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March
2019



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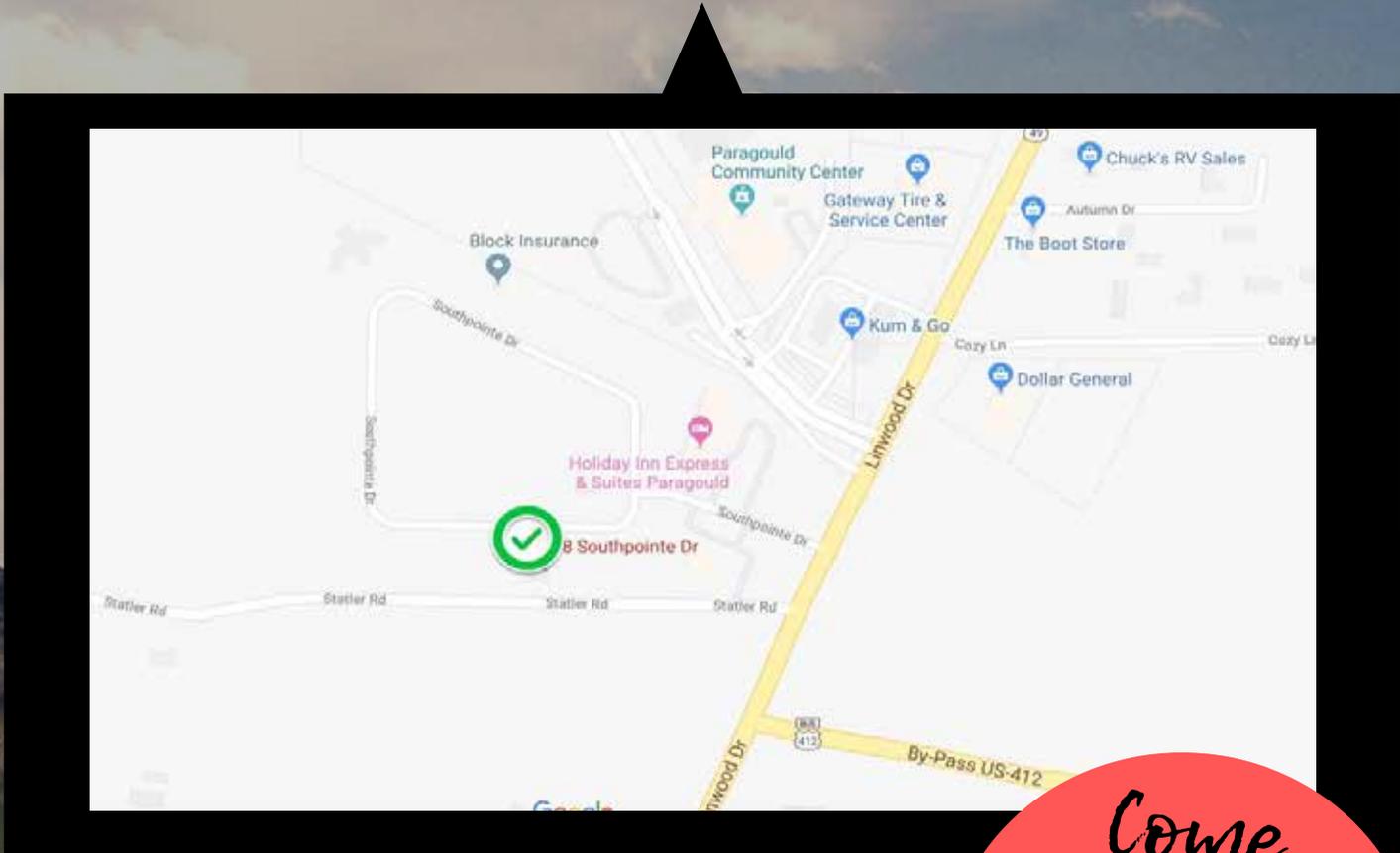
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From The PUBLISHER... DINA MASON

“

It is not hard to get behind the efforts to help children and both Paragould and Jonesboro help their respective Junior Auxiliary's care for kids in their communities. I am proud to say that I am a Lifetime Member of the National Junior Auxiliaries and while it was a lot of hard work it is one of my most rewarding "proud to serve" opportunities in the "make a difference" motto I try to live.

My invite to JA came the year my youngest was heading off to college and it might have been the first time I realized my kids think I'm old. He said, "Junior Auxiliary? Isn't that a sorority and aren't you too

old for that?" I was then determined to shine as a JA member and show that I was NOT too old.

From *Christmas for Angels* to providing animal organs for dissecting, to mentoring young ladies and so many other programs in between -- as well as supporting other organizations that assist the children in our communities -- our Junior Auxiliary members commit so much time and energy to "Make a Difference" every day. We all need to be there to support their efforts and applaud them at every opportunity.

Thank You Paragould and Jonesboro Junior Auxiliary!

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THE FOUNDATION OF ARTS PRESENTS

“Clue the Musical”

By Jennifer DeLong

The Foundation of Arts presented “Clue the Musical” as both its “Cabin Fever” performance and the regular run on Jan 25-27th, 2019. This fun, intimate show was directed by Rob Spencer, who started a new brokerage during the run of the performance and still made time to direct. He stated he was honored to have what he referred to as a “hand picked cast of the most talented performers I know.” Together they presented the musical, which closely follows the board game and offers the audience the opportunity to guess the winner. Just as if you were playing the board game, your host Mr. Boddy (as the character who is murdered) asks the audience members to draw three cards, a room, a weapon and a potential killer. Those cards are placed in an envelope, and put aside. The cast provides clues throughout the night to help the audience come to the correct conclusion. The show was performed on stage, too, and was sold out every night. Prizes were awarded to audience members who guessed correctly. The cast included Damon Wright, Paul Harrell, John Abernathy, Cody Duncan, Megan Harrell, Amanda Fahlberg, Audrey Ganong, Cynthia Abel, and Jack Turner, all pictured.



You can learn more about the Foundation of Arts at foajonesboro.org, or finding them on Facebook, Twitter, Instagram, and YouTube.



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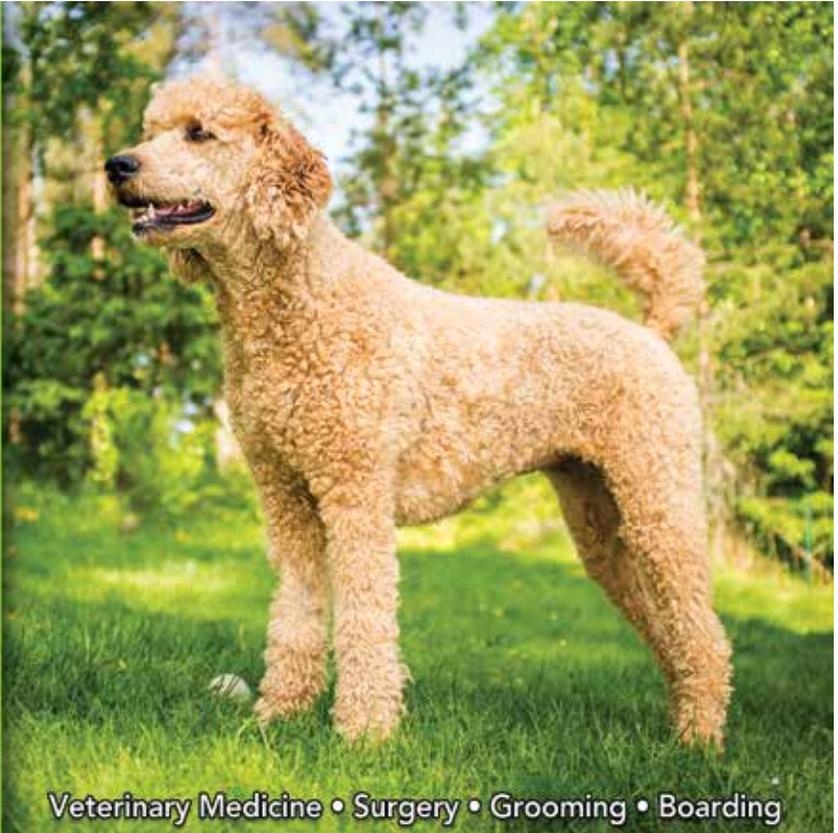
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GAIRHAN DENTAL CARE Red Cross Blood Drive



The Gairhan Dental Care Red Cross Blood Drive took place at Gairhan Dental Care on February 15, 2019. The Red Cross' mobile unit was set up for donations, and Artents had heated tents set up with snacks and drinks for donors. Over 50 people attended and over 35 units of blood were donated. Thank you to all who participated and Emily Gairhan for hosting it!

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E.C. Barton & Company announced that during the December 2018 Board of Directors meeting four new Directors were appointed. Joining the Board of Directors are Blake Barber, Kevin Pierce, Henry Torres and Willis Tyler. The board is responsible for providing strategic counsel and guidance for the future of the company.

E.C. BARTON & COMPANY BOARD OF DIRECTORS ADDITIONS

Several recent retirements created openings to be filled by the existing board. The Board of Directors is also comprised of Chris Gardner, Chairman of the Board; Steve Brimmer, President, CEO and Director; Gary Beasley, CFO and Director; Mark Belk, Director; and Stacey Greene, Director.

"I am proud to announce the newest members to the E.C. Barton and Company Board of Directors," Gardner said. "The appointments bring diverse and valuable resources to our board and management team. These new directors along with our five existing members will guide our path and help build on our mission, vision and core values."





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Jonesboro schools has launched a fundraising project with the help of a local company, K13 Cartridge Express. Empty inkjet cartridges brought in to their location can be recycled and remanufactured. The Robotics club from Jonesboro schools will receive the money earned from each cartridge turned in. This will directly benefit your school's program and the students, not to mention the environment!



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NEA Artist

By Calli Perkins

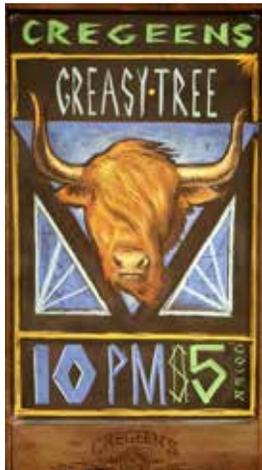


James “Jimmy” Shepherd from Glencoe, Arkansas, now residing in Jonesboro, is a remarkable illustrator with a distinctive and unique style. From cartooning to signage to painting, he has explored his artistic vision and capabilities for as long as he can remember. His main passion is cartoons, particularly humorous, and children’s book illustrations.

“My grandmother used to save any little paper scraps that had blank spaces so I always had something to draw on,” he says, when asked about how he got his start.

“When I discovered comic books, mostly Marvel and DC, I always practiced by drawing the characters because I had such a fascination for them,” he said, “which gave me an edge in art school because I was familiar with drawing human anatomy already. I am the most inspired by Norman Rockwell and Alex Ross, comic illustrators with realistic watercolor paintings.”

Jimmy studied children’s book illustration at Rocky Mountain College of Art & Design before moving to Jonesboro. He currently works on freelance projects, including his popular chalkboards seen a few places around



town, particularly on weekends of live music events at Cregeen’s Irish Pub downtown. Each design is not only one-of-a-kind, but visually compliments the stylings of the artists represented. Of course each design, unless purchased by a patron and preserved, is temporary and ends up being erased!

“I really do my research on the band to see what styles they use, and work from there up to a week in advance sometimes. I like making the band happy with a design inspired by them, and if I can help someone decide to come out because they saw the artwork on the sidewalk or on social media, I feel I have helped a fellow artist with exposure. The music scene has been flowering the last few years, and this is something I can do to push it forward,” Jimmy said.

That’s not all he is passionate about with his artwork, however. He also loves creating illustrations of his little Boston terrier, Boston, and hopes to eventually make a weekly comic featuring him as the protagonist. He also

enjoys portrait art, landscape painting, and found a love for art depicting barns -- the more damaged the barn, the better! A significant piece in his life is a drawing of his grandpa’s barn (drawing pictured) that his father’s family built. And yes, that is the drawing you’re seeing!

Really needs GIVE HELP!



Jimmy’s creative ambition is to make people laugh with his art. “Laughter moves people, it’s the vehicle for happiness,” he said, describing what he wants most from his art.

His goal is to work with authors who may need their books illustrated and published, and is seeking opportunities to do so.

You can see more of Jimmy’s art and contact him through his Instagram page: @jimmy_sjames_art.





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RESTAURANT Insights

By Caitlin LaFarlette

Tacos, burritos and nachos abound at Carlos's Street Tacos, located in downtown Paragould, with a food truck location on the west side of town.

"I'm from Mexico and love to have authentic Mexican food," owner Carlos Sanchez said. "There wasn't anything like that around here. So I decided to bring some authentic Mexican food here."

Carlos's opened June 11, 2018, on the west side of Paragould in a food truck. In less than a year, he grew his operation to add a second location downtown.

"The response from the community has been amazing," he said. "We have been shown so much love and support and we are so grateful for that."

Sanchez hopes to continue growing his restaurant. He said in the future he would like to open a dine-in location for customers to sit down and enjoy the Mexican dishes, the most popular on his menu being the tacos and burritos.

The fish tacos especially are at the top of the most ordered items. The fall-apart-in-your-mouth fish is fresh and mixed with pico de gallo, lettuce and topped with avocados in soft shell tacos. Served with a side of rice, the three tacos could definitely allow for leftovers, or for a shared meal. If you can give them up, that is. All of the ingredients are fresh and made to order, meaning a delicious, authentic Mexican meal served piping hot.

Sanchez's food truck makes it easy to order lunch or dinner when in a hurry. And during good weather, it's peaceful to sit at the surrounding tables while sipping on horchata, a milky drink made of rice, vanilla, cinnamon and other spices. The walk-up window downtown, complete with a tent, also offers speedy service without sacrificing the taste of food.

While Sanchez has had his business less than a year, the Mexican eatery has certainly made its mark in Paragould by serving up traditional grub!



