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From The

PUBLISHER... DINA MASON

“

May is HERE! This is one of our largest editions and we are proud to present the Jonesboro Premiere Awards! Our readers (and radio station listeners, since we use them to encourage our readers and listeners to vote for the Premiere businesses they would recommend) have voted and now you have your annual list of goods and services when you need a recommendation.

Keep this list around or remember, you can always log on to premiere-magazine.com and see the list in the archives. Let these businesses know you found them in Premiere!

May is also the start of the Farmers Market season and we look forward to locally grown produce and all that goes with the culture of the markets in Paragould and Jonesboro. Don't miss the stories on Scatter Creek Berries and the locally produced honey, and join us at the markets to meet the growers. You will love knowing where your food comes from!

As always, thank you to our advertisers for keeping the LOCAL GOOD NEWS flowing! And thank you to those willing to let us tell their stories. Most of all, thank you to our readers for their continued support of us and our advertisers.

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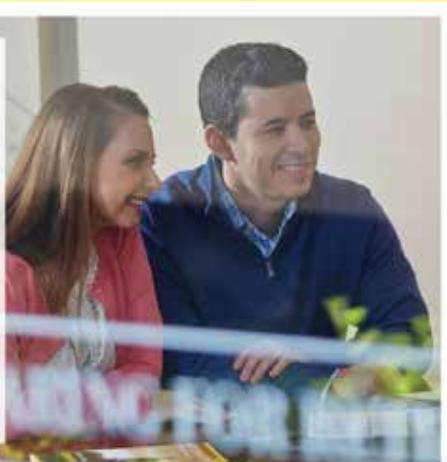
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Saints & Sinners

Angel Run 2019

By Kayli Thompson

Nine years ago, Hope Espinoza had a severe stroke at the age of seven. She was immediately sent to Arkansas Children's Hospital (ACH), where they soon realized the entire left side of her body was paralyzed. The Saints and Sinners riding club in Paragould, in hopes of raising money to help pay for Hope's families expenses. Without hesitation, the bikers began organizing an event to raise money for Hope. Nine years ago, Saints and Sinners hosted its first ever Angel Run. The event featured live music, local vendors, and great local food; 100 percent of the proceeds raised went toward helping Hope.

On March 30, 2019, Saints and Sinners hosted the ninth annual Angel Run, and although Hope has recovered from her severe stroke, they continue to donate all proceeds to Little Rock ACH. They spend their day together eating local barbeque, auctioning off items that have been donated, and listening to live music. Those who attend can buy tickets at the beginning of

the event for only \$10 as a chance to win door prizes, or the grand prize: a motorcycle that has been donated to Saints and Sinners for them to raffle off.

Seeing the Paragould community come together to support the children at ACH was heartwarming and the event, in general, was very enjoyable. Seeing the love for children and how much every person wants to help them was inspiring.

This year, they had a high school band from Tennessee come and perform after the live auction. The band (known as Under the Radar) was planning to donate 50 percent of all the proceeds they earned from selling their band merchandise. However, when they started counting the money and realized they had made over \$200, the students decided to donate all the money to ACH. None of the money they earned went toward their own music careers, but rather, to helping the children at ACH.



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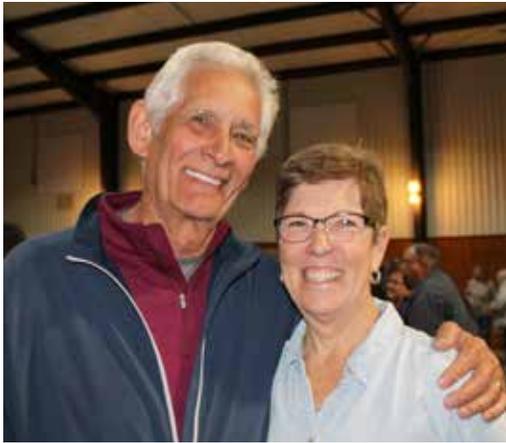


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VIETNAM ERA WELCOME HOME

Rector didn't let a little rain dampen its efforts to honor veterans on the 2nd Annual Vietnam Era Welcome Home event in March. The festivities were moved into the Rector Community Center and proceeded as planned.



The Rector High School Marching Band and Chrissy Pazanowski performed patriotic numbers and Joey Pruett asked veterans to stand while he played the military song representing the branches in which they served.



Kenny Wright and members of the Veterans Support Association performed the "Missing Man" Table ceremony and Danny Ford stood in for the Commander of the NEA Chapter of the Military Order of the Purple Heart and made presentations to Purple Heart recipients followed by each Vietnam veteran's being recognized.

The festivities were followed by a fish fry served by the John 3:16 Ministries.

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INCREDIBLE KIDS

By Caitlin LaFarlette

It's no easy feat to raise \$1,000 for a fundraiser but a 10-year-old Oak Grove Elementary School student has done just that.

Abigail Shirley brought in a total of \$1,000.37 for the St. Jude's Math-a-Thon at OGE this year. The fundraiser has been in place since 1990 and to date has raised over \$55,000, with this year's total reaching \$2,100.



Students receive a booklet with math problems and ask for donations in return for solving them. Abigail's mother, Krissy Smith, said her daughter asked neighbors, family and church members for donations. She even received money from Texas.

"She had to ask over 50 people to be able to meet her goal," Smith said. "She worked daily after school and on the weekend as well. It wasn't easy and many people told her no."

This isn't Abigail's first go-around with fundraising for St. Jude's. In the second grade she raised \$500 for the Math-a-Thon and as a third-grader she raised \$600. Smith said her now fourth-grader set a goal of \$700 for this year's event but she surpassed that by \$300.

"My original goal was just \$700 and after I started adding up my donations, it made me want to keep going and going," Abigail said.

Smith explained her daughter's father died from cancer when Abigail was only a year old. Tommy Shirley was just 35 and even though his daughter was a baby, his death motivated her to raise money and help others with cancer.

"Since she is a child she can't imagine not helping children that are hurting or suffering," Smith said. "Abigail has a huge heart for God and others."

Abigail said fundraising for events such as this make her feel good because she knows she has helped other children. However, her compassion reaches beyond that of the St. Jude's event at OGE.

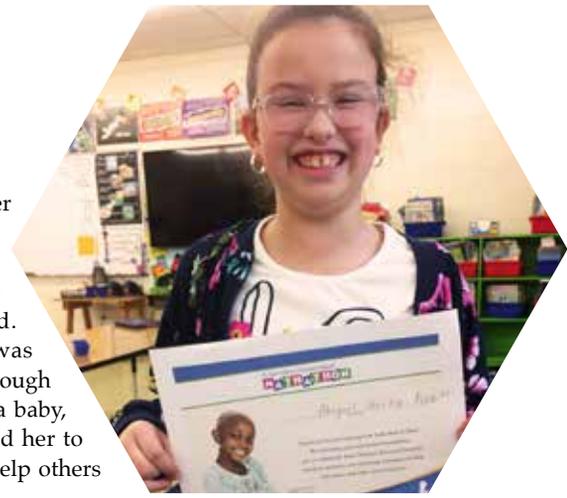
"Earlier in the year I made up care bags and took them to Mission Outreach," she said. "I plan on making more bags soon. The bags had a toothbrush, toothpaste, Kleenex, crackers and granola bars. I just wanted the people at Mission Outreach to know I cared."

Smith and her husband Kevin said they are proud of Abigail and how she loves with her entire heart.

"We can't wait to see what her future holds," Smith said. "We feel sure she will continue to help others any chance she gets."

That is exactly what Abigail has planned as she moves on beyond her fundraising at OGE.

"I will keep doing projects," she said, "especially when I can drive my own car."



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PET OF THE MONTH

SPONSORED BY ARPETS HOSPITAL
By Amber Gill

We got Memphis in March of 2015 when he was 9 months old. He was a rescue and needed major surgery to correct a severe problem. The surgery was a success!

Memphis lives for rides in the Jeep (he can spell R-I-D-E), going to the lake, playing ball and wrestling with his dad. He would play ball 24/7, if possible. Memphis is a white German Shepherd and will be five years old in June. He can play dead, complete with moans and groans and hanging his head to the side.

I previously never allowed a dog to wander my home. Now Memphis sleeps in the bed with us. Believe me, the name "German shedder" is 100 percent appropriate.




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CONGRATULATIONS
SARA BROWN

Paragould resident (and MOR Media employee!) Sara Brown was initiated into The Honor Society of Phi Kappa Phi, Chapter #141 at Arkansas State University on April 15th, 2019 at the Cooper Alumni Center. Phi Kappa Phi was founded in 1897 and Chapter #141 at ASU was established in 1972. Phi Kappa Phi's motto is "Let the Love of Learning Rule Humanity." Sara Brown was valedictorian of the Greene County Tech class of 2017. She is a Junior at ASU, majoring in Psychology. She will also be a Student Vice President of Phi Kappa Phi, beginning in the Fall 2019 semester.





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BLAZIN'
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The Annual Manila Blazin' BBQ Festival was hosted the third Saturday in April in downtown Manila. Families enjoyed delicious food, a craft fair, kids activities, live music and more.



**THE 3RD ANNUAL CASA
 CARNIVAL
 & CHILI COOK OFF**

The CASA Carnival featured a chili cook-off in which dozens of teams from across the area competed to see who had the best tasting chili. The event also featured music, face painting, balloon art, arts and crafts, inflatables, children's games, raffle prizes and plenty of other giveaways for those in attendance.



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AHHH-CHOOO!

Allergies in Pets

By Dr. Kristin Sullivan

This is the season for allergies! Just like us, dogs and cats suffer from seasonal allergies. Their symptoms may vary from an occasional sneeze to reverse sneezing to full blown anaphylactic shock. With all the pollen that is falling from the trees and the stinging insects that are flying about, acute allergic reactions are very common.

Symptoms can be very similar for cats and dogs that are suffering from allergies. These symptoms vary in accordance to the allergy from which they are suffering. Symptoms can include, but are not limited to: sneezing, nasal and ocular discharge, skin infection and itchiness, odor from the skin and ears, ear infections, hair loss, and even swelling of the face and limbs. Common causes of allergies can be from pollens, dust, mold, fleas, food, and even other animals' dander.

Dogs and cats that have seasonal allergies do just that – they suffer from their allergies only seasonally. These allergies are most commonly pollens, molds, and dust. Dogs and cats that seem to suffer from allergies year-round are called “non-seasonal dependent,” and may be

diagnosed with a food allergy or Atopic Dermatitis. Atopic Dermatitis is an all-encompassing term; these animals typically have allergies to seasonal and year-round pollens, mold, dust, fleas, and food. Pets with Atopic Dermatitis can be managed with Immunotherapy, aka Allergy Shots, and a diet change to a novel or hydrolyzed protein source, for it is typically the protein and not a grain that they are allergic to. (There are other treatment options for allergy management – please contact your veterinarian.)

Probably the most common allergy, is the allergy to flea bites. It is the saliva from the flea bite that causes the allergic reaction. Unfortunately, fleas are not a seasonal insect, but are seen year-round; that is why it is so important to keep your pet on a flea and tick preventative year-round.

If your pet seems to be suffering from allergies, contact your veterinarian for an appointment and guidance on how best to manage its symptoms.



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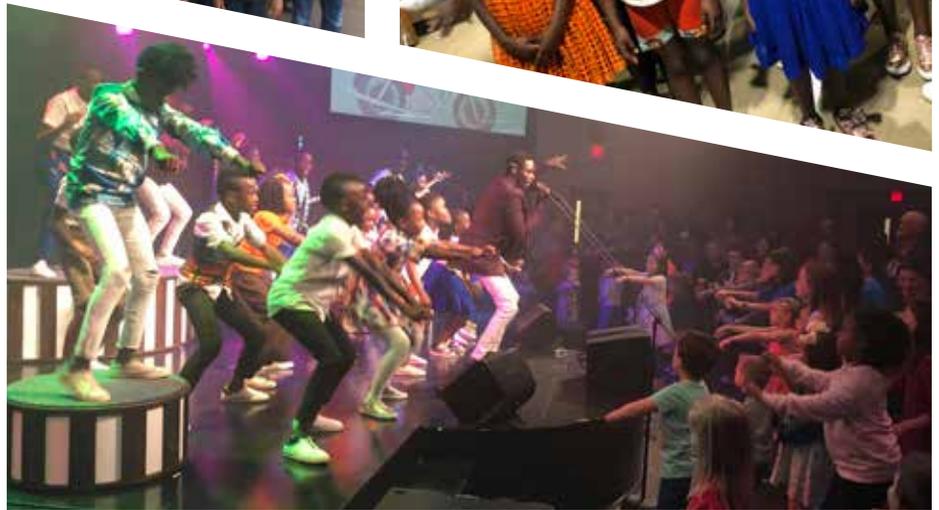
CELEBRATING CHRIST AND CARING FOR COMMUNITY

By Taylor Mitchell

Vulnerable African women and abandoned children have been empowered to rise above their certain circumstances. Their mission is to fulfill the call of being a part of the new Africa which entails making a difference in the world.

