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From The PUBLISHER... DINA MASON

“

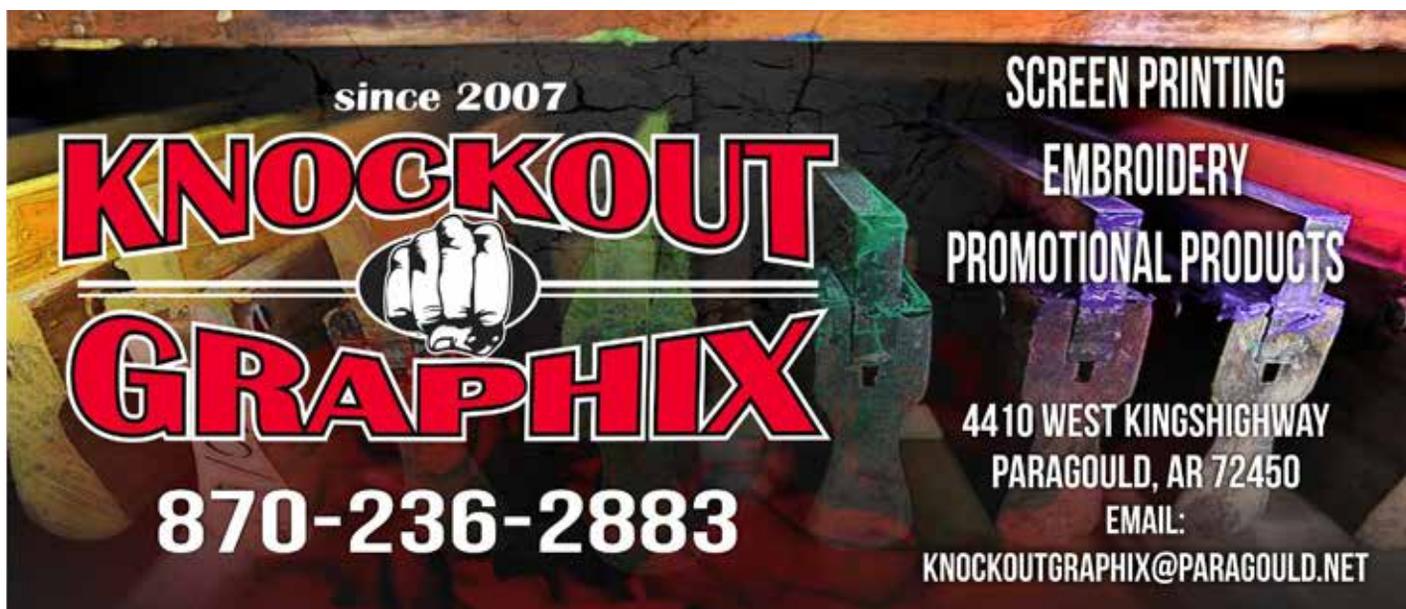
2019 is quickly coming to an end but 2020 still sounds so far away. October will be a busy month with many events happening in our communities but it will just be the start of the busy holiday season, so get ready!

This edition was a tear jerker but each of these brave lady warriors wanted to tell their stories so that if even one person is encouraged to pay attention personally and to have regular mammograms they will have contributed. What they may not realize is they encourage and inspire ALL women to be appreciative and to cherish the

moments of their lives every day. Each story will do that for every person who reads it and for that we thank them for putting themselves out there. We salute these brave warriors.

Please take this as your personal invite to come to the first MOR MEDIA Women's Living Expo at the FNB Arena on October 19th & 20th. So much to see and do and shop! Send the guys to the woods or put them in front of the football game and come join us for the FUN FOOD & PRIZES! Check out any MOR MEDIA website and see all the details.

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RECTOR LABOR DAY PICNIC

Rector was a hot spot for fun and festivities on Labor Day weekend with the Labor Day Picnic of 2019.

Residents and visitors came out to enjoy fabulous fair food, experience carnival rides, play exciting games, enjoy live music and more all day at the celebratory picnic event.



Northeast Arkansas First Responders' Breakfast

NEA Baptist hosted the 4th annual First Responders Appreciation Breakfast on September 11 to recognize the compassion and dedication of all local first responders.

First responders were honored with a dine-in breakfast buffet, or had the option to carry out.

For more information about NEA Baptist, call 870-936-1000 or visit www.neabaptist.com.



Brad Parsons, NEA Baptist CEO, visiting with first responders.



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DODGE'S STORE IN PARAGOULD GIVES BACK



Dodge's Stores is a privately owned company based out of Tupelo, Mississippi, with stores throughout the southeastern United States. Dodge's partnered with St. Jude in 2010, and since then has raised an incredible \$1,837,364 for the patients.

The Paragould store is always the top fundraising store and since the beginning of their partnership, it has raised \$165,000 over the past nine years. Wendie Parnell is the local store leader and has been with Dodge's in Paragould for 18 years. She is a go-getter, and refuses to be beaten by any other store when it comes to St. Jude fundraising.

Families at St. Jude never receive a bill for treatment, travel, housing, or food because all a family should worry about is helping its child live. St. Jude freely shares its research so that one child saved at St. Jude means thousands of children saved worldwide. Treatments invented at St. Jude Children's Research Hospital have helped push the overall childhood cancer survival rate from 20 percent to 80 percent, but staff members won't stop until no child dies from cancer. St. Jude Children's Research Hospital is leading the way the world understands, treats, and defeats childhood cancer and other life-threatening diseases.

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Hemingway-Pfeiffer Museum 20th Anniversary Celebration



By: S. Anthony Childress

It was a time to celebrate and have a big party at the Hemingway-Pfeiffer Museum and Educational Center on September 6 in Piggott. Staff, volunteers, and supporters marked the museum's 20th anniversary with hors d'oeuvres and drinks at the Pfeiffer-Janes House. Many in attendance dressed in vintage costumes reflecting Ernest Hemingway's numerous visits to Piggott while married to his second wife, Pauline Pfeiffer. Then, everyone moved to Southern Traditions Event Hall on the Piggott square for a banquet and dinner theatre featuring oral interpreter John Dennis Anderson as Hemingway.

Anderson lives in Cape Cod, Massachusetts, and is a longtime performance studies scholar and professor emeritus in the Department of

Communication Studies at Emerson College. He also performs as authors Henry James, William Faulkner, Washington Irving, Robert Frost, Henry Beston, Louis Bromfield, and Lynn Riggs, and will add Marshall McLuhan in 2020. Anderson's performance took place just ahead of the 90th anniversary of the famed Hemingway novel, "A Farewell to Arms." The HPMEC barn-studio is where Hemingway wrote much of the book.

Among those on hand was Dr. Ruth Hawkins, recently retired director of Arkansas State University Heritage Sites and a catalyst for making Hemingway-Pfeiffer come to life. She was joined by Paula Miles, assistant director of ASUHS, and Dr. Adam Long, interim director of ASUHS and director of HPMEC.

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A PLACE CALLED PARAGOULD:

Dale Foresythe

By: Richard Brummett



Dale Foresythe may have left Paragould many years ago, but Paragould has never left him ... especially not his heart. The 1959 Paragould High School graduate has penned a couple of interesting articles rehashing his days growing up in his home town and he never finds himself far away, regardless of his location.

Having learned the Paragould Downtown Historic District was being added to the National Register of Historic Places, Foresythe felt compelled to put into words some of his

feelings and remembrances of The One and Only in a personal account entitled "A Place Called Paragould." The downtown stretch containing Pruett Street and its businesses holds especially fond memories for him, since that area was one of the central hot spots for teens in his day. "On Saturdays, you could not walk down Pruett Street," he recalled. "Especially in September, November and December ... everyone came to town. It was like Times Square in New York. It was something really remarkable, and very few places still have a downtown where kids hang out."

Foresythe's recollections of storefronts and people long gone from the local scene bring back thoughts of a simpler time, as he puts it in one of his essays, "... when everyone knew everyone and it was safe to ride your bike all over town, day or night, or play in the streets catching fireflies until bedtime."

He readily recalls the names of restaurants, businesses and teen hangouts long removed from the current face of the city. The railroad depot, Majestic Theater and Vandervoort Hotel are known to today's generation only through photos and stories, but for Foresythe and his age group they represent the building blocks of life. Trips to the Corner Cafe, or Trailblazers, or Ogles Restaurant were commonplace, just as outings to one of the rollerskating rinks like Ray's Roller Rink across from Labor Park or Teen Town near Harmon Field lured youngsters in for an afternoon or night of fun. Again, in a much simpler time.

Upon his graduation from PHS, Foresythe attended Elmhurst College in Elmhurst, Illinois. After college and a stint in the U.S. Air Force, he spent the next 40 years in cities like Chicago and Boston as a senior corporate manager in the computer industry. When it came time to retire, he and his wife moved to Mountain Home.

A lover of family history and historical landmarks, Foresythe joined organizations geared toward them, including the Greene County Historical and Genealogical Society. "I'm into genealogy and history and that's what got me to look up and do some research on a lot of the businesses along Pruett Street in the '50s," he said. "One thing that I wrote, I sent to all of our classmates. I am sort of the communicator for the classmates but I don't know if any of what I've done is interesting enough for anyone else to want to read."

While he didn't live in Paragould for very long -- only through his high school days -- he has always considered it a special place and his true home. "It was a great time to grow up, and a great town to grow up in," Foresythe said of his younger days. "It was a period of time like no other."

Foresythe plans to be in town the first weekend of October when several PHS classes convene for a reunion. "Oh, I try not to miss a reunion," he said. "I have a lot of fond memories connected to Paragould."

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A Spark of Creativity: MORNINGSIDE OF JONESBORO RESIDENT ART SHOW

A week-long celebration kicked off in early September and Morningside of Jonesboro joined tens of thousands of assisted living communities across the country for the festivities, honoring this year's theme, "A Spark of Creativity." On September 14, residents and guests enjoyed an art show curated of resident art work.

"Finding a creative outlet can be instrumental to mind, body and spirit — especially among older adults," said Sheila Adams, Executive Director of Morningside of Jonesboro. "National Assisted Living Week emphasizes the role we as caregivers play to help residents find that spark, so they can live life to its fullest."

"A Spark of Creativity" inspired assisted living residents to explore their creative side whether through the arts or beyond. Specifically, art therapy can offer many benefits to older adults, such as improving cognitive and sensory-motor functions, fostering self-esteem and self-awareness, cultivating emotional resilience, enhancing social skills, and reducing and resolving conflicts and distress, according to the American Art Therapy Association.



Heart Healthy Breakfast

Join us for a free HEART HEALTHY BREAKFAST
Saturday, Oct 19, 2019 from 8:30am - 10am!

Angie Jones, APRN, Certified Health Coach, DNP, FNP,
NEA Baptist Weight Loss Clinic
& Brooke Pruitt, APRN, NEA Baptist Clinic - Cardiology

The biggest misconception is that heart disease is mostly a male problem and only older women get heart disease as a natural process of aging. Heart disease effects men and women equally at all ages.

Many women believe that their No. 1 killer is breast cancer when, in reality, 1 in every 7 will die from breast cancer while 1 in every 2 will die from heart disease.

Register online - limited seating.
www.WomensLivingExpo.com/NEA2019/breakfast.php



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IN BETWEEN

BY LINDSEY MILLS



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I recently got engaged and it's been a whirlwind of fun sharing the good news. A few other things have this season of life feeling sweet and savory, and I realize it was just a few months ago I was worried about how the next year would play out after the decision to quit my job and follow my passion.

In the midst of my excitement surrounding recent events, I sat down with a stranger turned new friend to discuss her story with breast cancer for this issue. At one point she asked me, "Are you married?"

