up to \$10 for each quote provided. In addition, our office will let all prospect interactions know of your organization and we will donate in exchange for their quotes as well. At the end of the month, we will write your organization a check for the total amount. We will choose one charity per month."

If you have a favorite local charity that you would like to have considered for this program, contact Virginia via email at [vw@virginiawalls.com](mailto:vw@virginiawalls.com) or by phone at 870-236-9544.

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## BLAKE DECK

Blake Deck is the Agency Manager for Lennox Insurance in Paragould. He graduated from Paragould High School before attending Arkansas State University.

He has been in the insurance business for two years and said, "I believe I'm with a strong group with Lennox and the carriers that we work with. We specialize in property and casualty insurance such as home, auto and commercial insurance. We also work with life insurance."

Blake said he originally got into the insurance business "because of the opportunities it could provide my family, as well as having a great relationship with the Smith family (owners of Lennox). From that point it has evolved into a way to stay in contact with our community and give back when the opportunity presents itself.

"I believe what sets me apart is just how much I truly care for the individuals that put their trust in us. In every industry there are the occasional circumstances when you can't help the individual; when that happens, I believe it bothers me just as much as the client."

The best way to reach Blake is by email at [blake@lennoxinsurancenea.com](mailto:blake@lennoxinsurancenea.com).



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## CHAD OLDHAM

Chad Oldham is the driving force behind Oldham Law Firm, PLLC, and says he does what he does because of “a love for the elderly garnered from time spent with my grandparents and their friends.”

After graduating from Crowley’s Ridge Academy High School in Paragould, Chad continued his education at the University of Arkansas with degrees in Finance and Accounting -- including a Masters in Finance -- a Juris Doctorate, and at the University of Missouri-Kansas City a Master of Laws-Estate Planning. He is a Certified Trust and Financial Adviser (CTFA).

He has 16 years of experience in Estate Planning/ Elder Law, and as a Probate Attorney and Trust Officer. He said his specialized training and certifications in estate planning and elder law and “16 years of practice dedicated to those fields” give him an edge when dealing with clients.

Chad can be reached at [coldham@oldhamlawfirm.us](mailto:coldham@oldhamlawfirm.us) or by phone at 870-930-9919.

## Oldham Law Firm, PLLC





## JENNIFER ROLLINGS

Jennifer Rollings is Vice President / Mortgage Originator at Focus Bank in Paragould. She attended Arkansas State University and Mortgage Lending School in Indiana.

“I started my career in 2005 as a loan officer,” she said. “I offer a full range of mortgage products including FHA, VA, RD and Conventional financing. My specialty is helping people that did not think it was possible to achieve home ownership.”

Jennifer said she loves to “help customers purchase their first home! To see the excitement on their face at closing is the best feeling ever.”

A plus for her, she feels is, “I offer low interest rates, low closing costs, and great customer service with fast turnaround times.”

She can be reached at [jrollings@focusbank.com](mailto:jrollings@focusbank.com) or by phone at 870-586-7433.



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## JACOB KELLETT

Jacob Kellett is Senior Vice President of Focus Bank in Paragould. He attended Louisiana State University Graduate School of Banking, Barret School of Banking, the University of Tulsa College of Law and the University of Missouri.

“Since 2005, I have served as a Commercial Lender, Security Officer and Vice President while at Focus Bank. I specialize in all types of commercial and consumer lending. I enjoy helping people achieve financial success in their professional and personal lives. My goal is to assist customers with the best products and solutions to achieve their financial goals.”

Jacob said as a lender he is “available for my customers 24/7. As a community banker, our job doesn’t end at 5 p.m. We see our customers at local events and I want them to always know they can contact me with any questions or concerns they have. I strive to make sure they have all the necessary information and help them make an informed lending decision that best suits their budgets and goals.”

He can be reached at [jkellett@focusbank.com](mailto:jkellett@focusbank.com) or by phone at 870-236-7000.