One way to ensure this mission is being fulfilled is by sharing their story through the six-month tour of the Watoto Children's Choir. Watoto is a family and a local church in Kampala that was planted during the time of a civil war.

The Rock of Northeast Arkansas hosted the children's choir in April and heard the thrilling testimonies of the children who had been rescued and raised. Watoto challenged The Rock to continue to celebrate Christ and care for the community.



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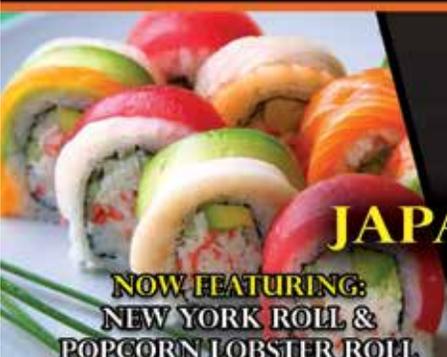
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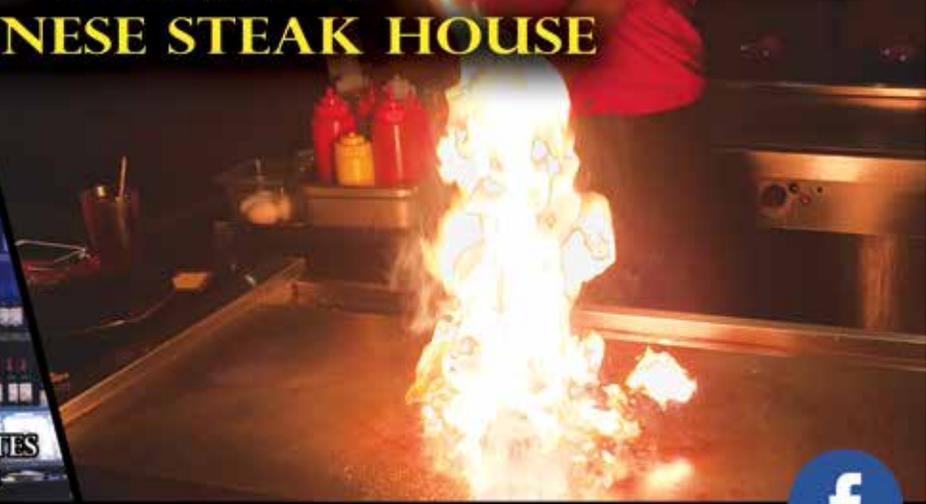


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CLEAN SWEEP PARAGOULD

Clean Sweep Paragould 2019 was a success. More than 200 volunteers made up of school groups, civic groups, local businesses, and individuals helped complete projects at various locations throughout town on Saturday Clean Up Day. An additional 75 volunteers worked earlier throughout the week cleaning roadways. Locations that had projects include the Paragould Housing Authority-Mini Rise for Elderly, the Senior B.E.E.S. Senior Citizen Center, The Paragould Community Center, the Paragould Downtown area, The Caboose Car in Downtown, The Paragould fairgrounds, the Paragould Post Office, Linwood Cemetery, Harmon Playfield, and the Greene County Public Library. This event is sponsored by the Economic Development Corporation of Paragould.



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NEA Artist

By Calli Perkins

Stacy Gestring, a local artist who stuns with her paint poured geode pieces, says she is inspired by nature, color, light, and acknowledging that all beauty is a gift from God. She describes her work as “always evolving” and says, “I see something I like and wonder if I could do something like it, or combine several ideas, or do something different from what I’ve done before. I enjoy a lot of different art styles and experimenting.”

When asked about how long she’s been an artist, she says, “I’ve always been creative, but took my first painting class at the Foundation of Arts in 2008. From there, I was on and off whenever I had extra time, which wasn’t much, trying different media and styles.

“Several years ago,” Stacy recalls, “I realized I was surrounded by very talented and creative people at Art Advertising. We started having occasional after work ‘Art Nights.’ Sometimes we would all learn a technique from the others, working on a particular thing, like watercolor class. Other times, we would all just bring our own projects. Their positive encouragement has been a great influence.”

When describing the process of creating her geode works, she describes it as paint “pouring.” Resin gives them a glossy finish and mica pigments give them a wonderful depth and pearlescence you almost have to experience in person to get the full impact.

“The sparkle and texture of the glass and glitter just put me over the top,” says Stacy.

The resin art is typically done in several layers, drying overnight between them. Each layer takes an hour or two, she believes, although



she says the wonder of the process is how she completely loses track of time when working on them. “Some of that time is probably just me staring at it, watching the colors spread and mingle, wondering what to do on the next layer,” she describes. “The different additives behave differently. It’s a learning process to know what rises and can overtake, and what sinks to the bottom and hides.”

Stacy makes appearances at different shows in Northeast Arkansas. You can see updates on her upcoming events as well as view more of her artwork along with the Art Advertising crew’s artwork on their Etsy site: etsy.com/shop/ArtCreativeCollectiv; on Facebook: [ArtAdvCreative](https://facebook.com/ArtAdvCreative); or Instagram: [artadv.creativescollective](https://instagram.com/artadv.creativescollective). Stacy can be directly reached for commissions at (870) 935-4042.



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LOCAL HONEY IS “the Bee’s Knees”

By Jenny Brown



Jim Carner hasn't always been a local. Born in Monroe, Michigan, he found his way to Northeast Arkansas for a career opportunity as a Physical Therapist Assistant in 1996. Since then, he has resided in Paragould where he married his wife, Tammy, and raised his children.

Later, Carner developed an interest in beekeeping when his younger brother, Aaron, introduced him to it as a hobby and showed him some hives of his own. Since then, he has read everything he can find and talked to various beekeepers to gain knowledge and information about bees. He took up beekeeping for himself four years ago and currently has approximately 20 different beehives in Greene County and is a registered beekeeper.

During the spring, the bees require the most hands-on care, which involves frequent inspections to prevent swarming and to make sure each hive has one laying queen. Bees mix pollen and nectar to make a sugary water. Then, the worker bees will remove the water and it turns into honey. The worker bees then move it into the cells of the honeycomb for later consumption. Finally, the beekeeper will harvest the honey through a process called “pulling” or extracting. Bees can travel an approximate three-mile radius to collect nectar and pollen. Carner’s bees, according to their location, feed mostly on the nectar and pollen from local wildflowers.

Another thing you may notice is what looks like a giant sphere or ball-like group of bees collecting in places like trees or on a pole. This is called a swarm and occurs when a hive becomes overpopulated. When a swarm cell is ready, the old queen and half of the bees leave the hive and can collect in various areas until they find a suitable place to call home. If you were to come across a swarm on your property, you should call the County Extension office. It keeps a list of local beekeepers who are trained to pick up swarms. Carner has been called to pick up local swarms in the past and estimates approximately six of his twenty hives came from swarms.

In addition to the pleasantry of the sweet taste, it is becoming well-known that honey has many natural health benefits as well. Raw honey (honey that hasn't been pasteurized) is claimed to be rich in antioxidants, has anti-inflammatory properties, and can boost the immune system. It is a healthier sugar substitute for diabetics, eases digestive issues, curbs a cough and soothes a sore throat. Other benefits include providing relief from sinus allergies and when applied topically, it has been known to have healing properties for various skin conditions.

Lastly, Carner stated that he continues beekeeping as a hobby because he enjoys the challenge, but mostly, he finds peace being outside with his bees. Being in nature helps him relax, and it is awe-inspiring to watch the bees as they work. Carner currently sells his raw honey by the pint or quart, as requested. If you are interested in purchasing honey, Carner can be contacted at (870) 236-3157.



RESTAURANT insights

By Gayle Brock



Sitting at Monroe as an employee for 18 years working on the assembly line, Lisa Sipes would often drift off day after day wondering what she was going to cook for dinner. Little did she know just how this thought process would lead her to where she is today. Her love for cooking and the love she has for the community are main reasons why The Main Dish is what it is and growing stronger with each and every meal they prepare.

As fate would have it, Lisa had a few mini-strokes, which became her wakeup call to say it was time to go, "If I don't take that leap of faith now, I may never get to." As much as Lisa loved working at Monroe, this was the point in her life when she had to say, "As much as I love this place, I do not want to die here. I want to live doing what is my passion until the day the good Lord calls me home."

Lisa thanked Monroe for the wonderful years spent there, cashed in her 401k and

started checking into a place for rent so she could pursue her culinary dream.

Her best friend since childhood, Dodie Barhorst, said Lisa is pretty modest and is always singing the praises of others first. "She is not one who really talks much about herself." Lisa has always been one to take a recipe and add her own spin to it, a method she uses to this day. She says she only thinks about cooking on days that ended with "y"; and some day she will get a tattoo of a dream catcher. The dream catcher symbolizes your dreams and Lisa stated she has been able to successfully catch hers, and the community continues to help her fulfill it day by day, including days that end in "y." On those days, Lisa reminds herself she is not dreaming, this is real, and she is loving every second of it.

When asked if she had one particular food item niche, she replied, "Hands down, my homemade chicken and dumplings, and the most time consuming, too! The

public loves them." Just like the chicken and Dumplings, every meal is made fresh every day. And every day, they sell out, so be sure to place your order early for a homemade evening meal after work.

The Main Dish serves up homemade pre-cooked meals for takeout Monday through Thursday from 11 a.m. to 5:30 p.m. from a kitchen they rent from The Crossing, located at 101 South Pruet Street in Paragould.

They cater as well as deliver. The delivery must be for at least five individuals on orders that are \$7.50 or more, or on one order that is \$40.00 dollars or more. Being closed on Fridays, Saturdays and Sundays gives them a way to do big catering jobs, such as weddings.

They are live on <https://www.facebook.com/themaindishAR/>. You can see each week's menu, place your order and even pay for it online through Paypal.

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MORE THAN JUST *A Garden*

By Jenny Brown

With this month's edition focusing on our local farmers market and produce, we checked in with Ty and Reese Middleton and their family business, Fairview Fresh Produce. You may remember that Premiere Magazine featured an article about them in 2017, and since then they've grown ... and so has their business.

Parents Chris and Denise Middleton taught their boys from early on the importance of hard work, responsibility and wise spending. Reese is 15 years old and in the ninth grade, and Ty is 12 and in the sixth grade. Both attend Greene County Tech, and are typical boys in that they enjoy hunting, fishing, and sports; however, they also have a unique special interest in farming, one their parents cultivated over the years.

This is the family's fourth year of gardening and sharing their excess with the community through the produce stand, Fairview Fresh Produce, located across from Midco Auto Sales and the National Guard Armory. They sell things such as fresh cucumbers, zucchini, squash, okra, tomatoes, cantaloupe, watermelon, and pumpkins. The family



generally picks in the evenings and restocks each morning around 7:00.

The first year was a learning process for all of them, but each year they have doubled the amount they have planted with this year's total of tomato plants equaling somewhere around 4,000. Chris helps, but Ty and Reese do most of the work including tilling, disking, planting, weeding, and harvesting. The boys work anywhere from three to five hours a day in the garden, and they get to keep the money they

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markets. They are also “meeting great people,” developing a work ethic, and establishing references for future jobs. Strong, old-fashioned parenting has had a lot to do with the development of the boys; Chris stated, “I have to understand that I can’t tell them to do something I’m not willing to do myself.” The entire family works together to get the job done at times, and they support one another. Chris’s mother, Joy Middleton, has also had a hand in sharing some knowledge with her grandsons. The boys raise their own zucchini in the garden, and Joy shared her recipe for zucchini bread and taught the boys how to make it using the zucchini they grow. They now can make the bread from memory, and they make it to share in the Paragould Farmers Market on Saturdays.

earn. Chris said from the beginning they established a rule that the boys would save half of what they earn from their sales, and the other half is theirs to manage and spend on things the boys feel are wise investments ... within reason. Chris and Denise said this has taught them responsibility when it comes to spending and understanding the difference between “needs” and “wants.” As they have learned the value of hard work, they have worked together to save for equipment that makes their jobs in the garden a little easier from year to year. However, they also enjoy purchasing fun items such as kayaks and hoverboards.

In addition to Fairview Fresh Produce, which is usually stocked seven days a week, the Middletons also sell at the Paragould Farmers Market on Saturdays, and this year they will be selling at the Jonesboro Farmers Market on Saturdays and Tuesdays. Expect some fresh produce to start appearing in the stand around the end of May. Tomatoes should be available around the end of June. The stand is self-serve, and payment is based on the honor system; however, Chris is usually never too far away. He tries to be available for customers with questions or requests. You can also like their Facebook page, Fairview Fresh Produce, where Chris says they try to update with information about when things might be available in the stand and at market.

Along with learning the basics of growing and maintaining a garden from start to finish, Chris feels this is “so much more than just growing a garden.” Both Chris and Denise feel proud of the young men they are raising. They are learning valuable life lessons, such as effective communication skills when they talk with customers and work in the

Paragould is better because of this family -- not just because of the delicious, fresh produce, but because of the responsible citizens these parents are growing.

