

NEA'S

PREMIERE

MAGAZINE

September 2023

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SPECIAL SECTION: NEA SENIORS

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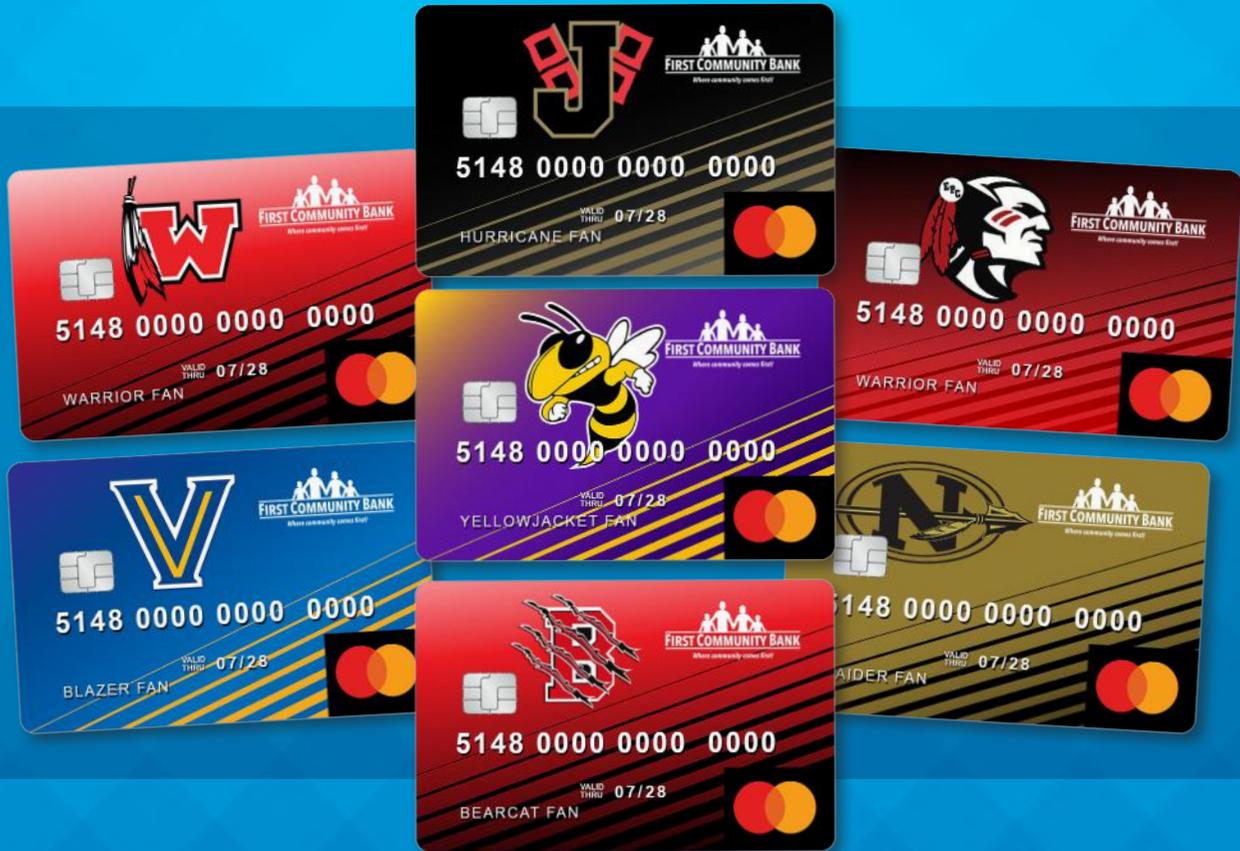
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From the Publisher

September is here, and I am ready to drink Pumpkin Spice lattes and get ready for fire pit gatherings and a crisp nip in the fall air. I know, we live in Arkansas so it is still hot, and it will be at least two false starts before it is really fall weather, but I do appreciate that we get to experience all four seasons here. You likely just said, "Yes, but not all in one 24-hour period, please."



This issue's theme was agriculture business and when we started asking around, Terry Gray and some "fancy rice" came up, so we sent Richard to find out what that was all about. If you are a "shop local" enthusiast, you can't get any more local than "Arkansas grown aromatic long grain white jasmine rice." And we decided an FFA story would also fit in, so we have that for you, too.

September is always Fair and Festival time and we tried to get you information so you can get out and enjoy the upcoming NEA fall events. We look forward to covering many of them and hope to see

you out there. You might find yourself or someone you know in the October edition of Premiere so you might want to sign up for the digital version at neapremiere.com/newsletter to get it delivered to your email box every month for free!

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Dina Mason
Publisher

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GET RICH WITH RICHARD BRUMMETT

Work-related conversations in recent days have given me cause for reflection, and in a very good way.

