

NEA'S

# PREMIERE

MAGAZINE

July  
2022



the 2022

## PARAGOULD PREMIERE AWARDS

THE GET  
DOWNTOWN  
FESTIVAL

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& Voted Paragould's  
Premiere Festival

CULINARY  
HIGHLIGHTS

Exploring NEA  
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Cover Photo by Lindsey Spencer



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## From the Manager



This is the biggest edition of Premiere - ever. I'm baffled, blown away and so grateful. I think I speak for the entire Premiere team when we say THANK YOU for your continued support of this community magazine.

In this issue, we celebrate the 2022 Paragould Premiere awards and the businesses readers voted for. In honor of National Culinary Arts Month, we have a few culinary arts highlights. And as always, we covered as many community events as we could attend to share some of the smiling faces that attended them.

This magazine has worn us all out, so I'm going to leave you with one last thank you for supporting us and NEA's good news.

**Lindsey Spencer**

Manager of Creative Content

An advertisement for Glen Sain Ford. The background is a blue sky with light clouds. A blue Ford pickup truck is shown from a front-three-quarter view, parked on a rocky, uneven surface. The truck has a black grille with the Ford logo, and large, rugged tires. In the top left, the text "Glen Sain" is written in a large, black, cursive font, with "God Bless Our Troops" in a smaller, blue, sans-serif font below it. In the top right, the Ford logo is displayed in its classic blue oval. In the bottom left, the words "BEST PRICE" and "BEST SERVICE" are written in large, blue, outlined, sans-serif capital letters. In the bottom right, the phone number "870-236-8546" and the address "1301 US 49" are listed, along with the website "GLENSAINFORD.NET". A red starburst graphic on the right side of the truck contains the text "Paragould PREMIERE AWARD WINNER 2022" in white and yellow.

NEA'S **PREMIERE**  
MAGAZINE

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# LIVING A Better Story

BY JARED PICKNEY

In honor of Independence Day, I recently visited my grandfathers' graves. James Presson and George Pickney were both WWII veterans who fought hard for the freedom we enjoy. Standing at their graves, I was prompted to give thanks for the life and legacy of each.

More than that, as I fixed my eyes on the headstones bearing their names, I was reminded that the bodies of these men are, well, still in a grave. Despite the fact both of my grandfathers survived the war, death eventually caught up with them.

I thank God for Grandpa IB (James)

and Grandpa George, but visiting their graves reminds me how limited even their legacy is in the grand scheme of things. It also reminds me of the contrast with a Middle Eastern blue collar worker whose monument isn't a house or a temple made with hands, or even a simple grave-marker. It's instead a borrowed tomb that isn't filled anymore.

This empty tomb is, itself, a declaration of independence. By raising Jesus from the dead, God declared him (and all who are in him) to be free from death, free from the curse, free from sin. I suppose you could say Jesus was endowed by his Father with certain unalienable rights, among these life, liberty, and the pursuit

of happiness.

These blessings can now be passed down to us, and they don't end in a graveyard.

This is something worth teaching to our kids and rejoicing in.

In celebration of the freedom we now have, not only in America, but also in Christ, let's fire up the grill, throw some ice in the cooler, and blow up a whole bunch of fireworks.

Happy Fourth of July.

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# GET RICH WITH RICHARD BRUMMETT



**T**here's a simple explanation as to why I continue to be 20-30 pounds over my desired weight: It's Tim Rand's fault.

Tim is the first "city kid" I met when my family moved into town in the late 1950s and we have remained great friends ever since. For most of our formative years I stayed in shape because almost every free minute I had was dedicated to a sport of some kind; Tim was the one who lured me into loony things like building a hot air balloon using a plastic bag from the dry cleaners and a candle, both of us smiling as it soared into the clouds and then panicking as we watched it have engine trouble and land on top of a distant motel. We sprinted across empty fields to climb up on the roof in hopes of avoiding a structure fire, neither being intelligent enough to realize our homemade spaceship was descending because the flame that kept it afloat had gone out.

It was Tim who asked if I wanted to go get a soda -- he had a car and I didn't -- and when I agreed we motored right past all the local spots favored by teenagers and drove to a small grocery store in Marmaduke because he knew a cute girl from our neighborhood was working there that day; and it was Tim who drug me to the tennis courts at 6 a.m. on a Saturday, only because my mom came to my bedroom and woke me

up and said, "Tim Rand is outside pecking on the living room window. I guess he thinks it's your room. Go see what he wants."

Well, he wanted to play tennis and that wouldn't seem totally wacky if not for the fact that I didn't play tennis; I was a baseball guy but he needed an opponent and I was his logical choice because he knew he could wear me down. Besides, I was up anyway, wasn't I?

The way things usually worked went like this: He would pitch his idea to me, I would say no and he would pitch again with a slight twist and I would say no and he would continue until I finally agreed by saying, "Fine! I'll go!" Rarely did we undertake joint ventures because I said, "Hey, that sounds like a good idea." It was always, "Okay, okay! I'll go!"

So sometime during our teenage years Tim said, "Let's go get some pizza." I had never had pizza because my food regimen was pretty settled by that time. On Sundays, Mom cooked a roast or fried a chicken for our after-church meal. During the week I had Cheerios for breakfast, whatever the school served for lunch and then sandwiches at supper time. Once a week Mom cooked me some hamburgers, so my meal plan was fixed. I say "my" meal plan because Mom actually cooked real food often, different kinds of meat and something called vegetables, but I didn't eat them because they were too colorful and I wasn't interested in consuming the rainbow; just give me my good old All-American sandwich and let me be.

I had seen pictures of pizza before and it looked too much like a vegetable: red and yellow and orange, and I couldn't see any way for that to taste good. But one evening in about 1968 Tim insisted we go to the pizza place up on the highway, one I had seen but never frequented. You could buy

pizza by the slice and, just to shut Tim up, I agreed to try a triangle of cheese pizza, even though I had no idea how to eat it and had to watch others in the dining room to get an idea. It was hot, I will have to say, and thankfully Tim warned me to let it cool for a second instead of just letting me bite into it and have strings of scorching cheese flop onto my chin.

On the first bite I'm almost certain I heard a Heavenly choir emit a glorious sound and I was hooked. I finished that initial slice and ordered a couple more, and I haven't been able to go very long without pizza since. So, it's Tim's fault; I never would have walked into that building without his goading. In later years my good friend Jim Cunningham and I were known to go play basketball at the Community Center then stop by a local parlor and share a large pizza while rehashing our game. Sometimes, after we had been there an hour or two, we'd decide to go to my house and watch whatever sporting event was on TV and we would take another large pizza home with us and eat it as well, not the best formula for keeping weight off. Few doctors tell you to eat late at night and then go directly to bed, but I was still playing ball at that time and it was easier to stay slimmer.

Now I don't exercise at all -- unless you count pushing the buttons on the TV remote as exercise -- and the fact that pizza places deliver makes it that much easier to have them bring me the food that frequents my thoughts, the perfect formula for the dedicated couch potato I have become.

So, now that I have told myself I'm going to drop all this extra weight, I am forced to avoid many of the foods on which I have overindulged, pizza included. And I blame Tim, because I could really go for a beef with extra cheese right now.

# PET *of the* MONTH

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BY PAIGE BARNES

We got Luka when he was 4 months old. He quickly filled a piece of our family that we never knew was missing. He's 2 years old now and still spunky as ever! He's our wild child and always keeps us on our toes. He loves riding the lawnmower with Dad, playing fetch, playing keep away with his dad's crocs, and cuddling with Mom and Dad.

Cooper was also around 4 months old when we adopted him. He was needing a new home and we thought Luka needed a brother. He has been a perfect match. He may be the little brother but he's the biggest boy! He's a big dog with big love to give. He will have a seat anywhere he wants, even if that's on your head. He loves pestering his brother, going on walks with Dad, and fetching the ball and not giving it back.

Luka and Cooper are the best companions and we are so proud we get to call them ours.



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Most of the conversations with fellow outdoor enthusiasts are typically brief and consist of hunt details, fishing reports or discussions of recent outdoor news. But, occasionally, the conversations do turn to other topics and venture into personal thoughts and ideas of how life has been impacted by the outdoor realm.

Just the other day Shane, a longtime outdoor friend, called to review the spring turkey season and talk about future hunting plans. We discussed some of those previous hunts and talked about the future. We have both been fortunate to have many successful hunts, if success is measured as a heavy game bag or punched tag. But as we talked we also discussed lots of details etched into our minds from those hunts and the experiences that made up the adventures. As we have both become more seasoned outdoorsmen it is becoming evident that any hunting or fishing trip has become more about the great times that encompass a whole trip versus the brief moment of the catch or kill.

As I think back on my outdoor experiences, the memory of the amount of quarry in the game bag is often dim. Some outdoorsmen are detailed record keepers, but I am not in that category. Even though I may not have that many written records, many memories and experiences from the outdoors are as fresh as the day they happened.

Duck hunting has always been at the top of my list of things to do and that started early, sitting in the blind in the St. Francis River bottoms with Papa Blanton. Many memories of smells, sights and sounds from those days in the blind still fill my head. The gravel road from the house always

seemed so long and it seemed like it would take forever to get to water's edge. Once at the boat landing, the smell of a grumpy Evinrude trying to digest a mixture of gas and oil would fill the air and this would lead to the excitement of a quick boat ride through flooded timber. Though the boat run was somewhat manicured, there always seemed to be that random limb that would find its way to a cold ear, which served as a reminder to keep your head down and ears covered.

Once in the blind, the smell of damp cane, buckbrush and vines filled the air. I often got left in the dark, damp blind as Papa and Uncle Ted moved the decoys to take advantage of the prevailing wind. The sound of brick decoy weights rattling on the aluminum boat was almost eerie in the predawn darkness.

As the morning light brightened the green timber, birds began to sing and the wind gently ruffled the cypress. The whistle of wings or the raspy quack of a mallard hen would put everyone on alert. The sound of distant volleys meant there were ducks in the area and we hoped to get our chance to cover the musty smell of the bottoms with the smell of fresh burnt gunpowder.