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## CURTIS HITT

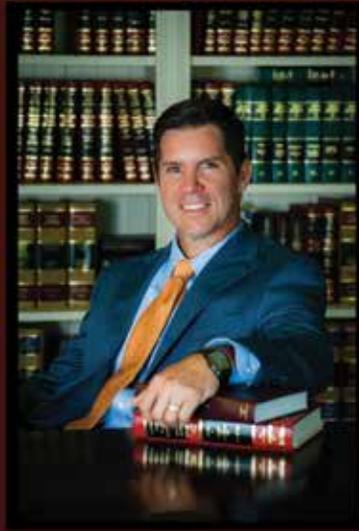
Curtis Hitt, owner of Hitt Law Firm in Paragould, has been practicing law for more than 20 years. Although he accepts a variety of cases, he concentrates primarily on cases involving criminal law and personal injury law.

He earned a Bachelor of Arts degree from Arkansas State University and a Juris Doctor degree from the Bowen School of Law at the University of Arkansas-Little Rock.

“Most people think lawyers like to argue,” Curtis said. “Although I have no taste for acrimony, I do savor the opportunity to stand against injustice, especially on behalf of those who cannot stand for themselves. I like helping my clients achieve a sense of justice. I also relish protecting our Constitution, and in so doing feel that I am doing something important to protect us all.”

He said he feels “there are a number of good lawyers available. Just as each lawyer has his own skill set, so are some lawyers better for one case than another. I strive to be the best in my areas of practice. Regardless of an individual lawyer’s talents, to be our personal best we must be committed to hard work and preparation. Only then can we expect our particular skill set to achieve the best possible results for our clients.”

Hitt Law Firm can be reached by email at [curtis@thehittfirm.com](mailto:curtis@thehittfirm.com) or by phone at 870-236-4488.



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## SHAUNA HITT

Shauna Hitt, REALTOR®/Owner at Prestige Real Estate Group in Paragould, started out as an Occupational Therapist after earning a degree from the University of Central Arkansas.

"I practiced as a licensed Occupational Therapist for several years before deciding to make a career change," Shauna said. "I launched Prestige Real Estate Group in 2018, having achieved licensure with the Arkansas Real Estate Commission."

Even though she is new to the business, Shauna said she has been involved in several real estate transactions over the years. "Having cared for patients in my O.T. practice," she said, "I have a long history of serving the community. Along with our Broker, Angelic Davis, who has significant and valuable experience, we are excited to bring integrity and first class service to our real estate clients."

"As a hometown girl born and raised in Greene County, I'm familiar with the people and places of our community and proud of what we have to offer. I enjoy the various aspects of real estate, and I love people so the real estate business is the perfect combination."

Shauna said the Prestige firm might be new, but "we are excited and energized to represent our clients, whether they are looking to sell their property or buyers looking for their dream home, and we are committed to earning the prestige our name suggests, one client at a time."

Prestige Real Estate Group is located at 206 South 4th Street and may be reached by phone at 870-236-8816; Shauna's email address is shauna.prestige@yahoo.com.

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## DAVID WATSON

David Watson opened Watson Dental Care in Paragould in 1995 and has developed a practice worthy of note during that time. A graduate of Crowley's Ridge Academy, Watson attended Harding University for his undergraduate work, then graduated from dental school at the Tennessee College of Dentistry.

"I have practiced dentistry for almost 24 years in Paragould," David said. "We do all forms of dentistry, from general services such as implants, fillings, root canals, dentures, cleanings and extractions to cosmetic services such as crowns and veneers."

He said he has stayed in his chosen field for so long because, "I love being able to take care of people. I also love to see the changes we can make in our patients' lives. A lot of people are in need of dental work and we love to help them out. Getting dental work can change a person's life."

David said settling on one thing that distinguishes his practice from others is "a tough question. We are very good at what we do and we have been doing it for a long time, but I just want people to get their dental work done. People need to find a dentist they are comfortable with and I would love for that to be me."

