## SUR EN ERERE MAGAZINE

October 2022

### BREAST CANCER AWARENESS

APRIL BIGGS REAL MEN WEAR PINK FIRST RESPONDERS DAY DECADES OF BUSINESS

A PUBLICATION OF MOR MEDIA, INCORPORATED





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Cover Photo by Lizzy Stoddard









In 1997, we set out to start a true community bank, a bank that would change the landscape of our communities. Because of you, we've forged long-lasting partnerships that have made our communities better. We can all agree that a lot has changed in 25 years, but our promise to always be a true community bank remains the same. Our roots run deep; our commitment to you runs deeper. We're celebrating 25 years of First Community Bank, and the best is yet to come!



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### From the Publisher



e keep saying it, but Fall is around the corner ... right? I love the colors of Fall, but October will always be a Pink month and this edition is no exception. Breast Cancer Awareness Month is in full color.

April Biggs has been a warrior throughout her cancer journey and continues her fight. But as she knows she is not alone in this battle; she has brought Gilda's Club to NE Arkansas to help support the "supporters." Premiere is honored to help her spread the word and asks that you look into your heart and find ways to help this wonderful organization thrive.

Real Men Wear Pink has grown into a great effort to both bring awareness that men can experience breast cancer as well, and to publicize a fundraiser with multiple RMWP Ambassadors staging their own events and fundraisers from Hunts to Monster "MASH" Halloween parties. These community leaders are a huge reason the American Cancer Society has helped so many along their cancer journey.

Not all October Premiere is Pink. Don't miss the Decades of Business section where you can read the stories of local companies that have served NEA from ten to more than a hundred years!

Dina Mason dina@mormediainc.com

### Protect Yourself From Scammers

It is a pleasure and honor to award small businesses in the NEA area with the NEA Premiere Award. We take pride in supporting local businesses. You each work so hard at what you do and we want to make that known. Premiere Magazine is thankful for such a wonderful community with much love and support that we have received over the years.

As a small business ourselves, Premiere Magazine works hard to produce an effective and affordable product. When we specially award a small business with our NEA Premiere Award, we provide the winner with a FREE certificate. It's a gift.

In this light, we would like to help you guard against scammers who are not affiliated with Premiere Magazine and desire to make profits off you and off our name. There are companies that have claimed to be affiliated with Premiere Magazine and tried to bait you to purchase their plaques or trophies, claiming they are legitimate and coming from us. However, they are not. We provide you with a FREE gift that isn't meant to cost you: your special certificate.

We recommend just disregarding these scamming companies and protect yourselves against their schemes. You can trust Premiere Magazine with providing you the recognition you have earned.

Dina Mason





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### **GET RICH** WITH RICHARD BRUMMETT



ne day recently I made a trip to the pet store to try and find something our picky dog would eat. What she wants is *our* food, because it obviously tastes better than dog food, even the kind that comes in fancy packages and cans and boasts of being grain free, infused, in gravy or healthy. Zoey just wants my sandwich or Cindy's meal of choice on a particular day.

I walked the aisles for quite some time and chose several types of food we had not tried recently, hoping to hit on that magical meal that would have Zoey begging for more. Most of the packaging was foreign to me, since I was determined not to purchase the "same old same old" I so often wind up throwing away. After I returned home and Cindy emptied the sack of food items, I heard her utter a small giggle.

"Why did you buy cat food?" she asked.

I assured her I didn't, so she said, "Uh, does that not say 'cat food' right there, and isn't that a picture of a cat on the package?"

Well, if you want to get picky, I suppose I can see how it might look like I made a mistake, which is something I do more and more these days. Sure enough, when I examined the package there was the word "cat" and there was a green cartoon image of one, and try as I might, I couldn't come up with a way to blame someone else. I took the alleged cat food and returned to the store, explaining to the salesperson how I messed things up. "Actually," she said sympathetically, "you're the second person to do that today."

I know that was supposed to make me feel better, but it only meant to me there is someone else out there as inattentive as I am and, Lord, I hope we don't arrive at a four-way stop at the same time. I swapped the cat food for some doggie stuff and returned home, delighted to learn that while I was gone Zoey had actually gulped down a can of something I bought earlier. Under normal circumstances that news would bring a sense of joy; however, I know that by tomorrow she will have decided she no longer likes that either and one of us humans will stand next to her bowl saying, "Really? You're not going to eat that? You loved it yesterday."

And then we'll throw it away.

The vet assures us when she's hungry she will eat, reminding me of a similar situation when I was in grade school. I also turned my nose up at much of the food placed in front of me, and Mom was told the same thing: "When he's hungry enough, he'll eat." I would like to point out here it was the family doctor who delivered that news, not the vet. And he was right. Later on I developed a fondness for food and actually ate two or three different things.

Sometimes I chose not to eat because it meant I was going to have to come inside and stop playing baseball or basketball, whichever was in season at the time. One of our neighbors had a light situated atop a tall pole in his back yard, allowing me to shoot basketball well after dark. I guess if Mom hadn't insisted I come in once in a while for nonsensical things like baths and homework I would have stayed out there past bedtime. And I recall numerous instances where neighborhood boys and I played some form of baseball until it was actually dangerous because it was too dark to see.

Eventually I would go inside and clean up, then go into the kitchen alone because the rest of the family ate at normal hours, like normal people. Mom would explain to me what she had prepared and, unless it was a hamburger, I generally chose a bowl of Cheerios. Night after night I passed up different types of soups or casseroles or something both good and tasty, and downed some Cheerios before tackling my studies.

Mom was always worried about her baby, fearing I was malnourished because I was skinny and basically a runt compared to my classmates. Again, the doctor assured her, "When he's hungry enough, he'll eat." Only now that I'm trying to coax my dog into having a healthy diet do I understand my mother's frustration. Actually, that's not totally true because we had two daughters who also had their favorite meals and didn't want to try much else. Had I not finally admitted defeat in the "Battle of Eat Those Green Beans" I guess the older daughter Kelly and I would still be sitting at the table with stubborn wills these forty-something years later, waiting to see who would break first. And Lindsay was just like our dog: She would absolutely love Monday's breakfast, then throw a tantrum and refuse to eat the same thing the very next day. Fortunately, I didn't have to throw her stuff out; I ate it, and I hope that made my mom proud.

### MARSHALLESE LABOR DAY



#### **BY RICHARD BRUMMETT**

t was late at night on Labor Day before a long weekend of softball concluded in Paragould, with the entry from Hawaii topping Springdale to win first place and a \$10,000 prize in the National Marshallese Softball Tournament.

Twenty-two teams from across the United States gathered at the Paragould Community Center fields for the winner-take-all men's fast pitch event, and Parks Director James Kashak said it was seemingly an enjoyable experience for all involved. "They didn't really follow a bracket like we're used to setting up," he said, "with teams expected to be on the field at a certain time, or forfeit. They kind of did things their own way, at their own pace, but I think everyone had a good time."

The tournament is something the Marshallese community holds every year to honor its culture, with this being Paragould's first time to play host. "In Paragould, a lot of the Marshallese work at Anchor Packaging," Kashak said. Anchor and the Paragould A&P Commission partnered with the Marshallese coordinators to help fund the four-day tournament and aided in the planning process

The Paragould Marshallese community is up to around 300 people, and they have expressed an interest in making the tournament an annual local undertaking. "They're talking about possibly having a women's tournament, too," Kashak said. "They ate a lot of food, played music, and had a great time. A couple of families from the Springdale area put in applications at Anchor, so this was a good way to promote our city as well."











First pitch at opening ceremony by Paragould Mayor, Josh Agee.



The "Rijerakrok" (Voyagers) team from Paragould, AR.



Charles Stoddard and Marshallese Pastor, Ermi Drike.





Opening ceremony prayer by Ermi Drike.









Bucks give this package 10 OUT OF 10 POINTS



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#### **BY JARED PICKNEY**

n 2019, after a survey which involved over twenty thousand adults, the global health company, Cigna, came up with what it called the Cigna loneliness index. Here is what they found.

According to their survey 61% of Americans reported feeling alone or left out. Since that time, thanks to a global pandemic, loneliness has increased by 25-31%. This is a big problem, having profound negative effects on health and wellness. According to CDC:

Loneliness increases your risk....

... to cardiovascular disease by 29%

 $\dots$  of stroke by 32%

... of dementia by 50%

Loneliness is also associated with higher rates of depression, anxiety, and suicide. Similarly, loneliness is associated with poor coping mechanisms such as compulsive technology use, porn addiction, etc.

This is why, according to the HRSA, loneliness and social isolation can be as

damaging to our health as smoking 15 cigarettes a day.

Needless to say, our lack of friendships is killing us.

A true friendship is marked by mutuality, love, commitment, loyalty and encouragement. It provides a space where you can be known, belong and be loved.

You were made for friendships. But how do you develop them?

Prayer: Pray for God to give you the ability to develop friendships. Pray that He will place people in your life who you can cultivate deep friendship with.

Friendliness: Friendly people make friendship possible. Pleasant people who are optimistic and humble are much easier to get along with than a Prideful Paul or Negative Nancy.

Work: Nothing in life worth happening comes easy. The same is true with

friendship. A friendship worth having is a friendship worth working for.

Affirmation: If we will learn to affirm others we will develop friendships. Mark Twain said, "I can live for two months on a compliment." He is right!

Listening: Nothing is more important to a friendship than learning to be a good listener. People feel loved when they are listened to.

Acceptance: Rejections are around every corner. An open, accepting soul is like a well-lit home on a cold dark night.

Hospitality: Take the initiative to invite people into your life. Open up your home and share a meal with them.



## **DET** *of the* **MONTH SPONSORED BY ARPETS HOSPITAL**

#### **BY NATALIE ELIZABETH ALLEN**

Siggy, joined our family June 2022. She was a birthday present for me, but my husband and I had been discussing before whether to get our boys another dog, since we had lost our lab Doc last September.

Sigrid loves going on walks in the woods behind our house and playing in the pond. She always stays close to our two boys. She's super hyper but is the sweetest girl. Both of my little boys have autism and even though she's hyper she is good with them.

My younger son is more nervous around animals, and she has shown him that animals are just the best! She has been such a sweet addition to our family.

Want to see your pet featured in Premiere? Submit your pet via our Facebook post each month! Follow NEA Premiere Magazine to stay in the know.









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### LIBBY GLASCO HALLOWEEN LIGHTS BY CAITLIN LAFARLETTE



Something creepy, crawly, and spooky is brewing at 420 West Court Street in Paragould, just in time for Halloween.

Libby and Robby Glasco began creating their attraction full of skeletons and flashing lights around 2012, and it was eventually dubbed the "Halloween House" by families in town.

"That part makes me a little giddy, we have to admit," Libby said. "Occasionally we'll be in the front yard and hear someone yell, 'Hey, Mrs. Libby! Hey, Mr. Robby! When does Halloween House start?' I mean, how can you not love that, right?" The Glascos both love Halloween and realized their home would be perfect to decorate. Their first year didn't involve anything extravagant, but it has since grown.

"Robby started really amping up the technology so we could have the full 'movie,' as the little kids call it, experience for folks to watch on the lawn," Libby said. "One year I can remember folks would bring carloads of kids and they would put out blankets on our lawn and watch the house for hours."