I am sometimes amazed at my recollection of those outdoor memories from years, especially when I often cannot remember where I put my car keys. But those memories of the outdoor days from some forty to fifty years ago are just as bright as they were then. Though I cannot differentiate between days or real specific events, the overall experiences that happened while duck hunting hold a very prominent place in my mind.

As I look back now on the vast amount of time I have spent outdoors I realize how fortunate I have been to fill so many places in my memory with those events. And I hope for many more in the future.

But I am concerned for our society that seems to be missing out on those experiences. The taking of an animal or the catching of a fish is only a brief moment in a full day of memories, yet many in the "immediate gratification" culture do not want to invest the time unless there will be a heavy game



## CHUCK LONG

Regional Education Coordinator Northeast Education Division Arkansas Game and Fish Commission

bag, full stringer, punched tag or hefty trophy. I am concerned that the very reasons to be out there and the joy in taking in all the wonderful things nature has to offer are fading fast due to the speed of our society.

We did see a move back to the outdoors when the pandemic slowed down society, but that movement is waning as schedules once again begin to fill with activities. John Muir, a well-known naturalist and "Father of the National Parks" had an interesting quote about the gains of slowing down and spending time outdoors. He said, "Into the forest I go, to lose my mind and find my soul." The outdoors has a way of changing our minds, thoughts and even our lives if we will take time to enjoy it.

As Shane and I talked a few days ago, we kept going back to the importance of those memories and looking ahead at opportunities to experience even more. I hope you will take a little time and plan an outdoor adventure that will make memories and fill the folds of your mind or the minds of your children. It could be a fishing trip, a hike, a float trip, planting a butterfly garden or filling and watching a bird feeder. The opportunities are endless in the Natural State.

I truly believe the outdoors, the experiences, and the memories can play a pivotal part in the life of a child or adult. It is a great place to refresh, refill and reorganize thoughts. Get out and make some "natural memories" and I hope to see you out there!



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# MOORE on MANNERS

WITH LINDA LOU MOORE

just the two of you then by all means let the restaurant know. You may want a quiet, out of the way table to insure some privacy.

(3) When planning a business lunch or dinner it is always a good idea to ask for a table in an area where you won't be disturbed. You're here to work and you are on a time schedule. Being seated in a high traffic area can be distracting.

(4) If you have a favorite place in the restaurant or want a particular area or view, then let the restaurant know when you make the reservation.

(5) If you are running late, let the restaurant know. If you don't call and don't arrive when you say you will, the restaurant may think you are a "no-show" and give your table to someone else.

(6) If you find there is a change in the number of people in your party, let the restaurant know as soon as possible.

(7) If you are unfamiliar with the restaurant it is always a good idea to check the preferred method of payment. Some restaurants will only accept certain credit cards, or will not take personal checks. It's better to know in advance how to pay the bill than to have the waiter decline your credit card or check at the end of the meal.

Under these circumstances the after dinner mint would surely be an antacid.

(8) If you need to cancel your reservation let the restaurant know. Just as it is important to make a reservation at a restaurant, it is just as important to cancel a reservation if you will not be able to show up. It is not fair to the restaurant to hold the table for you if you will not be there.

Restaurants are often very aware of those who make reservations, but don't cancel if their plans have changed. If a restaurant has to choose between someone who honors reservations, or someone who does not, guess who will get the preferred seating? Remembering these few tips can go a long way to help both you and the restaurant enjoy the dining experience.

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).

The July issue of NEA's Premiere Magazine is celebrating the culinary arts right here in Northeast Arkansas. There are so many wonderful restaurants in our area and there are so many people who enjoy the treat of dining out. It is important, however, to realize the importance of making and canceling restaurant reservations. It's that special occasion, or just sitting down to a nice meal at that popular restaurant. You :

(A) Don't call to make a reservation. When you arrive you are told, "I'm sorry, but we will not be able to seat you this evening. We are full."

(B) Make a reservation, but show up 30 minutes late. You then have to wait an hour for a table.

(C) Make a reservation, and be on time.

If you answered (C), "Make a reservation and be on time," you have just made the dining experience easier. As busy as we are, why should we take time to make reservations? Don't most of us live a "spur-of-the-moment" type lifestyle? Of course, we do. There are so many places geared to this lifestyle that we sometimes forget there are places that need time to prepare for their customers.

Whether making reservations in person, by phone, or online, it is a good idea to give the following information:

- (1) Give your name.
(2) The day and date.
(3) The time you would like to be seated.
(4) The number of people in your party.

Now that you've taken care of the preliminaries of making the reservation, here are some other tips to help you enjoy the meal and not be distracted by inconveniences, long delays, or embarrassing moments.

- (1) If you are celebrating a special occasion such as a birthday, anniversary or other joyous occasion, you may want to let the restaurant know ahead of time.
(2) If you are planning a romantic dinner for

Advertisement for 'Something Sweet' featuring an image of a hand holding a colorful ice cream cone. Text includes 'Sweet, sweet summertime', 'SOMETHING Sweet', and contact information: Tuesday - Friday 7AM - 6PM | Saturday 9AM - 4PM, 221 S Pruett St. Downtown Paragould | (870) 565-5169 | paragouldweets.com

  
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# Lessons LEARNED IN Motherhood

BY CAITLIN LAFARLETTE

**M**y daughter turned two last month. We are officially in the “me do it!” stage and my poor Type A personality is struggling.

Everything from combing her hair in the bath to watering our garden with the water hose has become a battle of who is more strong willed. I hate to say it, but the 2-year-old usually walks away with the trophy.

Most of the time it doesn’t hurt me to let her do the task. But when I’m on a schedule, or just deathly bored and tired of waiting for her to buckle her car seat, my impatience gets the best of me. I try to take over, Eva gets cranky, then I get cranky, and we have a fiery little outburst that ends with my hugging my toddler and apologizing.

I keep my boundaries, though. If Eva tries to touch the hot stove or climbs on a piece of furniture that is a tad too high, I deal with the tantrum. Oftentimes, though, I take a deep breath and try to let it go. When she climbs her jungle gym and seems to get stuck at the top, I’ve noticed how I’ve begun pausing before coming to her rescue.

This has resulted in her learning how to get up and down it with ease. When she stacks her blocks and they eventually tumble down, I watch quietly instead of rushing in to prevent any crying. Gone are the tears when her tower falls, and she now throws her arms up and yells, “Whoa!” before building a new one.

There are still things she needs help with like getting dressed, brushing her teeth and getting into her highchair, but I learn more and more each day how capable she really is. Yes, baby girl, you can do it.



## Premiere Day Spa



### Premiere Esthetician

#### Brittany Murray

Brittany Murray, co-owner of Rouge Spa and Salon, has been an esthetician for 11 years. She specializes in Hungarian facials, eyelash extensions, and body waxing. Brittany's new role is the area's Eminence Skin Care representative.



### Premiere Massage Therapist

#### Shawnda Weaver

Shawnda Weaver, co-owner of Rouge Spa and Salon, has been a massage therapist since 2014. She specializes in deep tissue work but also offers cupping, relaxation, trigger point, and other modalities.

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## National Feed a Pet Rescue Week

WITH DR. KRISTIN SULLIVAN

Trying to find a topic in culinary arts with animals is difficult, but feeding a pet rescue seems most appropriate. National Feed a Pet Rescue Week is the third week in July. This is a weeklong holiday aimed at pet food and supply drives for rescue dogs and cats; it was originally created by GreaterGood.org and The Animal Rescue Site.

This holiday does exactly what it says. They focus on fundraising to purchase food and other pet supplies for shelters and shelter organizations. These items are donated and help millions of homeless pets every year. Did you know there are approximately 6 million cats and dogs that enter animal shelters every year in the U.S.?

Of these 6 million, about 4 million are adopted to new families. About 810,000 go back to their original homes. However, unfortunately up to 920,000 of these animals are euthanized simply due to overcrowded shelters, lack of supply, or for other reasons (aggressive, terminally ill). These numbers are shocking and scary, but they have improved from previous years. In my opinion, there is no silver lining to COVID but if I had to do what my Grammy taught me (which was to find a positive in everything) it was that the homeless animal population at least declined during COVID and has fortunately not bounced back with its slow calming down. In previous years the homeless pet population was greater than 7 million pets, split almost equally between cats and dogs.

So, why all these sad numbers? Why the reality check in unnecessary euthanasia? Because organizations like these and the animal shelters they provide to are helping to bring that euthanasia number down and give these pets the attention, love, medical care, and support with a second chance they need. Calling attention to this desperate need was a way to gather these supplies in a certain time frame and get them to the appropriate shelter or distribution centers quickly.

Now you may be wondering, and hopefully you are, how do I help? Well, simply check out these organizations and you can donate. You may be also wondering, how do I help in my own town/area? Easy. Just check your local animal shelters. I'll supply a list. Another great way to help provide on a larger scale to a local animal shelter is through a fairly recent birthday party trend. Instead of

buying the birthday boy or girl a present, they instead request that you bring a bag of dog or cat food or other pet supply donation (even monetary) to the party. These donations are then gathered and simply given to the local animal shelter the birthday boy or girl selected to feed and nourish those pets. Who knows, maybe you take a gander around at said shelter and find your new family member! :)

A few local shelters: Northeast Arkansas Humane Society, Jonesboro Animal Control Shelter, Greene County Animal Farm, P.A.W.S, Paragould Dog Pound, The Arkansas Pet Savers (TAPS), and Whiskers 316. It's always best to call before dropping off a donation to find out what they are in need of most and to arrange the donation drop-off. This is a short list of local organizations, but not a full list to the reading audience.

For more information on how you can take action and help these pets in need, contact any one of these organizations or check out the National Feed a Rescue Pet Week Website online or on Facebook.

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# Downtown After Hours

**D**owntown After Hours took place in Downtown Paragould on June 11th. The event featured Faultline for live music, food trucks, later shopping hours, and more. Downtown After Hours will return on September 9th.



Lindsay Simmons and Paul Hutcheson



Jennifer and James Collier

A large graphic for NEAR SIGNS COMMERCIAL CONTRACTORS. The background is a repeating pattern of the company name in a light blue font. The main text 'NEAR SIGNS' is in large, bold, orange letters with a black outline. Below it, 'COMMERCIAL CONTRACTORS' is in black, and the phone number '870.239.3305' is in large, bold, orange letters.