"Recently engaged," I said. I swallowed hard because emotion was spilling into my throat as I listened to her story. I wanted to ease her pain and lighten her burden, especially when she spoke of her kids. I lost my own mom when I was eight and as I listened to her speak through the tears, I felt so close to her despite knowing

her for just over an hour.

"Marriage is hard," she told me. I could see the love in her tired eyes. Life is hard, I thought, driving home from the interview. I reflected on my own hard times and reminded myself there are more sure to come.

As we walk through beautiful seasons, we might remind ourselves to cherish each second. The road is bound to get steep. The journey will most certainly be long.

But we can return to these pictures of life: when things are sweet and unexpected from what we thought they would be just a few years or even months ago. We can remind ourselves that incredible views are often just around the bend from a steep climb. We can hold onto this thought and use it the next time we're walking in the in-between.

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IN MEMPHIS

- A Day Trip For Anyone and Everyone -



By: Lindsey Mills

Just across the Arkansas/Tennessee border and only a little over an hour away from Jonesboro is the famous, bustling city of Memphis. The birthplace of Rock N' Roll and nicknamed Grind City, Memphis is known for many things including its vibrant music, food, and art scenes.

Some of its more famous attractions include Graceland (the home of Elvis Presley), Beale Street (party central), and the Orpheum Theatre (iconic venue). But this city has much to offer beyond the locations that draw crowds from all over.

Memphis is rich in history, painted in color, and its different neighborhoods allow for a variety of experiences depending on location, day of the week, and time of year. Visit one of the beautiful, expansive parks like Shelby Farms or a Memphis River Park for adventure the whole family can enjoy. Eat classic BBQ and allow yourself to get messy, or opt to dress to the nines to attend dinner and a show. Support the Memphis 901 FC soccer team or cheer on the Grizzlies.

However you spend the day, be sure to visit at least one of the spaces that incorporates multiple businesses including food, drink, dessert and more -- like the Crosstown Concourse or 409 South Main.

There's more to do in this city than anyone could ever imagine to tackle in a day, so take your day trips back here again and again for a new experience every time!



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Cancer Awareness in Pets

By: Dr. Kristin Sullivan

A question I often get as a veterinarian is, "Can dogs and cats get cancer, too?" The answer is yes. Unfortunately, it is something we veterinarians see all too often. Before I get into the details, let's go over some of the sometimes confusing terminology. Neoplasia: This is a term used to describe uncontrolled or abnormal growth of cells or tissues; it results in a neoplasm. A neoplasm is the abnormal growth or tumor itself; these growths can be benign (non-cancerous) or malignant (cancerous). Benign growths tend to grow slowly and do not invade surrounding tissues or spread to other areas of the body (a process called metastasis). Malignant tumors do invade surrounding tissues and can metastasize (spread) to other areas of the body — it is these malignant tumors that make up cancers.

So, now we know what it is, what do we look for? There is a long list of possible clinical signs that can signal something is awry. As not all masses are found on the skin and may not be palpable on examination, it is so important for your pet to have its yearly or biannual examination — remember, early detection is key!

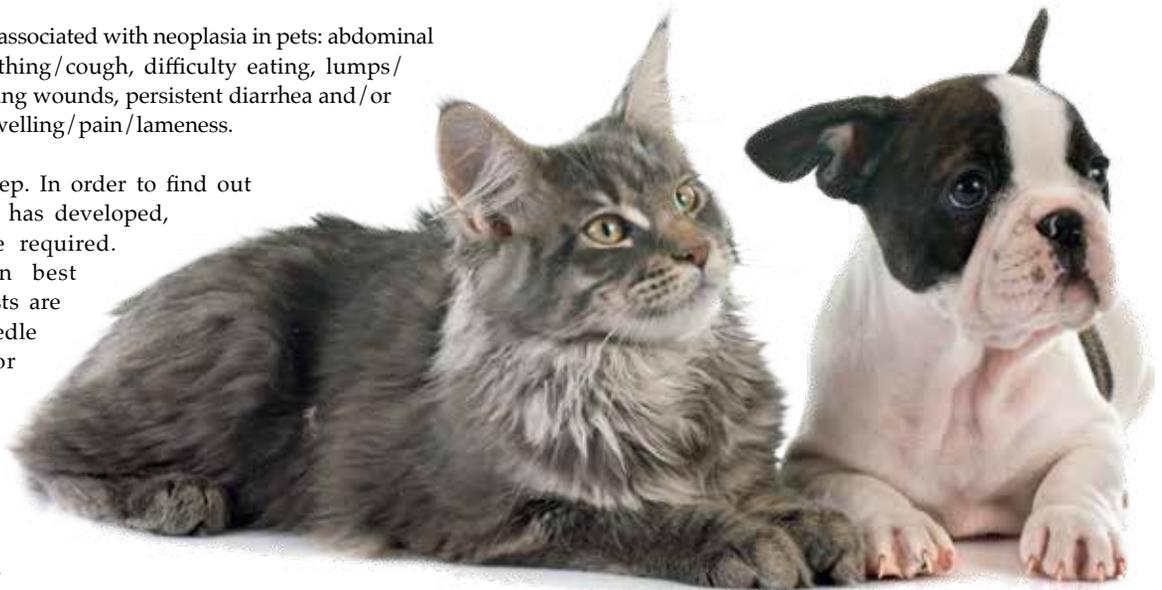
Clinical Signs commonly associated with neoplasia in pets: abdominal swelling, difficulty breathing/cough, difficulty eating, lumps/bumps on skin, non-healing wounds, persistent diarrhea and/or vomiting, unexplained swelling/pain/lameness.

Diagnosis is the next step. In order to find out what type of neoplasm has developed, further diagnostics are required. Your veterinarian can best assist you on which tests are necessary, but Fine Needle Aspirate, incisional or excisional biopsy, radiographs (x-rays), blood work, and/or ultrasound exams are commonly performed to determine neoplasm type and stage of disease.

Neoplasms have no known prevention. There have, however, been certain links to causes of cancer in animals – the number one cause being secondhand smoke.

Can it be treated and how? Every case is unique and requires an individual treatment plan that will be best for both the pet and the owner. Types of treatment vary depending on the type of cancer, but range from surgery, chemotherapy, radiation, thermal surgery/treatments (freezing or heating), and immunotherapy. Treatment options are best discussed with your veterinarian or a veterinary oncologist.

The most important thing to remember is that early detection offers the best prognosis in any case. If something seems off, or just not right about your furry family member, then it is best to talk to your pet's veterinarian and have a complete physical examination performed.



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PET OF THE MONTH

By GT Connors

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Judge Jury Connors, a four-year-old British Lab, was born on September 9. His daddy adopted him when he was three, and he has become a beloved family member. He is also an aide to his dad, Gerard, who has PTSD.

He is a docile creature and extremely loving. He is protective of his daddy, his sister Chloe, and his brother Gerard. He loves bully sticks from Hollywood Feed and loves going to work with his dad at allyIT. He likes to play fetch, swim at Cloud 9, eat sausages and sleep.

He barks on command, sits, jumps up in the truck when "go to work" is mentioned, and loves going anywhere.

Judge enjoys only cheese sausage dogs from Kum & Go or "doggy cups" from Mocha Joe's every day.

Judge is a snuggle bunny and commands a king size bed. If you're not paying attention you will get his wet nose.



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AMMC's 70th Birthday

By: Richard Brummett



Original building, Dickson Memorial.



Updated building from the 1960s.



Dr. Aaron Graham Dickson.



Current AMMC Building.



There have been plenty of birthdays celebrated thanks to the work of doctors and nurses at Paragould's community hospital but this month the facility marks a birthday of its own.

Arkansas Methodist Medical Center will turn 70 years old on October 16 and a week full of special activities is planned to recognize the many people who work -- and who have worked -- at the hospital.

"For our 70th anniversary AMMC will be celebrating the community members who have made our hospital a success," said Tori Thompson, Director of The Foundation and Marketing for the hospital. "Employees, physicians, board members, auxiliary and nursing staff, and retirees ... each day we will have a specific event for the employees. We will welcome the community to celebrate with us on Wednesday the 16th, at 2 p.m. in the AMMC Atrium."

Each day of the week beginning October 14 will have a themed event at the hospital, designed to "celebrate those people who have been here for years and made it the great community hospital it is today," Thompson said.

Paragould's first hospital was the brainchild of Dr. Aaron Graham Dickson and opened in February of 1907. At its opening, the Dickson Memorial Hospital was one of the most modern in Arkansas, boasting advances like electric lighting, hot and cold running water, inside plumbing, steam heating and a library of more than 700 volumes. The hospital also included a pharmacy, large operating rooms, laboratory, sterilization room, x-ray facilities and school of nursing but the 20-bed building was too small before too long.

Community Methodist Hospital began as a Works Progress Administration (WPA) project in the early 1940s. Local leaders understood the need for additional and advanced quality care for Paragould-area residents and contributed much of the work and the financial aid needed to get started. Due to a shortage of materials during World War II, work was discontinued for four years but once it resumed every avenue possible was

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explored to see the project through to the finish.

On October 16, 1949, the 71-bed hospital officially opened and its amazing story was under way. Over the years the hospital's name has seen a few changes -- in 1981

Community Methodist Hospital changed its name to Arkansas Methodist Hospital and in 2005 it became Arkansas Methodist Medical Center to better reflect the wide range of services offered -- but one thing has remained constant: The goal of the staff has been to provide excellent care to Paragould and the surrounding area. As the world of health care has expanded into unforeseen realms, AMMC has been right on the trail with building expansions, modern equipment purchases and the addition of qualified medical personnel.

With more than 120 beds now, AMMC served 118,000 people in fiscal year 2018 and recorded more than 4,000 admissions and 500 births. Emergency Room visits topped 23,000 during the time span, with \$9.5 million in uncompensated patient care provided.

AMMC is the largest non-industry employer in the community, at around 700 people. "These employees provide programs and services for our patients and help make our community a healthier environment," Thompson said. "It's a tremendous asset to Paragould and the surrounding area."

In September, AMMC celebrated the opening of its new Family and Women's Clinic. At the Ribbon Cutting for the facility, AMMC President/CEO Barry Davis pointed out the many workers "who provide excellent care for this community. The hospital continues to grow and bring in excellent physicians as the needs of the community grow."

For instance, in 2007 AMMC partnered with Mission Outreach of Northeast Arkansas to help establish a charitable clinic to help meet the healthcare needs of those in the community who are least able to afford even the most basic services. In 2011 AMMC's continuing care retirement community, Chateau on the Ridge Assisted Living, opened and in 2012-2013 AMMC joined with St. Bernards Medical Center to open Paragould Wound Healing Center and Paragould Medical Park. Davis said a constant goal is "to meet the needs of the people of this community and to serve."

AMMC is located at 900 West Kingshighway in Paragould, with the new Family and Women's Health Clinic right next door. Urgent Care hours at the new facility are Monday-Friday 7 a.m. to 7 p.m.; Saturday 8 a.m. to 5 p.m.; and Sunday 12 p.m. to 5 p.m.

Clinic hours are Monday-Friday from 8 a.m. to 5 p.m.



AMMC President/CEO Barry Davis



Tori Thompson, Director of The Foundation and Marketing for the hospital.

A large blue advertisement for the "Cent\$ to Win Arkansas" promotion. At the top, it says "IT PAYS TO SAVE." Below that, the word "CENTS" is written in large white letters, with a dollar sign and a cent symbol. To the right of "CENTS" are two circular icons: one with a red 't' and one with a blue 'c'. Below "CENTS" is the word "WIN" in large yellow letters, and "ARKANSAS" is written in white on a red banner. At the bottom, it says "*For official rules visit: MY100BANK.COM/CentstoWin" and "A Home BancShares Company | Member FDIC". There is also a Centennial Bank logo in the bottom right corner.

