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From The PUBLISHER... DINA MASON

“

Vacation is the “reset button” for our life or at least our attitude. When you have so much to be thankful for there really is no excuse to be negative.

This edition has been a challenge -- COVID continues to alter everything and our “Fair and Farmers Market” focus took a direct hit. We have managed to pull together some useful information and interesting history we hope you will enjoy.

Don't miss our NEA Seniors section with local resources still available in spite of COVID and information on the new 55 Plus residential opportunity in Paragould.

As always, we thank our advertisers for supporting the “Good News and the People Making It Happen” and we thank you, the readers, for your continued support. Don't forget, you can sign up to get your Premiere Magazine delivered to your email every month at premiere-magazine.com/email.

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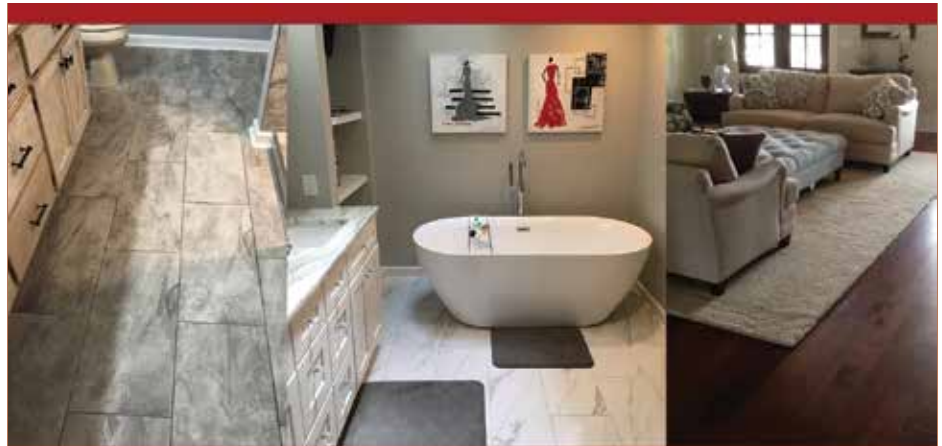
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Rabies: the Deadly Virus

BY DR. KRISTIN SULLIVAN

With World Rabies Day on September 28, I thought this a great opportunity to briefly explore and discuss this fatal viral disease. Rabies is, more than likely, one of the most infamous viral diseases amongst mammals to date. This virus has been around for thousands of years, and although we have made leaps and bounds in medical science and technology, there is no cure and really no treatment for animals or people that have contracted this fatal virus once symptoms develop. Before we dive into the symptoms of the disease and how best to be proactive rather than reactive in cases of possible exposure, let's first discuss some important numbers.

These statistics were obtained via the American Veterinary Medical Association and through the Veterinary Information Network. In the United States alone, it comprises nearly 300 cat and dog deaths per year -- these are dogs and cats that were pets living in a home. Worldwide, Rabies kills around 59,000 people every year. The United States' representation in that overall number is only and thankfully approximately 3-5 people. Rabies is a world problem and it does still occur in the beautiful USA, but this deadly virus is often forgotten because we do not see it affect the people and animals of our "home" population to the extent that it affects our world. But how do we make this better? How do we become part of the solution?

The Global Alliance for Rabies Control website (rabiesalliance.org) offers a number of ways you can donate, volunteer, and/or obtain GEP certification through a free online course. (GEP certification is the Global Alliance for Rabies Control Education Platform). We can also help prevent the spread by starting in our own homes and communities. Rabies vaccinations are required by law to be up-to-date in domesticated species (namely dogs, cats, horses, ferrets, and some livestock). By ensuring that your own pet is up-to-date with its Rabies vaccine, you are helping to mitigate the spread of this disease. There have been many successful Mass Wildlife Immunizations made possible by Rabies Bait. These baits help to immunize our wildlife population and give us even better control of the disease that, if left ignored, could make a quick comeback.

There are different variants of the Rabies virus that we observe. The variant common in this area is the skunk variant. The raccoon variant is common along the East coast and the bat variant is concentrated in the Pacific Northwest in the USA. There is even a variant that is observed amongst mongooses, interestingly enough.

The symptoms are similar in every case. First there is typically pain or stinging sensation at the bite wound. The length of time for the disease process to occur depends on where the bite is and how

much virus was spread. For instance, a bite on the toe from an animal spreading low numbers of the virus will take a much longer course than a bite on the neck from an extremely rabid animal. Signs progress from stupor and confusion, to irritability and aggressive behavior with fear of water, and ultimately death. Rabies is a fatal disease. Unfortunately, once symptoms develop, there is no treatment. However, if exposed and then vaccinated for Rabies as soon as the bite occurs, then the chances of falling victim to the virus are reduced substantially. Please note, the vaccine is a Human Rabies Virus Vaccine! You may not vaccinate yourself with animal grade, species specific Rabies vaccinations! There are currently pre-exposure Rabies vaccinations and post-exposure Rabies vaccinations. For more information on these vaccines or other questions about Rabies, contact your state health department, the Arkansas state veterinarian, or refer to the Global Alliance for Rabies Control.

Like they always say, the best offense is a good defense! Always be watchful and never interfere with wildlife, especially when it is acting abnormally, are awake at abnormal times, or appear to be showing any of the above-mentioned symptoms. If you notice animals acting in such a way, please contact your local wildlife agency or animal control unit for assistance. And remember: Vaccinate your pets for Rabies! It's the law, after all!



LIVING A Better Story

BY JARED PICKNEY

When my wife and I first started to garden we had great aspirations. We pictured a well-watered and neatly weeded patch of earth that would yield a steady supply of summer vegetables. We planted, watered, and weeded really well — at first. But then came the heat. The bugs. The weeds. And it was taking such a long time for the sprouts to grow! Eventually, we gave up. It seemed easier to simply buy some vegetables at the grocery store.

Gardening requires patience and work that we weren't willing to give at that point in our lives. I wanted an instant harvest with minimal investment.

We often take a similar approach to spiritual maturity. In a world that values instant results, we sometimes expect spiritual growth

with minimal investment. We'd like spiritual maturity to be quick and effortless, but that's not how growth works. This is why I think we should all learn to think like a farmer.

Growing up around farms and gardens, I've observed the need for hard work and patience. There's tilling, cultivating, irrigating, weeding and so much more. Yet at the end of the day, you still have to wait patiently for God to bring the growth.

Farming our hearts for spiritual growth requires both hard work and patience. You have a work to do, but God has a work to do. Farmers don't sit on their hands throughout spring and summer, hoping a few crops will pop up out of thin air.

No, they work diligently toward the harvest.

But they also know they must wait patiently for the crops to take root, grow, and produce fruit. They work and wait. And that's the approach every believer is called to take.

Work and Wait

Our growth hinges upon both God's investment and our obedience. God ordained our means of growth through prayer, scripture, and the church just as he ordained for plants to grow through good soil, sunlight, and rain. We can trust his process for growth, waiting patiently for him to bring about what he's promised (1 Thess. 4:3; 5:24).

When it comes to growing spiritually, think like a farmer who works and waits with patience, knowing the harvest is sure to come.

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Navigating COVID-19

BY LINDSEY MILLS

Information overload might sum up how some of us feel when it comes to how to handle a global pandemic. Our experts are almost certainly working as hard as they can and new information is constantly adjusting rules and guidelines. One thing is for sure: We owe a big thank you to those working to learn and understand as much as they can to help keep us safe.

We talked with AMMC's Assistant Chief Nursing Officer, Teresa Fisher, RN, to discuss her role, what she's noticed in our community, overcoming challenges, and what to keep in mind as we continue to navigate COVID-19.

Define what your role includes, and tell us what your responsibilities are:

As the Assistant Chief Nursing Officer at Arkansas Methodist Medical Center (AMMC), my role is to work in collaboration with our Chief Nursing Officer, Lana Williams, and our nurse management team to provide excellent nursing care to our patients while focusing on our mission to be a Beacon of Health, Hope and Healing. My role includes recruiting, interviewing & hiring high

quality staff, assisting nurse managers with staffing and implementation of retention strategies, coaching staff and assuring they have the resources needed to be successful in their role, and chairing AMMC's Service Excellence Council.

Since the pandemic, my role, like many others, has expanded. I am humbled to be part of the AMMC COVID task force team. The purpose of this team is to assure AMMC continues as always to provide the safest care possible while navigating the COVID-19 pandemic. Our team takes our responsibility very seriously. We are a multidisciplinary team, led by our CEO Barry Davis. We assess daily county, regional, state, national, and worldwide COVID-19 data trends including total cases, current active cases, hospitalizations, and deaths. We also assess resource availability including PPE, ventilators, hospital beds and our most valuable resource, which is our staff. We utilize all this data while staying abreast of current best practices and treatments to assure our patients receive the best evidence based care available.

What have you noticed about our community, and specifically



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the healthcare workers around you during this time of a global pandemic?

As a community, we are working together to help prevent the spread of Covid-19 by following guidelines and directives from ADH and CDC. Research has shown that wearing a mask in public, social distancing and proper hand washing contribute to slowing the spread of Covid-19. I am very proud of the people in our community including grocery store workers, retail employees and especially those who work in education who have worked all summer to prepare our schools for our children to be safe.

As for healthcare workers around me, I can honestly say I work with heroes daily. The healthcare team at AMMC continues to go above and beyond, volunteer when needed, and ask, "What else can we do?"

Most people who decide to go into healthcare never expect they would face a pandemic such as COVID-19, but healthcare workers have certainly proven we can and will fight this

pandemic with every bit of energy and knowledge we have to assure people in our community, including our neighbors, friends, and loved ones remain safe.

I have also seen heroes in every department of healthcare. I can't name every department because I'm afraid I would miss some, but I have to shine a huge light on our environmental services team and our patient care technicians. HEROES FOR SURE!!!!

What would you say has been the biggest challenge in regard to facing COVID?

The greatest challenge in regards to Covid-19 has been adapting to a fluid situation as more evidence and recommendations become available. This is the main reason the AMMC COVID task force team is made up of leaders from different areas and the reason our team meets daily. Our team consists of physicians, the director of infection prevention, the director of quality, the director of emergency management, nurse administrators, and other administrative leaders. As new research comes available, we must look

at the data and research from all different viewpoints to make educational decisions based on the evidence.

What are some of the big takeaways you think we should learn and take heed from in regard to infectious diseases?

Covid-19 brought new challenges and fear as it began to spread across our community. The ADH and CDC have done an excellent job providing information on prevention and safety. With social media and web browsers, individuals are able to receive information quickly and take immediate precautions. This pandemic has proven that even though we had to make adjustments to our everyday lives, including wearing masks, working from home and limiting social gatherings, we have become stronger as a community. As we continue our efforts in stopping the spread of Covid-19, I encourage you to stay informed, follow directives and support our local healthcare workers.

If you have any questions about Covid-19, call the 24-hour hotline at 870-573-4223 or visit our website: www.myammc.org.