Watson Dental Care can be reached at [watsondentalcare@gmail.com](mailto:watsondentalcare@gmail.com) or by phone at 870-236-1100.





## CARRIE QURAIISHI

Carrie Quraishi is an Estate and Wealth Planning Attorney at Quraishi Law Firm. Her educational background includes a Juris Doctor, Southern Methodist Dedman School of Law; and a Bachelor of Science in Finance from Arkansas State University.

“I help families and small business owners protect their loved ones, build their wealth, and create a lasting legacy,” Carrie said. “For many people that I first meet with, they are worried about protecting their loved ones after they are gone -- protecting them from the expenses and delays of probate court, estate taxes, maybe from a future ex-spouse or creditor, or from a loved one’s own mismanagement of money. Additionally, they have concerns about having

enough money in retirement, the proper way to invest their retirement funds in the market without unnecessary risk, and the rising costs of long-term care. For small business owners, they want to ensure they have a smooth transition of the family business to the next generation. And they have concerns about the impact of taxes on all of the above. My Family Wealth Planning Process alleviates all of these issues through comprehensive legal planning with integrated tax and wealth strategies.”

She enjoys her work, stating, “I focus on estate and wealth planning because I recognize the huge impact it can have on clients during their lifetime, and for future generations. When I went to law school I had no desire to become a litigator or work for a huge corporation. I know that once my clients implement their plan through our Family Wealth Planning Process, they can sleep at night knowing they have peace of mind about the future.”

Carrie said her business’ basic approach sets it apart from the competition. “Our firm is different because we offer a comprehensive and integrated approach to financial, legal and life planning. Because your financial and tax planning directly impacts your estate plan and legacy, we want to make sure that all the pieces of the puzzle are working together.”

Quraishi Law Firm offers a free Family Wealth Protection Toolkit to anyone who wants to learn more about its services. It includes:

- FREE REPORT: “6 Errors Families & Business Owners Make in Hiring When Hiring an Attorney... and how to make the loving choice for your family & business”;
- FREE BOOK: “Defuse – 7 Steps to Saving Your 401k from the IRS”;
- FREE WEBINAR: “Will My Estate Plan Fail My Family” and written transcript;
- BONUS #1: Audio CD – How to Create Your Tax Free Retirement;
- BONUS #2: Gift Certificate for a free Family Wealth Planning Session (\$750 value)

Just call the office at 870-275-4304 to request the toolkit or email [carrie@quraishilaw.com](mailto:carrie@quraishilaw.com).

# ARKANSAS YOUTH PREPAREDNESS COUNCIL

## Wyatt Reed



**W**yatt Reed, 15, a 10th grade student at Crowley's Ridge Academy in Paragould, was recently selected by officials at the Arkansas Department of Emergency Management (ADEM) in North Little Rock to serve as state co-chair for the Arkansas Youth Preparedness Council. Reed will serve alongside Carley East, a student from Washington County.

Wyatt has been serving alongside several other students on the Greene County Youth Preparedness Council, which looks to empower students throughout the county in disaster readiness. Additionally, Wyatt has been instrumental in assisting the Greene County Office of Emergency Management with a number of outreach campaigns, including the 2018 Great Central U.S. ShakeOut drill. The Youth Preparedness Council program is overseen locally with assistance from the state and federal levels.