Tarot & Reiki:

Teresa Oden

By: Caitlin LaFarlette

If pumpkins and skeletons are starting to get a bit boring for Halloween, it might be time to try a tarot reading or Reiki session with practitioner Teresa Oden.

Tarot, originally a card game called Tarocchi that dates back to the 15th century, is used as a tool for each reader. Oden began her journey with the cards in 2013.

"I've always been psychic and intuitive but wanted to add something else to the shop I was opening in 2014," she said.

Oden's shop, Spirit Knows at 1209 Rector Road in Paragould, is where she offers her readings and she even posts generalized readings on the business Facebook page for others to interact with. When in person, Oden allows her clients to shuffle the cards and she then lays them out in a Celtic cross.



"From there, I give all the information that comes through the cards to them," she explained. "At the end of the reading I let the client ask any questions that they have."

The 78 card deck consists of 22 Major Arcana cards that represent karmic and spiritual lessons, and 56 Minor Arcana cards that represent trials and tribulations in everyday life. Tarot decks were first documented between 1440 and 1450 in Milan, Ferrara, Florence and Bologna, and their first purpose was simply for games. Today, they have evolved into a guide for navigating through life, but negative myths still surround the practice.

"Tarot cards are not evil. They are cards that are used as a tool for the reader," Oden said, adding that the

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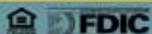
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cards “do not open a gateway, nor do they attract spirits. They are only cards and do not possess that power.”

Another myth surrounding tarot is negativity toward the Death card. Oden explained this card is not what people often think, and instead said it represents change, transformation and new beginnings.

After receiving a tarot reading, try out a Reiki session with Oden for deep spiritual healing. Oden began practicing Reiki in August 2018 to help others.

“We are all about mind, body and spirit,” she said. “The healing energy from Reiki is amazing.”

Oden explained Reiki is a form of alternative therapy commonly referred to as energy healing. It involves the transfer of universal energy from the practitioner’s



palms to their patient. In a standard Reiki session, a client lies on a table in a quiet room with gentle music playing. The Reiki practitioner then lightly places his or her hands on different locations of the client’s body to start the healing process. Oden said this usually takes 30 minutes to an hour, and most people even fall asleep. She suggests drinking more water than usual for at least a week after the session to help the detoxification process.

Oden’s passion for helping others heal is put to use through her tarot and Reiki sessions.

“I love doing Reiki to help others,” she said. “To see their pain has subsided is wonderful.”

And with tarot, Oden said her readings allow clients to find their own way through troubling times and release things they didn’t realize they were still carrying.

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HOPING ONE DAY PINK IS JUST A COLOR, NOT A CAUSE: Holley Cochran

By: Lindsey Mills

Calling your husband and your parents to tell them you have cancer is a phone call you think, or at least hope, you'll never have to make. Holley Cochran didn't expect it, especially not at the age of 37.

"I remember telling myself not to worry," Holley said of the day she was asked to follow up her mammogram with a biopsy. She was then called back for an ultrasound. "I tried to tell myself it was fine. My family didn't have a history of it. I was young and healthy."

In August of 2017 she received her diagnosis: She had Stage 2 breast cancer. Over the coming months Holley would go through six rounds of chemo. Surgery followed, and after that she would receive 36 radiation treatments.

"Of course I thought, 'Why me? Why now?'" Holley shared. She constantly found her strength by looking at her three-year-old daughter. "Anything I did – every appointment, every treatment – I told myself I was doing so I could be here to raise my daughter, Riley."

Hearing her motivation, her doctor told her, "You're doing this so you can be here for your grandchildren, too."

"Of course," Holley thought. "I needed to broaden my scope." Though over some of the hardest parts, Holley continues her journey: injections every three months for the next 10 years and pills daily for the next five years.

Her biggest takeaway from her experience is how important it is to advocate for our healthcare. "I was so fortunate," Holley said, "but we must be diligent in providing the best healthcare to everyone that needs it."

Holley spoke of how important it is to make people aware that breast cancer affects men and women, and how she wants people to know how difficult it can be for some to receive proper care when they live farther away from the doctors who can help. Holley advocates so that, "Hopefully, when Riley grows up pink is just a color and not a cause anymore!"



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LOVE NEVER FAILS: Heather Carter

By: Lindsey Mills

Before leaving the house to meet Heather Carter I sent her a text to confirm our meeting time and let her know what I was wearing. When meeting someone you've never met before, best to make it as easy as possible to identify each other. She responded: Yes ma'am. I'll be the bald girl wearing pink.

I simultaneously wanted to laugh and cry: I loved her already.

I asked Heather to share her story with me. As she talked, I became very familiar with that feeling of joy and sadness, the urge to smile while also fighting back tears. I laughed and I cried.

Heather has that effect: She breaks your heart and then she glues it back together in the same breath. Her voice is honest and her strength is clear despite the obvious weight laid upon her pink-clad shoulders.

"I'm very open about everything because I believe I'm here to help others," Heather told me. She said we're all here to love no matter what, and that love never fails. This statement is something that might be easy for someone to say while life is simple. But Heather's life is not simple and so I don't imagine it's easy to say. But she says it to me anyway, multiple times, "Love never fails."

The story she shares began years ago, when she was 19. Near the end of an abusive relationship, Heather had an abortion. It would be years before she realized the full effect it would have on her -- physically and emotionally. In 2001, married to the love of her life and trying for a baby, Heather was diagnosed with thyroid cancer. That same year Heather would survive a miscarriage.

After the birth of their first two sons, Kade and Kole, Brian and Heather Carter thought their family was full. So they were surprised by the pregnancy with their third child, Kason. "I didn't want him, not at first. He knows that. He teases me about it all the time now," said Heather, a smile in her eyes as she talks about it. A



mask covers her mouth while we sit at Starbucks to discuss her life's struggles, but all the love in her heart is visible in her eyes.

It was looking into the face of her third son, just after he arrived in the world, that she felt the full weight of her decision years ago. In the years to come, love and happiness filled this family, but they've also had their share of pain and heartache. This year, Heather was diagnosed with breast cancer.

"The moment I found out," she said, and her voice was choked with emotion, "so many things became not important. So many things just didn't matter anymore." What *does* matter is spending time with her husband and her boys. "We live very openly," she tells me of the relationship she and her husband share with their boys. "They're going to be stronger for it, and we all just have to keep moving. Together."

I asked Heather what she would tell others, what people really need to know about breast cancer and her story. "Getting a mammogram is not enough," she said. "The mammograms did not, at all, detect my cancer. But I had two types in two places. Check yourself. Insist on an MRI or an ultrasound if you think something is wrong."



Helping others, she had said. In the fight of her life, Heather's focus is constantly on others. She wants women to know how to catch cancer as soon as possible so they stand a better chance in the fight.

Heather found her own lump in December but doctors didn't confirm it until February. Then, it was months before she got the news it was invasive. The next months would bring surgeries, chemo, and physical therapy. Every day is a battle Heather continues to fight: for her kids, for her parents, for her husband.

Heather's love is what keeps her going. Love never fails.



10th Annual Souper Sunday to Benefit Habitat for Humanity of Greater Jonesboro

By Lauren S. Isbell

Habitat for Humanity of Greater Jonesboro is proud to present its 10th Annual Souper Sunday this year at a new venue. The much-anticipated fundraiser will be held Sunday, November 17, from 10:30 a.m.-1:30 p.m. at the new Embassy Suites and Red Wolf Convention Center by Hilton just off the Arkansas State University Campus on Red Wolf Boulevard.

As always, the event will feature soups from many favorite restaurants in town and guests will cast their votes to declare a Souper Sunday winner, who will bring home the Souper Bowl Ladle traveling trophy. The event will also feature a silent auction that is sure to help you check a few Christmas gifts off your list - all for a great cause. To celebrate the 10 years of the successful event, we at Premiere Magazine are commemorating it with a list of 10 Mission Moments for our local Habitat Chapter. Its impact in our community is profound and we are excited to celebrate the past and anticipate the bright future ahead.

1. Founded in 1992, Habitat for Humanity of Greater Jonesboro has been propelled by its mission to live in a world, "Where everyone has a decent place to live." The organization has been fortunate enough to garner community support to build 20 homes and partner with homeowners for a "hand-up" rather than a "hand out" and aim to build strength, stability and self reliance through shelter.

2. Nayda Moreno grew up in the foster care system but found starting a new life as an adult with her young daughter to be a challenge. She applied for Habitat housing knowing stable housing would be something she could give her daughter that would be a solid foundation for her growing-up years. "I want to give her the best possible life," she said in her application. Nayda and her daughter moved into their Habitat Home and now have a safe, affordable home to be proud of.

3. A new Habitat program, "A Brush with Kindness," was started by the Jonesboro Regional Chamber of Commerce Leadership Jonesboro class of 2018 through a partnership with Habitat for Humanity. The Leadership Jonesboro class created program guidelines, completed the selection process and performed the work on the pilot house, which was completed in summer 2018. The home for the initial participant, Ms. Ford, was in need of exterior repair that included painting and landscaping. Since then, five other homeowners have been assisted through the ongoing program.

4. Mason Taylor, a student at Jonesboro High School, has found his own way to give back to the community through serving as the 2019-20 President of the Campus Chapter of Habitat for Humanity at Jonesboro High School. Campus chapters are student-run organizations that volunteer, fund raise, advocate, and educate for Habitat for Humanity. The JHS Chapter is very involved -- hosting a graham cracker house build with elementary students, volunteering on build days and assisting with Souper Sunday. JHS' chapter is the oldest campus chapter in the area, launching in 2012. There are additional campus chapters at Brookland High School and Arkansas State, respectively.

5. Jesse and Jessica Parish were fortunate to purchase their new home -- but aesthetically it was in need of repairs. They applied to the "A Brush with Kindness Program" and were accepted. They were approved and their home got a much-needed paint job, landscaping and other repairs. The Parish family is grateful for the support it received from the Habitat Program.

6. In 2018, the organization opened The Habitat Store at 317 W. Huntington Avenue. It is a non-profit home improvement store and donation center that sells gently used furniture, appliances, home accessories, building materials and more to the public at a fraction of the retail price. Proceeds from the Habitat Store help build strength, stability, self-reliance, and shelter for those in need in Jonesboro. Store hours are Wednesday through Saturday 10 a.m. - 3 p.m. Donations can



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be dropped off at the store during business hours, or one may contact Habitat for Humanity at (870) 336-0462 to schedule a pickup for a large volume donation. "We are always looking for quality donations and community partners like contractors, home improvement stores and citizens to donate their unwanted materials to us," said Habitat for Humanity Executive Director Michael Sullivan. "These donations not only help us achieve our mission but also play a critical role in the long term sustainability of our organization."

7. Volunteers are at the heart of everything Habitat for Humanity does. The organization requires Core Store volunteers to fund the Habitat Store, volunteers to assist on build days, administrative tasks, fundraisers and other tasks. If you are interested in volunteering with the organization, visit www.jonesborohabitat.com/volunteer. "Serving with Habitat for Humanity of Jonesboro has truly been an honor. I have been given the opportunity to serve my fellow community members with people of all ages and backgrounds, and this has fostered a sense of brotherhood and friendship that I will never forget. I am extremely proud of what this relatively small but dedicated group of activists has been able to do for our community," Hytham Alhindi said of his volunteer experience.

8. Kathy Smith has been a generous volunteer for the Restore for many months. Through working alongside the team at Habitat, she learned of the "Brush With Kindness" program and decided to apply. The applications are blinded -- meaning any identifying information is removed during the application process -- but the selection committee was moved by her story of needing a wheelchair ramp placed on the front of her home. She was selected by the committee -- and they didn't even realize until after the fact that she was the one applying. The organization was proud to give back to a volunteer who has come to mean so much to it through the building of the ramp for her home.