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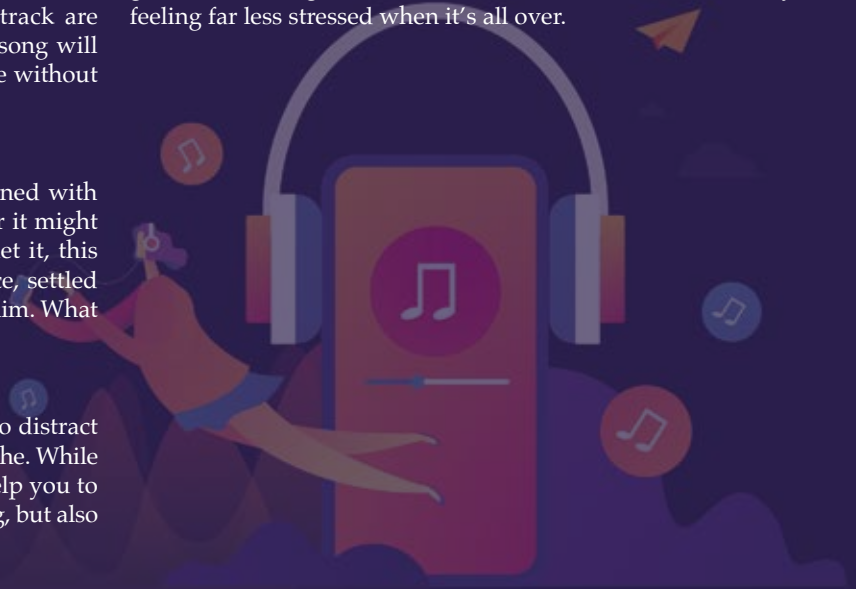
BY SARA BROWN

A playlist for August

With everything going on in the world right now, I think I speak for everyone when I say we could all use a little calm, so put your headphones on and relax, even if it's just for a minute or two.

1. Break the Rules (End Credits Version) – Ruen Brothers
This song has a nice, gentle bounce to it and a pleasant, calm vocal. It's perfect to just sway back and forth to and get your mind off your worries. You can't help but feel more relaxed after listening to it.
2. Powder Blue – The Cactus Blossoms
The harmonies and mellow instrumentation on this track are beyond beautiful, and with a slow, easy, '50s feel, this song will grab you, sit you down, and make you feel more at ease without your even realizing it.
3. Summer – Derek James
The piano-guitar combo that starts the track off combined with that beautiful vocal is a perfect distraction for whatever it might be that's causing you stress right now. Bonus: If you let it, this song allows you to picture yourself in the singer's place, settled on a hammock, listening to the summer sounds around him. What could be more peaceful and relaxing than that?
4. Angela – The Lumineers
The soft guitar and gentle vocal on this one are bound to distract you from whatever is on your mind and help you to breathe. While this song is a calm one, it has an energy to it that will help you to not only feel less stressed when the last note stops ringing, but also feel energized and strong.

5. Still – Hunter Hayes
This song has an absolutely gorgeous combination of piano and strings that you can't help but pay close attention to, and combined with the crystal clear vocal, it'll bring your heart rate down and ease your mind of any stress you have built up.
6. Layla (MTV Unplugged Version) – Eric Clapton
As opposed to the original version from 1970, this version is relaxed and easy to just chill to; the rowdiest thing about it is the occasional cheer from an audience member (the song really is that good!). Even the guitar solo has a mellowness to it that'll leave you feeling far less stressed when it's all over.



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PET OF THE MONTH

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BY BRANDY HILLEGAS

I've had Mia ever since she was a puppy; she will be seven on September 13.

I always wanted a Pomeranian, so I searched online for a couple of months. I finally got in contact with a lady in Southaven, Mississippi, and met her to pick out the puppy I wanted. There were two blonde Pomeranians and one brown. Once I got there, I went to pick up the brown one, but Mia ran over to me, grabbed my hand with her paw and immediately jumped into my arms! Right then I knew she was the one for me.



Mia enjoys playing Frisbee most of all, without a doubt. She loves for you to throw it for her and she will jump into the air to catch it.

Everyone can – and will – argue that their dog is the best. And none of those people are wrong. Every dog is unique in its own way. Mia is my very first dog that's all mine. She has such a huge, loving personality, and she's so smart. She gives me hugs every night before bed (she lays her head on my chest and under my chin). And she is always waiting at the door for me when I get home.

Mia is so sassy. She makes me laugh all the time and her head tilts make me wonder sometimes if she can truly understand me when I talk. If Mia could talk, I think she would have so many things to say:

"Where is my Frisbee? I wanna bite of that. There was a squirrel in our front yard today, but I barked and scared it off. You're welcome for saving us, Mom. Can we go for a ride? Hey, who is at the front door? Let them in. Do you HAVE to go to work today, Mom?"



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AR Single Parent Scholarship Fund Holds Car Maintenance Workshop

The Arkansas Single Parent Scholarship Fund (ASPSF) provides financial assistance and support to single parents across the state.

ASPSF helps parents pursue their education, increase their income and raise

the standard of living for themselves and their families.

In the spring and summer scholarship cycle, 168 scholarships were awarded to single parent students in Northeast Arkansas. The amount of scholarship

funds totaled \$116,525.

On August 5, ASPSF partnered with AutoZone of Paragould to present a “Car Maintenance Workshop” for single parent scholarship recipients.

Attendees learned to check tire pressure, check oil, replace windshield wiper fluid, change windshield wipers, change a tire and more. The objective was to support single parent students in maximizing the lives of their vehicles and hopefully avoiding some costly repairs.

Each attendee received a Car Emergency Kit for their vehicle.

The workshop was made possible in part by a grant from Community Services Block Grant (CSBG).

With support from a number of partners and donors, Arkansas Single Parent Scholarship Fund awards well over \$1.5 million in scholarships each year across the state of Arkansas. The “Car Maintenance Workshop” is one of the ways ASPSF works with local community organizations to support single parents throughout their pursuit of a better life through education. For more information about Arkansas Single Parent Scholarship Fund, go to <https://www.aspsf.org>.

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College Tips by a College Student



BY SARA BROWN



We're not quite two weeks into the Fall 2020 semester and things are looking very different than they have in past semesters. With mask requirements, one-way hallways, and an interesting delivery of course material, there's certainly an added level of stress we haven't had before. While I don't know exactly what's going to happen this semester, I do have some tips I think will make whatever happens go a little more smoothly!

Tip one: Write things down. I promise you if you have a mixture of completely online, web-assisted, and in-person classes, you're going to forget which is which and when they meet. Write it down in your planner, in your phone, on a marker board in your room ... whatever will help you remember what is going on when.

Tip two: Actually attend your online class meetings. Your professors and instructors have put lots of time and energy into developing online content in a very short amount of time, and for some classes, that may be all the instruction you get outside of your textbook. Attend those online meetings just like you would a regular class meeting (I'm making the assumption you normally DO attend those!) to get the most you can out of your classes. You are paying for them,

after all.

Tip three: To repeat what I said last month, pay attention! I cannot emphasize this enough. Check your email, watch for campus alerts, listen to your professors and instructors in class. Your classes may start out one way at the beginning of the semester and end up being all online by the end of the semester. You don't want to miss any important updates on your classes or the status of campus, so check for updates often.

Tip four: Follow a normal schedule. Get up every day like it's a normal school day. Eat a good breakfast. If you have any online classes that don't meet regularly, do your work during the time the class would normally be meeting. It might seem weird, but going through your strange COVID daily schedule by keeping it as close to your normal routine as possible can be a big help in eliminating some stress.

And finally, tip five: Breathe. These are truly historic times we find ourselves in right now, and being a student is a challenge. Keep working hard and continue to push yourself to do the very best you can do, but if you need a minute, stop and breathe. You're doing great.

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Wessell Building Announced

On August 3, 2020, a small group of people gathered at The Collins Theatre in Downtown Paragould to watch the Arkansas Country Music Awards, which was being streamed online. But there was another reason for the gathering, and the surprise would bring much emotion – and we could tell, despite the mask – to Joe Wessell.



Guests arrived early and Patty Camp, on the Collins Theatre board, stood before some of the Collins’ most loyal supporters to discuss plans for the new building next door, bought by the foundation. The building will become part of The Collins Theatre and will include a lobby and extra storage for the theatre in addition to other plans (details to come).



The surprise part of the presentation? The foundation decided unanimously to name the addition “The Wessell Building.”

In gratitude for his years of service to the theatre’s restoration and upkeep, The Collins Theatre family and fans would like to say thank you, Joe Wessell, for your service to the Historic Collins Theatre and, therefore, the community.

Pictured

Top: Patty Camp



Bottom: Joe Wessell, President of the Collins Foundation, and wife, Reba Wessell; daughter, Jill Gill and husband Kevin Gill; granddaughter Chandler Gill Weber and husband Mitchell Weber, holding Joe’s great-granddaughter, Jennings Karoline Weber, daughter of Chandler and Mitchell



Dad and I entered the small woodlot as quietly as possible. The dampness of the early morning helped soften our footsteps and made stealth a little easier. We were in search of a squirrel or two to sit alongside some mashed potatoes and corn on the supper plate.

Dad carried a Stevens pump 20 gauge and I toted a single-shot .410. Dad would take a few steps and scan the trees as I followed close behind. After a few careful moves through the woods, a hickory limb shook just ahead and then the sound of shredded hickory hulls began to rain on the forest floor. We approached the tree carefully and scanned it. An occasional move of a limb gave away his presence, but the hickory leaves that turned bright yellow from the approaching fall hid the furry creature from our sight. Finally, the fox squirrel hopped out on a limb in plain sight. Dad quietly and carefully cocked the hammer on my .410 and I took aim and the squirrel tumbled down through the branches. I have no idea if this was my first hunt, but it was one of the earliest. I know there were duck hunts, rabbit hunts and dove hunts, but which came first has been clouded by fifty years of time. I do know, however, that my first hunting experience was with “small game.”

The term “small game” typically refers to the aforementioned squirrels as well as rabbits, birds or a variety of other small animals. For most hunters from their mid-thirties to my age and older, small game laid the groundwork for time in the field.

One example of the importance of those



foundations often comes from one of my hunting partners, David Wilcox. He is quick to credit much of his outdoor knowledge to the things he learned from spending time with his grandpa, Pop Wheelis, in the Black River bottoms. Very often David will mention those early lessons. Some of the basics included tree knowledge, woodland navigation and how to read the sign an animal leaves behind. Lessons on patience, confidence and a respect for the animals and their habitats were also passed to David. These lessons were occasionally in words, but were more often in the form of actions and deeds.

The building blocks of small game hunting are invaluable to a young hunter. Stealth, observation skills and the ability to “find your way around” are just a few of the skills the “old-timers” often pass to the new generation. These skills lay the foundations for a young hunter, not only for time in the woods, but for life. Unfortunately, small game hunting has seen a decline and with that the tradition of passing basic hunting skills is also dwindling. The decline can be linked to many factors but there are many aspiring parents and guardians interested in getting their children out there. Unfortunately these ideas are often met with obstacles like the cost of equipment, a location to hunt, and a need for more information. But, with a little planning, these hurdles can be overcome.

