

NEA'S PREMIERE

MAGAZINE

July
2021

COMMUNITY ROLE MODEL

Shae Tullos

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Cover Photo: Lindsey Spencer

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From the Manager



used to text my boss, Dina, a few days out from press to remind her about the letter from the publisher. The day before the final edit I would text her again, "Page 6" – as it was on Page 6 at the time.

She passed the responsibility off to me some months ago and I think the first one is the only one I managed to do "early." Ever since I've practically needed someone to text me: PAGE 4!

So here I sit, the day before the final edit, typing these words onto the page and trying to remember what all this magazine holds – you'd think after staring at it the past few weeks I'd know! I do, of course, but dang, award season is our busy season and it sure has been a crazy one.

I'll blame my muddled thoughts on loads of work but also on the fact there is no adequate way to say thank you for how successful you, reader, have helped make this magazine. This is the biggest issue of Premiere, ever, and I am just so excited for you to see it.

I hope you'll look over the events covered and remember to tune into Jill @99.3 on Tuesday mornings and/or visit exploremornea.com to keep up with future ones.

I hope you'll have a happy and safe 4th of July, honoring those who have served, are serving, and will serve.

And I hope you'll support the award winning businesses featured in these pages.

Lindsey Spencer
Manager of Creative Content

The advertisement features two Ford Bronco vehicles. On the left is a silver Bronco, and on the right is a blue Bronco. A blue Ford logo is positioned between the two vehicles. The text "BEST PRICE BEST SERVICE" is overlaid on the bottom left of the silver Bronco. The name "Glen Sain" is written in a cursive font at the bottom right. At the bottom, a blue banner contains the contact information: "870.236.8546 | 1301 US 49 | GLENSAINFORD.NET".

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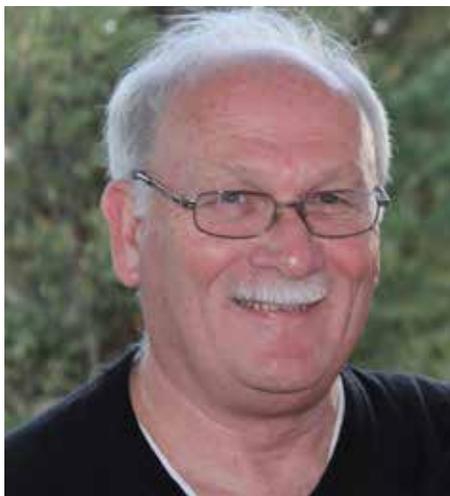
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GET RICH WITH RICHARD BRUMMETT



Several times over the latter years of my mother's life she would be sitting on her couch, looking out at nothing in particular, and then say out loud to no one in particular, "Well, I don't know."

When I would ask exactly what she didn't know, she would say, "I just don't know anymore," and I would get it. Having watched the TV news reports and having read the morning newspaper, she was looking at a world and a society so totally opposite of the ones she grew up in that understanding daily life and people and current social mores left her puzzled. I often wonder, if either of my parents were to be starting their adult lives all over again today, if they could be the same people so many of us came to love and appreciate.

Dad, I think, would have had the more difficult time. He was a salesman and he loved to start a sales pitch with a friendly greeting and a funny story because one of the things he enjoyed most in life was making others smile and laugh.

He would often take a brand new joke he'd picked up somewhere on the road while traveling and insert either himself or maybe the person he was talking to into the buildup, making it a believable story right up to the punchline. I'm not sure he could do that today because humor seems to be one of the things we are determined to eliminate.

Today, when something is genuinely funny, someone in the audience is offended, or hurt, or wants to sue or start an organized protest and block traffic or loot a store.

If Dad started a tale in these times I fear it would go like this:

"Hey, Scottie, good to see you again. Have you got any funny stories this time?"

Dad: "Yeah, there was this Indian ..."

"Oh, you can't tell that one," someone would say. "You're being offensive to minorities. And racist."

Dad: "Sorry. Well, there was a preacher ..."

"Stop! Don't be bringing your dang religion in here. I find it offensive!"

Dad: "Okay. There was this cowboy, you see ..."

"How do you know he wanted to be a cow-BOY? Maybe he wanted to be a cow-GENDER NON-SPECIFIC INDIVIDUAL. It's awfully presumptuous of you to assign a gender to someone based solely on appearance. What if he identified as a cow-GIRL? Or even a cow?"

Dad: "I've got to be going. I'll see you guys/gals/fellows/persons next time I'm out this way."

Mom wouldn't have it any easier. Upon the day of my birth she would be under all sorts of pressure to come up with an acceptable yet unique name, one that would outdo all the other ones young mothers had already made up for their babies. Back in my day, my friends' moms just gave us all good old American monikers: Tim, Gary, Kendall, Kent, Jackie, Mickey, Dennis, Jim. These are the guys I ran around with, the ones I dialed up to put together a sandlot baseball game or a weekend afternoon of basketball.

Today, Mom would be stressed:

"Okay, Mrs. Brummett, what name would you like on your son's birth certificate?"

Mom: "Richard. Only with a WR. And a T. And a U."

"I'm sorry?"

Mom: "Richard, but I want to spell it W-R-I-T-C-H-U-R-D. I want my baby to be special."

"Well, he'll be special okay; he'll have to spell his name for everyone wherever he goes for the rest of his life."

Mom: "You don't expect me to just name him something normal, do you? My neighbor had a daughter and named her Cindy, only she spelled it S-Y-N-D-E-E and a friend from church named her son Phillip, only she decided to spell it F-I-L-L-U-P. I've got to keep up with the Joneses, you know; and by the way, they spell that Jonez."

Don't know for sure if Mom could do it. She believed we were all supposed to be humble and make life as simple as possible for ourselves and others. I don't know that participating in The Name Game would be to her liking. It's difficult for people who do what I do, interviewing others to hopefully bring interesting and uplifting stories to the reading audience. We have to ask for a spelling of even the simplest of names because I've seen Kelly -- my first daughter's name -- spelled Kelley, Kellie, Kellee and Kellye; and my second daughter, Lindsay, could be Lindsey, Lindsee, Linzee, and Linzay ... all of which I have seen.

I'm just plain old Richard, or Rich, and I am satisfied with that and grateful Mom had me at a time when names were simple and life was simpler. Other than that, well, I just don't know.



LIVING A Better Story

BY JARED PICKNEY

For the early years of my life when I thought of the 4th of July I thought of fireworks. Like all good American boys, I grew up having bottle rocket battles with my friends, shooting off Roman candles into the night sky, and going to the city's fireworks show.

Now that I am older, the 4th of July means a lot more to me than fireworks. When I hear the words "Independence Day" I think of a lot more than Will Smith saving the world from aliens.

As a grown man, when I think of the 4th of July I think of the freedom my grandfathers and many others helped secure for me today. As I shoot off

fireworks with my own kids, enjoy lemonade on the front porch with my wife or mow my own lawn, I think about the sacrifice of soldiers who throughout time have fought for my freedom.

I don't take my life for granted. Each day, because men and women were willing to lay down their lives for me, I can experience the life I am living today. This isn't lost on me. I am forever grateful.

Above all, when I think of the day where we celebrate our freedom, I think of the sacrifice Jesus has made for the freedom of the world. I remember the words of Paul in Acts 13:38-39, "Let it be known to you therefore, brothers, that through this

man forgiveness of sins is proclaimed to you, and by him everyone who believes is freed from everything ..."

We all long for freedom, and we all have things we still long to be freed from. I rejoice in the truth that Jesus came for the purpose of freeing us from everything that enslaves us and keeps us from experiencing the life we long for.

My prayer is that each person reading this will enjoy the freedom we get to experience in America. More than that, my prayer is that you will be able to rejoice in and celebrate the ultimate freedom that is found in the life, death and resurrection of Jesus.

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A-STATE PIC(K)S



The A-State Committee with the Jonesboro Regional Chamber of Commerce is hosting a monthly photo contest in which participants are invited to [pick] their favorite [pic] within a given category and submit via the post found on the Chamber's Facebook page.

June's theme – "A-State Father Figure" – yielded this winning photo submitted by Sarah Fowler.

July's theme is "RED, white and blue." Submit your photo by commenting on the post found on the Jonesboro Regional Chamber of Commerce's Facebook page. The winner will be given a prize sponsored by a local business and will have their photo run in the August edition of Premiere.

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PET *of the* MONTH

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BY ALLYSON STEVENS

Penny came into my life in June of 2016. She has a very unique story. She came up in my grandmother's garage during a thunderstorm one afternoon. I found her meowing in the garage and I immediately noticed she appeared to be injured.

She was tiny, maybe 4-6 weeks old and was limping and kind of pulling her right leg along when she walked. I called my vet office right away and they got her in immediately. She ended up having to undergo surgery for a broken leg and pelvis. The next day I was able to go and pick her up and bring her home to recover her health. I had to do physical therapy exercises with both of her legs in hopes she would regain the ability to walk normally again.

After a few months and many kitty exercises to help her recover, she was back walking and playing like nothing ever happened! Penny is my miracle cat! She is a very energetic and loving cat. She is like my other half, always wanting to cuddle and get all of the attention from me. She loves cat treats, whipped cream, sun bathing in her cat tower, and playing with all of her other cat friends. Her personality is very big and she is very affectionate, playful, curious, and beautiful.

Her nicknames include Pretty Penny Opossum, Pen Pen, Penner, and Penro.



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Use trends come and go in the outdoors, usually running in fairly short cycles with a quick peak and then a leveling off of interest. Users find a new interest, pass it on to others and the interest grows in a word of mouth sort of way and that spurs the manufacturers to build for the demand and fulfill the interest of the users. Soon the supply is met and holds at a constant level.

But one outdoor trend in recent years has bucked the norm and demand and interest continue to increase. According to many different statistics based either on sales or personal use, the sale and use of kayaks has been on an upswing since the early 2000s and all indicators seem to suggest that trend will continue. These light, maneuverable watercraft have also seen a redesign from the simple plastic tub look of models from many years ago to high tech fishing and exploring machines that can fit a variety of water environments.

I have not gotten fully into the kayak craze as of yet, but I have several friends who have jumped headlong into use of the craft for both pleasure and fishing.