She added that was probably her favorite year, though she and her husband became concerned about the possibility of someone getting hurt from the wires and cords. They then made efforts to set audiences up on the sidewalk or across the street.

"A lot of folks like to put their chairs and blankets out on the office lawn across the street and watch things, which we think is pretty cool," she said.

While Halloween lovers see the spooky, completed project, Libby and Robby do plenty of heavy lifting every year to bring their Halloween House to life.

"We have a lot of heavy pieces, some of which we've eliminated, scaled down, or found lighter ways to do it over the years, thank goodness," Libby said. "Every year we rent a U-Haul truck and pick up everything from storage, where 'Halloween' stays throughout the year."

The greatest reward the Glascos get from their Halloween displays is watching families spend time together.

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"We love peeking out of the curtains when we're not outside talking to people and just watching and listening as parents, grandparents, kids, just enjoy themselves laughing, getting a little spooked and just having fun family time together," Glasco said.

The pictures that come from the experience also bring the Glascos joy. Some families have taken photos on the lawn with different scenes from every year, and Libby and Robby get to watch the kids grow.

Visitors can experience the haunts around the second weekend of October, weather permitting.









### A DAY IN THE TREES

#### **BY CHUCK LONG**

There is something special about being amongst trees. The shade of an oak tree, the whisper of the wind through a pine tree, the smell of the fruit of a mulberry and the fall color of a hickory offers a unique picture of nature and a calming to the inner workings of a person's mind. We have climbed them, carved our names in them and maybe even fallen out of them. We have used them to heat our homes, as a food source and as landmarks. They have also played an important part in the history of Arkansas and continue to play an important role in our economy. Trees are an integral part of our lives and of the Natural State.

The forests of Arkansas were essential to the early settlers in providing lumber products for building and firewood. The forests also harbored all kinds of game, both large and small, that helped meet the food needs of those early inhabitants of Arkansas. In the late 1800s commercial logging operations began throughout the state. The approach to timber was much the same as the thoughts given to the fish and animals of Arkansas, that the resources would last indefinitely. But in only a matter of a few years it became obvious this was not the case. Once the trees were harvested much of the forest land was converted to farmland while other lands were decimated by timber practices that left very little resources for the future.

Fortunately, in the late 1800s and early 1900s, thought processes began to change and a move toward conversation began. This movement was the savior for the flora and fauna of Arkansas. Much like wildlife, forests began to be seen as valuable commodities for the future. The willingness of some political



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leaders to use their powers to conserve lands combined with the efforts of conservation groups to conserve the animals that inhabited them worked together to turn the tide and lay the groundwork for future conservation.

Franklin D. Roosevelt, the 32nd president, gave a glimpse into the thought process when he said, "A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people." With the conservation efforts and an emphasis on management, the Arkansas' forests that survived the slash and sell days are fairly healthy.

According to encyclopediaofarkansas.net, there are approximately 185 species of trees in Arkansas. Of these, thirty-one species are of the oak variety while maples and hickories each have ten species each. Thirty-five of the 185 are not native to the state.

The forests that adorn the landscapes play an important role in our state. Timber companies provide resources to the world through sustainable harvests while other forests provide recreation opportunities that include hunting, fishing, hiking and camping. All these forests are very diverse and vital to the Natural State.

One of the unique skill sets an outdoorsman who utilizes these forests must learn is tree identification. With 185 species across the landscape this can sometimes prove difficult, but this skill can be the line between success and failure. It is important to be able to identify food sources that might be used by wildlife and to identify trees that might meet other wildlife needs. It is also important to be able to identify as to their other possible uses like firewood or harvest for milling. Many of the leaves and bark look very similar so a good tree guide can be very beneficial. We used the book "Trees, Shrubs and Vines of Arkansas" by Carl Hunter as a textbook in college and it is still the book I use. Most of the identifications in this book are based on leaves and/or fruit. There are several other great identification guides on the market that can be specific to an area or more broad in scope.

I am old school so I prefer hands-on ID, but there are many apps that can help with tree identification. These apps are very user friendly and can be handy for a walk in the





CHUCK LONG Avid Outdoorsman Retired Outdoor Educator

forest. PlantNet and LeafSnap are two that I have heard good reviews from users.

Not only will a basic knowledge of trees help a person with their outdoor pursuits, it can also be valuable around the home. Many folks are becoming more desirous of native plants that offer the benefits of spring and fall color or wildlife attraction and learning a bit about trees can help answer these questions. The local Extension Office or landscape professionals can help with choosing trees that are native and beneficial.

Wanting more trees in your yard or on your property? Now is the time to plant. An old Chinese proverb says, "The best time to plant a tree was 20 years ago. The second-best time is now." This is a very true statement. A person who plants a tree often realizes they will see no benefit, but the benefits will be garnered by someone in the future. Warren Buffet said, "Someone's sitting in the shade today because someone planted a tree a long time ago."

As we jump into fall, take a look around and admire the woodlands of our great state. Not for the forest, but for the uniqueness of each individual tree. We often say "we cannot see the forest for the trees" but it a great refresher to sometimes enter the woods and admire each tree for its own beauty. Take some time this fall to get out and enjoy some time in the woods and I hope to see you out there!



## THE AMMC FOUNDATION'S 27TH ANNUAL GOLF TOURNAMENT



rkansas Methodist Medical Center held the 27th annual Foundation Golf Tournament in September at the Paragould Country Club.

Over 200 golfers supported the AMMC Foundation and participated in a four-person scramble with a morning and afternoon flight. Pepsi served as the Event Sponsor for the tournament.

Over \$77,000 was raised to benefit programs and services provided by the AMMC Foundation. This year's Corporate Sponsors were Kindred and Glen Sain. Stephens, Inc. was the Premiere Lunch Sponsor.

For information on how to support the AMMC Foundation, visit www.myammc.org/foundation.









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The Basic Bee Spa





he Basic Bee Spa in Jonesboro arose from personal loss but quickly turned into personal gain.

Founder Melissa Alonso said her now deceased grandmother had been diagnosed with throat cancer at the same time a friend "who started the *Bee Pampered* program with me had lost her grandmother to breast cancer. We came together and wanted to pay it forward and help those that have survived and are in remission."

Their free service program for cancer survivors started in May of 2019 and even though they had to stop due to the Covid outbreak, they "have been trying to get it back going," Melissa said. "We'd like to have a free event one Saturday a month, if possible."

The spa's name was derived from the thoughts of "Bee Pampered and Beat Cancer," Melissa explained. "I'm an aesthetician and offered basic facials, Jessica Cossey is a hair stylist and offered a shampoo, cut and blow dry. Carrie Schoolfield, a makeup artist and hair stylist, offered makeup and Kyra Lara, our nail technician, offered manicures. We came together from different places to pamper all the clients under one roof.

"We didn't realize that more would transpire from this program we offered. We thought we were just making them feel special. Having everyone that went through similar journeys they were able to talk about their stories and relate with one another."

She said a unique aspect of the venture is that "we are an all-women owned and run business."



2317 Stallings Ln., Suite B Monday-Friday 7:30 a.m.-8 p.m. Saturday 9 a.m.-5 p.m.

### BIRTH ANNOUNCEMENT



Waylon Wayne McClelland

Paragould residents Nathan and Phalycia McClelland welcomed their newborn, Waylon Wayne McClelland, into the world May 27, 2022.

Waylon was delivered at St. Bernards, weighed 6 pounds and 5 ounces, and measured 19.75 inches in length.

Waylon was also welcomed by Cheyenne McClelland (sister), Evan and Tina Hyde (grandparents), Marlin Hyde (uncle), Rodney and Lora McClelland (grandparents), and Ava Lou Hyde, Carol Pillow, Eva McClelland, and Donnie Scott (great-grandparents).

Photo by Shelbye Jones Photography

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## GET DOWNTOWN FESTIVAL



The 6th Annual Get Downtown Festival kicked off on Friday September 16th with the "Block Party" and a movie on the big screen on Pruett Street. Saturday was full of family fun with a run for all members from a 1k to a 10k, even a Doggie Run!

Live music was performed on three stages and a day full of Kid Activities at the Kids Pavilion featuring the Kindermusik and a magician, among others, took place. New this year was Touch a Truck and a talent contest.

James Scritchfield won the \$500 in the Find Foodie hunt and the talent show winner was Brayden Smith with Ella Murray taking second place and the Flamingo Cheer Team third.

Universal Crush performed as the headliner after a day filled with music, food, and fun. The Greene County Future Fund and the Paragould A&P Commission present The Get Downtown Festival to bring the community together downtown and raise funds to continue the progress of a greener community with opportunities to experience the outdoors for a healthier lifestyle.

Funds raised from the event have helped with the Eight Mile Creek Trail, bicycle racks in downtown, recycling bins for residents to participate in curbside recycling and more.

For more information on Greene County Future Fund log on to greenecountyfuturefund.com





Early Voting - Oct. 24th Election Day - Nov. 8th

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### Meet Positive Change.

Kira is using her single parent scholarship to study nursing, so she can take care of patients — and her baby. Ready to help hardworking single parents succeed? Donate now at **aspsf.org**.



### "Having this type of program and people to reach out to is truly a blessing."

Kira A. & her daughter Arkansas Single Parent Scholarship Fund Recipient



## THE DELTA SYMPHONY ORCHESTRA GALA

The Delta Symphony Orchestra Gala celebrated with Autumn in New York at the Gardens at Harmony in September. The voice students of Jenny Powers, Jonesboro's Rising Stars, performed for the patrons.

Robin Yates and Mauri Shotts Rogers gave the tribute to J.D. Kelly as the 2022 Gala Honoree, and Auctioneer Tom B. Rhoads directed a lively auction helping the event raise close to \$20,000.

The Gala benefits the Delta Symphony Orchestra's efforts to bring performing arts to Northeast Arkansas. The 2022-2023 season will kick off with Halloween Spooktacular on October 23 at Riceland Hall, Fowler Center on the ASU campus.

For season ticket information go to deltasymphonyorchestra.org or call 870-761-8254.









Allen & Danna Williams



To our community, partners and providers, thank you for your support and a successful 2022!



Ava Little & Harrison Herget



Dr. Neale Bartee, Carolyn Samuel, & Martha Jean Swindle



Mike Doyle & Cheryl Pasmore



Shelly Gist & Devin Lamb



Wilson Ouyang & Amelia Ouyang



Ensley Heringer & Maryam Khalil



## GILDA'S CLUB



#### **BY CAITLIN LAFARLETTE**

pril Biggs has always been close to her family, but a breast cancer diagnosis in 2020 brought her and her three sisters even closer, especially after her older sister was also diagnosed. Now, Biggs is in the process of building a Northeast Arkansas chapter of Gilda's Club to give families support when their loved ones receive a cancer diagnosis.

Gilda's Club was first created in New York City in 1991 to honor Gilda Radner, a Saturday Night Live comedienne who died from cancer in 1989. The goal of the organization was to create a welcoming place for people to learn together how to live with cancer. In 2009, the group joined with the Wellness Community to become the Cancer Support Community, and now hosts 175 locations around the world.