I interviewed three guys who once wore the Oak Grove High School blue and gold proudly and listened as they recalled their teenage days via stories of teachers they liked and disliked, episodes they found funny and times they would like to relive or forget. Ron Bellomy, Tony Case and Rusty Horton made my day by reliving some of theirs from decades ago.

Later, at Delaplaine, Terry Gray drove me around country roads and tossed out names from both his past and mine, some related to people I still see often and some linked to those I had forgotten. Like the Oak Grove guys, Terry is a former high school athlete who can recall names and faces from his days as a DHS Indian, prompting memories of my own from the times I covered ballgames there as a sportswriter.

But it was while working on a story with Tammy Butts, a teacher at Westside in Jonesboro, that my mind really went to work. She, too, knows people from my past, fellows who doubled as my teammates in one sporting event or another while also serving as her co-workers at the school. Good thoughts made their way across my mind but I can't hear the word "Westside" without focusing on one of the biggest disappointments of my teen years. Dang those Westside Warriors.

I entered the world of dating at a very late age compared to my friends and classmates, spending my free minutes working on baseball or basketball skills instead of getting all fancied up and taking a girl somewhere. Just before my senior year of high school started up I began dating a pretty girl and found that I really liked her -- enough, in fact, that I started spending time at her house instead of polishing my athletic skills. Her name was Vanita and she was my first serious girlfriend, and her dad seemed to enjoy coming home from work and, upon finding me there once again, reminding me how lousy our basketball team was. It was done all in fun but I knew he was right

and there was nothing I could do about it; we lost by incredibly embarrassing scores some nights, so I had little ammunition with which to contest his barbs.

Some people get upset when I say we weren't good, but facts are facts. We won only 10 games all year long and probably would have only won four or five if Terry Adams had not transferred in from Leachville during the semester break. He could really play, and his offensive skills are all that kept us from being a total disaster. Years after our graduation coach Doy Pannell and I would have conversations about our team and he would always end with, "Well, I tried everything I knew but you boys were hard to figure. You were a puzzle."

Puzzle, I think, would be one of the nicer things we were called. Ten wins, 18 losses and not much to write home about. Early in the season we were scheduled to play this new school called Jonesboro Westside. It was formed by combining three country schools -- Cash, Egypt and Bono -- and one of those schools was where Vanita's dad had graduated. Before any of us knew how really bad our team was going to be, her dad started telling me how severely this Westside team was going to beat us.

I wasn't so sure, because we were the big

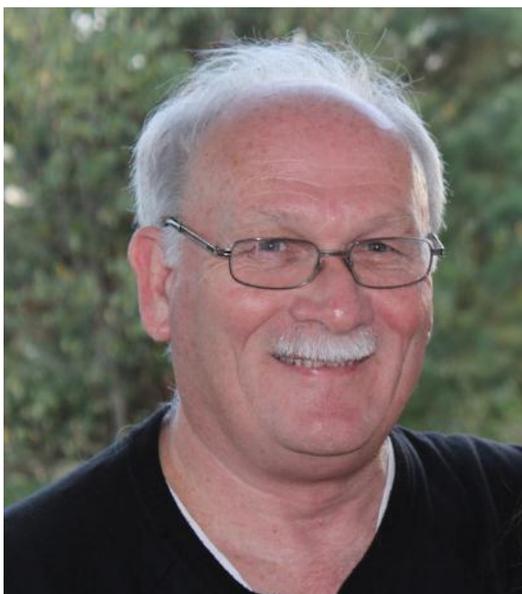
school, the city school, and Paragould had a reputation as a basketball power. We had reached the Final Four in our state tournament the year before, and even though my class had little to do with it I was pretty certain no collection of country boys was going to manhandle us. I didn't really have any information to back up my beliefs, I just knew we were going to outclass these small school visitors to our campus. That's what I had been led to believe: We played the game correctly while country schools just tried to see how many points they could score. I'm not sure who convinced me of that, but that's how I operated, so when Vanita's dad wanted to make a small wager on the game I was all in.

"If you guys win," he said, "you can have a date with Vanita every night for a week and stay out as late as you want to. If we win, you can't go out with her or even call her for a week."

I was a little nervous because, first of all, I had been raised to believe gambling was a bad thing and, secondly, I wasn't certain we could beat anyone ... city, country or blind. But my Bulldog Pride kicked in and I accepted his wager, much to the chagrin of his daughter. I guess she had watched us play enough to know we weren't very likely to win, but I had to stand my ground.

We played. Unfortunately, we played like we would for the majority of the season and Westside mopped the floor with us. Vanita's dad was ecstatic. She cried; I think I might have cried. Anyway, that wager lodged in 1969 was both my first and last. Losing the game was bad enough, but losing my girlfriend was worse, and having to face the realization that just because we attended the bigger school did not mean we were the better players was an eye opener.