Larry Hollis had spent most of his life fishing from a bass boat, but heard about the possibility of fishing tournaments from a kayak. He gave it a try and was hooked from the first cast. The skills required to maneuver the kayak, catch a fish and then properly handle, measure and release the fish all provided a great challenge that fueled the desire in Larry to be out there on a kayak. His kayak fishing skills are building as he fishes more tournaments and that has provided some great memories, including a recent tournament in which he caught a 6.5 pound largemouth in the last fifteen minutes of action to take big bass honors.



According to Larry, a kayak has many advantages. “A kayak can get into places where big boats cannot and I do not have to worry about gas like with a regular boat.”

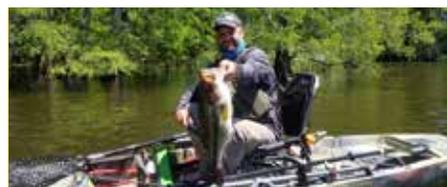
The Cooper family, from the Schugtown area, has also gotten into the kayak craze, both for fishing and pleasure. Gary Cooper had been a boat fisherman all his life but, much like Larry, saw the opportunity to fish tournaments from a kayak and decided to get out and give it a try. He has been hooked on kayak fishing since then and likes the kayak because of its portability and stealth. Even though he has moved to a kayak, Gary calls himself “an old school fisherman” and employs many of the same tactics he used while boat fishing. Crankbaits, tube jigs and spinnerbaits have proven to be productive baits over many years and though the platform has changed from boat to kayak, Cooper says they still catch plenty of fish.

Gary’s wife, Kami, got into kayaking after Gary but likes the kayaks for a much different reason. According to Kami “the kayaks allow us as a family to have an outdoor experience, but on our own level. Gary can fish, I can float and relax and Lexi can paddle or swim.” That independence from reliance on a big boat and the ability to pursue different activities while on the water has been a major driving factor in the kayak market.

Another benefit is the quiet, almost intimate experience a kayak offers while on the waterways. Kami echoed this sentiment saying, “We are able to experience God’s beauty in areas and ways that a bigger boat does not offer.”

If you are interested in a kayak, do some research. There are kayaks dedicated for fishing, paddling or rough water adventures, but there are also kayaks that are multi-use. Try to ascertain the most likely use and then begin the process of researching models and gathering information. Many kayak users will welcome those who would like to get into the sport some time on the water in their kayak, so check with friends and family who are kayakers and ask questions. Kayaks can be expensive but keeping an eye on retail sales and online marketplaces can help with the budget aspect of the purchase.

There are some safety aspects to consider that will make the use of the kayak much more enjoyable and provide a safe return. The first step is to take a little time to get used to the kayak and its handling before going on any excursions or trying to fish from the craft.



CHUCK LONG

Regional Education Coordinator Northeast Education Division Arkansas Game and Fish Commission

A couple of hours in a calm body of water focused solely on handling will be a big step toward safe, enjoyable kayak use. Another step toward safety would be to tell someone the destination, travel path and estimated return time. Most of today’s kayaks are very safe, but something could happen and providing trip information will be vital in getting help.

There are a few pieces of safety equipment that should be on board the kayak. First and foremost would be a comfortable, well-fitting life jacket. A whistle should be on board any kayak as it can be used as a signal in times of distress. If hitting rougher waters with many obstacles, a small repair kit could come in handy. A basic first aid kit that includes supplies to treat blisters, repel insects and manage sunburn can be very helpful. A map of the area as well as a compass can also prove invaluable. Waterproof carrying bags for electronics like a cell phone, GPS or camera equipment can be very important too. One other note: Under Arkansas law kayaks do not have to be registered unless they are outfitted with any motor or sail.

Kayaks have come a long way from the short, tipsy watercraft of years ago and can provide a very stable fishing platform or a very efficient way to paddle and enjoy the scenery. The cost entry point, wide range of use and accessibility should continue to grow this section of the paddlesports industry.

If you have not taken the plunge (no pun intended) into kayaking, give it a look. I plan to join a few of my kayak fishing friends in the near future and explore this great activity. I am looking forward to adding this aspect of fishing to my days on the water. I hope to see you out there!





HEALTH & THE CITY

WITH DR. BETHANY DAVIS

I started practicing yoga, dare I say, almost a decade ago. While a consistent yoga practice has been a constant in my life for the past nine years, meditation is something that has evaporated in and out of my routine, from strong several month streaks to an absence of meditation for several months at a time. However, in the midst of COVID-19 and board exam studying in 2020, I once again committed to the ritual of meditating daily -- mostly out of necessity for my sanity. July marks one year of a daily meditation practice for me, which is a personal milestone, and I can genuinely tell you I can feel the difference.

When we pack our schedules full of things to do with very little breaks in between, it's very easy to keep moving at that fast pace, gaining momentum with each task you complete. Like Newton stated, an object in motion tends to stay in motion, and this includes our thoughts. We've been trained from a very young age to work fast and that productivity equals success. While I love being productive as much as the next Type A Enneagram 3 does, there becomes a point when our busy, constantly moving minds can hinder us. It can obstruct our creativity, our true connection to ourselves, and the quality of the tasks we do. We may find the time passing by, only to realize we were productive, but not necessarily present.

Meditation is much easier than physical activity, but it is also so much harder. It's easier because it's less strenuous and often much quicker. Meditating for five minutes is easier than going to the gym for thirty minutes. Meditation can also be much harder than working out, because it requires us to do something we don't often do: Be still. Not just physically sitting still, which may also be hard, but slowing down our racing thoughts. We all have that squirrel in our brains that constantly jumps from to-do lists, to noises around us, to wondering what others are thinking about us, etc.

Trust me, I am familiar with the endless to-do lists, ideas, and tasks. My meditation practice often looks a lot like this: Breathe in, breathe out, repeat intention, don't forget to call that person, breathe in, your dog needs a bath, breathe out, you forgot the coffee filters at the store, repeat intention, don't forget to buy that gift, breathe in, send that email, breathe out.

Yep, that is the reality of meditation. Over half of a meditation practice is getting distracted, noticing when you're distracted, accepting it, coming back to focus, and then repeating that cycle over and over again. It's similar to the Karate Kid who keeps wiping the car. Wax On, Wax Off ...

At first, your continuous thoughts fill up 99 percent of your meditation, while stillness fills up the other one percent. Then, over time, your stillness fills up two percent, then three percent, and so on. It is a very slow process, but the rewards of being still for just a few moments a day are exponential. Benefits of meditation include better stress and anxiety management, increased self-awareness, increased patience, and increased creativity, just to name a few. The purpose of meditation isn't necessarily to do less, but to be present in the tasks you do. Basically, you react better when life throws you stressful curve balls, and you're able to go through the busyness of life with more ease. You are still in motion, but you notice all parts of the motion instead of moving through them like a blur. If you're looking to dive into a consistent meditation practice, here's the great news: It's free, you can start right now, and there are practically no risks.

Here are a few tips I've picked up along the way:

Pick a time that works for you. Meditation in the morning is great because it helps you become centered with an intention you can

carry throughout your actions during the day. You will notice an increase in your focus and efficiency when you've slowed down your mind before revving it up for a productive day. An evening meditation is also great, as it helps you unwind before you go to sleep and allows for deeper sleep and better rest. Neither is wrong nor right; you just find what works best for you.

After finding what time works for you, allow yourself some flexibility. Focus less on the time of the day and focus more on the ritual of just doing it every day. My meditations vary from morning to evening, and I think this flexibility in the practice has allowed for such a long adherence this go-around. Give yourself grace if you miss a day and slowly work into developing the daily habit.

After you have your time, pick one spot in a room, light a candle, and make it "your space" to meditate. This helps develop the ritual. A meditation cushion is great, but a simple pillow or sitting on the floor works perfectly.

Headphones definitely enhance the meditation practice, as they block out noise and allow the music or guide to not be background noise, but the main focus of the practice.

Sitting up is best in the morning, but lying down often feels best in the evening, as it allows me to drift to sleep after being in such a relaxed state.

Like beginning a workout routine, you need to start small. Start with two minutes for the first few sessions, then build up to three, four, etc. Because this is a practice you want to maintain for a long time, there is no rush to get anywhere. Just listen to yourself and slowly watch your squirrel brain begin to calm down.

My favorite meditation app is Insight Timer, since it's free/donation based. Other apps include Calm, Headspace and Simple Habit. I find that daily reminders help me to remember to meditate, but it does eventually become a habit, and ultimately a quiet moment you crave.

When do I feel my meditation working in my daily life? I feel it when I don't completely lose it when I spill my coffee on my laptop; when my dog doesn't behave and I don't snap like I used to; when I say no to things I used to say yes to; when I see the colors of the green trees in nature a bit brighter than I used to; when I truly listen to people instead of just "waiting to respond" to them; and when I am triggered, I pause before I react.

That is the power of meditation.



MOORE on MANNERS

WITH LINDA LOU MOORE

**YOU'RE A GRAND OLD FLAG,
YOU'RE A HIGH FLYING FLAG
AND FOREVER IN PEACE MAY YOU WAVE.
YOU'RE THE EMBLEM OF, THE LAND I LOVE,
THE HOME OF THE FREE AND THE BRAVE.
-BY GEORGE M. COHAN**

You may not have been born on the Fourth of July, like George M. Cohan, but you probably enjoy displaying the flag on this special day. Whether flying the flag on the fourth, or on other occasions, there are questions as to how the flag should be flown and how it should be displayed. According to the United States Flag Code there are proper ways to display the flag.

DISPLAY

•Raise the flag briskly. Lower it ceremoniously.

•Never allow the flag to touch the ground or the floor.

•Do not fly the flag in bad weather, unless it is an all weather flag.

•The flag can only be flown at night if properly illuminated.

•The flag should always be allowed to fall free.

•The flag should never be used to carry, store, or deliver anything.

•Never fly the flag upside down except to signal an emergency.

PARADES

•When the flag is carried in procession with other flags, it should be either on the right of the line of flags, or in front of the center of the line.

•On floats, the flag should be displayed on a staff.

•The flag should be held upright and should not be dipped.

•Regimental, state, or organizational flags may be dipped.

CEREMONIAL

•When hung over a sidewalk on a rope extending from a building, the stars are always away from the building.

•When the flag is hung over a street running east to west, the stars are always toward the north. When the flag is hung over a street running north to south, the stars are toward the east.