One of the great things about small game hunting is the simplicity of the hunt. Media wants to tell us gear lists need to be lengthy, but more small game is taken due to stealth and woodsmanship than fancy gear. A 20 gauge shotgun is a great start for any young



CHUCK LONG

Regional Education Coordinator Northeast Education Division Arkansas Game and Fish Commission

hunter, and is useful for adults as well. Camo might help, but any drab clothing will work. Add in a pair of boots and a hunter is woods-ready. A hunting vest is a good addition as well as a compass and a map of the hunting area.

Public opportunities to pursue small game abound in Northeast Arkansas. Some great options include Scatter Creek WMA near Paragould, Black River WMA near Corning, St. Francis Sunken Lands WMA that extends from just east of Paragould to the Trumaine area and Bayou DeView WMA near Weiner. Each offers a unique habitat, fairly easy access and is within a short drive. For those who want to drive a little farther, areas like Harold Alexander WMA near Hardy and Sylamore WMA near Mountain View offer great opportunities to hunt the Ozark Mountains. Looking for some really big woods? Head south to either the Cache River or White River National Refuge.

As far as basic information, the season dates and limits and any special regulations can be found at agfc.com. A quick search on YouTube or conservation-related Facebook pages can provide great hunting related information. The staff at the Forrest L. Wood Crowley's Ridge Nature Center can be reached at (870)933-6787 or a call to the Northeast Region office of the Arkansas Game and Fish Commission at (870)972-5438 can also provide insight.

Small game hunting is a great way to spend time with friends and family and learn some basic skills. In addition to the above listed resources, give me a call at (870)215-3633 if you have any questions. I hope to see you out there!



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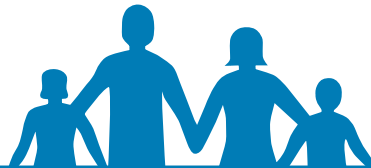
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Hidden Heroes

BY LINDSEY MILLS



Pictured: Tammy Mason, Veonia Jackson, Joann Cavazos

Not all heroes wear capes, and not all of them are doing what we might expect, either. The front lines are often filled with those doing what is necessary to keep others safe and during the COVID-19 pandemic, a special team at NEA Baptist is doing what they always do: Keeping things safe.

The Environmental Services Team (EVS) of around 70 individuals is what NEA Baptist refers to as its “Hidden Heroes.” Anxiety across the country is at an all-

time high. Enter the EVS team, the group tasked with ensuring the hospital is the safest environment for patients to receive care.

EVS has an arsenal of tools at its disposal. From an XRO-3 cart, which is equipped with a built-in vacuum capable of eliminating dust, and pathogens from spreading as seen with regular dusting, all the way to a portable UV lighting unit designed to completely sanitize a room in minutes. These hidden heroes live their motto every shift of, “We Save Lives.”

Michael Lucas, Director of EVS, says the pandemic hasn’t changed the way they do things because safety and cleanliness are always their top priority.

“Our process has not changed during the pandemic,” said Michael. “Our team members clean each room with the expectation that their family member will be the next occupant. We conduct 300 regular inspections each month and another 90 black light inspections to ensure that we hold to a high standard.”

A large blue graphic with a repeating pattern of the word "NEASIGNS" in the background. The word "NEASIGNS" is prominently displayed in large, bold, yellow and orange letters. Below it, the text "COMMERCIAL CONTRACTORS" is written in black. The phone number "870.239.3305" is written in large, bold, orange letters. At the bottom, the text "SIGNS - AWNINGS - BANNERS - SERVICE ELECTRONIC MESSAGE CENTERS" is written in black, and the website "NEASIGNSLLC.COM" is written in white with a black outline.

Black light inspection is the process where a shift lead will spray frequently touched areas of a recently vacated room before cleaning has begun and unknown to the crew cleaning the room. After cleaning is complete, the shift leader will inspect the surfaces with a black light to ensure all surfaces have been thoroughly cleaned and sanitized.

“The morale of the NEA Baptist EVS team has remained high during these unprecedented times,” said Stephanie Taylor, Director of Quality at NEA Baptist. “When faced with the unknown of what impact COVID-19 would have, our team continued to push forward by keeping the patient the center of focus on their daily operations. This team is the best defense we have for infection prevention throughout our facility and into the community. NEA Baptist is blessed to have UV equipment that takes disinfecting to the next level. This equipment has been instrumental in the cleaning of our isolation rooms for the past two years and even more so with the addition of COVID-19. The use of UV to eliminate the virus gave the staff an extra sense of accomplishment in knowing we are doing what is safest for our patients as well as our NEA Baptist team.”

We salute these hidden heroes of health care and would like to recognize them for the work they do to keep patients, team members, and families safe during these trying times.

May we remember to keep an eye out for hidden heroes in all areas of our life and when we see them, thank them for their attention to serving even when it's not in the limelight.



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Flowers from the *Heart*

BY JENNY BROWN



13-year-old Dalton Masters developed a love for flowers at the age of 4 when he “rescued” his mother’s tulips from a rainstorm. Dalton’s mother, Stacy, said she also has a love for flowers and used to pick her neighbor’s flowers as a child; she was still surprised when Dalton came into the house with an armful of her favorite tulips from the yard, explaining he was just rescuing them from a hard rain. Skip ahead nine years, and Dalton still loves all different types of plants and flowers today; however, what he loves even more is making people feel special and appreciated. He realized he found an inner satisfaction when he saw how happy he could make others by giving them flowers, a smile, and telling them how much he appreciated them in his life. He started saving his own money to buy more flowers.

At a young age, Dalton started repurposing water bottles by painting them and turning them into vases for his flowers. At age 8 or 9, he started taking his flowers to his classroom teachers, nursing home residents, and even complete strangers. In 2018, Dalton and his family found themselves in Hot Springs during the annual Heart Gala where Dalton noticed the leftover fresh flowers were

going to be tossed away after the event. Dalton asked if he could take them to distribute as he wished, and they agreed. This has now become an annual tradition for Dalton and his family. They volunteer to help set up for the Gala, and in return, they take home as many flowers as they can fit into their SUV. From Hot Springs to Southern Missouri, Dalton enjoys handing out flowers to random strangers as they travel home. One stop this year was a Dairy Queen where he gave every lady inside the restaurant a fresh flower and told them to “have a nice day!” Several ladies were surprised that a young boy would be interested in making the day of a total stranger.

Dalton decided to take his endeavors to a new level by naming his hobby Repurposed Designs by Dalton and places such as local florists and supermarkets, like Kroger, partnered with him and either discounted or donated flowers for his cause. Dalton shopped so frequently for fresh flowers at Kroger that they knew him on a first name basis.

One of Dalton’s favorite activities is visiting nursing homes such as Sunshine Manor and Greene Acres Nursing Home in Paragould and placing fresh

arrangements on each table in the dining hall. Sometimes he will stroll down the hall and visit various rooms. Several ladies there have grown to love him and will request a photo with Dalton, which they then have printed and hung in their rooms. For the past three years, Dalton has made an effort to visit nursing homes with flowers twice a year: before school begins and around the holidays. Florists like Alvin Taylor’s in Paragould have partnered with Dalton and donated roses to his cause.

This year, the Covid-19 pandemic has caused him to have to rethink his plan due to not being able to go into the nursing homes. He decided he wanted to thank essential workers in our community, so he took the flowers he would normally have given to nursing home residents and gave them out to local places such as doctor’s offices, banks, restaurants and convenience stores. He wanted to thank them for sacrificing to provide services for everyone during this crisis and let them know someone out there cares. He said the response has been overwhelming. Many essential workers he has visited have felt exhausted and unsure about the future, and his flowers brought hope and encouragement on otherwise long, dreary



days. Dalton said he enjoys letting the essential workers know how much he appreciates them and that he is praying for them. Several were moved to tears saying, "No one has ever done this for us before."

Another way Dalton has repurposed fresh flowers is to partner with newly married couples who want to donate the flowers from their weddings. Several couples have found this to be a great way to begin their journeys together by making the decision to donate their flowers to give back to their communities. Dalton offers to deliver the flowers to their location of choice.

Stacy says it is a joy to watch her son take something he is passionate about and share it with others to make them happy. Dalton said he wants others to know it is important to show kindness and respect: "It makes a difference, and if you don't have anything to give, a kind word or a smile can go a long way!"

If you'd like to donate to his cause, you can contact Stacy at (870) 240-3784.

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The Food Bank of *Northeast Arkansas* Outstanding Partners



BY LINDSEY MILLS

The Food Bank of Northeast Arkansas provides hunger relief to people in need by raising awareness, securing resources, and distributing food through a network of non-profit agencies and programs.

The organization doesn't do it alone, and when we reached out to ask about local agriculture donors, Corporate Partnership Coordinator Amber Horton had much to praise about those who help them feed NEA.

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"We are very thankful for our partnerships," Amber said. "Because of their generosity, families in need in Northeast Arkansas are able to receive these nutritious items when they might not have access to them otherwise."

There are many ways to give to the Food Bank and individuals are invited to contribute. Little acts add up to big impacts. Still, with the help of larger organizations, the organization is able to take the figurative leaps and bounds toward the mission of providing hunger relief.

Peanut Growers Association

"Peanut Butter is considered a high protein item and is always much needed at the Food Bank," Amber said. Members of the Peanut Growers Association came together to partner with the Food Bank of Northeast Arkansas to provide families in need with peanut butter. Together, the association has coordinated and donated over 17,000 pounds of peanut butter to the Food Bank so far in 2020.

Matthews Ridgeview Farms

A longtime agricultural donor to the Food Bank of Northeast Arkansas, Matthews Ridgeview Farms donates sweet potatoes every month. In 2019, Matthews Ridgeview Farms helped provide over 94,000 meals to those in need.

"Because of their donation, people who suffer from food insecurity can get some of the essential nutrients that they need," Amber commented.

How to Give Back

The Food Bank of Northeast Arkansas is what could be referred to as a bottom-line business solution for a farming operation, meaning they accept produce that is surplus or irregular. Every donation receives liability protection, receipts for potential tax deductions, and reduced costs associated with storage and disposal. In other words, doing good is good for everyone.

Home gardeners, community gardens and big businesses are all welcomed to contribute to the Food Bank.

➔ If you or your business is interested in helping provide hunger relief, contact Amber Horton by email ahorton@foodbankofnea.org or give her a call at (870)932-3663.

For more information, visit foodbankofnea.org.





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Explore MOR Presents:

September Features

The Vegan's Guide to NEA

BY BETHANY DAVIS

Is being vegan something that's still a thing? The answer to that is YES! Veganism is becoming immensely more popular by the year and it is not slowing down here in Arkansas. Being vegan for more than four years now, I am constantly asked: Where do you eat in town? While a few years ago I wouldn't have had many places to name off, the list is growing rapidly and I'm happy to report there are several places in Northeast Arkansas that accommodate a vegan diet.

Senior citizens have seen a direct impact, arguably more so than other demographics, on their day-to-day lives as organizations are closed and recourses for them are more difficult.

While many may be familiar with local programs and resources for senior citizens, it's certainly more difficult to know what is running as normal, what's been altered to meet current guidelines, and what is canceled altogether. We've put together a resource guide for seniors and their family members. Please reach out to each specific organization for further details, and to confirm information that is constantly changing.