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SCATTER CREEK BERRIES: FAMILY FARMING

By Richard Brummett

Just by arriving at Scatter Creek Berries and Produce one senses a combination of things, a blending of life and skill. One side of the road on Hwy. 34 looks like your grandparents' garden from days past while the other boasts a modern, plastic structure used for agricultural purposes. You get the feel of old meeting new, of time-tested farming practices combining with modern technology, of father and son.

And that's exactly what you have in the family project that continues to grow in popularity and importance to the Northeast Arkansas and Southeast Missouri area. Frank Williams and his son Jimmy are the main men behind the farming endeavor situated just outside of Paragould, one they admit started rather suddenly.

"Honestly, we started on a whim," Jimmy said of their beginning in 2012. "We talked about planting some blackberry plants and it just kind of went from there. We didn't know what to expect. I don't think we foresaw it, it just happened. It took a couple of years. The third or fourth year we got really busy. We actually ran out of berries. People were coming to pick for themselves, just berries. And now people love picking their own pumpkins.

"I'm a crop consultant. I come from a row crop background. But now, what we have is an ag/ tourism combination where you pick your own berries, or pick your own pumpkins. There is no admission to get on the farm. Our goal is to sell what we grow. But strawberries now are our first focus."

"We didn't know what to expect," Frank added, "but we know it's

worthwhile. We're still picking our own berries, probably about two miles worth of rows. Hours vary when we're open to the public. Strawberries are different because you can pick them every day. Blackberries, it's usually Saturday, Sunday and Wednesday. We put some in local stores and the Farmers Market. We have restaurants and stores that ask for some. We have blackberries, strawberries and pumpkins late. We've got sweet corn, peas, beans, squash and peppers. A little of everything. We have limited tomatoes, usually."

For those who favor getting out and enjoying a day in the sun, picking their own produce, the Scatter Creek site is just the place for them. However, if you're seeking fresh produce ready to go, they provide that as well. Jimmy said they continue to find new things to offer almost every year, like the pumpkins and some family-related activities tied to their harvest.

"We're a sliver of Pumpkin Hollow," he said, referring to another Northeast Arkansas agricultural venture. "We had a Friday night Movie Night last year. We had a Halloween movie on the projector screen. We are a little less commercialized than some agriculture tours. We're a work in progress. We're always learning."

Especially when it comes to the hydroponically produced strawberries. Hydroponics is a method of growing plants without soil by using mineral nutrient solutions in a water solvent. The philosophy seems simple: If you give a plant exactly what it needs, when it needs it, in the amount that it needs, the plant will be as healthy as is genetically possible. With hydroponics that task is easier as opposed to growing in soil.



Plants are grown in an inert growing medium and a perfectly balanced, pH adjusted nutrient solution is delivered to the roots in a highly soluble form. That allows the plant to uptake its food with very little effort as opposed to soil, where the roots must search out the nutrients and extract them. Faster, better growth and much greater yields are just some of the reasons hydroponics is being adapted around the world for commercial food production. "We're behind the rest of the world, basically," Frank said, when it comes to hydroponic farming. "It's neat to be on the cutting edge. We have about 3/4 of an acre of strawberries growing in 1/3 of an acre of tunnel."

"We built the tunnels for the strawberries to do the hydroponics," Jimmy added. "They threw a curve ball to me. There's lots of differences. We're in control of the fertility and water to that plant. You have to monitor the salt content, the pH. You have to fertilize strawberries in the field once a day and walk away from them. Over half are hydroponically grown now. It might be all that way one day. You have to get them out of the rain or you lose money. Strawberries hate rain."

There's still plenty of good old-time farming to be had, however. The men rotate crops over 20-25 acres in such a way that 10-15 acres "is always planted in something," Jimmy said. "It's very labor intensive. We don't depend on GPS and lots of electronics. We have to be out there to get rid of dead blooms, cut the runners. But I hope to make this my 'forever' job someday."

The family affair doesn't end with the father-son combo. Frank's wife Jackie helps take produce to Farmers Market and "she is involved out there, too," he said, nodding to the fields. Jimmy's spouse Holly,

an RN at Arkansas Methodist Medical Center, is also called on for help at times, as is Jimmy's brother John, who works at Arkansas State University. In addition, they also hire some high school students as workers.

"On the blackberries it's constant pruning year round," Frank said. "With strawberries, it's constant care, daily management of high-risk crops with a high reward if they go well. We follow sustainable practices, just like farmers always have. We hope to have a good relationship with the customer. We hope they enjoy the visit. It's not a playground; it's a working farm, but we hope people enjoy it."

Jimmy said those with questions about the operation may contact him at 870-573-4819 or by email at scattercrkberries@yahoo.com. Scatter Creek Berries and Produce offers more than two miles of blackberries along with the seasonal strawberries and pumpkin patch. All of the berries are thornless and the middles are well mowed for convenience. Shade and water are provided, as well as an on site restroom.

Hours of operation vary from season to season and guests are encouraged to keep up to date on Facebook or by checking the website for updates.

The physical address is 44 Greene 145 Road. From Paragould, take Highway 49 North to Highway 135 North. Turn left. Go through Oak Grove Heights and turn left onto Highway 34 West. Go about 5.5 miles. The farm is on the right with a nice sign advertising its location. Turn right onto County Road 145 and the driveway is the first one on the right.

NEA FUNdraising

NEIGHBORHOOD BLOCK PARTY FOR A LOVE FOR ANIMALS

The first event kicking off a series was held on April 20 in the food truck lot on Caraway Road in Jonesboro. Live music and local vendors -- including products and artwork -- were there along with the food trucks for all to enjoy, coming together to raise money for ALFA (A Love For Animals) as well as to socialize adoptable pets at the event. Kids got to enjoy face painting, henna tattoos, and a bouncy house. A party will be held each month through November.



SHOW THEM WHERE YOU COME FROM FOOD DRIVE FOR THE FOOD BANK OF NEA

The 9th Annual Show Them Where You Come From Food Drive was held at Doe's Eat Place in April. The event included live music, a photo booth, auction items, and drawings. Participants could pay \$15 at the door or bring 15 canned non-perishable food items. In total, 17,302 meals were raised with this event.



CHARITY BALL FOR JUNIOR AUXILIARY OF JONESBORO

Junior Auxiliary of Jonesboro hosted the Charity Ball 2019 on March 16 at the First National Bank Arena. The evening began with a social hour where attendees could browse hundreds of silent auction items and various raffles. The event progressed into a formal three course dinner and program including a live auction. The program closed with live music and dancing the night away. A total of more than \$130,000 was raised for Junior Auxiliary of Jonesboro.





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TUGA'S PROJECT: HOW YOU CAN HELP

By Richard Brummett

The NEA Baptist Center for Good Grief kicked off Tuga's Project in April, encouraging businesses and individuals to get involved with the fundraising effort and help bring awareness of the center's growing needs as it continues to provide free grief counseling services to those in the community.

Tuga, Croatian for grief or deep sorrow, is a stuffed "comfort friend" created by the Grief Center staff for kids and teens who participate in the center's services. Tuga is the perfect size to hold as someone is grieving and mourning the loss of a loved one and is given to kids who are helped at the center. At each appointment, children are encouraged to bring their Tuga as a tangible help while processing their feelings and emotions associated with their loss.

The community event, started by Chris and Kim Fowler as a way to raise funds to support the center's free bereavement services, will be asking customers during the month of May to donate \$1 to help support the goal of raising \$25,000 through the project. The Fowlers

were introduced to Tuga at the center's one-year anniversary and Open House, and Chris came up with the idea of the \$1 donation sheet as a way they could help the center to continue its good works and growth.

"The Fowlers have been instrumental in bringing the Center for Good Grief to Jonesboro," said Robbie Johnson, Executive Director of the NEA Baptist Charitable Foundation. "I cannot say enough what it means to families and to people who have lost loved ones and are dealing with grief."

Chris said his family's involvement is for the long run. "This is not a 'one and done.' We plan to make this an annual event." The Fowlers originally offered to host Tuga signup sheets at all 18 Fowler Food locations in the Jonesboro area but then decided to expand to a total of 39 locations. "We hope everybody goes to these locations -- not just ours but all the participating locations -- and take the opportunity to make their donation and watch this grow from year to year," Chris said.



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Several area businesses that have joined the Fowlers in the endeavor include: KFC / Taco Bell, NEA Baptist Clinics, Woodsprings Pharmacies (Hilltop, Bono, Woodsprings, and Food Giant in Harrisburg), Truck Patch, Firehouse Subs, San Francisco Bread Company, Honey Baked Ham, Shadrach's Coffee, Nutrition Hub, Health Wear, and Interstate Battery. The public is encouraged to stop by any of the locations and donate one dollar. One hundred percent of the money raised will be used to fund counseling services at the Grief Center. It costs \$25,000 per month to keep the center operating and the goal is to raise enough money to fully support the center for an entire month.

"This is a two-fold project of awareness and fundraising," Kim said. "I hope as counter people ask our customers if they would like to donate \$1, or as much as they can, they ask what Tuga is and are told or given information on the center and the good works it is doing in our community."

Around 275 people ages 4 and up have been helped by the center's program since it began in October of last year -- including 60 newcomers so far this year -- as staff members "help people navigate their new normal." Chad Sanders, a nurse at NEA, found the perfect spot for his two young children after his wife passed away more than three years ago. He said it was easier to find help for himself than for the two little ones but they have "attended since the doors opened and they have provided a level of support. And Tuga is always there."

Mandy Young, Clinical Director at the center, explained that "grief is big. Grief is real. Grief is better shared." The Center for Good Grief, one of the six programs of the NEA Baptist Charitable Foundation, is a free bereavement center for anyone who has experienced the loss of a family member or friend. Counseling is available to children, teens and adults through individual, family and group sessions. Through the help of the center's licensed therapists, individuals are given a safe place to explore and express their feelings related to their loss and

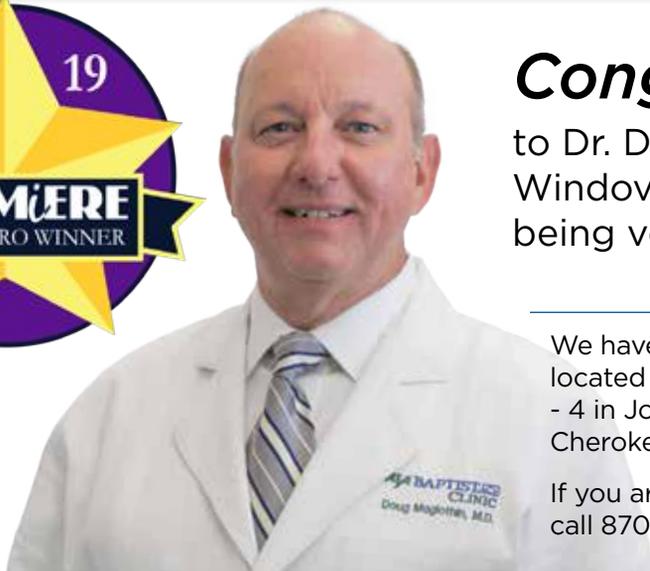
learn to thrive in a world without that special person. The center makes available age-specific rooms for therapy sessions. Grief therapy is not reimbursed by insurance, but thanks to the generosity of donors, all services are provided free.

For more information or to participate in Tuga's Project contact Young, the NEA Baptist Center for Good Grief Clinical Director, at (870) 936-7719 or via email at: mandy.young@bmhcc.org; or Robbie Johnson, Executive Director NEA Baptist Charitable Foundation, at (870) 926-9541 or via email at: robbie.johnson@bmhcc.org.

The NEA Baptist Center for Good Grief is located at 1717 Executive Square in Jonesboro. To learn more about the NEA Baptist Center for Good Grief visit: baptistgriefcenters.org; to learn more about the NEA Baptist Charitable Foundation visit: neabaptistfoundation.org



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PIGGOTT POST OFFICE MURALS HONORED

Dignitaries from as far as Germany joined the Postal Service in Piggott to celebrate the unveiling of a commemorative stamp of the mural in the Piggott Post Office.

The series was picked from post office lobby government-commissioned artworks from the 1930s and 1940s by featuring five lobby paintings on stamps.

Piggott Postmaster Stephanie Jett served as Master of Ceremonies and introduced Brooklyn Harmon, a student at Piggott Elementary School and Fourth Grade essay winner. Harmon read her essay *Post Office Murals* to the audience.

The Piggott Post Office proudly displays "Air Mail" (1941), painted by Daniel Rhodes. Painted in oil on canvas, "Air Mail" depicts a letter carrier helping pilots load bags of mail onto their plane. "The mural is an ode to postal workers' commitment to serving communities across the United States. And that commitment to service continues today," said Pat Mendonca, Senior Director of Post Master General and Chief Executive Officer.

Mendonca and his family enjoyed a tour of Piggott and the Hemingway-Pfeiffer House and mentioned that he took his test to enter the postal service at the post office in Rockville, Maryland, the home of the "Sugarloaf Mountain" mural also depicted in the pane of stamps.