•When covering a casket, the stars should be at the head and over the left shoulder. The flag should never touch the ground.

Linda Lou Moore is a certified etiquette consultant. She offers business professionalism and dining seminars for adults, and etiquette and dining programs for children and teens. Contact via Post Office Box 726, Paragould 72451 or at manners@paragould.net.

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Pets & Firework Anxiety

WITH DR. KRISTIN SULLIVAN

July means firework season is officially here! I love fireworks shows. All the colors and lights and seeing my kids' eyes light up at the magic in the sky. But not everyone, or should I say every pet, agrees with me on this view. Every year I have a number of clients ask about anti-anxiety or calming remedies/supplements/medications to help them get their pets through the firework season.

The Fourth of July comes and goes so quickly, but the fireworks can go on for much longer. That means that the anxiety your pet suffers due to the extremely loud noises and sometimes even vibrations can drag on for days or weeks.

In my opinion, the proactive approach is always the best one. With that in mind, let's go over a few things you can do to help decrease or curb your pets' anxiety this firework season.

First, try to acclimate them to louder than usual noises. There are even fireworks or noise aversion CDs or digital copies available -- you could even play a fireworks show on the computer and start with the sound low, and gradually increase the volume. This can help a number of pets by introducing them to typically upsetting sounds in a controlled setting. Now, if your pet has extreme noise aversion, you may want to contact your vet prior to attempting to implement this form of immersion therapy.

Second, knowing that pets generally have a fight-or-flight reaction to extreme cases of anxiety or fear, especially fear of loud noises, allows us to otherwise prep for this. Ensure that their microchip information is up-to-date and that their collar tags have the correct information and it is legible. This is another way to ensure they have the best chances of getting back home should they get out or escape the home or yard (best to keep them inside!).

Third: What to do when the fireworks start. Always try distraction. Turn on the television for some noise to help dilute the outdoor sounds. You may even place a blanket over their kennel to help muffle out the sounds -- this way they have a comfy space to snuggle up in to escape the sounds. Of course, you can always contact your local vet's office to determine the best plan for your pets this year. If they experienced anxiety last year, then they will almost certainly do it again this year, and it typically gets worse over time when steps toward management have not been taken.

For more information on pet anxiety and options for helping your pet this fireworks season, feel free to call ARPets Hospital or your local veterinarian for a plan on what will work best for your pet -- that way, everyone enjoys the summer holiday.

I hope everyone has a safe and very happy Fourth of July this year. Happy Birthday, America!

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West End Porch Concert



Our sister publication, Explore MOR, sponsored a porch concert on our content manager's porch. A free concert featuring Greg Umhoefer, John Michael McCauley, and Cory Jackson, and with free food for the neighborhood -- this is what community is all about!



Never miss out on the fun happening in NEA. Keep up with local events like festivals and live music by visiting

exploremornea.com/community-calendar

More photos from this event can be found on Premiere's Facebook page.



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Downtown After Hours

Downtown Paragould hosted its second Downtown After Hours on the evening of June 11th. The Happy Campers took the stage and Carlos's Street Tacos and Larry's "Cupp" of Cream were on location for refreshments. Shotgunbillys will take the stage on July 9th, followed by Spencer Herren on August 13th.



Danielle, Mya and Liam



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Arkansas Roots Music Festival



Kayrah and Korra

The Arkansas Roots Music Festival took place on May 29 at Craighead Forest Park in Jonesboro featuring a range of musical styles with a special emphasis on rockabilly and the roots music that contributed to its history. The festival was presented by KASU radio and the Delta Symposium XXVI.



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More photos from this event can be found on Premiere's Facebook page.

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Library in the Park



The Craighead County Jonesboro Public Library took its bookmobile on a tour around NEA and stopped at local parks for storytime. The bookmobile is not yet stocked, but will be soon. Keep up with its adventures by checking out libraryinjonesboro.org.



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KDS Circus Group: COMMUNITY FEST

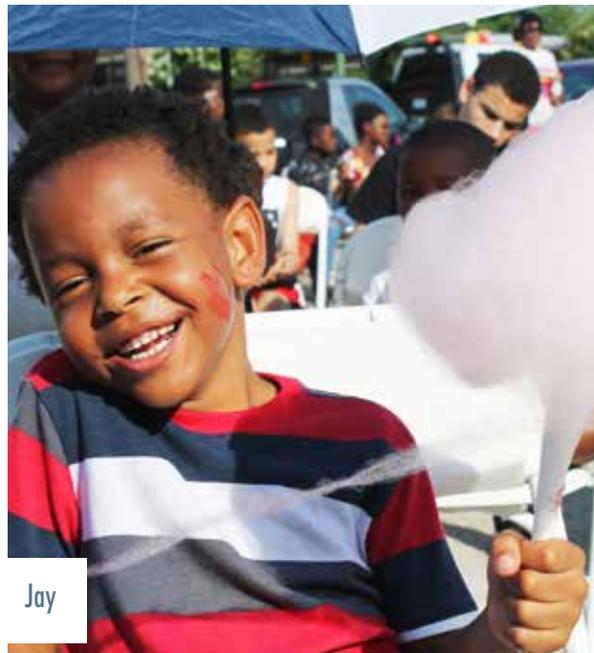
The KDS Circus Group hosted a free event for the community on June 19th in the lot adjacent to Kiki's Dance Studio. Free food and cotton candy were available to guests and performances included local dance teams, fire displays, aerialist flying, juggling and more.

The event was sponsored by Kidds Mania, DJ Pressure, Kiki's Dance Studio, SoPlayer Clothing Gear, Dynamic Kreations, Missee Harris and MOR Media Inc.

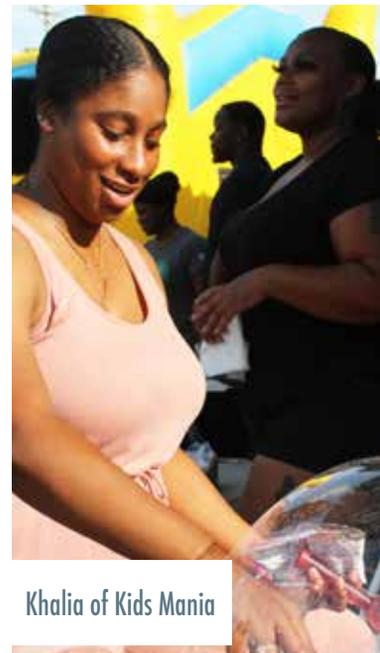


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More photos from this event can be found on Premiere's Facebook page.



Jay



Khalia of Kids Mania



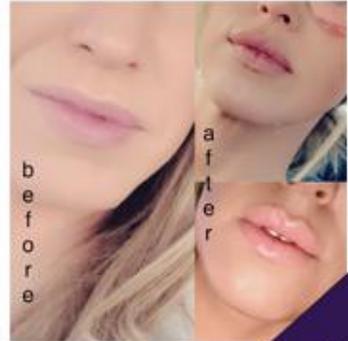
Brad Dillon mans the grill

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Wilson Bloody Mary Contest

The small town of Wilson, Arkansas, has been taking strides toward becoming a destination spot for years and the efforts are proving successful. From live music on the square to wine tastings, if you live in Northeast Arkansas it's more than worth the trip to check out a special event. Most recent of their entertaining activities, the Bloody Mary Contest took place at the Grange at Wilson Gardens featuring amateur and professional mixologists. Guests enjoyed live music by Lucas Tyler and Kyle Harrison.



Official Judges: Greg Detty, Bevin Hunter and Whitten Langston



Stacy Formon & Liz Midget



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More photos from this event can be found on Premiere's Facebook page.

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Aiming for a Positive Impact

BY CAITLIN LAFARLETTE

This summer, recent high school graduates will prepare for college with events such as rush week or marching band practice. But Paragould High School graduate Olivia Hancock reports to the United States Military Academy in West Point, NY, on June 26 at 7 a.m. for a six week training program called BEAST.

The 18-year-old was led to the USMA, or West Point, through her school track and field experience. Hancock began throwing discus in seventh grade and with the help of her father, Brad, her knowledge in track grew over the years.

"I've been throwing for six years, attending camps and meets all over the country," she said. "Track has provided me with the opportunity to travel places I wouldn't have otherwise. I have met so

many great people and learned a lot about myself through the sport."

Hancock met the West Point throwing coach at a camp the summer before her sophomore year.

"He began to formally recruit me during COVID, and during that time I was able to research more about the academy," she said. When it came time to apply, Hancock experienced an extremely thorough and time consuming process. She said the application involved everything from medical testing, teacher and administration recommendations, congressional nominations and a physical fitness test. The throwing coach was the one who called Hancock saying she was officially accepted.

"I never thought that I would be one of

the select few to actually be accepted, so that knowledge was unbelievable," she said. The 2020 acceptance rate for the college was just 12 percent. West Point is a standard four year college, but in addition to a Bachelor's degree, cadets graduate ranked as Second Lieutenants in the U.S. Army.

Freshmen at West Point are dubbed Plebes, and Hancock said they experience a slightly different college experience than at other universities. The day begins at 5:30 a.m. with a daily workout, followed by a full day of classes similar to a high school schedule.

"Every cadet has to be active in a sport, either collegiate or intramural, and about an hour or two is sectioned out of their daily classes for their sport of choice," Hancock explained.

While most college campuses host a variety of fashion choices from Greek life clothing to pajamas, West Point cadets attend class in uniform. Plebes are also tasked with daily chores and duties to accommodate the upperclassmen. Hancock said she is still unsure of her major and branch, but has chosen Russian as her required foreign language. Cadets are also required to choose classes in a discipline of engineering, and Hancock is leaning toward civil or mechanical engineering.

"Whatever I end up doing out of West Point, I want to be able to make a lasting, positive impact on the lives of those around me," she said. "I think my experiences and knowledge in leadership at USMA will lead me to that."

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Retrospect Counseling



BY RICHARD BRUMMETT

Retrospect Counseling in Paragould is for anyone dealing with mental health or trauma issues ... old, young and all ages in between. An expert staff is prepared to help individuals and families better understand and resolve challenges in their lives.