# Northeast Arkansas Pride Fest

Northeast Arkansas Pride Fest took place on June 11th in the Downtown Jonesboro area.

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# Art & Stroll

Art & Stroll took place in Downtown Paragould on May 21st and featured many types of artists – musical, theatrical, visual, and more!



Sommer and the Youngins



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Chris and Landon Adams



Dr. Calixto Cazano



Abbey Taber, APRN



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# Cruise for a Cure

Y PACS (Young Professionals for the American Cancer Society) hosted its inaugural Cruise FORE a Cure event on May 20th consisting of a day of golf followed by a night of food, entertainment, and games at the Embassy Suites in Jonesboro.



Arthur and Sari Harlow



Kevin Hufstедler, Dylan Hufstедler,  
Zach Fahlberg, Nick Goodrich



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# Movies at the Park

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# VFW Memorial Day Parade

The VFW Memorial Parade took place on Memorial Day in Jonesboro starting at the Veterans of Foreign Wars facility and ending at the Arkansas State Veterans Cemetery in Birdeye.



Kenny and Janette Wright



Joy Hendricks and Cheryl Matha





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## Honoring Those Who Serve

# Tyler Cleveland

Even as a young child, Tyler Cleveland knew he wanted to serve his country. His mother, Shelly Cleveland, remembers his affinity for little green Army toys as a child: "He would always take his time setting them up in the floor for a battle against the enemy." At the age of 16, Tyler asked his parents to take him to see an Army recruiter. Although they were hesitant, Tyler's persistence finally prevailed. He would have to take the ASVAB test, which would predict the occupations he would be most suited for in the United States Armed Forces.

Tyler decided to focus on his studies and continue his current activities at Greene County Tech High School, which included both soccer and drum line. He found his niche in percussion and competed with the Paragould Indoor Percussion during his senior year of high school. After graduating high school in 2013, Tyler tried out for the University of Central Arkansas drum line in Conway. He would go on to march for the UCA Bears for two years but, according to his mother, the passion for serving his country was "weighing heavy on his heart more than ever."

During his junior year at UCA, Tyler decided to move back to Paragould and pursue a career in the United States Military. After taking the ASVAB, he began preparing for boot camp. He became an



expert at meal prepping and began every morning at the Paragould Community Center by running with a backpack filled with sandbags, and doing curls and push-ups. Tyler set his sights on a slightly different path and decided instead of joining the Army he would join the Navy as a Submariner. He graduated The Great Lakes Navy Boot Camp on May 10, 2019, with a class of 200 sailors. Only six would be flying out to New London Naval Base in Groton, Connecticut, to start submarine school; Tyler was one!

While there, he would receive his orders for his assigned submarine, the *Hyman G. Rickover SSN 795*. Because the craft was still under construction, family thought the chances of his actually deploying in the vessel were slim. In the summer of 2020, Tyler worked with, and eventually deployed on, the *USS North Dakota SSN 784*, a Virginia-Class Nuclear-Powered Attack Submarine. He quickly earned the Blue Nose Certificate for participating in

the submariner ritual while serving in the realm of the Arctic Circle. After completing his deployment in 2021, Tyler went back to the *USS Hyman G. Rickover SSN 795* to help the submarine get ready for its christening.

Currently, Tyler is a Petty Officer Second Class and is qualified in a number of areas. He was also hand-selected for Submarines Special Operations Detail, which deals with divers and SEALs. Tyler is currently on a special operations deployment with the *USS North Dakota SSN 784* and will be stateside in the fall. In his three years with the Navy, he has learned and accomplished so much. Most of all, he serves his country with passion and with pride.

Do you know of a veteran or someone still in the service that we should highlight? Email their name and about them to [lindsey@mormediainc.com](mailto:lindsey@mormediainc.com)



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- 13th Rocky Clements-GC Library Children's Summer Reading Program, 10:30 FREE
- 21st-2nd Annual Big Grass Bluegrass Festival Downtown from 11:00am-8:00pm
- 23rd- The Big Grass Bluegrass Street Festival 11:00am - 8:00pm
- 30th A Time to Dance presents "Noah's Ark" Ballet, TBA

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# SAVE THE DATE

## DOWNTOWN PARAGOULD EVENTS



**July 9th**  
**Earthquake Festival**  
 Downtown Paragould  
 10:00 a.m. - 3:00 p.m.



**July 13th**  
**Rocky Clements!**  
 Greene County Library Event  
 The Collins Theatre  
 10:30 a.m.



**July 15th - 16th**  
**The Ultimate Oldies Show**  
 The Collins Theatre  
 7:00p.m.



**July 15th - 17th**  
**Champions Gymnastics**  
 Girls' Team Camp  
[championsgymnasticscenter.net](http://championsgymnasticscenter.net)



**July 21st - 23rd**  
**2nd Annual Big Grass**  
 Bluegrass Festival  
 The Collins Theatre  
[collinstheatre.com](http://collinstheatre.com)



**July 30th**  
**Street Splash**  
 Downtown Paragould  
 10:00 a.m. to 12:00 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://facebook.com/oneandonlydowntown/events).*



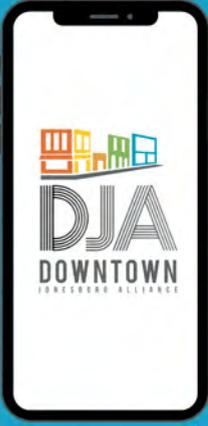
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# explore DOWNTOWN JONESBORO



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# HAPPENING SOON IN DOWNTOWN JONESBORO



*Every Monday*

Matinee Monday  
The Craighead County Jonesboro  
Public Library  
[libraryinjonesboro.org](http://libraryinjonesboro.org)



*July 8th*

Matt Maverick & the Lone Wolf Band  
The Foundation of Arts  
7:00 p.m.



*Every Thursday*

Zumba for adults  
Craighead County  
Jonesboro Public Library  
[libraryinjonesboro.org](http://libraryinjonesboro.org)



*July 16th & 17th*

Local Fest  
Downtown Jonesboro  
[citysessions.org/jonesboro](http://citysessions.org/jonesboro)



*First & Third Thursday*

Thirsty Thursday Open Mic  
The Recovery Room  
7:30 p.m.



*September 24th*

BBQ Festival  
Downtown Jonesboro  
[downtownjonesboro.com](http://downtownjonesboro.com)

*Never miss out on the fun happening in Downtown Jonesboro; visit [downtownjonesboro.com](http://downtownjonesboro.com) for an up to date listing of events across Northeast Arkansas.*



**JULY**  
16th & 17th  
See the full schedule  
and get updates  
keeping up with us on  
Facebook!



the 2022

# GET DOWNTOWN FESTIVAL

BY RICHARD BRUMMETT

As a relative newcomer to Paragould, Sydney Watts was looking for a way to get involved in the community and she landed in a perfect spot. Serving as one of the committee members responsible for planning the 6th Annual Get Downtown Festival, Sydney has become aware of the wonderful team spirit practiced by so many in hopes of making this year's festival the biggest and best to date.

The festival is set for the weekend of September 16th & 17th in Downtown Paragould and promises to have plenty to do for guests of all ages. Musical acts, races, street vendors and more await all who come to town for the two-day extravaganza.

Sydney and her husband Wes are both attorneys in Paragould and were already familiar with the area since both lived in Northeast Arkansas, he in Jonesboro and she in Rector. "When my husband and I moved here in April of last year, we were looking for ways to embed ourselves in the community, to put down roots," Sydney recalled. "I was approached by Allison Hestand of the Chamber and Kimberly Dale to help look at ways to make our community better and I was sure that was a way to get involved. I'm one of the volunteers on the Planning Commission with the Greene County Future Fund. We meet once a month, and soon that will be every Monday until the festival starts. Unofficially, about eight to ten of us all divide and conquer on the different aspects. To sum it up, we all work together to make sure it gets done."

She said the festival should appeal to one and all, if various forms of entertainment are what they are seeking. There will be a new Kids' Pavilion this year along with a petting zoo, magician, art projects, and different acts specifically geared toward children.





"That should keep the younger ones happy so the adults can enjoy what they're interested in," Sydney said. "There's also a kids' Fun Run if they want to do that."

"For the younger adults there are the 5-and-10k runs, with medals awarded for the competitive runners. For the ones who don't want to run, there will be a Doggie Walk, live music all day across many genres with a mix of local and national artists. There's a cornhole tournament, opportunities to visit each of the Downtown vendors and booths, and I should add an expanded footprint of the festival with more street closures in concentrated areas of traffic so that each thing offered is compartmentalized."

She said a Friday night "movie in the streets" will add to the block party atmosphere and that a festival map can be accessed online soon.

"For the older guests," Sydney added, "they can enjoy some of the music that will come from all decades. They can look at the art and shop from vendors and can walk the 5/10k if they don't want to run it. It's

definitely a homecoming of sorts for some people who look forward to coming back and visiting as well as participating."

There will also be a contest where participants might come away with some cash. "I have taken the role of the 'Find Foodie Contest' coordinator," Sydney said. "Clues will air on Jack and Jill radio -- it's sponsored by MOR Media -- and someone will win \$500 for finding Foodie," an event much like the "Find Spike" contest in Paragould's old Loose Caboose Festival.

Just as important as providing fun and entertainment for the folks who come out to take part is the fact that Sydney and her fellow volunteers have come to develop a sense of teamwork and pride in showcasing Paragould.

"It's an opportunity for all of us to work together," she said. "Allison and Kimberly as well as city leadership have all been very supportive of the goal of the festival and insuring as much benefit as possible. The benefit is not just for Downtown but also for the city; a festival like this ... the effort

is far-reaching, not only to Paragould but to Northeast Arkansas. Last year a survey at the festival showed many in attendance came from the tri-state area, because it's sort of a bright spot on the festival scene in Northeast Arkansas. On a more magnified level, it supports the Paragould economy ... motels, restaurants; people are spending money here.

"I think something that makes the festival different is that anywhere bigger than Paragould sometimes people get lost in the shuffle. Everyone here takes accountability for our town. It's the perfect size to get volunteers and yet still be personal. If you come to the festival it will not only provide temporary enjoyment and fun, its benefits to the community are long term, so numerous I can't list them. It's not just personal enjoyment, but betterment of the community at the same time."