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TRY THESE AMAZING SPRING INSPIRED RECIPES

CARAMELIZED PEACH & OAT PANCAKES



Ingredients:

2/3 cup plain yogurt
2 tbs butter or coconut oil, melted
1 tbs lemon juice (about 1 small lemon, juiced)
1 tbs honey or maple syrup
2 ts vanilla extract
2 eggs
1 cup oat flour*
1/2 teaspoon baking soda
Slightly heaping 1/4 ts salt
1/2 ts ground ginger
1/4 ts ground cinnamon
1 peach, halved, pitted and very thinly sliced (into about 1/8-inch slices)

Directions:

1. In a small bowl, stir together the yogurt, butter, lemon juice, honey and vanilla extract. Beat in the eggs.
2. In a medium bowl, whisk together the oat flour, baking soda, salt, ginger and cinnamon. Form a well in the center of the dry ingredients and pour in the wet ingredients.
3. With a big spoon, stir just until the dry ingredients are thoroughly moistened. Do not overmix or you'll run the risk of getting tough pancakes! Let the batter sit for 10 minutes.
4. Heat a cast iron skillet or nonstick griddle over medium-low heat. You're ready to start cooking your pancakes once the surface of the pan is hot enough that a drop of water sizzles on contact. If necessary, lightly oil the cooking surface with butter or cooking spray.
5. Scoop a scant 1/4 cup batter onto the pan. Place 2 to 3 peach slices on top. Let it cook until the top edges are more matte than shiny and the underside is golden, about 3 to 4 minutes.
6. Once the bottom side has cooked, flip it with a spatula and cook for another couple of minutes or so, until golden brown on both sides. You may need to adjust the heat up or down at this point. Serve the pancakes immediately or keep warm in a 200°F oven.

Recipe courtesy of cookieandkate.com

SHRIMP SPRING ROLLS



Ingredients:

10 cooked and cooled jumbo shrimp, cut lengthwise in half
10 round rice paper wrappers
10 Boston lettuce leaves
6 ounces thin rice noodles
1 cup carrots, shredded
1 cup red cabbage, thinly shredded
1 cup bean sprouts, fresh
20 mint leaves, fresh
1/2 cup cilantro

Directions:

1. Boil the dried rice noodles according to package directions. Drain and cool with cold water, refrigerate until ready to use.
2. Fill a pie dish or large bowl with water, large enough to hold the piece of rice paper.
3. Set a damp dish towel on a cutting board. Immerse one rice paper sheet into the water for 15 to 20 seconds.
4. Remove, shaking off excess water and lay flat on the dampened cloth. The paper will become pliable as you build each roll.
5. Lay one piece of lettuce over the bottom third of the rice paper. On the lettuce, place 2 to 3 tablespoons of noodles, 1 tablespoon of carrots, 1 tablespoon of cabbage, and a few bean sprouts.
6. Roll up the paper halfway into a cylinder. Fold the sides in an envelope pattern.
Lay 2 shrimp halves, cut side down, along the crease. Place a few cilantro and mint leaves next to the shrimp. Keep rolling the paper into a tight cylinder to seal.
Repeat with remaining wrappers. Store with seam side down.

Recipe courtesy of jessicagavin.com

5 MINUTE STRAWBERRY BANANA ICE CREAM



Ingredients:

4 large bananas, frozen
4 cups strawberries, frozen
2 tablespoons sugar (or powdered Stevia)

Directions:

1. Place strawberries in a bowl, sprinkle with sugar and toss to combine. Place bowl in microwave at 30-second intervals until the strawberries soften slightly and the sugar dissolves in the juice.
2. Add bananas and strawberry mixture to the blender and blend until they reach the perfect consistency. When your ice cream stops moving in the blender, you will want to stop and scrape down the pitcher of the blender and stir a few times. About 2-3 minutes total blending time.
Serve and enjoy! You can also transfer to a freezer-safe container and allow ice cream to firm up in the freezer for 2 to 3 hours. There are no preservatives in your ice cream, so it will freeze solid. Simply remove from freezer 10 minutes before serving to allow to soften slightly. It freezes and keeps beautifully!

Recipe courtesy of theslowroasteditalian.com

JENKINS LAMP HALL OF FAME INDUCTEES

By Richard Brummett

Jeremy Cox was charged with getting his parents, Jack and Jean, to Little Rock for the Arkansas Homefurnishings Association meeting without tipping off that they were about to be inducted into the society's Hall of Fame. Executive Director Randy Lann had reached him by phone and sought his help in keeping the big secret from his folks.

"I heard about it first and was supposed to keep it out of their ears," Jeremy said. "I had to sneak pictures for the slide presentation and I finally had to tell her that Dad was going to be inducted so she would help me get him there. I didn't tell her that she was, too. So I knew everything, and she knew half, and he didn't know anything."

"I didn't know anything," Jack agreed, "until they dropped the bomb, until the screen came up and there it was. They even had a baby picture."

Such was the night for the Cox family at the Arkansas Governor's Mansion in December, when their work as owners of Jenkins Lamp Company earned them the distinguished recognition as 2018 inductees into the Arkansas Homefurnishings Association Hall of Fame. Jean's



parents (Isaac and Gladys Jenkins) began Jenkins Lamp and Shade, Mfg. in 1962, following years of owning and operating Jenkins Variety Store in downtown Paragould and making lamps in their garage. Jean worked for them during her high school days, assembling lamps. Jack took over the sales part of the business in 1971, traveling with his father-in-law in a station wagon, hauling lamps throughout Arkansas, Tennessee and Louisiana.

Using her degree in business, Jean handled the paperwork and phone calls while both of them traveled to area markets when not on the road. They remained active in the warehouse, packaging orders, traveling to factories, and assembling lamps even while serving on the Paragould School District school board for over 10 years. Jack continued selling lamps from a trailer while Jean ran the office until the mid-2000s, when they finally retired and turned the business over to Jeremy. They still attend trade shows and markets and keep in touch with customers.

Well respected in the business world, Jack and Jean still didn't see the big night coming their way. They had attended many such functions for the association and were accustomed to seeing awards like Dealer of the Year handed out, but the Hall of Fame recognition caught them by surprise.

"I think they try to pick somebody that's been in business a long time and tries to take care of customers," Jean said, "but I don't even know if they give a Hall of Fame Award every year or not. It was a memorable evening."

Jack said he is "sure it's a decision made by the board of directors, and maybe they said, 'How about old Jack? He's been doing this for 45 years.' No, really, it was a big deal. You're at the Governor's Mansion and it's a formal dinner and you've got people belonging to the association, some retired former dealers, manufacturers, wholesalers, sales representatives ... and then you look up on the screen and there's pictures of you looking back at you. It was a big surprise, but a great honor. I think this is the first time the award has been given to a couple.

"It does give you a nice, warm feeling when people you've been in business with over the years recognize what you've done and what you do. You've got retail furniture dealers from all over Arkansas and the committee decides who gets the award. It was a real honor."

An advertisement for Glen Sain Ford. At the top left is the "Glen Sain" logo in a script font, followed by the Ford logo. To the right, the text "BEST PRICE BEST SERVICE" is displayed in a stylized, outlined font. Below this is a photograph of a silver Ford F-150 pickup truck. At the bottom, the contact information "870.236.8546 | 1301 US 49 | GLENSAINFORD.NET" is written in a bold, white font.

POLAR PLUNGE 2019

The 15th Annual Polar Plunge for Special Olympics in Arkansas was held at Crowley's Ridge State Park in January. Participants raised over \$14,000 to support Olympians. Teams with some of the best costumes ever took the plunge and then warmed up at the Walcott Baptist Church with homemade soups, chili, and dumplings. Area 1 Training Director Skip Schalk said it was a great turnout and thanks all the volunteers, sponsors, and plungers!



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DOWNTOWN JONESBORO ASSOCIATION'S

The Main Event

In February, the Downtown Jonesboro Association hosted The Main Event. This inaugural luncheon highlighted downtown restaurants, previewed 2019 plans for the Downtown Jonesboro Association and featured 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.

The event also celebrated accomplishments in 2018:

- Becoming nationally accredited
- Completion of a Downtown lighting project
- Enhancement of Downtown safety with pedestrian signs
- Distribution of \$5,000 in facade grants
- Welcoming of new events: Oasis Arts Festival, the Downtown Slam, and Yoga with a Twist
- Breaking ground on Rotary Centennial Plaza
- Improved website design
- Establishment of A-State partnerships
- Welcoming over 10 new businesses



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More Than Pink

3RD ANNUAL KOMEN NEA RACE FOR THE CURE

Breast cancer survivors, volunteers, and community leaders gathered inside the Municipal Center in Jonesboro to announce details of the 3rd Annual Komen Northeast Arkansas Race for the Cure®. The race is scheduled for Saturday, April 27, on the campus of Arkansas State University in Jonesboro.

2019 Race Chair Amanda Herget (pictured) said the goal is to raise \$400,000 this year through the various Race for the Cure® events. The 2018 Race raised \$330,000, and the committee feels it can surpass last year's number significantly. The Race theme, "More Than Pink," encourages everyone to think beyond breast cancer's iconic pink color and direct their passion toward the fight against breast cancer through fundraising, volunteering, advocating and more. You can look forward to hearing more about the four pillars of impact this year: Action. Community. Care. Research. These pillars go beyond pink and breast cancer



awareness. "Together we are a group of people who take action against breast cancer, save lives through our work in the community, provide care for survivors and those living with metastatic breast cancer, and raise money to fund research," Herget said.

The Northeast Arkansas Race for the Cure is proud to have support in the form of sponsorship by many wonderful businesses and groups. Barton's and Surplus Warehouse returns as the Presenting Sponsor. St. Bernards Healthcare and Medical Group is the Founding Sponsor. St. Bernards was a sponsor of the Arkansas Race for the Cure in Little Rock since 1996 before sponsoring the local race. Additional sponsorship opportunities are available at various levels.

Race week begins with Go Pink Week, a time for the whole region to show it is More than Pink. From April 22-26, all Northeast Arkansas businesses and organizations are encouraged to decorate



their businesses PINK to show support for those battling breast cancer and to honor survivors. Street banners will be hung "In Honor Of" and "In Memory Of" loved ones on Main Street in downtown Jonesboro. Banners are available for purchase by individuals and businesses at gearheadoutfitters.com for \$150.



The Survivor Breakfast at the Woodard McAlister Family Club inside the Johnny Allison Tower of Centennial Bank Stadium starts at 7 a.m.

Opening ceremonies will begin at 7:30 a.m. at the stage on the Centennial Bank Stadium field.

The Survivor Parade and photo will be at 8:15 a.m. on the Centennial Bank Stadium field.

Onsite Registration and Packet Pickup will be Wednesday, April 24, through Friday, April 26, at NEA Baptist Hospital, 4800 East Johnson Avenue in Jonesboro.

The race weekend festivities will begin on Friday, April 26, with the "Pink Pasta Party," held from 6-7:30 p.m. the night before the race at St. Bernards Auditorium. Participants will enjoy a pasta dinner and entertainment with the purchase of a \$25 ticket.

Immediately following the Pink Pasta Party is the Pink Prowl through downtown Jonesboro. Many locations along Main Street will offer Happy Hour pricing from 8 p.m. - 10 p.m. to everyone wearing their Pink Prowl wristbands. Wristbands are \$5 each.

Also, men are invited to participate in the "Pink Pump Run" 100-yard dash in downtown Jonesboro after the Pink Pasta Party. Men are encouraged to dress up for the event, but must wear women's shoes for a short jaunt down Main Street that begins at 8:15 p.m. Registration is \$10 and prizes will be awarded to winners. Sponsored by MOR Media, Inc.

Race Day, Saturday, April 27, begins with registration opening at 6:30 a.m. at Centennial Bank Stadium.



The 5K Run/Walk begins at 9:00 a.m. on the north side of Centennial Bank Stadium. Supporters may also participate without actually attending the race by registering as a virtual runner. Children Under 5 must register but are free of charge; they will receive a bib. Participants may register online at komenarkansas.org, at onsite registration and packet pick up (Race Space) at NEA Baptist located at 4800 East Johnson Avenue or on the morning of the race.

Following the 5K Run, an awards ceremony will be held at Centennial Bank Stadium. Awards will be given to the top three female, the top three male and the top three survivor winners of the race.

There are other ways to get involved prior to Race Day:

Teams are a crucial part of the Race for the Cure registration. Event organizers encourage churches, businesses, social organizations and family groups to form a team to support a survivor they know, or to help increase awareness and raise funds to end breast cancer.

Individuals and teams are encouraged to raise funds for Komen Arkansas through the fundraising program. Donations can be made online at komenarkansas.org or mailed to the Arkansas affiliate. Participants who raise \$100 and more will receive special Komen incentive prizes. Largest teams, highest fundraising teams, and highest fundraising individuals will be recognized.

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A THANK YOU FROM SARAH COWAN



“I have always thought the St. Jude Stravaganza was an amazing event. The amount of time, effort and energy the committee has put into raising money for the children at St. Jude is astonishing. Our daughter Katie was a leukemia patient at the hospital where she received chemotherapy for 2-and-1/2 years and we never received a bill for food, travel or treatment. Our family no doubt benefited from the money raised from this spectacular event over the years. I feel blessed beyond measure to have been able to play a tiny part in the event this year. The Cathcarts always close their emails by saying “the money we raise might save the life of a child you know.” They helped save the life of my child and for that I am eternally grateful. //”

The Cathcarts celebrated their 26th and final year meeting their goal of raising over \$500,000 for the St. Jude Hospital. They're looking for a group interested in taking over to continue this great fundraiser.