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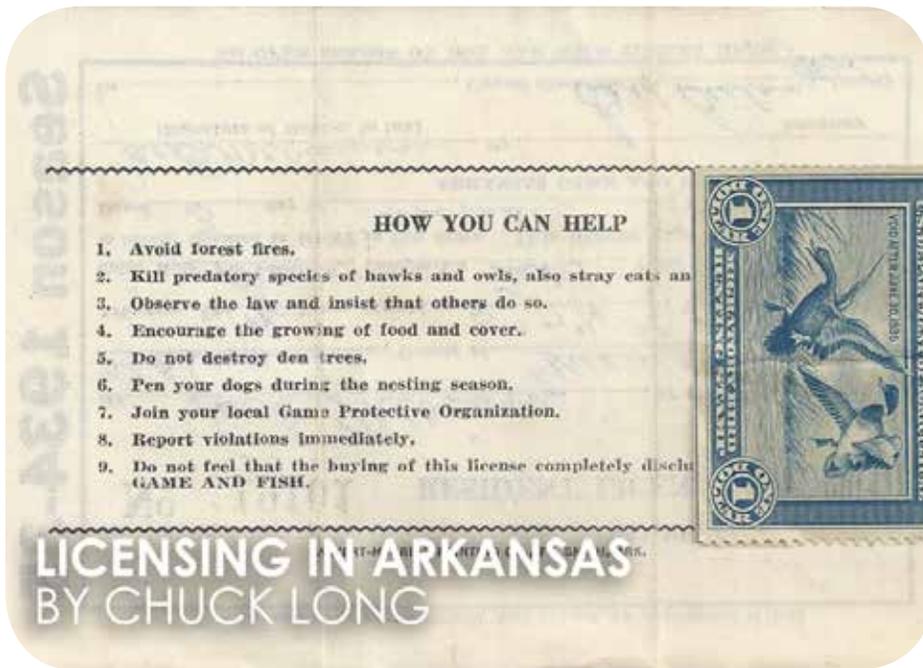


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## CHUCK LONG

Regional Education Coordinator Northeast Education Division Arkansas Game and Fish Commission

look at them. They were only slips of paper, nothing more than a simple form that gave them the privilege to hunt, fish and enjoy the outdoors but there are many stories attached to each license. I often wonder what those licenses encountered and the stores they could recount if they could talk.

While in high school and college, I worked for my dad, Charles Long, in his accounting office. Accounting was an early frontrunner as a career choice but I decided it was not for me. Even though that was not the career I chose, there were lots of great things that came from working at the office. Perhaps one of the greatest rewards was getting to know several people from the community as I was often able to visit with them as I picked up or delivered their accounting work.

One man that stands out from those years was J.E. Wilbourn. Mr. Wilbourn often visited the office or I got to see him as I visited his business and we were able to have some very interesting conversations. Mr. Wilbourn was an avid outdoorsman and our visits centered around his outdoor experiences and I was always excited to hear his stories. He talked of fishing, particularly fly fishing and gave accounts of fish caught, fish lost and the enjoyment that God's creation could provide.

Our conversations often lasted longer than they should, keeping me out of the office, but these conversations made him one of the men that inspired me to follow a career path related to the outdoors.

One day Mr. Wilbourn called the office and asked if I would come to his office. There was no accounting work involved, no business to tend to, he just needed me to come to his office. I cleared it with the boss and headed to his office on Court Street, just across the tracks from the downtown area of Paragould.

When I arrived, he met me with his usual calm but jovial attitude and invited me into his office and pulled out a drawer and handed me an envelope. I was not sure what to expect as I opened the plain white envelope. I am sure he could see the shock on my face as I pulled out a stack of old hunting and fishing licenses and duck stamps. They were his and his father's and I had no words. It was a big part of their outdoor history and he simply said, "I want you to have these because I know your love for the outdoors, and I know these will always mean something to you." And he was correct.



I can still see him today in his little hat with a smile on his face as he passed on the joy of many years of hunting and fishing traditions to me through his simple gift. We never got to spend a day in a boat together, but that one simple gesture still resonates with me and keeps me inspired to enjoy the outdoors.

I also have many duck stamps and licenses from both my Granddad Long and Papa Blanton and I have the same thoughts as I

Old licenses can incite great sentimental thoughts, but they can also provide great insight into the history of hunting and fishing. The first hunting licenses issued in Arkansas cost around \$1. These early licenses allowed the privilege to hunt or fish but they also often had various tips on the back. Some of those on Mr. Wilbourn's license from 1934-35 included – "Avoid forest fires," "Kill predatory species of hawks and owls, also stray cats," and "Do not destroy den trees," among a few other things. Some of the thoughts of early conservationists have changed since those days but they give a great look at what hunting and fishing used to be in our state.