Those interested may gather information by checking the Get Downtown Festival Facebook page regularly for updates.

# MORE THAN FOOD

## The ASU-Newport Culinary Arts Program



BY CAITLIN LAFARLETTE

What started as a Hospitality Services program in 2013 at ASU-Newport has since grown to include culinary arts to meet the needs of the hospitality service in the Northeast Arkansas region.

Lisa Godsey, instructor for the Culinary Arts program, said its creation was the result of work between the college administration and local industry, government, and community leaders.



"The program was made possible by various grants from the state, the Delta Regional Authority, and a generous one million (dollar) donation from the Fowler family," she said. "The need for culinary and food service employees continues to grow, but ASU-Newport has adapted our program to focus on providing skilled, trained professionals in the culinary arts."

She added that while she was not part of the program's beginning, she did serve as an advisor for six years before taking on her current role.

Students spend two years earning three certificates before graduating with an associate degree in Culinary Arts. Courses include Sanitation and Baking and Culinary 1-4.

"We strive to make sure that the students completely understand what it takes to work in the restaurant industry and to have the guidelines to succeed in any type of culinary field," Godsey said.

The goal ASU-N strives for is to provide NEA with qualified individuals who can work in any aspect of the industry that is needed. Godsey said since its inception, graduates of the program can be found working in many different venues and establishments throughout the region and state.

ASU students are not the only ones who benefit from the course of study. Godsey said there are plans to offer cooking classes this fall for adults.

"These adult classes will allow members of our community the ability to interact with our students while learning a new skill with their family and friends," Godsey explained. "In addition, we are working to host a kids' culinary camp in the summer of 2023."

Godsey added most people identify her from the various restaurants she was fortunate to create or lead throughout her career as an executive chef, and while she enjoyed serving and creating specialty dishes, her passion lies in teaching the next generation of culinary experts.

"I'm honored to work with the team at ASU-N, and so proud to help future culinary professionals perfect their skills in this amazing career field," she said.



# The Greene County Fair

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All questions concerning the pageant should be directed to:  
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# EXPERIENCE

## the culinary arts

### in NEA

In celebration of National Culinary Arts Month, Premiere wants to highlight two of NEA's finest restaurants. The chefs at Chow at 118 (Paragould) and Roots Restaurant (Jonesboro) were voted the Premiere chefs in their respective Premiere Awards. It's easy to taste why.

## CHOW at 118

Michael Tolson and Zaid Guerra started Chow Catering in 2013. In search of the perfect location to work from, they leased their current location on Pruet Street in Downtown Paragould. The intention was to have a space to handle their catering orders and possibly have a lunch-only restaurant.

Zaid's expertise in service and as a mixologist was a natural fit for him to manage all aspects of the front-of-the-house. He also contributes in improving recipes and creating new dessert ideas as well as training all of the garde-manager positions. His Mexican heritage has a great influence on many of their most popular dishes, as does his creativity in completing the cocktail recipe book with his personally tested and refined creations.

Michael brings to the Chow family many years of manager/ownership experience. Having lived in New York City, Dallas, San Francisco and the Cayman Islands he has experienced many unique cultures and cuisines. He said, "In my opinion, traveling the world was the best educational experience.

"In knowing and understanding different cultures and their local culinary views."

As progress on the design for the dining room continued many changes began to transition their focus on a lunch-only eatery. Finally, in 2014, Chow At One Eighteen opened as a full-service upscale restaurant.

In 2018 Chow On The Square in Cherokee Village opened with a lunch-only concept. The rest is history.



Chow is located at 118 N Pruet Street in Downtown Paragould. Pictured dish: Korean BBQ Salmon bowl.

# Roots Restaurant

"Food brings people together, no matter what," Chef Karl Lowe says of why he fell in love with the culinary arts. "We can sit on a same table and enjoy food despite any differences."

A love for food and the community it creates are the backbone behind Karl and Paula Lowe's vision for their restaurant in Downtown Jonesboro.

"Food is an engine of social change, something so simple not only brings joy but us as professionals we use it as a tool of creativity and, of course, cultural exchange," Paula says. "You never stop learning in the culinary world, not only culture but product."



Roots is located at 303 S Main in Downtown Jonesboro.



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# Health Benefits of Cooking with Olive Oil & Vinegar

BY AMANDA YATES

The Mediterranean Diet has long been lauded as one of the most healthy ways to eat. Many of its health benefits are due to the abundant use of olive oil and vinegar. Although this diet has been around for years, there still seems to be a lot of confusion and questions surrounding the proper use of the oils and vinegars.

One of the most asked questions is whether you can or should cook with olive oil. The simple answer is YES. But let's talk about why. All cooking oils will degrade when heated. They will form toxic aldehydes as soon as they start to oxidize, and the aldehydes are increased when heated for a long time or at high heat. But HIGH QUALITY olive oil contains a family of antioxidants called Phenols. These are unique to fresh extra virgin olive oil. The phenols "sacrifice" themselves to prevent or diminish the formation of the aldehydes. The best of the olive oils have enough phenols to still give you those health benefits, even when cooked.



Those health benefits include heart health support. Studies show olive oil reduces hypertension and cholesterol. Its anti-inflammatory effects and anti-oxidants help to prevent oxidation of LDL and help increase the HDL.

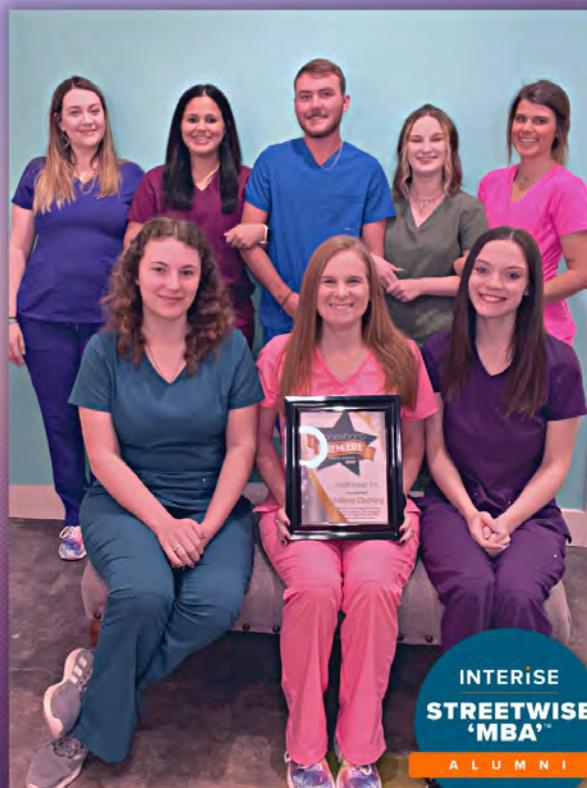
Metabolic syndrome can also be reduced by intake of quality olive oil by increasing the hormone adiponectin which triggers fat burning and by improving the insulin sensitivity.

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Another benefit of olive oil is arthritis/pain relief. One of its antioxidants, Oleocanthal, prevents the production of Cox-1 and Cox-2 enzymes, the same benefit as NSAIDS. If you want to know if your olive oil has this benefit, it will be tasted in the back of your throat with a peppery bite. Another antioxidant, Squalene, has neuroprotective effects and can help slow Alzheimer's and heal nerves.

But not all olive oils are created equal. I am often asked if your oil should come from Italy. You are welcome to use Italian olive oil, but truly the source of the most potent and most medicinal oil today comes from Australia. It also has the highest standards for Extra Virgin classification. The best oils should be picked green and have a green hue when poured. You should look for the "pressed date," not the expiration date. And skip on the "light" olive oil if you are wanting the healthy antioxidants.

Balsamic Vinegar also has lots of health benefits. It too contains many antioxidants including Vitamin C and Quercetin, which are beneficial for immune support. The vinegar stimulates pepsin in the stomach which helps break down protein and

speeds up digestion. Other components of vinegar have benefits for anti-viral/anti-bacterial support and heart health.

While using high quality Extra Virgin Olive Oil and balsamic is always a good choice, there are many fun and flavorful options to make your culinary experience elevated. These flavored oils are created by either 1) crushing the olives and the flavoring herbs (i.e. chili pepper) through the mill at the same time; or 2) using food grade essential oils to impart the flavor. The vinegars will have different tastes depending on the type of grape used, the length of time it was fermented and the type of barrel it was fermented in. They also receive their added flavors from essential oils. Using flavored olive oil and vinegars helps your meal taste much better and makes it better for you. Combine them for a healthy salad dressing, custom create a marinade for the grill, or drizzle over veggies for a blast of flavor. And did you know you can use olive oil to replace butter in any recipe? Ever tried an olive oil cake? However you choose to use them -- Use Them! Your health and your taste buds will benefit.



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

Want to learn more about cooking with olive oil and vinegar? Learn more about the classes at Mount of Olives in Jonesboro on page 38.

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# Food FUN

**W**ant to learn how to cook better, healthier, more flavorful meals? Looking for something fun to do on a Saturday night with your significant others or a group of friends? Here's an idea for both.

"I get asked all the time, 'How do you use this?' or told that someone would love to try new [olive oil] flavors but would have no idea how to cook," said Amanda Yates of Mt. of Olives, a store on Stone Street in Jonesboro. "I thought if I could put together complete meals using the oils and provide people with the recipes, they could enjoy cooking and using the oils with their family."

Amanda decided to offer after hours events at her store the first Saturday of each month. As guests enjoy dinner, they learn which oils and/or vinegars were used in the preparation, and what flavor variations could be used.

"We give a couple different oil and vinegar pairings for salads or marinades," Amanda said. In addition to the added flavor, cooking from scratch has many other benefits.

"Any time you can cook from scratch for your family, you are benefiting them in many ways. It's cheaper to cook than eating out. It's fun to try new things as a family, and fresh cooked food is going to be healthier and much more nutrient dense than pre-prepared and packaged foods," Amanda explained.

Each meal always includes an appetizer or salad, a main course, a dessert, and a bread for dipping and experimenting with new flavors. Also provided is a tea from the tea bar. To see the menu for July, follow Mt. of Olive on Facebook.