Daniel Rhodes' son, Dr. Aaron Rhodes, traveled from Hamburg, Germany, and spoke of his father's role in the commissioned artwork setting the path for his future involvement in ceramics. His dad was paid \$700 for the mural, and in 1941 that was like \$12,000 in today's money, money they likely lived on for several years.

"My father's artistic energies found expression in a variety of forms over the course of his career and his Works Progress Administration-sponsored murals were his foundation," said Aaron Rhodes.

John Gill, Chairman, Arkansas Parks and Recreation and author, spoke of his book *Post Masters, Arkansas Post Office Art in the New Deal*, published in 2002 by Arkansas State University. Gill presented Jett with the last copy of his publication for the people of Piggott to enjoy.

President Franklin D. Roosevelt's administration commissioned artwork in post offices across the nation to provide jobs to artists and to illustrate the history and culture of local communities. In the 1930s and 1940s, murals brought a touch of beauty to post office buildings. The works of art were designed to help boost the morale of Americans during the Great Depression.

The pane of 10 stamps features five different murals. On the stamp art, the town or city and state in which the work of art is located is printed underneath each mural. The other murals included are: "Kiowas Moving Camp" (1936), Anadarko, OK; "Mountains and Yucca" (1937), Deming, NM; "Antelope" (1939), Florence, CO; "Sugarloaf Mountain" (1940), Rockville, MD.

Art Director Antonio Alcalá designed the stamps.

The Post Office Murals stamps are being issued as Forever stamps and will always be equal in value to the current First-Class Mail 1-ounce price. Customers may purchase stamps and other philatelic products through the Postal Store at usps.com/shop, by calling 800-STAMP24 (800-782-6724), by mail through USA Philatelic or at post office locations nationwide.



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A-STATE REGIONAL FARMERS MARKET

By Christa Burns

Fresh spring air, albeit a bit humid in Jonesboro, is a cue that the best produce and handmade items will soon be available at the ASU Farmers Market. It's a place well known for the open walls, booths filled with colorful fruits and veggies, freshly baked breads all perfectly shaped, and so many other goodies that just simply can't be found anywhere else in one spot. For Jen Tuseth, the manager of ASU's market, it can't be beat:

"I truly believe that the farmers market is a precious commodity and I encourage everyone to visit this season. By shopping at the farmers market, you are supporting our local economy. You are also helping the environment by buying regionally grown produce, which cuts down on fuel consumption and pollution."

Tuseth ventured her way into the farmers market in 2013 as a soap vendor. From there, she has been involved in such a way that she now has the role of the market manager.

"This will be my first year as market manager and I am so excited to be involved with the market in a different role," she said. "The market is a great outlet for local farmers, crafters, and bakers to showcase their products; for many, it is their only outlet. I enjoy seeing how each individual vendor grows their business. I have watched new vendors set up their booths for the first time and gain confidence over the season. Those who listen to their customers and learn about their wants and needs come back the next year with an improved display, new ideas, and an established clientele. We have many vendors with a very loyal customer base."

This may bring to mind the question of how ASU's Regional Farmers Market got started, and Tuseth describes its beginnings in June of 2006, when East Arkansas Resource Conservation and Development Inc. helped form an advisory board for the soon-to-be market.

"In the beginning we started with five vegetable vendors ... In 2010 a pavilion was constructed through a grant from the Arkansas Agriculture Department along with local business donations and the Craighead County government. This structure really made a difference in the growth of the farmers market. Today over 100 vendors each season come to the farmers market to sell their products with over 30,000 customers coming through during the season to shop and participate in the activities."

Those 100 vendors include Bob and Annie Green of Reagan Hill

Gardens, producers of a variety of over 150 flavors of gourmet jams and jellies, as well as items to use with their products, such as recipe books. Bob tells the story of how Reagan Hill Gardens developed from a short-term idea, into the flourishing business it is today.

"We love to tell the story of how Reagan Hill Gardens started as a small produce garden, primarily producing tomatoes, and evolved to where we are today... Reagan Hill Gardens is the brainchild of my wife, Annie (Reagan) Green. The reason for its being was to sell enough produce to offset the final funeral and burial expenses of a relative. Growing the produce was only the first part of the story. Annie needed a stable place to sell the product."

She contacted the Craighead County Agent and Cooperative Extension Service, and after receiving information about weed and insect control, was directed to the manager of the ASU Farmers Market. After two to three years of success, things weren't looking as bright as they once were, with weather being uncooperative and even a mass amount of stolen produce.

"It very nearly wiped Reagan Hill Gardens completely out, leaving us with almost nothing to sell. At that point, Annie took some fruit and berries which were being grown for personal consumption, made them into jams and jellies, and put them on the table for sale at the ASU Market," Bob said.

He said the jams and jellies were such a hit they knew their primary focus had changed from veggies and now he goes on to clarify that they haven't stuck to the traditional jam and jelly flavors (although they do sell them) but new, innovative, "combo products such as strawberry-pineapple, cranberry-pecan, pepper jellies, wine jellies, and local favorites such as muscadine jelly."

As if the plethora of vendors weren't enough to strike your fancy, there is also live entertainment and activities every week. Different bands, soloists, and musicians perform many kinds of music at the market. You'll also have the opportunity to participate in cooking demonstrations, and a kids' program, NIFY, gives your child the opportunity to make some arts and crafts, play games, sing songs, have story time, and more. Tuseth encourages everyone to bring their whole family, pets included.

"Our market is family friendly and pets on leashes are welcome! The market sits on a big field where kids and dogs love to play on nice days. We also provide various types of entertainment on the deck, including local musicians, educational programs, and crafts for kids. Check out our Facebook page (ASU Regional Farmers Market) for information about upcoming events."

The ASU Farmers' Market opens on May 4, as soon as the sunshine touches down on the grass at 7 a.m. It's open until 1 p.m., so the early bird definitely gets the worm — or in this case, the jams and veggies. They are open every Saturday until the end of fall harvest season in October, and in the months of June, July, and August, they are also open on Tuesday from noon until 5:30 p.m. So, get out there and bring home the (literal) bacon!



CHAMPION BULL RIDER

By Richard Brummett

Champion bull rider Tyler Lewis will be coming back to Paragould at the end of May in hopes of defending his title in the 4th Annual Rodeo on the Ridge at the Greene County Fairgrounds.

Tyler Lewis

The event will be held May 31 and June 1 as part of the Arkansas Cowboys Association (ACA) schedule and Lewis said he is looking forward to making a run at the top honors for a second year in a row. "I was there last year and I won it," the 25-year-old rider said, "so I'm looking forward to try to do it again."

Now living in Mountain Home, Lewis was raised in Calico Rock and started rodeoing at an early age. The sport helped pay for his college education and led to his winning the title of Reserve Champion Bull Rider at the collegiate level. He attended Three Rivers College in Poplar Bluff before transferring to Southern Arkansas University in Magnolia, and then earned a degree in Agriculture Education from Arkansas State University in Jonesboro in December of 2018.

"I started riding sheep when I was about five years old," Lewis said. "My dad had always been around the rodeo and I just worked my way up from there until I started riding professionally. I rode calves, steers and smaller type bulls until I was old enough to do what I do now."

"I guess, really, my cousin Blake got me hooked real young. I grew up watching him and he probably talked me into it at one time ... and I've been doing it ever since. I've been all over ... to Fort Worth and San Antonio and will be in Jacksonville, Florida, real soon. You can go as far as you want to go or stay as close as you want to stay."

Lewis said he plans to pursue the profession for a while to "see where it takes me. I started slow this year then did really well until I tore a leg muscle in February. That slowed me down until I got it healed up and got back going. Injuries play a big part;

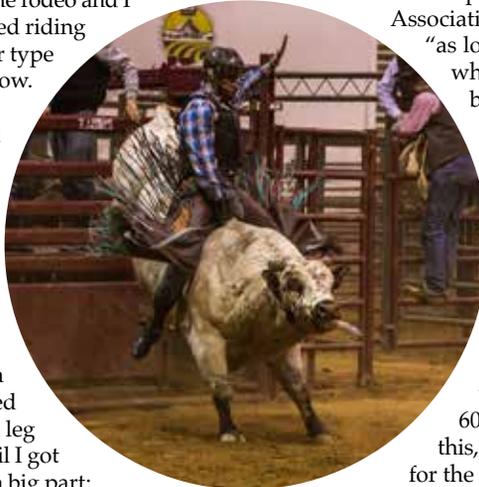


you've got to keep your body healthy. Some of the riders in their mid-30s do and they do fine. Some who don't are not as lucky. I try to stay in shape, but I don't do as much weight lifting as I used to. I was getting bigger and bulked up as far as muscle, and heavier, but now I do a lot of running. I was taught that that's the way to heal faster."

He expects to have several family members in attendance when the local rodeo comes around because of his growing up in Northeast Arkansas, and said they support him fully even though "my mom is not always too thrilled to watch me. I've had my fair share of injuries and she kind of keeps away when I'm riding. She'll go to the rodeo, but maybe go to the truck when I'm up."

Having won a couple of ACA state championships as well as competing in the International Professional Rodeo Association (IPRA), Lewis said he plans to keep riding "as long as it's still fun. I've had older riders tell me when it's no fun, it's time to quit and I think I will be able to do that even if it's right in the middle of the season. I've known people who tried to keep going just to finish out the year and wound up getting hurt. I have a 7-month-old son now and that makes you want to think twice about what you're doing, but I look at it this way: I started this, and I don't want to just quit. The downside would be getting hurt but I don't want him to think that I quit on my dreams."

"Some older people say when I'm in my 50s or 60s I will wish I hadn't put my body through all this, but I've got a million memories I wouldn't trade for the world. It's been worth it."



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May

8

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When: Wednesday at 4 PM

Where: West Poinsett County Public Library
W. 2nd & Washington St., Weiner, AR

Info: libraryinjonesboro.org

9

Stepping Stone Workshop

When: Thursday at 10:30 AM

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

Info: (870) 236-8711

18

Kids to Parks Day: Picture This! Scavenger Hunt

When: Saturday at 9 AM to 3 PM

Where: Crowley's Ridge State Park
2092 Hwy. 168 North Paragould

Info: arkansasstateparks.com



Greene County Tech freshman Carleigh Hollis applies a tag to a baserunner in a recent high school softball game. Baseball and softball action will hit full swing all over Northeast Arkansas with the arrival of the month of May. Carleigh is the daughter of Michael and Jennifer Hollis of Paragould.

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LOCAL FESTIVAL: A CELEBRATION OF THE CULTURE, ARTS, & MUSIC OF NEA

Local Festival is an event created to showcase Northeast Arkansas' artists, artisans, businesses and musicians. The purpose of the event is to support everything local while inspiring, motivating and bringing the community together. Local Fest wants you to bring your family to celebrate the culture, arts, business, and music of the greater NEA area.

Local Festival is working in affiliation with Gamble Home Furnishings, Hijinx Family Entertainment Center, Suspence Entertainment, and Back Beat Music. The event will be held at Shop Local Park on the Farville curve behind Gamble Home Furnishings. Local Fest will begin Friday, June 14, at 4 p.m. and go until midnight, picking back up on Saturday, June 15, at 10 a.m. and going until midnight Admission is free of charge. Some of the entertainment will include: A multi-stage, jam packed music line-up featuring many of NEA's favorite musicians and bands, Sunrise/Sunset Yoga with Hailie Allen, a Poetry Slam hosted by Nicole Sylvia, a Kids' Zone provided by Hijinx Family Entertainment, and vendor booths featuring local artists, artisans, local businesses, and a variety of food truck vendors.

A lot of interest has been sparked with Local Fest, and a high turnout is expected. This is the perfect opportunity for local artists, artisans, businesses, and other vendors to sell and promote their business and products. There is still availability for plot rentals to set up booths. Those interested are welcomed to contact localfestjonesboro@gmail.com.

Local Festival is a community effort, always in search of volunteers and sponsors. Anyone interested in volunteering, donating, or sponsoring for the event should contact localfestjonesboro@gmail.com. Shop Local Park is located at 24 CR 912 in Brookland. For more information you can find them on Facebook @localfestjonesboro and Instagram @localfestjonesboro as well as the website www.localfest870.wordpress.com.

A community's success is reflected through involvement and engagement. The wider purpose of the event is to enhance the livelihood that serves all members of the community. By facilitating awareness and celebrating local artists/artisans/musicians/businesses, we enhance the livelihood that serves all members of the NEA area. Organizers are hoping to create an atmosphere that brings people together to share ideas, strengthen and grow the local economy.

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Thank You, Premiere readers and Jack, Jill, and iRock Radio Listeners! The votes were overwhelming this year for our annual Premiere Awards and we appreciate your taking the time to participate.

Keep this edition around as your guide to highly recommended businesses in our area! As you can see, most are locally owned or have locals who care enough to give their customers the kind of service that earns them this much-deserved recognition.