Farmers Market Goods

BY BETHANY DAVIS

Often when we think of the Farmers Market in Jonesboro, we are inclined to picture all of the fruits, vegetables, eggs, honey and all the local foods grown during that season. While this is a key reason to go to the market, they also have plenty of things to buy as gifts.

Whether it be a birthday, an upcoming holiday, or just small celebrations in life (we should all celebrate the small things a bit more!), buying local doesn't just matter with your food, it matters with every purchase you make. Craft vendors at the Farmers Market are going to vary week to week and year to year, but the next time you want to grab a little something small for a friend, you should consider going to the Farmers Market on Saturday to check out the gifts you can buy.



Not only will it be a one of a kind gift, but you will also be gifting our local economy and community.

We scouted Farmers Market finds and if you can't make it to the market, we provided info for how you can reach out to them to buy something for you or a friend.

Read the full stories online at exploremornea.com

Northeast Arkansas Road Trip

BY LINDSEY MILLS and TAYLOR DICKINSON

Good food, fun shopping, and adventure can all be found right here in NEA and right down the road in our neighboring towns. Especially now, when traveling longer distances is difficult, to say the least, we want to encourage you to explore more of what our area has to offer. A riverside cabin getaway in Arkansas? Less than two hours away. A boutique hotel and a thriving downtown featuring Arkansas' oldest movie theatre and the cutest coffee shop where you'll want to spend your entire day? Barely over an hour away from Jonesboro. A classic, "real" bed and breakfast inn in a town full of history – just down the road. And a city teeming with culture, music, food, craft cocktails and good beer; um, it could take forever to truly experience it all and it's a short drive over the Arkansas-Tennessee border.

So often when wanderlust bites we might feel the need to purchase a plane ticket or start plotting a route across the country, but perhaps a road trip around NEA could fill us with everything we're looking for.

We thought we'd test it out to see.

This month, we're taking a road trip in a ring around Northeast Arkansas in search of good food, unique shops, outdoor adventure and night life, and, of course, the best places to stay after wandering just far enough away from our own beds.

We're going to share our planning process with you – and challenge you to plan your own. We also invite you to follow along with the #NEARoadTrip in real time by keeping up on social.

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Coast Guardians in Greene County

BY LINDSEY MILLS and DAN TURNER

What's on your dinner plate?
How did it get there?

While what we had for dinner is often a topic of conversation, where it came from is not. Perhaps because in our society it's pretty easy to go to the store, pick up what we need, take it home and prepare it. But the food on our plates has a story all its own.

"If you think about it, we owe much to the Mississippi," Dan Turner mused in an email as we went back and forth over our information pertaining to the history of the Coast Guard and its place in the middle of the country. "The history of what is now the best farm land in the country, the Mississippi Delta, was formed by at one time what was a lake through the center of our continent. As the water receded, the alluvial plain became a cedar swamp as the Mississippi River changed course over the landscape. In its wake was created prime fertile farming potential once the trees were cleared and the swamps drained."

But the history of the land isn't the only thing that makes agriculture huge in this area; the river still serves our farming communities by offering the most productive and economical transport to markets throughout our country and the world.

Superiority

When comparing the cargo capacity of trucks, trains and inland river barges, a study [1] found that one single common 15-barge river tow has the same capacity as 1,050 trucks or 216 railcars pulled by six locomotives.

To put this in terms of how much food a barge might be carrying: A loaded, covered hopper barge transporting wheat carries enough product to make almost 2.5 million loaves of bread, or the equivalent of one loaf of bread for almost every person in the state of Kansas. That's a lot of bread.

The study also addressed the amount of cargo currently transported on major rivers and found if the loads were moved to the nation's roadways, it would be the equivalent of more than 49 million truck trips. Thy hypothetical diversion of the current freight on our waterways to

Continued



highways would add 1,046 trucks to the current 875 trucks per day per lane on the average interstate.

Barges are granted superiority for a few reasons including fuel efficiency and a lower environmental impact.

Coast Guard Role

Why we find the USCG in the middle of the country becomes more apparent when we look at the livelihood and production in agriculture, manufacturing, etc. The Coast Guard is responsible for not only the safety of everyone working or recreationally on the water, but also maintaining the navigations systems and reporting river conditions to the mariners. Another effort by the Coast Guard is to provide education to those working on the river for not only mariner skills and providing licensing, but also educating on best practices of seamanship and how to secure stowed vessels to reduce or eliminate uncontrolled vessels from becoming a hazard to navigation.

It once took over four days to clear traffic due to an uncontrolled barge on the river. The Coast Guard needed to shut down the river to avoid a danger to personnel, the environment, assets and/or a loss of goods. They then located problem vessel and worked with the owner on retrieving and securing the vessel to open the river back up to traffic. Over 1,000 barges were



stuck in river traffic waiting on clearing and securing the hazard. The cost of

The uniform of a Petty Officer 3rd class gifted to the Greene County Museum.



Steamboat Sultana on the Mississippi River used with permission of the Sultana Disaster Museum. The boilers on the 260-foot wooden-hulled steamboat Sultana exploded while the vessel was traveling on the Mississippi River near Memphis.

production not moving was estimated to be over \$1,000,000,000.00. Talk about an expensive traffic jam.

Efforts on the Sector Lower Mississippi River

What is known as the Sector Lower Mississippi River (SLMR) is located on the bank of the Mississippi River in Memphis. SLMR commands one Marine Safety Detachment, six buoy tenders, one aid to navigation boat and two response boats. Along with its sub-units, the Sector performs the Coast Guard's missions across the expanse of six states, over 2,200 river miles, lakes and their navigable tributaries.

The Sector Lower Mississippi River Waterways Division has a very large area of responsibility in comparison to any waterways division in the U.S. Coast Guard, managing over 2,200 miles of navigable waterway. Overseeing the waterway includes response to emergent situations – coordinated by the Incident Management Division – and leading the Waterways Action Plan which governs commercial vessel operating conditions. [2]

So on any given day, our Coast Guardians might be conducting search and rescue, handling pollution incidents or marine casualties, fighting terrorism, managing flood response, inspecting vessels or facilities, securing ports, aiding navigation, issuing marine event permits, working on Waterway Action Plans, or monitoring current river conditions ... just to name a few.

In short, our Coast Guardians here in the middle of the country often do much more than we are aware of, quietly serving our community and doing their part to keep our economy moving and our community safe.

[1] feedstuffs.com – study by the National Waterways Foundation 2017

[2] atlanticarea.uscg.mil – USCG Website



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Look for the first of this three part series in the August issue of Premiere and the third, final part in the November issue. If you or any family member served in the Coast Guard at any time, now or in our history, please send the name and family stories of their service to dan@militaryavi8tor.com. Or contact the Greene County Museum.

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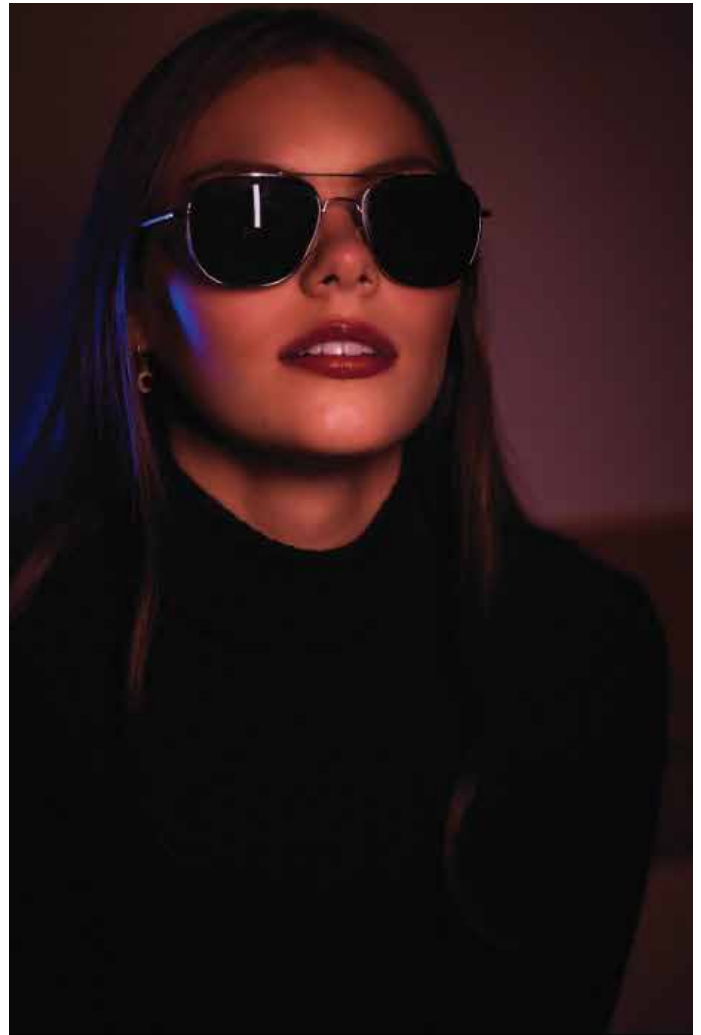
A complete listing of all Downtown events can be found under "Events" at downtownparagould.com or [facebook.com/oneandonlydowntown/events](https://www.facebook.com/oneandonlydowntown/events).

First Community Bank Breaks Ground on New Brookland Location



On August 12, 2020, local officials and First Community Bank representatives, adhering to all state COVID guidelines, gathered with a limited number of attendees to celebrate the beginning of construction on the bank's new location in Brookland. The center, located at 8101 Highway 49 in Brookland, will mark the 28th location in the bank's branch network.

Pictured: Paul Hindman - SVP/Senior Regional Lender; Brian Emison - SVP/Retail Banking Officer; Craighead County Judge Marvin Day; Dale Cole- Chairman & CEO; Boris Dover – President & COO; Allen Williams – Market President; Brookland Mayor Kenneth Jones; John Perry – Stonebridge Construction Owner; Matt Davis – Stonebridge Construction Project Manager; Dan Passmore – Justice of the Peace.



Andrew Brown
PHOTOGRAPHY

870-316-1030



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The History of the Fair

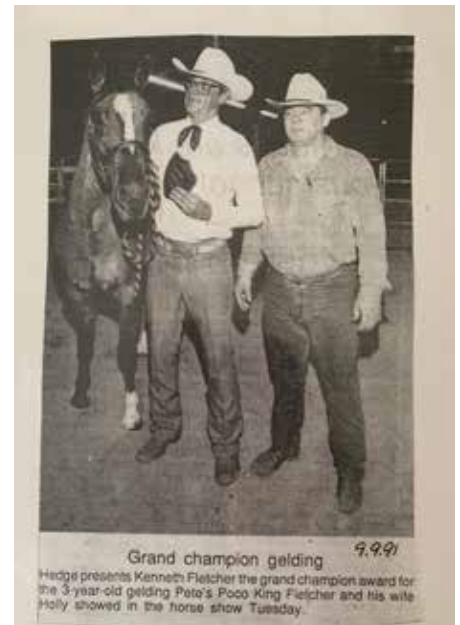
BY CAITLIN LAFARLETTE

Despite the setbacks 2020 has seen, the Greene County Fair celebrates 133 years of entertainment and competition, sure to add to an already rich history.