"I've been fascinated with her since I was young," Biggs said of Radner. She even wrote a book report about the celebrity, so it seems fitting she is now creating a Gilda's Club chapter in NEA, with a center in Jonesboro.

"The great thing about Gilda's Club is it's not just for cancer patients, or people going through cancer," Biggs said. "It's also for family members because you kind of forget that they're going through it, too." Whether that's a spouse, children, or other family members, The Clubhouse offers psychosocial care for everyone at no cost.

Biggs received her diagnosis in October of 2020. The following May she received a double mastectomy, the same month her sister Amber was also diagnosed with breast cancer. In August, Biggs completed her radiation on the same day as Amber's double mastectomy. Three months ago Biggs was told her cancer had spread to her bones but she is currently on a new treatment.

"The journey now is new treatment," she said. "I just want more time. There's so much to do."

Throughout this journey, she was introduced to Jennifer Morgan, the board president of the NEA Gilda's Club. Morgan herself attended Gilda's Club as a teenage cancer patient.

"Her vision is kind of what we are following," Biggs said.

Gilda's Club is currently in the fundraising and creating awareness stage. Once the center is completed visitors will have access to health and wellness, arts, teen





and resource areas, as well as licensed providers leading support groups. Biggs hopes this will provide the community with "a place to go where it's not gloom and doom." Biggs' family has remained a source of support the last two years, and she said her diagnosis made all her relationships stronger.

"My sisters, they're my biggest cheerleaders," she said. "Well, they're my best friends."

After Biggs and her older sister were diagnosed, her two younger sisters now receive mammograms and breast MRIs once a year. However, this isn't their first run-in with cancer. Biggs' mother was also diagnosed around 2015.

"Women really have to speak up for themselves," she said. "Selfexams are so important. Early detection is key with breast cancer."

To learn more or to donate, contact director@gildasclubnea.org or call 870-586-8660.













October 2022 Premiere 23

### AMYOTROPHIC LATERAL SCLEROSIS ASSOCIATION WALK TO DEFEAT ALS

t was the Inaugural Jonesboro Walk to Defeat ALS on September 10th at Joe Mack Campbell Park. Teams registered both prior to the event and the day of to honor someone with Amyotrophic Lateral Sclerosis (ALS) or just to support the cause. Participants walked in memory of someone who passed from ALS, if they battle ALS, or wanted to honor someone





who has ALS. They received a t-shirt and a key lanyard. The key lanyard symbolizes the "unlock ALS" theme – you never know who holds the key to unlock the cure.

This year, 134 people registered and 55 volunteered. There was no cost to participate, donations only. All funds go directly to the ALS Association of Arkansas to help with ALS specialty clinics in Arkansas, medical supply loan closets, support groups, and a portion goes to national research. It was a wonderful success. Together they were able to raise \$48,681. There were plenty of activities available -- live music, raffle prizes, vendors, food, a bounce house for kids, and a short walk. At the special ceremony Champion of Hope, Eric Brown shared his experience living with ALS and special awards (largest team, highest fundraising team, and honored the caregivers) were given.

Carly Brasher-Porter introduced the event

to the NEA area after her father, Philip Brasher, passed away in May of 2021 after being diagnosed just three years prior. Carly navigates a life with ALS as well. She desired to give back to the ALS organization that has been offering love and care to her, her father, and mother. Carly hopes to bring better attention and awareness to this fatal disease that still has no cure.

Interested in more information? Contact: Amber Clark (903) 277-6533 amber.clark@als.org









### SENIOR B.E.E.S.' 50TH

#### **BY RICHARD BRUMMETT**

Special visitors and guest speakers were front and center in early September when the Greene County Senior B.E.E.S. celebrated 50 years together at their building in Paragould.

Paragould Mayor Josh Agee, Greene County Judge Rusty McMillon, Melissa Prater of the East Arkansas Area Agency on Aging and B.E.E.S. Executive Director Carol Fleszar all took brief turns at the microphone to express thanks and honor for all the B.E.E.S. have been and have become in their time together. Fleszar directed attention to Kay Greenway, one of the driving forces behind starting and keeping the B.E.E.S. program alive -- as well as serving as the longtime program director -- calling her a "wonderful mentor and friend."

Several others from the community dropped in to congratulate those in attendance and to convey wishes for many more years of seniors' activities in Paragould.



Effie Hale, Pat Austin, & former B.E.E.S. Director Kay Greenway





Mayor Josh Agee & County Judge Rusty McMillon



Carol Fleszar (B.E.E.S. Director)

Melissa Prater, East Arkansas Area Agency on Aging





### TRICK OR TREAT

onsters and Manners can peacefully coexist during Halloween. Whether attending a fall festival, a holiday carnival or a costume party, when saying "trick or treat," the accompanying words "please" and "thank you" can work wonders as ghosts and goblins fill their sacks with Halloween goodies.

With the emphasis on "BOO!," not "BOO HOO!," here are some quick tips to make sure the evening is safe and fun:

**BOO!** 

### DOS - FOR TRICK OR TREATERS

- Do say "Trick or Treat" or "Happy Halloween."
- Do say "Thank You" when someone

## MOORE MANNERS

gives you candy or a treat.

- Do wear flame resistant costumes.
- Do wear light reflective clothes.
- Do take along a flashlight or a glow stick.
- Do wear reflective tape on costumes to increase visibility.
- Do travel with friends.
- Do look both ways before crossing the street.

### DOS - FOR PARENTS

- Do review basic safety rules before going out to trick or treat.
- Do have an adult accompany small children.
- Do remember to keep costumes and disguises appropriate for the child's age.
- Do know where your children are going and with whom.
- Do remind your children to bring home candy and other treats for your inspection.
- Do provide adequate lighting for trick or treaters.
- Do keep the porch or your designated area safe, so that visiting trick or treaters don't get hurt.
- Do explain the consequences of vandalism to your children.



### **BOO HOO!**

### DON'TS - FOR TRICK OR TREATERS

- Don't forget to use the words "please" and "thank you."
- Don't grab candy.
- Don't whine if you get something you don't like.
- Don't go to unfamiliar places, unaccompanied.
- Don't wear masks that obstruct your vision.
- Don't wear ill-fitting clothes that can cause you to trip or fall.
- Don't go to a house that does not have the porch light on.
- Don't run through flower beds or other carefully tended areas.



- Don't touch decorations, when visiting houses, unless you have permission.
- Don't litter the yard with candy wrappers.

#### BOW-WOW AND MEOW

According to the American Society for the Prevention of Cruelty to Animals don't forget about your pets during Halloween. Dogs and cats can scare easily.

If you decide to dress your pet in a Halloween costume:

- Do make sure your pet's costume is free of small pieces that he might chew or swallow.
- Do be sure your pet's costume does not restrict him. The costume should let the pet move, breathe, hear, bark and meow.
- Do keep your pets away from strangers, loud noises, and flashing lights.
- Don't let your pet eat your chocolate or any other of your treats.

### "DOUBLE, DOUBLE TOIL AND TROUBLE"

With all the excitement that Halloween brings there are more dangerous things than the curse from the three witches in Macbeth. According to the Centers for Disease Control and Prevention, the rate of children hit and killed by cars increases on Halloween night.

To help avoid accidents:

- Do use caution when driving during Halloween festivities.
- Do watch for children who may dart between cars.
- Do be aware that children can easily trip and fall when wearing costumes.
- Do buckle children in car seats, booster seats and fasten their safety belts.
- Do remove costume elements that interfere with children being properly restrained.

### HALLOWEEN COSTUMES

Since many parents voice safety concerns, costume parties, holiday carnivals, haunted houses and fall festivals have often replaced door to door trick or treating. Halloween costume parties are not only for children, but adults as well. Children's costumes are traditionally witches, ghosts, princesses, pirates, vampires, current cartoon characters or action heroes. Adults also favor traditional costumes along with dressing up as political figures, movie stars, famous or infamous characters or as popular sayings.

According to Matthew Shay, National Retail Federation's president and CEO, Halloween is increasingly being celebrated by adults and children alike "as a welcome break from reality."

### QUOTE OF THE DAY: "CLOTHES MAKE A STATEMENT. COSTUMES TELL A STORY." - MASON COOLEY

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



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### MEET THE ART LEAGUE JONESBORO PUBLIC LIBRARY SPONSORED EVENT



uesday, September 11th, the Jonesboro Public Library sponsored the Meet the Artist League event from 5-7 p.m. The doors were open to the community and other artists to explore and learn more about the Art League. Refreshments were served as guests perused the various members' art collections.

For more events at the Jonesboro Public Library, visit www.libraryinjonesboro.org











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\*21-month CD will renew as an 18-month CD and the 16-month bump CD will renew as a 12-month CD.

\*Refer to our Customer Service Specialist for additional terms and conditions.







Protecting my peace is something I have finally learned how to do. And I honestly don't know if I could have achieved this before having a baby.

As I left high school, I imagined I would leave all those teenage problems behind. But college was more of the same: same drama, same difficulties, just at an older age. I graduated and joined the real world, but I found myself still getting caught up in what I thought at the time were disasters and life-ruining experiences.

When my daughter came along, that all became background noise, and not just because I had to focus on keeping another human alive 24/7. I finally felt at home in my own skin and mind. I had found my purpose. Nothing can get in the way of that.

I was recently in a situation where I was in the presence of a person who, years ago, had extremely ill intentions toward me and acted on those intentions. It was the first time I had been anywhere near them since then and my first reaction was to panic. I couldn't leave and I certainly didn't want to speak with them. And it hit me: I didn't have to. There were other friends surrounding me I could immerse myself with, and that's just what I did. I stayed away from the person who hurt me and was able to enjoy my day.

I am confident the only reason I was able to overcome that panic and onslaught of terrible memories is because I knew what really mattered in that moment, and it wasn't that person. I had my daughter waiting for me at home where we have built a beautiful life. Those are the things that deserve my attention and energy, not the gloomy ghosts of my past.

Healing is by no means a linear journey. There are plenty of ups and downs, with bouts of grief that come like waves. However, my daughter is the light at the end of the tunnel I didn't have before. That is the best reward of all.

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This is the Junior Auxiliary of Paragould's annual fundraising event that makes it possible to help schools, children and families with small children in Greene County for the coming year!

There will be a cocktail 30 beginning at 5:30, followed by a dinner and casino gaming. The bar will be open all night, as well as local band Everyday Life playing! Tickets are \$55/person or \$100/couple. Advance purchase is encouraged, but a limited number may be available at the door! Please contact any JA member for tickets or sponsorship opportunities!

SATURDAY, OCTOBER 8, 2022 AT 5:30 PM

Paragould Community Center



What is your favorite thing about fall? Is it the change of the leaves and crisp cool air? Or is it the warm fulfilling food and pumpkin desserts? Let's be honest, it's all amazing, but here at Rouge, our favorite has to be Fall Skincare! Yes, you read that right-Fall Skincare! This time of year, we love to dive into Eminence Organic's Fall line and we have just a few favorites!

Fall is Here!