Today, technology and convenience have almost eliminated the paper license. I like technology but being able to hold those licenses provides a connection to the past and that is something that will be lost to future generations. If you have some of those old licenses or duck stamps in the drawer, get them into the hands of an outdoorsman in your family or to someone else that appreciates the significance of the outdoor culture and share that little bit of history.

License prices have increased over the years but a person can purchase an Arkansas fishing license for \$10.50 and a hunting license for \$25.00 and it gives them the privilege to get outside and enjoy the great outdoors and put some meat on the table.

I hope you are looking forward to spending time in the outdoors in 2019. Get your license and you will be ready to go. God bless and I hope to see you out there!



# Celebrating Love

*Kelli Corbin*

By Kelli Ewing

Corbin and I met at work. We became really good friends, and finally he asked me for my number. Soon after, we went on our first date. It was so sweet. We drove down to Hot Springs. We went shopping all day, followed by a lovely meal downtown. We stayed at the Arlington Hotel, watching live music and having cocktails. We have had so many funny stories that we can't pick just one. Everywhere we go, we make it an adventure, from Gallup, New Mexico, to California to St. John's Virgin Islands.

Corbin is from Heber Springs and graduated from Heber Springs High School. He is the son of Rhonda and Steve Williams of Heber Springs and the late Dr. Jon Richard Ewing. I am from Jonesboro and graduated from Valley View High School. My parents are Randall and Lisa Mauch, both born and raised in California. We both went to ASU and got our degrees in Biology. Corbin and I have everything in common. Music, trips, food, style. Life is too easy together! But now we are different on one thing. Corbin doesn't stress much, and I am the worry wart. He is laid back.

Corbin proposed to me privately, but so romantically. It was on November 16th. He came home from work, and I knew he was acting nervous. We were about to eat, and I turned around, and he grabbed my hands, got on one knee, and asked me to be his wife. I said YES! This was followed by a fifteen-minute hug and lots of happy tears!



Corbin and I chose to get married at the Arlington Hotel, in the Crystal Ballroom. Since this was the site of our first date, this is also where we celebrated our proposal, and also one of our favorite getaway spots. Our wedding colors were a blend of blues and white, because blue is the favorite color for both of us. The wedding was magical. Corbin had tears in his eyes when he first saw me. Getting to marry one another and celebrating with family and taking wedding pictures with everyone was just so beautiful. It was a beautiful day!



# February

## EVENTS CALENDAR

### 1

**What:** COPD Better Breathers Club

**When:** Friday, February 1st at 11 a.m.

**Where:** Nettleton Baptist Church  
7001.E. Johnson - Jonesboro

**Info:** This COPD support group meets the first Friday of each month. This month Jim Stearns will be discussing Cardiovascular or heart health as it relates to COPD.

### 3

**What:** St. Jude S'travaganza

**When:** Sunday, February 3, 3:30 p.m.

**Where:** The Former Sears Store (1901 S Caraway Rd. Jonesboro)

**Info:** Join us for the largest St. Jude Children's Research Hospital Fundraiser in Arkansas! A ticket gets you:

A great view of The Big Game from 50 large, flat screen TVs.

Fantastic food, including ribs, smoked chicken, shrimp, crawfish, desserts, drinks, and much more.

The incredible feeling of knowing you're helping children from all over the world in their fight against cancer. Tickets are \$150 each or \$250 each for VIP Tickets. VIP special seating area will include upgraded food on private buffet, dedicated servers, and other special amenities. Call 870-340-2127.