But with Premiere's special focus on the military and patriotism for this issue, Retrospect seems to be an awfully good place for veterans seeking help with personal issues to check out. Owner Douglas Strickland, Licensed Professional Counselor, LPC-S, is a combat veteran and has seen, heard and lived many of the experiences shared by members of the armed forces and can relate to much of what other veterans may be going through.

"In the military you learn to project confidence but you may be hurting inside," Strickland said. "You don't let people in. When you get back home you and your buddies are scattered. You might be looking for a way to open up."

Strickland had to learn some of the all-important coping mechanisms upon his return from active duty. A member of the Arkansas National Guard for 22 years

now, he was deployed to Iraq with the 875th Engineer Battalion as a member of a route clearance team. He completed over 166 missions, taking eight direct hits on his vehicle from Improvised Explosive Devices (IED). He knows how it feels to be a target just as he can relate to pointing a weapon at the enemy.

"The turning point career-wise was when I returned from Iraq," he recalled, referring to his start as a business major. "I was passionate about trying to understand the impact and dramatic changes I'd seen and experienced. Essentially, all changes in perception. I had quite a bit to work through. I had to start over, to reintegrate into my life. The person you become in combat you embrace, and then when you come back you are expected to quickly change. But who you were in combat stays with you."

Most often when we hear about veterans' mental health issues, PTSD seems to rise to the top of the list. Strickland, however, is aware combat veterans of all ages deal with a variety of problems: Depression, anxiety, thoughts of suicide, and substance use, to name a few. "Reactivity and aggressiveness. Soldiers are taught to convert fear to rage," he explained. "In

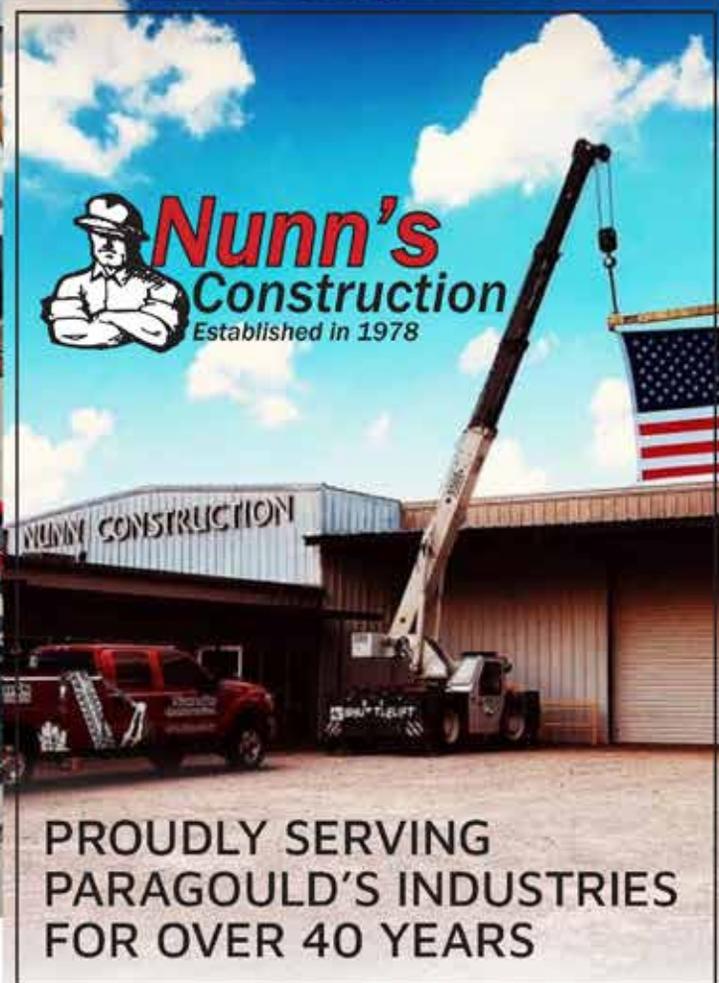
some ways it is liberating to use anger; but that skill set does not fit any job after returning home. I changed my major because I was trying to understand myself and my buddies. I never did give counseling a chance when I came home. Now I notice the power of processing ... of symptom reduction."

Strickland said sometimes one key word or sound -- a car backfiring -- can trigger thoughts of a return to battle and all the emotions surrounding it because "trauma reminders are trapped inside. You can go from 'zero' to 'anger' in seconds. For instance, shooting at the enemy seemed foreign to me at first. And later I stressed over why I didn't take a shot in one instance. If the vehicle behind you is hit you think, 'I should have caught it' and all of that spinning around up there has an impact on the family at home ... divorce or whatever. You find yourself constantly trying to fight back intrusive thoughts. That's why some guys say, 'Why talk about it, what I'm trying to forget?' Trauma impacts the mind and the body. My faith says that all things work for good. Trauma impacts the body and mind and tends to stay with a person, so the individual needs to deal with it appropriately."

Strickland said he is passionate about all mental health issues but has advanced training in trauma. "Trauma reminders ... instinct, responses. They sink deeper in the mind than regular memories," he said. "You start to think, 'Is this happening again?' Or you may experience thinking mistakes ... 'I'm not good enough' or 'I'm powerless.' That's why I knew from the time I graduated in 2014 that the end goal was to own my own counseling business."

Now, at age 51, he does and he offers a number of ways for clients to address their respective issues. The Retrospect Counseling team has a goal of providing quality care through its experience and specialized training. They use both traditional treatments and specialty approaches, such as Eye Movement Desensitization and Reprocessing (EMDR) and Brainspotting (BSP) to help individuals through various stages of growth and stability.

The office, located at 2210 West Kingshighway, Suite 3, is open Monday-Friday from 8 a.m. to 5 p.m. and may be reached by phone at 870-573-8033; by FAX at 870-573-8038; via email at Info@retrospectcounseling.com; and online at www.retrospectcounseling.com.



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“Grew Me Up”

Tom Smalling

BY RICHARD BRUMMETT

Some veterans of the Vietnam War consider their time spent in Southeast Asia a totally negative experience. Tom Smalling of Paragould isn't one of them.

Like so many others, he isn't certain America's involvement in the conflict stayed true to its original course but he knows his military experience provided a sense of direction and maturity at a time when he needed it. Drafted into the Army in October of 1970 at the age of 20, Smalling said for him Vietnam served a purpose.

“It grew me up,” said Smalling, now 71 and an inspector for the United Home Insurance Company. “I had no direction whatsoever. I was 20 years old with not a lot of stuff to do. I was sort of carefree, I guess, at least in my dad's mind. I was uncertain of where I was going.”

By April of 1971 that issue was settled when he landed in Vietnam as “a Pay and Dispersal Specialist. I was an E-4, Specialist Fourth Class. I went all over the country up to the DMZ ... Da Nang, Phu Bai. Where I was, it was more civil. We distributed money to troops in the field and we took their pay complaints. I talked to the GIs in the field. We left once with what I think they said was eight and a half million dollars and we were told to dump it in the South China Sea if it became necessary. That adds a little pressure to what you're doing when you hear that.”

Fear of the unknown was a constant companion because men and women like Smalling were generally young and inexperienced, growing up away from home and in an extremely dangerous environment regardless of where they were stationed. “I spent two to three months at Long Binh,” Smalling recalled. “When we were needed we manned two bunkers, two six-hour shifts. We made sure the weapons and ammunition were there. But I remember I felt I was away from all reality. I didn't have Mom and Dad to look at. You couldn't just go do something with friends.

“I was in the rear, not where there was a lot of action. We were in a metal hooch with no running water but at least we got clean sheets every eight to ten days. The ones I really appreciate are the guys who know the terrible conditions we had. It was jungle warfare. I was 35 miles from Saigon, which I guess they call Ho Chi Minh City now. It's an experience I wouldn't take anything for but wouldn't want to do again. We caught rockets where we were but it's the guys who had to do the one-on-one I feel sorry for.”

He remembers how small things seemed large at the time, like one of the infrequent phone calls home when he was able to speak to his parents, or even receiving a package from his mother. “I can't imagine what it was like for parents to go through, not knowing what was happening to a son,” Smalling said. “When I was back

it seemed like Dad treated me as a man more than before.

“But one of the highlights of the day was Mail Call. Mother would send me things and wrap all of them in the Daily Press. I would read every one of them front to back. Even the ads. And Mom taped every Razorback football game for me and Darrell Barnhill, who I played ball with in high school, worked at KDRS and he'd say “hi” before every game. I'll never forget that. Little things.”

Some of his memories aren't so bad. While in Sidney, Australia, on R&R he went down a set of steps to a restaurant and ran into Roger Perry, a Greene County Tech graduate. “Two Paragould people running into each other that far away,” he said. “There were only three other people from Arkansas in my company; one from Newport, one from Little Rock and one from Blytheville. I don't remember anyone else. I did see Gary Biggs and Steve Bevill when I was at Fort Polk in Louisiana; they were with the Guard.

“And a funny story ... when we were in training for Vietnam we were issued M16s and in drills people would jump out of hiding and we would shoot blanks at them. The M16s they gave us would jam up and wouldn't fire and they told us to yell, ‘Bang! Bang!’ at them. Then we got to Vietnam and they gave us M14s over there.”

When President Richard Nixon enacted a major troop withdrawal, Smalling got an “early out” and came home in February of 1972. Unlike many of his fellow soldiers who were treated poorly upon their return to the states, Smalling said he was not subjected to that. “Vietnam era veterans sometimes are not very highly spoken of,” he said. “When I got out, two people met me at the airport: The two bus drivers. My parents didn't know I was coming home early so they weren't there. But I didn't catch any of that that a lot of guys did. I didn't catch any of that bad stuff but I think today Americans appreciate Vietnam veterans more than they did then.

“As far as Vietnam, I was never bitter about it. If they needed me I'd go again. Now it seems like such a waste of time and lives. How many lives were lost for a purpose I'm sure got away from us. Our biggest enemy when we left was the South Vietnamese, who we thought we were there fighting for. It's hard to believe that's been 49 years ago. But, for me, it was something I needed to experience.”

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Melissa has cosmetologists Jessica Cossey - Blond Ambition; Amber Bond - Reflections Salon; Carrie Schoolfield - Handle with Care and her sister, Kyraa Lara - Nails by Kyraa at The Basic Bee Spa, all working together to provide each participant with a morning to Bee Pampered with a Mini-Gentle Touch massage; Mani / pedi; Mini Facial and make up.