9. Build Up for Phillip is a program launched for Habitat for Humanity that has been supported by friends, families and businesses who were impacted by the life and legacy of Phillip Evans. Phillip lived to help others, both at home and abroad. He loved to build, so his family and friends are pulling together to raise funds to support Habitat for Humanity. Funds raised will go toward building nine Habitat for Humanity homes in Jonesboro, construction of a street named "Evans Way" and helping construct a community pocket park. Help continue Phillip's legacy of helping others by supporting Build Up for Phillip.

10. In November, not only will Habitat for Humanity be garnering community support from the event of Souper Sunday, but Charity Gipson will complete the Homeownership Program and move into her new home with her four children. Charity, a single mom, wanted to set an example that home ownership is possible for her family and to give her children the safe environment they deserve. Charity presently works as a scrub technician but hopes to become an RN. Habitat for Humanity is proud to provide the Gipson family with affordable housing and give them a hand up so Charity can continue to accomplish the goals she sets for her family.

For more information about Habitat for Humanity of Greater Jonesboro, contact the website at www.jonesborohabitat.com or search on Facebook; or call 870-203-9898.

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SPREADING AWARENESS:

Sheila McCartney

By: Caitlin LaFarlette

Sheila McCartney insists on staying humble about her journey with breast cancer and instead wants others to see her story as one of education and awareness.

"I was never in a life-threatening situation. I can't minimize the fact that I lost, in all of this, both breasts," she said. "But the warriors are the ladies that have really fought the fight, and done the chemotherapy and radiation."

McCartney, nonetheless, is still a survivor of the disease that affects nearly one in eight women in the U.S.

In 1989 McCartney worked in the education department at Arkansas Methodist Medical Center. AMMC had just received new mammography equipment that was hardly out of the box when she assisted a newspaper reporter to the machine. While relaying information about the mammography machine to the reporter, McCartney learned the hospital was providing free mammograms that day and took the chance to have her first ever procedure.

Seven days later, she had her first mastectomy.

"The cancer was the size of a pencil eraser, very small," she said. "It was located in a duct. Back 30 years ago, your options were pretty much a mastectomy."

McCartney went with that option and was told chemotherapy or radiation could happen in the future, but she never had to follow that path. At the time she was only 38 years old with a 14-month-old infant, and she had experienced no symptoms and the thought of a mammogram had not crossed her mind.

"In 2012 it showed its ugly face again," she said. "I had the option of a lumpectomy at that time, but I guess I took a more proactive response to it. I had already been through it, so I decided to have a mastectomy."

McCartney explained her breast cancer was Stage 0 and after both mastectomies, she walked out of the hospital 90 percent cured thanks to the cancer's being detected so early. Because of that, she said she never felt in danger. It took time for the news to sink in back in 1989 but her family and neighbors created the support system she needed. And while some women struggle with the thought of a double mastectomy, McCartney's mind was focused elsewhere.

"My life is more important," she said. "I had a 14-month-old child. Knowing that I was going to be okay helped a lot, but you've still got surgery to go through."

McCartney wasn't able to hold her daughter for a few months but recognizes how lucky she was to at least be able to play with her on the floor.

McCartney said instead of giving advice to other women with the same experience, she tries to simply be there for them as a support system. However, she said it is important for women to listen to their doctors.

"You have to have somebody you can trust in, and guide you," she added.

What saved her life, McCartney said, was that initial mammogram. She now stresses the importance of mammograms and self breast exams, and all around education.

"There are many women out there who have fought such a battle," she said. "My heart goes out to them, but my story is about awareness."



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WINNING:

Kesha Haggans

By: Lindsey Mills

Kesha Haggans was 34 years old when she received her diagnosis.

"Cancer doesn't discriminate," Kesha, now 41, said as we sat in her office. "I used to think it was something that affected middle-aged, Caucasian women. Because that's what I saw reflected in stories. But it doesn't matter how old you are or what you look like. Cancer can and does affect so many people."

Kesha talks about her family, four kids and a husband, who took on many roles when they received the news. She tells me she went through surgery in October of 2012, and eight rounds of chemo following, after discovering her own lump.

"I would go in one day, come out and feel fine for a couple days, but then it would hit me. I'd be miserable. Then by the time I got my strength back I'd have to go back in," she said. It was so terrible she finally told her doctor she wasn't coming back. He reminded her that that was selfish, and Kesha had to lean on her support system to continue.

"I kept going for my family, they were my reason," she said. "And, for me, my belief in Christ was my foundation. I journaled."



I talked to God, very honestly.” Kesha’s tone is matter of fact. She speaks in a way that only someone with real experience truly can. During that time Kesha conserved most of her strength for attending church on Sundays. For her, another church service was another reason to keep going, week after week.



“You don’t have to fear it, you just have to deal with it,” Kesha said, with the same cool confidence of a warrior. This warrior doesn’t wear armor, nor does she yield a weapon. But she fought all the same, so she could return home to loved ones.

I asked Kesha what she would say to someone if they had just been informed of their diagnosis and turned to her for advice. “Everyone’s journey is different,” Kesha said.

“I would ask, ‘What exactly did they say? Who is your support system?’ And ‘What do you want to do?’”

It’s interesting that Kesha wouldn’t start doling out advice, but rather, she would encourage the person to really think about where they are and how they will proceed. Kesha’s bravery is clear in her voice, her posture, even the way she walks as we say goodbye. She carries on, after a battle hard fought – and won.



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Where: The Round Room at the Craighead
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A hot day at Reynolds Park in Paragould called for a cool drink, and Harper Mason knew right where to find one. Harper, 7, is the son of Chad and Jaclyn Mason of Paragould.

PARAGOULD HIGH SCHOOL HOSTS 12TH EDITION OF



By: Richard Brummett

Paragould High School will host the 12th edition of Dig For The Cure, meeting Greene County Tech on Thursday, October 3, in the annual volleyball match that means more to the community than either school's place in the conference standings.

Funds generated from a variety of activities connected to the game go to area institutions known for their huge roles in the ongoing fight against breast cancer. According to Paragould's Jill Gill, one of the original organizers of the local event, money raised from corporate sponsorships, donations, t-shirt sales, and a silent auction will be given to Arkansas Methodist Medical Center's Project Hope, NEA Baptist's HopeCircle, St. Bernards' Imaging Center, and the West Cancer Clinic.

The two local schools began playing the game when Kim Smith, the mother of a PHS player, was diagnosed with cancer and people began searching for a way to show support. The game and its trappings have grown immensely over the years, and Gill said that is due to "just phenomenal support from the community and from both schools. Breast cancer touches so many lives; hardly any family has not been affected at some time. Each year we wonder who we are going to honor next and before you know it -- sadly -- two or three people are brought to our attention. There is so much awareness today about the disease and we're happy to do whatever we can do."

Giving funds to local institutions is an obvious plus, but Gill said Kim Smith worked at the St. Bernards center, making it an easy decision to share funds with it, and another honoree later underwent experimental treatment at the West Clinic in Memphis and emerged cancer-free, so "we decided it would make sense to make a donation to that clinic."

A trio of women will be recognized before this year's senior high match: Marti Johnson, Kaycee Glasgow and Teresa Isbell. Each has a daughter or granddaughter involved in GCT or Paragould volleyball.

In the last 11 years the Dig For The Cure has raised more than \$80,000 for the organizations involved.



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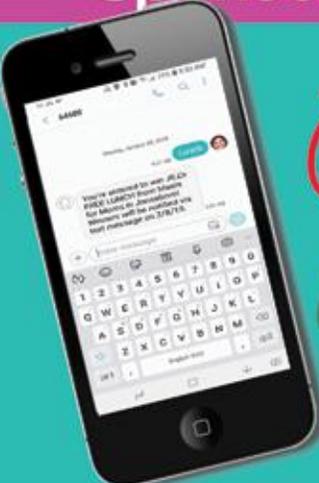
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NEA Women's Expo With A Cause

The MOR Media Women's Expo kicks off with the NEA Baptist Heart Healthy Breakfast on Saturday at 8:30 a.m., including a free catered breakfast for those who register at WomensLivingExpo.com. Here, you can join Angie Jones, DNP, and Brooke Pruitt, APRN, to talk about women and heart disease. The biggest misconception is that heart disease is mostly a male problem and only older women get heart disease as a natural process of aging. Heart disease affects men and women equally at all ages. Many women believe that their No. 1 killer is breast cancer when, in reality, 1 in every 7 will die from breast cancer while 1 in every 2 will die from heart disease.



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Brooke Pruitt, APRN



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SCREENINGS
WORKSHOPS
GIVEAWAYS



The weekend continues with screenings, workshops, and giveaways at the Health Pavilion, offering flu shots, mammogram scheduling (free for qualifying attendees), BMI checks by the Wellness Center, and blood pressure screenings. Visit with health experts from Women's Services, Imaging Services, Wellness Center, The Total Joint Center at NEA Baptist, and Primary Care.

Special guests will be bringing the topic of importance to today's women:

- Saturday Oct 19 8:30 a.m. – 10:30 a.m. Heart Healthy Breakfast: Angie Jones and Brooke Pruitt
- Saturday Oct 19 11:00 a.m. – Fad Dieting vs. Long Term Weight Loss with Angie Jones
- Saturday Oct 19 1:00 p.m. – The Golden Hour at NEA Baptist with Stacy McDonald: Women's Labor & Delivery
- Saturday Oct 19 3:00 p.m. – Dr. Camille Chan - Pediatrics: All About Kids
- Sunday Oct 20 1:00 p.m. – Total Joint Center at NEA Baptist with Katie Gilmore
- Sunday Oct 20 2:00 p.m. – Buck Willie - Buck's Bootcamp at the NEA Baptist Wellness Center

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Committed to Better Care for Women

NEA Baptist is a proud sponsor of The Northeast Arkansas Women's Expo With A Cause!!

We have a full schedule of informative speakers for you.

- Saturday – 8:30 – 10:30 am
Free Heart Healthy Breakfast with Angie Jones, DNP & Brooke Pruitt, APRN
- Saturday – 11:00 am
Fad Dieting vs. Long Term Weight Loss with Angie Jones, DNP
- Saturday – 1:00 pm
The Golden Hour at NEA Baptist Women's Labor and Delivery with Stacy McDonald, RN
- Saturday – 3:00 pm
All About Kids with Dr. Camille Chan, NEA Baptist Pediatric Clinic
- Sunday – 1:00 pm
Total Joint Center at NEA Baptist with Katie Gilmore, RN, Care Coordinator
- Sunday – 2:00 pm
Buck's Bootcamp at the NEA Baptist Wellness Center with Buck Willie, personal trainer

Screenings:

- Flu Shots
- Mammogram Scheduling (free mammograms available for qualifying attendees)
- BMI checks
- Blood pressure screening

Come speak with representatives from the following departments:

- Women's Services
- Imaging Services
- Wellness Center
- The Total Joint Center at NEA Baptist
- Primary Care

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Women are not as confident about financial wellness as men, are less prepared for retirement, and engage in fewer employer-sponsored financial programs. Most women earn less, live longer, experience more work gaps and experience higher health care and caregiving expenses than their male counterparts, leading to far different results when it comes to retirement savings:

- Women make less money than men. The average earnings of women working full time are 80.5 percent of men working full time – a more than \$799 billion difference annually.
 - On average, women live five years longer than men, thus needing their accumulated wealth to last longer. However, only 54 percent of women save for retirement (versus 62 percent of men), and those who do save have far less. Women have an average of \$115,412 saved while men save an average of \$202,859.
 - Women accumulate more debt than men, especially student loan debt. While 56 percent of college students are women, they hold 65 percent of the country's student loan debt.
 - Women are less likely to work through all stages of life before retirement. Women spend 44 percent of their adult life out of the workforce compared to 28 percent of men.
- Join us at Coffee and Conversation for some great ideas on how to secure your financial journey with special guests:

Shelly Gist:

Saturday at 12:00 p.m. | "Demystifying Your Investments"

Saturday at 2:00 p.m. | "Planning Your Legacy"

Vice President and Trust Advisor for Regions Private Wealth Management

Shelly has 14 years of experience in financial services and trust administration. She joined Regions Private Wealth management in 2016. She earned a bachelor's degree in Finance from Arkansas State University.