I became good friends with some of those Westside guys as the years went by, even played on some independent teams with a few, but I still have a hard time hearing that name -- Westside -- without remembering that great loss; the girl, not the game.





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TAMMY BUTTS

“The Mother Hen”

BY RICHARD BRUMMETT

Entering her 39th year as a teacher in the Westside Consolidated School District, it might be understandable if someone refers to Tammy Butts as the “mother hen” of the staff. “Yeah, that’s probably fair,” the veteran Gifted/Talented instructor said. “I used to know everyone here and I was told yesterday I was retro ... which means I’m old. Everyone knows they can come talk to me, though. I’m a problem solver.”

But the “mother hen” moniker takes on a whole new meaning when Tammy gets home at the end of the school day and does her part in the family’s poultry business, helping operate two barns that house some 40,000 hens. “I have to go to school to rest,” she said with a laugh. “This is a full-time job on top of a full-time job.”

Tammy said she and her husband Michael, a longtime farmer, listened to industry experts and thought entering the poultry business “might bring a good return on this thing. Poultry was for us to diversify. They were wanting to get more poultry farmers. I’m used to hills and rivers but we decided to give this a try and then had to look for land to accommodate it. I’m from Flippin, but I married a flatlander. He has forever worked with crops but you can’t grow a lot of crops in the Ozarks.”

Moving away from the Jonesboro area was necessary because of the size of the operation and due to city ordinances, and the first acceptable piece of land available was vetoed by Tammy because, “We looked at land at Ash Flat but I said I’ve got to be close enough to still get to school at Westside. I’ll leave the house in Jonesboro and move, but I will not leave Westside.”



That’s how the family wound up living in Imboden and starting Tammy on a daily routine that includes leaving around 6:30 in the morning and then getting back home about 4:30 in the afternoon to start in on poultry. “Someone might run eggs in the morning and then I run a second set of eggs in the afternoon,” she said, “then every night shut it down. You have to make sure the chickens are outside and then reset the equipment ... and there’s more paperwork than in the GT program.”

The business produces 36,000 eggs per day and keeps Tammy going pretty much non-stop. “I get in bed about midnight, then get up and do it again,” she said. “I don’t really mind it, though. The drive in the morning lets me plan my day while I drive.



Then when I get home it’s just part of the job. In education you have to monitor and adjust; it’s the same here ... monitor and adjust.”

Son McGuire, 23, also helps keep the Butts Farms operation moving but he has taken a job as an instructor at Ridgefield Christian School so he won’t be on site as much as in the past. “You know, we moved to Imboden in 2019 and built two commercial laying houses,” Tammy said in reflection, “and now I drive 45 minutes each morning ... teach ... drive home ... work in two barns in the evening.

“But honestly, I love what I do. Of course, at school I get to do all the fun stuff like Quiz Bowl. I now teach 5th and 6th grade GT, 5th and 6th grade Physical Ed, two 7th grade elective classes and I create the middle school yearbook. I love chess competitions, Quiz Bowl competitions, Warrior News television production and Lego challenge competitions. As you say, I do all the fun stuff.”

She said a high school teacher once told her if she chose a job she loved she would never have to work a day in her life. “I still love what I do,” she said. “I look forward to school each morning. My focus each year is to help students think critically, solve problems, communicate and provide them with a creative thinking classroom. I love the kids and the staff. We have awesome administrators; that’s why I’m still here.”

A talented high school athlete in her own right, upon graduation from Flippin High in 1982 she earned a basketball scholarship to North Arkansas Community College. She completed her degree at Arkansas State University with a bachelor’s in Elementary and Special Education and a masters degree in Gifted/Talented Education. She has coached basketball, volleyball and softball at all levels at Westside but now focuses mostly on the classroom ... and the barn.

“I’ve always done GT and it just keeps getting better with technology. I used to do coaching but got out, and those were fun times,” Tammy said, then put on a big smile before adding, “now I just need to get out of this barn.”

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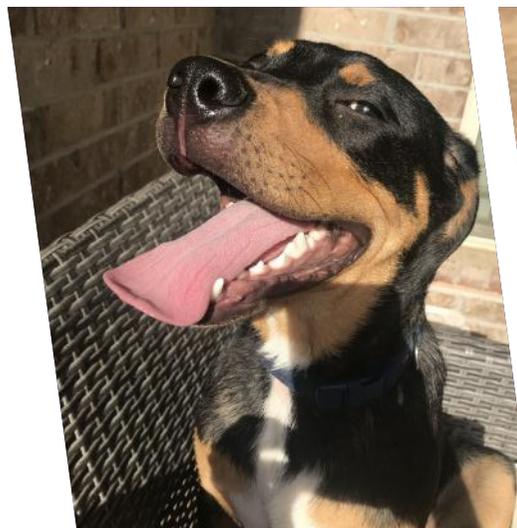
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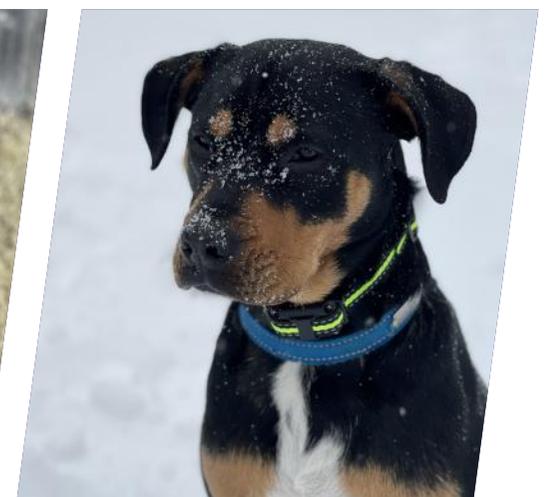
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BY SARAH MAYBERRY SCOTT