### 9

**What:** Wilderness Survival Hike

**When:** Saturday, February 9, 9 a.m. - 12 p.m.

**Where:** Visitor Center Porch at the Davidsonville Historic State Park (7953 Hwy 166 South, Pocahontas, AR)

**Info:** Lace up your hiking boots and pull on your gloves as we take a morning hike designed to teach some basic wilderness survival skills. Participants should dress for the weather; bring water, and something to snack on. For more information on this and other events or to sign up, call 870-892-4708 or email davidsonville@arkansas.gov

### 9

**What:** Fundraising for Local Veterans Organization

**When:** Saturday, February 9, 7 a.m. - 10 a.m.

**Where:** Post Meeting Hall (4273 Hwy 49 N)

**Info:** The Paragould VFW Post 2242 will be holding a pancake breakfast fundraiser in its meeting hall. Food will be served "all-you-can-eat," and will include pancakes, bacon, eggs, and various drinks. Adults charged \$6, children under 10, \$3, and those under 2 years old free. For more information, contact Commander Davin Weatherspoon at (870) 450-6453. All proceeds go to the VFW post and towards its mission to give support and fellowship to fellow local veterans.

### 14

**What:** AMMC Hosts Blood Drive with the American Red Cross

**When:** Thursday, February 14, 2019, from 11:00 AM-5:30 PM

**Where:** Auditorium in the Professional Office Building at Arkansas Methodist Medical Center

**Info:** Each person who successfully donates blood at Arkansas Methodist will receive three \$5.00 coupons to be used at the Auxiliary Gift Shop, Beacon's Deli, Cafeteria or The Foundation Station.

### 14

**What:** Healthy Heart Two-Mile Race

**When:** Saturday, Feb. 9 at 9 a.m.

**Where:** St. Bernards Auditorium

**Info:** The race begins and ends at the St. Bernards Auditorium and is \$30 for participants. All proceeds benefit the Cardiac Rehab program at St. Bernards, which helps heart patients get back to feeling their best. Bring your family and friends together to walk or run to kick off good health in the new year! For more information or to register, please visit [racesonline.com](http://racesonline.com)

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

[graphics@mormediainc.com](mailto:graphics@mormediainc.com)

### 15

**What:** The Gairhan Dental Care Red Cross Blood Drive

**When:** Saturday, February 23, 9 a.m. - 1 p.m.

**Where:** Gairhan Dental Care (460 Southwest Drive)

**Info:** The Gairhan Dental Care Red Cross Blood Drive will take place at Gairhan Dental Care, located at 460 Southwest Drive, from 9 a.m. to 1 p.m. on Feb. 23. The Red Cross' mobile unit will be set up for donations, and Artents will have heated tents set up with snacks and drinks for donors. For more information, call (870) 931-1100.

### 21

**What:** The Main Event Luncheon

**When:** Thursday, February 21st at 11:30 A.M.

**Where:** The Glass Factory (313 W. Huntington Downtown Jonesboro)

**Info:** This inaugural luncheon will highlight downtown restaurants, preview 2019 plans for Downtown Jonesboro Association and feature keynote speaker Ben Muldrow. Muldrow is a community branding and marketing expert who has spent the last 15 years assisting communities to develop identities that attract investors and encourage organizations to commit to community development. Tickets for the event are \$75 per person or \$500 for a table of eight. Order your tickets by reaching DJA at 870-919-6176 or [info@downtownjonesboro.com](mailto:info@downtownjonesboro.com)

### 27

**What:** Meet the Author of the new book "West of Hell"

**When:** Wednesday, February 27, 10:30 a.m. - 12:30 p.m.

**Where:** Greene County Public Library in Paragould (120 North 12th Street)

**Info:** Award-winning historian and "Tombstone Epitaph" assistant editor explores the violence of the American frontier and examines such notable figures as Wyatt Earp, Doc Holliday, Geronimo, and Wild Bill Hickok while also exploring those figures whose stories still remain out of the public eye like Thomas Mulqueen, Mickey Free, and Patrick Gass. Stop by and purchase an autographed copy by Erik Wright.