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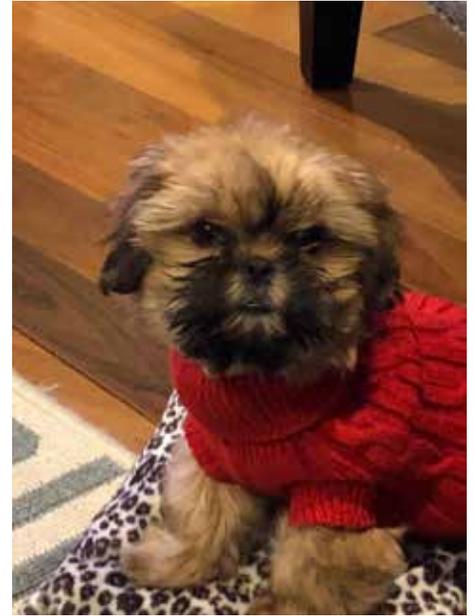
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By Cheryl Davis



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JUNIOR AUXILIARY OF PARAGOULD

By Caitlin LaFarlette



Reading nights, clothing closets and flu clinics are just a handful of the many ways Junior Auxiliary of Paragould has given back recently to the community, with even more to come for the remainder of the year.

President Lindsay Sheets said the organization is constantly growing and evolving its service projects and ideas. P.E. in the Park, for example, is a free program for children to have a meal and games during the summer that JA has partnered with, along with Partners in Education at Woodrow Wilson Elementary. This program will take donations each month for the school.

Sheets added every JA chapter is required to have a child welfare program in place and the Paragould chapter's is called INSPIRE.

"INSPIRE is a mentoring program, partnering a JA member with a fourth-grade girl at a school in Greene County," Sheets explained. "The mission of our INSPIRE project is Inspiration, Networking, Service, Performance, Independence, Resources and Encouragement."

JA members participating in INSPIRE will eat lunch with their partner, send letters, celebrate special occasions and invite them to JA events.

"We also often help families in need throughout the year," Sheets said. "We have helped three families as

an ongoing service this year, aiding with anything from basic needs like food and clothing, to networking and helping secure jobs and a car."

The JA Paragould chapter also hosts Cheers for Charity every year to fund raise. Formerly Cattfish and Khakis and Blue Jeans and BBQ, the fundraiser's goal is to spread awareness of the organization's goals.

"Over the years our chapter has adapted the event to better suit the needs of the members and community," Sheets said. "Our Angel Tree, which leads into our Christmas Blessing event, has not always been at this event."

Now, during Cheers for Charity, attendees can adopt children from the Angel Tree in preparation for Christmas.

"Anything you see our chapter doing, the funds have been raised by our Cheers for Charity fundraising," Sheets said.

To further spread awareness, JA hosts the annual Kidz Kraze, scheduled this year for April 13. The event is free and hosts booths for local businesses and services with relation to children in the community.

"It's a great way to come and learn about the services offered in the community," Sheets said.





FIRST COMMUNITY BANK Piggy Bank Initiative

Last year, First Community Bank started the Piggy Bank program with the University Heights and Fox Meadows schools in an effort to teach children the importance of saving. This year it is expanding the outreach of the program to the new Nettleton STEAM School and Valley View Public Schools. Northwestern Mutual's 2018 Planning & Progress Study found that money is the leading cause of stress among Americans, and First Community Bank believes that by educating children about money early, it can save them from experiencing some of this stress later in life.

According to First Community Bank's Jonesboro community president, Allen Williams, "As bankers in the Jonesboro area, it is both our obligation and our privilege to teach useful saving techniques to future generations so that they may grow and thrive in the years to come."

As before, bank employees will work closely with the 4th grade teachers to facilitate in-class financial literacy lessons once a week for the duration of the school year. The objective is to enable children to make financial choices with confidence and guide them in managing their money effectively. The lessons center on differentiating needs and wants, setting attainable long- and short-term goals, and how to make and follow a budget.

The Piggy Bank functions much like any other bank, where First Community's employees take student deposits, assist them in filling out their slips, and help them maintain a record of their deposits. Setting the foundation and the framework for good saving is the ultimate goal, according to Gabe Roberts, Assistant Vice President of lending and Piggy Bank volunteer: "It isn't about the dollar amount, but about getting children in the right mindset and envisioning what they want to achieve in the future."



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INCREDIBLE KIDS

By Jennifer Delong

Do you remember being in 3rd, 4th and 5th grade? Remember what you were doing? You may have had your friends over to play, singing along with the groups on the radio, but to these four 11-and-12-year-olds, they aren't playing, they are performing.

Kohen Ligon, Clark Phillips, Bradyn Blocker, and Barron Bean are members of an elite group from Nettleton's STEAM School. In their younger years, Clark performed solo on his guitar and sang during the Nettleton University Heights Intermediate School talent show. Finally, in 6th grade Clark thought it would be a great idea to get some friends together to perform as a group. That performance was the start of it all.

At the time, the group consisted of five boys; Clark (electric guitar), Bradyn (Cajon), Barron (electric guitar), Kohen (vocals) and Hutch Bristow (drums). The boys were literally a garage band. They would meet at Clark's grandfather's business garage and rehearse. Family members gathered to help the boys however they could, either with vocals, instruments or even picking songs.

After months of practicing it was time to perform. The entire school was singing along and the boys talked about it for days and about doing it again. By the time the boys got to 6th grade, they all joined the Beta Club at Nettleton Steam, which competes at a statewide Beta Competition.

Part of the requirements were to come up with a name for the group. Since it all started out as a fun experiment, the boys wanted to play off school spirit for Nettleton so they combined the spear from the school logo, and experimented to come up with "X-SPEARment" and the band name was born.



Although Hutch was still part of the group, he opted to compete in a different way. He was happy to help the boys set up their stage. Clark and Barron played electric guitar, Kohen was lead vocals and Bradyn learned to play the drums. They rocked out with a great rendition of "I Love Rock N Roll" by Joan Jett & The Blackhearts.

Mrs. Trent, Beta Sponsor, asked them to have a live rehearsal in front of the Nettleton STEAM School at the Spelling Bee the week before they left. That would give them a boost of confidence after performing in front of their friends.

Their eyes grew big as they arrived at the competition. The stage was much bigger and the arena was huge, and this was only the second performance for their friends, and yet they came home with third place.

Want to hear these kiddos and their rock and roll band? X-SPEARment plans to play at Race for the Cure April 27th along the race route, at the Nettleton STEAM talent show in April and possibly will be at Lost Pizza Youth Night. They also have the opportunity to go to Beta Nationals in Oklahoma City in June.

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I.N.S.P.I.R.E.

Jenny Brown

By Richard Brummett

Jenny Brown, school counselor at Woodrow Wilson Elementary in Paragould, is inspired in a unique way. Her involvement with the Junior Auxiliary of Paragould has prompted her to develop a program named I.N.S.P.I.R.E., aimed at providing much-needed support and guidance for young girls in area schools.

Upon being nominated to join JA, Brown said she willingly accepted after "finding out the wonderful things they do for the welfare of children in our county.

"I felt it would be a perfect opportunity for me to partner with other resources and network with other professionals outside of education to help not only my students at Woodrow Wilson Elementary, but also the children of my community that I don't have the privilege of serving as a school counselor," she added. In addition to spearheading the connection

between Woodrow Wilson and JA through the Partners in Education program, Brown also took on the responsibility of chairing the Child Welfare program for the chapter. It was then that she developed a program called I.N.S.P.I.R.E. -- an acronym that defines its mission. The letters stand for Inspiration, Networking, Service, Performance, Independence, Resources, and Encouragement. "Throughout my counseling experiences within an elementary setting, I've noticed that the fourth grade is a pivotal year in child development and maturation," she said. "It can be difficult for girls to find their place amongst groups and feel confident and courageous, especially if they do not have family support to help them thrive."





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The I.N.S.P.I.R.E. program pairs 4th grade girls in need of support for various reasons -- such as foster care placement, lack of emotional support at home, poor motivation, low academic performance, or simply a need for additional positive adult influence and attention due to a large number of siblings -- with professional members of Junior Auxiliary in a mentoring program. JA works with elementary school counselors in both major schools in Greene County to obtain nominations. The overall goal of the program is to create an ongoing relationship of support, strength and encouragement. The Junior Auxiliary member works not only with the child but also with her family, creating a relationship of rapport with the parents as well.

"The girl and her JA mentor have regular lunches/dinners together, write letters, call/text, and any other form of exchanging positive communication to build rapport and trust between the student and a professional member of Junior Auxiliary," Brown explained. "The Junior Auxiliary members also take part in helping with

special occasions like getting ready for school dances and signing up for community sports. Part of the mission of the program is to utilize the networking and resources that Junior Auxiliary has available to it as a chapter to reach out to parents and families of students who school counselors know need the assistance. All members of Junior Auxiliary are professional, educated women in our community who have a heart for kids. They are screened through program nominations, and all have to have background checks to be a member and work with children."

While creating the program, Brown said she "had to meet with superintendents of both major schools in the community for approval, and they both were happy to accommodate, also noticing the benefit this program could have on our students and their families. The other school counselors I've worked with in regard to this program have seen the benefits, and I have personal stories from classroom teachers who have seen the benefits of the program in these girls so much so that they are now requesting that other girls in their classes be nominated for the program, as well."

Brown said Junior Auxiliary members tell her their involvement with mentoring in the I.N.S.P.I.R.E. program has actually been a huge blessing to them as much as the student. "I am also, personally, mentoring one of the 4th grade foster students in my building, and it has been a very rewarding experience for me," she said. "I am professionally very proud of this program and hope to continue it in the future of the Paragould Chapter of Junior Auxiliary."

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JUNIOR AUXILIARY OF JONESBORO

By Caitlin LaFarlette

Junior Auxiliary of Jonesboro has celebrated 69 years of service in Northeast Arkansas and continues to grow and give back to the community through service projects, fundraising and scholarship programs.

Danial Reed, 2018-2019 president of JA, said the members put in over 3,000 service hours each year through 12 service projects to assist the community. The chapter began with only three service projects and 31 active members, and has now grown to over 90 active members.



"These projects reach out to children starting in kindergarten, all the way through college," Reed said. "We mentor girls in junior high and high school, instilling positive self-esteem, building relationships, teaching life skills and showing the impact of giving back."

In addition, JA also provides free backpacks, shoes and clothing to children of any age in need with the Share and Wear program. Other projects supply math and literacy tutoring, book clubs for elementary students, dissection projects for science students and a closet for children and families in need of clothing. Reed's personal favorite is the Scholarship Program.

"We provide the funds needed for both traditional and non-traditional students to attend a four-year college or trade school," she said. "I've had the privilege of getting to know many of these students and the impact of this scholarship on their lives is heartwarming."

Reed added she loves seeing students' motivation to go above and beyond expectations and their goals to pay it forward by giving back to the community.

Deania Vanhoozer, 2018-2019 1st Vice President, serves on the Growing Healthy project. Volunteers work with sixth grade students to facilitate healthy lifestyle choices. By dissecting pig hearts and lungs through the guidance of local physicians, students learn the risks associated with smoking and obesity.

"Growing healthy has been growing strong since 1995 and is very popular with our area schools and volunteers," Vanhoozer said. "As a volunteer it helped me step a little outside of my comfort zone."

When it comes to fundraising, the JA's Charity Ball has developed into the one and only fundraiser for the organization and its 12 projects. This year the event will take place March 16 at First National Bank Arena. All funds raised go directly into local programs that would not be possible without the support of the community.

"We are fortunate that our organization has received such strong and loyal support since we were established in 1950," Reed said.

"Charity Ball has evolved in multiple ways since we started hosting this event," Samantha McFadden, chair of the 2019 Charity Ball, said. "This year marks our 48th annual event and we are proud that it has transformed into one of the largest fundraising events in our community."

McFadden said by making the event JA's only fundraiser, members are able to focus all their energy and time on giving back to the community.

Reed is grateful for the awareness the Charity Ball receives and wants to build on that to ensure those who know about the fundraiser know exactly why it is put on.

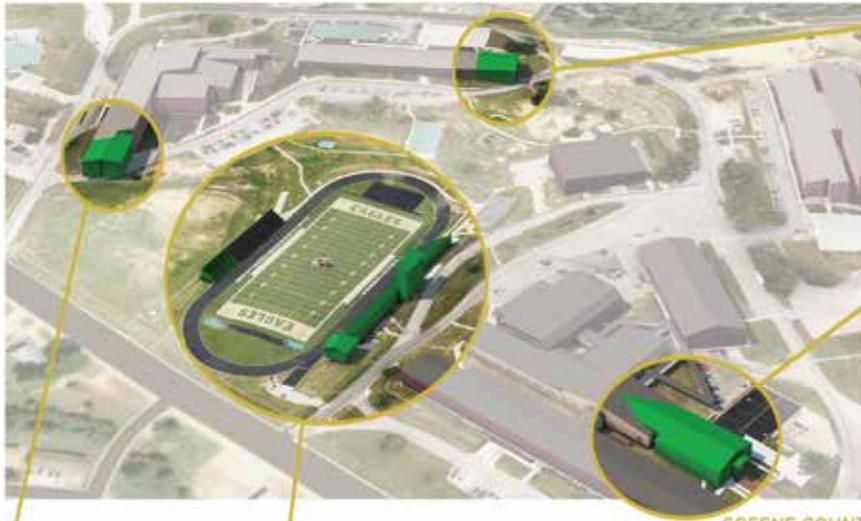
The Charity Ball is also a great way to become involved with the Jonesboro Chapter of JA. Reed said community members can support the event by buying tickets, participating in the auctions or even becoming a sponsor. Women who are 21 or older in Craighead County can visit www.jajonesboro.org to become a volunteer.





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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.

TUGA'S PROJECT

By Richard Brummett

The NEA Baptist Center for Good Grief is laying the groundwork for Tuga's Project in efforts to raise awareness of grief in the area and to entice area businesses to support the services at the Jonesboro center. Tuga is a grief friend. His name means "grief, deep sorrow" in Croatian and he is a creative venture from the staff to be able to give kids and teens who come to the center. He is the perfect sized stuffed creature to hold as someone is grieving and mourning the loss of a loved one.

The Tuga's Project will be under way during the month of May. Between now and April 10th project committee members hope to have made contact with all local businesses, according to Mandy Young, Director, inviting them to a luncheon to get materials and information to participate in the fundraising effort. The luncheon is set for noon on Wednesday, April 10, 2019, at the NEA Baptist Conference Center. Young has provided a list of frequently asked questions regarding the NEA Charitable Foundation and its efforts.