Julie Matthews:

Sunday at 2:00 p.m. | "The Wise Use of Credit"

Branch Manager of Regions Bank on Southwest Drive, Julie has 13 years combined experienced in sales, management and banking. She joined Regions in 2018. Julie earned a bachelor's degree in Political Science from Arkansas State University.

"Regions Private Wealth Management developed the HerVision HerLegacy initiative to educate, equip and empower women to take control of their unique financial situations.

www.regions.com/hervisionherlegacy.



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"You look just like your mother!"

Do you hear that often? Maybe you should join us at the Mother Daughter Look-Alike Contest on the Entertainment Stage Saturday, October 19, at 2 p.m.

Registered mother and daughter duos will walk the runway at the expo and our panel of judges will determine the Mother/Daughter pair that looks the most alike, where you can win prizes! Pre-register at www.womenslivingexpo.com.

- Entrants will be emailed a confirmation when they register.
- Check in at the expo in our front lobby
- Pick up your Contestant badge at registration
- Registered contestants with badges will have free entrance to the expo!



See Cory Jackson appear at the expo for a live music performance! In June 2018, the ACMA awarded Jackson as "Country Artist of the Year." He also received a top five nomination for Entertainer of the Year, and his video for "Row by Row" was nominated for ACMA Video of the Year. He has again received a top five nomination in the category of "Country Artist of the Year."

Cory will perform Sunday, Oct. 20, at 2 p.m.

More going on at the expo:

- Exhibitions of fashion including wedding gowns, DIY fashion shows and more.
- Shop over 100 booths.
- Beauty at the Expo, featuring the latest trends and most innovative products. Watch as the experts share techniques and secrets for you to be ready to walk the runway.
- Has your normal exercise routine grown a bit boring? Are you are struggling to keep yourself motivated to stay on track? Visit fitness experts and StepUp & BeFit!
- Visit our Home Exhibitors for exciting home inspiration and solutions
- Giveaways and exhibitor drawings. Win prizes!

Tickets will be available at the box office at the First National Bank Area on expo days or online now! \$7 Admission (\$5 w/online purchase), kids 8 and under enter free. Visit neajillradio.com for event details, vendor information and opportunities, and tickets. The event is sponsored by NEA Baptist and Regions Bank, and supported by Courtyard by Marriott.

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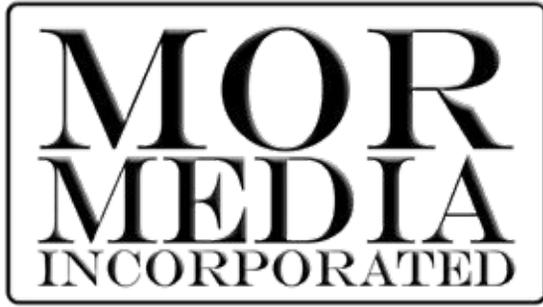
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MOR Media Inc. is growing! We're introducing a digital platform including the Premiere Magazine Newsletter – the good news delivered straight to you.

Before the magazine hits shelves each month the digital Flipbook is uploaded on premiere-magazine.com and we wanted to make it as easy as possible for our readers to get a glimpse into the latest issue. Subscribers will receive the newsletter once a month with highlights on some of the magazine's top stories.

Plus, as a thank you to our audience, subscribers can sign up for our Birthday Club email. Birthday Club members will be delivered exclusive details in their birthday month: offers to help you celebrate all month long.

Get MOR news and MOR rewards: we're here to serve you.

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If you are an honorably discharged veteran, you may be buried in a veteran's cemetery and this can save you thousands of dollars. Veteran cemeteries provide a grave, vault, monument, cemetery setup, and digging the grave at no cost to the veteran and your spouse can be buried there also and so can dependent children.

To be buried in a veteran's cemetery you will need your discharge papers (DD-214). You can be pre-qualified to be buried in a veteran's cemetery and we will gladly help you with that process.

If you wish to be cremated, your remains may also be interred in a veteran's cemetery.

The two veteran cemeteries in our service area are located in Birdseye, Arkansas and Bloomfield, Missouri.

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WHAT'S COOKIN'?

SPOOKY HALLOWEEN TREATS

TOXIC WASTE MAC & CHEESE



Ingredients:

- 1/4 cup unsalted butter
- 1/3 cup all-purpose flour
- 2 1/2 cups milk or Half & Half
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon paprika
- 1 teaspoon onion powder
- 1 tablespoon dry mustard powder
- Pinch of cayenne pepper
- 8 ounces Vermont sharp white cheddar cheese
- Package frozen spinach (thawed and drained)
- Green food coloring (optional)
- 1 pound box pasta, cooked and drained
- 1 head fresh cauliflower (steamed**)

Directions:

1. Melt butter in a large pan/Dutch oven over medium-low heat.
2. Add the flour and whisk to combine. Simmer, stirring constantly for 1 to 2 minutes.
3. Pour in the milk and whisk to combine and remove all lumps.
4. Add the salt, pepper, onion powder, paprika, cayenne, and mustard, stir to combine.
5. Continue cooking until mixture starts to simmer, 6 to 8 minutes.
6. Remove from heat and add the grated cheese. Stir until melted and completely combined.
7. Add the drained spinach, stir to combine. Add a few drops of green food coloring if desired.
8. Add the drained pasta and stir until completely coated.
9. Stir in the steamed cauliflower, and serve immediately.

Recipe courtesy of cookingwithcurls.com.

APPLE SPIDER WEB POPS



Ingredients:

- 2 large Granny Smith apples, stemmed
 - 4 ounces chopped bittersweet chocolate
 - 2 teaspoons coconut oil
 - 4 ounces chopped white chocolate
- Special equipment: 8 wooden ice-pop sticks and a toothpick

Directions:

1. Line a baking sheet with parchment or a silicon baking mat.
2. Cut the apples lengthwise into 4 thick slices. Remove any visible seeds and keep the core intact. The end slices will be rounded; cut a thin slice off so they lay flat. Poke a small hole in the bottom of each slice with a wooden ice-

pop stick and push halfway into the apple.

3. Combine the bittersweet chocolate and 1 teaspoon of the coconut oil in a medium microwave-safe bowl and microwave at 50 percent power for 30-second increments, stirring in between, until melted and smooth. Add the white chocolate and remaining 1 teaspoon coconut oil to another medium microwave-safe bowl and microwave at 50 percent power for 30-second increments, stirring in between, until melted and smooth.
4. Dip half of the apple slices completely in the bittersweet chocolate, letting the excess drip back into the bowl, and place on

the prepared baking sheet. Dip the remaining apple slices in the white chocolate. Let sit at room temperature so the chocolate thickens a bit, 10 to 15 minutes.

5. Transfer the leftover dark and white chocolate to 2 separate small resealable plastic bags and snip a small corner off each bag. Pipe 3 to 4 dark chocolate concentric circles on the white chocolate-dipped apples and vice-versa. Drag a toothpick through the circles, starting the center and working your way out to create a spider web design. Refrigerate until hardened, 15 to 20 minutes.

Recipe courtesy of foodnetwork.com.

SWEET POISON COCKTAIL



Ingredients:

- 1 oz. light rum
- 2 oz. coconut rum
- 1 oz. Blue Curacao
- 1 handful ice
- Pineapple juice
- Pineapple wedge (for garnish)

Directions:

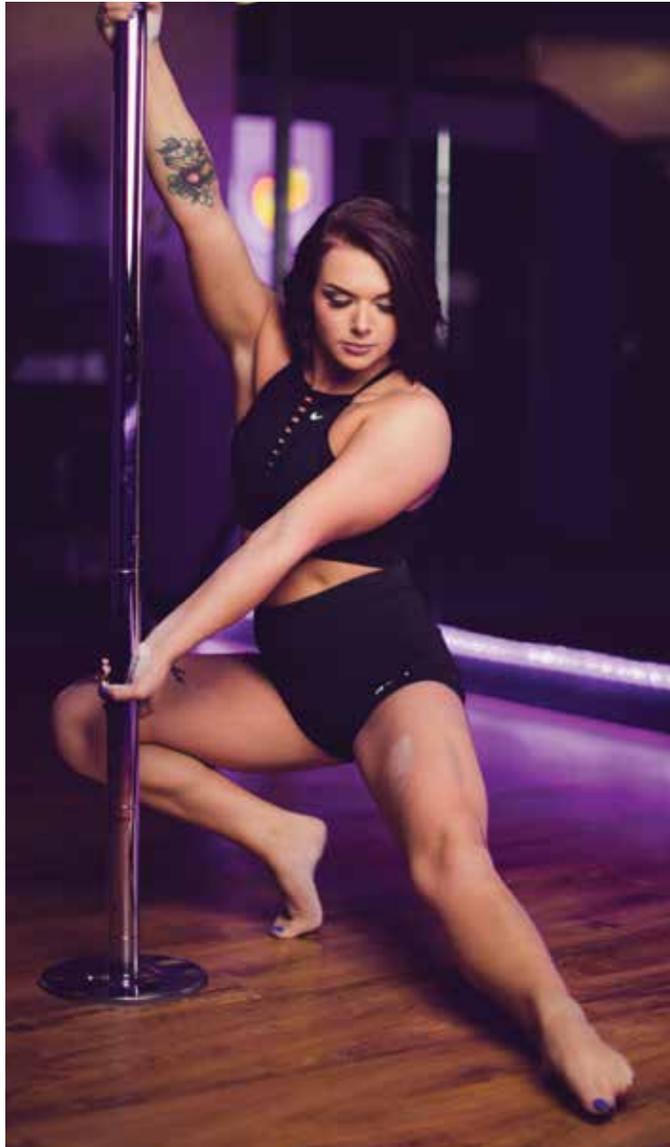
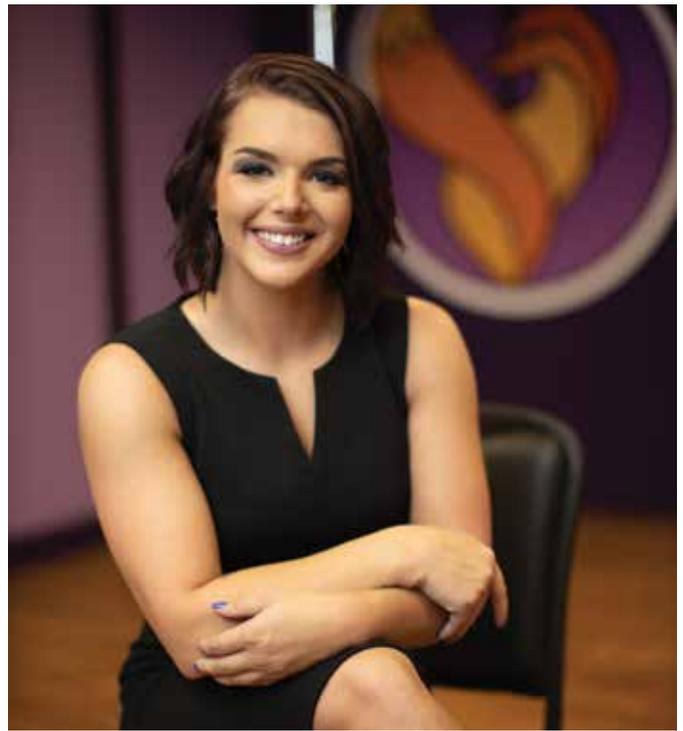
1. Combine both rums and Blue Curacao in a cocktail shaker filled with ice. Shake, then pour into a cocktail glass.
2. Fill the rest of the glass with chilled pineapple juice. Garnish with a pineapple wedge.