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DOWNTOWN PARAGOULD EVENTS



July 9
**Downtown After Hours with
Shotgunbillys**
6:30 p.m. - 9:00 p.m.



July 10
**Block Party
with Project Paragould**
10:00 a.m.



July 23 & 24
Big Grass Bluegrass Festival
The Collins Theatre
7:00 p.m.

A complete listing of all Downtown events can be found under "Events" at downtownparagould.com or facebook.com/oneandonlydowntown/events.



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COMMUNITY ROLE MODEL

BY RICHARD BRUMMETT

Shaelyn Nunn Tullos (Shae) seems to be uncomfortable when asked to talk about herself. “People tell me I’m the worst at taking compliments,” the 31-year-old Paragould resident said, but that’s okay because plenty of other people have lots of nice things to say about her.

According to *Premiere Magazine* readers, Shae is the perfect example of a Community Role Model and deserves the praise and attention accompanying such an honor. For her part, she said all she has to do is look around her for inspiration.

“My whole family ... especially my aunt, Jimmie Lou Fisher ... they are all huge into civil service. My dad and brother are on the Rescue Squad. Dad has been a big influence for me. But my grandmother, Tollie Sue Nunn ... well, just about everyone in my family has a big heart for helping others and for helping the community.”

Today, Shae has followed Tollie Sue into the position of “Office Manager, Business Manager, whichever you prefer, I guess” at Nunn’s Construction, a business started by her grandparents in 1978 and now run by her father, Blaine. Nunn’s specializes in metal buildings and shop/warehouse/factory building construction and maintenance. The owners have always been counted on to help sponsor local events and organizations like the Greene County Boys and Girls Club and youth sports teams, along with making donations to area schools, St. Jude’s and 4-H, among others.

But right now it is Shae in the spotlight thanks to her involvement in a number of local ventures. She said it is probably her love of coaching youngsters in the Boys and Girls Club sporting events that puts her in front of the most people. “When I moved back here in 2013, Dad was super involved in the Boys and Girls Club and I also reconnected with Allison Hestand, and her dad also was involved,” she explained. “So we wound up working the football concession stand, helping with signups and basketball signups and running the clock. Monday, Tuesday and Thursday nights ... and it’s okay, because I love sports. I played from junior high to high school and my family is super sports competitive.”

Shae Tullos



In fact, she said, a funny story illustrates just that. "We used to have a Thanksgiving family volleyball game," she explained, smiling, "and my grandmother said, 'If you're too little and you can't hit it, get off.' She wanted to win. We're all competitive but she's probably the most competitive person I know."

So when Shae's nephew broke the news one year that "there's not going to be a team unless you coach it, I said I would and I fell in love with it. I literally loved coaching first- and second-grade boys basketball. The next year I was helping out one night and they asked if I could help out with a team and, of course, I wound up coaching again. Then I stayed involved until one year Casey Horner asked if I could fill in for a coach who couldn't be there and before long I realized I'd been had. I said, 'You knew that coach was never coming back,' and the team was mine for good but it's like family out there. I've been doing it eight years now."

She's much more than a gym rat, however. Shae has stepped up to lead efforts related to city improvements and is in one of those phases currently where she keeps saying "yes" when called upon. "I'm more involved with the city; I ran for City Council," she explained, "and now I'm on the Parks Board and the Mission Board and the [EDC] Innovation Committee. I'm excited about where our city is headed, I really am."

"In 2020 I organized the Annual Philip Brasher Pheasant Hunt and that's probably what I am proudest of. He's a longtime family friend and I came up with the ALS pheasant hunt in his honor. I grew up at Phillip's house and now I know ALS is a

little more common than I realized. And I thought to raise money for awareness in his name ... a golf tournament, maybe? No, but a pheasant hunt, yes. He was always big into the outdoors so that seemed perfect. I didn't fathom we'd raise \$20,000."

Shae teamed with Liberty Hills Outfitters in Rector to stage the event with money raised being donated to the ALS Association Tennessee Chapter in honor of Brasher. "February of 2022 will be our next one," she said, "and we hope to raise even more."

It's still working with the kids, however, that she finds most satisfying. "I love coaching," she said. "I'm vocal. My grandmother told me if a coach isn't yelling at you, you're probably not doing anything. I gave it my all in basketball and tennis and I want the ones I coach to understand giving their all. So, they hear me. One year I had a kid on the team who wouldn't talk. Not at all. I imagine Mom signed him up just to make him do something active. By the end of the year he enjoyed it. And at signups the next year I got a big hug and a, 'Are you coaching?!' They'll see me out somewhere and they'll come running up and I'll hear, 'Coach!'"

"It's all about how you treat people. Now I'm into the Get Downtown Festival as a volunteer and hoping to get back to a 3-on-3 basketball tournament. In college I worked the intramurals so I know how to run that ... just another thing to keep me busy. You know, when I left I never planned to come back here but I did, like lots of others. Now I just want to do my part to help make our town the best it can be."





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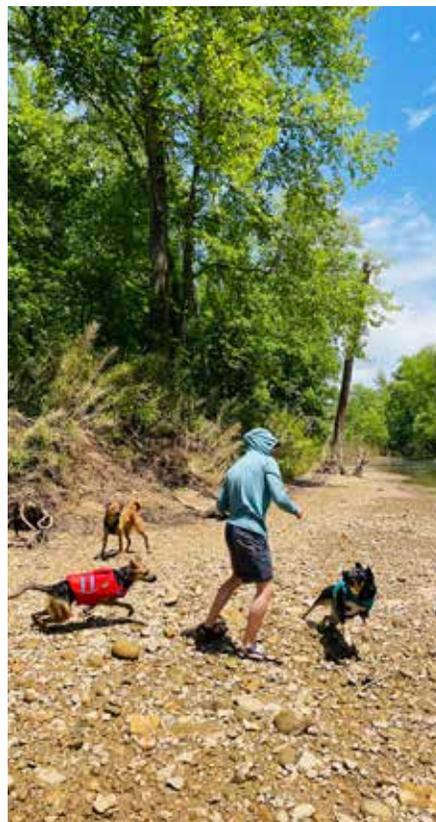


BY LINDSEY SPENCER

We're smack dab in the middle of summer and though sometimes it's hard to look past the brutal heat, might we remind you it wasn't so long ago we were all dreaming of summer days full of sunshine. When we are children, the promise of summer pulls us forward like a beacon – ice cream, lake days, sleeping in, and, of course, summer vacation plans call to us in those final school days. As we enter into adulthood, the months meld and summer is not much more than a difference in temperature (one we long for when everything is gray and cold).

But there is one thing that often holds true even though we don't get long breaks from work the way we did in school: Summer is a time for vacation.

While the beach may be your favorite spot or the respite from the heat in the north might be calling you, there are plenty of attractions right here in Arkansas perfect for a summer vacation. You can spend a whole week (or longer) exploring any number of these destinations, or, you can take a day or weekend to fill your summer with mini-vacations.



Beat the heat by cooling off in one of Arkansas' many beautiful rivers.

One of the most-beloved activities for Arkansas locals and visitors alike is floating. Whether you choose to embark in a raft, kayak, canoe, on a paddleboard or something else, on the river is arguably the best way to spend a hot summer day. The heat is more than bearable, it's enjoyable, when out on the water. Floating down moving water while light filters through the trees above is likely to push – float? – your cares away. Perhaps you spend the day fishing, day drinking, stopping regularly for swims, or all of the above. When you reach a gravel bar, a cooler filled with snacks feels like a dang feast because everything tastes better on the water.

If you have your own vessel and way to carry it, you can plan your trip accordingly. You will still need to consider who/how you will be shuttled back to where you started, but many outfitters on the river will do this even if you didn't rent boats from them (for a fee, of course).

If you do not have your own water craft, renting all the way is the best way to go. There are different distances one can float ranging from 5 to 25 miles and even longer. Consider how long you want to be on the water and how often you want to stop. A four-hour float can easily be a six-hour float if you stop to swim and frolic on the gravel bars along the way.

If you're feeling really adventurous, consider an overnight float. Plan to get most of your mileage in the first day as you'll likely be tired by the second. Pack all your camping gear in dry bags – sleeping in a wet sleeping bag and tent will certainly put a damper on the "vacation." Pack out EVERYTHING you pack in by following Leave No Trace Principles.

Arkansas' Favorite Floats:

- The Buffalo River
- The Spring River

*We also suggest traveling up to South Missouri, just over an hour from Jonesboro, to float the Current River.

Don't forget:

- Sunscreen
- Sunglasses
- Dry Bag



Explore Arkansas State Parks.

There are 52 State Parks in Arkansas that celebrate the state’s history and its natural beauty. Several of these parks are right here in Northeast Arkansas and many more in reach for a day trip. Spend a day wandering trails, paddling across a lake or reading about early settlements. Pack your lunch or venture down the road to a local restaurant.

Plan a route to hit as many parks in a weekend or week as possible – many parks are within an hour or less of one another so it’s easier than you might think to see several parks in a day. Car camp with your own gear or rent a cabin to stay a little more comfortably.

Our Favorite State Parks in NEA:

- Crowley’s Ridge State Park
- Lake Frierson State Park
- Lake Charles State Park
- Davidsonville Historic State Park
- Mammoth Spring State Park

Don’t forget:

- Sunscreen
- Water

Continued on Page 36

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Take a road trip.

There is so much to see in Arkansas: mountains, rivers, lakes, beautiful little towns and bustling cities. Perhaps the best way to really to get to know this state is to take a road trip and experience as much as possible in the time you can afford.

Visit the charming, European-like downtown of Eureka Springs. Stop at local breweries and enjoy beautiful views. Dine in small restaurants that serve up big flavor. Hike trails that offer sweeping views. Seek waterfalls, chase sunsets, and ride bike trails.

For a road trip route around NEA, visit exploremorenea.com/play/f/nea-road-trip

Plan your own, and tag @exploremor_nea on Instagram or @exploremornea on Facebook for the chance to be featured.