What is the NEA Baptist Charitable Foundation? For the past 19 years, the NEA Baptist Charitable Foundation has helped meet needs in our community through the six programs of the foundation: Medicine Assistance Program, Center for Healthy Children, WellnessWorks!, HopeCircle, ShareHope, and the NEA Baptist



Center for Good Grief. Thanks to the generosity of donors, all the programs and services are free to anyone regardless of where a person receives their health care.

What is the NEA Baptist Center for Good Grief? It is the only comprehensive grief therapy center in the state of Arkansas. It is an expansion of Kemmons Wilson Center for Good Grief that has been providing services to grieving families in the Mid-South for the past 20 years. The services provided are individual therapy sessions, groups, and educational seminars throughout the year all by licensed therapists. They are able to help people of all ages who have experienced a death among their own family and friends.

Where is the NEA Baptist Center for Good Grief located? It is located at 1717 Executive Square, Jonesboro (just off Brown's Lane).

What ages are served by the center? Kids, teens, adults, and aging adults can all receive services at the Center for Good Grief. Children as young as four can therapeutically start to communicate their needs, thoughts, and

feelings. The youngest served has been 4 and the oldest is currently 88.

What is the cost for those treated? FREE. Grief is not a billable diagnosis. No charge, no insurance, and no questions about income are needed. All services through the center are free.

How do you receive services at the center? Call 870-936-7719 to schedule an appointment or ask any questions. No referral is needed.

How will the money raised from the Tuga Project be used? The money supports the operations to allow the staff to provide the services at the Center for Good Grief. The goal from Chris Fowler was to raise enough money to financially support the center fully for one entire month.

What if the business owner cannot attend the luncheon? Attendance at the luncheon is not mandatory to participate in the Tuga Project. For anyone who cannot attend, we will deliver packets the week of April 22-26.

Who do I contact if I need more information about Tuga's Project? Mandy Young, Director of the Center, can be contacted with any questions about services the center provides as well as information on the project. Call 870-936-7719 or go to Mandy.Young@BMHCC.org

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9TH ANNUAL SHOW THEM WHERE YOU COME FROM FOOD DRIVE

Andrea Dionne Kain



By Calli Perkins

Andrea Dionne Kain, a pillar for giving in our community, is at it again with the 9th annual Show Them Where You Come From Food Drive, benefiting the Food Bank of Northeast Arkansas. She started the food drive after volunteering at the food bank, and held the first event in 2011.

“I was not aware of the serious need until I started volunteering at the Food Bank of NEA in 2010,” Andrea said. “I never went hungry as a child. After meeting with the leaders at the Food Bank, I was devastated to learn about the need in our community and was determined to get the word out to others like myself. The programs at the Food Bank are amazing and I am honored to be a small part of helping fix the hunger problem.”

When asked about how she made the first event come into fruition, she said, “My friends! I had a crazy idea and my friends said, ‘Why not?’ The first event was small. It was held in the venue area of the Brickhouse Grill. All of the artwork for the silent auction was donated by my friends, the bands were my friends, the snacks were provided by my friend Lisa Godsey, and everyone that showed up, I knew.”

Now the event has expanded to a 9-year tradition, growing in attendance and donations as the community catches on to this exciting way to raise not only awareness, but also funds and goods to send to the Food Bank. Last year, the food drive raised over \$5,200! Andrea has set her goal for this year’s event at \$5,500. The Food Bank of NEA can provide four meals for every \$1 donated!

The event is set to take the stage on April 7th, 2019, from 1 P.M. – 5 P.M. at Doe’s Eat Place in Jonesboro (411 West Washington Avenue). Join the fun including live music, a silent auction, a photo booth, kids section, and snacks, all while raising money and gathering non-perishable food items for the Food Bank of Jonesboro. This year, four artists are booked for live performances: Cory Jackson, Blayne Pillow, Brady Joe Dobbs, and Collin Kidd. \$15 or 15 non-perishable food items is all you need to get in the door! Baby food, diapers, and hygiene products can also be collected at the event. People of all ages are welcome, so you can bring the whole family.

You can find the event on Facebook, called “9th Annual Show Them Where You Come From Food Drive” for updates and additional information. For presale tickets, stop by Doe’s Eat Place or contact Andrea at: andreadkain@gmail.com or (870) 650-1153.

Show them where you come from
no one leaves hungry 9th annual food drive

WHAT'S ON THE MENU

<p><i>for starters</i></p> <p>\$15 or 15 cans to enter \$5 or 5 cans for kids under 10-years-old</p>	<p><i>the main course</i></p> <p>april 7, 1-5 pm 411 west washington ave doe's eat place</p>
<p>DIAMOND SPONSORS</p> <p>DOE'S EAT PLACE SAMS CLUB JONESBORO</p> <p style="text-align: center;">* * *</p>	<p>RUBY SPONSORS</p> <p>BA EATS YESDOG GRILL</p> <p style="text-align: center;">* * *</p>
<p><i>something sweet</i></p> <p>photobooth by: Top Natch</p> <p>Silent Auction from 1-4 pm</p>	<p><i>quench your thirst</i></p> <p>music by: Brady Joe Dobbs, Collin Kidd, Blayne Pillow and Cory Jackson</p>
<p><i>top items needed</i></p> <p>PEANUT BUTTER, MAC&CHEESE, CANNED TUNA, RICE, CANNED MEATS,</p>	<p>CANNED VEGGIES, CANNED FRUIT, SOUPS, STEW'S & PERSONAL CARE ITEMS!</p>

PRESALE TICKETS:
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 Doe's Eat Place
 or contact
 Andrea Kain at
andreadkain@gmail.com
 or 870.650.1153



SPRING BREAK 2019

By Calli Perkins

It's already approaching time for Spring Break! As you prepare for spring cleaning and the warm weather, you may also be wondering what there is for you and your family to do in order to enjoy the break. Lucky for you, we have a guide for upcoming events and you may find something for any age group to do.

A great first place to look is your local public library.

The Greene County Public Library hosts:

- Knitting classes every Thursday from 1 p.m. – 2:30 p.m.
- Book Club every 3rd Thursday from 10:30 a.m. – 11:30 a.m.
- Thirsty Thursday each week with coffee all day
- Story time for preschoolers each Wednesday at 10:30 a.m.

The Craighead County Jonesboro Public Library hosts:

- Magic Mr. Nick, a magic show on March 18th, three shows that start at 10 a.m., 2 p.m., and 6 p.m.
- Bingo is on Tuesday, March 19th at 10 a.m., with Crafternoon that day at 2 p.m. and 6 p.m.
- Toons and Treats is on Wednesday, March 20th, at 10 a.m. and 2 p.m.
- There's a gaming day with electronic and board games that Thursday the 21st at 10 a.m. and 2 p.m.
- On Friday, March 22nd there will be a showing off the film based off the book by P.L. Travers, Mary Poppins.

Local parks are also a great way to celebrate the coming of spring!

Village Creek State Park will hold its annual Kids Campfire Cooking workshop where kids can learn how to make biscuits on a stick, pie iron pies, baked apples, and s'mores. This is a drop-in workshop and completing all of the foods will take about 30 minutes. There is a small fee of \$3, which covers food cost. If you're bringing a large group, make a reservation to ensure enough supplies for everyone, but families are welcome to drop by without reservations. Perfect for the whole family to try something out together! For more information, call Village Creek State Park at (870) 238-9406.

Powhatan Historic State Park will take your kids through the history of Arkansas and Powhatan with a week long schedule of

programs and activities starting on Tuesday, March 19th, at 10:30 a.m. The first day of Spring Break programming will focus on the prehistory of Northeast Arkansas with a look into the Native Americans that once called this area home. The second day will feature Arkansas' numerous rivers and their roles in settling Arkansas, starting at 10:00 a.m. The third day will focus on those early pioneers who cut Powhatan from the dense forests along the riverbank starting at 10:00 a.m. On the fourth day, you will learn about the prosperous days of Powhatan and get a feel of what it was like, starting at 10:00 a.m. Admission is free and the meeting places vary. Visit their website at arkansasstateparks.com and search Powhatan State Park.

Also on Saturday, March 16th, you can enjoy a St. Patrick's Day Weekend Dutch Oven Workshop at the courthouse from 10 a.m. to 2 p.m. where you can learn to use a Dutch Oven in an authentic way and experience 19th century style cooking. Reservations are required and space is limited, so for questions and reservations call (870) 878-6765.

You can bring the whole family at Bull Shoals White River State Park! There will be plenty of programs, lake cruises, river cruises, as well as many other programs to keep you busy during your stay. Other than lake and river cruises, admission is free. You can call the park at (870) 445-3629 or visit its website at arkansasstateparks.com and search Bull Shoals White River State Park.



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MARSHAL'S MUSEUM PLANNING: *John T. Wayne*



By Richard Brummett

It is fitting that Fort Smith has been chosen as the site for the new United States Marshals Museum, considering the area's rich history in a time of westward expansion. Judge Isaac Parker, known as "the hanging judge", established his base there and often sent marshals into the Indian Territory of Oklahoma in search of outlaws with orders to bring them back to Fort Smith for justice.

The city has many sites commemorating and preserving the Trail of Tears, the Civil War and the Butterfield Overland Mail Company route history that are now part of the Arkansas Heritage Trails System, so establishing the proposed 50,000 square foot museum that will honor the importance and history of the U.S. Marshals Service makes sense.

It also makes sense that local author John T. Wayne is pitching in to help in covering a serious financial need haunting museum organizers.

"They are looking at a \$10-to-\$15 million shortfall," the Paragould writer said. "That's why I am pledging all 2019 royalties from my books ordered online to the museum. Anything ordered through Amazon or Barnes & Noble or any other online bookseller ... all of it will go to the museum."



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Wayne, who enjoys writing fiction about life during the Civil War era, weaves documented parts of history into his works. He has six books out now with a seventh already at the publisher's. He said he "saw they (museum organizers) needed help and I wanted to do something. It is supposed to open in late September and they're going to open *something*, but they need money to do it the way they want to."

Plans call for the museum to have three permanent gallery spaces, a temporary gallery space that will host ongoing new experiences and the Samuel M. Sicard Hall of Honor. The concepts of the galleries are intended to embrace the scope and reach of the U.S. Marshals Service – its vibrant and illustrious history, the Marshal's presence in many definitive turning points in American history and the elements of modern service. The museum is scheduled to open its doors on Sept. 24, 2019, coinciding with the 230th anniversary of the U.S. Marshals Service.

"I plan to be there, and be there with *The Pilgrim Breed*," Wayne said of a new book. "If anyone can resurrect Rooster Cogburn, I figure it's me. I'll be there with the Part 2 and Part 3 of the Captain Grimes series right behind that."

Interested readers may learn more about the author and his books at johnwayne.com or by checking out his Facebook page.

HABITAT FOR HUMANITY GETS STORAGE SOLUTION FOR DONATIONS

Habitat for Humanity of Greater Jonesboro is again accepting donations like appliances and building materials, now that a storage company is giving the nonprofit free space.

Your Extra Closet, which owns six facilities in Northeast Arkansas, has partnered with the local Habitat organization through the company's program for nonprofits, #store4good. Micheal Sullivan, executive director of Habitat Jonesboro, said the group previously had to turn away donations for lack of a space to store them.

"Because of this space, we no longer have to worry about where to store our donations," Sullivan said. "Everyone has their own way of helping, and Your Extra Closet has found a unique way of doing that."

Your Extra Closet arrived in Northeast Arkansas in 2018 with the purchase of six facilities stretching from Paragould to Valley View, making it the largest self-storage operator in the area. In four of the facilities, it has invested in extensive renovations for security, safety and customer convenience. See all facility locations at <https://www.yourextracloset.com/locations>.

Founder and CEO Floyd Hubbell said the company has supported nonprofits at its other locations in Oxford and Starkville, Mississippi, and wanted to do the same in Arkansas.

"It is important for us to be involved with the communities we serve," Hubbell said. "After talking to Habitat for Humanity, it became clear that they had a tremendous need for storage, but didn't have it in their budget to purchase space. It means a lot to us to be able to support their mission by providing a clean and safe unit."

The company has set aside units at each of



its six NEA facilities as a part of its #store4good program. Charities in need of storage space to support their work can email store4good@yourextracloset.com to learn more.

Habitat Jonesboro has been building homes for families in need in Northeast Arkansas since 1992. Families submit an application to the organization and, if selected, Habitat works with them to build their new home. Sullivan and his team are also developing a home-repair program.

"We are a hand-up program, not a hand-out program," Sullivan said. "We serve families who wouldn't be accepted for normal mortgages. The families do pay a mortgage, but with no interest and at their own affordability."

The organization also operates a Habitat Store, which raises money by selling donated building materials and hardware. The store accepts appliances, clothing, hardware and building materials, Sullivan said.



"When people want to tear out their kitchen cabinets, they can give them to us," Sullivan said. "But all of those donations need a place to be stored. We have been storing them in a small storage shed and a warehouse, but those spaces are full."

Donations for Habitat Jonesboro may be dropped off at the Habitat Store at 317 W. Huntington Ave. during store hours, Wednesday through Saturday, 10 a.m. to 3 p.m. To arrange for a pick-up, call 870-336-0462. Volunteers for the store are also needed. To learn more or to get involved, visit <https://www.jonesborohabitat.com>.

For more information about Your Extra Closet and its investment in Northeast Arkansas, visit <https://www.yourextracloset.com/about-us>.

2019 Kids' Events

March

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

Story Time

When: Wednesday at 10:30 AM

Where: Legacy Room at Greene
County Public Library
120 North 12th Street, Paragould

Info: mylibrarynow.org

21

Gaming: Video & Board

When: Thursday at 10 AM & 2 PM

Where: Craighead County Jonesboro
Public Library

315 W Oak Ave, Jonesboro
Info: libraryinjonesboro.org



Lila Beach and Izzy Kender were pals at the park, taking advantage of playground equipment adjacent to the Paragould Community Center. Lila, 10, is the daughter of John Beach and Julie Price of Paragould. Izzy, 11, is the daughter of Lea Cook and Shannon Kender, also of Paragould.

