



NEA'S **PREMIERE**  
MAGAZINE

March  
2022

**WILD WOMEN**  
Women Who Love  
the Outdoors

**BUILDING  
A HEALTHY  
LIFE**  
Healthy Body,  
Healthy Mind,  
& Healthy Finances

**NEA SENIORS  
SPECIAL  
SECTION**

*Healthy Living*

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Cover Photo by Lindsey Spencer

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## From the Manager



I go through phases – phases of trying to eat better, trying to get up earlier, trying to spend more wisely. The phases don’t always stick, not fully, but sometimes they do leave me doing slightly better than I was before. I don’t think this is abnormal; I think many people get an idea in their heads of an aspect of their health they’d like to improve and sometimes they stick with it and sometimes it fades as swiftly as it was taken up.

In this edition of Premiere, we cover many aspects of a healthy lifestyle – mind, body, spirit, finances, etc. – and I hope if you are someone who often finds yourself in a “phase” of acting healthier, some of the content here will inspire you to effect lasting changes that will inspire a healthier lifestyle rather than just a phase.

There are many places in Northeast Arkansas you can move your body for free, there are so many great options for assisting with mental health, and there are many ways to adjust your financial situation. In these pages, you’ll find suggestions and advice from real local experts for improving your health in a variety of ways. Maybe you need help with just one, or maybe you’re seeking to improve in multiple areas. Whatever the case, we can all be working toward a healthier lifestyle almost always.

**Lindsey Spencer**  
Manager of Creative Content

An advertisement for Glen Sain Ford. The central image is a bright yellow Ford SUV parked on a paved surface in a desert landscape with mountains in the background. The Ford logo is in the top right corner. The name 'Glen Sain' is written in a large, white, cursive font in the top left. At the bottom, the text 'BEST PRICE BEST SERVICE' is written in a white, outlined, sans-serif font on the left, and the phone number '870.236.8546 | 1301 US 49' and website 'GLENSAINFORD.NET' are on the right.

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Sometimes people ask me what I want and those who truly know me know all I seek is simplicity. I like things to be easy and to work today the same way they did yesterday, and I don't need updates, and improvements and additions that are supposed to make my life better but, instead, make it more difficult.

I suppose much of my attitude stems from my many years as a journalist, where it was pounded into our brains daily that our newspaper work needed to be accurate yet concise. No one was going to read 25 inches of copy, we were reminded, especially if the story could have been told in 10; get it right and get to the point.

That's why, when I ask if you went to the ballgame, I'm not interested in hearing: "Yeah, and it was a great game. We won right at the end but it should have been a lot easier except the refs cheated. That one ref just doesn't like us; he's always got it in for us and I don't know why because our kids act right and everything. He's just a jerk. And you'll never guess who I saw there. Bob. Remember Bob? We went to school with him until he moved out of town but then he came back and married that girl whose family owned the farm outside of town on the way to Missouri and then they had twins and one of them got married and moved off but the other one stayed here and never got married, I don't think, but she was a real pretty girl. You remember him, don't you?"

The answer I was looking for was "yes."

So, along the lines of having a simple life, all I want is for things to do what they are supposed to, the way they always have. I spend a lot of time at my home computer and on more than one occasion the way I go about my daily routine was changed through no fault of mine. I hit the same buttons in the same sequence as I did the day before, but sometimes I'm taken on a computerized journey to lands unknown. I don't know why; I don't know why the great computer god Keyboardus Frustratus sets his focus down on my poor, mostly used up brain but he does, probably for his own amusement. One day, without warning, when I clicked on the clicky thing I click on every day, I was taken somewhere I'd never been. Things that normally appeared on the right side of the screen were on the left and vice versa and the background was different. To me, this is akin to flipping the switch on in the living room and having the overhead light come on five days in a row, then on Saturday flipping it up just as you always have and having the garage light start beaming.

That's how confusing this dang modern world is to a guy like me, one who just wants things to be like they're supposed to be, one who doesn't need beepy things and little cartoon pictures on the dashboard taunting me every time I try to back my wife's SUV out of the garage. "What now?" I usually say as I put the vehicle into reverse and get greeted by a beeping noise that resembles the first six bars of *Jingle Bells*. My wife says it's just telling me there's something close to our vehicle's side and I say, "How could there not be? We're in a garage."

So the other day when I logged on to my computer, my home page was different than the day before. Or any day I've ever been to before. I know I didn't change it, not intentionally anyway, just as I didn't intentionally turn on the seat warmers in my daughter's vehicle and ride all the way to Marmaduke with sweat balls trickling down my back.

I didn't even know she had seat warmers, so I still think it wasn't me who flipped the switch from Riding Comfortably to Toasted Buns and Well Done Backsides.

Knowing just enough to be dangerous, I Googled how to get my home page back to the original and that's when I began to realize I have no place in this new world. I need to be on a Viking ship searching for something to chop down. "Open the web page you want to use as your home page," I was instructed. Okay, how do I do that? "Drag and drop that tab onto the Home button on your toolbar." I can't do that; I don't know what page I want. It was the one I had yesterday.

Or, it said, I could "click the menu button and select Settings and then click the Home panel." No, I can't; I don't see anything named Menu and I can't select anything because I don't see anything other than the wrong home page. From there I was given multiple options to choose my default home page, custom URLs or a blank page.

This didn't work, the computer whizzes asked?

Well, we have solutions the screen said, then went through a series of sentences related to troubleshooting that included words and phrases like preferences, customize, toolbar, shortcut and extension. A friend said I should purchase a laptop computer instead, but I hate laptops. Every time I sit at one it looks to me like I dropped my real computer in the dishwasher and it shrank. My hands are so much bigger than the keyboard that I feel like I'm trying to play a Barbie piano.

So, I continue to sit here with a new home page I don't like and I'm afraid to click on too many clicky-clickers for fear I'll turn on the oven or order something from Amazon, and all I want is for things to work the way they're supposed to, to just work ... simply.



# LIVING A Better Story

BY JARED PICKNEY

We are currently experiencing a mental health crisis in America. According to the IMS Health Report, antidepressants have become the second highest volume drug in the U.S., next only to cholesterol medications in annual expense. Americans spend \$12 billion alone on anti-depressants each year, according to ADAA. Anxiety disorders are now the most common mental illness in the U.S., affecting 40 million adults, costing the U.S. \$42 billion a year in medication or health care services.

Needless to say, if you find yourself struggling with anxiety or depression, you are not alone. But where do you go from here?

First, you need to be honest about your

depression or anxiety. Whether it be a doctor, pastor, therapist, friend or family member, you need to step out of the shadows and into the light.

Second, do the hard work of learning what is causing your depression. Despite popular belief, depression and anxiety are not a root issue. They are symptoms of a deeper issue. They are a sign that something is wrong below the surface. It could be the result of anything from trauma to poor sleep/eating habits to loss to failed expectations or anything in between. Oftentimes this is where a good therapist can really be helpful.

Third, take your thoughts captive. Rather than replaying the past or letting your

mind run wild with "what ifs," choose to think about what is good, beautiful and true. Despite popular belief, you do not have to live as a victim to your thoughts. Neuroscientists all confirm that we can change the landscape of our thinking. We can rewire our brains and change how we view our lives by choosing to change our thoughts.

Finally, put your hope in God. Jesus is back from the dead and therefore joy is possible. He was a man of sorrows himself who walked through his own sadness and fear, so that you can now walk through yours. He is the great physician who wants to do more than treat your symptoms. He wants to meet you in your brokenness and provide you with the healing you long for.

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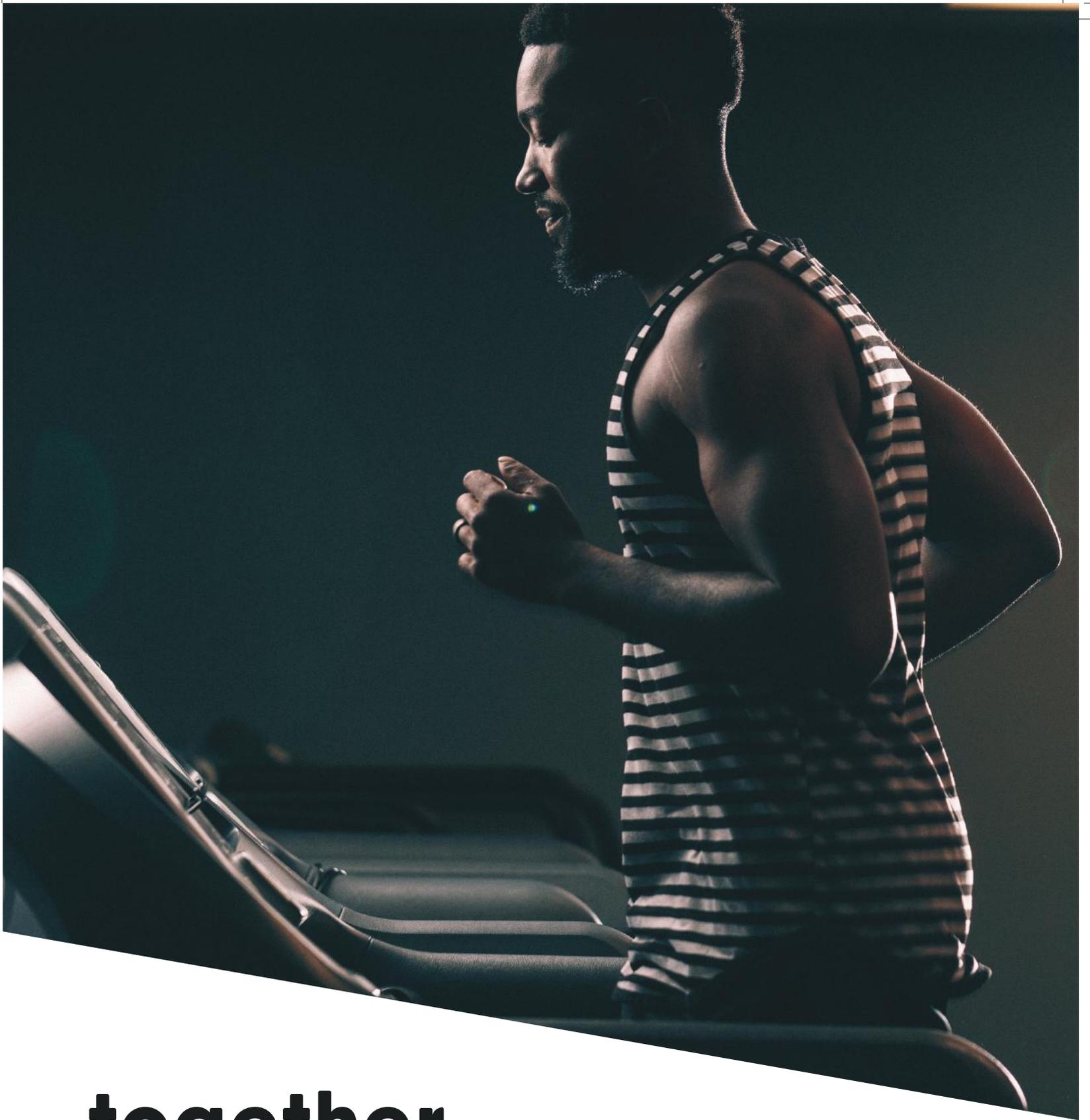
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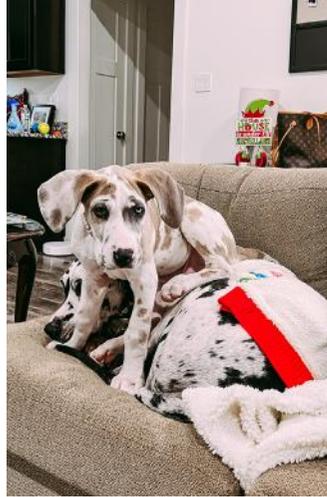
# together

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# PET *of the* MONTH

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BY RYANNE O'DONNELL

I met Hank when he was 12 weeks old. From then on, he has been my best friend. He has been my emotional support dog in so many ways. He loves attending doggy daycare. He has grown up with lots of animals including his "aunt" cats and dogs (my parents' dogs). We moved to Arkansas, just the two of us, about two years ago. He has a goofy personality and shows affection by putting other dogs' heads in his mouth. Some may think it is weird but it is how he shows love. He does a lot of other goofy things, such as licking the windows outside when he wants attention, and he loves butt scratches. He is very intelligent and gentle. He sleeps under the covers every night with me and refuses to sleep unless he is there. He will lay his head on the bed, staring at you and begging until you let him under the covers. His favorite food is pizza and he is notorious for stealing whole pizzas off the counter.



We got Hercules when he was eight weeks old because we felt Hank needed a brother. Hank and Hercules are polar opposites. Hercules is very mischievous and has a BIG personality. He spends his time aggravating his brother and begging for attention from us. He is the minion of the two. We always joke that if Hank wants something done he will send Hercules to do it. Hercules is our snuggly boy. He loves to be held at all times and gives lots of kisses. He is always the one rolling in the mud, digging, and shredding toys. This does not go over well with Hank because he hates dirt, water, and loves his toys.