The first Greene County Fair was held in October 1887, and according to records from the 1888 fair, entry fees were only 25 cents, family season tickets rang in at \$2.50, a single horse or horse and buggy at 25 cents each, and a two horse vehicle at 50 cents.

“No gambling, in any form, will be allowed on the grounds,” the 100th anniversary 1987 fair catalog stated.

At that time, board officials were concerned about the Eight Mile Bridge



not being in good repair. The bridge, according to records, was the only crossing from Paragould to the fairgrounds.

“People with their wares and the Carnival must cross the bridge or there would be no Fair,” the catalog said.

As the years went on, the fair board worked to bring interesting attractions to the area aside from horse races, which were popular for about 40 years. In 1915, an airplane was displayed as the feature attraction, and Greene County citizens paid an extra admission charge to see it.

The original fairgrounds were located between Country Club and Thiel roads, but the present location was secured in 1948. In 1949 the first Greene County

Fair was held at its new location. The livestock barn was constructed in 1952 (to replace the original, demolished in 1950), concession stands were built in 1955, the commercial exhibit building was born in 1968 and the entertainment building was ready in 1983.

The fair started out with board members required to arrive when rain came to let out tent ropes to avoid tents being blown away. Now, there are enclosed buildings and barns, and board members have new jobs.

Current president Fred Siebert has served on the board for 27 years.

“New officers are voted on each year and you are in that position for one year,”

Glen Sain

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Published by the Paragould Daily Press in 1989: Mikka Robinson and Sarah Hensley

Siebert said. "The president elect or vice president moves up to president that following year."

He added the fair board meets once a month, and weekly during the month of August. Today, the board consists of 15 committees.

The Demolition Derby committee is one of the main fund raisers for the fair, and the Livestock committee also plays a main role in the event.

"The committee members stay abreast of all the new and existing rules regulated by State," Siebert said. "They also go out and hire different judges every year for the youth of this county to showcase their animals."

The Concession Stand committee holds auctions every year for the highest bidders, and the Security and Parking committee contracts out parking to church or local groups looking to make extra money for their organizations. The Scholarship committee reviews applications and selects individuals to receive scholarships, while the Commercial Building committee secures vendors to showcase goods or services.

The best rides and games available in the area are chosen by the Amusement committee. Those in charge of the beauty pageant sector also work with the district and state fairs on new regulations and policies. Siebert said the Advertising committee members secure ads for the fair book and work with local publishing companies to compose a magazine to showcase entertainment, rules and regulations for the fair.

Siebert added the entertainment division is always on the lookout for local talent, new acts and up and coming acts. "Pricing plays a major role in what type of entertainment is brought in," he said. And the Family Living committee works with local artists, farmers, canners, etc., to promote their goods.

While 2020 might see some changes in the fair, the purpose, according to the 100th anniversary records, has not changed: "Greene Countians showing their products with pride and getting together for education, fun and excitement."

➔ For regular updates on the 2020 Greene County Fair, visit Paragould Greene County Fair on Facebook.

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Youth Teaching Garden Grows Plants, Knowledge, and Community

BY LINDSEY MILLS

A recent collaboration between the Greene County 4-H Volunteers, Greene County Master Gardeners, Janet B. Carson Scholarship from County 76 Master Gardeners, and the Greene County Fair Association has led to the creation of a community garden in Paragould that benefits contributors and the surrounding community.

The garden, located at the Greene County Fairgrounds, is truly a joint effort, planted by those who envisioned and tilled by the many hands who saw what it could be. The Greene County Master Gardeners applied for and were awarded a grant from County 76 Master Gardeners to help jump start the program. The Greene County 4-H Foundation has helped contribute funding to help with expenses of tools, materials, and inputs. The Greene County Fair Association provided a secure site and has assisted in mowing, garden preparation, and irrigation.

Photos submitted by the
Greene County Extension Office

Growing Plants and Young Minds

The Youth Teaching Garden formed last fall, and volunteers, parents and participants from each organization have met on a regular basis to come up with a plan for the garden and to coordinate monthly activities for youth.

Activities have included sorting items for compost or landfill, construction and painting of compost bins, using grow lights to start seed, selecting seeds to plant, construction and planting of three raised beds, help with research on tomato varieties, planting edamame soybeans to spotlight a major Arkansas crop, and irrigating vegetables. The youth have learned about the almanac and when to plant different fruits and vegetables, as well as how to start seeds and how to identify and control garden pests such as insects, weeds, and disease.

Youth have been involved in every stage of the process, and in essence the garden is growing more than plants; it's growing young minds.



Planting Seeds and Watering With Love

Perhaps one reason the garden is such a success is because at least one man is pouring his heart, sweat, and soul into it. Richard Yeazel is a Greene County 4-H volunteer and Greene County Master Gardener, and his hard work at the new garden has not gone unnoticed.

“He has gone above and beyond to work and teach the youth about gardening and horticulture,” said Harlee Haney, the 4-H County Extension Agent for the Greene County Cooperative Extension Service.

“He’s been a key contributor on the planning committee since day one, providing input on many of the goals set by the group,” Dave Freeze, from the Greene County Extension office, added. “He has also been the lead teacher for several of the monthly garden sessions, including his grow light seeding starting video which we will say ‘went viral!’ He also volunteered to present every Friday morning this growing season, to assist with teaching lessons and care of the garden. He has stressed that lessons for the youth must be fun, like letting the kids paint blocks used for the compost bins constructed at the garden.”

Richard said it’s been rewarding to watch the kids learn how to give their time and effort to something that will give back. “It’s so good see them learning new things, how to take care of themselves and provide for themselves,” Richard shared. “Then they share their vegetables with other people and take pride in what they’ve done.”



Richard shared one story of a young kid who has watered the garden daily. He’s watched the garden grow and develop, and when Richard asked the boy if he’d enjoyed the cantaloupe he took one day, the kid’s eyes lit up and he responded, “Oh yeah!”

“It tastes better when you grow it yourself,” Richard explained. Richard’s dedication and passion for gardening have helped create a place that teaches,

and feeds, many. Youth have helped harvest produce from the garden and distribute to several local groups such as the Paragould Senior Center, Paragould Police Department, Mission Outreach in Paragould, Witt House Food Pantry, Greene County Judge’s chambers, and to many more in our community.

“His vision for the garden has made it a success,” Harlee said.

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Farmers Market *Inspiration*

BY LINDSEY MILLS

If one of your favorite parts about the summer season is consuming fresh, local ingredients, you are probably someone who wakes up early on a Saturday morning to scout the produce at the local Farmers Market. Some Northeast Arkansas Farmers Markets have been open, and some have not, but the local growers and gardeners are still working no matter what, so we wanted to provide the information for reaching out if you'd like and the inspiration to get cooking.

Whether you go to the market and come up with your creations based on what you get, or find recipes before to build your shopping list, it's hard to go wrong with fruits and veggies that are in season and full of flavor.

Search for recipes before you hit the Farmers Market or go shopping and then return home with your goods to find something that will pull them together. Check out a cookbook from one of our local libraries and seek out recipes that use mostly vegetables. Perhaps take a meal you love, and consider what could be found at an NEA Farmers Market and what could be substituted with something found there. Or, check out our ideas on the next page.



Photo by Amy Reeves Photography



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➤ For the recipes to recreate these beautiful dishes, visit exploremornea.com/farmers-market-inspired-meals

If you decide to give one a try, post a pic on social and tag our friends @exploremor_nea

For area Farmers Market vendor contacts, see Page 40.



Farmers Market Contacts

Produce/Flowers

Goobertown Farms
Phone (870) 897-8645

Birdeye Farms
Facebook and Instagram
Phone (870) 919-6654

Blackwater Produce
Phone (870) 919-7411

Fairview Fresh Produce
Facebook

Gumbo Farms
Phone (870) 930-0244

Mootown Produce
Facebook

Quality Gladiolus Gardens (Flowers)
Facebook
Phone (870) 931-2313

Red Lick Farms
Phone (870) 243-4976

Riley Farms
Phone (870) 588-4335

Scatter Creek Berries and Produce
Facebook
scattercreekberries.com

Sun Ridge Farms (Flowers)
Instagram

Animal Products

B & E Ranches (Grass fed and finished beef)
Facebook

Culps Honey Farm
Phone (870) 931-8647

Deep Blue Farms (Pork, beef, chicken & turkey)
Phone (870)-966-4805
deepbluefarms.com

SOHO Farms (Chicken and duck eggs)
Facebook and Instagram

Sunshine Farms (Angus beef)
Facebook - Phone (870) 530-6994

Sweets

Baked by Hannah
Facebook and Instagram
Phone (501) 289-0479

By George, You Got It! (Gourmet Popcorn)
Facebook

Happy Poppers Kettle Corn (Kettle corn and roasted nuts)
happypoppers.com

Log Cabin Bakery and Farm
Facebook and Instagram
Phone (870) 476-7326

Natural State Cakes (Baked goods)
Facebook
Phone (870) 275-1639

Reagan Hill Gardens (Jams and jellies)
Facebook
Phone (870) 273-3305

The Fried Pie Lady
Facebook

The Jackson Farm (Kettle corn)
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Fellowship;
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Senior Resources:
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Socialization of the Elderly

BY BARBARA WEESE

As the world has changed because of COVID-19, many are discovering just how important social contact is for their well-being, especially the elderly.

While we are still struggling with the social restrictions, it's a good time to look at how essential connection is for seniors,

the elderly who are shut in.

The elderly look forward to that post man, newspaper guy or just the simple passer-by who comes each and every day just to get that 2-3 minute conversation. This may be the only human interaction they get.

Isolation does two vital things:

Links to poor health and cognitive decline
Leads to depression and self-neglect

Social activity does these vital things:

- Generates a sense of self-confidence
- Develops friendships
- Reduces stress
- Lessens risk of anxiety and depression
- Generates a sense of purpose

Being neighborly is not what it used to be. We have gotten too busy in our daily lives to "stop off and sit a spell" or just say "hello." I remember when I was a child, Sunday afternoons were spent at my grandparents' home visiting ... ALL DAY! I look back at this now and see what a blessing it was to give to them that "extra" in their lives. But I received the most. Nothing beats a day filled with love from others that lasts a lifetime!

No matter what age a person is, socialization is important and gives a person a sense of belonging and acceptance. The elderly need contact with other people just as much as other adults, maybe even more.

Studies have shown that elderly individuals who have active social lives were happier, healthier with less cognitive decline and more likely to live longer than those who did not have an active social life. Safely reach out to your elderly neighbors and loved ones to make sure they are okay.



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Serenading Seniors

BY BETHANY DAVIS

Cory Jackson, local country artist and former Voice contestant, has shown that COVID-19 does not have to limit our ability to give back to our community. In fact, he is giving even more during this time and focusing on those who don't have anywhere to go. Not long after the pandemic began, Cory heard several people state they were not able to visit their loved ones in assisted living and nursing homes. He also heard how hard of a time the residents were having not being able to visit their loved ones.