JEREMY BIGGS

NATIONAL CASA/GAL LEADERSHIP COUNCIL

CASA of the Second Judicial District announced the appointment of Jeremy Biggs, Executive Director, to the Rural Leadership Council of the National Court Appointed Special Advocate (CASA) Association.

Serving a two-year term, Biggs, along with child welfare leaders from across the nation, will play an integral role in voicing the unique needs of more than 900 local programs that make up the CASA and Guardian ad Litem (GAL) network. In 2018, the CASA/GAL network, with its 85,000 volunteers, served more than 260,000 children who have experienced abuse and neglect. With more than 400,000 children in foster care on any given day, the leadership council will focus its efforts on ensuring that the network achieves its mission of serving all children through best-interest advocacy.

"The Leadership Councils are a vital part of our efforts to serve more children in the foster care

system, while continually improving their outcomes," said Tara Perry, Chief Executive Officer of National CASA. "We are so excited and grateful to have Jeremy providing his insight and expertise as we strive to move our mission forward on behalf of all children who have experienced abuse or neglect."

Biggs has been Executive Director of CASA of the Second Judicial District for more than two years and has a decade worth of experience in the non-profit industry. A native of Paragould, he lends his time to other community minded organizations as well, including Habitat for Humanity of Paragould, Paragould Kiwanis Club and Mission Outreach of NEA, Inc.

"This appointment will allow our organization to collaborate with other CASA organizations across the nation and allow us to continue to grow our program and volunteer base," said Biggs. "I am looking forward to expanding our network of influence and being able to share our success in recruiting and training volunteer advocates with others across the nation in an effort to provide a voice for many more children in foster care," Biggs added.



SOUPER BOWL SUNDAY FOOD DRIVE



On Super Bowl Sunday, First United Methodist Church had a special drive for the Witt House food pantry and raised \$1,924 for the effort and collected 845 cans. Every year on Super Bowl Sunday the church has a special push to collect for ouclients of the food pantry, which is a ministry under the umbrella of FUMC and is located near the church on West Garland Street. The pantry has helped hundreds of families since it started several years ago. FUMC is located at 404 West Main Street.

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Organic Arctic Berry Pro Peel

This professional-only peel deeply exfoliates skin and refines and evens the look of skin tone. Contains very strong antioxidant and age-defying benefits which helps reduce the appearance of inflammation and redness.

TMJ Massage

This technique provides trigger point relief for people suffering with jaw pain or dysfunction. The shoulders, neck, and internal and external jaw are treated. Approximately 50-60 minutes.

Infrared Body Wrap

This wrap uses a combination of Eminence Organics herbal cellulite wrap, blueberry slimming wrap, and chocolate truffle hydrating wrap. After the product is applied, the treatment is intensified by using an infrared sauna blanket. Your esthetician or therapist will take measurements before and after. Allow 45 minutes for treatment.

Meet our newest member of the Rouge Team:

Courtney Barnes!

Courtney from Paragould will be working at Rouge as a Beauty Consultant doing spray tans, makeup application (including airbrush), and infrared body wraps. She has a history with pageants, so she is already knowledgeable about what goes into preparing for a big event.



Schedule an appointment with us today!

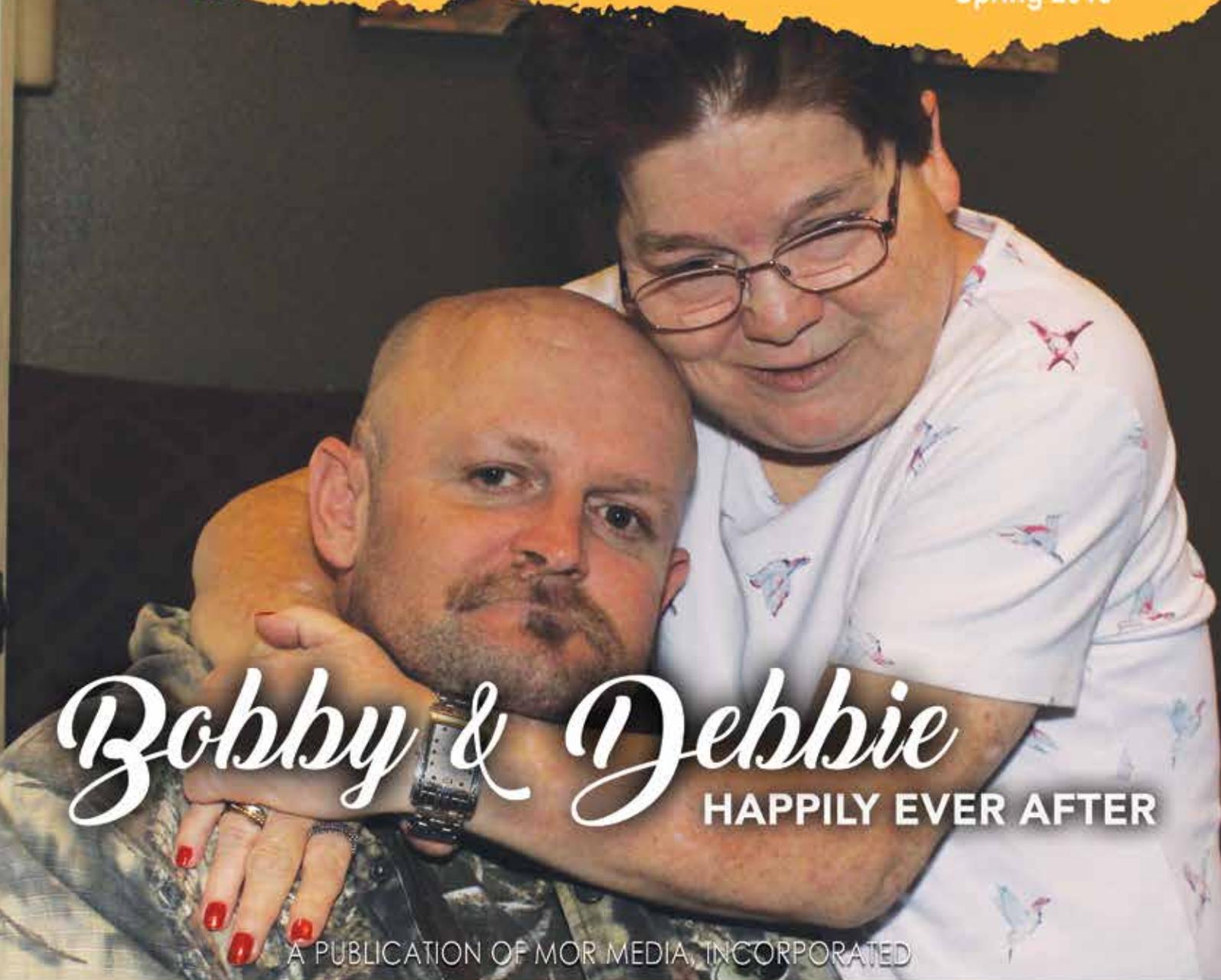
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Spring 2019



Bobby & Debbie

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**CATHE
CARNES**

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**BOBBY &
DEBBIE**

**ALZHEIMER'S
SUPPORT**

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GREAT DAY AT THE BEES SENIOR CITIZENS CENTER! OUR 2019 KING & QUEEN ARE ROGER SPRY & JUDY WILSON.

NEA SENIOR EXPO 2019

The University of Arkansas for Medical Sciences (UAMS) Center on Aging-Northeast and UAMS Schmieding Home Caregiver Training program in Jonesboro will offer the third annual Senior Expo on Nov. 8th at Nettleton Baptist Church in Jonesboro.

The free event will be held from 9 a.m. to 2 p.m. at the church (formerly the Northeast Arkansas Fairgrounds), 7001 E. Johnson Ave. Seniors, their families, and caregivers can learn from vendors and demonstrations about the valuable resources available to them in the region. Several community partners will co-sponsor the event including the presenting sponsors, St. Bernards Healthcare and Chad Oldham Law Firm. We are looking forward to a great year! If you would like to be involved in this great event, please contact Samantha Hollis or Valerie Massey Fielder at (870) 207-7595.



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The Diet Gal: THE GOLD NUGGET OF EXERCISE

By Karan Summitt

People often give two reasons for avoiding exercise — “I don’t have time,” or “I don’t like it.” While 62 percent of Americans do some physical activity, only about 30 percent actually exercise on a regular basis. That translates into a very large number of couch potatoes. What will get us past these two barriers?

Let’s begin with the first reason — “I don’t have time.” Value small bouts of time. Take the dog for several walks each day. Get up often and move around when watching television. Walk around the house while you talk on your cell phone. Use stairs instead of the elevator, and park at the rear of a lot instead of near the door. Do as many of your own chores -- housecleaning, gardening, lawnwork, etc., as possible.

Schedule exercise as you would other appointments. Eliminate some television, or combine exercise with your favorite show, and watch time fly. Be flexible if necessary, and exercise longer on some days than others. Find ways to build physical activity into time with family and friends, so that everyone gets the benefit. Another time-saver is to pump up the intensity of your activity. Calorie burn can more than double as you increase heart rate. Intervals — alternating bouts of high and low intensity — are excellent ways to gradually increase stamina for more demanding exercise.

However, no matter how many strategies we may find, humans rarely do things we don’t like to do. So what is the answer to the second barrier, that strong distaste that many of us have when someone mentions the word “exercise?” It’s found in the phrase “gold nugget.” What is the gold nugget of physical activity? It is to find a motivation that is stronger than your reasons not to exercise.

Here are a few ideas. Do an activity you actually love — walk, run, hike, bike, golf, swim, yoga, play a sport, aerobics, dance, you get to pick. Create accountability by having a friend meet you, and let that be the time you enjoy each other’s company. Another strategy is to make this your personal quiet time each day — time to de-stress

and sweat off worries. Listen to music, audio books or downloads of your favorite speaker. Pray.

Coping with a chronic health condition? Exercise improves almost every disease state. For instance, multiple short bouts of exercise are actually more effective in lowering blood pressure than one long bout. In a study of diabetics who walked an average of 38 minutes per day, 25 percent went off insulin, others dropped their dosage, and all experienced drops in cholesterol, triglycerides and blood pressure. Walking and jogging improve bone strength and help delay osteoporosis. Do it to live.

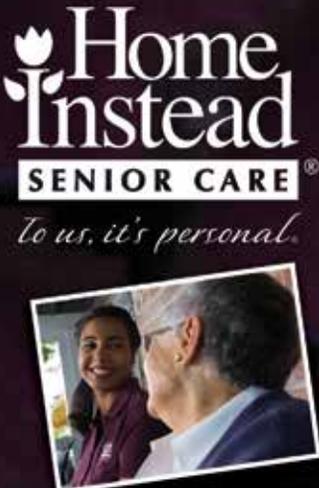
Hate diets? According to the National Weight Registry, people keeping off at least 30 pounds for more than five years burn an average of 2,600 calories in exercise each week. Calorie budgets at normal weights are extremely tight without an exercise plan.

In bygone years, activity was a part of daily life. Women washed clothes on washboards and hung them out to dry on clotheslines. Men tackled lawns with push-mowers and plowed fields with mules. Gardens were weeded with a hoe, and cotton was picked by hand. People got out of their chair to change the television channel or adjust rabbit ears for better reception.

Today we must be intentional about movement. It should include structured exercise as well as increased physical activity spread throughout the day. In the mid-1800s Edward Stanley, Earl of Derby, said, “Those who think they have not time for bodily exercise will sooner or later have to find time for illness.”

Find your gold nugget, and you will find the time. Whatever, however ... just move more!





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TRAVEL WITH US JONESBORO'S *Ultimate New England Experience*

By Shenia Mullins, Larry & Judy Kimbrough, & Glenda Neff



We traveled with Travel With Us Jonesboro through eight states to experience a fantastic motorcoach trip to the New England area. Fifty-two of us enjoyed many experiences: a welcome lunch at Casey Jones Village in Jackson, Tennessee, lunch at Mrs. Rowe's Country Kitchen in Staunton, Virginia, a Trolley Ride around the town of Hershey, Pennsylvania, and an animated ride on "Hershey's Chocolate Tour". On another day, we enjoyed the Mystic, Connecticut, seaport area, toured Newport, Rhode Island, with its many mansions and then headed for Boston, Massachusetts, where we toured the Freedom Trail and saw many historical sites including actors dressed in period costumes telling what happened at Lexington Park and Concord where freedom was born.

We toured and overnights in Portsmouth, New Hampshire, and then departed for Kennebunkport, Maine, where we saw the Bush summer compound and then visited the oldest lighthouse in Maine: Portland's Head Light. Spending a night at the Historic Eagle Mountain House in North Conway, New Hampshire, was yet another wonderful place. Other New England places visited: rode up the Cog Railway to Mount Washington, drove through the Kancamag

Highway and saw the Ultimate Fall Colors and then into Vermont. We visited the Ben & Jerry's Ice Cream original plant, Cold Holler Cider Mill, Morse Farm Maple Sugar works and spent two nights in Vermont: Waterbury/Stowe and Rutland.

On the way back to Jonesboro we went through New York and Virginia to Nashville, Tennessee, for a Farewell Dinner at the Nashville Nightlife Theater for a meal and country music show. As one of the travelers said, "I loved everything about the New England trip, the different style houses, the rocky coastline of Maine, the waterways and other things. Very good trip." Another traveler said he "enjoyed the fall leaves, train ride, Hershey stuff -- just enjoyed it all."

Because the trip was so well received, Travel With Us Jonesboro has scheduled the same trip for October 12-20, 2019, and adding yet more sites in Vermont such as Shelburne Outdoor Museum. Reservations and deposits are now being accepted. Call Emelda at 980-932-7221 for more details.