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# A LOT TO BE PROUD OF

BY JOEL PHILHOURS

The simple answer is that as of July 4, 2022, the United States is 246 years old. The U.S. is 246 years old because the Declaration of Independence was ratified by the U.S. Second Continental Congress on July 4, 1776.

Here are 8 other potential birth dates and ages for the United States of America. (1)

1. The Formation of a Continent (200 million years old)
2. The Arrival of Native Americans (15,000-40,000 years old)
3. The Arrival of Christopher Columbus (530 years old)
4. The First Settlement (435 years old)
5. The First SUCCESSFUL Settlement (413 years old)
6. The Articles of Confederation (241 years old)
7. The Ratification of the Constitution (234 years old)
8. The End of the Civil War (157 years old)

(1) James Hardy, "How Old Is the United States of America?", History Cooperative, August 26, 2019, <https://historycooperative.org/how-old-is-the-united-states-of-america/>. Accessed June 10, 2022

## America The Great

This article is not about politics. American greatness goes way beyond politics. I am highlighting what really makes the U.S. "great" in the eyes of the world. America's greatness stems from the fact it has set the standards of excellence in literally every human endeavor for the last 150 years.

When it comes to the sciences, arts, technology, and business, America dominates the world. And it does so not by imposing its will on others, but by excelling so much that it forces other countries to compete on a higher plane. Simply stated, America has made the world a better place to live.

America pioneered nearly every transformational technology of the industrial age, beginning with Thomas Edison's light bulb, phonograph, and motion picture camera, followed by Henry Ford's mass production of automobiles. America was the first to land a man on the moon.

But what changed the way people live even more were America's immense strides in artificial satellites. This technology set the stage for the telecommunications revolution that gave us GPS systems in our pockets, among so many other modern conveniences. America invented the transistor, which fueled the miniaturization of electronics. We created the Internet, creating the IT revolution that transformed life in the 21st century more than the Industrial Revolution did a century ago.

In medicine America has led the way. Britain may have discovered penicillin, but America's advances in diagnostic medicine (MRIs and PET scans) and pharmaceuticals have vastly improved the quantity and quality of human life.

America is also the leader in the pure sciences. The U.S. has won more Nobels for physics, chemistry, physiology, medicine, and economics than any country since World War II by a wide margin. Why? The best and the most cutting-edge work in many fields is done in America, offering great minds maximum scope and profit incentives for making their mark.

And what's true of the sciences is also true of the arts. Major U.S. cities have museums that rival those of European capitals. The same is true for symphony orchestras, with four U.S. cities ranking in the top 20 worldwide. Broadway's theatrical productions are unrivaled. New York has knocked off Paris and Milan as the fashion capital of the world.

But the art form that America truly owns is movies. Their cultural impact on the world is beyond compare. Hollywood has revolutionized how mankind produces and consumes entertainment. We make almost all of the biggest and best blockbusters. Nine of the top 10 grossing movies of all time are American.

American music's influence is likewise unparalleled in human history. American music has a global listening audience. Nine of the 15 bestselling musical artists of all time are American. American genres such as ragtime, blues, jazz, folk, country Western, R&B, rock and roll, hip hop, and rap have been incorporated and copied by musicians across the world.

But all of this is dwarfed by America's economic footprint on the world. This country is quite literally the economic engine of the Earth. Seven of the largest 10, and 53 of the largest 100 companies are American. Indeed, America has about 4.5 percent of the world's population but generates almost 25 percent of the global GDP. In addition, access to America's large and rich domestic market keeps many foreign industries afloat.

There is a qualitative difference between the character of America's influence and that of previous empires. European colonial powers tried to become "great" through conquest and occupation. America did so by the sheer attractiveness of its offerings. America is not so much a superpower as a grand force in the world.

It's Independence Day 2022, and this year, patriotism seems to be on the decline. For some reason, many people think it's now silly to call America the greatest country on Earth. It's becoming more common for folks to refuse to respect our nation's flag or to continuously bring up the not-so-great parts of our past. The fact is, however, that the past is over; there's nothing we can do about it. Is part of it bad? Yes. But we can at least be proud of how far we've come over the course of 246 years?

We might not be perfect, and our country still has its flaws. We'll always have our downfalls, and while we'll never actually reach perfection, we've been a pretty darn great country for a long time. In fact, I'd say we are the greatest country on Earth. So, this Independence Day and every other day of the year celebrate our greatness. America's never going to be perfect, but there sure is a lot to be proud of.



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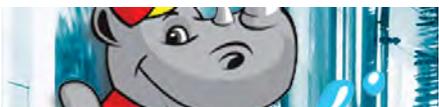
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Shannon Chipman -

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## ESTHETICIAN

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## HAIR STYLIST

Jeri Baldwin -  
Rockstylez



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## PERSONAL TRAINER

Olivia Pritchard -  
Anytime Fitness



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## FITNESS CENTER

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## YOGA INSTRUCTOR

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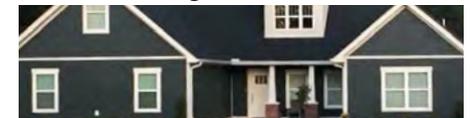
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# Entertainment/ Relaxation WINNERS

## ARTIST

Josh Hudson



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## BAND/MUSICIAN

Sand Creek

## DAY TRIP/ WEEKEND GETAWAY

Wilson, Arkansas

## NIGHT CLUB/BAR

LA Nights



Page 66

## HOTEL

Hampton Inn



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## LOCAL FESTIVAL

Get Downtown Festival  
getdowntownfestival.com



Page 115

## FAMILY ENTERTAINMENT VENUE

Paragould Cinema 8



Page 63

## GOLF COURSE

Paragould Country Club

## FUND RAISING EVENT

Together We Foster  
togetherwefosternea.org



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## LIVE ENTERTAINMENT VENUE

The Collins Theatre



Page 66

## BEST PLACE TO TAKE OUT OF TOWNERS

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Page 52

## TRAVEL AGENCY

Travelmation



Page 67

Joshua Hudson  
STUDIO

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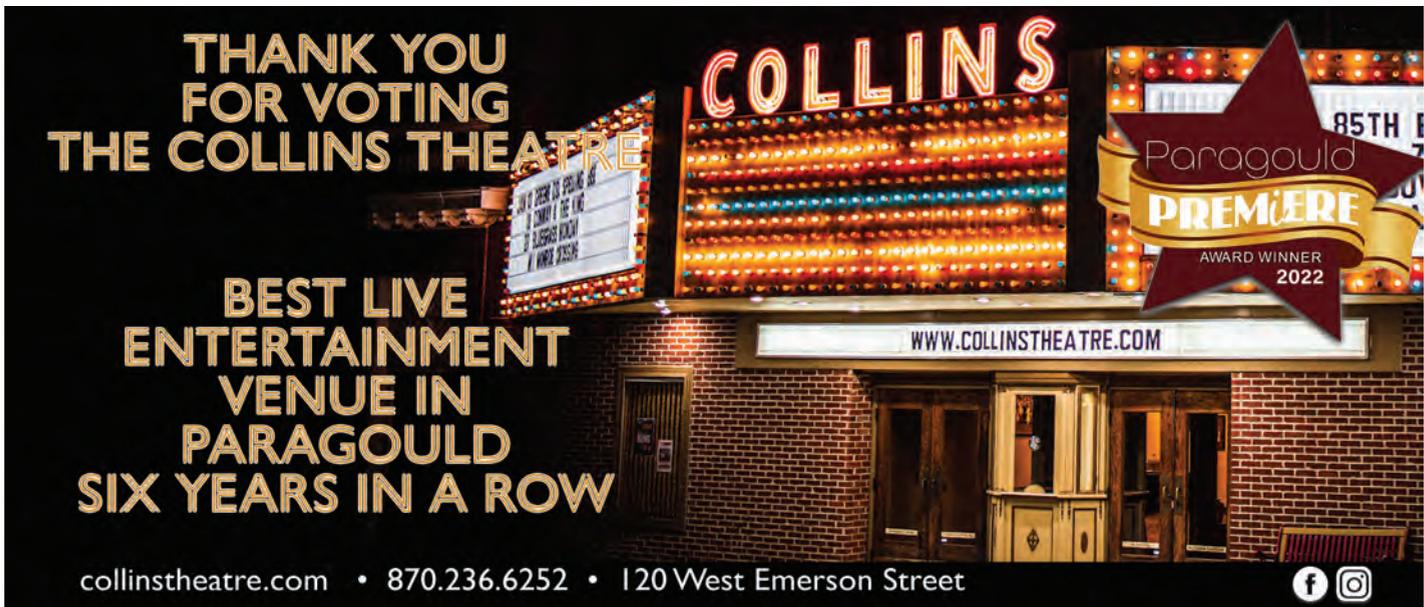
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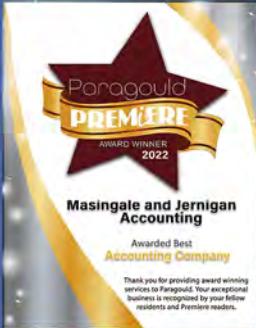
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# Financial WINNERS