# First Births in 2019!



Congratulations to the proud parents and family of sweet baby Emma Rae Stout - the first baby born at NEA Baptist in 2019.

Baby's name: Emma Rae Stout

Parents' names: Jeremy and Jessica Stout

Date and time of birth: 1/2/19 at 5:54 a.m.

Baby's height: 19.5 inches

Baby's weight: 7lbs and 7oz

Gifts the first baby received: Gift basket with soothe, pacifiers, teddy bears, blankets, swaddler blanket, and a Born at NEA Baptist Onesie.



Arkansas Methodist Medical Center is pleased to welcome the first baby born at the hospital in the New Year.

Baby's name: Kawhi Amari Sanners

Parents' names: Courtney Oldham and Corey Sanners

Date and time of birth: 1/1/19 1:51 AM

Baby's weight: 8 lbs, 10 oz

Baby's height: 21" long

Kawhi and his family received several gifts from the hospital as well as other businesses in Paragould.



St. Bernards Medical Center is pleased to announce the first baby born at the hospital in 2019!

Baby's name: Gideon Matthew

Parent's name: Morgan Haynie

Date and time of birth: 1/1/19 at 10:29 a.m.

Baby's weight: 7lbs and 15oz

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# GREENE COUNTY MASTER GARDENERS 2019

Congratulations to the nominees for our Greene County Master Gardeners for 2019! The Nominees were announced at their Holiday/Awards meeting in November.

Friend of Greene County Master Gardeners nominee: Dusty Kennemore

Business Friend of Greene County Master Gardeners nominee: Main Street Caboose - Gina Jarrett

Rookie of Year nominee: Vicki Griggs

Project of Year nominee: Main Street Caboose - Gina Jarrett

Master Gardener of the Year nominee- Linda Glickert  
Presenter Freida Kelley on left, Linda on right

Pictured left to right, Gina Jarrett, Tacie Huffman, Wanda Howerton, presenter, Jean Crossno.



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# HAPPENINGS



## THREADS OF FAITH COMMUNITY PROJECT FOR FOOD PANTRY

Jackie Barnett and the ladies of Threads of Faith made and delivered warm hats and scarves to Betty Rutherford at the Witt House food pantry just in time for the cold weather coming in. Threads of Faith is a group of women at First United Methodist Church who undertake special projects for the community. The Witt House is also under the umbrella of First United Methodist Church. The church is located at 404 West Main Street and the food pantry is adjacent to it.



## PARTNERING WITH GCT "GET EAGLE FIT"

Pictured are Chief Operating Officer Jason Masingale; Director of Social Services Robin Patten; Director of Food & Nutrition Susan Youngblood; GCT Wellness Committee Member Kimberly Mayberry; GCT Wellness Committee Member Leigh Ann Gantt; Program Director Gia Taylor; Diabetes Care Clinic Program Coordinator Allison Hitt; Patient Educator Kelly Stipe; Point of Care of Clinical Systems Tina Adams; Director of Education and Nursing Informatics Shannon Walton and Educational Assistant Debbie Baker. Arkansas Methodist Medical Center and the AMMC Diabetes Care Clinic have partnered with Greene County Tech's "Get Eagle Fit" by purchasing wrist based heart rate monitors from Adidas and providing nutrition classes.



## NEA SOLID WASTE MANAGEMENT DISTRICT HOSTS RECYCLING TALK

2019 kicked off the new year with the Master Gardeners' first Brown Bag Lunch program on the topic of recycling. Jason Wolfenbarger, the Executive Director of the Northeast Arkansas Solid Waste Management District was the guest speaker. As always he had lots of good information, like reasons why we need to recycle that are so very important: the more we recycle the less that goes into the landfill; recycled materials make what we buy less expensive; and most important to him - leaving our world a better place for our children and grandchildren.