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RECTOR TO HONOR VETERANS

Rector will honor and celebrate all veterans again this year on the last Saturday in March. Festivities begin with a parade at 2:00 p.m., followed by a program to recognize the recipients of the Purple Heart. Veterans of all wars are invited to come and be part of the parade. Everett Evans, of the Northeast Arkansas Chapter 709 Commander of the Military Order of Purple Heart, will be the guest speaker. Entertainment will be provided by singer Chrissy Jennings Pazanowski, originally of Rector.

Those who wish to march may do so and those who wish to ride will be provided transportation. Vietnam veterans are invited to come to Rector and accept the hospitality, including a free fish dinner provided by the men of the First United Methodist Church on Saturday, March 30. Anyone wishing to be in the parade should meet at 3rd and Main street at 1:30 p.m.

Contact Joeypruett@glensain.com 870-595-4053 for more info.

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WOMEN CAN RIDE: *Cathe Carnes*

By Lauren S. Isbell



Disappointment happens to all of us. For Cathe Carnes, disappointment came after an injury left her unable to continue her lifestyle as an avid runner. Although unsettling, this news did not cause Cathe to hang up her sneakers and retreat into the house and onto the couch for long. Instead it ignited another passion: cycling.

She began cycling with a small group and soon she was hooked. She met a friend, Sally Broadway, through the sport and the two of them often enjoyed cycling together in the area with a small group of other cycling enthusiasts. One day, Sally and Cathe found themselves at the tail end of the group on a ride and Sally's tire blew and Cathe stopped to help. The group cycled on, not realizing what had happened behind them. After that incident, Cathe resolved that she wanted to teach other women to ride and ride in a way that would awaken a sense of community towards one another. She did just that. In 2012, Women Can Ride was born and had 50+ participants the first year.

Cathe modeled her program after the popular "Women Can Run" running/walking series, and in fact uses the end date of that program to set the start date for the "Women Can Ride" Cycling program. The program kicks off with a Saturday morning clinic at a local church where the women learn riding basics and how to navigate traffic from a bicycle. After the clinic, the women start riding together on simple routes at a slower pace. At the close of the clinic, women are riding at higher speeds and over more challenging terrain. "It becomes like a fun party on wheels. We all have a great time and laugh more than we do anything else," Carnes said.

Cathe is thankful for the support of local businesses like Gearhead Outfitters and the ASU campus for being such supporters to the biking community in Northeast Arkansas. "We always send women to A-State to practice riding. It is well lit, they have bike lanes in many areas, water spickets spread out through campus as well as a police presence."

Carnes, 67, attributes much of her health and vitality to biking. She said she had a scare with her heart a few years back and her cardiologist said there was absolutely no damage to her heart. Carnes is thankful for the community she has in biking most of all, and says the health benefits are just an added bonus.

The Women Can Ride Cycling program will begin on May 18, 2019, this year. For more information on Women Can Ride, you can contact Carnes at cathecarnes@hotmail.com or look up Women Can Ride on Facebook.

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By Patricia Kalla Zonnenberg. Reprinted Under License of Elder Law Answers and elder law Attorney, Chad R. Oldham.

NEW STATE-IMPOSED MEDICAID WORK REQUIREMENTS THREATEN ELDER WELL-BEING

In January 2018, the Trump administration announced a shift in policy to support state efforts to require work or other community engagement to qualify for Medicaid. Since that time, at least 15 states have formally applied for approval of “demonstration projects” or “waivers” that include work requirements. Four other states are formulating proposals for submission.

According to the nonprofit advocacy group Justice in Aging (JIA), these new rules will have a dramatic impact on older adults and individuals with disabilities who rely on family caregivers for their wellbeing. This is because many of the millions of family caregivers in the United States are on Medicaid and could lose coverage or be forced to abandon caregiving under the new requirements.

In a recent webinar, JIA teamed up with AARP’s Public Policy Institute (PPI) to provide statistics and discuss the possible consequences these new work requirements may have for family caregivers, older adults, and persons with disabilities.

A Staggering Number of Caregivers

As explained in the webinar and JIA’s issue brief, approximately 40 million Americans help care for an adult who is limited in daily activities by age, illness, or disability. Family caregivers are broadly considered as “any relative, partner, friend, or neighbor who has a significant personal relationship with, and who provides a broad range of assistance for, an older person or an adult with a chronic, disabling or serious health condition.” In the United States, nearly two-thirds of workers aged 45 to 74 care for an older adult relative. While more than half the caregivers work at paid jobs, nearly one-quarter of caregivers provide full-time care (more than 40 hours a week), and 45 percent of workers have reduced or left work entirely. These numbers and the aging of our population have turned what once was an intensely personal issue into a critical public policy matter that crosses generations.

Medicaid Is a Vital Safety Net for Many Caregivers

In its report Valuing the Invaluable: 2015 Update, PPI estimated the economic value

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of unpaid family caregiving at \$470 billion in 2013, an increase of \$20 billion from four years earlier. To put that into perspective, the largest company in the world, Walmart, had revenue of \$477 billion that year and the total Medicaid spend was \$449 billion, or \$21 billion less than the contribution of unpaid caregivers. Total Medicaid long-term support services was a meager \$123 billion by comparison. JIA writes that Medicaid recipients younger than 65 who are not working outside the home identify their caregiving responsibilities as the primary reason.

Medicaid is a vital safety net and critical source of support for low-income family caregivers, many of whom have health concerns of their own. The economic impact of losing eligibility to Medicaid would be significant. Caregivers and their families could be faced with a Robson's choice if subject to Medicaid work requirements: sacrificing needed medical care to continue providing family caregiving or abandoning care for a family member to return to work.

Burdensome Documentation Is a Job in Itself
New and proposed state rules condition Medicaid eligibility on meeting specific work requirements. Every state that plans to impose work requirements does provide some exemptions for family caregivers. However, there is no uniformity in what those exemptions are and keeping track of them is challenging even for experts in the field. Exemptions frequently are vague, making them burdensome for beneficiaries to understand and difficult for states to administer. Extensive record keeping, documentation, and reporting requirements by individuals already burdened by caring for a loved one with significant and complex needs could be too much for some individuals to meet.

The only state with a work requirement currently in effect, Arkansas, has a nine-step reporting system so complicated that 80 percent of those required to report did not do so and were kicked off Medicaid. Beyond serious implementation problems, JIA contends that the work requirements are a "fundamental flaw" that violates the public policy behind Medicaid -- to provide medical coverage to those who cannot otherwise afford it.

This article is provided under license by elder law attorney Chad R. Oldham, Esq. The Oldham Law Firm, PLLC is located at 603 SW Drive in Jonesboro and can be reached at 870.930.9919 or www.oldhamlawfirm.com

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BEES Boutique

By Richard Brummett

Just about everyone has “stuff” around the house they are uncertain of what to do with -- clothing, household items, books. Well, the Greene County Senior B.E.E.S. have a perfect solution to such problems.

Nestled inside the Senior Center at 121 North 12th Street -- Paragould's former Community Center -- is the B.E.E.S. Boutique, a shopping place fueled totally by donations and operated by volunteers, and offering quality merchandise suitable for anyone's budget.

Barbara Arnold serves as the boutique's overseer, charged with devising work schedules and making sure people are on hand to serve the customers and she said the enterprise provides funding for the general operation of the B.E.E.S. center and programs, but also gives volunteer workers a chance to interact with others. “Some days we might sell almost nothing and some days we'll have a real big day,” she said, “but it proves very therapeutic for those who work.”

The boutique is filled with clothing items, jewelry, shoes, purses, books, puzzles and more, all donated by members of the community. “Everything is donated,” Arnold said, “... all donated by various people in the community. Maybe someone has lost a family member or lost a mate and they are going through their things and they will donate them to us and we make sure it is totally clean and sellable. If it needs to be cleaned or pressed and put on hangers, we'll take it home and do that, and then we price it low enough that the seniors can afford to shop. We have people who come over from Cardwell and Kennett and even a group once a month that comes by bus from Pochontas.

“We don't charge any tax and, like I said, it's all done by volunteers. The money stays here in the center and helps with things like helping Carol decorate for our recent Valentine's Banquet, things like that.”

The boutique is open Tuesday through Thursday from 9 a.m. to 3 p.m., and Friday from 9 until noon. The B.E.E.S. cannot accept heavy items like furniture or



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Sarah Odom (left) and Ann Powers (right)

computers because they just don't have the space for them, nor the personnel to handle them. "Mostly clothes, jewelry, books, what-nots," Arnold said, "and believe it or not, we cannot keep women's purses. They are gone in no time. We have sheets and bedspreads and pillow covers, and pattern books and material ... just all kinds of things. And we make sure it's all real quality stuff. It's like you would buy in a store.

"And even the things we can't use or some of the things we don't sell, we find a use for. We'll have two or three good sales toward the end of a season and mark things down to half price, and even have one rack where everything's a dollar. Then we have sometimes taken things that schools could use and given them to them for their Clothes Closet, and they have used them or even been known to pass them on to others."

There is also a rack of holiday and greeting cards, donated a few years ago by PostNet when it was ending its card sales. "It's been here probably six to eight years," Arnold

said, "and we get lots of cards donated to keep it stocked. We have pictures and scarves ... so many things to choose from."

She said they have been fortunate to receive coats in excellent condition, an item many in the community find themselves needing in the wintertime. One customer was moved to buy eight on one visit to the center, and when Arnold asked why she responded, "They're not for me. But they're so cheap, I know I can find eight people out there who need a coat."

"That made me feel really good," Arnold said, "to know that we were going to help that many people. We have hung coats on the community coat tree before, put five or six on the tree just trying to help someone along the way. So the boutique doesn't just help us, it helps others out there too."

The B.E.E.S. Center can be reached by phone weekdays at 870-239-4093 for those interested in learning more about donating items.



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WHAT THE HEART WANTS: *The Story of Bobby & Debbie Staggs*

By Richard Brummett

Things weren't going so well for Bobby Staggs just a few years ago. One night during sleep he suffered a massive stroke and, while he was in nursing home care, his marriage dissolved. "I was abandoned at the nursing home in Missouri," Bobby said, reflecting on the path his life has taken. "I wanted to come home to die. That's what I told my family ... I wanted to come home to die."

One day, while sitting in his wheelchair next to the door leading to the smoking area at the old Belle Meade facility on Hwy. 49 in Paragould, Bobby said he was crying and "asking God not to let me die alone. Debbie came up and put her hand on my shoulder and said, 'Why are you crying?' I told her and before too long she was my girlfriend, and we dated about five months before we got married."

Married since July of 2017, they are now living in the brand new Dalton House at Belle Meade's state of the art Green House Cottages, the site of their wedding. Debbie also remembers the day Bobby stole her heart, confirming that she observed him sitting alone crying and she felt compelled to approach. "I hadn't been in for very long and I was looking for every friend I could get," she said. "I could see him crying and I put my arm around him, and that's how it all started."

Both are religious people and believe there was some sort of divine intervention in their meeting, and Bobby said even though he is in a wheelchair and is "inconvenienced, the Lord Almighty God shines on me every day. The doctors said I would never walk again, but the therapists here have had me walking with a cane. The past two years I've won seven medals at the Olympics. I give God all the glory, give Him all the praise.

"Debbie, she's my soul mate. She'll be with me forever and won't abandon me."

They spend a big part of each day enjoying TV shows, reading the Bible, listening to music and laughing together. "Debbie said she wants me to get some listening pills," Bobby offered, "but I wasn't

paying attention. I don't really know what it is she wants."

"See, he makes me laugh all the time," Debbie said. "I'm a lot older than he is, but we don't care. That's just a number. I was born with a heart murmur and I've got congestive heart failure and COPD. But you know what? I'm real happy."

"We both are because we like it here," Bobby said. "The staff is more family than staff. Like family ... they'll laugh with you and cry with you and pray with you. I feel like now I don't have to die alone, I have family here at the Dalton House. The doctors told me I had the worst stroke a person can have and still live. I praise the Lord I'm still here and I try to use what I've got on this right side to do something to praise Him every day. When I was grown and far off from here my mom went through some really tough times. I asked her how she stayed so strong and she said, 'Give it to God, but once you give it to Him, you can't take it back.' I did that and now here I am married and happy."

"Yep, real happy," Debbie added. "That's what we are, just real happy."



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ALZHEIMER'S SUPPORT

By Richard Brummett

The month of March holds many opportunities for families dealing with Alzheimer's Disease to learn more about informational tools and sessions available to them in the Northeast Arkansas area. Program Manager Samantha Hollis, BSN, RN, CDP, with the UAMS Center on Aging-Northeast has compiled a list of meetings and events scheduled to provide interaction with others knowledgeable about the disease and willing to share information and experiences.

- Alzheimer's Community Forum
March 26 10 a.m.-12 p.m. at New St. John Missionary Baptist Church in Jonesboro
Join organizers for an open community conversation and even bring a friend who has been affected by memory loss. Share your thoughts about how they can help people in your community, and enhance resources, programs and services to support families affected by Alzheimer's and related dementia. Learn about available resources, discover volunteer opportunities and share your experiences.

Registration is requested and light refreshments will be provided. Kindly RSVP by calling 800-272-3900.

- Alzheimer's Caregiver Support Group
3rd Tuesday of every month at 4:30 p.m. at UAMS Center on Aging Northeast (303 E. Matthews Suite 201 Jonesboro, AR 72401)

Build a support system with people who understand. Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system
- Exchange practical information on caregiving challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

To register, call 870-207-7595.

- Alzheimer's Arkansas Denim & Diamonds Bash
Saturday- March 30 from 6-9 p.m.
Join in an evening of fun, music, food trucks, open bar, and a silent auction at the Gamble Home Furnishings ShopLocal Park!
An amazing, local group of volunteers has worked hard to organize this event. All proceeds benefit the nonprofit organization Alzheimer's Arkansas. To learn more about the organization, visit ALZark.org.

To learn more about purchasing tickets call the UAMS Center on Aging-Northeast at 870-207-7595.