First on the list is the Yam & Pumpkin Pro Enzyme Peel 20%. This professional treatment accelerates the exfoliation process which removes dead skin cells, reduces the appearance of pigmentation, fine lines and sun damage. The natural enzyme content of yam and pumpkin will leave your skin appearing firm and radiant! You can even up your at-home skin care routine with the Yam & Pumpkin Enzyme Peel 5%! (20% product can ONLY be used in a professional setting whereas 5% may be used at home)

Next is the Pumpkin Latte Hydration Masque! This face masque helps restore the skin's natural moisture balance and with the help of Vitamin E and Omega 9 nutrients, it also fights the appearance of aging and environmental stress on your skin. (Plus it smells SO dreamy) This product can be used in a professional setting OR at home!

Last on our list is the Turmeric Energizing Treatment. If you like all things spicy, then this is the product for you! It is formulated with turmeric, citrine gemstone, and zeolite which will help purify and soften the skin, brighten your complexion, and gently draw out impurities without stripping the skin. This can also be used in a professional setting or at home!

Call or message us today to give one of these amazing products a try during any one of our Fall Special Facials!

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### MAIN STREET PARAGOULD

A total of eight mural installations appeared during Paragould's Get Downtown Festival on September 17. Main Street Paragould provided the canvas, and the artists provided the talent.

Art Alley's new colors can be found between Peak Fitness and RockStyles on the 200 South block of Pruett Street in Downtown Paragould.

Dozens of volunteers arrived for the workday and painted the murals. From an '80s theme to a hunting theme mural, the alley now has something for everyone.

"It's great to see the community get involved in this project. That's what Downtown is all about," Main Street Paragould Executive Director Miranda Reynolds said.

Art Alley will change indefinitely. In 2023, artists can apply to paint one of the eight sections of murals to put their own creativity on display.

Are you an artist who would like to join? Visit Main Street Paragould's Facebook or contact Miranda Reynolds (870) 240-0544.



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Never miss out on the fun happening in NEA. Keep up with local events like festivals and live music at exploremorenea.com/community-calendar

## GREENE COUNTY PUBLIC LIBRARY TELESCOPE DONATIONS



The Greene County Library has telescopes patrons can check out to encourage and improve interest in astronomy. Through a grant in cooperation with the Arkansas Natural Sky Association and the Arkansas Space Grant Consortium, the library has two Orion StarBlast 4.5 inch Astronomical Telescopes. These telescopes are suitable for viewing the moon, brighter planets, such as Saturn and Jupiter, and bright comets.

In addition, the library has star maps and instructional materials available for checkout as well. Sept. 25th through Oct. 1st is National Library Telescope Observing Week.

Call the library at 870-236-8711 for more details.



Jeffrey Hoeper (Arkansas Natural Sky Association) & Mike Rogers (Library Director)



## Greene County Community Fund's BIRTHDAY



#### **BY KAROLINE RISKER**

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It came about after Alfred Herget became president of the Chamber of Commerce and asked Fred Wulfekuhler if he would get such a fund started. He agreed. One day Fred called and said he would be coming by Alfred's office at noon. He brought with him a list of 12 names of people who could head such a fund. However, whoever agreed to start it would need to go to Little Rock for a one-day seminar the next day. They called on people, a few who were interested but couldn't commit to the seminar. They called on the last person on the list, Bob Branch, a local attorney, who said simply, "No problem." As Alfred Herget said years later recounting the memory: "Bob Branch deserves much of the credit for starting the fund in 1962."

In the first year they raised money and distributed it to: Boy Scouts (\$1,062.50), Red Cross (\$1,000), Goodfellows (\$300), Heart Research (\$450), Girl Scouts (\$450), Association for Retarded Children (\$625), Cancer Research (\$782), and Children's Crippling Diseases (\$1,620).

Over the years they have raised thousands of dollars for dozens of organizations. Last year they raised \$150,000; \$100,000 went back out to the agencies they serve, according to Executive Director, Lauria Baker. In 2022 they accepted 12 agencies to help; they have 15 slated for next year. They also have an emergency fund, or special needs fund, that covers services that didn't fall under any organization umbrella; they also give scholarships. This year they would like to raise \$300,000, double the amount from last year. The increased sum is due to the three additional agencies they will raise funds for and from numbers being down from Covid. If that goal is met, all of the agencies will get the full amount they requested. "The goal is always to give what they ask for and see what God provides," said Lauria.

To be selected to receive funds, a nonprofit organization must apply. They undergo an interview, then the board of directors made up of community leaders and business leaders agrees which agencies will benefit. Fund raising begins each year on August 1. That money goes into a distribution fund which is then given out to the agencies. The amount given is based on what they are asking for, how much they are asking for, and whether the service is vital to the community and if it meets the needs of citizens in Greene County.

The Community Fund raises money in a variety of ways, including payroll deduction, roll giving, asking people to give through HR departments, and donations through the website (www.gccfund. org) where you can give quarterly, monthly, and one-time. A new program they have begun using is called the round up app. The app will take you to an area where you can decide until you tell it otherwise to round up to the next dollar and send it to the GCCF. It's giving "one dime at a time, taking a few cents here or there, rounding it up and giving to the community," said Lauria. "It's very workable. It can be flat, across the board, or a designated area. Monthly or one-time giving are options, too."

Another fundraiser is the celebrity waiter dinner which pairs local celebrities to come in and wait tables for tips. "It's a fun way to give back to the community and have fun while you're doing it," said Lauria. "Each table is represented by a company and the tables with the most tips are the greatest showman in Greene County."

This event is held annually in September.

In April the GCCF does a big presentation of those helped in the last year.

September 12 was designated by mayoral proclamation as Greene Gives Day, a day set aside for Greene County to recognize nonprofits in Greene County. "It's a reminder to everyone that we are taking a day designated to ignite the spirit of giving across the region and give recognition to non-profits in Greene County," said Lauria. "We are asking everyone to give something, even a dollar to remember that our non-profits need us every day."

"With every contribution, no matter how big or small, we're able to continue our growth as a community and as thriving individuals. Our donations contribute to causes that range from local support of agencies such as Greene County Boys and Girls Club to raising aid for college scholarships. It's our hope that you will join our cause in keeping Greene County a place of opportunity."

The Greene County Community Fund is located at 401 S. 3rd Street, across from Ima's. The email address is give@gccfund.org. You can find out more at its website at www.gccfund.org.





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## ARKANSAS METHODIST MEDICAL CENTER'S



rkansas Methodist Medical Center hosted the annual AMMC Men's Health Fair in September at the Paragould Community Center. Over 200 men from Northeast Arkansas attended the free one-day event, and this year's theme was Treasure Your Health.

AMMC provided free cholesterol, glucose and PSA screenings, and participants were able to receive information from vendors in the healthcare field. Some of this year's booths represented mental health, cardiac rehab, home health, physical therapy, insurance, eye care, fire protection, assisted living, dental, chiropractic, and dermatology. The AMMC Diabetes Clinic provided information regarding diabetes and served healthy breakfast burritos and chicken wraps. The AMMC AR Saves program had an on-site interactive brain and showed how to look for the signs of a stroke.

"AMMC is excited to host the Men's Health Fair and bring awareness to healthcare services offered in Northeast Arkansas and Southeast Missouri. Our hope is to help our community live a healthy lifestyle," said Ashley DeWitte, AMMC Director of Education.









Week Days: 7:30am - 5:00pm Wednesday: 7:30am - 12:00pm Saturday - Sunday: CLOSED

#### **Dr. Emily White Carter**

2711 E. Kingshighway • Paragould, AR 72450 • (870) 236-3490 • www.paragouldanimalclinic.com
AMMC will host the Women's Health Fair on Thursday, October 6, from 6 a.m. -2 p.m. at the Paragould Community Center. The event is free to the public. For more information, call 870-239-7016.











**Jennifer Rollings** 

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### Scaredy Cats

#### WITH DR. KRISTIN SULLIVAN

alloween is a perfect time to talk about all things scary! For example, taking your cat to the vet can often be a very scary thing to do. Your cat is stressed out, which stresses you out, which stresses the cat out more ... and so it goes. It becomes a fear cycle that is ultimately avoided. Because of avoiding the dreaded stress of taking your cat to the vet clinic or hospital, many times I (as I'm sure many other vets) only see cats when they are sick. Sometimes I see an elderly feline friend that has never been to the vet before and is now over 10 years of age and I have no baseline medical history. Usually all of this is because it is so stressful on both the patient and the client to take them, so they only go when they are sick. In this chapter of Scaredy Cats, I would like to discuss ways to help reduce stress and an overall feline frenzy when going to see the veterinarian.

First thing to consider when getting your pet ready for the visit is to bring out the cat carrier. It is best to do this several days before your actual visit to allow your kitty-cat to become accustomed to its smell and presence. It needs to realize that this object is simply a box and not a kitty-cat-death-trap. Leaving the door of the carrier open and placing a blanket or towel inside may also help to reduce fear of the carrier. Cats are generally curious by nature and will, in their own time, walk about and smell the carrier and maybe even go inside to snoop around. Sometimes use of pheromone-mimicking products, such as Feliway, may also help to reduce stress. These pheromones make cats feel more relaxed and comfortable, providing a wonderful calming effect.

Second to consider: travel. Your cat has adjusted to the kennel and isn't absolutely terrified of the doom-box, but you still need assistance getting it into the kennel. I have seen many different variations and attempts for this; some are actually a bit comical for anyone to witness, including the owners themselves. One approach I have found most useful for almost any cat is the PURRito technique. You do just that. You wrap your cat in a towel, rendering it unable to free its legs and by doing so, it cannot hang on to every side of the kennel in an effort to stay out of it. You can generally easily place your frenzied feline in the kennel. This, in and of itself, reduces stress. Sometimes just trying to get your cat in the kennel is a very busy and stressful duty that both parties are almost completely frazzled just after getting the cat in the cat carrier.

Next to consider: Getting in the car and traveling to the clinic. Some cats get very carsick- always call your vet the week before in order to pick up any medications for nausea or mild sedatives so that you have them ready to go on the day you plan to leave. If your cat has never traveled in a car and you are unsure, it is always a good idea to call your vet practice to ask for any tips or techniques for your cat especially if it is not feeling well.

Ok. At this point, you have hopefully successfully gotten your cat to the vet and no one has cried or vomited and you haven't surrendered. Hooray! Now it is time for the vet visit itself. If the lobby is for all species of patients and you have an especially nervous cat, then you may ask for the option to wait in your car until time for your appointment, unless your vet hospital has a cat-only lobby and area such as our cat friendly side at ARPets. Once you get in the room, best to leave the carrier on the floor and if your cat seems calm, you might open the door to allow it to get acquainted with the surroundings. If your cat is vocalizing and appears as a lion ready to attack, maybe best to keep it in the kennel until the vet or the technician comes into the room.

Lastly, cats can sense fear and stress and react accordingly. Always try to speak to your cats in a soft and low voice to help soothe them. This will help them to relax if they know you are relaxed, too.

Taking your cat to the vet can be super scary and stressful, but I really hope these pointers help to eliminate much of that and allow for more successful and less stressful veterinary visits. If the visit isn't super stressful the first time, then they tend to improve with visits to come. Having regular vet visits every 6 months will help to better care for your cat because you will be able to implement more preventative medicine and hopefully avoid cat health CATastrophes. For more references on cat friendly clinics and tips, you can always check out the American Association of Feline Practitioners for other tips and guidance.

Hope you all have a Happy HOWL-o-ween!