Our Recommendations for Road Trip Stops & Destinations:

- Batesville, Arkansas
- Wilson, Arkansas
- Hot Springs, Arkansas

Don't Forget:

- Arkansas State Highway Map
- Road trip playlist
- Snacks



Go for a Ride

Two wheels are often the best way to experience a park, a town, or even a stretch of towns. Biking allows you to get closer to what you're passing by, unlike sitting behind a window in a car, but also allows for covering ground much quicker and with much less effort than on foot.

Discover a park or city in a whole new way by renting a bike or taking your own and hopping from stores to restaurants to bars to bakeries to museums, all on two wheels. Bikes are easier to park, so no hunting for a space like when attempting to explore a town by way of motor vehicle. They allow for stopping on a dime when seeing some place neat to venture into, say a café with patio seating and a sign outside that says homemade ice cream is calling.

Arkansas Bike-Friendly Places to Visit:

- Northwest Arkansas Razorback Trail
- Arkansas River Trail in Little Rock

Don't Forget

- Helmet
- Lights
- Water

-If you're taking your own bike, research where to find a local bike shop wherever you're headed. Stop in and ask for suggestions and keep their phone number handy as they will likely be the best to call should your bike need any repairs during the trip.

Coming Up

▶▶ Get Downtown



▶ **T**he 2021 Get Downtown Festival, presented by the Greene County Future Fund, will take place on September 24 and 25. Things will kick off Saturday the 24th with a block party at Station Park on Pruett Street, next to Chow. Packet pickup for the following day's 5K and 10K runs will take place there from 5:00 p.m. to 7:00 p.m. Later the same evening, Movie in the Street will begin at 7:00 p.m. with Sandlot taking the big screen. Movie in the Street is sponsored by Southern Bank.

The next day, races will begin with a 5K and 10K starting at 8:00 a.m. and a kids run and dog walk beginning at 9:30 a.m. The fun continues with live music all day:

- 11:00 a.m. Arkansas Brothers
- 12:00 p.m. The Band Tripp
- 1:00 p.m. Black River Rising
- 2:00 p.m. Cory Jackson & Marybeth Byrd
- 3:00 p.m. Eli Adams
- 4:00 p.m. Trevor Johnson
- 5:00 p.m. Vikki McGee
- 6:00 p.m. The Milwaukee Tool Shed Band
- 7:00 p.m. Mustache The Band

A cornhole tournament and 3-on 3 basketball will both take place at 1:00 p.m. Food trucks, vendor booths, face painting and kids activities will begin at 11:00 a.m. and be open most of the day. All proceeds from the event will benefit the Greene County Future Fund.

"The 5th Annual Get Downtown Festival is going to be a weekend of fun for all ages," Shae Nunn Tullos with the Greene County Future Fund said. "We have live music, 3-on-3 basketball, Cornhole, BBQ competition, food trucks, vendors, and a kids corner. Come out to experience a weekend of fun in the One and Only Downtown Paragould!"

More info can be found at getdowntownfestival.com

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Coming Up

▶▶ Big Grass Bluegrass



 The Collins Theatre

 July 23rd & 24th

▶ The first ever Big Grass Bluegrass Festival will take place at the Collins Theatre in Downtown Paragould on Friday, July 23, and Saturday, July 24. After a necessary cancellation in 2020, the Collins Theatre and the Paragould A&P Commission are excited to bring this fun event to the community.

On Friday, July 23, High Fidelity will take the stage at 7:00 p.m. followed by The Tennessee Mafia Jug Band and The Cleverlys. High Fidelity is a young group of performers drawing its influence from the great bluegrass records of the '50s and '60s. The group has been described as the new Johnson Mountain Boys, inspired by classic era bluegrass and interpreting it into their own fresh, young perspective.

According to the Longford, Ireland, Review, The Tennessee Mafia Jug Band looks like they've "just been plucked straight from a farm in the Southern US" and the group brings talent and entertainment to the stage.

Blending comedy and music, The Cleverlys are a performance like no other. The band is from a remote part of the Ozark Mountains and is made up of Digger Cleverly and his nephews.

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Get Better.



On Saturday, July 24, Breaking Grass, Russell Morre and Illrd Tyme Out, and Rhonda Vincent and the Rage will take the stage first at 1:00 p.m. All three acts will return to the stage at 6:00 p.m. for a completely different show!

Breaking Grass draws influences from rock, country, gospel and soul and is known for high energy performances. With heartfelt music and beautiful harmonies, the group recently released its newest album, Cold.

Russell Moore and Illrd Tyme Out have been playing together for 30 years. The group has received 54 music industry awards, including IBMA's 7-Time Vocal Group of the Year.

Rhonda Vincent began her music career singing in her family's band, The Sally Mountain Show, and has since been crowned the "New Queen of Bluegrass" by The Wall Street Journal (2001), is a multi-award winner, and has been invited to be a member of the Grand Ole Opry. With a 2017 Grammy for Best Bluegrass Album and seven consecutive Female Vocalist of the Year Awards from the International Bluegrass Music Association, she is sure to ignite the stage at the Collins Theatre.

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Happenings



NEA Baptist's first annual Foster Care Blessing Bag Drive implemented during the month of May came to a successful end on June 1st. The drive hosted by NEA Baptist Women's Clinic featured multiple receptacles located at the hospital, clinic, and Cancer Center main entrances.

In total, the drive raised: \$1,040 in monetary donations, approximately 400 backpacks and duffel bags, 300 toothbrushes, 50 bars of soap, 25 blankets, 100 sticks of deodorant, and 50 sets of pajamas in addition to a tub full of shampoo, conditioner, diapers, and school supplies.

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& The Rage



Russell Moore &
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The Cleverlys



The Tennessee Mafia
Jug Band



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Breaking Grass



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Shawnda Weaver

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"I became an LMT because I am passionate about helping others feel their best. When I'm not in the office I love spending time with my four kids, our furbabies, and enjoy hobbies such as travel, photography, and writing."

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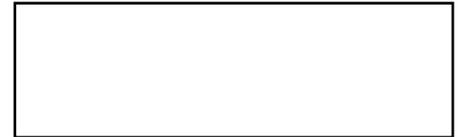
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Colley Roofing



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A photograph of the White Inc. storefront. The building is white with a blue sign that says "White Inc." in a cursive font. There are several award logos in the foreground, including "Paragould PREMIERE Award Winner 2021" and "PREMIERE Award Winner 2018" and "2019".

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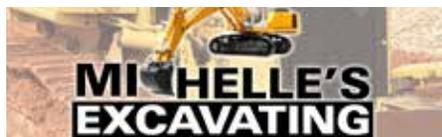
Reddick Marble & Granite
870.932.2551



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EXCAVATING

Michelle's Excavating
870.239.4913



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ELECTRICIAN COMPANY

Wilkins Electric



Page 53

HEAT & AIR

Eaker Heat & Air



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HOME DESIGN

Nelson Design Group

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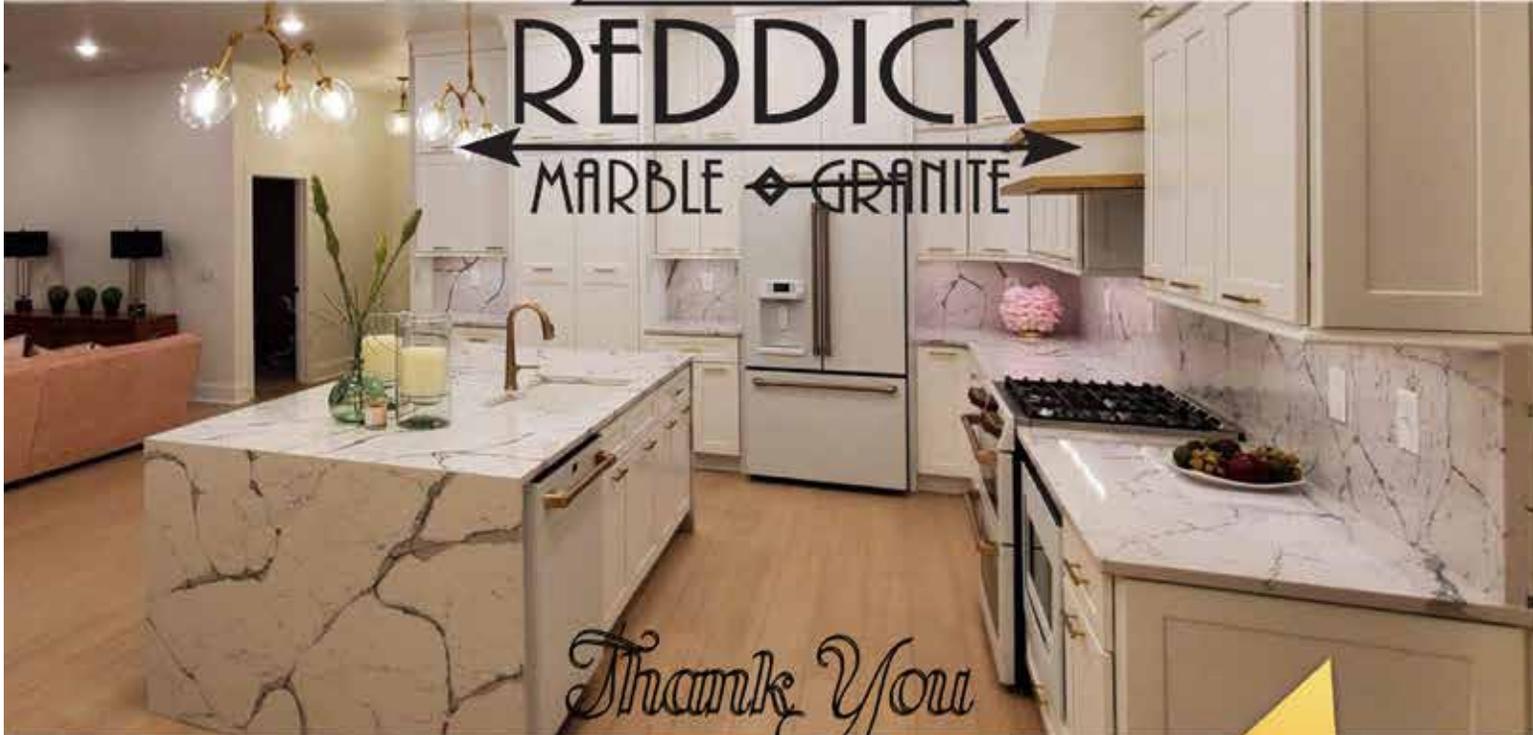
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Agriculture WINNERS