Without hesitation, Cory jumped on the opportunity. He realized if he could sing and talk to the residents from a distance, maybe he could bring a small amount of joy and happiness back into their lives during this very difficult and isolated time.

"Music really is magical; I have found music to be one of the best ways to spread love and unite people closer together, and I could really see this magic working

when the residents were singing, smiling, and dancing in their windows and rooms when I played for them," he said. "It's things like this that I feel help keep me grounded. Fame and fortune could never come close to filling one's heart with joy and warmth; I've learned only acts of kindness can."

Cory's kindness is also felt by the employees of the residential homes. Activity coordinator for the St. Bernards Villa, Karon Doyle, states, "Cory has been coming here for over five years and the residents have seen him grow up. He makes such a big difference in our memory care unit and they absolutely love having him here. We so much appreciate his willingness to sing at the Villa when we call him, and you can see he truly has a heart for our residents."

Cory is spreading happiness one song at a time to those who really need it and showing our community that music and acts of kindness can get us through anything.



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- Between the Dashes -

Truman Exum



BY RICHARD BRUMETT

If you've been to the Greene County Fair in Paragould any time in the last four or five decades, chances are real good you ran into Truman Exum. From one end of the fairgrounds to the other -- and at all points in between -- Truman was at work making sure the week-long experience was as positive as it could be for the fair's annual visitors.

Starting with his days as a young competitor in various fair events to his final breath, Truman believed fully in the positive effects of the county fair and dedicated himself to seeing that its success was solidified. He passed away in November of 2019 and while his physical presence will be missed whenever the fair is again up and running, his influence will be felt for eternity.

The Greene County Fair Board -- past and present members and support staff -- nominated him for the Arkansas Fair Managers Association Workhorse Award in 2018 and, according to Dawn Gonser,

while he didn't receive that honor his dedication to the county fair was recognized even more appropriately. "He was elected to the Hall of Fame instead," she explained.

Truman began volunteering at the county fair in 1978, assisting in numerous divisions to help in any way required ... equine, poultry, and as he saw needs arise in other areas he jumped right in to help solve them as well. He began supervising janitorial workers to make certain the grounds were kept neat and clean, and enlisted the help of the Master Gardener's Club to assist with beautification projects. He was welcomed as a member to the Fair Board in 1992 and he used his expertise as a Master Electrician to make repairs and then supervise others to keep the facilities running smoothly. He encouraged groups to use the grounds and buildings during the off season to help with finances and it seemed a natural step in 2004 for him to be named Fair Manager, a position he never relinquished.

"I don't even know how long he was with the fair," said his daughter, Dalana Bolster. "I was showing horses at the fair every year when I was a kid and he seemed to get more involved every year. The fair was his favorite place to go. If he saw you walking around, like working or something, he'd say, 'You need a soda?' And if he didn't know where one was, he'd go find you one. He LOVED the fair; he went every day. For as long as I can remember.

"I have a picture of him from when he was young, probably 18 or 19, from the fair when he was in the tractor competition. So he was doing the fair long before I was here."

Gonser worked closely with him on fair responsibilities but also counted him "as family. I've known him for years. I became close during the fair to both him and his wife. When I lost my mother they kind of took us in and gave my kids a set of 'grandparents.' When he was sick I

would drive him to Little Rock. We were real close.

“We went all over,” she continued. “He and I took cattle off to the slaughterhouse and talked about the days he coached softball. He took to my girls and my son and got so close to them. They called him Pappa Truman ... because we were the best of friends.”

Truman was diagnosed with cancer of the palate prior to the 2017 fair “but even surgeries, chemotherapy treatments, radiation and feeding tubes didn’t stop him; he was still doing his part,” Gonser said. That was just one reason the Fair Board felt compelled to nominate him for the Workhorse Award.

“He was well-loved, well-respected, a hard worker,” Gonser said. “His job as a Master Electrician helped us keep things running. You definitely knew where you stood with him because he’d tell you, but he’s got friends all over the state. Every year when we’d go to the Fair Managers Association meeting he could talk to anyone. He was close to lots of people. The Fair Managers Association is where they come together from all over the state and whether it was someone from livestock or poultry or whatever, he could talk to them all. He lived for the fair.”

“To me and my sister and my mother and his four grandkids ... he was our hero,” Dalana said. “He never met a stranger; he loved to tell stories. If I could say one word to capture my dad it would be ‘unique.’ He was kind and funny but if he didn’t like you, you knew it ... because he told you. But he was totally in love with my mother and they were married 52 years. He liked to hunt and fish and was a very loving family man. Dawn said every time they went to a show together she had to relive my childhood because he wouldn’t quit talking about it.

“I sure miss him. We had tickets two years ago to see the Razorbacks in Oxford. He was going to have to drive and it was storming and his health was already going down so we didn’t go. If I’d known then what I know now, we would have gone anyway. He loved the Razorbacks, just like he loved his family. But he really, really loved the fair. He loved giving people something to be proud of.”

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Fellowship



BY RICHARD BRUMETT

More than 12 years ago a fellow invited Kenneth Swan to share mealtime with him at the Greene County Senior B.E.E.S. program and he hasn't forgotten that moment, nor does he take lightly what the interaction means to him.

Swan penned a letter explaining why the B.E.E.S. program means so much to him, a missive he is proud to share:

"I began working with the public in 1948. In my younger days, I worked in a grocery store, was a teacher and school principal, and a member of the Arkansas Army National Guard.

"When we retired, we moved to Springfield, Mo. We traveled a few times to Arizona. My wife wanted to move to Arizona, we moved to Arizona. My wife died of colon cancer eight months after moving to Arizona; that was 26 years ago. Now, I was living 1600 miles from any relatives or close friends. I continued living there for seven years.

"Now, why the Senior Center is special to me. The food, naturally, is important. Number 1, it is a meal I do not have



to prepare. Number 2, it is a meal that I do not have to eat by myself. Number 3, the food is pretty darn good. THE MOST IMPORTANT REASON -- IS THE ASSOCIATION WITH THE MEMBERS. My coffee group and the Senior Center are my only chance of being with people at this time. I am on a friendly basis with many of the people who eat at the center. It is so nice to eat a meal with people and to talk and visit as friends. A very special reason is getting out of my house. I feel better when I return home and visiting with friends and having a meal with friends. Jay McDaniel (from coffee group) invited me to eat with him at the center over 12 years ago."

That's one reason the B.E.E.S. current Grab 'N Go food program is important to Swan. He still gets to interact with others -- although on a much smaller scale -- and he looks forward to the time when they can all return to the center for conversation and fellowship.

"It means a lot to me," he said. "These people are a big part of my life now. They are my friends."



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Villas at Maple Ridge

BY LINDSEY MILLS

A new kind of community is coming to Paragould and it's something the city doesn't yet have to offer its citizens. Developed by Keith White, the Villas at Maple Ridge will be Paragould's only 55+ community where residents can rent their space.

"My wife and I have been planning this for about seven years just trying to find the right location," Keith shared. "We've seen the need here in Paragould for a 55 year and older community. There isn't anything to rent for 55 and older."

Fulfilling this need will also fulfill the dream of Keith and his wife, and likely the hope of many who wish to live in a community of people who are of similar age and therefore in a similar place in life.

The 1200 square foot units are handicap accessible and offer tiled walk in showers amidst other comfy and stylish design elements. A park offering a pavilion, benches, BBQ grills, and space to play horseshoes will serve residents and their guests.

The 32 units located half a mile past the Paragould Childrens Home on Walcott Road will begin leasing in September. Contact Keith White at (870) 476-2588 to schedule a tour.

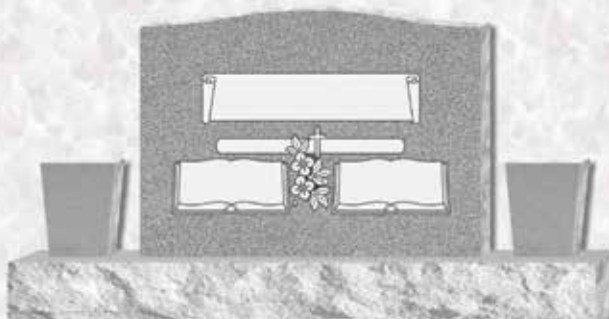


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NEA Resources for Seniors



BY TAYLOR DICKINSON

Senior citizens have seen a direct impact, arguably more so than other demographics, in their day-to-day lives as organizations are closed and recourses for them are more difficult.

While many may be familiar with local programs and resources for senior citizens, it's certainly more difficult to know what is running as normal, what's been altered to meet current guidelines, and what is canceled altogether. We've put together a resource guide for seniors and their family members. Please reach out to each specific organization for further details, and to confirm information that is constantly changing.



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Senior Services Division

Through Senior Services Division, St. Bernards offers comprehensive services designed to preserve independence and improve the quality of life for aging populations. Mitchell Nail, St. Bernards Media Relations Manager, states that St. Bernards Senior Services began with Home Health and Hospice services more than 30 years ago, but has expanded into a comprehensive division that other healthcare systems around the country have observed and modeled. These include Senior Health Clinic, Home Health, Meal Delivery, Lifeline Personal Help Monitor, Total Life Healthcare, DayPlace Adult Day Care, and a Senior Life Center.

PACE

The PACE (Program-of-All-Inclusive-Care-for-the-Elderly) program at St. Bernards is another division they have dedicated to seniors here in NEA. PACE allows seniors to stay in their own homes and communities when they are at risk of nursing home placement, but meet a level of care requirements.

Meal Delivery in Jonesboro

Meals Express is another service offered under St. Bernards. This program delivers meals supplying proper nutrition to seniors in the area. All meals supply proper nutrition weekly. Meals are available in a two-meal pack or a five-meal pack.

Along with that meal delivery service, Meals on Wheels is also an option. It is a convenient meal delivery service supplying participants with proper nutrition. Registered Dietitians plan meals that meet calorie, vitamin, and mineral allowances for residents.

▶ You can contact St. Bernards on its senior services page, stbernards.info/services/senior-services, which houses all services and contact information. In addition, representatives with the St. Bernards Healthline can provide assistance Monday-Friday from 8 a.m.-5 p.m. by calling 870-207-7300.

More from St. Bernards

St. Bernards offers a few more services for seniors in the area as well. Some of these include Home Health, Senior Housing, DayPlace Adult Day Care, and their Senior Life Center. Among all of these places, they provide meals, transportation, social support and physical activity to older populations.

B.E.E.S.

"Buisily Enjoying Everyday Seniors," the B.E.E.S. in Paragould offer several options for seniors that have included everything from regular socials to rides to doctor appointments. Things are different right now, but the B.E.E.S. are still busy at work serving the community.

Learn about their Grab 'N Go meal line on Page 56 or see below for information about how to keep up with the program.

▶ Learn more about the B.E.E.S. by visiting them on Facebook or call (870) 239-4093.