Hubble was adopted from the Humane Society during the height of the Covid-19 pandemic (March, 2020). Hubble was adopted into the Scott family, Jeremy and Sarah, and their kids Cameron (12) and Nora (9). He has three rescued pet siblings, Titan (dog), Gabby (cat), and Bandit (cat). Hubble is curious and goofy. He loves playing fetch, cuddling with his humans, and chasing squirrels. He hates baths and is scared of trash bags. Hubble had cancer last year (2022), but Dr. Sullivan at ARPets was able to remove the mass and declare him cancer free. His distinguishing feature is that he has a hairless patch on his back where the mass was removed and the hair never grew back. Hubble is excited to be Premiere's September Pet of the Month!



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ONE MAN'S *American Dream*

BY H.T. MOORE

We've all heard of people chasing the American dream.

Zaid Guerra had a different dream – of becoming an American citizen. After a long journey of both distance, and time, he's made his dream come true.

Edgar Zaid Guerra Ontiveros, known to his friends as "Z," grew up in Torreon, a city of over one million people, in the State of Coahuila, in Northern Mexico. His first visit to the United States was in 2000 when he traveled to visit his brothers, who were living in Pocahontas.

The trip was exciting because of the destination, and because it was the first time Z had been on a train. His visit was shorter than he would have liked, as he had to get back to Mexico with his mother, who was working in Torreon. He stayed in school, and in 2004 graduated from Louis Aguirre Benavides High School, a private school in Torreon.

He was soon ready to move on. In 2007, he returned to the United States with his mother, Mercedes, who was moving here permanently to be with her three other sons, all of whom lived in Jonesboro. One of Z's brothers, Hugo was enrolled at Williams Baptist University. The

others, Issac and Jorge, were the owners of Guerra Painting, a highly respected Jonesboro business.

In addition to working for his brothers, Z took an English as a Second Language course at ASU. He became involved with the Hispanic Center in Jonesboro, where he met other international students, and developed long-standing friendships.

Z has had a lifetime passion for cooking, which led him to become involved in the food service industry in Northeast Arkansas. In 2013, he and Michael Tolson co-founded Chow at One Eighteen, which started as a catering company and has morphed into Northeast Arkansas' finest dining establishment, while

continuing to provide the area's best catering service.

Z's claim to fame is his ability to create magnificent desserts that are as beautiful as they are flavorful. He is also a mixologist with a flair for serving new cocktail creations, as well as putting his personal "twist" on many classic cocktail recipes.

America, and Paragould in particular, had become his home. He wanted to be as American as the people he served. So in 2016, he took the first step toward United States citizenship when he obtained a permanent resident card. This process alone took two years, including providing mountains of paperwork.



After he received the permanent resident's card, there was an additional waiting period of six years before he could apply for citizenship. He had to complete another mound of paperwork, then take a test that would challenge many natural citizens. He passed.

On May 25, 2023, he took his citizenship oath at a naturalization ceremony in Memphis. His dream was fulfilled. He became a full fledged United States citizen.

That was the "icing on the cake."

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JUST BREATHE

WITH DR. KRISTIN SULLIVAN



Bear with me, this article is about to get super scientific. You didn't see it or hear it, but I just pushed my glasses up and snorted a little. In school I liked to group diseases systematically in order to best remember the different diseases and the symptoms that occur because of them. Upper airway disorders being amongst that systematic approach. Upper Airway Disorders can be grouped into three basic parts, all of which I am ecstatic to dive into. They include disorders caused by anatomical deformities (congenital or acquired), an infectious component, or trauma. Now, of course, these diseases are not limited to these categories, but I am just going to cover some common diseases.