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For an outdoorsman or woman, March is a transition month. The hunting seasons have gone and the fishing boat beckons, but the call to the water is often muffled by the wind, rain and cold of a very fickle weather month. This leads to time spent putting up the hunting gear and assessing the condition of the fishing tackle before the time to be on the water. Once gear inventories are complete, hunters and fishermen are often looking for something that allows a connection to their sports and what better way to do that than cooking the harvest of the successful trips.

I have mentioned many times before our family heritage of cooking and the joys I derive from the activity. Preparing a meal for family and friends with meat taken while hunting and fishing completes the cycle of the outdoors and is a very important part of being an outdoorsman.

In years past, wild game was an essential part of the diet of Arkansans, but for many families it has become an occasional dish offered as an option, if at all. But there has recently been a surge in the desire to have wild game on the dinner table for a variety of reasons. Many families are becoming more interested in understanding the source for their protein and wild game offers a meal directly off the landscape. Wild game is also gaining in popularity due to the low fat content and high protein offered by the resource. This resurgence is exciting to witness for a person for whom wild game is a staple.

Our family uses wild game in a wide variety of traditional dishes. Fajitas, chili,



stir fry and other simple recipes that often use beef or chicken usually find venison or some kind of fowl as a substitute for the store bought meats.

Wild game can be substituted for many recipes but there are a few things that make the cooking preparation different from domestic meats. Wild game will be much leaner than store bought meat, which means there is less fat and moisture in a cut of wild game. Most wild game fares better on the table if cooked at slightly lower heat and with a little less time than other meats. Another thought from many is that the "wild" flavor needs to be masked or covered up. It is much better to treat the natural flavors with care. Seasoned salt, some form of pepper and olive oil are staples in our kitchen for this purpose.

There are some preparation techniques that can be utilized before the cooking process to maintain tenderness, decrease moisture loss and enhance the natural flavors. A simple brine works wonders with wild game. A gallon of water with ½ cup of kosher salt and ½ cup of brown sugar can increase some of the great flavor characteristics of wild game as well as enhancing the moisture. An addition of bay leaves, peppercorns or other favorites can flavor it up a bit. Make sure the mixture covers the meat and place in a refrigerator or other cool environment for 12 – 24 hours prior to cooking. When cooking time is near, remove the meat from the bath and gently rinse, then cook as desired. Please take some time to study this process and what it takes to insure safety and a quality product.

Another option is a soak in buttermilk for a few hours before the meat hits the heat. This is often thought of as a precursor to a batter and fry, but the buttermilk will work with many recipes. Soak the meat for the desired time, drain, rinse if needed for the recipe (battering with flour does not require a rinse), and prepare.

We eat wild game in lots of ways, but we most often like simple and quick at



## CHUCK LONG

Regional Education Coordinator Northeast Education Division Arkansas Game and Fish Commission

our home. Battered and fried is a favorite method, but we enjoy several other dishes as well. A simple pot roast is high on the list. Dice venison into bite-sized pieces and place in the pan of an Instant Pot type pressure cooking device. Cover the meat with beef broth, season as desired then pressure cook for twenty minutes. Let the cycle play out, including the steam release cycle, and then remove lid and add six to eight potatoes cut into serving size pieces. Also add sliced carrots and top with ½ an onion, peeled but not sliced. Cook for ten more minutes and it should be done. Different brands cook a little differently, so adjust as needed.

Another simple recipe that can be done with venison or fowl is something we call Mongolian Duck (or whatever the choice of meat happens to be.) Cut the chosen meat into small pieces, always slicing wild game across the grain. Prepare a marinade using 8 ounces of soy sauce, 2 tablespoons of minced garlic, 6 ounces of olive oil and 6 ounces of dark brown sugar. Red pepper can be added to increase spiciness. Mix marinade well, add meat and let sit for about two hours. Cook in a skillet on medium high heat, until meat is at a medium doneness. Vegetables can be added and cooked if desired. Serve over rice.

I hope each of you enjoyed winter and is looking forward to a beautiful spring. Take some time and put together some outdoor dishes with the take from the winter and get ready to refill the freezer with some fish this spring. I hope to see you out there!



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# MOORE on MANNERS

WITH LINDA LOU MOORE

Manners are how you treat someone.

Etiquette is knowing how to treat someone.

Manners are based on kindness, thoughtfulness, consideration and respect for others. Good manners are unpretentious, honest, kind and tactful.

Many people think etiquette is just for tea drinking aristocrats. Nothing could be further from the truth. All of us, no matter our age, find ourselves in situations where what we do, or what we say is important. Knowing what to do enables us to feel comfortable, and make others feel comfortable.

Since manners and etiquette are related, the terms are sometimes used interchangeably. Both skills are important. It is knowing how to shake a man's or a woman's hand, understanding the art of business conversation, knowing the importance of appropriate dress, and how to avoid dining disasters. Experts say treating people with respect, courtesy and civility is more important than ever in business relationships.

Understanding the pragmatics of politeness is to recognize that when you make people feel respected and appreciated, you are of value to them.

The small words carry the most weight. It's the power of "Please" and the importance of "Thank You." It's respecting others when saying "Excuse Me." Remembering to use "please" and "thank you" and "excuse me" speaks volumes. Courteous phrases can and do open doors. Using these simple yet powerful words can make life more pleasant for all. But, these words also have a practical application. They can affect the bottom line. Ignoring such courtesies, when conducting business, can hurt feelings and profits. In social, business, and familial situations civility, courtesy and respect can help smooth the bumpy road of life.

Quote of the day:

"Civility costs nothing and buys everything." – Mary Wortley Montagu

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](mailto:manners@paragould.net).

When you think of manners you:

- (A.) Cringe at the thought of "all those rules."
- (B.) Find them unimportant and outdated.
- (C.) Regard them as pretentious and condescending.
- (D.) Don't think of them at all.
- (E.) Think of respect, civility, courtesy and empowerment.

If you answered (E.), then you understand the pragmatics of politeness.

Concern about a lack of civility in America has been the topic of several surveys. Americans are becoming increasingly concerned over the lack of courtesy, kindness and civility found in all ages and levels of society. Whether adults or children -- manners matter.

So, what are manners and what is etiquette?

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-Glenn Close*

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# Lessons LEARNED IN Motherhood

BY CAITLIN LAFARLETTE

There are so many observances and holidays in March bringing awareness to women: International Women's Week, Working Moms Day and Endometriosis Awareness Month, just to name a few. So it's a good month as a woman to check in and assess your health, physical and mental.

Before I was ever pregnant, I tried my best to stay on top of my own health. I worked out regularly, ate a mostly balanced diet, meditated, and kept my living space as relaxing as I could. When Eva came along, I continued with that trend as much as I could since I was eating and caring for two.

As the weeks of postpartum recovery stretched on, however, I let those good habits fall away. I stopped working out (could hardly go for a walk), didn't eat most days, and my mental health suffered from the whirlwind of motherhood. I was, to put it bluntly, a mess.

I began the long road to self-care by finally reaching out to my doctor about postpartum depression. The next step was adjusting my medication, not once or twice, but three times. I built my support system and knew who I could talk with if I needed to vent, cry or escape the role of "mom" for just a few minutes. Moving my body every day, even just a little, is the current goal, as well as not skipping meals.

Instead of creating huge goals like losing weight or journaling every single night, I choose small things that will benefit me. A few minutes of yoga in the evening, some fruit for breakfast instead of a cup of coffee, or simply taking a bath with a lit candle.

It is much easier to preach self-care than to partake. But these days, I encourage every woman I come across to do what she needs to for her health. You can't pour from an empty cup, after all. And whether a woman is a mother or not, we all deserve the simple act of nourishing our bodies and minds.

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# Paragould Polar Plunge

**N**EA residents braved icy waters and windy weather January 29 for the 18th annual Polar Plunge. Area teams and individuals raised a total of \$22,000 for Special Olympics Arkansas.

An award for most money raised by a team went to the Piggott Mohawks, who raised \$4,675. Logan Harrell won the award for most money raised by an individual, and the best costume award went to the Cold Hard Cash Centennial Bank team.

This was also the first year for the Annual Guardian of the Flame Award, which went to the Paragould Fire Department for raising \$1,055.



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# Jonesboro & A-State Polar Plunge

The Jonesboro & A-State Polar Plunge took place on February 8 at Wolf Creek Apartments. Michael Causey took home the award for most money raised by an individual in addition to receiving a plaque for twenty years of dedication to the Special Olympics. Judy Holloway won Best Individual Costume, and most money raised by a team went to Volunteer A-State.

Thanks to fundraisers like these, Special Olympics athletes in Arkansas never have to pay out of pocket to compete.



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# Ag for Autism Super Bowl Party

**A**g For Autism hosted a Super Bowl party on February 13th at The Glass Factory in Jonesboro to raise money to help support their mission of helping local children and families affected by autism.



Shane Smith, Candace Smith, Hannah Howard, Sarrah Owens



Brian Emison and Jerry Morgan



Brandon Shrader, Guy Pardew, Ashley Sebastian, Temica Scott, Kaylee Perez

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# Paragould Business Expo

The Paragould Chamber of Commerce hosted its 2022 Business Expo at the Paragould Community Center on February 17, 2022.



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- Founder and President of Pay It Forward Paragould
- Board Member and Past President of Mission Outreach
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- Launched Little Free Libraries

Dustin and his wife Amy have been married for 15 year and have 2 kids.

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WITH DR. DANA WATSON

Researchers agree real happiness is a combination of how satisfied you are with your life and how good you feel on a day-to-day basis. It's a feeling of contentment and satisfaction with what you have and how your life is. General happiness is largely influenced by our genetics, and it is shaped by the happiness and contentment we saw (or didn't see) from our early caregivers. While some people may seem to have a head start toward being happy or content, certainly, our own healthy behaviors (or lack thereof) can increase or decrease our happiness level.

Many people say they want to be happier (or fitter, for that matter). But if you really want to see that change in your abs or your mood, you will have to put in some work. Being happy, staying happy, and becoming happier requires some action on our part. Think of happiness as a muscle you can strengthen. It requires us to be intentional about finding or identifying the happiness that already exists in our lives and also about creating happiness, even in the harder parts of our journey.

People who identify themselves as happy live with purpose and find meaning in their lives. They find satisfaction in lasting relationships, working toward their goals, and living according to their values. People who are happy have the full range of emotions, but they tend to be more resilient. Because they are already putting effort into cultivating their goals and relationships, they tend to be able to weather storms and bounce back from hardships more easily.

Happy people are emotionally and cognitively flexible, they have learned to tolerate change and challenges, they smile and laugh a lot, they're kind to themselves, they participate in healthy reciprocal relationships, and they live with meaning and purpose. They exercise not sweating all the small things, they learn to see themselves as having control over their choices, lives, and emotions, and, they practice being grateful for what they do have, for what is going right. True happiness starts by being grateful for what you have and then on building on that.

All these sources and behaviors that contribute to happiness are the same as those that provide people with a buffer or protection against mental illnesses like depression and anxiety.

You can make a choice to begin working your Happiness Plan at any time. Right now, you can begin to design a purpose of your life, set small goals to improve your health, work on developing and maintaining high-quality relationships, and find ways to create more positive feelings into your daily life – like keeping a gratitude journal, singing in the car on the way to work, and setting aside 10 minutes a day to care of yourself physically and emotionally. Volunteer work is one of my favorites! The simple act of shifting focus from our own problems to serving others often gives us the perspective – and positive jump start we have been needing.

I believe we owe it to ourselves to make the most of the time we have. I believe we each deserve to feel happy, and I know it is possible.



Look forward to  
**Brighter Days Ahead**

As we prepare to transition from the dark days of winter to the bright colors of spring, we want to remind you that if you find yourself struggling this season, you're not alone. While spring generally brings positive vibes for most, many still struggle with the transition to longer days. Our team of caring professionals is here to help and can find positive ways for you to enjoy brighter days that lead to a *healthier, happier life*.

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DR. DANA WATSON is a Licensed Clinical Psychologist at Families Inc.



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# BREAKING the Barrier

WITH MORGANNE BROWN

**M**ental Health Matters. This and similar catchphrases are everywhere. The push for taking care of mental health is hard to miss throughout our daily lives. But despite the increased awareness and push for counseling, many are not reaching out and accessing mental health support. Stigma, finances, time, and various other things are barriers for many. How do we create a mental health supportive community within a society that makes accessing support difficult?

Stigma is often one of the primary reasons individuals do not seek therapy when needed. The fear of being perceived as “crazy” or “unstable” is often voiced in mental health therapists’ offices. Ending this perception is a huge step in ending this stigma. It takes a strong individual to seek out help with strong, overwhelming and often confusing, emotions.

Sometimes it is the lack of being able to afford and/or time to attend appointments. High insurance deductibles, limited incomes, and co-pays make it difficult to access services. Not being able to take time away from work or daily life to attend appointments makes addressing mental health needs impossible.

Many companies and employers have started addressing these issues and increasing accessibility for employees. However, many still have a long way to go to create a mental health positive environment.

But, for some, the internal dialogue makes it difficult to take that first step to reach out. Some experience big and overwhelming emotions just thinking about therapy. Others think “it could be worse.”

Do research on therapists in your area to help with these big feelings. Find out what different therapists are practicing in your area, what their specialties are, and about their approach to therapy. It is okay to interview them before committing. We want you to feel as comfortable and as in control as possible.