Please shop these Award Winning businesses! Let them know that you saw their names in this section and that they have been recommended by our readers.

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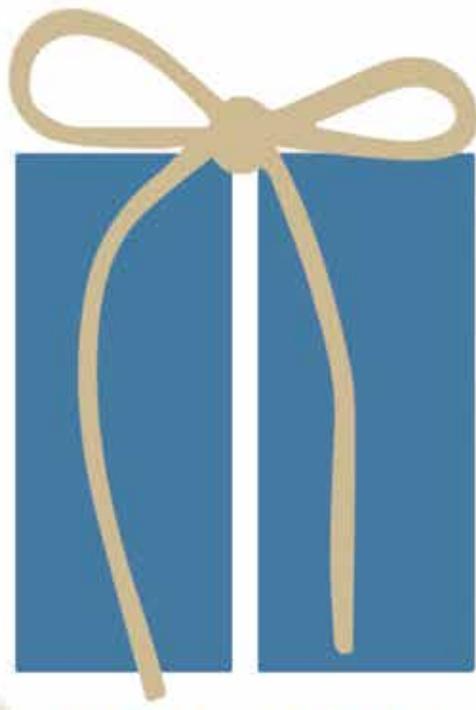
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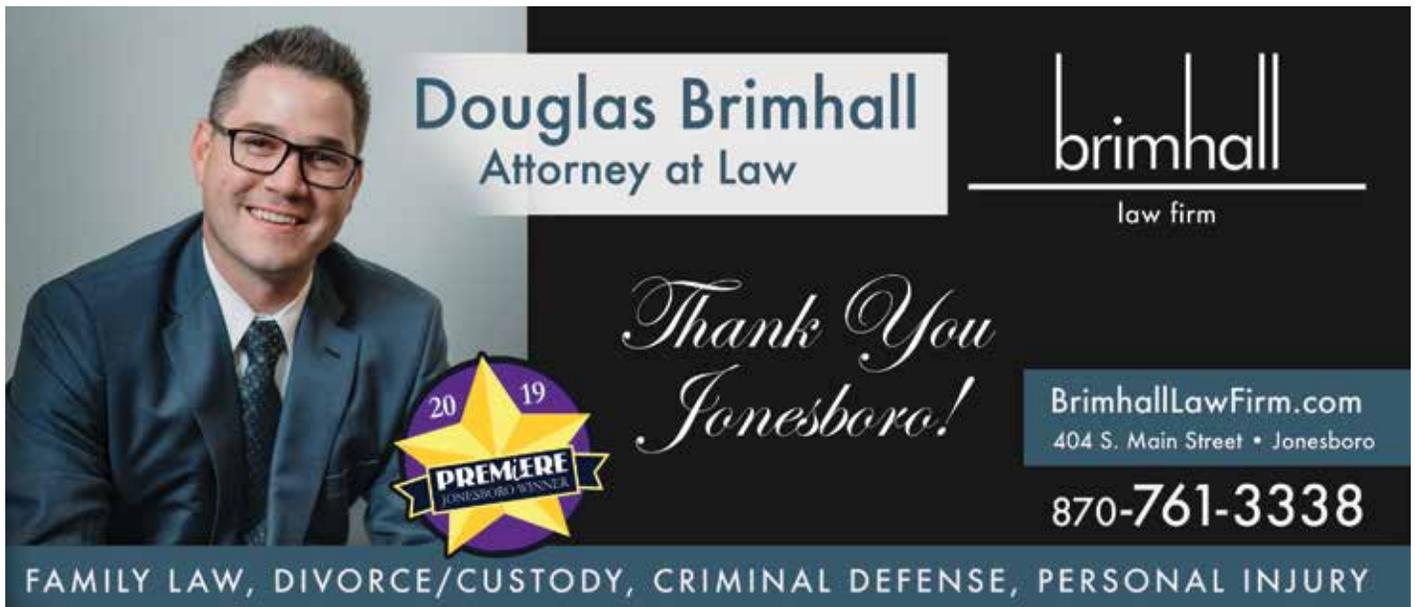
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5 DON'TS OF SKIN CARE

By Brittany Murray

As an esthetician, I hear some of my clients tell me their deep, dark skin secrets. Some of these are pretty common while some make me cringe on the inside. So I've put together a list of no-no's when it comes to your skin.

1. NO HOME CARE ROUTINE

I can't express how important it is to take care of your skin at home. I have so many clients who prefer a magic wand to wave over their skin and take away all signs of aging, hyper-pigmentation, and acne. While that would certainly make my job easier, I can't make that happen for you. However, I can give you something pretty close. Being consistent with a home-care routine will bring the vitality back to your skin. At Rouge Spa & Salon we offer Eminence Organic Skin Care Products that give you the maximum results you're looking for. As always, feel free to come by for a skin analysis so our esthetician can suggest the best home care routine for you.

2. DON'T BE A PICKER

Picking, popping, or scratching at blemishes can cause irritation, long-term damage, and spreading of bacteria. If you are prone to break outs make sure you are using the right product that isn't too harsh on your skin. I see lots of clients who are trying their best with the products they have but they are only making their problem worse with the wrong products. At Rouge we offer facials where we perform extractions. We also use high frequency if not contraindicated.

3. DON'T FORGET YOUR SPF!

The majority of pre-mature aging can be contributed to the sun. Even just a few minutes in the sun with out protection can lead to wrinkles, dark spots, freckles, and blotchy skin. Rouge Spa & Salon is proud to carry Jane Iredale - the skin care makeup. They have several foundations that are recommended by the Skin Cancer Foundation.

4. DON'T USE DRUGSTORE PRODUCTS OR ORDER PRODUCTS FROM TV

Let's say you have purchased a dress. You spent quite a bit of money on it. After wearing it do you go home and wash it, iron it, etc., to get it ready to wear daily? No, you aren't going to wear the same outfit every day. However, you are wearing your skin daily! Shouldn't you take care of it? So skin care isn't the place to be looking for the best bargain. Additionally, buying skin care from a professional (this does not include the folks on HSN) is a sure way to make sure the money you are spending is put to good use. Buying skin care from the industry's professionals will not only ensure you are using the right products for your skin but the products will also have more active ingredients so you are getting maximum results.

5. DON'T SLEEP IN YOUR MAKEUP

Your skin restores itself at night while you sleep. Sleeping in your makeup can hinder the skin's natural regeneration process. This can cause premature aging and clogged pores. Sleeping in eye makeup can also cause issues with your eyes and the hair follicles around the eye. So don't forget that nightly skin care routine. You could use 5 minutes to yourself anyway, right?

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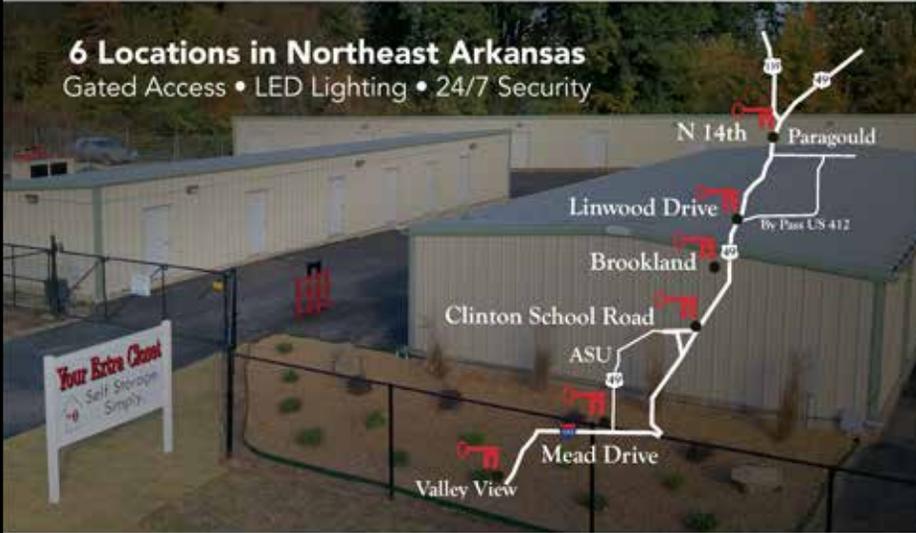


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A group photograph of ten professionals, five men and five women, dressed in business attire, standing in two rows against a plain background.

Three star-shaped award logos are displayed, each with a year (2019, 2018, 2017) and the word 'PREMIERE' in a banner across the star.

The logo for Thomas, Speight & Noble, featuring a stylized 'TSN' monogram and the text 'THOMAS, SPEIGHT & NOBLE' and 'A Professional Association of Certified Public Accountants'.

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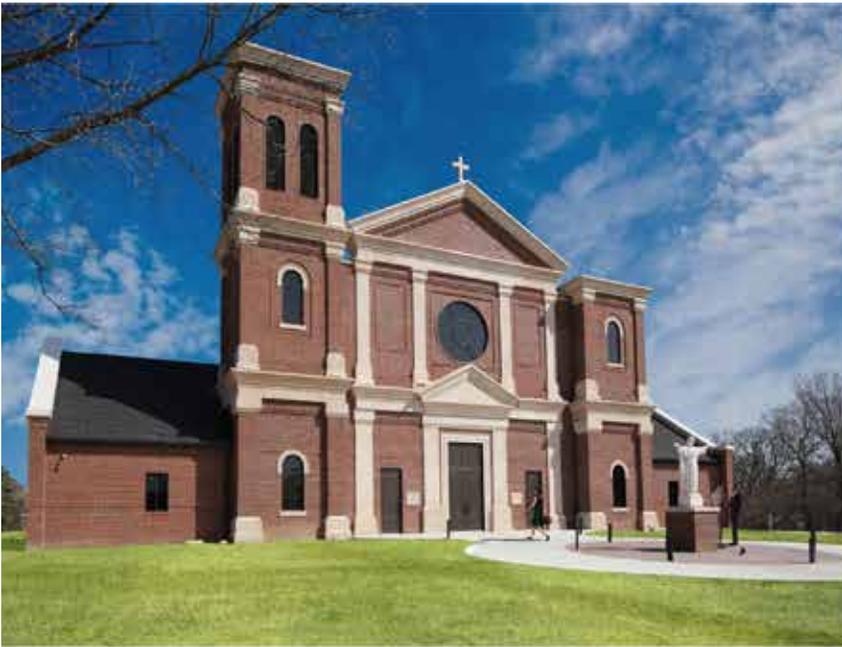
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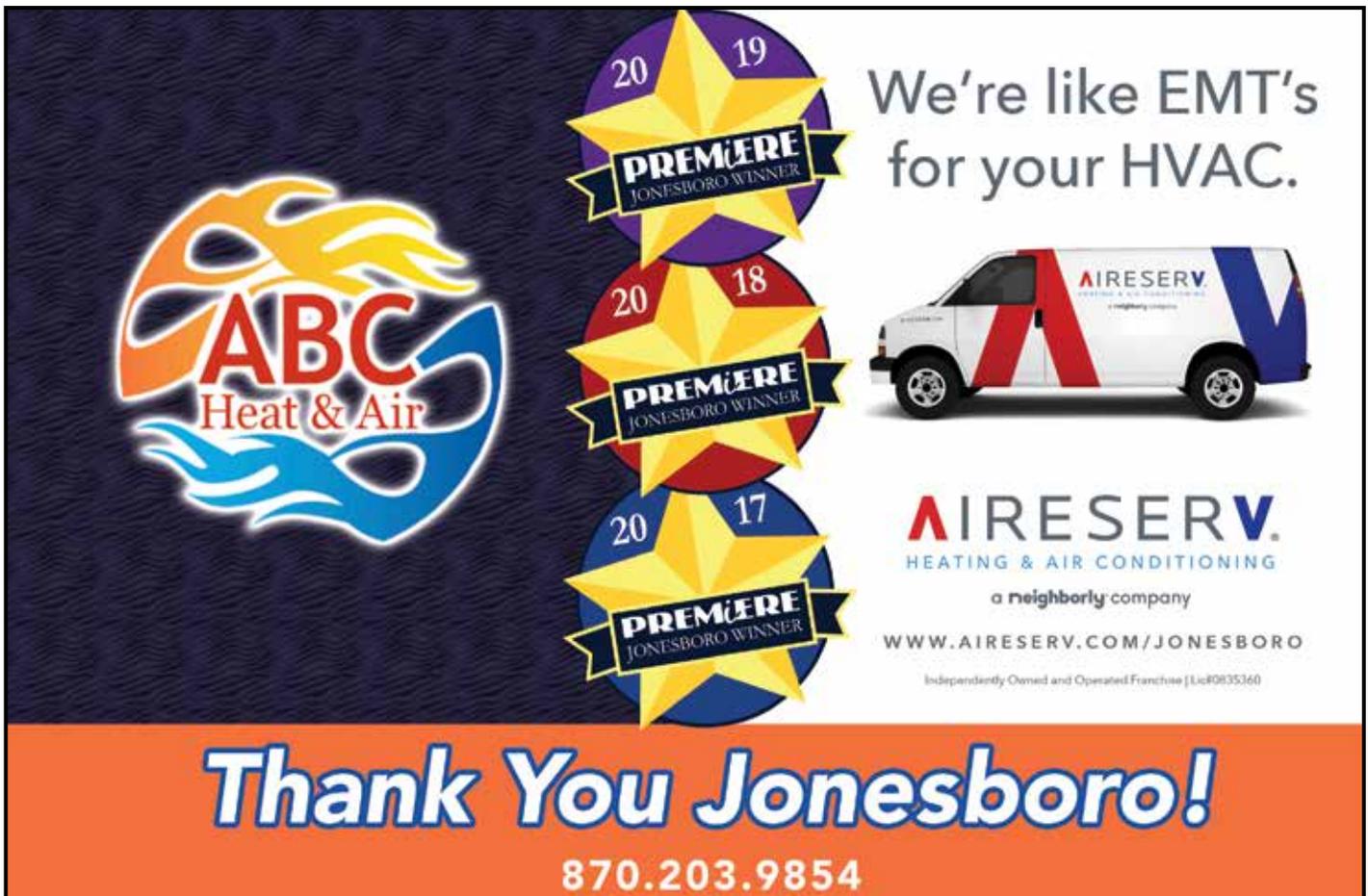


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The advertisement features a dark green background with a wooden surface. On the left, a green box labeled 'SOUTHERN PHARMACY SOUTHERN CARE PACK' is shown next to a roll of white paper. In the center, there is a red and white inhaler, a small packet of pills, and a tube of cream. On the right, the Southern Pharmacy logo is displayed in a stylized white font, with the website URL and social media icons below it.