MAKE AN APPOINTMENT: (870) 336-1000 • 10215 Hwy 49 N Brookland, AR 72417 • arpetshospital.com

### PERFECTLY PUMPKIN



#### **BY KATIE COLLINS**

The TV/movie version of fall is my favorite time of the year. The foliage is the perfect color with the leaves falling ever so delicately as a gentle piano melody plays in the background. I'm wearing the coziest of sweaters, and the temperature is just right with a chill in the air, but still tolerable thanks to that cozy sweater. Pumpkin treats are everywhere for everyone to enjoy. My fall reality is usually plagued by a round of seasonal fall allergies and sinus problems due to the drastically fluctuating temperatures, waking up

in the morning needing a hoodie, but needing to switch to shorts and a t-shirt by the afternoon. Ah, fall in the south!

No matter which fall reality you live in, those pumpkin treats can still be everywhere for everyone to enjoy. I was so excited to start baking with pumpkin this year that I made the first batch of this month's recipe on Labor Day weekend! This recipe is quick and easy, and only requires three ingredients (four, if you count the water). These are great to make on a Sunday afternoon and enjoy all week long. This month we celebrate fall, pumpkin, and quick recipes with our 3 Ingredient Pumpkin Muffins.

Pumpkin Muffins	Makes about 18 muffins (in a standard size muffin pan)
Directions:	Ingredients:
1) Empty the dry cake mix into	- 1 box of Spice Cake Mix (any brand)
a mixing bowl. Add the can of	- 1 15-ounce can pumpkin puree
pumpkin to the cake mix.	- 1 10-ounce bag baking chips
2) Measure ½ cup of water into	(choose the flavor you like best:
the empty pumpkin can and swish	butterscotch chips, caramel or toffee
it around; pour into the bowl with	bits, white or regular chocolate chips)
the cake mix and pumpkin.	••••••••••••••••••••••••
3) Stir well to combine, until you see	no more dry cake mix.
4) Stir in the baking chips.	
5) Use a non-stick muffin pan or line a cups about ¾ full.	muffin pan with cupcake liners. Fill muffin
6) Bake at 350° for 20-25 minutes, or	until done.
7) Let them cool in the pan for a few m	ninutes, then remove and place on a wire
rack to cool completely.	
	great warm - heat up leftover muffins for warm pumpkin treat!

### best of you counseling

### Why is Wellness Important?

Wellness is much more than merely physical health, exercise, or nutrition. It is the full integration of physical, mental, and spiritual well-being.



#### Why Wellness Matters?

 Wellness matters because everything we do and every emotion we feel relates to our well-being.

Remember that wellness is not simply the absence of illness or stress, but a broad practice of internal and external behaviors even when experiencing challenges

Putting wellness into practice means striving to be

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### AMERICAN C REAL MEN

The American Cancer Society's "Real Men Wear Pink" Arkansas set a goal to raise \$200,000 and is well on the way as of the kickoff event held at the Wildflower Event Center in September.

Distinguished men who have either an affiliation with or are connected to a community network are nominated and asked to serve and help the cause by raising funds and awareness for Breast Cancer.

Each "Real Man" and his respective entourage of supportive team members comes up with fund-raising plans to help reach the Arkansas goal. The kickoff event is intended to get them together and helps start the efforts. But several have already jumpstarted their fundraising as the total is already over \$50,000.

Real Men Wear Pink has raised over \$40 million since its inception, which fuels a live 24/7 helpline for answers and support, breakthrough breast research, and so much more. As a Real Men Wear Pink ambassador, leaders commit to:

- Wearing Pink throughout October
- Raising awareness for the cause through their personal, professional, and social media networks.
- Raising a minimum of \$2,500 to help the American Cancer Society fight breast cancer.

The 2022 Real Men Wear Pink Ambassadors have come up with some wonderful and unique ways to raise money and they need your help. From a Monster Mamo MASH Halloween Party to a European pheasant hunt, to an opportunity to win cash money, you are sure to find a fun way to support these "Real Men."

For all the ways to help a specific ambassador, log on to secure.acsevents.org and put your ambassador's name in the search. For more information on ASC log on to cancer.org.



### SCAN THE QR CODE TO DONATE



## N CANCER SOCIETY'S











PARTICIPANTS Aaron Duty Alan Morse Bradley George Cameron Campbell Chris Gamble Chris Fowler Cory Jackson Daniel Bryant Daniel Burks Guy Pardew Dr. Humdum Durrani Lee Kelley Matt Stolz Dr. Mazen Khalil **Rich McCain Rusty McMillon Trevor Harbers** 

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STARTING OCTOBER 26TH SIGN UP AT THESE SPONSORING LOCATIONS TO QUALIFY:

> JONESBORO LOCATIONS: DITTA ACE HARDWARE HONEY HUSH/WINLAKE MATTRESS & APPLIANCE

> > PARAGOULD LOCATIONS: SOUTHERN ROOTS PAISLEY PINEAPPLE PERFECT TOUCH GRACEFULLY SOUTHERN ACCESSORIES & GIFTS



### HELP YOUR BODY FIGHT SMARTER

#### **BY AMANDA YATES**

Today we are bombarded with news that "this substance has been linked to cancer" or "this will kill cancer" or "there is no cure," and while most of this information is untrue or misleading at best, what is true is that cancer is definitely a war... one with casualties, survivors, good days, bad days, and a lot of emotional trauma throughout. We know, of course, there is no miracle cure or guarantee in any course of treatment. There are some things you can do, though, to help your body fight back.

**1. Mushrooms:** Medicinal mushrooms like Reishi and Turkey Tail help to balance your immune system. They can regulate white blood cell counts and encourage macrophage activity, keeping you stronger and healthier while you're battling.

**2. Curcumin:** Curcumin, the active ingredient in turmeric, has been shown to "turn on" our body's natural tumor suppressing genes. Because it is also an antioxidant, it can protect healthy cells from the effects of cancer drugs. There are thousands of published studies on the benefits of turmeric. Many of these specifically focus on turmeric's anti-tumor properties.

**3. DIM:** Since we are talking about breast cancer this month, we must include this nutrient in our list. DIM is a compound found in broccoli and other cruciferous vegetables that can help with hormone regulation and estrogen imbalances. It can scavenge the "unhealthy" estrogens that deposit in cells and cause proliferation and bind them so the liver can flush them.

**4. Grape seed extract-OPC's:** Grape seed extract inhibits aromatase, an enzyme that converts androgen into estrogen.



High estrogen levels can cause cancer cells to grow and spread. OPC actually works great in conjunction with traditional treatments or as a stand-alone therapy.

**5. Iodine:** Iodine as well helps slow estrogen-based breast cancer and it helps with fibrocystic breast. Iodine also detoxifies harmful elements like bromide and chloride. One study found cancer patients had double the bromide levels compared to non-cancer patients. And of course, iodine promotes a healthy thyroid.

**6. Greens:** Green foods like Kale, Wheat Grass, Kelp, Chlorella, etc., give your body key nutrients to stay strong by providing much needed nutrition to damaged cells. They help keep your PH balanced and naturally help remove toxins.

There are many other things you can do to help your body when fighting cancer. We invite you to come speak to us about your specific needs at Jonesboro Health Food.





3102 SHELBY DR, JONESBORO, AR 72404 (870) 972-5270

### OCTOBER 22, 2022 CARNIVAL OF FUN

KIDS & FAMILY: 2PM - 4PM ADULTS: 6PM - 9PM

.....

### LOOKING BACK ON THE 2022





Rowan Wade Bryant (Mullet Competition Participant)









Robert & Shandra Trapp



Never miss out on the fun happening in NEA. Keep up with local events like festivals and live music at exploremorenea.com/community-calendar



Jordan & Jan Pugsley

The 2022 Greene County Fair hosted in Paragould at the Greene County Fairgrounds bustled with much life, food, and great fun! This year, several events were attended, booths and vendors visited, rides enjoyed, and a variety of food options were available.

From deliciously cold ice cream cones to pacify on a hot day and large iced lemonades to warm fresh foot-long corndogs, fresh pork rinds, loaded nachos, and funnel cakes, there was more than enough to satisfy one's fair food cravings.

A few special events to note were the mud race, mullet competition, animal judgings, demolition derby, karaoke, and live music performances.





### WILDFLOWER EVENTS AND ROOTS RESTAURANT



Kierra Forrester, Vikki McGee, Sonny Campbell, Alex Carson, & Cory Jackson

Wildflower Events and Roots Restaurant presented Songwriters Roots for a fun evening of talent, good food and great atmosphere.

The listening event and fine dining experience was a huge hit with Cory Jackson, Vikki McGee and Sonny Campbell offering behind the songs' stories while the talented Roots Restaurant offered a creole cuisine inspired menu in the beautiful Wildflower Event Center. Cheryl Davis, Director of the event, said, "I had been told many times by clients that Jonesboro needed an event venue for adults to enjoy a nice evening out other than just a bar or movie theatre. The event came about when I set a meeting with Wade and Vikki. We modeled the Songwriters Roots event after the Blue Bird Café in Nashville.

"The event gave us the opportunity to show the talent we have locally and appreciate their partnership for a very upscale classy event. My hope is to schedule this type of event on a regular schedule in the future."

Wade Quinn, Operating Partner at Wildflower Event Venue, said, "The Songwriters Roots Event was a true listening experience that allowed guests to enjoy the actual song influences, as told by the writers themselves and performed together. Vikki McGee and Sonny Campbell collaborated with Cory Jackson to create the actual performance. The storytelling was powerful and gave the songs new meaning. The culinary efforts featured chefs Paula Endara Lowe and Chef Karl Lowe of Roots fine dining restaurant.

"Given Vikki's Cajun background, the menu for the evening was based on her Louisiana upbringing, which is also evidenced in her voice. The décor for the evening, provided by Bearded Bouquet, further paid homage to the theme with floral and moss-covered tree branches and cattails and a few Mardi Gras beads for good measure."

He said Cory Jackson performed his new single "Your Love" for the first time in front of a live audience and added, "I believe this level of entertainment was a first in Jonesboro, in the form of a true listening event with fine dining. Wildflower Event Venue was the cherry on top for this event, providing a space that



Protecting our community against COVID-19 with free vaccinations, testing, and more! ¡Protegiendo a nuestra comunidad contra el COVID-19 con vacunas y pruebas gratuitas y mucho más! worked in unison with the culinary and musical performance. Given the success of the first event of this kind, we hope to bring other opportunities for Jonesboro adults to have nights out of the very highest quality."

Wildflower Event Venue would love to partner with the community to put on events that highlight local talent of all kinds. Contact Cheryl if you have an idea or if your organization is looking for a venue.



John & Candace Campbell



Cheryl Davis, Vikki McGee, Wade Quinn, & Nancy Pemberton



Mike Estes, Mayor Harold Copenhaver, & Kathleen Copenhaver



Selena & Brett Barber



### TOGETHER WE FOSTER





ogether We Foster hosted its first benefit dinner and auction at The Crossing in downtown Paragould September 16, 2022.

Charlie Brown with Open Hearts Ministries provided a delicious meal, along with the volunteer help of Kelsey Carter and her fellow Women's Social Club from Williams Baptist University. Auctioneers Jody Harris and Wendy Harris led the auction portion of the event, having traveled from Cabot to offer their services.