The reasons for seeking counseling are as vast as the reasons for seeing a doctor. Difficulty managing daily life due to anxiety, grief/loss, gender confusion, trauma, parenting difficulties, and adjustment to life changes are a few of the reasons many reach out.

Despite your barrier, your mental health does matter.

Starting these difficult conversations with ourselves, friends, and loved ones is a great place to start breaking these barriers. Everybody’s struggle is important regardless of whether it could be worse.

Allowing a safe space for others to address these needs is important, especially in this chaotic, rapidly changing environment. Everyone deserves a safe and affirming space to explore emotions and work toward personal goals. Reach out today.



Morganne Brown is a Licensed Clinical Social Worker and a Certified Perinatal Mental Health Professional with The Best of You.

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## A "Healthy" Workplace Is Not Just for Describing the Financial Results!

WITH JOEL PHILHOURS

No, I am in no way a Health Expert, but I do have 40+ years of finance and operations leadership experience in "the corporate world." I have a lot of experience in managing people and driving financial results. I have experienced thousands of 80-hour weeks dealing with growth, reorganizations, start-ups, and acquisition-transitions. These years and experiences have taught me things go better when you and your people are healthy and firing on all cylinders.

Being a leader in the workplace is a highly important and rewarding experience provided you are healthy enough to manage your contribution, act with enthusiasm, achieve high levels of productivity and make the right decisions in a measured and calm manner. If your health is compromised, your performance as a leader is going to suffer. As a business and executive coach, I have worked with many leaders and leadership teams to assist them to enhance the productivity of their businesses, the performance of their people, and themselves. In most cases, leadership is overworked, over-stressed and overweight. No one functions at their best when their body is out of shape and in need of a tune up.

It's no secret there is no shortage of stress in leadership positions. When stress levels increase, so should a leader's determination to respond and manage their health and well-being. Better eating, exercise, and time management are all important parts of the process. Everyone and everything suffers – customers, vendors, employees, families, financial results – when leaders don't take action when and where required.

When working with businesses and leadership teams, one of the first places I start is in the area of time management. Even taking a scheduled lunch break can improve time management abilities. By eating regularly and at set times, you are helping your body to put in place good habits. Skipping lunch is bad for business. Encourage employees to avoid half-working, half-eating – and avoid it yourself! Taking a much-needed afternoon break to enjoy your lunch outside of your cubicle or office will actually boost productivity. When the boss does it, the employees will be more inclined to start doing so themselves.

Improving the nutritional quality of the food you are consuming also ensures that you are giving your body what it needs to perform and function well.

This includes snacking healthily - swapping out a donut for a piece of fruit during a morning meeting sends a healthy message. With office cake culture leading the social norm, it's typical to find employees and managers alike snacking on leftover sweets and baked goods from the break room. Eating sugary, processed foods throughout the workday will really slow down business.

The drastic change in eating better – be it lunch or a snack - provides a boost to your mood and energy levels. Healthy eating has also been linked to lower levels of depression, anxiety, and stress. Cutting out junk food greatly improves the health of the gut. The way to happiness is indeed through the stomach. It regulates serotonin and makes you more likely to feel happy and confident. A happy boss means happy employees and happy employees are productive employees!

Leaders can lead their teams by setting healthy examples in other areas at work. When a leader puts in the effort to get healthier, happier, and more productive, employees will be more likely to extend that effort for themselves.

CONTINUED ON PAGE 26



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Employees will take wellness advice more seriously from an employer who proves they care about the health of their staff.

**Prioritize Getting Enough Sleep** - You cannot underestimate how important it is to get at least eight hours of sleep every night. When you avoid social media before going to bed and have uninterrupted sleep, you give your body and brain the rest needed to function well. Just a few days or weeks of regular, deep sleep can be life-transforming and will help you think and feel better.

**Move more** - It's no secret regular exercise is essential for a healthy body and mind. However, working 40 hours a week at an office makes regular exercise seem difficult for employees to achieve. Leaders should try to move more and exercise regularly to encourage employees to do the same. Take a jog or a walk over your lunch break, or switch to walking meetings. When employees are shown that physical activity at work is achievable, they'll be more likely to move more themselves! Moving increases your body's health and well being and helps to drop weight.

**Stand more** - The risk of a sedentary lifestyle is real. Chances are you and your employees are sitting way too much. According to the Mayo Clinic, 60 percent of people sit at least six hours per day. Lack of physical activity can lead to serious health issues like heart disease, cancer, diabetes, and hypertension.

Traditional office setups encourage sitting over standing. It's important that employers set a healthy example by standing as often as possible -- during meetings and presentations or by using a standing desk.

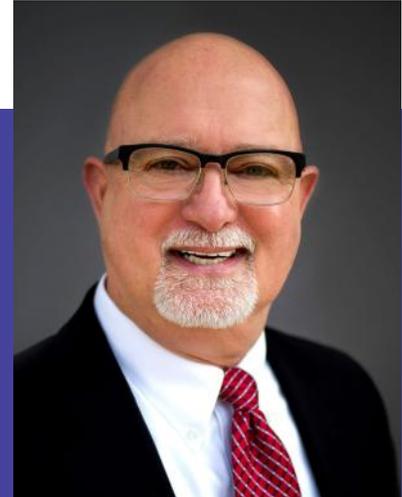
**Stay positive** - If you want your employees to stay positive, leaders need to start by becoming an optimist! Staying positive will help keep you happy and less stressed, which can lead to a wide array of health benefits. When you notice staff morale is down, lead a healthy example by smiling more, complimenting colleagues, and encouraging gratitude among your team. You'd be surprised what one person's genuine positivity can do!

A leader should strive to look and act like a leader. So, what do people expect a leader to look like? For one, not bogged down by a tired demeanor and poor health. Maintaining a strong image of health is fundamental for your reputation as a leader to inspire your employees. An overweight leader is often seen as being less capable of doing the job as well as leading.

A leader is expected to be an example of an organization's brand and a person of respect and inspiration for staff. Maintaining strength and respect is fundamental to creating a productive working environment. If you're seen to be ineffective in your role by your employees, this may "rub off" onto them. Workplace morale will decrease, along with attitude and productivity.

A strong leader breeds a strong workplace. This strength cannot be obtained from poor dietary and lifestyle decisions. It's much simpler than it sounds, and your body will thank you for it in the long run. Small changes can create a world of difference for you in the workplace and move your poor performance situation into the leadership zone -- which is where you need to be if you are going to perform at your best.

So, if you're a leader and want your employees to live a healthy lifestyle, it's time to practice what you preach! If you need help with your practice or your preaching let me know. Joel Philhours, FocalPoint Business Coaching of the Mid-South.



Joel Philhours is the owner of Focal Point Business Coaching of the Mid-South.

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# Wild Women

CURATED WITH THE HELP OF ELIZABETH KIMBLE

In honor of Women's History Month the Women's Outdoor Network is highlighting outdoor women on its Facebook page – women who are mentors, women who love to be outside, women who make an impact. Premiere would also like to highlight these women, because in the pursuit of a healthy lifestyle, getting outside may just be one of the best ways to nourish your mind, body, and soul.

## Tabbi Kinion

can't imagine a better way to spend her days than making a living sharing her love of nature with others.

"My time spent outdoors growing up in the Colorado foothills led to a lifelong fascination and love for learning about how the natural world works," Tabbi said.

Tabbi's path eventually led her from Colorado – where she studied Natural Resources Management at Colorado State

University and later worked as an education ranger in Rocky Mountain National Park – to Arkansas.

"Once I finished my Master's degree in 2017, I applied for this position in Arkansas," said Tabbi. "I never imagined moving here, but this wildlife education program is one of the largest and best in the country so I threw my hat in the ring. I am so happy I did. Arkansas is a wonderful place and the AGFC team is the best group of people you can ever imagine working with."



 Scatter Creek Fightin' Toms  
NWTF Banquet

March 10, 2022  
Paragould Community Center  
Tickets Available at the Door

**RAFFLE • LIVE AUCTION • DINNER**  
Doors Open at 6:00pm | Dinner at 7:00pm

For more information, contact: Kyle Franzen 870.530.2320

# Allison Asher

grew up in rural Lawrence County close to the Black and Spring rivers and Lake Charles.

"I loved checking hoop nets with my dad, canoeing the Spring River, and trout fishing," Allison shared. "When my mom would go to the swim beach at Lake Charles, I often chose to fish instead. I would walk or rollerblade on the lakeside trail, stopping along the way to fish. I don't remember catching much, but I do remember the fun I had trying!"

Now an adult, Allison has expanded her outdoor hobbies by learning to hunt.

"I joke that most of my hobbies involve food, but consumption is the common theme!" she said.

Allison loves to fish – catfish and bream are her favorites – to hunt deer, turkey, dove and most recently quail, and to garden.

In the spring she enjoys searching for morel mushrooms and, of course, she enjoys cooking with the products of her labor.

Her childhood enthusiasm for water, fish, and all things aquatic guided her education and career choices, too. Allison's course work and research focused on aquatic ecology during her bachelor and master degrees and shifted toward fisheries for a doctorate degree. She now works as Fisheries Management Biologist for the Arkansas Game and Fish Commission.

"Being on the water or in the woods brings a calm that just can't be explained with words. I've always felt at home and at ease while outdoors," Allison said.



A promotional graphic for a radio show. On the left, there is a logo for "Jill @ 99.3" with the tagline "less talk. more music." Below it is a logo for "explore MOR" with the tagline "Eat, shop, play: the local's guide to NEA." and the website "exploreornea.com". On the right, there is a photo of Allison Asher wearing headphones and holding a red cup, sitting at a radio desk. Text next to the photo says "Explore MOR Tuesday On Jill @ 99.3" and "Every Tuesday 7AM to 10AM". Below that, it says "Drop by to talk about your non-profit &amp; charitable events."

# Tracy Shaw

was raised in North Central Arkansas but has lived in Northeast Arkansas for 22 years. She says a love for the outdoors was instilled at a young age.

“My parents always tried to teach and show me everything they could. They believed it was their job to raise me with the knowledge and the skills to support myself on my own,” Tracy shared. “There wasn’t a time that because of me being a girl, I wasn’t taught how to do something. As a grown woman, it is now ingrained into who I am.”

As she matured, Tracy noticed there were many stipulations placed on women in the outdoors. She wanted to help change that.

Tracy is a self-employed businesswoman and knows how hard it can be to fight for the things you want and love. Tracy is a Certified Archery Instructor/Coach for NASP, USA Archery, and S3DA Archery, a Wildlife Women Mentor for women and kids in the outdoors, a volunteer for NWF and AGFC, and an avid fisherman and hunter. She is the Arkansas State Coordinator for S3DA Scholastic Archery, an organization that helps kids receive college scholarships through archery. Tracy enjoys hunting but doesn’t hunt anything she won’t eat – she uses her harvest to provide food for her family.

“I scout, I plant, I set decoys, I learn about the weather conditions, I experiment with new recipes, I clean my own animals and I sometimes tan and mount my own. I make jewelry and crafts from harvest and use them to decorate our home,” Tracy shared, adding she has learned many life skills like patience, endurance, strength, grace, precision, and forgiveness through her outdoor pursuits.

Tracy hopes to encourage and inspire more women, girls, and kids to be themselves and do the things they want to do and learn about.

“Will there be opposition? Yes. Will it be hard? Sometimes. But, oh, the friendships and memories that you will make and the life that you will truly live!” Tracy said. “Never let anything stop you from being who God made you to be!”



An advertisement for Ridge Kids Dental. On the left, there is a logo with a mountain range and the text "Ridge Kids Dental General Dentistry From Toddlers to Teens". Below the logo, it lists "John H. Puckett, D.D.S." and "Hayley B. Richardson, D.D.S.". The main text of the ad says "March 6th - 12th is Dental Assistants Recognition Week. We are so grateful for our team!". At the bottom, it provides the phone number "870.236.5888" and the address "624 W. Court St., Suite A | Paragould, AR 72450". On the right side of the ad is a group photo of six dental assistants, three standing in the back row and three sitting in the front row. They are all wearing name tags and smiling. The background of the photo has colorful, stylized trees.

# Hollie Sanders

grew up appreciating the benefits of time spent outside.

“Camping around the world with my military family, spending summers exploring several acres of woods and creeks with my cousins, fishing for bass with my grandfather in cool clear lakes, and one impressionable vacation to the Grand Canyon at age 14 is all I needed to become an outdoor lover for life,” said Hollie, now an Assistant Chief of Education for the Arkansas Game and Fish Commission.

“I have made it my career and life mission to help people find their outside, whatever that may be,” Hollie shared.

Hollie is a proud public land owner and appreciates being able to fish, bird hunt, hike, paddle, and Dutch oven cook with her family and friends in many of the natural spaces that Arkansas offers.

Hollie says spending time outdoors is a connection to wellness and community.

“Getting outside restores energy and focus, it boosts attitude, and it’s a great way to exercise or to just breathe and take in a scenic view,” she said. “Sharing outdoor spaces, inviting others to join in, and working together to nurture green space for wildlife and people builds a community that I want to be a part of. Be intentional and go outside often!”