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## TAX SERVICE

H&R Block Paragould



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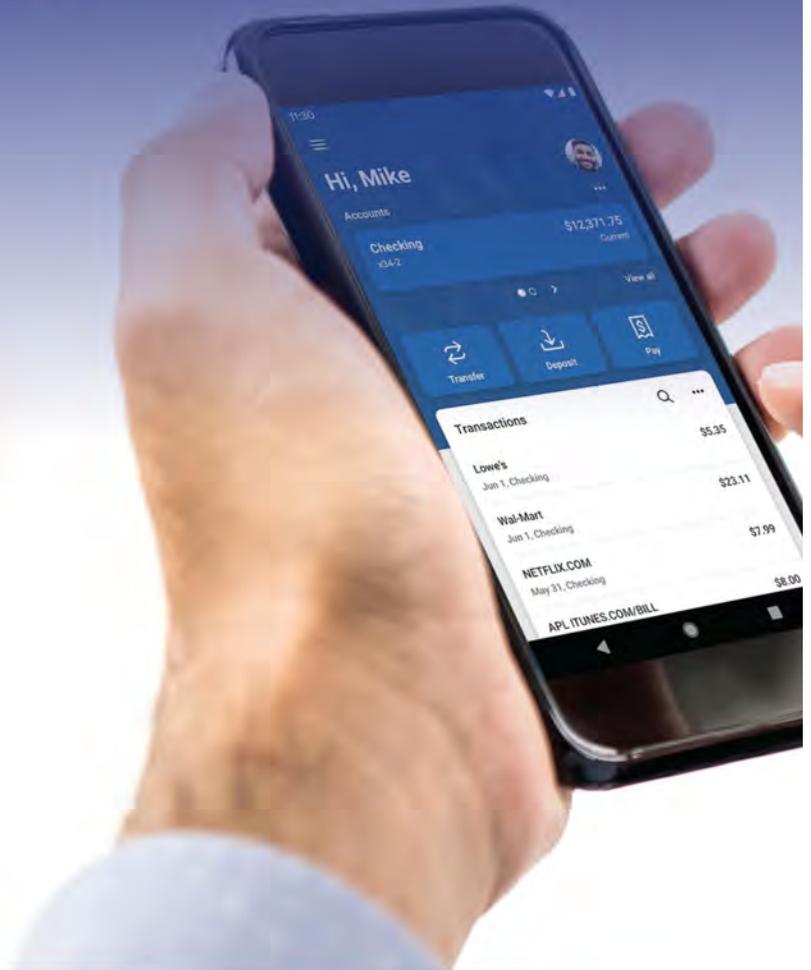


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## ACCOUNTING COMPANY

Masingale & Jernigan Accounting



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## MORTGAGE COMPANY

Focus Bank

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## TITLE COMPANY

Ajax Title Service

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## CHARITABLE ORGANIZATION

Together We Foster

togetherwefosternea.org



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## INSURANCE AGENCY

Lennox Insurance

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Back Cover

## INSURANCE AGENT

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# For the Home WINNERS

## POOLS/SPAS

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## LANDSCAPING & NURSERY

Adams Nursery & Landscaping



Page 74

## LAWN CARE SERVICE

Ellington Lawn Care  
870.476.3184



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## APPLIANCE STORE

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## APARTMENT COMMUNITY

Carriage House Apartments

## MINI STORAGE

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## PEST CONTROL SERVICE

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870.236.2382

## CARPET & RUG CLEANING SERVICE

Razorback Carpet Cleaning



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## LAWN & GARDEN EQUIPMENT DEALER

Farm Parts  
870.236.7522



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## PAINTER

Wet Paint - Lorrie Reddick

## FURNITURE STORE

Homeplace Furniture



Page 70

## INTERIOR DESIGN

Cindy Shepard - Gamble Home



Page 74

## MOVING COMPANY

Camp Express Delivery



Page 74

## FLOORING DEALER

Ajax Floor Center



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 Whitney Vassar Photography  
 as Paragould's Favorite Photographer

# Gifts/Décor Shop WINNERS

## HOME DÉCOR

Simplicity Home Store

## WEDDING GIFTS

Perfect Touch



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## BABY GIFTS

Paisley Pineapple



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## HOLIDAY DÉCOR

MJ's Southern Chic

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*Perfect Touch*  
Gifts & Home Decor

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# Life Events WINNERS

## CATERER

The Main Dish



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## CUSTOM CAKES

Something Sweet

paragouldsweets.com



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## FLORIST

Alvin Taylor's

## VIDEOGRAPHER

Knight Productions



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## RETIREMENT CENTER

Chateau on the Ridge

mychateau.org



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## PHOTOGRAPHER

Whitney Vassar



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## MONUMENTS/HEADSTONES

Foster's Monument



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## FUNERAL HOME

Heath Funeral Home

321 W Garland Street



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## PARTY/EVENT PLANNING

Vintage Rental Depot

## VENUE RENTAL

The Crossing



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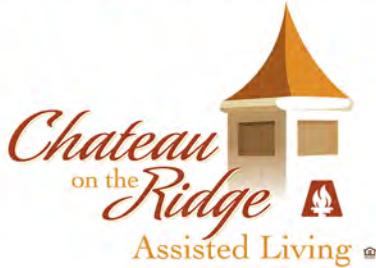
*Voted Premiere Place to Work*



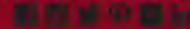
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**WINNER**

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Voted Best Summer Camp

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## Kids

### WINNERS

#### CHILD'S BIRTHDAY PARTY VENUE

GrandSlam Entertainment

#### CHILDCARE CENTER

Touch of Mom Daycare

#### GYMNASTICS

Champions Gymnastics



Page 85

#### SCHOOL ADMINISTRATOR

St. Mary's

#### SUMMER CAMP

Crowley's Ridge Youth Camp



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#### DANCE INSTRUCTOR

Heather Claude -

Elite Performing Arts

401 S 4 Street



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#### DANCE STUDIO

Elite Performing Arts

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## PARK

Reynolds Park



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## MARTIAL ARTS

Paragould ATA

## WATER ATTRACTION

Paragould Community Center



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## MASCOT

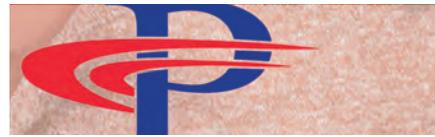
BlackHawk -  
Black River Tech  
blackrivertech.edu



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## TEACHER

Karla Brasher -  
Paragould School District  
paragould.k12.ar.us



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## SCHOOL DISTRICT

Greene County Tech  
gctsd.k12.ar.us



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## COACH

Matt Dean -  
Greene County Tech  
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**THANK YOU!**

for voting  
**STRYKER**  
Best Mascot!

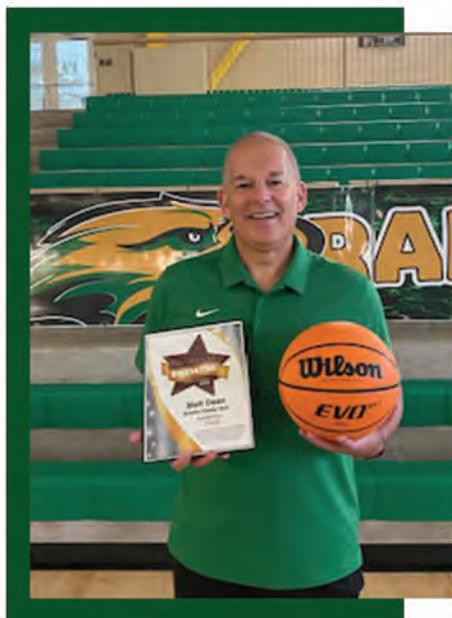
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**Matt Dean  
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CRYC is located at The Ridge Retreat and Adventure Center, which is a newly-expanded year-round retreat center available for summer camps, church retreats, weddings, adventure-based therapy, corporate meetings, family reunions and a host of other possibilities. The retreat center can also accommodate up to 200 people for overnight stays.

For information about CRYC summer camp sessions or rental opportunities at The Ridge Retreat and Adventure Center, visit [www.theridgecenter.org](http://www.theridgecenter.org) or contact Gary Money at 870.573.6766 or [theridge@childrenshomes.org](mailto:theridge@childrenshomes.org).



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Zachary W. Morrison, Attorney at Law



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# Professionals WINNERS

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Zach Morrison  
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## LAW FIRM

Branch Thompson  
Warmath Dale & Butler  
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## REALTOR

Amber Gill,  
Paragould Realty Pro



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## REAL ESTATE COMPANY

Image Realty  
myimagerealty.com



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## DRY CLEANING

Magic Touch

## OCCUPATIONAL THERAPY

CME Inc.  
cme-inc.org



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## SPEECH THERAPIST

Jessica Ko -  
Hands On Learning  
handsonlearningllc.com



Page 90

## PHYSICAL THERAPIST

Matt Calhoun -  
Therapy First

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**PEDIATRICIAN**

Kristina Wenger, MD -  
 Paragould Pediatrics  
[paragouldpediatrics.com](http://paragouldpediatrics.com)



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**OPTOMETRIST**

Dr. Barry Harris,  
 Harris Eye Clinic

**HARRIS  
 EYE CLINIC**

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**ULTRASOUND CLINIC**

Peek-a-Boo

**HOME HEALTH AGENCY**

1st Choice Home Care

[1stchoicehomecare.net](http://1stchoicehomecare.net)



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**HOME HOSPICE AGENCY**

Dierksen Hospice

[dierksenhospice.com](http://dierksenhospice.com)



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**MEDICAL SUPPLIES**

Affordable Medical



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**Affordable Medical**  
 Home Medical Equipment & Supplies



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 Best Medical Supplies!**

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## MEDICAL CLINIC

Paragould Family Care, PA  
paragouldfamilycare.net



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## NURSE

Callie Harmon RN - NEA Baptist  
baptistonline.org



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## NURSE PRACTITIONER

Latoya Coward -  
Carriage Hills Family Care  
870.573.2200



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## PHYSICIAN/GENERAL

Dr. Stacey Noel  
Family Practice Clinic  
870.239.4076



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## PHYSICIAN'S ASSISTANT

Kelly Simon -  
Ridge Kids Dental



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*Thank You!*

For voting me your  
**FAVORITE REALTOR**  
four years in a row!

AMBER GILL  
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PARAGOULD  
Realty Pro

2019  
**PREMIERE**  
PARAGOULD WINNER

2020  
**PREMIERE**  
AWARD WINNER

2021  
**PREMIERE**  
AWARD WINNER

2022  
**PREMIERE**  
AWARD WINNER

3501 Stonegate Dr. Suite D

Dr. Michael Jarman

Dr. Michael Stidham

**Thank you for voting  
PCAC  
Premiere Chiropractor!**

*"Thank you to everyone who voted us as Paragould's Premiere Chiropractor!  
We appreciate each and every one of you so much and look forward to  
continuing to serve this wonderful community!"*

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ACUPUNCTURE CLINIC**

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(870) 236-8006 | [www.paragouldchiro.com](http://www.paragouldchiro.com)

## FAMILY PHYSICIAN

Dr. Ryan Harris -  
Harris Family Medicine  
870.236.6911



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## CARDIOLOGIST

Dr. Ammar Al-Hallak -  
Cardiologist Associates  
870.239.0779



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## AUDIOLOGIST

Natural Hearing Centers  
naturalhearingcenters.com



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## DENTIST

Dr. Kevin Mann -  
Paragould Family Dentistry  
870.239.5518



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## PHARMACY

Corner Drug



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Paragould PREMIERE AWARD WINNER 2022

# Smile Designs

JUSTIN D MCGARITY DDS, PA

622 W Court St  
Paragould, AR 72450  
smiledesignsparagould.com  
870.236.2300

THANK YOU  
for  
voting us your  
Premiere  
Dental Clinic!