- Alzheimer's Arkansas Denim & Diamonds 5K Dash
Saturday- March 30, 2019; 9:30-11:30 a.m.
Craighead Forest Park in Jonesboro
Be a part of the inaugural Denim and Diamonds 5K Dash to benefit Alzheimer's Advocates in the Jonesboro area. The day will begin at Pavilion 6 with registration starting at 8:30 a.m. Grab your runner bag, lace up your shoes, and get ready! Participants are welcome to walk or run this race, and the whole family is welcome.

All proceeds benefit the nonprofit organization Alzheimer's Arkansas. To find out more about this organization, visit ALZark.org! Packet pickup will be Friday, March 29th at Bancorp South - 2201 Fair Park Blvd in Jonesboro.

The UAMS Center on Aging- Northeast supports caregivers and families in Northeast Arkansas living with Alzheimer's and other forms of dementia. The education outreach specialists are experts in geriatric care and can provide resources and support services

UAMS PRESENTS THE HEALTHY AGER PROJECT REGISTER NOW!

The Healthy Ager Project, a program to help older adults improve their fitness level and quality of life while giving students a chance to know more about active seniors in the community, is being offered March 26-April 23 in Jonesboro. The deadline to enroll is March 19.

The program is presented by the Center on Aging-Northeast of the University of Arkansas for Medical Sciences (UAMS) and the College of Nursing and Health Professions at Arkansas State University (ASU).

It will be held Tuesdays and Thursdays for four weeks in the Reynolds Building on the ASU campus. Orientation will be from 1-3 p.m. March 26. For more information, call 207-7595 or 800-745-0557.

This program will focus on activities such as driving stimulators, healthy cooking, and home visits, along with the Go4Life exercise plan. It will be provided by ASU doctoral-level physical therapy and bachelor's degree nursing students who will develop an individualized wellness/fitness program for 30 participants.

To enroll, participants must:

- Be 65 or older, or younger than 65 and disabled
- Obtain a release from a physician for participation
- Be able and willing to travel twice weekly to the ASU campus between March 26 and April 23



with educational programs such as:

- Know the 10 Warning Signs: Know the 10 Warning Signs is an introductory program that provides attendees with an understanding of the difference between age-related memory loss and Alzheimer's and what to do if they or someone they know has signs of the disease.
- Effective Communication Strategies: Communication is more than just talking and listening -- it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect.
- Healthy Living for Your Brain and Body: Tips from the Latest Research: For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age.
- Dementia Conversations: Conversations about Dementia is a program designed to help you talk with your family about some challenging and often uncomfortable topics around Alzheimer's and dementia.
- The Basics: Memory Loss, Dementia, and Alzheimer's disease: The Basics is a program designed to educate attendees about the difference between normal memory loss and

Alzheimer's disease.

- Understanding and Responding to Dementia-Related Behavior: Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage.
- Legal and Financial Planning for the Future: A diagnosis of Alzheimer's disease can change plans that families have for the future. This program will cover important legal and financial information to consider as the disease progresses and plans are made for the future.

Programs are offered by demand, so interested parties should call the UAMS Center to schedule a program in their area. Also the UAMS Schmieding Caregiver Training Program offers the following programs:

- A 3-day certification program for Alzheimer's/Dementia Caregivers, \$100
- A First Responder training program for all types of first responder groups; 3 hour program - FREE.
- An Alzheimer's and Dementia Training Seminar for those wishing to become Certified Dementia Practitioners (CDP); 8



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a year or can be scheduled for community groups, churches, etc., in the region.

- A FREE Family Caregiver Workshop (4 hours) is offered four times a year or upon request by community groups.

Ways to contact:

Address: 303 E. Matthews, Suite 201, Jonesboro, AR 72401

Phone: 870-207-7595

Facebook: UAMS Centers on Aging & Caregiver Training- 7 locations

Website:

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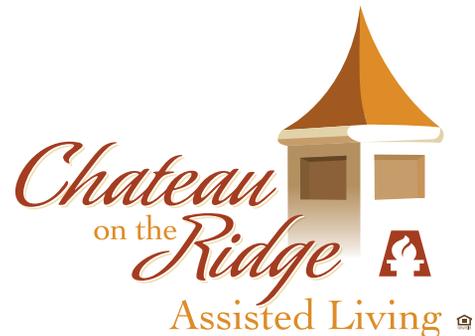
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KEVIN MANN

Dr. Kevin Mann has a bachelor of science in biology from the University of Little Rock and graduated with a Doctorate of Dental Surgery from University of Tennessee Dental School in 2008.

Dr. Mann and his wife Kim, a registered dental hygienist, own and operate Paragould Family Dentistry where they enjoy the opportunity to have a practice where they get to know their patients. "Family in our name not only means we can serve all ages but also that you become part of this family, where you see the dentist whose name is on the building."

With over ten years of dental experience, Dr. Mann offers general dentistry as well as cosmetic including veneers and Invisalign, root canals, crowns and fillings. They also offer ZOOM in-office whitening and Botox.

Kevin is married to Kim and they have two children, Addison, 10, and Miles, 7, who attend Greene County Tech. He is a member of the Paragould Regional Chamber of Commerce and enjoys golf.



Kim Mann, Registered Dental Hygienist for 14 years. Kim has a BS in Dental Hygiene from University of Arkansas Medical Science in 2005.

Kim enjoys travelling and being with family and friends.

Sarah Toungett, Dental Hygienist for 10 years. Sarah has a BS in Biology from Williams Baptist College and a BS- Dental Hygiene from the University of Tennessee. She is a graduate of Paragould High School.

Sarah is married to Nick Toungett and they have two daughters, Payton, 4, and Phinley, 2.

Betsi Harris, Registered Dental Hygienist for 11 years with 5 years as a hygiene assistant alongside her mother. She practiced in Nashville for 6 years before relocating back home to Paragould.

Betsi is married to Brandon Harris and they have two sons, Bradley, 5, and Beau, 2.

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This will come as a shock to many people, but acing those quizzes like the ones that appear almost daily on Facebook does not actually make you smart, sexy or desirable. However, if you finish one and publicize your score for all the world to see then I suppose the exam has accomplished its desired goal: To make you feel better about yourself.

I remember reading a quote back in the 1960s, saying that Americans are preoccupied with personal appearance, even at the sake of intelligence. "How else can you explain," the author asked, "that in every sci-fi movie we make the aliens are always a hundred times smarter than we are, but we're always prettier?"

That used to be true, back when the movies made the crew of the UFO have green, scaly skin and elongated heads with huge bulges at the back, supposedly holding their enormous brains. We would confront them with a team of scientists and military personnel containing a couple of studly guys and at least one sexy female beauty. They were smart, we were pretty, and everyone liked it that way.

In today's TV/Movie offerings even the aliens are often good looking so we have to do something to combat this intrusion on our inalienable right to be prettier than visitors from another planet. Hence, the social media quiz, the ones that tell you who your celebrity boyfriend or girlfriend is

by having you answer twenty questions, or the ones that claim "only a genius" can get all the answers right on this or that exam or that 8 out of 7 people are bad at math.

It should signal that something is not quite on the up and up when you provide all the input asked for in order to learn who your celebrity double is and, if you are female, it is always Marilyn Monroe or Jennifer Aniston and, if a guy, George Clooney or Brad Pitt or someone on that level of prettiness. I agree we have a lot of handsome people in town but there are also a lot of Phyllis Dillers and Throw Momma From The Train women out there, right alongside the Marty Feldmans and Herman Munsters of the world. Just saying ...

When people play along to learn what their spirit animal is, why is it never a skunk, or a mole? Why is it always the American Eagle or a wolf? When these pollsters say, "Only 10 percent of people can answer these general knowledge questions" and then they give you about 20 to choose from -- and give you multiple choice answers ... just exactly where are they finding people who *can't* answer them?

"The best way to make a sandwich is to surround some meat with: A. Bread or B. Bondo."

"The first President of the United States would be: A. George Washington or B. Really old."

The only people I know of who could be polled and not make a passing grade would be members of a men's softball team who just drove 200 miles to a tournament, only to lose two straight games and then spend the rest of the weekend in a bar.

For most of my life I operated under the belief that my older sister was the smart one in the family. Kathy was one of our high school's top students and was the kind who could make a 99 on a test and then stay after class to find out why the teacher marked that one little thing wrong. I was the kind who could make a 79 and pump my fist and whisper, "Yes!" because I was still eligible to play basketball and I had studied as little as possible.

That's why I was shocked to learn, according to my mother, that I actually had scored higher on an IQ test than Kathy. I had a hard time believing it but Mom assured me it was the truth and I walked around with a little more pep in my step for a few weeks. Then one day at the dinner table I asked Mom exactly when we took this IQ test and she informed me it was administered when I was in the second grade. Really? What did I do, stay inside the lines better while coloring a rabbit? It sort of put a damper on my elevated status, but for a while I felt really smart. Just like I do when I ace a social media quiz today.

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BIRTHS



Samuel Sullivan

Proud parents Michael Sullivan and Dr. Kristen Sullivan of Jonesboro welcomed their newborn, Samuel Sullivan, into the world on January 30th, 2019.

Samuel was delivered at St. Bernards Medical Center, weighed 6 pounds, 10 ounces and measured 20 1/4 inches long.

He is welcomed by older sister Elizabeth Sullivan.

Photography by Beverly Nix Stone

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ENGAGEMENTS



Caitlin LaFarlette & Tyler Kenney

Mike and Jeri LaFarlette of Paragould announce the engagement of their daughter Caitlin LaFarlette to Tyler Kenney, son of Annette Kenney of Kirksville, MO. The couple plans to be married October 19, 2019, in Jonesboro, AR.

Photography by Tiffani Newsom



Natalie McDowell & TJ Underwood

Natalie McDowell and TJ Underwood of Paragould have announced their engagement and plans to be married on May 11th, 2019, in Paragould.

The bride's parents are John and Dana McDowell. The groom's parents are Tom and Diane Underwood.

Photography by Esther Luna Photography



Andrea Williams & Brady Higgins

Andrea Williams and Brady Higgins of Paragould have announced their engagement and plans to be married on March 16th, 2019, at Hillcrest Church of Christ in Paragould.

The bride's parents are Al and Lana Williams. The groom's parents are Derrick and Dana Higgins.

Photography by Whitney Vassar Photography

March

EVENTS CALENDAR

2

What: Almost Elton John & The RocketMen Live at the Collins

When: Saturday, March 2nd at 7:30 P.M.

Where: The Collins Theatre (120 W. Emerson Street, Paragould AR)

Info: Come see one of Memphis' hottest live acts! Pianist/Vocalist Jerred Price and his band perform their tribute to Elton John. Tickets at the door: \$15

7

What: NEA Artist Collective presents: Spring Art Show

When: Thursday, March 7th at 5:00 P.M. to 9:00 P.M.

Where: The Garage (219 South Church Street, Jonesboro, AR)

Info: Come one, come all. Our next show is here! NEA Artist Collective hosts the Spring Art Show at The Garage downtown Jonesboro. Featuring many artists from Northeast Arkansas, there will be artwork for all tastes and budgets for viewing and sale on Thursday, March 7th, 2019. The event is free of charge, however, much of the art will be for sale. Support local artists and business.

8

What: Tips and Tools for Helping Seniors Avoid Exploitation

When: Friday, March 8th at 12:00 P.M.

Where: St. Bernards Health & Wellness Conference Center (1416 E. Matthews Ave, Jonesboro, AR)

Info: A free seminar on a fraud and identity theft prevention program designed to help seniors avoid being exploited. Lunch will be provided. The first 20 people to register will be entered to win a \$100 Visa Gift Card. Call (870) 207-7595 to register.

9

What: The Foundation of Arts presents: Beauty and the Beast

When: Saturday, March 9th at 7:30 P.M.; Sunday, March 10th at 2:00 P.M. Monday March 11th at 7:30 P.M.; Tuesday, March 12th at 7:30 P.M.

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

Info: Be Our Guest with Belle and all of her enchanted friends Everyone knows this tale as old as time and we can't wait to bring it back to the Forum stage! This is the Disney classic we all know and love. Ticket prices vary based on seating, and are available at foajonesboro.org, by calling (870) 935-2726, or visiting the box office.

11

What: A Clinical Perspective: Motor Control & Learning in Older Adults

When: Monday, March 11th at 11:00 A.M.

Where: St. Bernards Villa Theatre Room (2217 W. Parker Rd, Jonesboro, AR 72401)

Info: The UAMS Arkansas Geriatric Education Collaboration (AGEC) at the UAMS Donald W. Reynolds Institute on Aging invite you to this free 2 hour CE webinar. Visit agec.uams.edu/webinar for more information on participating sites & CE Credit information including online documents for live streaming participants.

15

What: Greene County Master Gardeners present 2019 Spring Garden Seminar

When: Friday, March 15th at 9:00 A.M.

Where: Paragould Community Center (3404 Linwood Dr., Paragould, AR)

Info: Purpose: to promote the use of plant choices, horticultural practices and garden designs that work with nature and have a positive environmental impact. To register go to uaex.edu.

23

What: Best of Motown at the Collins, 7:00 P.M.

When: Saturday, March 23rd at 7:00 P.M.

Where: The Collins Theatre (120 W Emerson Street, Paragould AR)

Info: The Collins Theatre presents "The Best of Motown and More" with a tribute to the company that brought many Rhythm and Blues and Soul artists to the forefront of the American music scene. Tickets may be purchased by visiting PostNet or calling (870) 573-6454.

30

What: Parade of Veterans & Welcome

When: Saturday, March 30th at 2:00 P.M.

Where: Rector, from Third Street to the Veterans Memorial Park on HWY 49.

Info: Parade starts at 2:00 P.M. with ceremony following. A catfish meal for Vietnam veterans and their families begins at 4:00 P.M. This year's event is dedicated to those who received the Purple Heart while serving in Vietnam. Vietnam veterans are encouraged to meet at 3rd and Main streets at 1:30 p.m. to walk or ride in the wagons or side by sides provided by volunteers. All other veterans are asked to walk or ride in support of the Vietnam veterans.