A job fair advertisement for Greene County Job Fair. The background is a faded image of a woman in a white lab coat and mask working in a laboratory. The text is overlaid on the image. The title 'GREENE COUNTY JOB FAIR' is in large, bold, green letters. Below it, 'GREAT WAGES &amp; BENEFITS' is in smaller green letters. A list of industries is provided: 'Jobs in manufacturing, healthcare, service, education, and many more industries available!'. The Paragould logo is in the bottom left. The event details are in a green triangle on the right: 'FREE EVENT!', 'March 15, 2022', '10AM - 11:30AM - Students', 'Noon - 3:00PM - Public', 'Paragould Community Center', and 'Event and Ad paid for by the Economic Development Corporation of Paragould'.

# Morgan Gantt

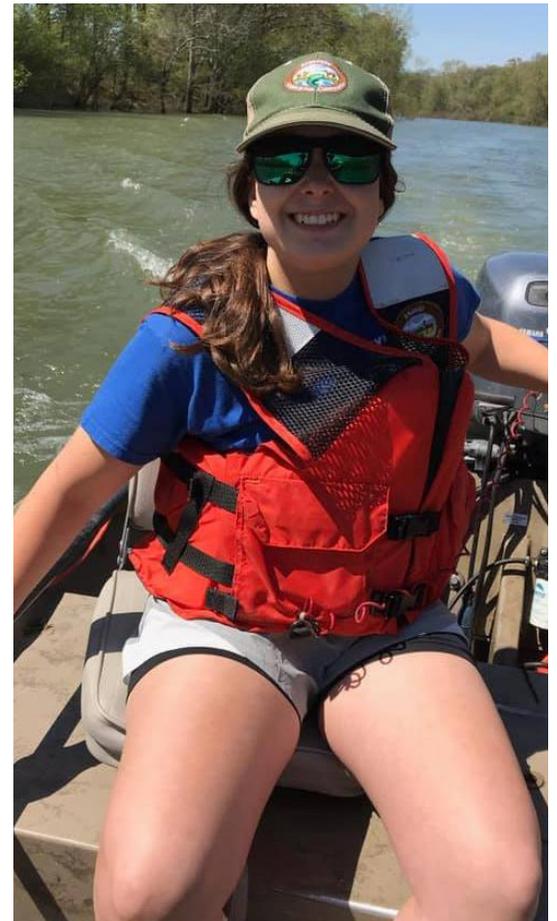
is a Conservation Program Technician for the Arkansas Game and Fish Commission. Morgan grew up in small-town Saint Vincent, Arkansas.

“I spent most of my childhood in the woods with my dad and grandpa, out in Jerusalem, Arkansas. For me, hunting and fishing has been a highlight of my life,” Morgan said. “I started hunting squirrels at the age of 5 and bream fishing around that same time, and I have been hooked ever since. Throughout my childhood I always wanted to be a part of the Commission and wear the symbol on my shirt.”

After high school, Morgan pursued a B.S. in fisheries and wildlife science from Arkansas Tech University, then applied for the technician position and has enjoyed every minute since.

Besides hunting and fishing, she also enjoys hiking, kayaking, fly tying, and learning new outdoor skills. Morgan encourages everyone to never be afraid to try new things and find their outdoors.

“Arkansas has so many opportunities and new things to try, and just know that the Game and Fish educators are always there to help and encourage,” Morgan shared.



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## Ciera Rhodes

is a Farm Bill Wildlife Biologist with Quail Forever in Northeast Arkansas, a job she considers an “absolute dream.” Originally from Selmer, Tennessee, Ciera’s path led her from UT-Martin, a few other locations, and Mississippi State before settling in Pocahontas.

“My path to the outdoors is not a normal one,” Ciera said. “I did not grow up hunting, camping, or doing very many ‘outdoorsy’ things. My Mammaw always ensured we went fishing at ‘The Rock Hole’ near the homeplace in Tennessee when it was warm enough with our handmade cane poles. Later in life, my youth minister, Jeff, started teaching me how to deer hunt, and I killed my first deer my senior year of high school with my Uncle Larry. From there, I was hooked.”

While she went to college to study chemistry, Ciera ended up falling in love – with all the knowledge the outdoors offered.

“I had no idea there were so many different species of trees, or herbaceous plants, or fish, or salamanders, and I soaked it all up like a sponge!” Ciera recalled.

“I still wasn’t sure which path to take within the Natural Resources career, though. I wondered whether to go wildlife management, wildlife forensics, fisheries, or law enforcement. I thought forensics was the best choice since it lined up with my chemistry background so well, but ultimately, I took a habitat management course and couldn’t imagine doing anything else,” she said.

After a few seasonal technician positions each summer in order to gain experience as a Seasonal Interpretive Ranger in Tennessee, a bird and plant technician in Mississippi, and an elk technician in Missouri, she continued on to earn a master’s degree in Wildlife, Fisheries, and Aquaculture at Mississippi State.

Straight out of grad school, Ciera obtained the position she holds now.

“I couldn’t speak any higher of a team or organization,” Ciera said. “Quail Forever biologists partner with USDA Natural Resources Conservation Service and Arkansas Game and Fish Commission to put as many acres of great habitat on the ground as possible, not just for quail, but for a plethora of other species as well.”

Quail Forever’s story began in 1982, when a group of pheasant hunters saw the connection between upland habitat loss and declining pheasant populations. They realized an organization dedicated to wildlife habitat conservation was needed, and Pheasants Forever was formed. Their mission and work quickly earned them a reputation as “The Habitat Organization.” In 2005, in response to continued declines in quail populations and suitable quail habitat, Pheasants Forever formed a quail division, Quail Forever.

Quail Forever’s mission is “to conserve quail, pheasants, and other wildlife through habitat improvements, public access, education, and conservation advocacy.” The organization has eight chapters across the state, including the one where Ciera serves.

Outside of her work, Ciera’s hobbies also include the outdoors. She loves kayaking, camping, hiking, and bird watching. All of these things contribute to her passion for getting more women involved in the outdoors.

“To all the ladies wanting to be more active in the outdoors, feel free to reach out!” she encouraged. “We all start somewhere, and I love to teach ladies the skills they need to feel confident in the activity they choose to pursue.”

For more information on Quail Forever and the initiative to get more women outdoors, Women on the Wing, visit [quailforever.org](http://quailforever.org).



## Leslie Cooper,

Arkansas Monarch and Pollinator Coordinator, was born and raised in Idaho. She attended the University of Idaho and graduated *magna cum laude* with a B.S. in Fire Ecology and Management, a B.S. in Ecology and Conservation Biology, and a certificate in Remote Sensing of the Environment. Though fire and pollinators may not appear related, Leslie's experience and love of fire actually perfectly complements her passion for pollinators. High-quality, native pollinator habitat is managed most effectively with fire.

Although she doesn't get to drag the drip torch as much as she'd like, she does enjoy the outdoors in other ways. When outdoors, Leslie is mostly likely taking pictures of native bees on native plants or of her bird dog, Dot, as she points butterflies.

Leslie says, "My favorite part about the outdoors is how beautiful and humbling it is if we slow down enough to observe what's around us. There's a hidden world of hundreds of species of native bees and plants, and it's right in front of our eyes."



## Re-Elect Sheriff Steve Franks



- Paid off jail construction loan 1.5 years early, eliminating 3/4 cent county sales tax
- First sheriff to assign Greene County deputies to the 2nd Judicial Drug Task Force
- Entered office with a -\$400,000 balance – Current operational fund is now \$5 million +
  - Pay raises for all deputies and jail staff
- Sheriff's office/Jail is fully self-sufficient and does not require county general funds
- Updated equipment and vehicles using sheriff's office/jail funds
  - 28 Years of Law Enforcement Experience

Let's continue the progress!

Paid for by Steve Franks Campaign Fund



## Anne Marie Doramus

has realized quite a few accomplishments that belie her young age. She's currently a member of the Arkansas Game and Fish Commission and serves on the Board of Directors for the Arkansas State Fair and Livestock Show. Anne Marie is one of the youngest ever appointed to a full 7-year term on the AGFC and the first female commissioner. She's also a founding member of the Arkansas Outdoor Society, a group for young adults passionate about conservation and the outdoors in Arkansas.

She has seen firsthand the impact the AGFC has on Arkansas. Growing up, her father passed on his love for the outdoors, and that is what she intends to do in her role as a commissioner. She believes passing the torch of conservation is essential to uphold The Natural State's reputation of being an outdoors paradise – not just for the sports involving hooks and bullets, but also for the hikers, bikers, paddlers, and bird watchers.

Anne Marie grew up an avid duck hunter and bass angler on her family's farm in Southeast Arkansas. Her other hobbies include mountain biking, hunting, archery, golf, and working with her retriever, Baron. Anne Marie and her husband, Joe, live in Little Rock.





Dr. Calixto Cazano



Abbey Taber, APRN



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When people would ask

**Elizabeth Kimble**

what she wanted to be when she grew up, her answer was “a zoo keeper!” She’s always had a love for animals, but rather than wanting dogs and cats as pets, Elizabeth wanted baby deer, opossums, and raccoons.

“My dad was a taxidermist most of my childhood, so I grew up in the hunting world,” Elizabeth shared. Now as a mother, that is the world she wants to raise her son in as well. “Being outside was something I always enjoyed but never really appreciated as a child. Now as an adult, I see the outdoors as a way to unplug and my opportunity to look for answers to questions I have not yet thought to ask.”

Elizabeth is an Education Program Specialist for the Arkansas Game and Fish Commission and serves at the Crowley’s Ridge Nature Center.

Elizabeth loves to hunt, fish, hike, kayak, and explore.



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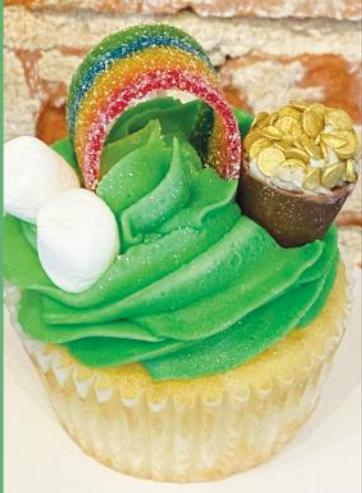
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## DOWNTOWN PARAGOULD EVENTS



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**Chad Garrett & Friends**  
 The Collins Theatre  
 7:00 p.m.



**March 19th**  
**Sister Hazel**  
 Ticketing Info TBA



**March 26th**  
**Saints and Sinners Angel Run**  
 Downtown Paragould



**March 28th**  
**Bluegrass Monday**  
 The Collins Theatre  
 7:00 p.m.



**February 25th**  
**Ultimate Oldies**  
 The Collins Theatre  
 7:00 p.m.

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

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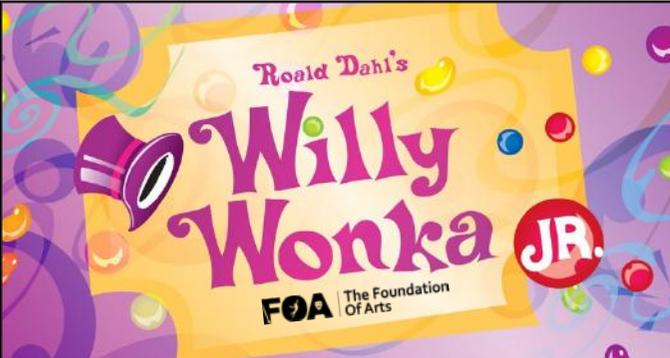
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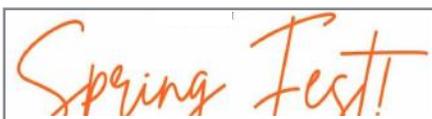
*March 1st*  
Fat Tuesday Mardi Gras Party  
The Recovery Room  
5:00 p.m. - 9:00 p.m.



*March 11th-13th*  
Willy Wonka Jr.  
The Forum Theatre  
Different Times



*April 23rd*  
Green Fest  
Downtown Jonesboro  
TBA



*May 7th*  
DJA Spring Fest  
Downtown Jonesboro  
11:00 a.m.



*May 14th*  
Oasis Arts & Eats Fest  
Downtown Jonesboro  
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## A Sport for Any Age

# PICKLEBALL



BY RICHARD BRUMMETT

One of the fastest growing sports on the planet has a home in Paragould, thanks to a group of pickleball players who congregate at Labor Park two nights a week.

Aaron Lowe, his wife Keitha, and father-in-law Lanny Thompson have been saddled with the main organizational duties for a collection of folks who gather Monday and Thursday evenings for a couple of hours of exercise and fun, but they don't mind that at all.

"I played in high school," said Aaron, who credits Lanny with giving him his start. "My father-in-law kind of

started it. He's actually a pickleball representative for the state of Arkansas and I started up with him. We've kind of kept it going since and I've been doing it here since about 2018. It is great exercise. For people who couldn't do something like running, you can play pickleball. It's a way to stay pretty active but not have to run a marathon. It's a different version of tennis, ping pong or racquetball. You can get it all in one with pickleball easily."

It can be played either indoors or out on a badminton-sized court with a modified tennis net. It calls for a paddle and a plastic ball with holes and can be played as singles or

doubles. A pickleball court is the same size as a doubles badminton court and measures 20×44 feet. The net height is 36 inches at the sidelines and 34 inches in the middle.