First, anatomical deformities. Now, with this, it can get hairy, so hang with me. Let's first talk about congenital deformities or malformations. This group includes any patient born with abnormal anatomical features and/or architecture which causes disease (or clinical disturbance) of the normal movement of air from the nares and/or

mouth into the lungs and back out. The most common of this group that I see numerous times per day is the Brachycephalic Airway Syndrome (BAS). This syndrome is observed specifically in brachycephalic dogs and cats. What in the world is brachycephalic -- they're the dogs and cats that have the really cute smushed faces. Examples: pugs, shih tzus, Boston terriers, French bulldogs, English bulldogs, lhasa apsos, and some chihuahuas. BAS is a syndrome because it consists of different diseases. In short, BAS can include stenotic nares (very narrow, almost slit-like nostrils), elongated soft palate, and everted laryngeal sacculles (this tissue which should ideally be tucked) which can be pulled into the trachea, all of which can cause a physical obstruction to breathing. BAS is a congenital deformity, meaning the patient was born that way and it was genetically inherited. The next group is the acquired forms -- the forms of disease that developed over time either due to genetics, trauma, or secondary to a different disease process. There are too many of these to talk about in this article, so I will limit it to one. Laryngeal Paralysis, also

known as Lar-Par, is a disease in which is part of a generalized nerve and muscle weakening process called Geriatric Onset Laryngeal Paralysis and Polyneuropathy (GOLPP, in case you ever need that acronym), but there is also a (much rarer) congenital form. Lar-Par is primarily seen in Labrador Retrievers, and although it can easily be assumed there is a genetic component to this, it has not been scientifically proven. Lar-Par can often present because of sudden panting, raspy breathing, or a sudden change to their bark. This is due to the loss of function to the nerve that controls the opening and closing of the larynx (windpipe) -- which should open when breathing and close when swallowing food and water. When it doesn't function properly, you could imagine that it would be quite easy to swallow air and, worse, to aspirate (or inhale) food or water which can cause pneumonia. Most cases of Lar-Par do not present until the patient already has



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aspiration pneumonia, unfortunately.

Infectious component to upper airway diseases is next to bat. This area includes bacterial, viral, fungal, and parasitic. One that probably everyone has heard of is Kennel Cough. Did you know that Kennel Cough is not caused by just one bacterial agent, but can be caused by either a virus or bacterial strain. Luckily, vets vaccinate for both. Adenovirus Type 2, Parainfluenza Virus, Canine Coronavirus (not the same as COVID), and the bacterium Bordetella bronchiseptica are all causes of Kennel Cough. Fungal infections include Nasal Aspergillosis, which is the most common, and occur more often in long-nose breeds like the Greyhound and Collies. Fungal infections can cause severe nasal discharge, sneezing, increased respiratory effort, lethargy, fever, and complete loss of appetite. These infections must be diagnosed by culture and sensitivity, as they can commonly be misdiagnosed as a presumptive bacterial infection. And we all know that a fungus laughs in the face of an antibiotic. Next is parasitic -- yes, I know, bugs in the airway. That sounds just terrible. And it is. Thank goodness it is also rare. Now, while there is no universally accepted treatment for these nasty little buggos that cause severe nasal discharge, sneezing, watery eyes, and nosebleeds, most have found that a broad-spectrum parasiticide along with thorough nasal passage flushing will aid in the eradication of these nasal squatters.

Last on this actually very long, but shortened for the sake of this article list is trauma-based airway diseases. This can include anything trauma-based -- Head trauma with fracture of the nasal passages, septum, or bone over the frontal sinuses; neck or throat trauma (such as bite wounds) which may inhibit normal function, such as a tracheal laceration, trauma resulting in fractured laryngeal/pharyngeal bones or cartilage; and thermal or chemical trauma and injury from ingesting hot materials/liquids or toxic materials/liquids.

If you fear your pet may be experiencing respiratory distress because of increased effort to breathe, rapid breathing, cough, or any other sudden change to bark/meow or breathing pattern, contact your local veterinarian. For more information on respiratory diseases of dogs and cats, www.veterinarypartner.com is a great source.

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called for lighter weight fabrics and lighter colored clothes. Then, fall and winter styles called for heavier weight fabrics and darker colored clothes.

IS THIS A FASHION FAUX PAS OR PRACTICAL ADVICE?

Although not wearing white shoes after Labor Day may seem capricious, there may be some logic in the original warning. Fall and winter bring inclement weather. Rain, sleet and snow are messy. Years ago, before there were paved streets and roads, dirt and gravel streets and roads were common. During the fall and winter months, wearing white shoes proved to be a problem when walking on unpaved muddy streets and roads. Under these circumstances white shoes were almost impossible to keep clean. Hence the origin of the warning: Don't wear white shoes after Labor Day!

Today, however, wearing white shoes after Labor Day no longer rings true. According

to The Emily Post Institute, "Wearing white after Labor Day makes perfect sense to do in climates where September's temperatures are hardly fall like. It's more about fabric choice today than color." So, although wearing white linen in winter may be a little chilly, wearing white or cream colored heavier fabrics during fall and winter is appropriate. White is now a year-round color.