## TWO ROTC CADETS COMMISSIONED AS SECOND LIEUTENANTS

The Department of Military Science and Leadership at Arkansas State University commissioned two ROTC cadets as second lieutenants during a ceremony attended by family, friends and university staff. Jesse Alan Barkley (left) of Paragould was commissioned for active duty, branched Infantry. At A-State, Barkley earned a Bachelor of Science in Mechanical Engineering degree, with a minor in military science. He was pinned by his father, Christopher Alan Barkley.

Lucas Nathaniel Reeves (right) of Pangburn was commissioned for the Arkansas National Guard, branched Aviation. At A-State, Reeves earned a Bachelor of Science degree in health studies. He was pinned by his friends, Sgt. Casey Nickelson and Sgt. 1st Class Adam McCauley.

# BIRTHS



## *Caroline Elizabeth- Christine Crawford*

Proud parents Mikaela Darnell and Christopher Crawford of Paragould welcomed their newborn, Caroline Elizabeth-Christine Crawford, into the world on January 5th, 2019.

Caroline was delivered at Arkansas Methodist Medical Center, weighed 7 pounds, 8 ounces and measured 20 inches long.

She is welcomed by grandparents Judy and Roger Darnell, Fay Crawford, and Jared Rowland.

Photography by Mikaela Darnell



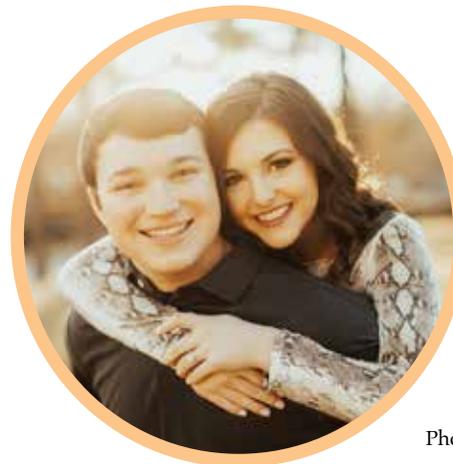
## *Jamison Cole Mitchell*

Clinton and Lindsey Mitchell of Paragould announce the birth of their second child, Jamison Cole Mitchell. He is welcomed by his 2-year-old sister, Brooke, and grandparents Fred and Patricia Newman of Dyersburg, Dave and Debbie Williams of Paragould, and C.D. Mitchell of Paragould.

Born January 3rd, 2019, at St. Bernards Medical Center, Jamison weighed 7 pounds, 12 ounces and was 21 inches long.

Photo by Hannah Tagge Photography

# ENGAGEMENTS



## *Kendall Sheppard & Jacob Nunn*

Kendall Sheppard and Jacob Nunn of Paragould have announced their engagement and plans to be married on February 16th, 2019, at The Crossing.

The bride's parents are Rich and Jana Sheppard. The groom's parents are Blaine and Vicki Nunn.

Photography by Felicia Hausman



## *Jonathan Clinton Edward Zorn*

Matthew and Kailee Zorn of Paragould announce the birth of their son, Jonathan Clinton Edward Zorn.

Jonathan was born January 8th, 2019, at St. Bernards Medical Center. He weighed 6 pounds, 12 ounces and was 20 inches long.



## *Tayven Jolee Mizell*

Donaven and Tanna Mizell of Marmaduke announce the birth of their child, Tayven Jolee Mizell. Tayven is also welcomed by grandparents Steve and Alesia Malone; Donald and Karla Kemmett; and Gary and Brenda Turner.

Tayven was born December 31st, 2018, at Poplar Bluff Regional Medical Center weighing 7 pounds, 6 ounces and was 19 1/5 inches long.

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# Stay Tuned

What's in store next month?  
**Charities for Children**



Local charities for the youth in our community, including Junior Auxiliary of Paragould.

## Kids Activities



Local Spring Break activities & events.

## NEA Seniors



Information for and about NEA Seniors and the community.

On The Cover: Kase Kersey  
Photo By: Richard Brummett



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