Recipe courtesy of Sarah Dawson

Vixens Fitness

POLE FITNESS & DANCE ACADEMY

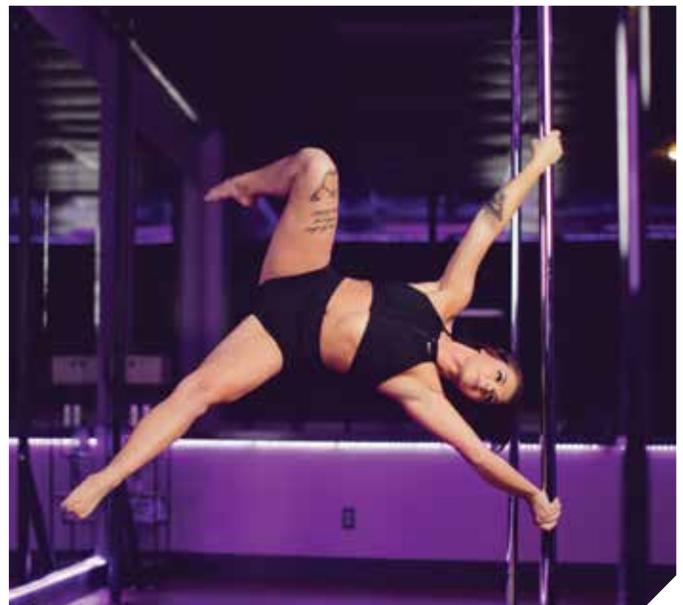
Vixens Fitness is located in Grecian's Plaza.
Check us out at VixensFitness.com or stop by!

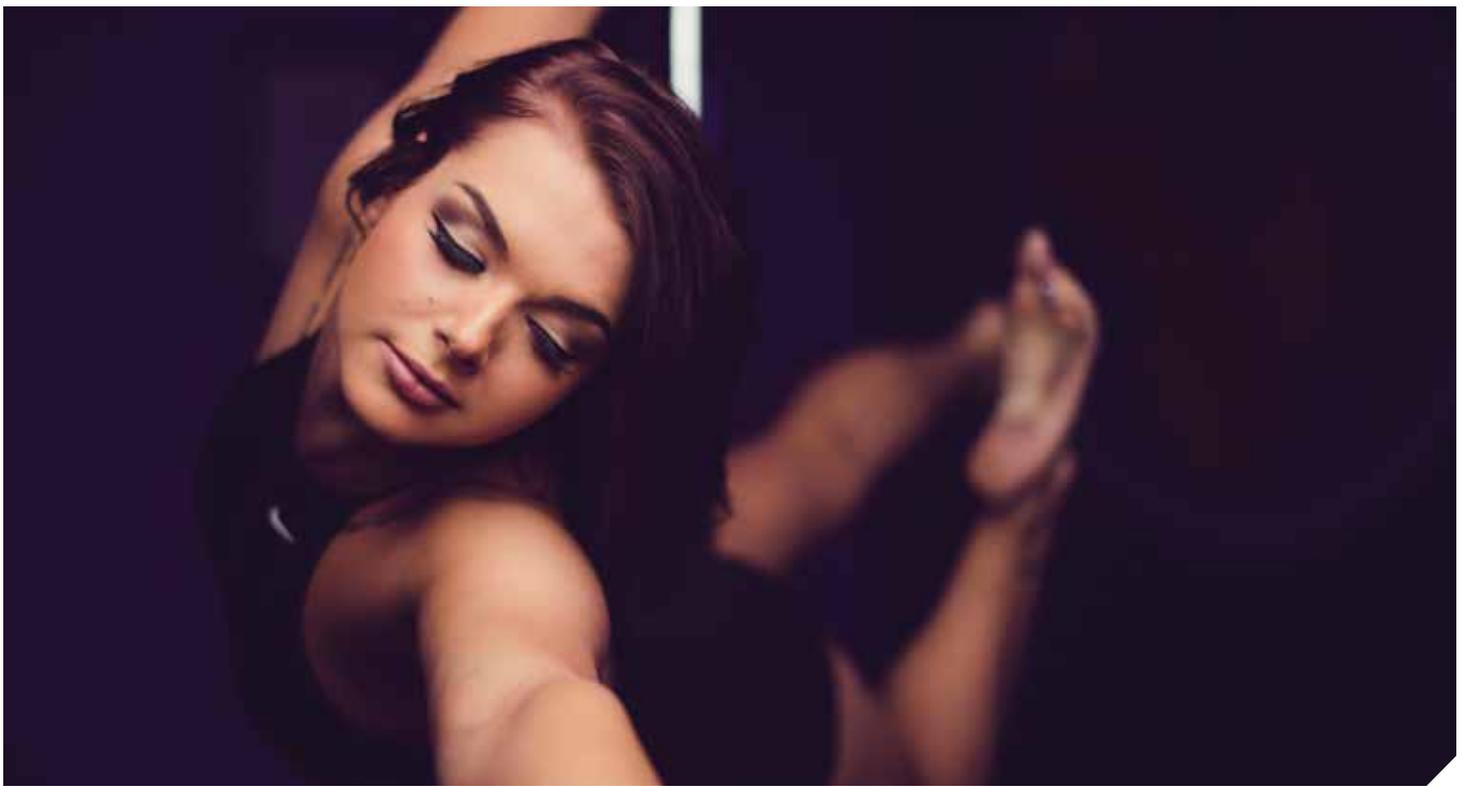


“

When I'm dancing or learning a new move, I feel like I can do anything ... I just want to share that same feeling with others. When someone sees me do a move like the Iron X they often say something like I could never do that ... but with the right training, it becomes possible faster than you would think. Several of our students have made really fast progress in as little as 3 to 4 lessons.

MYRANDA OGLES
OWNER OF VIXENS FITNESS





Pole Fitness comes to Paragould

For some, the thought of pole dancing brings the inevitable thought of the Gentleman's Clubs in places like Memphis and St. Louis. But take a closer look and you'll find that Pole Studios are a rapidly growing new phenomenon in the Fitness World. The question is ... why?

Dr. Joanna Nicholas from UWA School of Human Sciences has focused her work around this emerging new sport and its meteoric rise in popularity among fitness enthusiasts. Dr. Nicholas said,

“These classes facilitate an environment in which there is a strong sense of inclusion and acceptance, including body appreciation. One huge benefit for women that we can see from our research is that it is great for increasing women's esteem, confidence and a healthy body image.”

This is almost certainly why her research found that those who started classes had a higher than average loyalty rate as opposed to other types of workouts. She also stated that, “Pole dancing is unique as it combines three forms of exercise – cardiovascular fitness, muscular strength and flexibility – so it's a good choice for achieving different types of exercise in one workout.” Okay, so the health aspects are there, but is

it really a “sport” now? The answer is a resounding YES! The GAISF has granted Pole Sports an “Observer” status in the International Sports Federation. That is considered the first step for any sport whose goal is to make it into the Olympics. The recognition by such a prestigious organization has helped to legitimize the hard work and dedication these athletes are devoting to their art.

And now ... Pole Fitness has made its way to Paragould.

Myranda Ogles (*pictured*) is the founder of **Vixens Fitness, a new Pole Fitness and Dance Academy located in Grecian's Plaza**. When asked why she chose this path, Myranda says she wants to empower women. “When I'm dancing or learning a new move, I feel like I can do anything ... I just want to share that same feeling with others. When someone sees me do a move like the Iron X (*pictured bottom right*) they often say something like I could never do that ... but with the right training, it becomes possible faster than you would think. Several of our students have made really fast progress in as little as 3 or 4 lessons.”

If you're ready to throw caution to the wind and give this exciting new sport a try, check out VixensFitness.com or stop by for a trial class.

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 Lauren Hodge / Chad McClain: November 9th
 Morgan Whitsell / Elijah Carter: November 11th
 Lindsey McMinn / Brian Adams: November 23rd
 Connor Thomas / Cody Davis: November 23rd
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 Kirstyn Wyatt / Christopher Salehi: December 8th
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SAVE THE DATE

DOWNTOWN PARAGOULD EVENTS

October 26th

Downtown Trick-or-Treating on Pruett Street, 2-4:00pm



November 1st, 2nd & 3rd

Center Stage Productions presents "Heathers" the Musical at the Collins



November 8th

Narvel Felts with Gary Prince and The Sugar Creek Band at the Collins, 7:30pm



November 11th

Veterans Day Appreciation Coffee at Something Sweet



December 10th

Main Street Paragould presents An Old-Fashioned Christmas Parade, 7:00pm



A complete listing of all Downtown events can be found under "Events" at downtownparagould.com or [facebook.com/oneandonlydowntown/events](https://www.facebook.com/oneandonlydowntown/events).

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IT'S SHOWTIME AT THE COLLINS: OCTOBER

October 18th - The Collins "Homegrown Music Series" with Sam & Savannah Morris, 7 p.m. Tickets available at www.showtix4u.com, at Postnet, or at the door. General Admission is \$10

October 25th & 26th - "Always... Patsy Cline" starring Vicki Lynn Bishop, 7 p.m. Tickets available at www.showtix4u.com, at Postnet, or at the door. General Admission is \$20, children 10 and under \$10.

October 28th - KASU's Bluegrass Monday featuring Kim Robins & 40 Years Late, 7 p.m. No admission, but they do pass the hat to pay the artist. Recommended donation is \$5.

Get updates and more information on Facebook or collinstheatre.com



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THREE EXHIBITIONS OPENING AT BRADBURY ART MUSEUM



Piece by Shelley Gipson.

Bradbury Art Museum (BAM) at Arkansas State University is hosting a diverse exhibition of artwork by A-State Department of Art + Design faculty during the "2019 Faculty Biennial," which features a wide range of media including ceramics, paintings, print, sculpture, new media, and photography.

This exhibition provides viewers an opportunity to see new works by renowned artists within the university and will remain on display through Nov. 13.

This year's exhibition will include works from faculty members Bill Rowe, Cameron Buckley, Cara Sullivan, John Salvest, Kim Vickery, Melissa Wilkinson, Michael Loren Diaz, Robert McCarroll, Shelley Gipson and Susan Whiteland.

Accompanying the 2019 Faculty Biennial are solo exhibitions by Curtis Steele, emeritus professor of art, and alumnus Teddy Wigginton.

Steele "focuses on the minuscule packaging of cigarette rolling papers" in his exhibition "Papier Surfin." He talks about his "fascination with the idea of the package as an art object" that he obtained at a young age by viewing works like Stuart Davis' Lucky Strike, Edward Ruscha's Actual Size, and Andy Warhol's Brillo Boxes. He goes on to explain:

"When working on these pieces, there is a transcendental state that I enter where time has no significance. I work in solitude and in silence. Each Bezier curve I draw and each pixel I modify becomes the focus of eye and hand, an intuitive response, not the result of a conscious thought process. That is not to imply



Piece by Teddy Wigginton.

that there is no thought behind the work, the process is both meditative and stimulating. The result appears simple. Yet, in creating this apparent simplicity I find much satisfaction."

Teddy Wigginton received a BFA in graphic design and an MA with an emphasis in sculpture, both from Arkansas State University, and he now teaches sculpture and design at Williams Baptist University in Walnut Ridge. Wigginton has participated in several group shows throughout the Northeast Arkansas area, as well as Memphis. A two-time cancer survivor, he was diagnosed with AML (leukemia) in 2011, and again in 2016. As a result of the relapse in 2016, he had to undergo a bone marrow transplant.