Paragould PREMIERE AWARD WINNER 2022

# THANK YOU!

FOR VOTING KELLY SIMON  
BEST PHYSICIAN'S ASSISTANT!  
WE LOVE OUR PATIENTS

We offer sedation dentistry and  
hospital dentistry!

870.236.5888 | 624 W. Court St., Suite A | Paragould, AR 72450

## Ridge Kids Dental

## COUNSELING SERVICES

Families, Inc.  
870.933-6886

**FAMILIES, INC.**  
counseling services

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## MENTAL HEALTH PROFESSIONAL

Karen Hall -  
Hall and Associates  
providinghelp870.com

**HALL & ASSOCIATES**  
Counseling

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## CHIROPRACTOR

Dr. Michael Jarman

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## PLACE TO WORK

1st Choice Home Care  
1stchoicehomecare.net



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## PLASTIC/COSMETIC SERVICE

Dr. Joel Epperson  
paragouldplasticsurgery.org



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## DENTAL CLINIC

Smile Designs



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## OBSTETRICIAN

Charles Cesare, SR M.D.

## PLACE TO WORK (BIG BUSINESS)

Arkansas Methodist  
Medical Center  
myammc.org



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## ORTHODONTIST

Weaver Orthodontics  
dreamweaversmiles.com



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Paragould Family Dentistry



**THANK YOU**  
to our patients and those who voted  
Dr. Kevin Mann BEST Dentist!

**Kevin Mann, DDS**  
1224 West Court Street  
Paragould | 239-5518



**1<sup>st</sup> Choice**  
**HOME CARE**  
*"The Best Choice!"*

**AWARD WINNING CARE!**

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**Home Healthcare and Employer!**



### AR Choices

We're proud to work with AR Choices - a public Medicaid program that offers home care services for Senior citizens over 65 and disabled adults who require assistance.

### Respite Care

Caring for a loved one is one of the most compassionate acts - but occasionally you need a break. That's why we offer respite care to temporarily relieve you and assume those duties.

### Personal Care

Our personal care services provide Senior and disabled individuals with caring assistance for daily activities that range from dressing to meal preparation.

### Attendant Care

Our attendant services take a compassionate approach to assisting clients with a range of day-to-day living needs. Whatever your level of care requires, we're here for you.

### Targeted Case Management

Targeted case management (AKA TCM) refers to a Medicaid program that provides care and assistance for Medicaid beneficiaries who reside within certain geographical areas.

### Home Care For Veterans

For our veterans, we are here to provide a level of in home care based on your unique needs. We work with elderly and disabled clients in need of assistance with day-to-day activities.

### What do we do?

- **Home care services** (Wide range of services including bathing, walking, dressing)
- **Targeted case management** (Planning and efforts for seniors and disabled persons)
- **Personal care** (Daily activities like bathing, errands, shopping, meal prep, light housekeeping)
- **Attendant care** (Plans based on disability or injury)
- **Respite Care** (Relief from the daily challenges of caring for your loved one)
- **Personal Caregivers** (Assistance with day to day living)

We accept ALL PASSE

Paragould: 870.222.0088 Trumann: 870.805.3080  
 Jonesboro: 870.222.0677 Newport: 870.277.0055  
 Blytheville: 870.565.9595 Corning: 870.300.2118  
 Mtn. Home: 870.300.2122

1stchoicehomecare.net • 870.222.0088



Congratulations to  
Dr. Stacey Noel, voted

**PREMIERE  
GENERAL PHYSICIAN!**



**Dr. Stacey Noel**



1015 West Kingshighway  
Paragould, AR 72450  
870.239.4076



The staff of Paragould Pediatrics  
would like to say thank you!

**(870) 236-7337**

**4000 Linwood Dr. Suite H  
Paragould, AR 72450**

**Paragould Pediatrics**  
Kristina Wenger, M.D.



WINNER

# Paragould Family Care

Voted Best Medical Clinic

“ Dr. Len Kemp, Paragould Family Care physician, has been our family doctor for over 35 years. He is a wonderful physician, family man and respected healthcare provider in the communities he serves. We especially appreciate the personal touch the entire staff at Paragould Family Care gives. We confidently rely on them to listen to our health concerns and treat our medical needs because we truly feel like family. ”

- Mike and Brenda McConnaughey







## CONGRATS!

### DR. AMMAR Al-Hallak M.D.

### **BEST Cardiologist**



**CARDIOLOGY ASSOCIATES**  
 314 S 12th Street | Paragould, AR  
 870-239-0779



*thank you for voting us*

**Best Occupational Therapy!**





WINNER

*Karen Hall*

Voted Best Mental Health Professional

“Hall & Associates Counseling is honored to serve Northeast Arkansas. We offer a safe, private, and confidential environment that stands out above the rest. Hall & Associates Counseling has a professional team of therapists that are passionate about providing help to our community. We are grateful for this honor and want to thank the community for voting for us.

”

- Karen Hall, LCSW, PA




*Thank You*  
for Voting



*Premiere Veterinary Services*



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*“Devoting ourselves to the care of our patients and their families”*

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Dr. Chelsea Dowler, DVM

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Thank you for voting Latoya Coward  
Premiere Nurse Practitioner!





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Haley Hays



Autumn Wiggins



Katie Trout



Kelsey Wilson



Katlyn McClish



Alicia



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**Pet**  
**WINNERS**

**PET GROOMING SERVICE**

Glam Grooms

870.240.0177



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**PET SUPPLIES**

Pet Smart

**BOARDING**

Magnolia Dog Ranch



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**VETERINARIAN**

Jerry Miller,  
Veterinary Healthcare



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**VETERINARY CLINIC**

Linwood Animal Hospital



Page 101

[WWW.MAGNOLIADOGGRANCH.COM](http://WWW.MAGNOLIADOGGRANCH.COM)  
and find us on facebook!

Thank you for voting us best in  
pet boarding and daycare!

"We want our clients afraid to leave our clinic, for fear of a harsher, crueler world outside."  
-Dr. Miller, practicing for 35 years

**2014 Linwood Drive Paragould,  
AR 870-239-8601**

# HARRIS EYE CLINIC



Family Eye Care

Barry L. Harris, O.D.

870.239.2251

901 Linwood Dr.



**THANK YOU**  
to all of our patients for voting Dr. Barry Harris  
**BEST OPTOMETRIST!**



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since 1953.

Voted Premiere Frozen Treats!

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Paragould AR  
870.236.7796



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voting us  
Premiere Steak!**

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Tuesday - Thursday 11AM - 8PM | Friday - Saturday 11AM - 9PM



WINNER

*Sonic*

Voted Best Happy Hour

“ Thank you for awarding us the Best Happy Hour.

Mention this text for 15% off your order on your next visit.

Good July 1st through July 31st. ”

- Michael Eskew Supervisor/Owner





# THANK YOU

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Sunday-Thursday: 11AM-9PM  
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# La Torcia

# BRICK OVEN

## PIZZA

Thank you  
for voting  
us your  
#1 PIZZA!



2410 Linwood Drive Paragould, AR 870.236.4200

# Restaurant WINNERS

## APPETIZERS

Skinny J's

## BAKERY/SWEET TREATS

Something Sweet

221 S Pruet Street



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## BARTENDER

Zaid - Chow at 118



Page 52

## BBQ

Ironhorse BBQ & Steakhouse



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## BUFFET STYLE

Terry's Cafe

## BEST FOR DATE NIGHT

Chow at 118



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## BEST FOR BUSINESS LUNCH

Hyde Park Café

113 W Main Street



Page 115



Voted Premiere Brunch!

1611 Linwood Drive Paragould, AR | 870.573.8100



4563 West Keiser Avenue  
Osceola, AR 72370

2807 West Kingshighway  
Paragould, AR 72450

2810 East Highland Drive  
Jonesboro, AR 72401

## BRUNCH

Annie's Pancake House



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## BREAKFAST

Huddle House



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## BURGER

Hamburger Station



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## BURRITO

Carlos's Street Tacos



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## CHEF

Michael Tolson -  
Chow at 118



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## CHINESE

New Hunan Buffet

## DONUTS

Batten's Donuts & Bakery

## CHICKEN

Zaxby's



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## ETHNIC

Kimono Japanese Steakhouse



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**DOWNTOWN  
NUTRITION**

voted your  
**PREMIERE**  
HEALTH FOOD/  
NUTRITION

225 S. Pruet St.  
Downtown  
Paragould



Paragould  
**PREMIERE**  
AWARD WINNER  
2022



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NUTRITION**

- Energy
- Hydration
- Protein
- Vitamins
- Tasty & Healthy

We can't wait to  
serve YOU!

Thank you for voting





*Premiere Cocktails*

**THE JUNIPER TREE TASTING ROOM**

We currently have the only winery/meadery tasting room in Northeast Arkansas. We are located just outside of Paragould AR in the beautiful rolling hills of Crowley's Ridge. We offer flights and tastings of both wine strength and session level (i.e. beer strength) Meads, and allow you to mix both of these categories when creating your personal flight. Drinks are also available by the glass for consumption in the tasting room, or perhaps in our outdoor seating around the tasting room, and on the dock on our one acre pond. Special seasonal concoctions, and of course Mead by the bottle or growlers are available for purchase. AND ask about our Slushies TO GO!

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- The Grecian Family*



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**the HAMBURGER STATION**  
A BURGER JOINT  
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Paragould  
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2022

With over 38 years in the food service business, our daily goal is to provide a fresh, quality product for all of our customers.  
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Open Monday - Friday 10:00 a.m. to 9:00 p.m.  
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## FAMILY FRIENDLY

Hyde Park Cafe  
113 W Main Street



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## FAST FOOD

Steak 'n Shake



Page 109

## FROZEN TREATS

Dairy Queen



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## FOOD TRUCK

Gladish's BBQ



Page 108

## FRIES

Lemonade House Grille

## HAPPY HOUR

Sonic



Page 120

## JAPANESE

Kimono Japanese Steakhouse



Page 37

Paragould  
**PREMIERE**  
AWARD WINNER  
2022

THANK YOU FOR VOTING US  
BEST BURRITOS & TACOS!