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The advertisement features a blue and white background with a car being washed. On the left, a cartoon rhino character in a red shirt and yellow cap holds a sign that says 'Rhyno CAR WASH'. The main text is in large, bold, yellow and white letters. On the right, three gold star-shaped award medals are displayed, each with a year and the text 'PREMIERE JUNESBORO WINNER'. A Facebook logo is in the bottom right corner.

As every mother knows, pregnancy is a beautiful, powerful experience that is marked by constant change. While children are an undeniable blessing, the process of bringing them into the world presents women with many less-discussed physical challenges, including new health concerns, torn muscle tissue, weight gain, stretch marks and skin issues.

We see celebrities seemingly able to “bounce back” into their skinny jeans weeks after giving birth - and yet, for most women, the process of rediscovering their physical body post-baby takes time, patience, and lots of self-love.

Sacrifice is a part of motherhood - but you don't have to sacrifice your confidence in your body to be an incredible mother. The most extreme changes women experience postpartum are typically with their breasts and stomachs, and while women have been choosing surgery for years to help get back to their pre-baby bodies, one procedure is rising in popularity: the “mommy makeover.”

According to Dr. W. Tomasz Majewski of Majewski Plastic Surgery and Spa in Jonesboro, mommy makeovers include surgical procedures to address small or sagging breasts, weak abdominal muscles, excess fat and loose skin that can occur as a result of pregnancy and breastfeeding.

The procedures that make up a mommy makeover depend entirely on the patient's body and goals, but they are typically done during a single procedure. They can include breast augmentation, breast lift or a combination of both; a tummy tuck (abdominoplasty), mini tummy tuck or liposuction. And they aren't always entirely surgical — many women are also choosing nonsurgical treatments (such as CoolSculpting®, Botox® and fillers, and professional skincare treatments) as a way to reinvest in their appearance and confidence without a lot of downtime.

If you're not planning to have more children and would like to discuss ways to enhance your appearance post-baby, schedule a consultation with Dr. Majewski today! During your consultation, he will work to create a personalized plan that meets every need, including fitting recovery time into your busy schedule.

The New Mommy Makeover

By Maja Majewski



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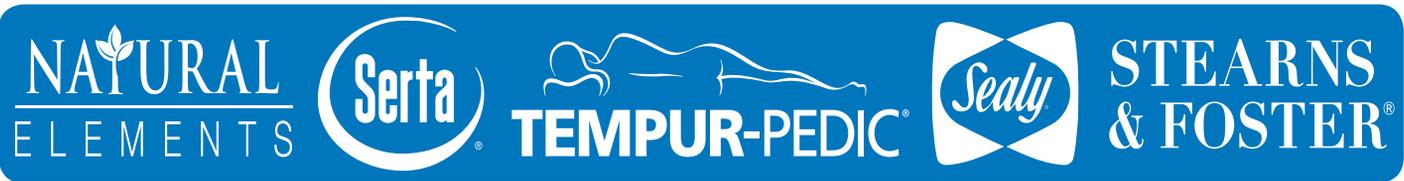
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A scenic view of a tropical beach with palm trees and turquoise water. The text 'ALL INCLUSIVE Escape OFFER' is overlaid on the image.

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FOR MOM:

By Chad R. Oldham

As I was contemplating the appropriate words for a Mother’s Day article, I caught the news story regarding ASU’s recent hosting of a Mother’s Appreciation Tea at the Chancellor’s house. To paraphrase, Mrs. Damphousse indicated that the function was an opportunity to show gratitude to the Mothers of young students for their respective roles in preparing young women (students) for their college education.

It’s no secret that it takes a great deal of proper guidance and steering to see that a young person is properly prepared for college. I think the same could be said for life in general. On the eve of this Mother’s Day, I think back on all the guidance, support, and encouragement I received from my mother, as well as a host of others including grandmothers, aunts, teachers, and other “role model” women. As important as that guidance was to me, and no doubt other readers as well, equally important is the guidance and support we can now provide to our aging mothers, grandmothers and other loved ones. In this fast-paced world in which we live today, many senior loved ones struggle to adapt to a changing environment as well as the simple challenges brought on by advancing age. Such circumstances no doubt present the opportunity to “return some favors” and demonstrate our appreciation for the love, support and guidance rendered in our youth. Such may be demonstrated by something as simple as an occasional phone call to ensure that our loved ones are safe and in possession of the basic necessities of life or, possibly, arrange transportation for shopping and appointments. Some may need more involved or specialized care or services. Being cognizant of those needs and aiding or assisting in the procurement of such services can be of great assistance to our loved ones and may very well have a profound impact on their quality of life.

Finally, insuring that our mothers and other “women of influence” have properly planned for the future by procuring necessary legal documents such as wills, powers of attorney, or living wills is vital. This may also include providing assistance with the assessment and procurement of insurance, including home and auto, life, long-term care, and Medicare supplements.

Our mothers and other influential women are an invaluable resource and no doubt serve to shape our lives and the communities in which we live and work. We owe it to firstly, acknowledge their love and support and, secondly, return the same best of our abilities. Whether a simple phone call or note to brighten the day and check on needs, to identification of more specialized needs and aid and assistance in procuring the same – each serve as demonstrated appreciation for the love and support we, too, have received. If you have an aging mother, or other loved one and need assistance in identifying available resources, feel free to call and schedule a free consultation. This article is written in honor of all moms throughout Northeast Arkansas and the loving memory of Glenda M. Osborn.

Chad R. Oldham is an estate planning and elder law attorney with the Oldham Law Firm, PLLC, 603 Southwest Drive, Jonesboro, Arkansas 72401, and can be reached at (870)930-9919, or on the web at www.oldhamlawfirm.com. In addition, you may find the following organizations and/or websites helpful.

- Area Agency on Aging: www.e4aonline.com | 870.972.5980
- UAMS Center on Aging: www.uamscenteronaging.org | 870.930.9900
- A Place for Mom: www.aplaceformom.com | 870.351.0330
- Arkansas Alzheimer’s Association: www.alzark.org | 501.224.0021
- Elder Law Answers: www.elderlawanswers.com

Hotlines

- Adult Protective Services: 800.482.8049
- Elder & Disabled Abuse: 800.482.8049

Family Resources

- United Way of Northeast Arkansas: www.uwnea.org | 870.935.3658

Home Health

- East Arkansas Area Agency on Aging: www.e4aonline.com (Piggott) 870.598.2939
- East Arkansas Area Agency on Aging: www.e4aonline.com (Jonesboro) 870.930.2247

Transportation Services

- East Arkansas Area Agency on Aging: (Jonesboro) 870.932.0836
- Black River Development: (Pocahontas) 870.892.4547

Food Assistance

- East Arkansas Area Agency on Aging: www.e4aonline.com (Jonesboro) 870.930.2247
- Mission Outreach of NEA: (Paragould) 870.236.8080
- Senior B.E.E.S. Food Pantry: (Paragould) 870.239.4093

In-Home Services

- East Arkansas Area Agency on Aging: www.e4aonline.com (Jonesboro) 870.930.2247

Home Health

- East Arkansas Area Agency on Aging: (Paragould) 870.236.3903

Mental Health

- St. Bernards Counseling Center: (Jonesboro) 870.930.9090
- St. Bernards Behavioral Health: (Jonesboro) 870.392.2800
- Mid-South Health Systems: (Paragould) 870.239.2244

Senior Centers

- St. Bernards Total Life Healthcare: (Jonesboro) 870.207.7500
- Senior B.E.E.S.: (Paragould) 870.239.4093

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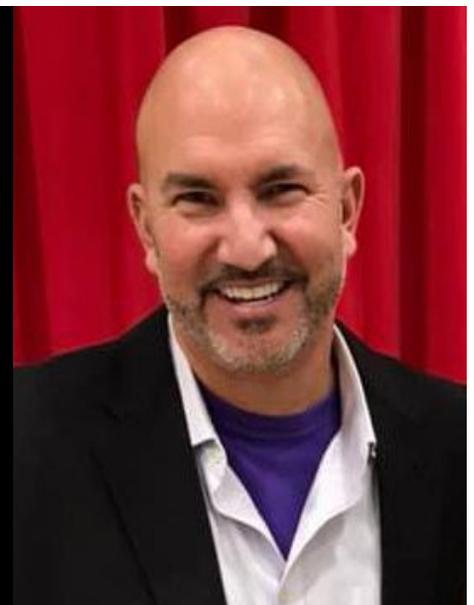
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PINWHEEL PROJECT

By Richard Brummett

April has been designated National Child Abuse Prevention Month, setting aside time to recognize the importance of families and communities working together to prevent child abuse and neglect and promoting the social and emotional well-being of children and families.

Several Northeast Arkansas communities took part in staging "Pinwheel Garden" ceremonies, with Jonesboro, Paragould and Marmaduke being counted among them. Information provided by Omer Overbay of the Department of Human Services explains the significance of the pinwheel: "Since 2008, the blue pinwheel has served as the national symbol of Child Abuse Prevention. By its very nature the pinwheel connotes whimsy and childlike notions. In essence, it has come to serve as the physical embodiment or reminder of the great childhoods we want for all children."

DHS supplied the pinwheels to signify its partnership with area law enforcement agencies. Arkansas First Lady Susan Hutchinson, a well-known advocate for the safety of children everywhere, led the ceremony at the Craighead County Courthouse in Jonesboro. Overbay participated in the events at Jonesboro, the Greene County Sheriff's Office, Greene County DHS and the Marmaduke Police Department.

During the month of April and throughout the year, communities are encouraged to increase awareness and provide education and support to families through resources and strategies to prevent child abuse and neglect. Each year, the White House and many states issue proclamations to raise awareness and to encourage communities to take steps to



improve the well-being of children.

An estimated 906,000 children are victims of abuse and neglect every year (one every 30 seconds). The rate of victimization is 12.3 children per 1,000 children, with children ages 0-3 the most likely to experience abuse. About 1 in 50 U.S. infants are victims of nonfatal child abuse or neglect in a year, according to the first national study of the problem in that age group done by the Centers of Disease Control and Prevention along with The Federal Administration for Children and Families.

Every year, 1,500 children die from child abuse and neglect. That is just over four fatalities every day; 79 percent of the children killed are younger than 4.

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GET RICH WITH RICHARD BRUMMETT



We all have those moments when we realize we have been saying something incorrectly for who knows how long, like those instances when we have the opportunity to read for the first time the lyrics to one of our favorite songs and we learn we've been way off base for quite some time, singing along with the radio using our own misguided lines.

I have friends who say "supposively" instead of "supposedly" and "versabile" instead of "versatile," and one couple has jokingly called pasta "potsa" for so long that when they start to order in a restaurant they have to say, "We'll have the potsa. I mean pasta. Wait, or is it potsa? Pasta? Noodles." And, let's face it, no one in Arkansas pronounces "seventy" with a "T" in it ... we say sevendy and there is a real good chance that that state in the Northeast is Massatoosetts.

I personally love hearing young children say what they think they heard, sometimes making up words and sometimes confusing real ones. Who hasn't had a little one refer to the kitchen appliance as the fridge-a-frator or to spaghetti as pusketti or busketti, or dessert as bezerk? My grandson, David, once told me not to "poink" at him because his parents were teaching him it was impolite, and in a restaurant he would order a "roop deer" to drink with his fried fish and hushpuffies. His brother, Kegan, referred to Cool Whip as "Corn Whip" and wanted to know who our team was "versing" in a ball game.