Quote of the day:
"Fashion changes, but style endures."
Coco Chanel

WHY NO WHITE SHOES AFTER LABOR DAY?

It's that time again to answer the seasonal question:
"Why are you not supposed to wear white shoes after Labor Day?"

Does it have to do with fashion or practicality? It's probably a little of both.

"No White After Labor Day" came onto the American fashion scene at the turn of the 20th century. Labor Day is thought of as a seasonal transition. The summer season ran from Memorial Day to Labor Day. So, it made fashion sense that spring and summer styles

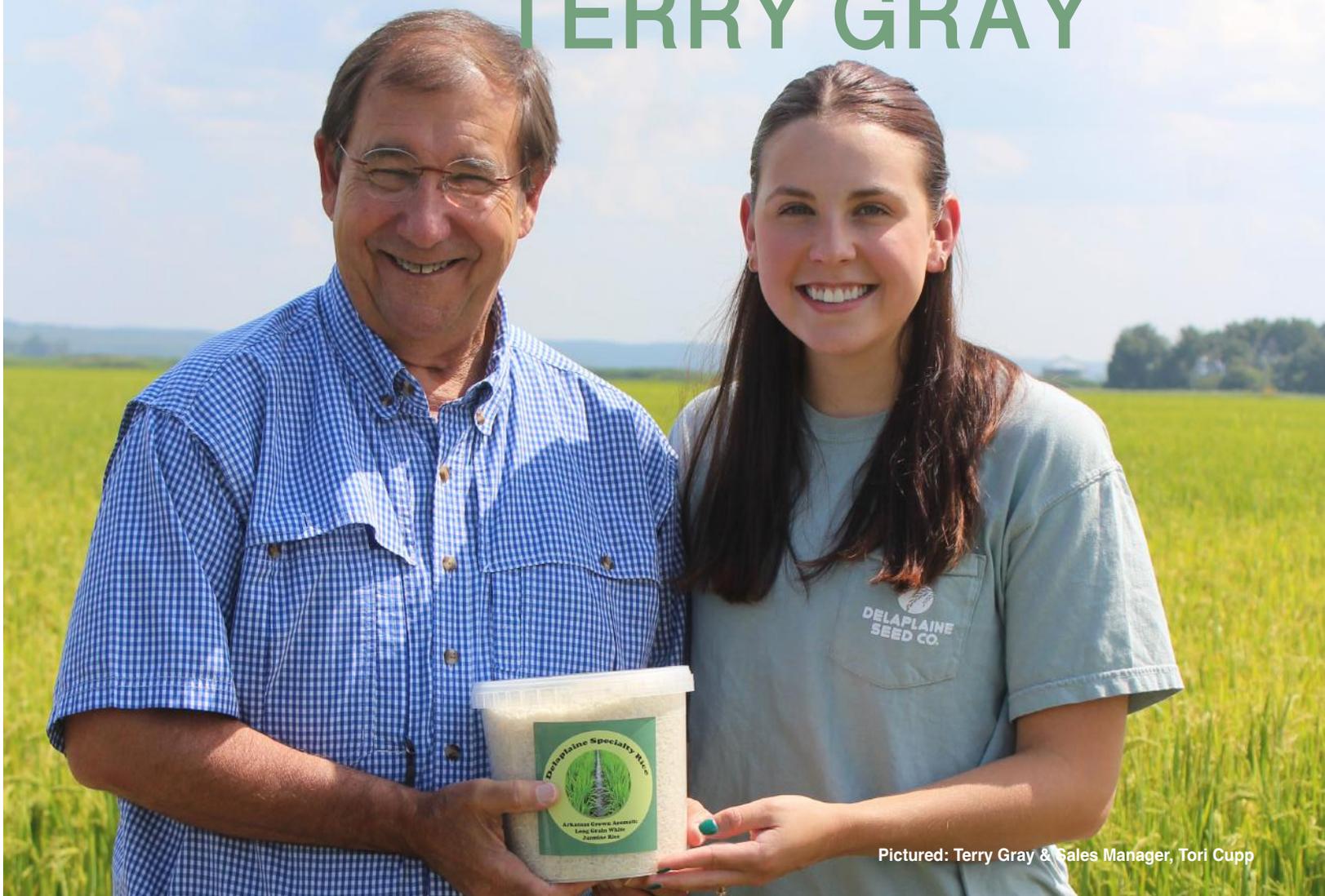
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Rice Reimagined

BY RICHARD BRUMMETT

TERRY GRAY



Pictured: Terry Gray & Sales Manager, Tori Cupp

Terry Gray says when he was in high school he didn't always keep his mind on the topic at hand because, "I was a lot more interested in thinking about playing basketball and running track than I was in paying attention in class," but today he is focused in on a subject that can benefit us all.