"We're here Mondays and Thursdays from 6-8 p.m.," Aaron said, referring to the Labor Park center. "We've had discussions to try and do it at the new Community Center but we would have to have plenty of people to justify it over there; we could have tournaments and so on. We have our regulars, even some who come over from Jonesboro every week ... in fact a father-son-grandfather combo. It's for any age, obviously. It's really nice."

Aaron said when the Covid virus hit the players “lost about half of our group. Normally, we would have had 15 people on a down night. It’s been hard pressed to get people motivated and out of the house since Covid. Some still have concerns about the virus and some just aren’t motivated any more. But by summertime, I think things will start changing back.”

He said those interested in learning more about the sport or in joining the group just need to show up on the designated nights and times. “We’ll show you exactly what it is,” Aaron said. “We swap up teammates, play doubles; it’s just like pickup basketball. You play with someone one game and against them another. We make sure you get plenty of time to play.

“We normally control everything through the Paragould Pickleball Facebook page. If you want to play or want to know about the weather situation or whatever, you can look on there. And, ‘Yes, yes, yes we want more players.’ The Facebook page is the best way to find out what you want to know. We’ve had some from Missouri come over and play and people from out of town who Googled ‘how to play pickleball in Paragould’ and Labor Park came up. We had some people from Alabama come play with us and a couple from Northwest Arkansas. They both had reasons to be in our area and were looking to play and found us.”

Aaron said players represent a wide range of skill levels, but the fun factor is the same for one and all: “It’s really a good group of people getting together to do something we all enjoy, and maybe get some exercise at the same time. I encourage more people to give it a try. Anybody that’s got a competitive bone in their body can get our here and enjoy this.”



# To Tea or Not to Tea

WITH AMANDA YATES

**T**ea is a staple throughout the world although it looks different to each culture. Here, in the South, asking if you want a glass of tea implies iced, sweet, black tea. In Asia, no doubt, a green tea is standard. And in Britain, the Earl Grey (black tea with bergamot oil) tops the popularity charts. Many aren't aware all of these varieties are from the same plant -- CAMILLIA SINENSIS -- the tea tree. It's the processing of the leaves that creates the different flavors we assign these teas.

The processing also affects the teas' health benefits. "White" tea is the immature lead of the plant and has the lowest caffeine content and the mildest flavor. "Black" tea is fermented and processed to amplify the flavor and caffeine. Oolong is another variety that has a bit more malty flavor. But all varieties contain some degree of the health promoting benefits that "green" tea is so well known for. One such antioxidant is ECGC. It has been studied to have immune supporting properties, memory protecting benefits and metabolism boosting properties. Green tea also contains Quercetin -- a flavonoid that helps with allergies and immune support.

But camillia sinensis is not the only option for tea. HERBAL teas come in a variety of flavors and offer a wide range of health benefits. Many shy away from herbal teas because of an aversion to their taste. But most herbals are actually quite pleasant tasting. There are herbal teas to support most common complaints and while they may not be as strong as their tablet counterparts, they are a safe and affordable way to support your health. Below are some of my favorites.

## DIGESTION

\*Peppermint - settles the stomach and helps dispel gas. Also tastes great and has a cooling effect on the body

\*Ginger - stimulates gastric peristalsis -- the emptying of the stomach -- and is therefore great for indigestion and nausea. Unlike peppermint, ginger has a warming effect on the body and has anti-inflammatory properties.

\*Anise/Fennel/Fenugreek - these herbs are called carminatives -- gas dispelling. They are usually found together in tea combos and have a sweet licorice-like flavor.

## ANXIETY/SLEEPLESSNESS

\*Lemonbalm - belongs to a family of "nervines" -- herbs that calm the nerves. Lemonbalm, also known as Melissa, can calm nerves that are too worked up from stress or caffeine but is also strong enough to ease nerve pain from conditions like shingles. It has a very pleasant lemon flavor.

\*Chamomile - probably the most well-known of all herbals. This pleasant tasting flower is great for relaxing or sleeping and has mild anti-inflammatory benefits. It's super safe and can even be given to babies. The only time it should be avoided is if you have an allergy to daisies.

\*Valerian - the strongest of all the nervines. Valerian can relax you to the point of drowsiness so only use at night until you know how it effects you. A word of caution, though; unlike its fellow nervines, Valerian is NOT a pleasant taste or smell, so it does best in blends.

## IMMUNITY

\*Echinacea - this immune boosting herb helps stimulate your immune system to fight harder and helps shorten the duration of illnesses. Do not use echinacea if in an autoimmune flare up.

\*Holy Basil/Tulsi - Tulsi is an Ayurvedic (Indian) herb that has been used for centuries to improve immune health and reduce cortisol levels. It's available in many combinations to highlight its many benefits.

\*Elderberry - elderberry has two active parts -- the berries and the flowers. The berries are anti-viral and anti-histamine. The flowers stimulate the body to sweat and help break fevers. Look for a product that uses both parts ideally.

\*Marshmallow root/Slippery Elm - These are called "dulcements" or soothing herbs. They help with sore throats, burning stomachs, and upset urinary tracts or colons. They help to calm down the mucus linings throughout the body. These are very safe and good for all ages.

## WOMEN'S HEALTH

\*Raspberry leaves - traditionally used to support and tone the uterus. Great for pregnancy or PMS cramps.

\*Black Cohosh - has phytoestrogen-like compounds and has been used to balance hormones and help with hot flashes.

There are many ways to enjoy teas as well. They come in pre-portioned tea bags or in bulk loose leaf. They are made up hot but can be iced and stored for all day use. You can add honey or sweetener to taste if you prefer, without compromising their benefits. Teas are a great way to reduce the number of pills you need to take each day and are a convenient way to help children who can't swallow. There are many, many, more herbal teas than what we covered here and while most are safe for all, always ask when using them medicinally just to be sure.



Amanda Yates has a degree as a Doctor of Natural Health and Nutrition and owns Jonesboro Health Food.



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# Free Healthy Activities



BY CAITLIN LAFARLETTE

Lifting weights in the gym is a great way to stay in shape, but it isn't for everybody. Luckily, living in the Natural State provides plenty of opportunities to maintain a healthy lifestyle while enjoying the great outdoors, at no cost!

The beautiful scenery of Arkansas is perfect for runners. And for those who need a little encouragement or socialization when they hit the pavement, a run club can offer just that. Gearhead Outfitters and Native Brew Works both offer weekly runs in different areas of Jonesboro.

Stacy Walz, chief running ambassador for Run With Gearhead Jonesboro, said her group has been around for close to seven years. After her store managers hosted a running clinic called Project 90, she expressed her desire to run with others on a regular basis.

"Others obviously felt similarly, and a group of us agreed to help lead runs, and established a schedule for runs on Monday evenings and Saturday mornings," Walz said.

Some days the run leader has one companion; others boast upward of 25. Depending on weather, runners can join on Mondays at 6 p.m. and Saturdays typically at 7 a.m. Summer runs take place at Craighead Forest Park Access 1, and winter runs leave from St. Bernards Health and Wellness. Walz said those interested can join the Facebook group "Run With Gearhead - Jonesboro" for more information.



If you prefer to grab a cold one after exercising, join the run group at Native Brew Works. Every Wednesday runners meet outside the brewery at 5:30. Post-run, catch up with friends over a drink. Not a runner? No problem: Walkers can also join in on the fun.

For those who prefer some solitude, Craighead Forest Park and Crowley's Ridge State Park both offer beautiful hiking trails. Or, if a different sport is more your style, hit the basketball court or play a round of disc golf.

And if the weather drives you inside but you still aren't sold on the idea of a gym membership, the Paragould Community Center hosts a number of fun ways to stay healthy with a walking track, as well as basketball and racquetball courts.

No matter your preference, the NEA community has something for you. Walz said that even for someone brand new to running, her group is welcoming and encouraging.

"I think it shines a bigger spotlight on the fact that there are many people in this community who desire to have safe spaces in which to exercise outdoors," she said. "As more people see that, it will hopefully become more commonplace to install and maintain sidewalks, and/or establish trails in and around Jonesboro, for the benefit of all."



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# For Fun, For Sport, For Exercise

BY RICHARD BRUMMETT

Over the years a number of excellent players and teams have competed in the men's basketball league at the Paragould Community Center and this year is no exception.

Scott Miller, the Athletic Director at the center, said numbers are down somewhat overall -- most likely due to Covid considerations -- but there are still ten men's basketball teams competing four nights a week on one of the two Community Center courts. Scott said the numbers work out well for those who play in the competitive league.

"They get to play a lot of games in a short period of time," he said. "From the first part of December through most of March we're running three games a night, Mondays, Tuesdays, Wednesdays and Thursdays. We only use one court, so they get to play a lot. A lot."

Scott said he can recall men's league games being played at the previous Community Center, now home to the Senior BEES. A 1985 graduate of Oak Grove High School and a pretty good player in his own right, Scott said weekend pickup games on the center's court and men's league play kept basketball in the forefront for many. "It seems like back then there were so many more teams," he said, "but I think people have so many more things to do today. I kind of try to limit each team here to a maximum of twelve players, so we're serving somewhere from 120 to 150 players in our league."

"It's a mix of guys, mostly from here but also several from Jonesboro, guys in their 20s to their 40s ... or late 30s, maybe. It's a way for them to stay competitive and stay in shape at the same time."

Scott said he hopes to incorporate more basketball programs for area young people, both in the form of basketball skills clinics (like the one currently scheduled for March 21-23 at the Community Center) and in the formation of leagues to accommodate kids who don't play school ball.

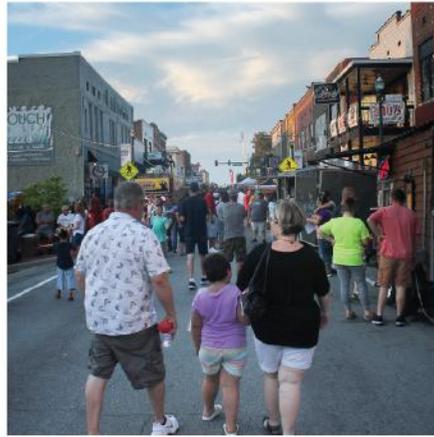
"This job gives me an opportunity to work with kids, which I really enjoy," Scott said. "Tech and Paragould kids come in after school a lot and some have expressed an interest in some kids' clinics or even a skills camp. I'd like to get a youth basketball league started. We're having a skills camp the week of Spring Break, for grades 5-7."

That camp will run daily from 8 a.m. until noon and the cost is \$25 per participant. Registration forms can be picked up at the front desk of the Community Center. Deadline to register is March 11. For more information, call (870) 239-7530.

Open play is still available most days at the center up until game time when the men take the floor. "There are some pretty good teams and some real good players in our league," Scott said. "They seem to like the setup. They register in November, play from December through March and then have their tournament at the end. I divide them into A and B divisions at the end to make their tournaments more competitive. We want to keep things going here and get more young people involved in good recreation and good exercise."



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Good for You

# Bowling

BY RICHARD BRUMMETT

**K**elly Stevens calls bowling his passion, and he's more than happy to share the joy with folks from all over the Northeast Arkansas area.

As General Manager of Hijinx Family Entertainment Center in Jonesboro, Kelly oversees league and open bowling action that caters to thousands of people in the course of a week's time. There's a league suited to just about anyone who wants to participate -- men's leagues, women's leagues, mixed play, seniors, youth, church members -- with a wide variety of options.

With a little more than 100 teams "and just short of 400 people" currently taking advantage of league play, according to Kelly, there's no lack of pins dropping any day of the week at Hijinx. "We've got the King of the Hill tournament every other Wednesday and weekend tournaments," he said, "averaging around 60 people each. And with open play, last Saturday we were wall to wall, all day long."

He said he thinks after almost two years of shutdowns and cancellations nationwide "since December of 2020, people are tired of this stuff, they're ready to get out. Even in the snow and ice (in early February) I cleared off most of the parking lot and people skated their way over to the dry part and came in to bowl."

Hijinx houses 32 bowling lanes in addition to its multi-level Lasertron Arena and 60-plus Arcade games, with plans for expansion of the entertainment opportunities in the works, but it is the bowling that brings in many folks looking for exercise and competition. Kelly said individuals don't necessarily have to be a member of a team to get involved in league play if that's their desire, but to "just come on in, sign up and find a night that works for them. If you don't have a team or know enough people to get on a team, come in and we'll work you onto one. You can meet new people and have a great time."

He alluded to Senior Leagues on Monday at noon, Ladies Leagues

Monday nights and Tuesday mornings, Men's again on Tuesday nights and mixed teams on Thursday. Highland Drive Baptist has its own league on Thursdays and Youth Leagues compete Saturdays at 10. Tournaments and fundraisers are held throughout the season and professionals show up in August as part of their annual tour.

For Kelly, who carries a 212 average of his own, bowling is "the only thing I know. I've been bowling since 1989 and worked here since '95. It's my passion."

To join up or to get more information, contact Hijinx by stopping in at 3102 Shelby Drive in Jonesboro, by calling 870-972-5270, or via email at info@hijinx4fun.com.