When our older daughter, Kelly, was in the want-to-be cheerleader stage she paid close attention to the squad of girls spurring the crowd on at the high school games, often walking around the house later that night waving her own set of pom-poms and repeating the cheer, "They *bought* it, we *want* it, so *take it away!*" I promise, we taught her better than to want to steal the other team's stuff, but it sounded right to her at the time.

She also once wanted to wear her "nickel pants" and it took us some time to realize she was mispronouncing corduroy as "quarter-roy" and she just knew she wanted some money pants on.

Not to be outdone, younger sister Lindsay wanted to put on her "bayin' zoot" at swim time, preferred to stay in the liv-a-loom (living room) with the rest of us instead of her own room and voiced her displeasure when the grownups chose to play Trivial Pursuit by whining, "Don't play Trivianna Sue!" because she wasn't old enough to know how to answer any of the questions.

What can you do other than smile and enjoy? David wanted to ride a murdercycle like a daredubble (and the Dubble lives down there instead of up there in Heaven, you know) and once he donned a baseball catcher's mask and said, "Look. I'm the vampire." Kegan wanted to watch a Muffit (Muppet) movie and Kelly often wanted money to visit the consession sand.

Our family has been known to turn stewed potatoes into "stupid tatoes," wanted to ride the alligator from one hotel floor to the next and I once listened to my niece sing the

Alphabet Song as "... H-I-J-K lamma nanna P."

One of my friends said his little one came home from a Barnum & Bailey circus performance excited about the entire experience and was in the driveway the next day reliving the moment by announcing, "Ladies and junglemen ..."

My daughters are both teachers so they get to hear a number of misguided attempts by their students almost daily, and I have encouraged them to write down the funny things their own kids come out with at home because they seem to get even more humorous with time. When I was very young I wanted to impress my parents with my reading skills and brought home a library book from school. I told them it was about a boy who sneezed and when I read the page where he went to a mountain top and said, "Eh-choo! Eh-choo!" my sister grabbed the book away and said, "That's echo, you idiot!"

I always wondered why the kid had to stand at the edge of a cliff to sneeze, so it did seem to make a little more sense her way. At least we can laugh about it today.



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THE WALL THAT HEALS

By Richard Brummett

At the end of this month Paragould will play host to "The Wall That Heals," a smaller version of the Vietnam Veterans Memorial that resides permanently in our nation's capitol. The local Veterans Support Association (VSA) has been instrumental in securing the wall's visit to the city, and president Kenny Wright said plans for the transportation, assembly and presentation for public viewing are being finalized.

Wright said the display will leave Tuckerman headed for Paragould on Tuesday, May 28, and people are invited to meet ahead of the scheduled 3 p.m. departure time to "gather beforehand, show up, get acquainted. We're asking people to meet about 12:00, or even earlier if they want. We'd like to have a real caravan escort it here. Tuckerman is going all out on this thing. There's going to be a band there and the Color Guard from Harding. When the truck arrives, we'll leave for Paragould." Anyone interested in knowing more about the travel plans and/or route is asked to call Cindy Holder at 870-930-5817.



On Veterans Day 1996, the Vietnam Veterans Memorial Fund (VVMF) unveiled a smaller replica of the Vietnam Veterans Memorial in Washington, D.C., designed to travel to communities throughout the United States. Since its dedication, The Wall That Heals has been displayed at nearly 600 communities throughout the nation, spreading the Memorial's healing legacy to millions. The traveling exhibit provides thousands of veterans who have been unable to cope with the prospect of facing The Wall -- or have been unable to travel to Washington, D.C., to see the original memorial -- to find the strength and courage to do so within their own communities, thus allowing the healing process to begin.



The Wall will be situated at the Harmon Field football/soccer stadium in Paragould from Thursday, May 30, through Sunday, June 2, and is expected to draw visitors from several states during its Paragould stay. Only 34 cities across America earned the right to host the display, making its local stopover one of importance. The main components of The Wall That Heals are The Wall replica and the mobile Education Center.

The 3/4 scale replica of the Vietnam Veterans Memorial will be open for viewing 24 hours a day and the mobile classroom will sit at the north end of the field, allowing visitors to enter and learn more about the display. The replica is 375 feet in length and stands 7.5 feet high at its tallest point. Personnel will be on hand to instruct guests on how to find the names of friends or loved ones among the 58,000-plus who lost their lives in the Vietnam War.

Volunteers will be needed to help with construction, staffing and protection details, with the VSA acting as host. Anyone receptive to the idea of volunteering in any fashion should call Don Foster at 870-240-3925. Foster will be in charge of setting up a roster of volunteers and scheduling their times to work. Any interested party should contact Foster and inform him as to any limitations they might have regarding their ability to work.

Wright said the VSA wants to make Saturday, June 1, "Veterans Appreciation Day" at the display. "We want veterans old and young to come out," he said. "We don't care what war, what area of service; we're all about supporting God, country and the military. If they will come out about noon we'll have a speaker and some other things to show our appreciation."

He said anyone seeking more information is free to call him at 870-208-3970.

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ST. BERNARDS 2019 Health & Fitness Expo

St. Bernards Medical Group hosted the 12th annual Health and Fitness Expo on Saturday, April 13. The Health and Fitness Expo was held at First National Bank Arena, located on the campus of Arkansas State University. The Expo began with the Doc Rock and Run half marathon at 7:30 a.m. and the 5K kicking off at 8 a.m. These races benefit the St. Bernards Neonatal Intensive Care Unit, which is the only NICU in the region.



The free screenings available covered adults from head to toe and included: full blood lipid panel consisting of height, weight, blood pressure, glucose, anemia, PSA and BMI testing, as well as a cholesterol breakdown; heart screenings; mammograms and vision, and foot and skin cancer screenings, among others.



Throughout the weekend, Healthy Cooking Kitchen demonstrations were held featuring local chefs and celebrities, including Arkansas State University Chancellor Dr. Kelly Dampousse and KAIT anchor Destiny Quinn. Physician-led panel discussions focused on advancements in heart health and cancer treatments, as well as diabetes.



On Sunday, all 7th-12th grade student athletes from public schools in Craighead County had the opportunity to receive a free comprehensive pre-participation evaluation.

Activities for children throughout the weekend included a visit to the Kids Zone, featuring inflatables, Molly the MegaBody, Healthy Treasure Hunt, Gardening Center and more, along with the Kids Rock and Run race, which was held at 2 p.m. on Sunday.

The St. Bernards NICU Reunion was held at Expo this year. From 1-4 p.m. on Sunday, all St. Bernards NICU graduates were invited to the Expo for fun activities, a meet and greet with NICU staff members and photo opportunities. NICU graduates led the kick-off for the Kids Rock and Run Race.

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FISH IT ALL AWAY BY CHUCK LONG

The enjoyment of the beauty almost overcame the desire to fish as we motored up an inlet of the Inside Passage of Alaska. Steep snow-covered mountains plunged into the cold water that held halibut, salmon and a wide variety of other aquatic life. The boat ride was somewhat stressful as it was uncharted waters for us, with only a set of maps and buoys to guide our travel to the hole the lodge owner suggested could hold a few halibut.

Bob Uhlmansiek, a friend of my uncle Jerry Blanton, carefully navigated our boat through the waterways and we arrived at our location and began to fish. Uncle Jerry, Dad and Bob decided to drop to the bottom with bait while I chose a large metal jig. We began to probe the deep waters in search of halibut.

As I bounced the jig along the bottom, I could not help but be amazed at the surroundings God had provided. The mountains, trees and wildlife painted a wonderful backdrop to a beautiful, serene setting that was almost mesmerizing. But that feeling of wonder was jolted out of my head by the thunderous strike of a halibut as he grabbed the metal jig.

The huge flat fish tried to hold to the bottom but I was able to move him and work the fish toward the boat. Violent head shakes and dives turned the fight into a workout but I was finally able to get the fish near the surface. He looked like the hood of a pickup laying just below the surface. He made a couple more lunges as the drag screamed its displeasure, but we were about to close the deal.

The next step was to get the beast into the boat and this involved using a harpoon, which

Uncle Jerry had readied. Bob and Dad waited to help as I eased the fish alongside the boat. Uncle Jerry jabbed the fish with the harpoon, but it did not engage. Chaos ensued as the fish renewed the battle. Water flew, some of us hollered and I tried to hang on. In the excitement the line on the reel had become tangled and the fish reached a knot as it ran from the boat and the monofilament snapped. The big one had gotten away.



I have no idea how big that fish was. We estimate that he was near 100 pounds. I can still feel the power of that fish and see him slipping into the depths as he got away. Episodes like that are what make the times spent outdoors memorable. The grand memories of that trip are much greater than any fish we caught, or let get away. A little time in a wondrous setting is a very worthy pursuit and can set our minds in a much better frame.

Tiger Woods, who just won his fifth Masters, once said, "I thoroughly enjoy getting away from the game and going fishing because it's so relaxing, so quiet, and peaceful. I mean, there's no noise other than nature ... and it's so different from what I do in a tournament



CHUCK LONG

Regional Education Coordinator Northeast Education
Division Arkansas Game and Fish Commission

situation that it just eases my mind."

In our world today, we need to get away. We need time to relax, feel the quiet presence of nature and slow our brains down from the speedy nonsense that clutters them on a daily basis. We need our hands to smell like worms and fish slime, our skin to be tinged from the sun and our minds to be full of great memories from a day on the riverbank.

Do you find it difficult to unplug and forget the daily struggles? When a giant flat fish with two eyes on one side of his head rolls up beside the boat, the mind is not thinking on the troubles of this world. But, for me, the same thing can be said as a bream pulls a floater under, a crappie hits a jig or as a catfish decides to take the stinkbait. In that moment, the thoughts of the world that clutter the mind are replaced by a tug on the other end of the line and a wonderful memory is made.

We caught more halibut and salmon on that trip, but our coolers would have been much fuller if the big one had not gotten away. But the memories from that trip will always be bigger than any fish we hooked or caught. I often use those memories and many more like them to push out the daily ridiculousness of this world.

I hope you will take some time to get out on the water, clear your mind and fill it with fishing memories. If you need help with fishing info, drop me a line (pun intended!) I hope to see you out there.



FLAGS TO HONOR VETERANS

By Richard Brummett



What started as a small project a year ago has turned into a major undertaking for three local women, but thanks to the hearty volunteer spirit of Greene County residents their patriotic movement continues.

Sharon Grooms, Eileen Boldreghini and Roseann Livingston spearheaded a plan to place an American flag on the grave of every veteran in the county for Memorial Day. Only

after they jumped wholeheartedly into the plan did they realize what a mighty challenge it was. "It was Eileen's idea last year," Grooms said. "Me and my husband, Tommy, and the others ... we just made it happen. Pretty soon after we started, we were overwhelmed."

A quick study of the numbers shows why. Contained in the 37 cemeteries scattered around the county are graves for well over a thousand veterans of the various military conflicts. With only a handful of helpers a year ago, project organizers soon found themselves wondering, "What were we thinking?" Boldreghini recalled. "We did about 1,600 flags last year. This year we have a lot more volunteers. Some of the cemeteries are in very remote areas. That's why we're trying to get the community involved. We have veterans from all areas of Greene County. And we have veterans from the Civil War, Spanish-American War ... some were in three different wars. We are undertaking the task to get flags on each one."

Having come from a military family, Boldreghini said she can't stand to see a veteran's grave site look abandoned. "My sister and I put out decorations for our family and I noticed some veterans seemed to be neglected; there was nothing to honor what they did," she said. "A lot of my family is buried in remote areas that you can't find or are hard to get to. I hope someone would take care of them if we weren't able to."

"We all agreed ... we can't stand in front of those graves and not get emotional," she said of herself and her project partners. "I think it's important ... we want our kids and grandkids and all kids to have that special connection to these people who protected us all."

The plan is to put out the flags during the time frame of May 20-26, then return from May 28-June 2 to retrieve them. Grooms said the local VFW is contributing many of its flags for their use, just as it did a year ago. "Volunteers should reference the Facebook page (Honoring Veterans on Memorial Day in Greene County AR) or call one of us. The dates are kind of open. They can go to the website and pick the cemetery they want to work in and we'll help them. My husband will help them with some things like flag etiquette ... not letting it touch the ground and things like that. A list of all 37 cemeteries is on our Facebook page."

"We would love to load pictures of loved ones to the Facebook page and have people tell us where they are buried so we can be sure they get a flag," she continued. "It's just such an overwhelming job. Linwood Cemetery has 540 veterans by itself. So if someone wants to, they can just show up out there Tuesday and Wednesday (during the scheduled work week) about 5:30 and they can help us with that big job."

"And tell them to bring water and bug spray," Boldreghini said, adding that Carol Queen and Cleta Burrow are also invaluable volunteers.

In addition to church groups and some individuals, local scouts and Paragould High School's ROTC unit will also be involved. "We have three coordinators; everyone else is a volunteer," Grooms said, "so we welcome any help we can get."