AGRI EQUIPMENT

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SEED SUPPLIER

Maxwell Feed & Supply



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AGRI LENDER

Farm Credit Midsouth
FCMidsouth.com



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Custom Feed Mixing

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BAND/MUSICIAN

Shannon Freeman

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NIGHT CLUB/BAR

LA Nights

HOTEL

Hampton Inn

LOCAL FESTIVAL

Get Downtown Festival

FAMILY

ENTERTAINMENT VENUE

Paragould Cinema 8



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GOLF COURSE

Paragould Country Club

FUND RAISING EVENT

Junior Auxiliary
Cheers for Charity

LIVE ENTERTAINMENT VENUE

The Collins Theatre



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BEST PLACE TO TAKE OUT OF TOWNERS

Chow at 118



Page 99



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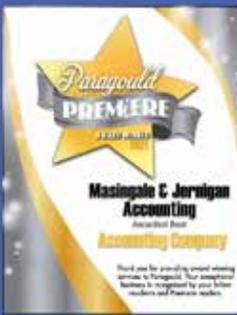
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Financial WINNERS

BANK

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FINANCIAL PLANNER

Keith Legrid - Edward Jones

INSURANCE AGENCY

Lennox Insurance
lennoxinsurancenea.com



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ACCOUNTING COMPANY

Masingale & Jernigan
Accounting



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MORTGAGE COMPANY

Focus Bank



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TITLE COMPANY

Ajax Title Service
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TAX SERVICE

Liberty Tax

CHARITABLE ORGANIZATION

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Parents Association



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For the Home WINNERS

POOLS/SPAS

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wonderpool.com



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LANDSCAPING & NURSERY

Adams Nursery & Landscaping



Page 60

LAWN CARE SERVICE

McDaniel Lawn Service
870.565.6919



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CARPET & RUG
CLEANING SERVICE
Razorback Carpet Cleaning



Page 66

FLOORING DEALER
Warehouse Flooring



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MINI STORAGE

Laubach Mini Storage
laubachministorage.com



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APPLIANCE STORE
Superior Sleep & More



Page 75

MATTRESS STORE
Superior Sleep & More



Page 75

FURNITURE STORE
Homeplace Furniture



Page 70

INTERIOR DESIGN

Michael Bolding



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MOVING COMPANY

Exodus Moving



Page 64

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Paragould
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2021



Gifts/Décor Shop WINNERS

HOME DÉCOR

Simplicity Home Store



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WEDDING GIFTS

Perfect Touch



Page 69

HOLIDAY DÉCOR

MJ's Southern Chic
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BABY GIFTS

Cutie Patootie



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FLORIST

Alvin Taylor's



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VIDEOGRAPHER

Nathan Knight -
Knight Productions

RETIREMENT CENTER

Chateau on the Ridge



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VENUE RENTAL

The Crossing

PHOTOGRAPHER

Nathan Knight -
Knight Productions

MONUMENTS/HEADSTONES

Foster's Monument



Page 74

FUNERAL HOME

Heath Funeral Home

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MJ'S SOUTHERN CHIC
DESIGN

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WINNER

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WINNERS

CHILD'S BIRTHDAY PARTY VENUE

Champions Gymnastics



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CHILDCARE CENTER

School of the 21st Century

GYMNASTICS

Champions Gymnastics



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SCHOOL ADMINISTRATOR

Brandi Newsom -
Paragould Primary
paragould.k12.us



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DANCE INSTRUCTOR

Mabry Massey - Cue the Applause

DANCE STUDIO

Tabatha's Dance Company

PARK

Crowley's Ridge State Park

MARTIAL ARTS

ATA

WATER ATTRACTION

Paragould Community
Center



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TEACHER

Leigh Sullivan -
Greene County Tech
gctsd.k12.ar.us



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SCHOOL DISTRICT

Greene County Tech
gctsd.k12.ar.us



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COACH

David Reynolds -
Greene County Tech
gctsd.k12.ar.us



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MASCOT

BlackHawk -
Black River Tech
blackrivertech.edu



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**Paragould
PRIMERE
WATER**

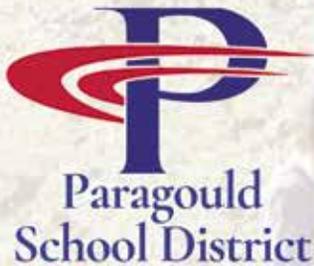
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for voting
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REALTOR

Amber Gill,
Paragould Realty Pro
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REAL ESTATE COMPANY

Image Realty

myimagerealty.com



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OCCUPATIONAL THERAPIST

Pathways Pediatric Clinic

SPEECH THERAPIST

Laren Vaughn - CME



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PEDIATRICIAN

Kristina Wenger,
Paragould Pediatrics
paragouldpediatrics.com



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Paragould PREMIERE
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Paragould PREMIERE
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MEDICAL CLINIC
 NEA Baptist Paragould
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MEDICAL SUPPLIES
 Affordable Medical



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NURSE

Tim Ellis - NEA Baptist
 baptistonline.org



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NURSE PRACTITIONER
 Ronette Wise -
 Family Practice Clinic
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PHYSICIAN/GENERAL
 Dr. Stacey Noel
 Family Practice Clinic
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PHYSICIAN'S ASSISTANT

Kelly Simon -
Ridge Kids Dental



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FAMILY PHYSICIAN

Dr. Stacey Noel
Family Practice Clinic
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PLASTIC/COSMETIC SERVICE

Dr. Joel Epperson
paragouldplasticsurgery.org



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PHARMACY

Corner Drug



Page 82

OBSTETRICIAN

Dr. Rose Glynné
AMMC
myammc.org



Page 82

CARDIOLOGIST

Dr. Ammar Al-Hallak -
Cardiologist Associates
870.239.0779



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AUDIOLOGIST

Natural Hearing Centers,
naturalhearingcenters.com



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ORTHODONTIST

Weaver Orthodontics



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DENTAL CLINIC

Arkansas Dental Clinic

DENTIST

Dr. Kevin Mann -
Paragould Family Dentistry
870.239.5518



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CHIROPRACTOR

Dr. Spencer Neal -
Inman Chiropractic

OPTOMETRIST

Dr. Barry Harris,
Harris Eye Clinic



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OPHTHALMOLOGIST

Dr. Matthew Margolis,
Southern Eye Associates

ULTRASOUND CLINIC

Peek-a-Boo

HOME HEALTH AGENCY

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HOME HOSPICE AGENCY

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PHYSICAL THERAPIST

Chris Enger - NEA Baptist
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**MENTAL HEALTH
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Jordan Faulkner -
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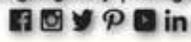



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Dr. Stacey Noel

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Ronette Wise, APRN



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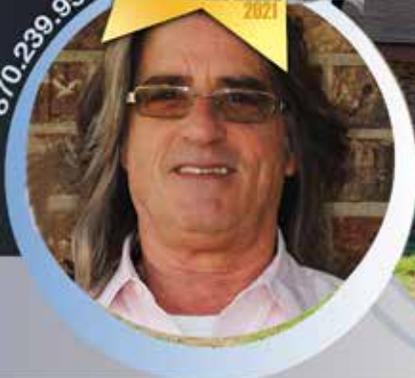


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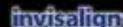
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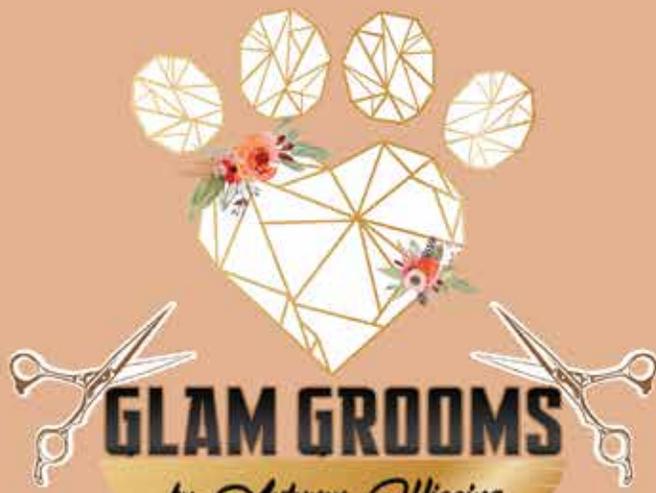
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Kristina Wenger, M.D.

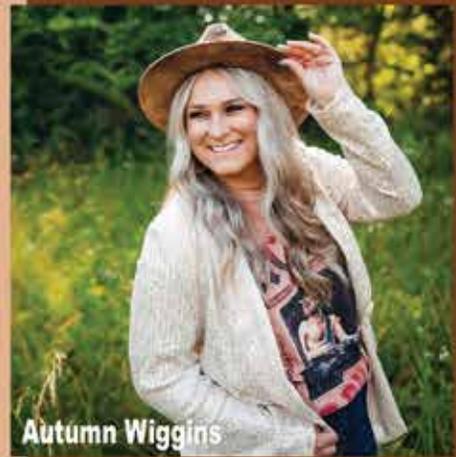


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PET SUPPLIES

Pet Smart

BOARDING

Unleashed Doggy Daycare
& Boarding



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VETERINARIAN

Dr. Brent Reddick,
Linwood Animal Hospital



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VETERINARY CLINIC

Paragould Animal Clinic

paragouldanimalclinic.com



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Skinny J's

BAKERY/SWEET TREATS

Batten's Donuts & Bakery

BARTENDER

Zaid - Chow at 118



Page 99

BBQ

Ironhorse BBQ & Steakhouse
2108 Linwood Drive



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BREAKFAST

Terry's Cafe



Page 96

BEST FOR DATE NIGHT

Chow at 118



Page 99

BEST FOR BUSINESS LUNCH

Kiss the Cook



Page 95

BRUNCH

Pancake & Waffle House

BUFFET STYLE

Terry's Cafe



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DONUTS

Batten's Donuts & Bakery

BURGER

Hamburger Station



Page 100

BURRITO

Carlos' Street Tacos



Page 101

CHEF

Michael Tolson -
Chow at 118



Page 99

CHINESE

New Hunan Buffet

CHICKEN

Popeye's



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- The Grecian Family

CATFISH

The Legendary 7th Street Market



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COFFEE

Shadrachs
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COCKTAILS

Skinny J's

DESSERT

Something Sweet
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BEST TO TAKE OUT-OF TOWNERS

Chow at 118



Page 99

ETHNIC

Avanzare Italian Restaurant

FAMILY FRIENDLY

Hyde Park Cafe

113 W Main Street



Page 98

FAST FOOD

Dairy Queen

FROZEN TREATS

Swirlz

2709 W Kingshighway



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FOOD TRUCK

The Twisted Goose

FRIES

Lemonade House Grille

HAPPY HOUR

Skinny J's

JAPANESE

Kimono Japanese Steakhouse



Page 20

LATE NIGHT BITE

Waffle House

MEXICAN

Avocado's Grill



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Page 99

SALAD
Kiss the Cook



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SANDWICH
Hyde Park Cafe
113 W Main Street



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SEAFOOD
Delta Crawfish
SOUP
Hyde Park Cafe
113 W Main Street



Page 98

SUSHI
Ikura Japanese Steakhouse
STEAK
Skinny J's

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STEAKHOUSE

Grecian Steakhouse

Grecian
STEAK HOUSE

Page 94

TACOS

Taco Rio

TAKE OUT

Panda Garden

VEGETARIAN

Avocado's Grill



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HEALTH FOOD NUTRITION

Downtown Nutrition



Page 100

Shopping

WINNERS

MEN'S CLOTHING

Backroad Social Trade Co.