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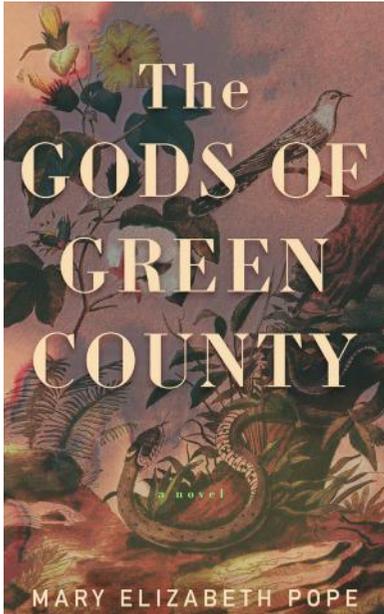
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Coming Up

# Meet the Author



Mary Elizabeth Pope will be on a book tour for her recent book, *The Gods of Green County*, and will be at the Greene County Public Library on March 11 at 1:00 p.m. to do a reading and a book signing. *The Gods of Green County* follows a murder of a family member of the main character in 1926. The book is historical fiction and though it is named *The Gods of Green County*, it is set in Greene County. Many places mentioned in the book are local.

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Coming Up

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▶ The Link Theatre Company will present *ALL IN THE TIMING*, a hilarious night of one act comedies written by David Ives, on Thursday April 28th through Sunday May 1st at Porch 30 in downtown Jonesboro.

This critically acclaimed, award-winning evening of comedies, *ALL IN THE TIMING* is written by David Ives, and combines wit, intellect, satire and just plain fun.

Jonesboro favorite Keith Salter will direct. Limited seating is available. Tickets can be purchased by visiting [www.thelinktheatre.org](http://www.thelinktheatre.org)

Auditions took place in late February at Studio 402 located at 402 Main Street in downtown Jonesboro. To learn more about the production, message The Link Theatre Company Facebook page or email [linktheatre870@gmail.com](mailto:linktheatre870@gmail.com)

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Get down and dirty by scrubbing those baseboards, trim, doors, walls, and handles.

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Go through your kitchen and throw out any old or expired food items.

Clean out any winter damage and debris from gutters and downspouts.

Inspect wooden decks, railings, windowsills, and steps for damage or rot.

Purge your closets. Fill boxes with old clothes and items and donate as much as possible.

Tune-up any lawn maintenance equipment (and send up a prayer that everything will crank)!

Empty out, declutter, and organize your drawers and cabinets.

Clean the front entryway of bugs and cobwebs. Add a colorful spring wreath and welcome mat, too!





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**B**lock Insurance in Paragould and Downtown Paragould merchants and business owners have worked together to build a virtual tour of Downtown Paragould. Block Insurance's Rusty Ford dedicated countless hours to creating a free, virtual tour of Downtown Paragould businesses as part of an initiative to promote locally owned businesses. Stay tuned for more details!

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Spring 2022



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# For Themselves & For the Community

The Tripps are cleaning up the neighborhood.

BY CAITLIN LAFARLETTE

Weather permitting, the residents of Carriage Hills subdivision in Paragould can see Ann and Dean Tripp walking every day, but not just for exercise. The Tripps use their time to pick up trash and make their neighborhood beautiful.

Ann and Dean have lived in Carriage Hills for 15 years, but are originally

from Ohio. The pair moved here after retirement to be near their children and grandchildren. Soon enough, they were giving back to their new home.

“We love this community and started walking for exercise, and thought picking up was a way to give back,” Ann explained.

It’s not the first time she and Dean have taken care of their neighborhood. Ann added they used to be winter residents in Florida and would clean up while walking. It became the perfect way to socialize.

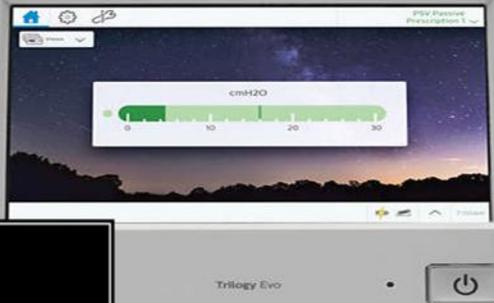
“We always enjoy meeting neighbors and enjoy short conversations,” Dean said.

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Most of the time, the Tripps pick up trash that could damage tires. And even though they've found treasure within the garbage, they don't keep it to themselves.

"One day we found a \$20 bill," Ann said. "We tried to find the owner and couldn't."

Instead of pocketing the cash, the Tripps donated it to their church food pantry.

When they aren't making their community a better place to live, the Tripps enjoy reading, Bible study, and spending time with children and grandchildren. They also love visiting state parks, keeping up a love for nature that extends beyond their streets.



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# What Are the Toys in the Attic Worth?



BY TARA PIATT

We all have some collected treasures we are proud of and believe hold values that many people, including our own kids, scoff at. But, we also may have items we think are without worth that could prove to be even more valuable. That was the case for a recent online auction from an estate in Poplar Bluff, Missouri. What was assumed to be a worn out hallway tchotchke or trinket holder -- that the owners passed by every single day without care -- turned out to be a highly sought after treasure that many collectors placed bids on to see if they could be that lucky new owner. This piece was a cabinet made to hold a Victrola and had really seen better days. If it were to be sold at a garage sale in the local area, it would have probably sold for under a hundred dollars to once again be used as a side table or decorative piece. But, that's not what happened.

Because of its connection with vintage Victrolas, it was wisely listed in an online estate sale auction accessible to bidders across the country, hence, those looking for this model of Victrola cabinets were able to search for it on the internet. It turns out the model happened to be very rare and very desirable. The online auction listing had many bidders and turned into a bidding war for ownership. When the auction ended, the cabinet sold

for over \$4,700 ... much more than it would have sold for locally. The excited buyer had it picked up, ironically, from his friend who was the second highest bidder! It then went to a show in Chicago before it was to have a professional restoration and be brought back to its once known glory.

Recently, we had an extensive G.I. Joe collection from the 1980s that had a number of items that are rare and coveted by collectors. The entire collection, including some instruction sheets and decals, went for over \$700! The important factor in these online auctions was having the knowledge of what people want to bid on, but more importantly, the knowledge of how to research and decide what a fair selling price should be for your items. So, it's important to arm yourself with that knowledge. Also, it's beneficial to look at online auctions available to buyers throughout the country. Auction sites like eBay and CTbids.com allow faraway bidders to search for your collectible items, giving you the highest selling price possible.

For example, say someone has an antique bell he or she lists for sale with a starting price of \$500. That doesn't necessarily mean it's worth that much on a given day. It could have been worth that 10 years ago, but now the market has changed and it might only be worth \$250

today. You have to check not what someone has listed it for, but what it actually SOLD for when the auction is completed. The market -- or what someone is willing to actually pay for it -- dictates the worth of the bell. So, it's easy to check what an item is worth on an online auction, like eBay, but you need to check the complete auctions for a realistic value.

So, your grandfather's pocket knife collection or kids' favorite toy growing up could be worth a lot more than you may think. And, just for the fun of it, we will be holding a local "Antiques Roadshow" type event during the Senior B.E.E.S. lunch coming up after Easter at the center. Senior B.E.E.S. members can bring in an item or two and we will help them determine what their treasures are worth with the current market values ... and maybe glean a new appreciation for their toys in the attic.



Tara Piatt is a graphic designer and social media manager, as well as a foodie and antique lover. She is part owner and Chief Marketing Officer of Caring Transitions in Jonesboro.

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# Spending {Your Retirement} Wisely

BY CHAD OLDHAM

Not everyone wants to take the required minimum distributions from their retirement accounts right away. If you don't want your distribution, one option is to donate it to charity and get a tax deduction.

You are required to begin taking distributions from your tax-deferred IRA when you reach age 72 (70 ½ if you turned 70 ½ in 2019 or before) even if you don't need the money. The distributions are added to your income and taxed at the same rate, which could put you into a higher tax bracket, especially if you are still working.

If you don't want the distribution, you may want to consider donating the distribution directly to charity through a qualified charitable donation. By donating your required minimum distribution, the distribution won't be included in your gross income, which means lower taxes overall.

A qualified charitable donation can also be a good way to get a tax deduction after the 2017 tax law doubled the standard deduction, making it harder to get a deduction for a direct charitable contribution. If your charitable contributions along with any other itemized deductions are less than

\$12,950 a year (in 2022), the standard deduction will lower your tax bill more than itemizing your deductions, which can be a disincentive to donate to charity. A qualified charitable donation is a way to make a donation and receive a tax benefit from it.

In order for the donation to count as a required minimum distribution, the donation must be made directly from the IRA to the charity. Funds distributed directly to you do not count. The charity must be approved by the IRS, and different IRAs have different rules about how to make the distributions. If you make a qualified charitable donation, you cannot also itemize the deduction. The maximum amount you can donate is \$100,000. If you donate less than your required minimum distribution, you will need to take the remainder as a distribution. For more information, visit <https://www.irs.gov/retirement-plans/retirement-plans-faqs-regarding-iras-distributions-withdrawals>

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Chad R. Oldham is an Arkansas licensed attorney practicing in the areas of elder law, estate planning and probate with offices located at 603 SW Drive in Jonesboro, Arkansas. He can be reached at 870.930.9919 or [www.oldhamlawfirm.com](http://www.oldhamlawfirm.com)

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# Healthy Eating on a Budget

BY KARAN SUMMITT

Unless you grow your own everything, it's no surprise to hear food prices are trending up. While most of us are accustomed to seasonal rises that reflect supply and demand, current food price increases are in every aisle. From meats to dairy to produce and canned goods, groceries are costing us more. A lot more.

According to the Bureau of Labor Statistics, the Consumer Price Index for food at home was up 6.5% and food away from home was up 6% over the 12-month period ending in December 2021. In 2022, it is forecast to rise another 5% percent for all food.

No one wants to hear news like this, especially low-income families and older Americans on fixed budgets. A 10% increase means a \$100 weekly budget is now \$110. It may not sound like much, but \$40 more by the end of the month adds up to an extra \$480 each year. If it were just food, it might be manageable, but it's not. Gasoline, rent, utilities and insurance costs are also rising. In 2022 inflation is alive and doing well!

We have to eat. Foods cost money and money doesn't grow on trees, so what can we do when the limited income we have is being stretched on all sides?

It's not a helpless or hopeless situation. In fact, it might be a good thing, prompting a return to some of the strategies our ancestors considered a part of everyday living. Here are a few to think about:

Limit Restaurant and Fast Food Eating. Your grocery cost includes everywhere you purchase food. In addition to meals eaten at

restaurants and fast food establishments, add vending machine purchases, convenience store foods and snacks at the movies or ballgames. It all adds up and these purchases may be the ones eating up the biggest part of your food monies.

Shop the Weekly Grocery Sale Advertisements. I have sweet memories of my grandmother sitting at her table on Wednesdays as soon as she got the newspaper ads and making out a shopping list. She would send my granddad out the next day to buy the featured bargains. Make your menus around the items on sale and stock up on the ones that have good shelf life.

Lean on Beans. Depression era folks remember those "beans and taters" meals. With good reason, beans were once a staple in family diets. An excellent source of protein and fiber, filling and inexpensive, dry beans of all kinds are a great way to prepare an inexpensive meal. Whether alone or part of a recipe that reduces the amount of meat needed (like chili), beans are a win-win. Round out the plate with potatoes and a green vegetable for a healthy meal on pennies a day.

Watch the extras. It is tempting to stock up on minimal nutrition foods like chips, snacks, desserts and soft drinks, as well as processed foods like freezer meals and convenience packaging. For instance, lunchbox size packages of chips can cost three to four times as much as buying a larger bag and dividing it into smaller containers yourself. Pay attention to the price per unit of measure as a good way of comparing costs, and limit the junk food.

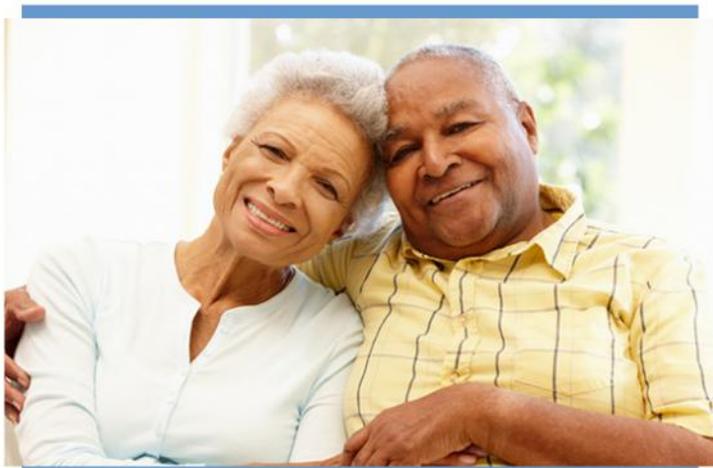
Create several meals from one cooking effort.

By doubling or tripling recipes or cooking large amounts of ingredients at one time, it becomes easier to "throw a meal together" as easily and as quickly as eating out. Italian meat sauce can be served with spaghetti one night and assembled into lasagna to serve later or frozen for an easy meal next week. Roast beef can be served with carrots and potatoes today, as roast beef sandwiches tomorrow and beef stew this weekend. With a little planning, cooking and clean-up time can be kept to a minimum and food is not wasted.