In his exhibition titled WHY, Wigginton uses everyday objects along with cast replicas of his hands to ponder the most philosophical question. "For most, things happen (be it good, or bad), and they process the situation, and quickly move on. At the point that most would be 'moving on' or finding an end to the situation, I, as an artist, find that it is the beginning of a process that could last for years."

BAM hours are noon to 5 p.m. Tuesday and Wednesday, noon to 7 p.m. on Thursday, noon to 5 p.m. on Friday and Saturday, 2 to 5 p.m. on Sunday, and by appointment.

The museum is closed on Monday and when the university is not in session.

For additional information about the exhibition and upcoming events and workshops visit BradburyArtMuseum.org or contact the museum at (870) 972-3471.





I was riding around with Papa Blanton checking the crops when suddenly he slammed the truck to a stop. The dust from the road rolled past the truck and filled the cab as he opened the door and hopped out. Down the row of a cotton field he went, walking with a purpose. I watched intently, not sure of his destination nor the need for such urgency. He stopped a good ways out in the cotton field, reached down and pulled up a lone cocklebur (or cucubur in Greene County lingo) plant that had peeked above the cotton and carried the villain back to the truck and discarded it in the turnrow. He hopped back into the truck and on down the dusty roads we went.

As a youngster, I got to enjoy the thrill of growing up on a farm. Both of my grandparents, Carl Long and O.A. Blanton, farmed just east of Paragould in the Coffman community. That gave me a great opportunity to see the work, toil and sometimes anguish that came with life on a farm. Those times are still precious to me and many of the sights, sounds and even smells reside in memory as fond thoughts of years gone by.

Cotton was king in the 1970s in the sandy fields that lay east of Paragould. The farms were small as most farmers tilled the soil of only a few hundred acres or less. Fencerows and woodlots dotted the landscape, untouched from the hand of development.



The equipment was diminutive by today's farming standards, but functional for that era. The morning silence near a farm was often broken by the sputtering of a John Deere, Allis Chalmers or International tractor that was readied to hit the fields. Implements that covered two to four or maybe six rows were used, while anything larger was considered extravagant. Farmers had to be mechanics, welders, engineers, and fabricators to keep the equipment in the field.

A very unique memory I recall is the smells of farming. The spring air was often filled with the smell of fresh dirt as it was turned from a winter rest. Summers provided the aromas of sweat, oil, gas and the unique smell of chemicals that were used to kill insects and plant pests. Early fall brought the smell of cotton defoliant as the cotton crop was prepared for harvest.

Perhaps one of the most prominent odors I remember is the smell of freshly harvested cotton. It was picked by a one- or two-row picker and put in a trailer and then the cotton was "tromped" or packed down in the trailer by walking on top of the piles. This would allow more cotton to be put in the trailer and prevent the cotton from flying out on the trip to the gin in Paragould.

Those were wonderful times to enjoy as a youngster. Neither one of my grandpas said very much, but their actions as they went about their business on the farm taught me so much. I learned that food came from the land we worked. It might be in the form of vegetables from the garden, pecans we picked up beneath our trees or from rabbits and squirrels we killed while out in the field.

I learned that there is a cycle for life and death as we also had pigs, cows and chickens to provide food for the table. I also learned the



CHUCK LONG

Regional Education Coordinator Northeast Education Division Arkansas Game and Fish Commission

importance of hard work, paying attention to detail and that there was something to do each day to make sure the coming harvest was profitable. It was a tough but simple life that was lived by some of the most humble and hardworking people I have ever known.

I wish both my granddads were here today to see the farming operations that cultivate the landscape. Farms of a few hundred acres have been replaced by operations that encompass thousands of acres. The large tractors and equipment can work as much land in a few days as most farmers of the days gone by could work in a season.

Yet the basics of farming are still the same. There is a time to plant, cultivate and harvest and the same life lessons of life, death, hard work, patience and determination are still part of farming today. In my opinion, the basic elements of farming and the fabric of the men and women who work the land are what binds our country together.

Take some time this fall and get out and enjoy harvest time. Drive a county road and enjoy the snow white fields of cotton, the tall, majestic corn fields or the golden fields of rice. The rhythm and timing of the work of our farmers during harvest is truly something to behold. I hope to see you out there!



College Tips by a College Student

By: Sara Brown



We've been working on projects, completing assignments, and studying for exams. This semester is in full swing. Now that you're getting used to everything, it's time to start thinking about next semester. That's right, registration for the spring and summer semesters opens up soon and while you're busy thinking about what to take, there are some important things to remember, especially for those who don't have much experience registering.

Tip number one: Be aware of when your group gets to register. Honors students get to register first, then it goes down the list by class, starting with seniors. Make sure you've visited with your adviser well in advance of that date and have gotten your advising hold cleared. This is something many students forget about, so don't let that happen to you! Registration always opens at midnight, so if you're worried about the possibility of not getting into a class (and that's always a possibility), definitely make sure you stay up.

Tip number two: Make sure you don't have any other holds. Any parking tickets, overdue library books, or any other money you owe to the school will place a hold on your account, causing you to be unable to register when the time comes.

Tip number three: Make a schedule that fits your own personal needs. Some people like to sleep in, some like to get up early and get things done. Thankfully, being in college allows you the opportunity to make a schedule that can pretty well suit what kind of person you are, but only if you take advantage of it. If you like to sleep in, an 8 a.m. class is probably not the best thing for you. Take afternoon and evening classes. If you're an early bird, that 8 a.m. will be perfectly fine.

Go for it, take morning classes. If you work, try to find classes that can fit around your work schedule. And remember, if you can't fit something in this semester, there's always next fall or even the summer.

Tip number four: If you're interested in taking summer classes you must be cleared by your adviser now, and sometimes you can receive financial aid for them.

Tip number five: Don't be wary of online classes. They can be absolute blessings, especially if you work or live off-campus like I do. Just make sure you don't forget about checking it periodically and completing your assignments on time.

And finally, tip number six: Don't believe everything you read on Rate My Professor. Typically, the only ratings you'll see for a professor are from students who either loved or hated a professor. Often, students will give a professor a certain rating simply because of the grade he/she got in the class, and this isn't necessarily an accurate depiction of a professor. If you want to take the class, sign up, and if after the first day or two you don't think you'll like the professor, just drop the class and take something else. Who knows, the professor whose Rate My Professor ratings scared you may end up being your favorite professor on campus.

Take classes that'll get you to graduation, but don't be afraid to take something new that interests you every once in a while. Remember, your schedule is yours; make it what you want it to be.



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GET RICH WITH RICHARD BRUMMETT



Most of us have heard -- or even used -- the phrase "creature of habit" to describe someone or something in the animal world. I have come to believe I am one.

It started a few weeks back when my wife and I went to purchase a Sleep Number bed. She has long wanted one but I have represented the major obstacle because I don't want to do math anytime, anywhere, and especially not while I'm trying to sleep. I want to lie down and start snoring, not have to determine the square root of something or add and subtract just to reach a comfortable snoozing position that might differ from the one I used the night before. I refuse to keep a notepad and pen on the nightstand and do bed math in order to reach my perfect sleeping number and, in fact, if anything gives me nightmares it's math.

I gave in and we purchased the bed, opting to pay by writing a check. Cindy handed the checkbook to me because she says her hand starts shaking if she has to pay more than \$50 for something and she was afraid no one would be able to decipher her writing. So I wrote the check, but only after a mental crash course on how to do so. My transactions have become so dominated by swiping a card and signing a receipt that I had to refresh my memory as to what exactly needed to be written on the individual lines. It seemed odd, almost as odd as having someone ask me for someone else's telephone number. How would I know? It's not as if we're back in 1966 and I have my friends' numbers memorized ... Tim Rand, 6-2494; Kent McDaniel 6-8153 ... along with all the other important ones. Today, I just pull out my cell phone and look up someone's name in the Contacts list and punch the little green telephone thingy out to the side, and somehow the world of magic dials the person of interest.

It's a habit.

A few days after we bought the bed, Sunday morning rolled around and we went to church, entering the sanctuary to discover a

terrible sight: A visiting couple was sitting in "our" seats. Really, right there on the third row from the front where God and everyone knows we sit every Sunday, there sat two strangers with the audacity to take our customary roosts of religion. I wasn't sure if I should welcome them to the services and then say, "We're glad you're here and all, but this is actually my seat" or if I should act like a good Christian and move back one row. I opted for the latter but with reservations. Will I be able to worship on Row 4? Will I get the same message back here that I would have gotten up there? Will the Lord know where I am?

Turns out, the gospel rings true no matter where you're sitting but I got to church 45 minutes early the next Sunday, just to make sure I got my seat.

Just a few days ago I put some food in the microwave to reheat it and the appliance decided not to play; it just quit, right there on the spot, as all electronic things eventually do. So I started to just use the real oven, or the Big Person oven, and realized I had no idea what dials to turn and what temperature to select, much less how long to leave my food in there.

I have become accustomed to the convenience of the microwave where I just open the door, insert the food, shut the door and punch in the appropriate number of seconds to cook before hitting the start button. It's so simple that little thought is required; even a husband can do it, and for those of us who still need help, they even have buttons with little pictures on them for coffee, pizza or popcorn, the three major food groups.

Heaven help us if we have to know a correct temperature or the difference between baking and broiling before heating up leftover Mexican Chicken. We are creatures of habit. We need pictures. I can imagine some future generation unearthing a discarded microwave and trying to figure out what it is:

"Well, it's got a cord, so it obviously used electricity. But it also has a series of hieroglyphics here, which is confusing."

"Must have something to do with online dating."

All I know is, when the cable company gives you a new remote or your new telephone has a different set of icons, you learn what a large role habit plays in everyday life.

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Brittany Lauren Smith & Jordan Matthew Carmack

By: Brittany Lauren Smith

“During my first year in Family Medicine Residency at UAMS NE in Jonesboro, I was introduced to Jordan in the halls of the hospital. He works as a pharmacist at St. Bernards Hospital. This area has a small town, everyone-knows-each-other type of vibe which I’m not used to after growing up in South Florida. Jon Thompson, who I graduated residency with, introduced me to Jordan in the hall. Jordan’s dad, Stan, works with Jon’s uncle Wade at AMMC.

“Our first date was on Cinco de Mayo at Kandela Mexican restaurant in Jonesboro, followed by some drinks at Cregeen’s Irish Pub downtown. We learned we both have a passion for medicine and patient care, and both love traveling, hiking, reading, dogs, Marvel and breweries. We are also very close with our families and enjoy spending free time with them and friends.

“Jordan and I were visiting family in Europe for my aunt’s wedding in Cotswold, England. We started our trip by meeting my parents in Amsterdam to spend a few days there before meeting up with the rest of our family in London. We took a canal cruise tour before dinner and while going under the ‘Love Bridge’ Jordan got down on one knee and proposed.

“Meeting each other’s parents for the first time was a big milestone since our family is such a huge part of our lives. Moving in together and buying our first home was also big. We’ve been together for two-and-a-half years, so we hope for a lot more amazing milestones in the future.

“Our wedding was held at the St. Regis Bal Harbour Resort in Miami Beach (rehearsal dinner, ceremony, and reception were all held at this resort) with a formal/beach theme. Our colors were mauve, light pink and white, with a silver color scheme. The hotel catered the food and we used Petal Productions floral company and Grant Hemond & Associates for the DJ. Suzanne Delawar from Suzanne Delawar Studios provided the photography.”

Brittany grew up in South Florida and knew she would want a beach front wedding. “We kept it pretty traditional, with the rehearsal dinner and ceremony,” she said. “The reception had a surprise, though. My mom, who planned and put together almost the whole wedding, surprised us with hiring ‘La Hora Loca Show.’ La Hora Loca means The Crazy Hour, and its dancers dressed up in costumes and were drummers, dancers, and stilt walkers. It was a ton of fun and gave all our Arkansas guests a feel for Cuban entertainment with music and dancing.”