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East Arkansas Area Agency on Aging

Looking at one of our largest agencies in NEA, East Arkansas Area Agency on Aging (EAAAA) provides an array of services for aging Arkansans in the 12-county area. EAAAA has been the leader in home care services for 42 years.

All programs keep individuals engaged in multiple ways — socially, mentally, and physically. Many programs at EAAAA are free of charge. Some include physical fitness classes, arthritis exercise, strength training, fall prevention, support groups, and educational events. Classes are currently being held both outdoors and online. EAAAA offices are currently closed to the public due to COVID-19, but they are still available to assist with your needs.

For referrals call 1-800-680-6950. Find them on the web at www.e4aonline.com and on Facebook (East AR AAAA) or contact Shannon Smithee regarding any other inquiries [870-930-2226](tel:870-930-2226) ssmithee@eaaaa.org.

Chateau on the Ridge Catering to Residents

A local assisted living facility, The Chateau on the Ridge, has started offering multiple virtual options. As many living facilities have been affected by the pandemic, it is important that they find a way to offer a new normal to their residents. The Chateau is now offering virtual doctor appointments, visits with families, and church services. They have limited groups to 10 or less, dining tables are spaced 10 feet apart, and they have several restrictions for face-to-face visits, however, they are pushing through this tough time.

The Chateau has a Facebook page, and a website: www.mychateau.org. You can also call [870-215-6300](tel:870-215-6300) to contact the facility.

Superior Senior Care

Superior Senior Care, in-home caregiving services, informed us that the private care industry has had little to no limits on service delivery during this time.

If necessary, caregivers will quarantine while other caregivers may fill the void. They recently celebrated 35 years and are one of the largest caregivers in the state. Superior provides Medicaid, VA, Long Term Care insurance, Medicare, Targeted Case Management and home monitoring services. Superior also made it known they can provide contact free interviews and orientations for experienced caregivers looking for work.

You can reach Superior at [870-236-8383](tel:870-236-8383), visit the Facebook page (Superior Senior Care Paragould) or visit the website at www.superiorseniorcare.com.

This pandemic has caused a lot of change for everyone, including our seniors. However, we see light at the end of the tunnel as we're seeing places around us improvising and doing everything they can for seniors. It's important to remain connected as a community, and these clinics and centers are making sure NEA is doing just that.



Sunshine Manor is working through this crisis and we are still accepting new patients.

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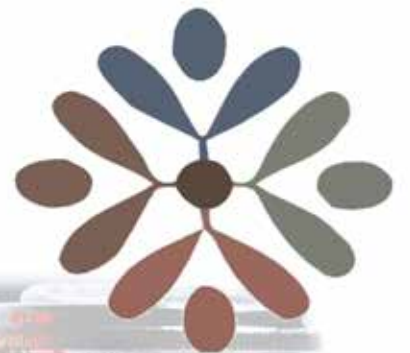
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- Homemaker**
- Respite**
- AR Choices**
- Private Pay**
- PASSE**
- Targeted Case Management**

Anyone who may need the following tasks may be eligible:

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- West Memphis 870-629-5200**
- Pocahontas 870-202-2232**
- Mountain Home 870-580-0256**
- Osceola 870-822-2120**
- Blytheville**
- Coming Soon Carlisle**

1906 Mockingbird Lane Suite C, Paragould, AR 72450
 Tel: 870-240-0559
 WWW.MYELITESENIORCARE.COM

GET RICH WITH RICHARD BRUMMETT



Years ago I stopped by my parents' house and found my dad on the patio with his morning cup of coffee. I sensed something was bothering him as he glanced into the distance, thinking more than talking.

"Rich, seems like all I do these days is go to hospitals and funeral homes," he said. I understood; he was about the age I am now and people he knew and loved had begun to disappear from his life, just as they have from mine. That's one of the things that happens if we hang around long enough. Individuals we have admired -- true friends and family members -- come to the end of their days while we are left to contemplate our time together.

Someone once said, "Death is a part of life" and I understand the statement more today than I did at the time. I remember the feeling in February of 2015 when my mom died and that marked the first day of my life that I had no parents or grandparents. There was the expected sadness that accompanies the passing of someone truly cherished, but by that time I had also learned to focus more on the aspects of our lives together that made me smile. I had that same emotion early in August when my very first girlfriend passed away.

Vicki Messer Freeman was the first girl I ever had a date with and our relationship was not meant to be one where high school sweethearts stayed side by side through those awkward teenage years and then married and grew old together. It wasn't a torrid romance; we were just a couple of kids getting our feet wet in the dating world and we were destined to move on to other partners and paths in life. But I suppose one never forgets the first boyfriend or girlfriend.

On a late August day in 1969 I went for a run, trying to report to school in good enough shape to survive the early basketball workouts. I jogged down to the end of Wirt Street, just past Raymond Meadows' house, made a right turn and soon heard a teenage girl sobbing uncontrollably. It was Vicki, sitting on her front porch and weeping as all teenage girls do at some point. My first fear was that something had happened to one of her parents, maybe her dad, Bill, who had been my Babe Ruth League baseball coach. Her family had been in my life for some time.

When I was in the eighth grade and in PE class one day, Coach Bolton said we could do as we wished for the final 15 minutes of class. My friends and I settled into a halfcourt basketball game while two freshmen were chasing each other around the gym and running wildly through the middle of our game, slapping the ball here and there in an irritating manner. I'd had enough and the next time they ran through I stepped in front of one and said, "Knock it off!" He apparently heard, "Knock me out!" because that's exactly what he did with one powerful punch to my chin. A few days later we had a school assembly where Coach Bolton put his weightlifting team on display and eventually introduced the lifting champion -- the same

Jerry Messer who KO'd me. He might have been small but he was mighty, and I decided that day we needed to become pals. We still are.

Come to find out, his dad and mine were longtime friends and ballplaying buddies, so by the time I was 14 Jerry and I were also teammates and his dad our coach. That's where I first met Vicki because she often sat in our dugout and I decided if she liked baseball she couldn't be all bad; it never occurred to me she was probably more interested in teenage boys than baseball. But that was the backdrop for my discovery of an emotionally distraught Vicki. Turns out that very night was supposed to be her first "going-to-the-show-car-date" but the guy scheduled to take her had just canceled so he could get back together with his old girlfriend. Good cause for tears, I figured, and out of nowhere I heard myself say, "Well, I'll take you to the show."

Up to that instant I had concentrated only on sports and was fine with it, but all of sudden I had my first date. Scared me to death, even though I knew the whole family. We made it through the night, dated several more times and went our separate ways on good terms even though Vicki never totally left my memory bank.

I'm glad I blurted out my offer of a date because without having done so, who knows how long it would have taken me to get the courage to ask a girl out? Would someone else have beaten me to the punch and stolen the love of my life, my wife Cindy, before I even spoke up? Can't say, but I can say that Vicki and her family will always hold a spot in my heart as important parts of the life I've built ... certainly sad to see her go but still smiling at our time together, as I always will.



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Grab 'N Go

BY RICHARD BRUMETT

They call it Grab 'N Go but it's a lot more than a quick meal pickup. For Greene County's Senior B.E.E.S. a new lunch program is a way to stay in touch despite the COVID-19 restrictions in place nationwide.

The B.E.E.S. Senior Center in Paragould was shut down in mid-March but Executive Director Carol Fleszar said the group continued to feed members as best it could. At first it was through home delivered meals only -- to around 70 people -- but then the idea of serving hot meals to those who wanted to drive to the center and pick them up arose.

"It was actually our cook, Theresa, who came up with the idea," Fleszar said. "We had decided to do home delivery and she said she was already cooking so why not go ahead and cook for the congregate meal people and let them come pick it up. We've been doing 30-to-



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35 a day and they tell us it really means a lot to them. And they love to see what the 'Extra' will be."

Extras are little additions to the prepared meal and are handed out to the car line daily. So far they have included Mac & Cheese, Jell-o, pudding, Wet Wipes or tissues and paper goods, jelly ... just little additions that make the drive to the center parking lot more enjoyable. Fleszar said the B.E.E.S. sometimes come up with "an abundance of one or two items from the Food Bank -- for instance, once it was peanut butter -- and we just hand those out as a surprise. And they love it."

One day the Extra was a Moon Pie and Fleszar quickly learned she had only completed half of the mission. "They let me know in a hurry that when you have a Moon Pie you're also supposed to have an RC Cola," she said. So the next time Moon Pie was on the menu, Fleszar also

treated the seniors to the appropriate drink as well. Serving the Grab 'N Go meals is intended to accommodate those who usually come to the Senior Center on North 12th St. for the lunch meal and a suggested contribution of \$3 is encouraged and welcomed. A typical meal consists of meat, vegetables, bread, milk and fruit. They are transported outside on a cart and placed in trays or boxes that participants bring in order to hold the hot meals easily. When B.E.E.S. members pull up single file and accept the meals through the vehicle window, it works just like at a drive-in restaurant.

"Most say they will be here every day," Fleszar said, "but someone might say, 'I have a doctor's appointment tomorrow and won't be here.' But most of them come all the time. We stand out here in the heat and look like a drowned rat while we're serving but it's all worth it.

We know beforehand how many meals we're supposed to fix, and how many each person who pulls up is supposed to get. It's real organized."

Fleszar said some people have learned about the program via the B.E.E.S. Facebook page and have sent in contributions to help fund the "Extras" part of the program. "It's been really wonderful," she said, "that people want to help people through this 'thing' that's going on."

She said the Grab 'N Go will continue "until whenever, or until we're back to normal."

Anyone seeking more information and wishing to help out may call the B.E.E.S. at (870) 239-4093, e-mail at beessenior@yahoo.com or visit the Facebook page.

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“We Care”

BY RICHARD BRUMETT

Ageing brings along with it a reduction in the number of things one can do freely and easily; it's not a criticism, simply a fact of life.

The staff at 1st Choice Home Care understands that and goes to great lengths to provide in-home caregiving services for senior citizens who require assistance with day-to-day tasks. “We address a lot of different needs,” said founder and owner Alycia Merila-Stroud, RN. “No one fits a specific mold of what services they need.”

As a private care agency, 1st Choice offers care including bathing, dressing, walking assistance, medication reminders and much more. The staff understands elderly citizens quite often need a helping hand in order to navigate each day's schedule, but their target audience is not seniors only. “We help with all ages, even kids,” Alycia said. “A lot of kids just have to have help with, maybe, physical therapy.



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A lot have ADD and ADHD issues and can't focus to get things done. We even had a special circumstance where DHS reached out to us; a parent couldn't take care of a child and they asked us to provide help."

Alycia has worked in the field for more than six years and pieced together the positives from other companies where she was employed with ideas of her own regarding the building blocks of a successful program, and it seems to be a winner.

1st Choice has more than 350 clients at present and Alycia's experience dealing with Medicaid and Medicare and all programs associated with the job help "decipher what we can do with it. A lot of people don't really know what can be covered as far as help is concerned."

Marketing Director Shawntae Thompson said it was Alycia's approach to the job that lured her in. "All I knew was that it was senior care," she said, "but in marketing, the mental health aspect captures my heart. It's very dear to me; my brother was on disability and we did not know we could have had someone in the home to help him with care and budgeting. I had issues with PTSD and depression myself, and I could have had help if I'd known. I look at this as kind of a ministry job."