Try container gardening. You may not have the space or energy for a large backyard garden, but some vegetables can be grown in containers on your back porch. For beginners, try tomatoes, mini peppers and fresh herbs. You will love the fresh grown flavor and the savings on grocery costs!

Know where to get help. Still needing help? Don't be ashamed to consider options that are available to seniors on limited incomes. These may include church food pantries, SNAP benefits, free meals at senior life centers, Meals on Wheels and USDA commodities at your local food bank. In our area, the East Arkansas Area Agency on Aging is a good place to find more information.

Having too much month at the end of your money is no laughing matter. Neither is trying to decide whether you will eat, buy medications or pay the utility bill this week. Healthy eating is an essential part of healthy aging, and that requires having the resources to purchase healthy foods. Some wise planning and prudent shopping will help your food dollars go further, even when prices are on the rise.



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# HugAgain

BY CAITLIN LAFARLETTE

**A**rkansas State University occupational therapy students have given a Paragould man the greatest gift of all: the ability to hug again.

The invention, accurately called the HugAgain, was developed by students of Emily Sisco, who is a professor of occupational therapy. OTA student Casey Parsons said every year Sisco asks her class to create a piece of adaptive equipment (AE). But this year, Sisco's request was a bit more special.

"We were asked to make an AE for her dad who had a stroke eight years ago," Parsons said.

Parsons and her classmates participated in a video call with Kevin Eubanks and asked about his day-to-day life. This included dressing, grooming, and leisure activities. Before ending the call, a student asked Eubanks about what he would like to do again.

"Mr. Kevin responded, 'I miss giving a hug with both arms. I would like to give a hug like that again,'" Parsons recalled.

After his stroke, Eubanks lost mobility in his left side. The HugAgain is for anybody with limited mobility in one arm, upper body weakness, or those with paralysis or Cerebral Palsy. OTA student Lisa James said the project began when the class kept going back to Eubanks' wish to give hugs. Together, they planned a design to accomplish this. "A student in our group can sew and she put together our ideas and made it," James said. "We talked through the logistics and she added and adjusted until we had a product we were happy with."

Once the AE was complete, Sisco presented it to her father. In a video that has gone viral with over four million views, Eubanks was able to hug his grandchildren again after eight years.



Erica Dexter, Casey Parsons, Larissa Garcia and Lisa James  
Laurie and Kevin Eubanks

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Erica Dexter, another OTA student who worked on the project, said she was happy for Eubanks and his family.

"It made me both sad for people who are in his position and haven't been able to give those hugs to their loved ones, but also hopeful to see that we have created something that can hopefully give them those hugs again," she said.

Now, the goal is to improve and adjust the HugAgain to make it the safest and most effective it can be. James said the response to the product has been phenomenal, and many have asked to purchase one. The class

is doing its best to make that happen.

"My plans are to graduate in August and take my boards in October," James added. "However, I may take a business venture on my journey and see where this project takes me."

Seeing Eubanks give that first hug has certainly left an impact on the students. "This program has been a challenge for me and I often wonder if I will be able to complete this program," Parsons said. "This video was an encouragement to me and a reminder of what God can do when you are willing to say 'yes' to him."

James also added how touched she was by the experience, seeing how something so simple could bring so much joy to one person.

"I, of course, cried right along with him. Tears of joy, of course," she said. "This is the reason I went into this profession. To create something that brought so much happiness to someone else gave me a sense of pride."



Kevin and his grandsons, Cope and Rigney, posing with card holders the students created.



An emotional moment caught on video when Eubanks hugged one of his grandchildren with both arms for the first time in years.

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# A Lasting Impact

BY RICHARD BRUMMETT

For those associated with Mission Outreach of Northeast Arkansas, a primary goal is to help the homeless and hungry find solace and turn their lives around.

Sometimes they're successful, sometimes not, and sometimes they bless people in ways they don't even know. "We certainly hope we're helping," said Jana Burnett, Executive Director of the facility in Paragould. "I feel we definitely change a lot of lives; sometimes it just takes people a couple of tries."

She said most of those coming to the Mission for help have generally fallen onto hard times and "may have been kicked out of somewhere, maybe even living in their car. We want to do whatever we can to help them get on their feet, but we're real strict. You have to get a job and save 75 percent of your money. If you have fines, you have to



pay them down. If you have some bills, you have to pay them off first.

"You have to do chores while you're not working, like helping in the food pantry. If they help us, we can help them. They have a 9 o'clock curfew, and, it's three strikes and you're out."

Not every attempt at helping families and individuals is successful, but in at least one instance a gentleman was so touched he felt compelled to give back to the Mission. Robert Boyer was a Vietnam veteran who grew up in Tiff, Missouri, a mining town southwest of St. Louis. After serving as a Marine during the war, Robert was discharged but found rejoining civilian life a difficult task.

While working as an underwater welder on barges in the St. Louis area, Robert's struggles to transition continued and his brother suggested

he seek help for issues related to PTSD; instead, he chose to disappear, bouncing from place to place while having no contact with his siblings. Two sisters tried for 23 years to locate him, knowing only that he was cashing his Social Security checks, but having no idea where he had landed. He had, in fact, traveled to the East Coast and stayed there a while, then worked his way along the Gulf of Mexico before winding up in Northeast Arkansas.

He was living in the forest near the St. Francis River, residing in a camper on the back of his pickup truck, when he was persuaded to move to Mission Outreach. And it was there, in a place with definite rules and structure, that he rediscovered himself and found a purpose to his life. He attended Sunday School, made friends, and developed a love for the Mission.

CONTINUED ON PAGE 66

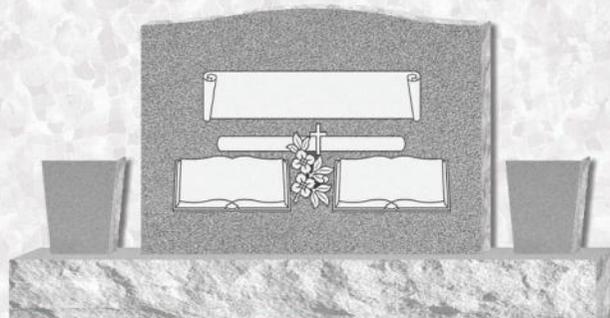


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A serious fall required his move to a local nursing home and a succeeding illness landed him in the hospital, but his humble attitude about life remained solid. As his health continued to fail and he was placed in the Intensive Care Unit, his Sunday School teacher from the Mission reached out for help in locating Robert's family. Having heard him mention a brother who was a chiropractor, his friend called local police who called St. Louis and managed to locate this brother, who said he doubted Robert would have any interest in seeing his siblings after all that time.

However, when asked, Robert said, "You betcha," and his sisters were able to visit him twice before he passed away in August of 2010 at the age of 66. In itself, that's a good story of an individual being reunited with family, thanks to a helping hand from someone he met at the Mission. But that's only one chapter; Robert had also befriended in the Sunday School class a man who flew Pilot's for Christ missions -- he referred to him as "the flyboy" -- and his tombstone in Linwood Cemetery today features that organization's emblem as a kind gesture.

More importantly, on the headstone are Robert's military marker and the Mission Outreach logo with the words, "Housing the homeless, feeding the hungry, caring for the sick." In addition, funds remaining in

his checking account after he passed were designated for purchase of a two-axle enclosed trailer for the Mission. A fading sign (scheduled for an update) on the front of the trailer reads, "In Memory of Robert Boyer" even though few associated with the Mission today even know who he was.

The Mission, its workers and its volunteers turned Robert's life around with a definite impact, enough that he wanted to acknowledge them for eternity.



"I did not know that," Jana said recently when hearing of Robert's headstone message. "That's awesome. It happens a lot, that we change someone's life; not every time. We can tell when someone is ready to make a big change in their lives. I will say sometimes it takes a person to be down on their luck.

"A lot of times we try to talk people out of leaving because we know they aren't ready. They get a couple of paychecks and think they can make it but we try to tell them you're going to have to pay rent and buy groceries and buy gas if

you have a car and ... we tell them they could double the money they have if they would just stay here until the time is right for them to move on. But then, sometimes, everything works out the way someone needs it to for them and they stay and rebuild their life."

Under normal circumstances the Mission can house about 60 people, Jana said, "but with Covid we have had to limit it a little more because it would affect more people than just them. About 35 is maximum right now.

"Several couples have saved their money up and done real well. Everyone is an individual but we tell them they can buy some of the things they want if they save up. We transport them to work to make sure they can be there, we do what we can to make a positive impact on their lives."

Just as the experience did for Robert Boyer, a man eternally grateful for the loving, helping hand.

Mission Outreach is always accepting donations of food, clothes, furniture, or money, and information on how to help out in those areas can be found at [missionoutreachnea.com](http://missionoutreachnea.com). Those interested in helping may also call 870-236-8080 or stop by the facility at 901 East Lake Street.



## Your family can count on us.

*We're dedicated to providing personalized, professional and compassionate services to help lighten your burden and support you through the difficult times that follow a loss. Whether planning ahead, assisting with arrangements at the time of need or supporting your family on the journey to healing, we're here to guide you through the process.*

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**ALMOST 100% Vaccinated Residents & Staff**



At the Green House Cottages of Belle Meade, our staff is dedicated to protecting the elders of our community.

The staff at Green House Cottages of Belle Meade decided to take the vaccine out of Love for the elders prior to the mandate from the government.

Our staff vaccination rate is approaching 100% and we believe it is the safest place for any elder to live.

**We are part of the Belle Meade Family committed to Elder Care Because...**

"It really feels like home. We are able to make treats for the elders even as a nurse. The staff works as a team and makes the elders stay special in every way."

Audrey Pitcher, LPN



"I worked here for 2 years, left, and have recently returned because this is my home. I love the atmosphere of the Cottages. We get to spend more one-on-one time with the elders, and we celebrate their lives with them, especially birthdays and holidays."

Rebecca Pranger, Shabaz, CNA

If you would like to join our family, please reach out to us at 870.236.7104

We did this out of love, not mandate.

We are so proud of our staff and their commitment to the well-being of the elders and the Paragould community.



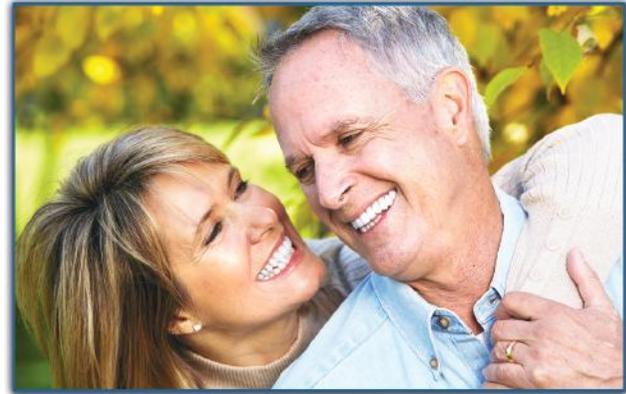
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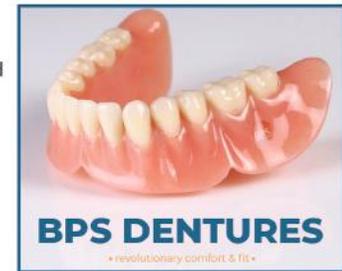


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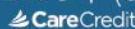


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STAYING FIT

# Sammy Maners & Rick DeFries

BY RICHARD BRUMMETT



Trying their best to stay as physically fit as possible, Sammy Maners and Rick DeFries have a deep appreciation for the opportunities the Paragould Community Center provides.

The two make use of the upstairs walking track and exercise machines provided as much as possible, putting in several miles at a time in efforts to fight off the pitfalls of advancing age while getting to enjoy the company of others who join in their exercise routine.

Sammy is known to many in the Paragould area, having been a fitness buff for years. He's one you can find inside or out, doing some sort of physical activity seemingly at all times of the day or night. "I got into the fitness craze when I was in my late 20s," said Sammy, now 69. "Sometimes I would run ten miles a day. I would

do a bunch of crazy stuff; a lot of people would see me out at the track at Harmon Field and probably thought I was crazy and then they met me ... and found out I was."

Now he makes a trip to the Community Center daily to walk "about four miles. Sometimes I may do eight if I'm done but there are some different people here and I just walk along with them. But four miles regardless; I may spend four or five hours out here."

Rick, 67, said he comes out "as often as I can. I need to be here every day but can't always. I do a lot of walking but also use the machines sometimes. I do it for the health benefits. My blood pressure has gone way down and I was able to get off medication. I guess I've been coming here for a while, at least four times a week."

Sammy said he's fortunate not to

have to take medications but feels his longtime attention to fitness plays a role in that. "I've always wanted to be in shape," he said, "and try hard to stay that way. I love the walking and the people you get to run into when you're out working out."

"And this is the place to come," he said of the Community Center and its no-cost facilities and workout options. "I've used every machine they have up here and they keep it super clean; it's a great place. I plan to keep doing this until I drop."

Rick agreed: "It's a nice, attractive facility. This is a great place to come and get a good workout in, and nobody causes any trouble. It's really well-run."