**CARLOS'S**

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**DOWNTOWN WEST SIDE**

CARLOS'S STREET TACOS DOWNTOWN

301 S 3rd Street

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Drive thru available at both locations.

## CATFISH

The Legendary 7th Street Market



Page 113

## COFFEE

Shadrachs  
shadrachcoffee.com



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## COCKTAILS

Juniper Tree Meadery



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## DESSERT

Something Sweet  
paragouldsweets.com



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## FAMILY FRIENDLY

Larry's Pizza

## LATE NIGHT BITE

Huddle House



Page 106




**THANK YOU**  
For Voting Us **BEST** Barbecue.  
We Appreciate the **21** Years of Patronage!



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870.236.4659

## MEXICAN

Avocado's Grill



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## NEW RESTAURANT

Steak 'n Shake



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## RIBS

Oinky's Barbecue



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## SALAD

Kiss the Cook



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## SOUP

Kiss the Cook



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## SUSHI

Ikura Japanese Steakhouse

## STEAK

Fiesty B's



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## STEAKHOUSE

Grecian Steakhouse



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## TACOS

Carlos's Street Tacos



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## TAKE OUT

Kiss the Cook



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**Paragould PREMIERE AWARD WINNER 2022**

**VOTED PREMIERE SEAFOOD RESTAURANT**

**DELTA CRAWFISH FARMS & MARKET**  
4660 US-412 Paragould, AR 72450  
870.335.2555

**DELTA CRAWFISH CAJUN CAFE**  
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870.520.6420

**VEGETARIAN**  
Avocado's Grill



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**HEALTH FOOD NUTRITION**  
Downtown Nutrition



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**PATIO**  
Skinny J's

**PIZZA**  
Brick Oven Pizza



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**SANDWICH**  
Hyde Park Cafe

113 W Main Street



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**SEAFOOD**  
Delta Crawfish

4660 US-412



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**THANK YOU FOR VOTING US BEST CATFISH!**

**Paragould PREMIERE**  
AWARD WINNER 2022

**Legendary 7TH STREET MARKET**

**SOUTHERN FRIED GOODNESS**  
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Paragould

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THE GOOD NEWS DELIVERED STRAIGHT TO YOU!

**PREMIERE**  
MAGAZINE

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JOIN THE PREMIERE NEWSLETTER TODAY



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Custom Wreaths | Swags | Floral Arrangements  
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**Paragould, AR**



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**FOR VOTING**  
**FOR US**

**BEST COFFEE IN TOWN**



**We serve** our community in the unique ways it needs us. Whether that includes prayers, financial giving, volunteering our time, or slinging exceptional coffee. Shadrachs exists to serve others in every capacity. True leaders are also the best servants.



**SHADRACHSCOFFEE.COM**

- 6<sup>TH</sup> ANNUAL -

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FESTIVAL

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Downtown Paragould



Block Party  
Movie in the Street

Get Downtown Races  
10k, 5k, Kids Fun Run  
& Doggie Walk



Kids Pavilion &  
Touch-A-Truck

Cornhole  
Tournament



Food Truck  
Alley



10am: The Kinders  
11am: Sand Creek Band  
12pm: The Happy Campers  
1pm: Aaron Headley  
2pm: DownRiver Collective  
3pm: Everyday Life  
4pm: Eli Adams  
5pm: Greasy Tree  
6pm: Nashville Skyline  
7pm: Universal Crush

[getdowntownfestival.com](http://getdowntownfestival.com)



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for voting Hyde Park Café  
PREMIERE BUSINESS LUNCH  
& PREMIERE SANDWICH!



Paragould  
**PREMIERE**

AWARD WINNER  
2022

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113 W Main St, Paragould, AR 72450  
Calls & Catering: (870) 236-8700





Paragould  
**PREMIERE**  
AWARD WINNER  
2022

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We have been serving Paragould and the surrounding areas since 1980. We take pride in providing our customers with the best prices and best service possible. Come by and see how we can save you time and money on your next prescription.

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Tel: 870.239.9535  
Fax: 870.236.3065

Mon - Fri | 9 AM - 5:30 PM  
Sat | 9 AM - 12 PM  
Sun | Closed

320 W Kingshighway  
Paragould, AR 72450

## Shopping WINNERS

### MEN'S CLOTHING

Cultured Man

### TUXEDO

Daughters Boutique

### WOMEN'S CLOTHING

22 Lou



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### EYEWARE

Elite Eyecare and Optical

[eliteeyecareandoptical.com](http://eliteeyecareandoptical.com)



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Paragould  
**PREMIERE**  
AWARD WINNER  
2022

## WILLOW SALON - PREMIERE BEAUTY SALON

thank you for all the support over the years! This year will mark our 9th year anniversary! We wouldn't be here without all our loyal clients. We love y'all so much!  
-The willow babes!

## BACKROAD SOCIAL - PREMIERE NEW STORE

Thank you to all the customers for supporting us & shopping local. To give back, shop online using the QR code to the right and receive 20% off. We love y'all all so much.  
- BRS



Shop online and save 20% with the code yay20

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**AGAIN!**

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**ACE**  
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**Cutie Patootie**  
Children's Boutique

VOTED BEST  
CHILDREN'S CLOTHING

Sizes Ranging From  
Newborn to 18!

Paragould  
**PREMIERE**  
AWARD WINNER  
2022

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22 lou  
: boutique

*Thank You*

for voting 22 lou  
Premiere Women's Clothing Store  
& for 9 years of continued support!



Paragould  
**PREMIERE**  
AWARD WINNER  
2022

870.215.7752 • 2405 Linwood Dr. Paragould, AR • shop 22lou.com



WINNER

# Something Sweet

Voted Best Custom Cakes, Bakery, & Dessert



Something Sweet is simply AMAZING! They have made me gender reveal cakes, giant cupcakes, dessert cakes, and beautiful birthday cakes. My boys literally ask me for their birthday cake to come from Something Sweet. I love the fact they offer over 100 different flavors, and I haven't had a flavor yet that I didn't like. The owners, Tracy and Winston, have worked hard to make this place special and it shows. It's just a wholesome place to go enjoy some delicious treats and they make the best coffee drinks. Her majesty is my fave! If you don't believe me, folks, go try it out for yourself. You won't be disappointed!

-Audrey Hutchison

## SHOE STORE

Shoe Sensation

## SPORTING GOODS

All-Star Sporting Goods

## THRIFT STORE

Abilities Unlimited

## MUSICAL INSTRUMENTS

High Note Instruments



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## CHILDREN'S CLOTHING

Cutie Patootie



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## JEWELRY STORE

Gracefully Southern



Page 123

## FORMAL WEAR

Daughters Boutique

## NEW STORE

Backroad Social Trade Co.

109 North Pruet Street



Page 116



Thank you for voting High Note Premiere Musical Instrument Store!

Watch us as we grow... instrument sales and Lessons coming soon!



Zachary Wynn



870.476.7222

211 North Pruet Street  
Downtown Paragould



## BRIDAL STORE

Daughters Boutique

## UNIFORM CLOTHING

NEA Uniforms

## FLEA MARKET/ANTIQU

Rocking Rooster



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## PAWN SHOP

SDM Pawn

## GROCERY STORE

Hays

## HARDWARE/TOOL STORE

Gazaway Ace



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## LIQUOR STORE

Holiday Liquor



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## FARM SUPPLY STORE

Farm Parts

870.236.7522



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New Owners  
Mark & Jen Croom

Paragould  
**PREMIERE**  
AWARD WINNER  
2022

*Thank you for voting us your Premiere Flea Market!*  
505 S. 2nd Ave. Paragould, AR 72450 | 870.240.8801   
Tuesday - Saturday 10-6 Sunday 11 - 4

**THANK YOU**  
For Voting Us  
Premiere Liquor Store

Paragould  
**PREMIERE**  
AWARD WINNER  
2022

*"Every Day is a Holiday"*

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Thank you for awarding us  
Premiere Happy Hour!



4711 W Kingshighway  
Paragould



10314 US Hwy 63 North  
Bono



4405 E Johnson  
Jonesboro (Hilltop)



4407 Linwood Drive  
Paragould

Download our app!  
Happy Hour is 2pm to 4pm  
& drinks are always half price  
on the app!



# HAPPENINGS



Wildflower Event Venue in Jonesboro hosted a women's networking event on May 24th to celebrate women in business and the opening of the new event space.



The Black River Technical College Law Enforcement Training Academy (LETA) has developed Active Shooter Training for Educators. This curriculum contains the most current guidelines established by the United States Department of Homeland Security.



Paragould First United Methodist Church announces the installation of a Little Free Library, Charter #142034, on the grounds of the PFUMC Community Mission Center/Witt House Food Pantry at 501 East Garland in Paragould. It is stocked with books for all ages. Anyone can take, borrow, or give a book to the Little Library.



In partnership with Haag Brown Medical Holdings, NEA Baptist announces a major upgrade in services to the corner of Red Wolf Blvd. and Apache Dr. with the addition of Urgent Care PLUS, an 18,000 square foot ultra-modern facility.

# NOW HIRING

- Tuition reimbursement
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explore  
**MOR**

Eat, shop, play;  
the local's guide to NEA.

Sunshine, water and kids ... a good combination for fun. Braelynn Wadley, 4, found Paragould's Water Park to her liking on a recent sunny afternoon. She is the daughter of Michael Flores and Sabrina Haneline of Rector.

Looking for things to do in NEA with your kids??  
Explore MOR NEA is making it easier to keep up with kid-friendly events and adding to our article database stories specifically focused on things to do with your kids.

[exploremornea.com/kids](http://exploremornea.com/kids)

# Next Month

## Family Fun Month



Celebrating ways to bring the family together through activities, food, and more!

## Last Minute Vacations



Need ideas for getting out of the house and exploring right here in NEA? We've got you covered!

## How to School Now



Consulting the experts on how school is changing and how we can roll with it.

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