"I grow specialty rice," he said when asked to describe his current venture as owner of Delaplaine Seed Company and co-owner of Delaplaine Specialty Rice. "I've been in the seed business for 35 years and in the rice market business. I tell people if you put 'rice' above my name, it would fit. It's what I've been doing for a long time."

The hot subject right now is American jasmine rice, a home-grown alternative to importing rice from Thailand and one that gives the

consumer a whole new look at the food staple. "There is a huge market for it in the USA," Terry said. "We have been importing it but U.S. breeders have tried for years to find the right formula to produce it here, and it was Debbie Ahrent Wisdom, from right here in Corning, Arkansas, who found the formula. That's a little of how my connection came about, because I've known her forever. There's obviously a lot of demand for it, we just needed the product."

For about a year now Terry has partnered with Steve Malcolm of Fayetteville and says they "thought this product would appeal to the American consumer, but not necessarily the Asian community. We thought they might feel a sense of loyalty to the Thai product but it hasn't been that way. We've had very good acceptance from the Asian community, like in

Japanese restaurants; they really like this rice."

Terry said when cooked, the American jasmine has a "nutty" smell and tastes better than generic white rice. His sales manager, Tori Cupp, said she has found "the aroma really catches people's attention. I've cooked it at the Farmers Market and people say, 'Are you cooking popcorn?' It has a distinct aroma."

The Arkansas white rice has been in stores in the local market for over a year, at places like the American Made stores, Hays Plaza in Paragould, Bill's Fresh Market and Scatter Creek Berries and Produce, among others. "It's a challenge to break into the market," Terry explained. "I knew seed and I knew growing, but packaging and distribution, that is the hard part."



Calling himself “a Delaplaine guy” he decided after his graduation from DHS in 1980 he wanted to do something other than follow his father as a farmer and, “I said I was leaving and would never be back.” But talks with others “convinced me to change my major to Ag and while I was in school I worked at Hybrid Wheat Research Company for three and a half years. It gave me a glimpse into breeding programs. I made a lot of connections” and conversations regarding seed purchasing led to his start in selling seed. “I got tremendous support from the community and the farmers. I was always interested in the rice market and made the move from there to start in the rice marketing business.

“I have been so blessed. When I have questions I have somebody I can talk to just like that. They have been a huge help, a tremendous help. I owe so many I could never pay them back. Everyone I went to and said, ‘Would you be willing to give me a chance?’ ... about 99 percent said yes. A lot of it is knowing who to call.”

Terry, who has college degrees in Agronomy and Economics, said Americans had few options when eating and buying rice until this current product came along. “Until then, it was all Thai,” he said, “but this is a big step up

in quality. This is a very competitive product. If anyone has experience with Thai jasmine, they’ll love this. It is totally different from anything you’ve eaten before. It has a definite stickiness and flavor and aroma. It will knock your socks off. We’ve had people say to us it’s the best ever, time and time again.”

The logo on the packaging is the state of Arkansas “with Delaplaine marked with a diamond to denote it’s specifically a Northeast Arkansas product ... breeder, grower, everything. We’re probably the only ones trying to market it in the fashion we are ... an Arkansas product, Arkansas grown, using the best amounts of water and pesticides and insecticides. We want the quality to be the highest.”

As with any new business undertaking, there is a learning process and difficulties are bound to arise. One for Terry is to also do the job necessary for the seed company, which often takes his focus away from the rice enterprise. “We get busy with the seed business and there’s not enough time to give to everything,” he explained. “We need someone to distribute en masse. You dig and you keep digging. It’s a competitive marketplace. You have to find a fit; meet people, go to meetings. It’s competitive because rice is very price sensitive. Somebody always wants to take

your place. I’ve learned a lot, but I’ve still got a lot to learn.”

That education includes everything from the ground up, all the way to the store shelves. “The demand right now is incredible and rice proved to be cost-effective,” he said. “Rice could go up ten percent today and that still would not stop you from buying it. When COVID hit, it was actually wonderful for rice producers. People could get it at the store and it doesn’t perish, and it’s low-cost. Rice came out of the field and flew off the shelves. COVID reintroduced people to rice and the trend doesn’t seem to be going away. So we’re learning a lot about how to get it out there and keep it out there in front of consumers.”

Their packaging of choice -- a plastic tub -- even seems to have become a hit with buyers. “Well, you know, it’s a great container for leftovers and stuff even after it’s empty,” he said. “Or if you’re a farmer,” he added with a smile, “nuts and bolts.”

He likes the way the phrase “Arkansas grown aromatic long grain white jasmine rice” rolls off the tongue and he hopes, as current sales indicate, it will keep rolling off the supermarket shelves for years to come.

Fall Sights Can Be FOUND ALL AROUND!

CHUCK LONG
Avid Outdoorsman
Retired Outdoor Educator



To a sports fan it is special because there are footballs in the air. To a farmer it is special because the fruits of the work are harvested. To others it might be special for reasons that range from pumpkin spice lattes to cooler temperatures or to the kids heading back to school. But to an outdoorsman, at least to the one writing this, it is special because there is no better time to be out enjoying God's creation than the season of fall.