Together We Foster was previously known as Greene County Foster Parents Association. Upon expanding to other counties, they changed the name to be more inclusive of the areas they serve across NEA.

Their mission is to support and encourage each individual in the foster care reunification process. This includes the foster child and the biological family, the foster parents, and the agencies that are working for the best interest of the child. Together We Foster advocates for and brings awareness to the needs of these groups so they are surrounded with support and can successfully fulfill their purpose.













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### 5TH ANNUAL CASA GOLF TOURNAMENT



The 5th Annual Casa Classic Golf Tournament will be held at Sage Meadows Country Club on October 4th. This year's event is shaping up to be the biggest and best yet as they transition into a full-day tournament. They are expecting 160 golfers to join them for a great day of fun and raising money for CASA and children in foster care throughout Northeast Arkansas.

They will have a morning flight at 8 a.m. and an afternoon flight at 1 p.m. In addition, a new Ball Drop tournament has been added. One lucky person will go home with \$1,500 cash thanks to CASA's friends at emPower.

For the 4-person scramble - \$500 team fee.

CASA hopes to raise \$40,000 for this year's tournament.

RSVP to jeremy.biggs@neacasa.org to reserve your team spot or for sponsor requests.



### Coming Up

### JONESBORO POLICE DEPARTMENT'S 5TH D.A.R.E. TO TREAD THE TRAILS



oin the U.S. Renal Care and D.A.R.E. to Tread the Trail in Craighead Forest benefiting the Jonesboro Police D.A.R.E. program. Tread the Trails is a 5k, 10k, and half marathon trail run, and a fun mountain bike poker run at Craighead Forest Park Access 1 at the boat ramp on October 15 at 8 a.m. and on the 16th at 9 a.m.

Funds raised go to buy shirts, workbooks, supplies and graduations for all of the 5th grade students in the Jonesboro area. The D.A.R.E. program teaches approximately 1,300 students at Jonesboro, Nettleton, Valley View, Ridgefield Christian, and Blessed Sacrament schools.

"We have to fundraise all the money for our program. Each year our program costs approximately \$25,000," Cpl. Jamie Seaborn said. "We fundraise so that this program is free to all of our students."

Seaborn said the program is in need of items to be given away as prizes for the mountain bike ride and run, such as gift cards or other items.

"We are also looking for items to be put in our goody bags. We hope to have over 200 participants this year," Seaborn said. "We love giving our local businesses a chance to advertise their company for the city and for our D.A.R.E. program."

For more information go to Facebook and search dare2treadthetrails. To register log on to:

www.raceroster.com/events/2022/56342/ dare-2-tread-the-trails





#### EUROPEAN STYLE PHEASANT HUNT

### **Hunt For The Cure**

October 22, 2022 at Liberty Hill Outfitters (Located only 38 miles from Jonesboro)

**Sponsorships now available** 

Contact Guy Pardew 870-897-1251 or Marla Crancer 870-595-4017



### FIRST RESPONDERS DAY



#### **BY CAITLIN LAFARLETTE**

Firefighters, EMTs, and police officers are just a few of the first responders keeping communities safe and providing assistance during emergencies and disasters. October 28th is National First Responders Day and the Greene County Rescue Squad is one organization that sends out members to keep others safe.

Jacob Nunn, captain and treasurer of the Greene County Rescue Squad, has grown up around first responders since his father, Blaine, joined the team around 1995. "He was always the reason I got on," Nunn said. "I just always idolized him and wanted to do what he did."

Nunn recalled hearing his father run down the hall anytime his pager went off and his asking if he could join. Sometimes he was allowed to go on calls, sometimes he wasn't.

"As I got older, I realized there was a lot more to it than just wanting to do what Dad did," he said, adding how he witnessed how much his father helped the community in some of its worst times.

Nunn has held his current position with the rescue squad for about six months but joined in 2016. He explained the squad

### All the rumors are true. Nurses are happier here.

We're really excited about our new weekender programs. We now offer schedules that fit your life, and allow you to have the flexibility of spending time with your family, and having a career.

- Part-time RN Weekender Work two weekend shifts each weekend for a six week scheduling cycle and earn your base pay, plus a supplemental rate equal to your base – effectively doubling your pay!
- Full-time RN Weekender Add a third shift to the weekend by working either Friday or Monday, and you'll be eligible for full-time benefits and still earn base pay plus supplemental.
- 4/10 RN Weekender Work four days every other weekend (Friday – Monday) and you'll be eligible for part-time benefits and base pay plus supplemental.

Of course we also have our regular full-time, part-time, and PRN positions available as well too. Pick the schedule that fits your lifestyle and needs.

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was formed for vehicle extrications, and although that is primarily what volunteers are called out for, the team also aids in search and rescues, assisting other agencies, funeral escorts, and even grain bin rescues.

"We just do whatever we can for the community," Nunn said.

The squad's equipment consists of a command center, a Hummer for offroad rescues, a grain bin trailer, the main truck called Rescue 76 with the Jaws of Life, backup truck Rescue 77, and an individual light tower. Mobile crash carts and extrication tools also make up the equipment that helps these first responders save lives.

Past recoveries include a search and rescue for a 4-year-old child in Lafe, and a hunter who fell out of a deer stand near a sand pit.

"Anytime you can help somebody and you can just see it on their face that they're terrified, and lonely in some instances, the moment you can get them out in the ambulance, in better hands, it's an overwhelming feeling you can help somebody,"

Nunn said. "It warms your heart a little bit. I know it doesn't always end like that but you're just thankful for the times it does."

The squad is made up of volunteers who complete around 15 courses in their first year covering topics such as vehicle extrication, PPE, and FEMA. "That way, when you get on scene you know the proper technique and the way to do stuff," Nunn said.

For more information on volunteering or to pick up an application, visit 405 South 6th Street.









Downtown Paragould

### SHOP LOCAL BUSINESSES



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### SAVE THE DATE DOWNTOWN PARAGOULD EVENTS



Vct (sth

Plates on Pruett 100 North block of Pruett Street 6:30pm (Ticket Event) (870) 240-0544



TILTh/

Singo Bingo The Community Pavilion 7pm



Oct 13-15th

Matilda The Musical Collins Theatre 6pm-10pm



()ct/4th

Bluegrass Monday Williamson Branch Collins Theatre 7:00 pm



Oct14th Downtown After Hours Corner of Court Street & Pruett 6:30pm



Oct 29th

Trick-or-Treat Downtown Paragould 2:00 - 4:00 pm

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



Like us on Facebook to stay updated! **f** 870-236-3286 | championsgymnasticscenter.net



October 2022 Premiere 55

### explore DOWNTOWN JONESBORO







56 October 2022

### HAPPENING SOON IN DOWNTOWN JONESBORO



Oct 7th Seven Hollows First Fridays at The Forum 7:30pm FOA



INVESTMENTS



Oct 14th - 16th

Annie Jr. The Forum 6:00pm - 2pm FOA



Oct/5th Jonesboro Fall Fest

Rotary Centennial Plaza 9am - 2pm (870) 919-6176



ct 21 nd

Octoberfest Huntington Square 11am - 9pm (870) 530-9713



2nd Annual Ghostly Gala The Glass Factory 8pm- Midnight (870) 897-9696

Never miss out on the fun happening in Downtown Jonesboro; visit downtownjonesboro.com for an up to date listing of events.



October 2022 Premiere 57



**Events** 



#### Oct 6th

Women's Health Fair **Paragould Community Center** 6am - 2pm

#### Oct 8th

Walk Run Roll-A-Thon Sponsor: Jonesboro HDC Volunteer Council 4701 Colony Dr., Jonesboro, AR 7:45am-11:45am (870) 932-4043

#### Oct 15-16th

Dare 2 Tread Trails 5k/10k Marathon Trail Run **Craighead Forest Park** 8am - 9am (870) 897-8792

#### Oct 15th

**Bash Out Breast Cancer** Benefit Derby 1108 US 49 Hwy N, Paragould, AR 72450 2pm (870) 897-5638



Never miss out on the fun happening in NEA. Keep up with local events like festivals and live music at exploremorenea.com/community-calendar

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"Where the Prices Won't Floor You, but the Selection Will" 1709 N. Campground Road Paragould, AR (870) 236-1754 👎

58 October 2022

### NEA DECADES OF BUSINESS 2022





### IN BUSINESS SINCE 1914





When speaking of a business people have faith in, Paragould's Block Insurance comes to mind. You don't remain a part of the community for more than 100 years -which Block Insurance has done -- without earning the trust of those you're dealing with, and the Block team continues to build a solid future in customer and community service.

Founder Maurice Floyd Block purchased a small agency in Paragould in July of 1914. Having returned from World War I, he wanted to get married and thought he better get to work. So, he jumped into the insurance business and soon became recognized as one of the state's leading insurance agents.

Maurice remained a part of the agency until his death in 1965, and his son Bill then took over. Shortly thereafter Bill's son

We are committed to serving the needs of our clients and developing long term relationships.







#### 870-236-8744

60 October 2022



Jeff joined the agency, and in 2002 Phillip Greer become minority partner and then full owner in 2011.

"With any transition there is change," Phillip says. "We saw the most change in technology. Paper files to digital files, dual screens, online based phone systems, etc." He said in 2017, Block "joined Acrisure which has given us the opportunity to have a national network of resources. We can write all lines of insurance from personal lines, commercials lines, trucking, farm, aviation, cyber to life and employee benefits." But those changes in the way business is transacted did not change the most important part of the Block approach: It's people.

"Our employees are invested in the community between volunteering, being part of groups such as Paragould Leadership and Paragould Emerging Professionals, children's sports, and even church activities," Phillip said. "They all truly want to see Paragould become better. This has been a large part of Block from the beginning." Now 108 years old, Block Insurance is located at 32 Southpointe Drive in Paragould and is open Monday-Friday, 8:30 a.m. – 5 p.m. They can be reached by phone at 870-236-8744 or via email at service@blockinsurance.co to help with all customer needs.



### CELEBRATING OVER 100 YEARS OF SERVICE



Herren Tire Service was established in 1968 by the late Auslee Herren, at 500 East Kingshighway in Paragould. In the beginning, new and used tires -- including Jetzon and Remington tires - were sold.

As business continued to grow, a new facility was built at 700 East Kingshighway in 1983, the year of Auslee Herren's passing. Ivey Herren Sr. took on the role of leading Herren Tire Service to the lofty status it has reached today with competitive prices, honesty, and dependable service.

Ivey led the team and was a part of its growth for 44 years until his passing on July 30, 2020. The business is now running in its third generation. Ivey Herren Jr. has taken a leading role in the company, and takes pride in the service his grandfather and father had put into the motion.

The business specializes in tires, custom wheels, alignments, brakes, shocks and struts, oil filters, lube jobs, batteries and road service, boasting over 200 years of experience.

"My dad said it best, that we have a reputation for being dependable and honest," Ivey Jr. said. "It's truly an honor to be a part of this establishment and carry out the legacy.

"We couldn't do it without our team. I'm thankful for God giving us the wisdom and knowledge to move forward with our loyal staff that will provide dependable and





870-239-8466

Monday - Friday 8am-5pm / Saturday 8am-Noon

honest service, just like my father and his."