Brittany is the daughter of Barbara and Ken Burnette while Jordan’s parents are Cathy and Stanley Carmack.



Photography By Suzanne Delawar Studios

BIRTHS

Ella Grace Owens

Brandon and Shea Owens of Paragould welcomed their newborn, Ella Grace Owens, into the world on September 4, 2019.

Ella Grace was delivered at Poplar Bluff Regional Medical Center, weighed 8 pounds, 3 ounces and measured 19 inches long.

Ella is also welcomed by big brother Maddox Owens, and grandparents John and Dena Messer; and Ben and Dorothy Owens.

Photo by Autumn Dover



Evelyn Mae Poff

Evelyn Mae Poff was born on July 16, 2019, to parents Brianna Kriske and Warren Poff of Paragould.

Evelyn was born at NEA Baptist Memorial Hospital weighing 6 pounds and 4 ounces, and reaching 19.5 inches long.

Evelyn is welcomed by grandparents: Daniel and Heidi Kriske, Amber and Heath Eubanks, Jaime Poff, and Beth DeCicco.

Photo by Michelle Espinoza

Mack Hargrove

Mack Hargrove was born on July 2, 2019, to parents Anna and Preston Hargrove of Jonesboro.

Mack was born at St. Bernards Medical Center weighing 7 pounds and 11 ounces, and reaching 21 inches long.

Mack is welcomed by grandparents: Tammy Carter, and Stacy and Aaron Hargrove.

Photo by Amy Reeves Photography



Zylar Kross Stewart

Zylar Kross Stewart was born on June 19, 2019, to parents Nathan and Stephanie Stewart of Paragould.

Zylar was born weighing 8 pounds and 1 ounce, and reaching 21 1/4 inches long.

Zylar is welcomed by his 7-year-old brother, Zaxten Kyle; his 5-year-old sister, Zynlee KayAnn; and grandparents Mike and Denita Stewart, Tony and Debbie Rose, Pam Cunningham and Dennis Cunningham, and great-grandparents Dallas and Winoma Dehart, and JW and Peggy Cunningham.

Photo by Amy Reeves Photography

ENGAGEMENTS

Kierria Hull & Daniel Greene

Kierria Hull and Daniel Greene have announced their plans to be married.

Kierria is the daughter of Robert and Sharon McIntosh of Jonesboro and Daniel is the son of Jason and Jennifer Greene of Jonesboro.

The wedding will be June 7, 2020, at Church Street Station in Jonesboro.

Photography by Caroline Lee Photography



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LIVING A Better Story

By Jared Pickney

Last week I received the news that Jarrid Wilson, a talented and young megachurch pastor, had died by suicide. In his ministry, Jarrid was deeply committed to the cause of suicide prevention and to ministering to those suffering from depression. Upon learning of his death, I was deeply grieved, and my heart continues to ache for Jarrid's family.

As I think about Jarrid's death, which came on National Suicide Awareness Day, I am reminded of a growing crisis in America. According to the federal Centers for Disease Control and Prevention, suicide has increased by 30 percent since 1999 and nearly 45,000 people take their lives on an annual basis. Even pastors, as we see in the case of Jarrid (and many others before

him), aren't immune to this epidemic.

In other words, you are not alone. People from all walks of life, inside and outside of the church are battling depression.

With that being said, I want to encourage anyone who is currently struggling with depression to come out of hiding. One of the first steps in dealing with your depression and anxiety is learning to share openly and honestly about your struggles. Grief needs a witness.

Secondly, I want to encourage you to do the hard work of learning what is causing your depression. Despite popular belief, depression is not a root issue. It is a symptom of a deeper issue. It is a sign that something is wrong

below the surface. Through the help of a good counselor, pastor or friend, you can begin to learn how your past or present circumstances are contributing to your anxiety.

Finally, I want to remind you of the hope that is yours in Jesus. Because Jesus is back from the dead, joy is possible. Jesus is loving, tender, compassionate and powerful. He himself was a man of sorrows who walked through his own sadness and fear, so that you can now walk through yours. He is the great physician who wants to do more than treat your symptoms. He wants to meet you in your brokenness and provide you with the healing you are longing for.

National Suicide Prevention Lifeline: 1-800-273-8255

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HAPPENINGS

AMMC HOLDS ANNUAL MEETING



Arkansas Methodist Medical Center hosted its annual meeting on Monday, August 19. The AMMC corporation board, which oversees AMMC, met to review activities and accomplishments over the past fiscal year. During 2018-2019, AMMC's activities and accomplishments included:

- Caring for 118,000 patients
- Providing \$9.5 million in uncompensated patient care, in keeping with the medical center's non-profit mission
- Employing 700 local citizens and investing more than \$38.5 million into the local economy in wages and benefits
- Groundbreaking for the new Family and Women's Health facility
- Celebrating AMMC's 70th anniversary

AMMC President/CEO Barry Davis said: "A lot has changed over the last 70 years. We have grown our facilities, developed a quality medical staff of family physicians and specialists and expanded services and workforce. One thing that has remained constant, is our desire to provide a community-based high quality medical center for Paragould, Northeast Arkansas and Southeast Missouri. We take a great deal of pride in the services we offer and hope you will allow us to continue to serve your healthcare needs for many years to come."

THE MARIA HALEY LIFETIME LEADERSHIP FOR ECONOMIC DEVELOPMENT AWARD



Paragould's Sue McGowan received the Maria Haley Lifetime Leadership for Economic Development Award at the Arkansas Economic Developers & Chamber Executive Annual Conference.

From left: Katherine Holmstrom, AEDC; Sue McGowan, Paragould Regional Chamber of Commerce; Asa Hutchinson, Arkansas Governor; and Tim Allen, Fort Smith Chamber of Commerce.

2019 BUSINESS MATTERS LEADERSHIP AWARD RECIPIENTS

State Rep. Brandt Smith, State Sen. John Cooper, State Rep. Dwight Tosh, State Rep. Johnny Rye, and State Rep. Jack Ladyman each received an Arkansas State Chamber / Associated Industries of Arkansas 2019 Business Matters Leadership Award on Wednesday, September 18, at a State Chamber / AIA Door-to-Door Meeting in Jonesboro. They were recognized with the awards for supporting positive business initiatives during the 92nd General Assembly.



State Rep. Brandt Smith



State Sen. John Cooper



State Rep. Dwight Tosh



State Rep. Johnny Rye



State Rep. Jack Ladyman

GREENE COUNTY RODEO RAISES MONEY FOR MAKE-A-WISH



The Greene County Fair hosted its first rodeo benefiting Make-A-Wish Mid-South. The Make-A-Wish Foundation grants life-changing wishes for children diagnosed with critical illnesses. The rodeo fundraiser was held on Friday, September 6, in Paragould and the money collected at the rodeo ticket booth and the silent auction directly benefited Make-A-Wish. The Greene County Fair presented a check for \$5,300 to Make-A-Wish Mid-South. All of the money raised by the rodeo will stay in the community to make wishes come true. Visit midsouth.wish.org to learn more about the foundation, make a donation, or refer a child diagnosed with a critical illness to receive a wish.

October

EVENTS CALENDAR

4

What: 16th Annual Shrimp Shak

When: Friday, October 4th at 5:00 p.m. to 8:00 p.m.

Where: St. Mary's School and Pre School located at 310 N 2nd St, Paragould

Info: St. Mary's Catholic School and Preschool 16th Annual Shrimp Shak

One pound of shrimp, red beans and rice, corn and potatoes, drink and dessert are included. Tickets are on sale now. See any St. Mary's student or come by the office for tickets!

5

What: "Stomp Out Cancer" Cattle Baron's Ball

When: Saturday, October 5th at 6:00 p.m. to 11:00 p.m.

Where: Gamble's Shop Local Park, located at 5036 US 49, Jonesboro

Info: Get ready to party with a purpose at the American Cancer Society "Stomp Out Cancer" Cattle Baron's Ball. For more information, contact Jennifer Clay at 870-926-9552.

5

What: 11th Anniversary ShareHope Walk of Remembrance

When: Saturday, October 5th at 8:00 a.m.

Where: NEA Baptist medical campus, located at 4800 E. Johnson

Info: 11th Anniversary ShareHope Walk of Remembrance was created for anyone who has experienced a pregnancy or infant loss, as well as a way for family and friends to remember the babies who have gone too soon. For more information or to register for the event contact Rebecca Propst at Rebecca.Propst@BMHCC.org or call 870-936-8400.

What: FEMA /FLASH QuakeSmart ReadyBusiness Workshop

When: Thursday, October 10th at 9:00 a.m.

Where: NEA Baptist medical campus, located at 4800 E. Johnson

Info: Speakers from around the country and across Arkansas who will discuss business continuity strategies to local industries, non-profits, governmental agencies, small businesses, and more. The focus is how to prepare for and rebound from a disaster with a specific drive toward earthquake readiness. It is FREE to attend and lunch is provided, but registration is required. Registration: <http://flash.org/readybusiness/workshop.php>

12

What: Paragould Junior Auxiliary "Cheers for Charity" Roaring '20s Casino Night

When: Saturday, October 12th at 5:30 p.m.

Where: Paragould Community Center

Info: For tickets and more information jaofparagould.org

What: Open Lab Day

When: Saturday, October 12th at 10:00 a.m. to 3:00 p.m.

Where: Parkin Archeological State Park Visitor Center, 60 Hwy 184N, Parkin, AR 72373

Info: Free event. Participants will get the opportunity to clean, sort, and identify artifacts that have been found in archeological excavations in the area. Children are welcome but must be accompanied by an adult. For questions about the event contact Michelle Rathgaber at 870-755-2119

13

What: St. Bernards Butterfly Release

When: Sunday, October 13th at 2:00 p.m.

Where: St. Bernards Imaging Center Parking Lot, located at 1144 E. Matthews

Info: A butterfly can be purchased in honor or in memory of a loved one. The event is being sponsored by the St. Bernards Advocates and all proceeds raised will benefit the Flo & Phil

Jones Hospice House. For more information or to purchase a butterfly, call St. Bernards Development Foundation at 870-207-2500 or go to StBernardsFoundation.org.

15

What: AMMC 70th Anniversary Celebration

When: Wednesday, October 15th at 2:00 p.m. - 3:30 p.m.

Where: AMMC Atrium

Info: Arkansas Methodist Medical Center will turn 70 years old and a week full of special activities is planned to recognize the many people who work -- and who have worked -- at the hospital.

19

What: Ghostwalks

When: Saturday, October 19th at 7:00 p.m. to 10:00 p.m.

Where: Powhatan Historic State Park

Info: Admission: \$3 adults, \$2 children ages 6 to 12, under 6 free. Century-old buildings, the Black River and old cemeteries play host to a number of Powhatan's ghost stories, folktales and legends. You are invited to our five historic structures to be introduced to the spirits and spine-tingling tales of ghostly happenings. These ghostly tales may very well be hauntingly true, or more likely just flights of fancy. We'll let you decide...

26

What: 2020 Campaign Fundraiser Celebrity Waiter "The Greatest Show on Earth!"

When: Saturday, October 26th at 5:00 p.m. to 9:00 p.m.

Where: Paragould Community Center

Info: Fundraiser in support of Greene County Community Fund. Corporate Sponsors, Corporate Tables and Individual Tickets available! Dinner, silent auction and more fun! For more info: Lauria Baker 870-239-8435

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

Stay Tuned

What's in store next month?
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Festival Season



Fall is the Festival and event season! See who was at community events.

Thanksgiving Blessings



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Photo By: Amy Reeves Photography

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