The center is located at 3404 Linwood Drive and opens at 6:30 a.m. Monday through Friday and at 10 a.m. on weekends.

An advertisement for AbsoluteCare Home Health Agency. On the left, a woman in a blue uniform is assisting an elderly man in a wheelchair outdoors. On the right, a blue and white graphic contains the text: "Thank you for voting us BEST Home Health Agency". Below this is a star-shaped award graphic that says "Jonesboro PREMIERE AWARD WINNER 2021". At the bottom, the AbsoluteCare logo is shown with the tagline "Where Clients Come First". The contact information "1316 Stone St. • Jonesboro, AR • (870) 935-3737" is displayed at the bottom of the ad.



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# Know Your Medicare Enrollment Periods

BY ADAM COOPER

Every year during the Medicare Annual Enrollment Period (Open Enrollment), we get hammered with television commercials of ex-NFL stars and actors telling you to call a number on the screen to “get everything you are entitled to.” It’s the most heavily advertised enrollment period and most people think it’s the only time of the year Medicare beneficiaries can change plans.

You may be asking, “Why would I want to change plans?”

Considering the fact that Medicare has so many moving parts and options available you could find yourself in a situation where your plan no longer meets your needs or another plan may offer more that you could benefit from. A couple of examples are, a doctor you prefer to use may no longer be in your plan’s network or a medication may no longer be covered. For these reasons, it is important to know when you can make changes.

It is important that you have a trained professional conduct an annual plan review in order to make certain your current plan still meets your needs.

Before diving deeper into the Annual Enrollment Period that starts on October 15th and ends on December 7th we need to start at the beginning and talk about when you first become eligible for Medicare.

## WHEN YOU FIRST BECOME ELIGIBLE FOR MEDICARE

### Medicare Advantage and Prescription Drug Plans

You can enroll in a Medicare Advantage or Prescription drug plan up to three months before your Medicare starts, the months it starts, and up to three months after Medicare starts. If you enroll before your Medicare begins then the plan will begin when Medicare does. If you enroll in a plan after your Medicare begins then the Medicare Advantage or Prescription Drug Plan will start the first day of the month after you enroll.

### Medicare Supplement Plans/Medigap

If you choose to buy a Medicare Supplement plan you can make an enrollment decision up to 6 months before Medicare becomes effective and up to 6 months after Medicare starts.

## WHEN YOU ALREADY HAVE MEDICARE

**Medicare Annual Enrollment Period (Commonly referred to as “Open Enrollment”).** October 15th through December 7th.

During this time of year, you can review and/or change a Medicare Advantage or Prescription Drug Plan which will go into effect on January 1st of the following year. One common misunderstanding is people with a Medicare Supplement/Medigap Plan think this is the only time of the year to change. I’ll get into that more later but for now just know, Medigap plans can be changed any time of the year.

**Medicare Advantage Open Enrollment Period.** January 1st through March 31st.

This is a very unknown enrollment period set aside for only those people who have an active Medicare Advantage Plan. During this time, you are allowed to make one change to another Medicare Advantage Plan. You can also decide to go back to Original Medicare and have the option of choosing a stand-alone Prescription Drug Plan.

**Special Enrollment Periods (Special exceptions to normal enrollment periods).** Many special enrollment periods exist but I’m only going to cover the most common.

- Moving – If you move outside the service area of your Medicare Advantage or Prescription Drug Plan you have 63 days to pick a new plan in the new area.

- Extra Help and Medicaid – If you are receiving “Extra Help” and/or Medicaid you can make one change every quarter for the first 3 quarters of the year.

- Losing Employer Coverage – If you have other health coverage that was at least as good or better than what Medicare offers, you have 63 days to enroll in a plan after the employer plan ends.

- Disasters – Sometimes weather related or other types of major disasters arise preventing people from making changes during regular enrollment periods. FEMA or in some states, governors, may declare certain areas affected by such events as a disaster area allowing those individuals living there to still make a change if they didn’t use their normal enrollment opportunity.

Again, these are only a few of the Special Enrollment Periods that can be used during qualifying events. The plan changes, if elected, will take effect the first day of the following month of the application being submitted.

Now let's take a look at Medicare Supplement insurance, also known as Medigap plans. If you noticed, most of everything discussed so far has been about Medicare Advantage and Prescription Drug Plans. The reason for that is, other than when you are first eligible for Medicare, you can change Medicare Supplement Plans all year long assuming you qualify medically to be able to do so.

When you are first eligible for Medicare, Medigap plans have a window of time you can buy one without having to answer any health-related questions. After a 6-month window of time after your Medicare starts you have to go through the underwriting process. This is the process in which you are required to answer health questions and then the insurance company you're applying with, determines if they are willing to accept your application. This means, depending on your current health conditions you can be turned down for coverage. The good news is, if you already have a Medigap plan you can keep the one you have.

Many different scenarios and circumstances exist that may allow you to make a change in your coverage, especially if you're not happy with your current coverage.

Please never feel you are "locked" into coverage that you feel isn't working for you. There may be a solution worth looking into. If you feel any of the above circumstances may apply to you and would like clarification, call or text my office to discuss your situation.



**Adam Cooper is the President of Senior Healthcare Insurance. Contact him at (870) 215-3136.**



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# Ladies {Morning} Out



On January 18 the Senior BEES breakfast group of ladies celebrated Billie Rowland's birthday at Terry's Café with a breakfast provided by the Senior BEES and Terry's.

The group has been meeting since January 5, 2021, to have a sing-a-long for one hour at Euvonda Rust's before going to Terry's for breakfast, fun, and fellowship.

Billie (the piano player for the group) celebrated her birthday with friends Wanda Roy, Vickie Fullbright, Wanda Jackson, Euvonda Rust, Melba Rannals, Rose Loren, Wanda Sanders, and Loraine Knuckles.

A big thank you to the Senior BEES and Terry's Café for a special celebration!

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# Targeted Case Management



At 1st Choice Home Care, it's not just about providing personal care.

"We provide care tailored around every client's specific needs. One service we offer is Targeted Case Management," says Shawntae Thompson, Marketing Manager at 1st Choice Home Care.

Case managers complete a yearly assessment as well as calling the client to make sure they are taken care of and have everything they need. Case management helps with several things like making sure clients are being serviced every day by their caregiver, medical equipment, food, referral services, and help with local resources. Case managers focus on the wellness of clients as well as offering continuum of care. Cortney Parker is the Case Manager at the corporate office in Paragould and loves being able to meet the needs of her clients.

"A career in home health care allows me to truly make a difference in the lives of our clients and their families. I love all of the knowledge that my clients love to share about life and their experiences. More than anything, I love the sense of accomplishment that comes with knowing that I am hopefully enhancing my clients quality of life."



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**Walk-ins are always welcome.**

## FIBROMYALGIA

*What is fibromyalgia?*

*Fibromyalgia is a chronic health condition that causes pain and tenderness in your soft tissue and muscles. It can also lead to generalized exhaustion and mental distress, like depression and anxiety.*

*Fibromyalgia is often misdiagnosed as an arthritic condition, but it doesn't cause the same joint damage or inflammation as arthritis.*

*Researchers theorize that people with fibromyalgia are more sensitive to pain because of the way their brains and spinal cords amplify pain signals.*

*What are the symptoms of fibromyalgia?*

*Each person reacts differently to fibromyalgia. Though it's similar to arthritis, fibromyalgia affects soft tissue, not the joints. Often, a pain signal misinterpretation in the brain causes pain. The most common symptoms include:*

- Memory loss*
- Chronic fatigue syndrome*
- Chronic inflammatory response syndrome*
- Morning stiffness*
- Irritable bowel syndrome (IBS)*
- Insomnia*
- Tenderness throughout your body*
- Muscle pain, twitching, burning, or tightness*
- Anxiety and depression*
- Bladder issues*

*You can develop fibromyalgia at any age, but it's most often diagnosed during middle age. You may be at greater risk of developing fibromyalgia if you have lupus or rheumatoid arthritis.*

*There's also some evidence of a genetic link to the chronic pain condition, which means your risk of fibromyalgia may be greater if it runs in your family.*

## NEUROPATHY

**MILLIONS OF AMERICANS SUFFER FROM THIS NERVE DISORDER**

**Do you have Peripheral Nerve Damage?**

*The following symptoms may start gradually and worsen over time:*

- Numbness
- Pain when you walk
- Sharp electrical-like pain
- Burning or tingling
- Difficulty sleeping from leg or foot discomfort
- Muscle weakness
- Sensitivity to touch
- Diabetic nerve pain



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**\* What REALLY Causes Peripheral Neuropathy**

- THREE Crippling Effects of Neuropathy
- Dangers associated with Medication
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Senior citizens in Greene County now have the opportunity to enjoy a fresh new space at the Greene County Sr. B.E.E.S. Center.

Paragould Mayor Josh Agee said Councilmen Aaron Camp and Randy Aden visited the center before it reopened in December 2021.

"Both noticed it was looking a little tired," Agee said.

The Paragould City Council decided that although the remodel wasn't initially in the 2021 budget, it would be a good use of funds to make sure the seniors in the city had a great place to gather. Agee said the remodel began in November with the sanding down of the gym floor and having it refinished. "This was followed by new ceiling tiles, new LED lighting, new ceiling fans, new paint, and baseboards," he added.

Carol Fleszar, director of the B.E.E.S., said the building was constructed in 1969, and as far as she knew, the floors had never been cleaned up and refinished in this way.

"The floors are beautiful," Bonnie Pitcher said. "This place is beautiful. It had tile. It was broken up and they took it all up and sanded this down."

Other members agreed how the facelift has brightened up the building.

"It's so much prettier than we expected," Shirley Jacks said.

Before the remodel, the bean bag baseball team met in the dining hall, but had to break down after every meeting. Now, they are back in their own space.

"We don't have to come in and set up every day," Thelma Stanfill said.

There are plans to refinish the terrazzo floors in February, along with a remodel of the bathrooms. Agee said new furnishings have been ordered, and he expects to continue to work diligently on improvements throughout 2022. He also said the Paragould Chamber of Commerce is planning a ribbon cutting for the month of March.

"Our Senior Center serves such a vitally important demographic in our city, so I am thrilled that the Paragould City Council decided to make this investment in our Senior Center," Agee said. "I know our B.E.E.S. are excited about all the new changes happening as well."



# ENGAGEMENTS

## *Morgan Tripod & Adam Watkins*

Dr. Morgan Elizabeth Tripod, a Paragould native, and Dr. Adam Steele Watkins of Jonesboro have announced their plans to be married on April 9, 2022, at the Clinton Presidential Center in Little Rock.

Morgan is the daughter of Jon and Melissa Tripod and the late Holly Tripod, and the granddaughter of Harry and Polly Gibson of Marmaduke, and the late Forrest and Lou Tripod. Adam is the son of Audrey and Rodney Poff and Steve and Dana Watkins. He is the grandson of Solan and Mildred Lott, and Margaret Watkins, all of Jonesboro, and the late David Watkins.

Photo by Joshua Sagar



## *Autumn Michelle Rose Dover & Zachary Ryan Rhodes*

Autumn Dover of Marmaduke and Zachary Rhodes of Ripley, Tennessee, have announced their plans to be married in May of 2023.

Autumn is the daughter of Lee and Sarah Dover and Zachary is the son of Mickey Rhodes.

Photo by Sarah Dover

An advertisement for Glen Sain Chevrolet. It features a silver Chevrolet SUV driving on a winding road through a hilly, wooded area. The Chevrolet logo is in the top right corner. The name "Glen Sain" is written in a large, white, cursive font in the top left. At the bottom, there is contact information: "BEST PRICE 870.565.4352 | 6345 US 49 | GLENSAINPARAGOULD.COM" and "BEST SERVICE".

*Glen Sain*

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# Happenings



First Community Bank will host a grand opening celebration at 8101 Highway 49 in Brookland on Wednesday, March 2, with a ribbon cutting ceremony beginning at 10:30 a.m.

Immediately following the ribbon cutting, a catfish and chicken strip lunch will be provided. While supplies last, First Community Bank will give away various door prizes, as well as free blue tooth speakers when customers open new accounts. The public is warmly invited to attend and celebrate.



The BRTC Student Government Association recently signed a resolution to commission an artist to create a BRTC Black Hawk Sculpture to be located on the Pocahontas campus. This is the third in a series of recent SGA projects known as "Student Legacy Projects." The BRTC SGA Student Legacy Projects utilize funds from the collection of the student activity fee and allocates them to a project that will enhance the BRTC student experience for many years to come. Past SGA Student Legacy Projects have included the creation of the BRTC Mascot and the construction of coffee houses on both campuses.

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When it comes to having fun outside, Heltirose Rubon knows how to get it done. Heltirose, 6, made the most of playground equipment on a sunny day and hopes for many more as winter prepares to move out.

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# Next Month

## Parks & Volunteers



Highlighting places to enjoy the change of season and the volunteers who make them possible

## Home & Garden



Let's talk home remodels, interior design, getting the garden ready for spring, and more!

REMINDER:  
Premiere Awards



Voting for the Paragould Premiere Awards is now open! Vote for your favorite local businesses at [neapremiere.com](http://neapremiere.com)

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