Ivey said the company philosophy is to "treat others the way you want to be treated, and always be willing to do what it takes and be thankful for another day not promised."

He said when you walk through those Herren Tire doors, you're no longer just another number. You are family.

"I want to encourage someone today, that no matter what you have been through in your past, that you can overcome it," he said. "One day at a time, with your feet planted firmly, a smile on your face, and Jesus in the center. You got this."

Herren Tire can be reached by phone at 870-239-8466. It is open from 8-5 weekdays and Saturdays from 8 until noon.





### **CELEBRATING OVER 50 YEARS OF SERVICE**



Crowley's Ridge College's (CRC) founder, Emmett Floyd Smith Jr., had a strong desire to bring college-level Christian education to Northeast Arkansas. In 1953, Smith established a Christian secondary school, Crowley's Ridge Academy, and found that there was support for other Christian endeavors, such as Crowley's Ridge College.

Governor Orval Faubus helped turn the first shovel of dirt on January 29, 1964, at CRC's groundbreaking ceremony to begin construction of the campus. The official opening day for Crowley's Ridge College was July 6, 1964. Of the 80 Pioneers in the first class, 18 completed the requirements to receive an Associate of Arts degree at CRC's first Commencement exercise on June 18, 1965. Since then, more than 6,000 students have attended and CRC has conferred 205 bachelor degrees. Dr. Richard Johnson became president in 2020.

While CRC began as a two-year Junior College, being able to award Bachelor degrees in 2008 when the institution was granted accreditation through the Higher Learning Commission is a favorite moment that positively impacted the college's future as a higher education institution.

CRC's small size enables the staff to serve students in a special Christian learning environment. Students are supported both in and out of the classroom, ensuring their success in completing a college degree and in being prepared for a rewarding career, while knowing how to positively deal with the challenges of life. An abundance of CRC alumni have said their years at this college were among the happiest times in their lives.

Students are attracted to CRC because of its Christian principles, personal attention, numerous student activities, and affordable costs. CRC has a 10:1 student to faculty ratio.



100 College Drive, Paragould, AR 72450 www.crc.edu • 870.236.6901

Student activities include:

- numerous intramural activities
- retreats
- backpacking
- canoeing
- mission trips
- and many other fun things to keep students enjoying college life.

A campus ministry program, The Ridge Connection, was introduced to the CRC campus in 2020 as well, which hosts many events during the school year. Intercollegiate NAIA and club sports programs include: baseball, softball, men and women's basketball, men and women's golf, volleyball, Brazilian Jiu-Jitsu, and disc golf, featuring an on campus 18-hole course. CRC's costs are comparable to Arkansas' public universities and much less than most private colleges and universities throughout the state and nation.





#### Discover more information at https://crc.edu/wp/

870-236-6901

### **CROWLEY'S RIDGE COLLEGE**

presents Thursday, April 6, 2023

6:00 PM - Reception ★ 7:00 PM - Event

For sponsorships or to buy tickets: Go to www.crc.edu or call 870.236.6901

### featuring Tim Tebow

"Tim Tebow is a two-time national champion, Heisman Trophy winner, first-round NFL draft pick, and a former professional baseball player. The five-time New York Times best-selling author, speaker, and football analyst is most passionate about his work with the Tim Tebow Foundation (TTF). whose mission is to bring faith, hope and love to those needing a brighter day in their darkest hour of need. The Tim Tebow Foundation is currently fighting for people who can't fight for themselves in over 70 countries and counting through 4 primary ministry focuses with 16 initiatives. Tim is married to Demi-Leigh Tebow, a speaker, influencer, entrepreneur, and Miss Universe 2017. Tim and Demi live in Jacksonville, Florida, with their three dogs, Chunk, Kobe, and Paris."



When Becky Murphy-Hatosy opened PostNet in Paragould in October of 2007 she had two things in mind. "I was looking for a way to work with people and fill a need in our community," she said.

Apparently, she has done just that.

Now 15 years into the printing and shipping venture, Becky said the combination of increased services and customer satisfaction makes the efforts worthwhile. "I love when customers pick up an order and are so excited or happy they cry!" she explained. "It makes my day. We offer custom work to each customer and give to them exactly what was in their mind, bringing their ideas to print."

Becky said recent expansion of services has helped satisfy customers on a larger scale, even better than before. "Now we are offering BIG," she said. "We have grown from 1-1000 copies to BIG wide format ... window mesh, banners, signage, and more."

Located at 1711 Paragould Plaza, PostNet is open Monday through Friday from 8 a.m.-6 p.m. and Saturdays from 10 a.m. until 2 p.m.



#### 870-240-0569

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### Dependable Printing & Shipping Solutions









### CELEBRATING OVER 10 YEARS OF SERVICE

October 2022 Premiere 67







Family ties run deep at Shear Elegance Full-Service Salon, with owner/ stylist Lora Prince Crossno carrying on a successful and respected business approach established by her mother, Debra J. Prince Williams.

Lora said her mom opened the original Deb's Hair Inc. on South 3rd Street in Paragould in 1984 and "I joined her in 1999. I started working with my mom on her 25th year of being a cosmetologist. I couldn't decide if I wanted to go into cosmetology or go to school to become a therapist. My mom advised me I could do both being a cosmetologist, which of course she was correct!"

Lora took advantage of the fantastic opportunity to work alongside Deb, learning not only the trade but also the important parts of developing relationships with customers. "While waiting on walk-ins, calls-ins, and trying to build my business I spent many hours enjoying and watching my mom work," she said. "I started dreaming big as the years went by. I wanted to expand but was scared my mom wouldn't move the business. I felt I couldn't do this business without her, or was even supposed to try without her," and in 2006 the pair expanded and named their new salon De-Lo's Hair Dimensions & Spa, from both their names.

Through the expansion Lora was able over the years to work alongside other talented artists like Jeri Baldwin, Dan Hendrix and Kristen Adams Earls and learn something from each, and in 2010 she became a business owner all her own when her mom decided to earn a college degree. Deb remained a part of the business as the two sort of switched roles and soon thereafter Lora met Kristen and they worked side by side until they eventually partnered up to continue the successful business.

They changed De-Lo's to Shear Elegance Design Team in 2011 and despite the fact that "life got in the way," as Lora explained, the shop still thrives. After about five years, Kristen decided to step down as a partner and just rent a booth while attending college in hopes of becoming a nurse and Deb started battling skin-cancer, Squamous Cell Carcinoma, in 2018. Lora rented a smaller space at 100 North Rockingchair Road, still hoping to work alongside her mother someday, but said, "Unfortunately, in January of 2019, the cancer won and Mom passed away. She had been a cosmetologist for 45 years and achieved her goal of getting a degree in dietetics."

Shear Elegance's continued growth led to yet another expansion and Lora was able to add Suites 4, 5, and 6 along with her Rockingchair Road address. She said Deb is still a part of Shear Elegance: "I still have so much of her equipment, pictures, and memories! I bought all new styling chairs when we expanded (except for mine). I still use her styling chair. It's old, I think close to my age, but it works and is still a part of her."

Shear Elegance is now a full-service salon, offering:

- Full Family Hair Care/All Chemical Hair Services
- Full Body Waxing
- Massage
- Hair & Lash Extensions
- Manicure/Pedicure
- Facials
- Microblading

Threadless Boutique is also inside of Shear Elegance, owned by Tiffany Langston, and open six days a week.

Lora said she loves sharing life experiences with co-workers and customers: "They have become part of my family and been by my side in each chapter of life over the years; the people I get to meet and talk with on a daily basis, and some have become forever friends; watching and going through each chapter of my clients' lives with them. Most of all I have to give credit where credit is due: my team, work family, and our clients. They make Shear Elegance what it is today. Without God, and all of them, I wouldn't be living out my dream! I think Deb would be proud of us all."



#### 870-239-5369

Monday - Friday / Saturdays are by appointment only







Caleb Hammon, Melissa Sutherland, Alan Walls, Cathy Cline, Garrett Hall, Virginia Walls, Shelly Allen

Virginia Walls is closing in on 30 years as a local insurance agent and financial advisor, and says making life easier for her State Farm customers is what keeps her going.



"We want to help our customers with all their insurance needs," Virginia

said. "We try to provide outstanding customer service and make sure our customers get all the discounts they qualify for. Insurance can be confusing, so we want to help. With all the challenges today, we want to help you find your Personal Price Plan by customizing your insurance to your needs."

She opened her Paragould office in 1993 and says she feels "blessed to be a part of this amazing company" as State Farm Insurance celebrates its 100-year anniversary nationwide. Establishing the Virginia Walls State Farm Insurance Agency continued a trend of family-owned business enterprises. Virginia's father-in-law, Bill Walls, had a State Farm agency of his own in Camden for 25 years, so for her and her husband Alan the insurance business was not unfamiliar territory.

The Virginia Walls agency offers options in auto, home, renter's, farm, business, life insurance, and annuities as well as disability, Medicare supplements and group life for businesses. State Farm has many new products including a guaranteed issue final expense policy. "We have several additional options for homeowner's policies, such as Service Line Coverage, Equipment Breakdown, and Identity Theft Coverage," Virginia said. "State Farm is one of the few companies that still offers





earthquake coverage as an option on their Homeowner's Policy. Earthquake coverage is very important because we live on the fault line."

State Farm is available 24 hours a day, seven days a week to take care of customers' needs and the Virginia Walls agency is licensed in both Arkansas and Missouri. State Farm MOBILE APP gives access to State Farm Insurance and financial information, and allows customers to manage their policies and accounts anytime, anywhere. Customers can get an auto, homeowners, renters, life and condo owners' insurance quote whenever they desire.

Virginia Walls State Farm Insurance is located at 2305 Linwood Drive in Paragould and may be reached by phone at 870-236-9544; by email at vw@virginiawalls.com; or on the company website at www.virginiawalls.com.

Those interested may call at any time for a free quote regarding their insurance needs.

870-236-9544

Monday - Friday 8:30am-5pm







Tracy Mothershed was a home baker who said her business "was taking over my house," so she made the decision to move to Downtown Paragould and set up shop as Something Sweet at 221 South Pruett Street.

Since opening the doors on December 6, 2011, Something Sweet has become known for its selection of "bakery, coffee and all things sweet," Tracy says. She has been in the business for more than 30 years and settled on the name of her delightful shop by tweaking the phrase, "I'm craving, or want, 'something sweet' to eat."

Some of her favorite moments center around watching children's faces when they see a cake made especially for them, or when a bride sees her dream cake as reality.

"Our shop is in the historic Downtown Paragould and has an inviting, unique atmosphere filled with all things sweet," Tracy is happy to say, "... baked goods, ice cream, a candy wall, coffee and more."

Something Sweet is open from 7 a.m. to 6 p.m. Tuesday through Friday, and 9 a.m. until 4 p.m. on Saturdays.



870-565-5169

Tuesday - Friday 7am-6pm / Saturday 9am-4pm

### White Inc. - Printing & Office Supply

IN BUSINESS SINCE 1964



Celebrate 50 Years 50-59 YEARS





When thinking of office furniture and supplies or printing services, White Inc. in Paragould quickly comes to mind ... and has for a long, long time.