30

What: 3rd Annual CASA Carnival

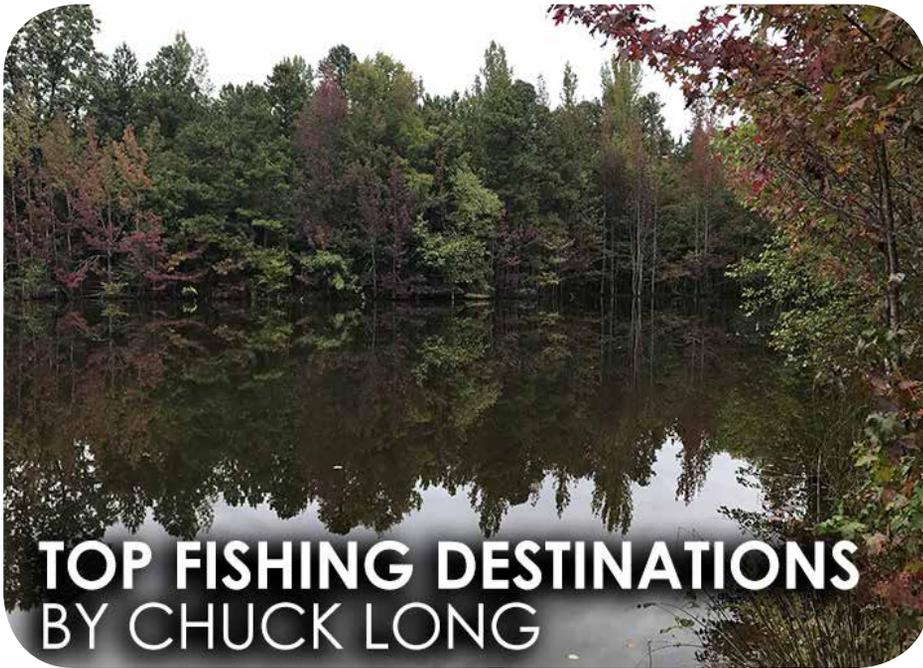
When: Saturday, March 30th at 11:00 A.M.

Where: Nettleton Baptist Church (7001 E Johnson Ave, Jonesboro, Arkansas 72401)

Info: The CASA Carnival will be held Saturday, March 30, 2019, from 11 AM to 2 PM at the Nettleton Baptist Church located at 7001 E. Johnson in Jonesboro. The event will feature music, face painting, balloon art, inflatables, children's games, raffle prizes, and plenty of other giveaways for those in attendance. Visit neacasa.org for info!

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

graphics@mormediainc.com



TOP FISHING DESTINATIONS BY CHUCK LONG

The plop from the glob of bait hitting the water below a bridge was one of my favorite sounds as a youngster. On most summer days, my Grandmother Long would help me dig worms and then take me down the road and drop me off at a bridge over Eight Mile, Dry Cypress or Locust Ditch to spend a little time fishing. I wanted to spend my summer days somewhere, anywhere with a hook in the water.

I am often asked the question, "What is your favorite place to fish?" Even though that is like asking someone to name their favorite child, I do often give that question some thought. I have been blessed to fish in lots of great fishing holes where fish were abundant, strikes were plentiful and the lines stayed tight. I have also fished in lots of places where fish were difficult to find and it made for tough days on the water. One of the great things about fishing is the wide variety of surroundings a fisherman can choose to chase the finned critters. Here are a few characteristics about some of the local fishing holes I frequent.



At the top of my favorite places to fish are natural lakes, mostly oxbows. These lakes, formed by changes in the channel of a river, provide a unique, beautiful setting for a day on the water. Cypress and tupelo lined banks offer great cover for fish and give lots of clues where the fish might gather. There is something special about catching a bream or crappie below the boughs of a cypress that was there when Lincoln was leading this great nation. The weeping limbs, protruding knees and unique smell of an old cypress provide loads of confidence that there are fish nearby. Shirey Bay, Portia, Midway, Rainbow, Mill, Hill Slough and many others, some with no name, are great river backouts to wet a line.

Rivers are also very high on my fishing list. Local rivers like the St. Francis, Black, Current, Spring and Eleven Point each have their own characteristics that provide an angling challenge. These rivers as well as many small Ozark streams provide fishing for a wide variety of species in a wide range of habitats. These rivers and streams run the range from coffee colored dim water to clear waters that look almost drinkable. The range of species in these rivers and streams is vast as well. Catfish, drum and spotted bass are frequent targets in the lowland waterways, while smallmouth bass, rock bass and walleye thrive in the upper reaches of the clear, cool rivers.

Damming rivers to produce electricity was a popular idea in the mid-20th century and many lakes were birthed in these efforts. The deep, cool, clear waters of Norfolk,



CHUCK LONG

Regional Education Coordinator Northeast Education
Division Arkansas Game and Fish Commission

Bull Shoals, Greers Ferry and many other Arkansas lakes provide great opportunities to fish some beautiful waters. Known more for watersports, the fishing structure for these lakes is often out of sight and dominated by submerged rocks, brushpiles and trees. These clear waters provide a great opportunity for those who might want to wet a line in the early mornings or late afternoons of watersport season. Crappie, bass and bream are often on the list for these lakes as well as catfish, white bass and striped bass.



Local manmade lakes like Ashbaugh, Charles and Frierson can provide great fishing opportunities. Charles has an excellent bass, crappie and bream population. Frierson is not known for large numbers of fish, but produces some lunker largemouths each year. Ashbaugh is a great place for crappie in the winter and early spring. The numerous stock ponds that dot Crowley's Ridge also offer great fishing opportunities, especially for anyone who wants to fish from the bank. These bodies of water, especially the smaller ponds, warm early and provide a great opportunity for early spring fishing.

As you can see there are lots of places to choose from in this area. To answer the earlier question about my favorite fishing hole, I guess my favorite place is anywhere I might be at the time, whether it be on an old bridge that crosses Eight Mile, a beautiful oxbow, or a refreshing river. I just want to be on the water. I hope you will get out this spring and summer and spend a little time on the water and I hope to see you out there!

HAPPENINGS



ELLIE STAFFORD CROWNED MISS ARKANSAS STATE UNIVERSITY

With Wolves up, Ellie Stafford is congratulated by Beth and Chancellor Kelly Damphousse following her crowning as Miss Arkansas State University 2019. Ellie, of Jonesboro, was crowned at the 45th annual contest presented by the Delta Theta chapter of Pi Kappa Alpha Fraternity. Stafford is a strategic communication major in the College of Liberal Arts and Communication, and a Chancellor's List student. Stafford also won the Beth Damphousse Talent Award and the Kelly Damphousse Interview Award, each of which is accompanied by a \$500 prize.

THE PARAGOULD SCHOOL DISTRICT GIFTED AND TALENTED ENTREPRENEUR DAY



The Paragould School District Gifted and Talented Entrepreneur Day was held Feb. 7, in the PHS auditorium. Advanced Learning Program students of Karen Snyder in grades 7-10 formed teams and created a business and products for the project. The teams competed in four categories: Business Display, Commercial, Elevator Pitch, and Overall Winners. Trophies were awarded in each category for first, second, and third places.

OVERALL WINNERS

1st place - Beautiful Intelligence

2nd place - Color Wheel

3rd place - (tie) Crackems and Amazing Glazing

The overall winning team was invited to attend the Paragould Regional Chamber of Commerce Business Showcase Feb. 21 at the Paragould Community Center and display the winning project along with samples of the products.

Pictured is Ava Biggs, 7th grade, who won 3rd place in sales pitch.



BRTC STUDENTS IMPROVING AFRICAN-AMERICAN CEMETERIES' SIGNAGE

In honor of Black History month, BRTC Welding and Machine Shop students, led by Dean of Students Neal Harwell, started a project to erect improved signage at African-American cemeteries in Grant, Randolph, and Lawrence counties. Pictured is the Clegg Cemetery sign in Grant County and its replacement.

GREENE COUNTY TECH HIGH SCHOOL ACAPELLA FESTIVAL



Students from Greene County Tech High School recently attended the Arkansas Acapella Festival in Jacksonville. They worked with Sony recording artist/conductor J.D. Frizzell and attended many workshops to learn about the acapella vocal style. Photo provided by Beverly Finley.

CRAIGHEAD ELECTRIC SOLAR FARM



Monty Williams of Craighead Electric spoke to the Master Gardeners in January about the megawatt Solar Farm built in Brookland last year. The eleven acre plot not only generates electricity into the grid, but when it's planted with wildflowers it will be a haven for birds, bees, butterflies and animals.



LIVING A Better Story

By Jared Pickney

Our culture is filled with people living as little children in adult bodies. Physically they have grown, but emotionally they remain stuck in perpetual immaturity. They work 90 hours a week, take selfies, look down on others, lie, steal, cheat, gossip and blow money. On the outside they look successful, but on the inside they hate themselves. They aren't horrible people. They've just never been blessed by a father.

Upon study after study, there are piles of scientific evidence and psychological research from every spectrum of society that all make this point, that every single child needs the love and affirmation of a father. The child needs his blessing.

With that being said, here are five ways a father can pass on a blessing.

1. Meaningful and appropriate touch. At a neurobiological level, when we appropriately touch another, there is an infusion of life force, energy, warmth and affirmation that benefits our entire well being.
2. A spoken message. Words have the power to bring life and bring death. If you want to pass on a blessing you need to clearly speak it out loud.
3. Attaching high value. Make sure you let your child know that you value them, not because of what they do, but simply because of who they are.
4. Picturing a special future. Look through your child's future and let them know who you see them becoming. Help them see how God has uniquely wired/blessed them for the purpose of being a blessing to the world.

5. An active commitment to fulfill the blessing. Don't just drop the mic and walk off. Commit through your finances, wisdom and time to helping your child step into their God given blessing.

But what if I never received a blessing from my father?

The good news is that even if you were never blessed by your own father on earth, through Jesus, you can be blessed by your Father in heaven.

You can experience the love, affirmation and blessing from a Father that you have longed for. And from this blessing you can bless the world around you.

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Stay tuned for the announced Jonesboro Award Winners!

MOR MEDIA INCORPORATED **PREMIERE MAGAZINE**



Dena & Michael

By Dena Teague

We both swiped right! Michael and I met in July 2017 after we were matched on Bumble, a dating app that a friend had told me about. We started talking the first night I had downloaded the app and hit it off immediately. We had so much in common and meshed so well. We both love our dogs, the outdoors, and traveling. For both of us our faith and families were very important to us. Michael is one of the most laid back and genuine guys I have ever met and balanced out all my eccentric qualities so well.

After talking non-stop for a couple days, Michael and I set up our first date. It was difficult to schedule due to Michael's hectic summer schedule at work, so I broke tradition and decided to go there. I made a delicious picnic lunch and we had our first date at the state park in Memphis while Michael was on his lunch break.

I think Michael and I both knew pretty early on that we were meant to be together. After taking our first vacation together and getting along so well I think we were both thinking about marriage at that point.

In July of 2018 we went on vacation to Panama City Beach with some other friends. One evening we decided to get dressed up to take the "mandatory beach pictures" and go out to dinner. While we were taking pictures Michael got down on one knee and asked me to be his wife. I of course said, "YES!" Michael had my ring custom designed by a gemologist and it took my breath away. He told me he wanted to find a ring that was as unique as I am! He said that he wasn't that nervous to ask me but that he had been so nervous to ask my dad. The funny thing was that my daddy made him ask twice! We spent the rest of the evening and the trip celebrating our engagement.

Our wedding was the perfect blend of both our styles. He's very masculine and outdoorsy while I'm all glitz, glam, and glitter. We got married at T.O Fuller State park in Memphis, Tennessee, where Michael worked as a Park Ranger and where we had our first date. Since we both love the outdoors we wanted to get married outside and would have God's handiwork as our backdrop.

We were married November 24th on the most gorgeous day. The weather was beautiful and our day was perfect. We had so much help from our friends and family. The outpouring of love and generosity we received was so humbling. Our friend, Laura Bassham, made our beautiful cake, we had popcorn from Popcorn Parlor, and cookies from Golden Cookie Co. for the Groom's Dallas Cowboy themed table. I had to spoil my husband and made him his favorite cake for the groom's table, Better Than Sex Cake.

Our friends, Amy Tillman and Kari Simmons, made all of our flower arrangements and decorations. Our photographer was Amy Reeves and she did a wonderful job. She even captured some special pictures for us at "The Lookout" at Bass Pro since she knew that's where we would be staying the night. We seriously had the most perfect day and it's all thanks to so many wonderful people. So many of our friends went out of their way to help with our special day, whether it be set up or tear down, to making and serving food. They transformed the plain space of the park into the dream wedding venue.

Without our wonderful friends and family we couldn't have pulled off such a special day!



Photography By Amy Reeves Photography



BE MORE THAN PINK and become a Team Captain!

We encourage you to form a team to walk or run in the
Northeast Arkansas Race for the Cure on April 27th at A-State!

You can form teams in honor or memory of someone you know who
has been impacted by breast cancer or simply to make a difference.

Join us for a Team Captain Training Meeting
at 6:00 pm on Thursday, March 28!

March 28th - Jonesboro
Fellowship Jonesboro
1801 Woodsprings Road

REGISTER YOUR TEAM AT KOMENARKANSAS.ORG

RSVP to ashredspencer@hotmail.com!

Follow us on social media:

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Stay Tuned

What's in store next month?
**Autism Awareness
 Month**



The Story of Jonesboro's
 Candace Dalton.

Art & Stroll



Downtown Paragould - April 27th.
 Details in April Edition!

Special Section: Non-Profit Organizations



A deeper look into non-profits of
 Northeast Arkansas

On The Cover: Jonesboro Junior Auxiliary
 Photo By: Amy Reeves Photography

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MAKING A LOCAL IMPACT



Number of People Served During Fiscal 2017: **115,900**



Admissions: **3,902**



Births: **484**



Emergency Room Visits: **23,140**



Number of Employees: **650**



Wages and Benefits: **\$37.9M**



Uncompensated Patient Care Provided: **\$9M**

*Includes charitable care and bad debt
**Unaudited financial numbers



HEALING



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Arkansas Methodist Medical Center

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