TUXEDO

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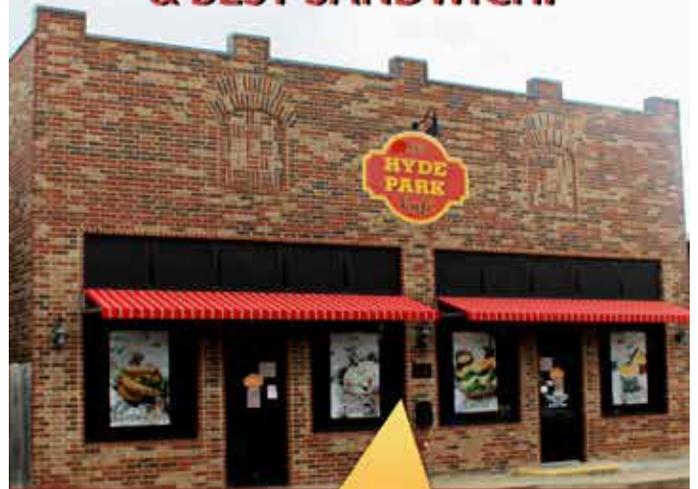


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- Leslie Ballard



EYEWARE

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SHOE STORE

Shoe Sensation

SPORTING GOODS

Southern Soil Outfitters

THRIFT STORE

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MUSICAL INSTRUMENTS

SDM Pawn

CHILDREN'S CLOTHING

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JEWELRY STORE

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Page 23

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Jacob & Jessica

Jacob and I have known each other for quite some time. We spent many years walking the same hallways at Paragould High School, yet it never crossed my mind that I would marry him one day. We played chess together (in the history building, Coach Watson's class – this is an ongoing debate) our junior and senior years of high school. We both left for college - him to ATU in Russellville, and me to UCA in Conway. We were only 50 minutes away from each other, but neither of us made that trip until the fall of 2019. I needed a date for my sorority function, and Jacob crossed my mind. I never in a million years imagined he would come to such a thing. I mean, he's all about the cowboy boots, deer hunts, and outdoor adventures, so I figured there was no way he'd want to play dress up and go to a dance with me. Low and behold, I asked and he said he would love to go.

We began making that 50-minute drive more often. He would come to Conway to eat dinner with me, and I'd go to Russellville to surprise him at work. He worked at Atwood's, the local Ranch and Home store, as Jacob and the "brothermen" called it. On our first official date he took me to Fat Daddy's in downtown Russellville. I don't think I stopped talking for a second, and as we were getting into the truck to leave Jacob looked scared. I asked him what was wrong and he replied "I just didn't know you could talk so much."

Christmastime came, and I was making a trip home to take pictures for my parents' Christmas gift. I invited Jacob to tag along with me, since it was both of our hometown. We went for a quick day trip, and on the way home we were asking each other questions. In the middle of the questioning he asked me, "Will you be my girlfriend?"

I was so caught off guard and nervous so I said, "What? NoOoOo!" because I didn't think he was serious – he was. The next afternoon, December 1st, I made that 50-minute trip to Russellville again. As I was leaving he ran up to my car door and asked me if I'd be his girlfriend. This time I actually said yes! I know, about time, right?

Flash forward to August 17th, 2020 - we were spending the day at his house building a deer stand he bought for us to sit in while we (mostly him) bow hunted during the winter. After it was almost assembled, we went for a ride on his family farm on the four wheeler. During sunset, he took me to the hill we eventually plan to build our house on, and asked me to spend forever with him on that hill. I didn't hesitate, nor say "noOoOo", but I quickly said yes! Jacob is my best friend, and April 17th will forever be my favorite day.

Photos By Rachel Rowland Photography



Celebrate 4th of July at the Paragould Fireworks Show

Sunday, July 4th @ Rotary Softball Park
Gates Officially Open @ 7pm

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BIRTHS



Lincoln Alan Wolfe

Proud parents Ryan and Maggie Wolfe of Trumann welcomed their newborn son, Lincoln Alan Wolfe, on May 4th, 2021.

Lincoln was born at St. Bernards Medical Center weighing 7 pounds and 2 ounces and measured 19.75 inches long.

Photo by Lauren Tyler Photography

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LET'S TALK TODAY.



2021 Kids' Events

July

July 4

Big Bang Firework Show

When: July 4
at 7 p.m.

Where: Paragould Rotary Softball Park

Info: [exploremornea.com/
community-calendar](http://exploremornea.com/community-calendar)

July 7

Yasu Ishida: Magic Story Art

When: July 7 at 10 a.m. and 2 p.m.

Where: Craighead County Jonesboro
Public Library's Facebook Page

Info: libraryinjonesboro.org

June 12 - July 15

Vacation Bible School: Discovery Island

When: July 12 - 15
5 p.m. to 7 p.m.

Where: First United Methodist Church
Info: fumcparagould.org/children

Oh, to be a kid again! Hot summer days mean a trip to the water park for a chance to splash around and cool off as July promises to continue bringing the heat.



Next Month

Back to School



Don't worry, there's still summer left to enjoy! But as the school year gets closer, there is plenty to look forward to.

Summer Sports

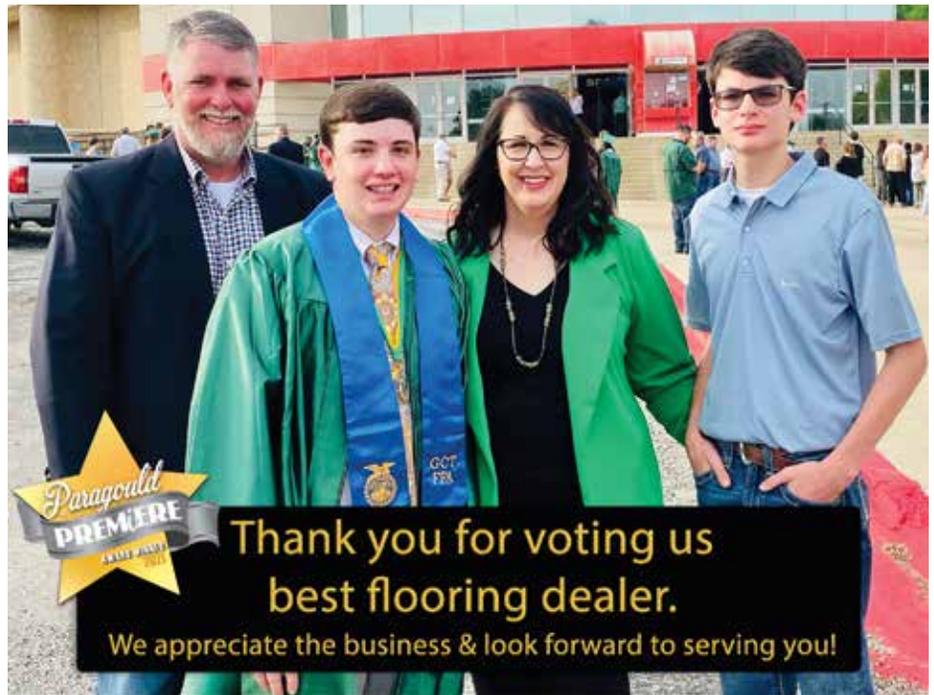


Following up with local teams on summer days in the sun and on the field.

Fall Fashion

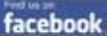


We'll consult the experts on what trends to look for and keep up with this fall.



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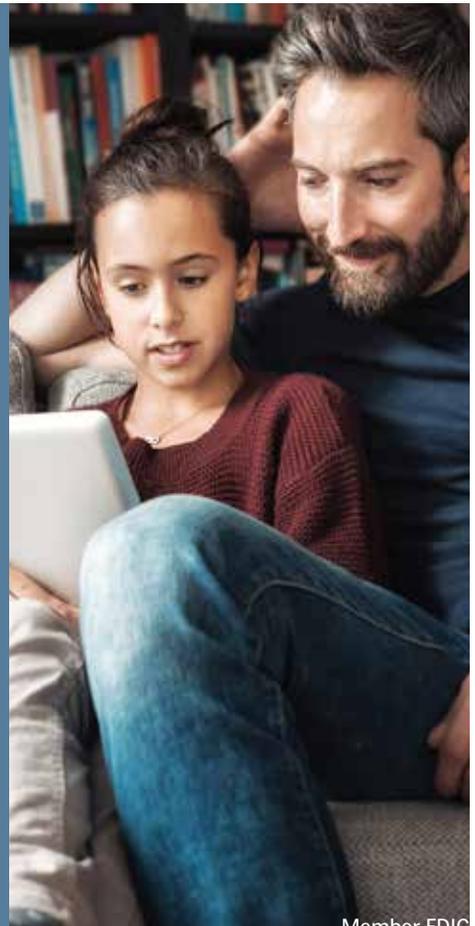
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