"I agree with you there," Alycia added. "I encourage our workers, once their tasks are done, to sit and talk with the client. Help out with something that maybe they are afraid to ask for. Be their advocate, offer compassion, treat them like a decent human being."

In addition to previously mentioned services, 1st Choice offers Personal Care in the form of assistance in everything from dressing to meal preparation; Attendant Care, a compassionate approach to daily living needs; ARChoices, a public Medicaid program of home care for seniors over the age of 65 and for disabled adults needing assistance; in addition to Targeted Case Management, Respite Care, and Home Care for Veterans based on their unique needs.

The wide array of services can be explained to anyone who seeks more information in a variety of ways. They may call the Paragould office, located at 1035 W. Kingshighway, at 870-222-0088; or the offices in Jonesboro (870-222-0677) and Manila (870-565-9595); and on the 1st

Choice Facebook page or the web page at www.1stchoicehomecare.net.

"We take all kinds," Alycia said. "Sometimes doctors refer people, some call and ask for services, some just walk in." She said the workers keep in mind the safety of the clients during the pandemic, wearing masks in home visits "to make sure you are protected. We'll even go to the store for them and then wipe down the stuff we bring back because a lot of them have weakened immune systems."

Alycia said she spent hours making masks and hand sanitizer for employees and clients and due to the current food shortage has worked with a couple of food banks to hand out numerous food products "right and left. I tell everyone, 'Okay, we'll get through this together.' I've tried to be creative and instill support ... emotional and physical."

"I was at home and happy, taking care of my child and not really looking for a job; it found me," Shawntae said. "Our motto is 'We Care' and the reason for that is that this woman has a huge heart and honestly cares for people."

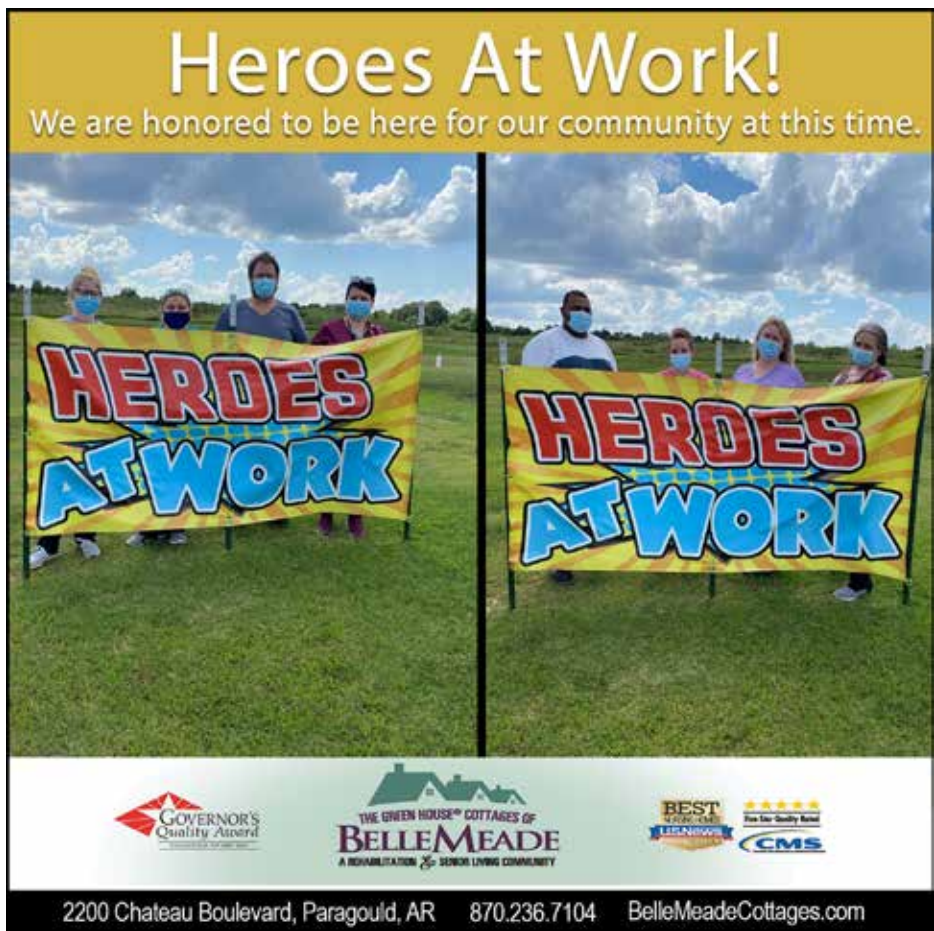
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870-222-0088

Jonesboro office
(870-222-0677)

Manila office
(870-565-9595)

Look for 1st Choice on Facebook or visit their site:
1stchoicehomecare.net





Are you 55+ and want to serve your community?

The Retired and Senior Volunteer Program (RSVP) covers a 13 county area: Clay, Craighead, Cross, Crittenden, Greene, Jackson, Lawrence, Mississippi, Poinsett, Randolph, St. Francis, White, & Woodruff.

Senior Centers are currently closed, but the following food pantries are open for volunteer opportunities:

Cherry Valley Food Pantry | Mission Outreach - Paragould | Blytheville/Gosnell Area Food Pantry Inc. | Trumann Food Pantry | Bread of Life Food Pantry - Harrisburg | Woodruff Co. Food Pantry - Augusta | Cotton Plant Food Pantry | The Warehouse at McCrory | The Parkin Project

ARcare clinics/COVID testing locations in the RSVP area:

Jonesboro | Lake City | Cherry Valley | Parkin | Wynne | Newport | Swifton | Bald Knob | Kensett | Pangburn | Rose Bud | Searcy | Augusta | Cotton Plant | McCrory

Interested in volunteering?

Contact Faith O'Shields at (870) 347-3457

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"Thank you to our office staff, caregivers, & clients for helping make 1st Choice the Best Choice!"
-Alycia Merila-Stroud RN, CEO

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Coming Up National Grandparents Day 2020

National Grandparents Day, established in 1978 as the first Sunday after Labor Day, is coming up on Sunday, September 13, 2020. Grandparents Day has both an official flower and an official song, chosen by the National Grandparents Day Council: the forget-me-not, and "A Song for Grandma and Grandpa."

How to celebrate such an occasion? Well, times are tough in the realm of celebrations, to be sure, but not impossible. Here are a few ideas for honoring those we love:

- Make and deliver them dinner; perhaps something special they made for you growing up.
- Re-create an old photo; perhaps an amusing one of yourself as a child or a family photo you know they love.
- Support a local business and show your grandparents love by purchasing a gift, meal, or service and having it delivered to them (or make it a gift card for them to use on their own time).
- Put together a scrapbook or collage of photos in a book featuring favorite old photos. Throughout, write little notes about what that time meant to you. Perhaps use song lyrics or famous sayings that remind you of your grandparents.
- Make a home movie. Since it might not be safe to hang out with grandparents on this day (depending on your family's circumstances), consider shooting a bunch of home movies – it's easy, most of us have video technology on our phones! – and compiling them using an app or website for a movie your grandparents can watch over and over again.
- Bring them some flowers, but not just any flowers, the official flower: forget-me-nots. Write a letter telling your grandparents how much they mean to you and why you could never forget them.





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BIRTHS

Atticus Lee Rippy

Nicholas and Whitley Rippy of Paragould welcomed a son, Atticus Lee Rippy, to the family on July 2, 2020.

Atticus, delivered at NEA Baptist Memorial Hospital, weighed 8 pounds, 9 ounces.

Atticus is also welcomed by sisters Kennedie and Bellamee and grandparents Ramon and Lisa Burrow, Gerald and Michelle Hale, and Michael Rippy.



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- 4. Copy of Medical Insurance Card**
- 5. Current Physical or Child-Wellness Exam**
- 6. Income Verification**

OUR PROGRAM:

KidSpot is a unique program model that strives to serve the needs of all children. Our educational day program model welcomes children of all abilities including children who are developing typically, developmentally delayed or medically fragile. Our multi-disciplinary staff includes on-site registered nurses, educators, and pediatric therapists specializing in gross motor, fine motor, feeding, speech and language, cognitive, adaptive, social and emotional development.

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KidSpot is excited to announce the addition of a new Pediatric Outpatient and Early Intervention Day Treatment Program.

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Coming Up

Pink Warrior Walk

The St. Bernards Women's Council has planned its inaugural "Pink Warrior Run/Walk" throughout the month of October to raise funds supporting breast health services to uninsured and underinsured individuals. St. Bernards organized the event — virtual in 2020 — in response to the Northeast Arkansas Race for the Cure's recent permanent cancellation.

St. Bernards director of imaging services Alicia Storey said funds raised through the Northeast Arkansas Race for the Cure have helped maintain critically-important breast health services for years. These funds allowed St. Bernards to provide more than 2,000 mammograms as well as 300 ultrasounds and biopsies to women and men across a 23-county region in Northeast Arkansas and Southeast Missouri in 2019 alone.

With the Race for the Cure's permanent cancellation, Storey said the Pink Warrior Walk will ensure uninsured and underinsured individuals do not go without these services.

"This program must get the support it needs to sustain vital breast health services across our region," Storey said. "Consequently, every cent raised through the Pink Warrior Run/Walk will stay right here in Northeast Arkansas and Southeast Missouri."

St. Bernards will keep the virtual 5k open throughout the entire month of October 2020, and participants may walk or run 3.1 miles any day of their choosing. For more information on the 2020 virtual Pink Warrior Run/Walk, visit www.stbernards.info/pink-warrior.



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2020 Kids'
Events

September

Every Weekday

Storytime

When: Every Weekday at 10:00 a.m.

Where: Craighead County Jonesboro
Public Library's Facebook Page

Info: libraryinjonesboro.org

Every Tuesday

Virtual Story Hour

When: Every Tuesday at 10:00 a.m.

Where: Greene County Public Library's
Facebook and Instagram pages

Info: (870) 236-8711

Every Friday

Plaza Fridays

When: Every Friday

Where: Centennial Plaza

Info:

The Foundation of Art's Facebook
Page

With little time left before the start of school, Jacob Shepherd visited Paragould's Skate Park for some outdoor recreation. Jacob, 8, is the son of Josh and Emily Shepherd.



Stay Tuned

Makers Edition



Woodworkers, potters, crafters, and more; the October edition will highlight makers of all kinds.

Mental Illness Awareness Week



We'll consult professionals and provide resources for our community.

Fall Activities



What to do and where to find it around Northeast Arkansas.

On The Cover: Produce from Goobertown Farms
Photo By: Amy Reeves Photography

An advertisement for 'Something Sweet' bakery. The background shows various baked goods like cupcakes, cookies, and cakes. A white text box in the center contains the following information:

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Something Sweet

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An advertisement for 'Gracefully Southern accessories & gifts'. The background shows a woman with long blonde hair wearing a bright green t-shirt and blue jeans, standing in front of a brick wall with 'PARAGOULD' graffiti. The text on the right side of the ad includes:

Instagram and Facebook icons

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