White Printing Company, a business owned by Cal White in its earlier days, was purchased in April of 1964 by John McKenzie, Charles Northen, and Frank Schreit, Jr. The Office Supply Store was added shortly thereafter and now, 58 years later, their staff offers the same high-quality work that helped the company build its outstanding reputation.

Offering office furniture, office supplies, ink and toner, as well as business printing, the current ownership team of Ann McKenzie Noland, Eva (Schreit) Blackshear, Sara (Schreit) Morgan, Joe Schreit, and Anna (Schreit) Smith places great value on the relationships developed with customers in Northeast Arkansas and Southeast Missouri over the years. Joe became General Manager in December of 1997 while his wife, Jennifer, started working part-time in 2000 and took on a full-time roll in 2012.

They feel the ability "to provide quick turnaround and friendly service to our customers" is one thing that sets them apart. White Inc. can also boast employees who have a long history with the company. "Our salesman Neil Laffoon has been with us since 1976 and our print shop employees Susan Gist since September 2005 and Michael Biesiada since October 2015."

The Office Supply Store is located at 100 W. Main St. while the Production Printing Department can be found at 113 W. Emerson. White Inc. can be reached by phone at 870-239-8583.





John McKenzie

Frank Schreit Jr.



870-239-8583

www.whiteofficesupply.com







Larry Breckenridge with Larry's Auto has been in business since 1976. The original location was just a little over a mile from where the current location is at 1910 Purcell Road in Paragould. Larry was partners with Randal Clark for 20 years and his daughter, Annette Drew, came to work for him in 1997. A few years after Randal retired, Larry's moved to the Purcell Road location, and now has a second lot - Larry's Auto Sales #2- at 3519 Highway 49 North.

Annette and grandson Matt operate the main location. "We are a very family oriented business," they proudly claim.

"Our business has grown so much over the years. What started out as a small car lot with 30 or 40 vehicles has grown into two car lots with over 350 different vehicles combined on our two lots. We offer 0% interest financing as well as layaway. We love having our customers come in to make their payments. Some of them are like family since they and their families have been purchasing from us since the very beginning way back in 1976."

A disadvantage of owning one's own business is "you never can go home and leave work behind. It is always on your mind... that being said, we love our family and our business and hope to still be selling vehicles to our friends and neighbors in and around Greene County for the next 40 years."



870.239.9328 1910 Purcell Rd | Paragould, AR www.larysauto.net

870-239-9328

Monday - Friday 9am-5:30pm / Saturday 9am-2pm

72 October 2022



Lots of folks in the Paragould area think it's a blessing to have a good barbecue place in town but Dave and Lynn Aronson, owner of Ironhorse BBQ Co., say they are the ones who "have felt blessed by our community from Day One."

The business started as a convenience store/truck stop back in 2000 on Highway 49 North. Lynn ran the store the first couple of years and as business grew, Dave quit his meat cutting job and started barbecuing and cooking pork steaks.

"We started with four employees and now have 38. We added a mobile kitchen and catering trailer in 2004 and in September of 2015 we opened our second location, Ironhorse Steakhouse in the old Couch's BBQ location," the couple says. That restaurant is run by their son and daughter-in-law, David and Tiffany Aronson. "In 2019 we acquired 7th Street Market, across from 7th and Mueller Church of Christ."

The Aronsons say their business ventures outgrew their family "a long time ago. But we have been blessed with some of the best employees in the food industry and overcome obstacles continually."

The businesses' hours of operation are:

#### **Ironhorse BBO**

Highway 49 North Open Monday - Friday, 5am - 11pm (870) 239-9758

#### **Ironhorse Steakhouse**

2108 Linwood Drive Open Tuesday - Saturday 5:30am - 9pm (870) 236-7207

7th Street Market 1043 S 7th St. Open Monday - Friday 10am - 6pm (870) 236-2193







### **CELEBRATING OVER 20 YEARS OF SERVICE**



When you hear the words "MOR Media" your mind can go in several directions, all of them good. Maybe you immediately think of tuning in and turning up the radio, enjoying the offerings of 103.7 iRock, 107.1 Jack FM or Jill@99.3. Or maybe the publication you're holding in your hands right now, NEA's Premiere Magazine, brings a smile to your face, as can the digital platform ExploreMOR@nea.com, a guide to all that's happening and about to happen in our area.

This past April marked 20 years that MOR Media Inc. has been serving the community. What began as the purchase of a radio station by the team of Dina Mason, Brian Osborn and Peggy Richardson (MOR) would eventually turn into a multi-media platform including three radio stations, the magazine, and the digital platform. Peggy passed away in 2011 but her partners have kept MOR Media rolling along to the delight of readers, listeners and customers.

"We have loved every second of serving NEA, we still love serving NEA, and we look forward to continuing to serve NEA," the management team says. "We'd like to say thank you to our incredible community for supporting us over the past two decades. We will be finding ways to celebrate throughout the year, so stay tuned!"

20 years were celebrated in Paragould with a *Paragould Chamber After Hours* in April. We invite advertisers, previous employees, and anyone featured in Premiere and our friends to the *Jonesboro Chamber Connect* @ 4pm event on October 13th at the Wildflower Event Center.



870-236-7627

Monday - Friday 8am-5pm





**Loose Caboose T-shirts!** 



Duly Presphone by Handri Braney Brian Osborn, chairman of the Loose Caboose committee, holds up one of the T-shirts on sale for this year's festival. Shirts can be purchased at Wal-Mart in Paragould for \$10.



### in Herget's hond named

ourthouse over the last few years have forced the committee to find a new location for the event. The second second second mean the second sec

Jackie Branch with the Loose Caboose Committee

said. According to Loose Caboose Committee Finance Chairperson Carol Fleszar, Herget has partici-pated with the Loose Caboose Festival since it first began 17 years ago. "She's been on the com-

"She's been on the com-



Daily Brasylawic Caboose Mary Ester Herget reacts to an announcement by Brian Osborn with the Loose Caboose Committee that the annual Loose Caboose Fish Fry is being renamed the Mary Ester Community Fish Fry Monday afternoon in the Arkansas Methodist Medical Center Aud

Fleszar said. The Loose Caboose Fes-17 through May 20 in Downtown Paragould, and Ochern said this wast



#### **SOMETHING 'MOR'**

Daily Press photo by Dawn Beasley

Several members of the community gathered for a ribbon cutting Monday for MOR Media. MOR Media, which is responsible for KDRS AM and FM stations, was bought by Dina Mason, Brian Osborn and Peggy Richardson. The three took over on a management agreement on April 15, pending approval from the Federal Communications Commission. FCC approval was received on July 2. The name MOR was derived from the initials of the three new owners.

### **CELEBRATING OVER 20 YEARS OF SERVICE**



### **IN BUSINESS SINCE 1977**





### When you're thinking of insurance... think of us!

At one time or another, everyone thinks of insurance.

Perhaps, you have just bought a new home, car, or started a business for yourself. Perhaps it's time to renew your present policy, and you realize that you haven't been getting the kind of service you should have been getting from your agent. Perhaps, a disaster has just struck, and you found out to your dismay that you weren't fully protected.

At one time or another, everyone thinks of insurance... and when you're thinking of insurance, think of us.



CONSOLIDATED INSURANCE AGENCY OF JONESBORO, INC.-

Randy Johnson says the thing that makes Consolidated Insurance Agency of Jonesboro, Inc., stand out is, "We try to specialize in great customer service."

Obviously, they are. The agency is proud to broker the best deals for its clients by finding the best options from multiple companies with which they work.

Opened by five businessmen in 1977, Consolidated Insurance has now been a part of the Northeast Arkansas community for 45 years. Randy and Lana Johnson purchased the business in 2007, a milestone in the family's 42 years of retail insurance sales.

Randy says he counts among his favorite moments over his time in the field, "Friendships established over the years."

Consolidated Insurance Agency of Jonesboro, Inc., is located at 315 South Church Street, with office hours of 8 a.m. to 5 p.m., Monday through Friday.

We broker the best deal for our clients by exploring the best options from multiple companies that we partner with.

(870) 932-6001

Monday - Friday 8am-5pm

76 October 2022

### Happenings

Taylor Receives Promotion From KJNB TV Gains A New Member First Community Bank



Batesville, AR - First Community Bank has announced that Debra Taylor has been promoted to senior vice president, commercial lender. A longtime banker, Taylor joined First Community Bank in 2013 and has been in the banking industry since 1987. In her lending role, Taylor is responsible for producing a variety of commercial loans as well as generating and managing a portfolio of business relationships.

"We are very proud of Debra for her well deserved promotion," said Allen Williams, executive vice president, market president for the Jonesboro region of First Community Bank. "She capitalizes on exceptional service and has always had an unwavering dedication to helping our customers achieve their financial goals."

#### Recognizing Cari G. White, CCE



Bethania Baray-Harrison joined the KJNB-TV team in August of 2022 as the TV Host/ Community Engagement Coordinator. She is the host of the feature segment "This Is Home Today."

Previously, Bethania was the Director of Education and Civic Programs at Opera Memphis. She hosted a bilingual children's opera show called "Mijo Milan", which featured her toddler, Milan. Her work garnered wellearned praise and was recognized as a 40 Under 40 honoree in the Memphis Business Journal in 2022. Bethania was the Director of Opera and a vocal instructor at Arkansas State University from 2015-2019.

Originally from Mexico, Bethania is also one of the Spanish language anchors for Northeast Arkansas News en Español. Bethania holds a Master of Music from the University of Arizona and a Bachelor of Music Education from New Mexico State University.



Cari White is the executive vice president and chief operating officer for the Jonesboro (AR) Regional Chamber of Commerce. She is responsible for all programs and events and is the director of Leadership Jonesboro, Emerging Leaders, Jr. Leadership and Jonesboro Young Professionals Network. Cari received her Certified Chamber Executive (CCE) designation from the American Chamber of Commerce Executives in 2006.

She is currently on the Board of Directors of the Arkansas Travel Council, Keep Jonesboro Beautiful Commission, Downtown Jonesboro Alliance and MAKO Chamber Conference Committee, and co-chaired this event in 2015.

Cari received the Silver Cup Award from the Arkansas Hospitality Association and was inducted into its Hall of Fame in 2009. In 2019, she was selected as a Talk Business & Politics NEA Women in Business Honoree.





Ivy Grace Brasher and her cousin, Rhett Lands, enjoyed a day at the Greene County Fair, September 5th. They made sure to make a special stop for their spray paint face tattoos.

Looking for things to do in NEA with your kids? Explore MOR NEA makes the search easy. We include kid-friendly events and highlight eat, shop, and play options.

### exploremornea.com/kids

### Next Month

### **Entrepreneurial Spirit**



Businesses galore! Wade Quinn puts the "Partner" in Partnerships.

### Holiday Happenings



Count on Premiere to find the Holiday experiences from Christmas tree farms, parades, lights, carriage rides, and more!

### Salute



Don't miss our special Veteran features.





October 2022 Premiere 79

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Arkansas Methodist Medical Center is proud to use the most advanced 3D mammography to get the clearest picture of every patient's breast health. It's the best technology available and it's right here at home – so why wait to schedule your annual mammogram?

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