Interested volunteers may call one of the three project leaders at:
Sharon Grooms 870-476-0685
Eileen Boldreghini 870-450-8386
Roseann Livingston 916-947-6360

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HAPPENINGS

THE CITY OF JONESBORO DIRECTORS SELECTED



The City of Jonesboro has selected Regina Burkett, an experienced community development director with collaborative connections to regional business executives and governmental agencies, to lead its Community Development and Grants Department. "Ms. Burkett comes highly recommended and has the credentials to manage our critical grants procurement and community development needs," Mayor Harold Perrin said.



Deanna Hornback, who has worked in the City of Jonesboro finance department since October and most recently served as interim director, is now full-time finance director. "Deanna has stepped into a role with the city not because she needed to, but because she wanted to, and her work has been invaluable in our finance department," Perrin said. "She is widely respected inside and outside city government, and quickly familiarized herself with the complex role of overseeing the city's finances."

CONGRATULATIONS BOBBY CALDWELL LEADERSHIP AWARD



The ABA proudly congratulates Bobby Caldwell, President & CEO - East Arkansas Broadcasters, on his much deserved recognition by the Broadcasters Foundation of America with its Leadership Award. The award is given annually in recognition of career contributions to the broadcast industry and the community at-large.



Dr. Eggensperger Named President of Black River Technical College

On April 16 the Black River Technical College Board of Trustees voted in open forum to appoint Dr. Martin Eggensperger of Mountain Home as the fifth BRTC president. The announcement follows a four-month presidential search led by the seven-member board and assisted by a 22-member search committee composed of community members and BRTC vice presidents, faculty, staff, and students representing the four-county service area and both BRTC locations

Dr. Eggensperger comes to BRTC from ASU Mountain Home. He currently serves as Vice Chancellor for Academic Affairs.



Matt Daniel Named A-State Women's Basketball Coach

Arkansas State University has hired Jonesboro native Matt Daniel as the head coach of the women's basketball program, Vice Chancellor for Intercollegiate Athletics Terry Mohajir announced.

"We are thrilled to welcome Matt and his family to Arkansas State as the newest members of the Red Wolves family," said Mohajir. "My obligation is to the girls in that locker room and I truly believe Matt Daniel gives our girls the best opportunity to win championships and go to the NCAA Tournament. He will do a wonderful job representing our athletics department and the women's basketball program."

Daniel comes to Arkansas State after a recent five-year stop at Marshall as the head coach.



India & Tucker

By India Danielle Harris

Tucker and I grew up with one another. He played baseball with my brother for years and our mothers are friends as well. We went our separate ways after high school and still hadn't thought about dating one another but I saw a picture of him on social media and thought he was so cute, so I tried to get his attention by liking all of his posts and it worked! He messaged me a few days later and we went on our first date a week later.

"It was October 26, 2017. He lived in Batesville while he played baseball and finished college but chose to drive to Paragould and take me out. We met at Chili's for dinner and we instantly clicked. After dinner we headed over to the GCT football game to watch his brother play football. We laughed and smiled all night long and it was a night we still reminisce on today.

"Our first important milestone was the first time we said, 'I love you.' It was pretty quick after we started dating, but we both knew that what we had was real and was God's plan for us. When talking with our officiant, Tucker's uncle, he asked us if we felt like we have had different levels of love and if so, when was the first time we felt that level go up. We said we knew our love had grown deeper when Tucker's grandfather passed away. We had been dating for two months, which seems short, but the loss brought us so much closer. We were able to be more transparent and open with one another and just grow closer to one another. Another major milestone was the first six months of our relationship. We spent them doing the long distance 'thing' and while it wasn't our favorite, it also helped us to grow closer. We were able to see each other once every few weeks and it was so sweet. We didn't take our time together for granted and when

he finally graduated and moved home it was such a big moment for us.

"Tucker had told me that his family was going to have a get-together on September 8th, which I thought nothing of because his family has these all the time. He told me he had to work, which I also believed because it was harvest season and I usually didn't see him until 9:00 p.m. every day. So, I went with his family out to his grandparents' house for the party. After about an hour his sister asked me to ride up to his uncle's to get something and about halfway up the road she pulled over beside an open gate. I had no idea what she was doing. She kept glancing over at a big pecan tree a few feet from the fence. I then saw lit candles leading up to my soon-to-be fiancé. I began to cry and walked over to him where he said so many sweet and unforgettable words and he popped the question. I have never been more sure of anything in my entire life! After the proposal we walked back to the house and our families were all there waiting with cake, confetti, decorations, and lots of love."

India is the daughter of Mark and Danielle Perkins while Tucker's parents are Tony and Brandi Harris. They were married at the Cooper Alumni Center-ASU with a theme of simple/modern and colors of gold/champagne/greenery/mulberry. The officiant was Tucker's uncle. "We chose him because we knew him so well," India said, "and also because of the Christian example he and his wife have set for us.

"I am so blessed to get to spend the rest of my life with the man God made just for me. God really outdid himself and we are so grateful for one another."



Photography By LBT Photography (Lauren Middlecoff)

BIRTHS



Everlee Rose Brandon

Proud parents Terry Brandon and Tammy Montenisz of Bono welcome their newborn, Everlee Rose Brandon, into the world on February 24, 2019.

Everlee was delivered at St. Bernards Medical Center, weighed 6 pounds, 14 ounces and measured 19 1/2 inches long.

She is welcomed by three older sisters: Caitlyn and Riley Brandon, and Aly Montenisz.

Photo by Amy Reeves Photography

Maggie Rayne Russom

Maggie Rayne Russom was born on February 6, 2019, to parents Brandon and Heather Russom of Paragould. She was born at St. Bernards Medical Center weighing 6 pounds and 15 ounces, and reaching 21 inches long.

Also celebrating are her siblings Hunter Rawls, Shana Rawls, Jax Russom and Madden Russom as well as grandparents Eddie and Margaret Russom, and James and Phyllis Wood.

Photo by Inspired By Three Photography



Maximus Blaze Wince

Tommy (T.J.) and Shawntelle Wince happily welcomed their newborn, Maximus Blaze Wince, into the world on January 31, 2019.

Maximus was delivered at St. Bernards Medical Center, weighed 6 pounds, 12 ounces and measured 20 1/2 inches long.

He is welcomed by two older sisters Madison and Mackenzie, and grandparents Lonnie and Connie Wright and Cheryl Wince.

Photo by Shawntelle Wince



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LIVING A Better Story

By Jared Pickney

In honor of Mother's Day, I want to offer some unsolicited advice to all the moms out there. Never buy assorted donuts for your kids. It never ends well. You think you know each kid's favorite, but trust me, you will get it wrong.

Several years ago I started a Saturday morning tradition where I buy donuts for our kids. One morning I thought I would surprise my kids with a variety of donuts they could choose from. Little did I know that within minutes of revealing the freshly baked donuts, my middle son would choose the donut my daughter had her heart set on. After an absolute meltdown, which included breaking my son's toys, my daughter eventually calmed down and asked for forgiveness. As we walked through her

thoughts and feelings, I realized how her bitterness was rooted in envy.

Envy is unique in its ability to hide and decay our lives internally. We may not realize we are consumed by it, but over time, if left unchecked and unabated, it will rob our joy. When you envy the mom of five who looks like Gisele, or the woman who runs an NGO while producing concert-pianist children, you choose to foster discontentment, bind your freedom and create resentment.

In light of this reality, here are six things we can do to kill envy before it kills us:

1. Shift your focus to the goodness in your life. Take time to count your blessings.
2. Remind yourself that nobody has it all.

Despite what you see on social media, nobody has their life perfectly put together.

3. Don't spend so much time with people who value the wrong things. There is more to life than money, a successful career or a sexy body. Be careful not to surround yourself with people who put too much stock into temporal things.

4. Celebrate the success of others. Stop viewing life as a competition. Stop believing the lie that you would be happier if everyone else was miserable.

5. Be generous. Even if you have to force yourself at first, make generosity an essential habit of your life.

6. Above all, look to Jesus. Remember that because of his sacrifice you are deeply and perfectly loved by the God of the Universe, and that nothing can change that.

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May

EVENTS CALENDAR

2

What: Ag for Autism's 8th Annual AgBash

When: Thursday, May 2nd at 6:00 p.m.

Where: Arkansas State University Centennial Hall

Info: Since 2012 the AgBash has been Ag For Autism's largest fundraiser and signature event. Greatly attended, AgBash guests enjoy an exciting evening which features a silent auction, a delicious dinner and a number of fun-filled activities. Dinner, auction, and a special performance by The Band TRIPPPP. Ag for Autism grants are funded by the proceeds of the annual AgBash along with other Ag For Autism fundraisers.

3

What: First Fridays at the Forum presents Sam Morris

When: Friday, May 2nd at 7:30 p.m.

Where: The Forum Theater

Info: Sam Morris and his band hail from Nashville, TN, and stand out as being very non-Nashville musically and in style. Sam's music style can be called pop, or rock, and everything in between. Full of energy and power, featuring harmonies and distinct melody, Sam's shows have brought smiles and liveliness to thousands over the past year. Adults - \$7

ASU/Senior/Military/Children - \$5

Tickets available at foajonesboro.org, (870)935-2726, or The Forum box office.

4

What: OASIS Arts Festival

When: Saturday, May 4th from 10:00 a.m. to 6:00 p.m.

Where: Downtown Jonesboro

Info: The OASIS Art Festival is a celebration of the arts in Northeast Arkansas. This event is a collaborative effort between The FOA, Downtown Jonesboro Association, NEA Artist Collective, and ASU Art+Design. Works by local and regional visual artists will be exhibited in downtown Jonesboro along with various performing artists. This

is a public event. No ticket purchasing or reservations are required. For more information, call (870) 935-2726.

11

What: Jacksonport State Park hosts Beginner Embroidery Workshop

When: Saturday, May 11th from 1:00 p.m. to 4:00 p.m.

Where: Visitor Information Center at Jacksonport State Park

Info: Join a park interpreter to learn the basics of this timeless craft. Each participant will create a hand-sewn sampler to take home while learning six simple stitches. All supplies are provided. The workshop is best suited for participants ages 12 and up. Advance registration is required. The deadline to register is 3:00 p.m., Thursday, May 9, 2019. Admission: \$15.00 per person. For more information, contact the park staff at (870) 523-2143 or email: Jacksonport@arkansas.com.

11

What: Rivers of Recovery 3rd annual Arkansas Banquet

When: Saturday, May 11th at 5:30 p.m.

Where: Shop Local Park

Info: Come out and enjoy a great catered dinner and have your choice of drink poured for you all night long. The banquet is a casual, fun, family friendly banquet focused on celebrating the freedoms our veterans fight for and raising money to serve them now that they are back home. More information on Facebook.

18

What: Snap That! Scavenger Hunt

When: Saturday, May 18th

Where: Visitor Center at Lake Frierson State Park

Info: Bring your smart phone and your Snapchat app to participate in this self-guided scavenger hunt. This is a free event. More info at arkansasstateparks.com.

18

What: Lake City Spring Fest

When: Saturday, May 18th

Where: Lake City

Info: This annual festival brings together citizens and visitors of Lake City to celebrate the town and inspire its greatness. Featuring a pageant, car show, live music, and vendors of food and art. More information on Facebook.

21

What: Alzheimer's Caregiver Support Group

When: Tuesday, May 21st from 4:30 p.m. to 5:30 p.m.

Where: Collins Theatre of Paragould

Info: Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to learn more about it and the best ways to cope and support. Group meets the 3rd Tuesday of every month at 4:30 p.m. To register or for more information, call 870-207-7595 or 1-800-745-0557.

25

What: Back To The Future - A Revue of 20 Years of Dance

When: Saturday, May 25th from 7:00 p.m. to 8:00 p.m.

Where: Collins Theatre of Paragould

Info: Studio de la Danse presents "Back To The Future - A Revue of 20 Years" at the Collins. A celebration of 20 years of teaching young people the joy of the dance.

General Admission: \$10.00

12-and-under: \$7.00

2-and-under: Free

Tickets available at the door.

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

graphics@mormediainc.com

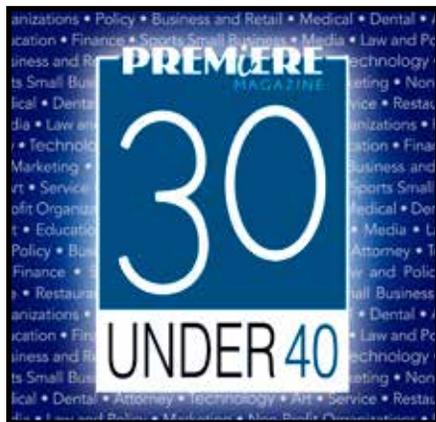
Stay Tuned

What's in store next month?
Disaster Preparedness



Information from local officials to learn more about local procedures.

30 Under 40



Those who take the extra mile to better our community.

NEA Seniors



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

On The Cover: Frank & Jimmy Williams
 with Henry & Juliet
 Photo By: Amy Reeves Photography



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