Though the "official" beginning of fall is in late September -- September 23 for this year, to be exact -- I have always felt that fall gets into gear with the hunting seasons that start the first of September. That, along with high school football games on Friday night and college football on Saturday is a great indicator that cooler temps, shorter days and falling leaves are soon to follow as fall weaves its way into the landscape.

Just the thought of fall rekindles an unlimited number of memories that are ingrained in my

mind in a variety of ways. Though my sense of smell is now very dull, some of my strongest memories are the smells of fall. Both of my granddads were farmers, mainly cotton, and I was fortunate to grow up in that environment. The smell of freshly harvested cotton is still very prominent in my brain and it makes my heart happy. I was fortunate to spend many days riding the cotton picker, and also spent many hours "tromping" cotton in the trailer. I also often rode to town with my granddad as he pulled the trailer to Samuels Gin. Other smells that still reside in my brain are freshly cut willows that we layered on the duck blind, and the smell of garden harvests cooking in the kitchen. The smell of burnt gun powder, wet beagles and musty leaves are also very prominent.

There are many wonderful sights that dominate the fall landscape. At the top of that list are the many hues of color as the trees prepare to drop their foliage. The reds of an oak, the orange-yellow of a maple and

the bright yellow of a hickory dominate the forests. My favorite is the fiery orange of a cypress, especially as they reflect on a river or oxbow. A field of white cotton always makes me smile, both from the memories and from the joy of watching the earth produce. Wildlife also provides some great sights in the fall with the ragged V formations of waterfowl as they head south or a glimpse of a whitetail buck chasing a doe. An astute observer can also find wildflowers, mushrooms and various little creatures that are trying to catch that last bit of heat before winter.

The wonderful sounds of fall tie everything together. For a sportsman it might be pads clashing, or the sound of a well struck baseball that wins a pennant on a cool autumn evening. For an outdoorsman, the clacking of leaves as they bounce off barren limbs and fall to the ground is special. Fowl migrating south, an anxious squirrel barking at an intruder or the crunchy footfalls on leaves are just a few of the many special sounds of a fall landscape.

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Need a few ideas to enjoy the sights and sounds of fall? There are many great options.

Arkansas Highway 141, starting at Jonesboro and heading north, is a great drive throughout the fall season. Traveling that highway provides a great look at the colors of Crowley's Ridge and glimpses of the Cache River bottoms. Crowley's Ridge State Park and Lake Frierson State Park offer opportunities to get out of the vehicle and enjoy nature. W. E. Brewer Scatter Creek WMA also can be found in the Greene County section of the highway. A loop north on this highway and then back east along Highway 49 or 139 will not only get a look at the Ridge, but also some of the best farmland in the state.

Another great driving option is south along Highway 163 southeast of Jonesboro. Much of this highway runs along the east side of Crowley's Ridge. Traveling this route to Wynne will offer a look at Lake Poinsett State Park and the Arkansas Veteran's Cemetery near Birdseye. Travel a little further east from this highway for the St. Francis Sunken Lands WMA.

For a longer trip, the Ozarks are beautiful in September or October. The colors typically do not peak until mid to late October, but a trip to the Buffalo River area in September could provide a chance to hear an elk bugle and see these great animals that roam that area. The Boxley Valley area

is a great place for this. There are many options for fall color drives in that area with Highway 7 being one of the most popular. A quick internet search can help plan a drive.

There is probably no better time to be in the woods than the fall and boots on the ground can provide a much more intimate glimpse than a glance out the car window. Plan a trip to a local state park or a local wildlife management area to get some time in the woods. The Ozarks are also popular for hiking this time of year. There are plenty of online resources to plan a trip and enjoy rivers, mountains or waterfalls.

Outside of hunting, one of my favorite things to do in the fall is to get on one of our local rivers in a watercraft. I might be fishing, scouting or just enjoying the scenery, but there is nothing better than a peaceful day watching the leaves cascade to the waterway. The St. Francis, Black, Current, Eleven Point or Spring rivers are great for this and provide opportunities for boat or kayak.

Whichever you might choose, I hope you will take the opportunity to get out and enjoy the Natural State and its beauty this fall. Jim Bishop, a best-selling author, said, "Autumn carries more gold in its pocket than all the other seasons." I could not agree more! I hope you will take some time to get out and enjoy the wonderful fall season and I hope to see you out there!



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The weather cleared for a perfect day as Main Street Paragould hosted Street Splash Downtown, and local kids could not have been happier. Childhood urges were satisfied as kids skipped through the streets while being drenched with water from all directions. Whether they cooled off in the mist or perused the trucks on display for the Touch-A-Truck, all had a great time!



For more information regarding Main Street Paragould events, visit their website at www.downtownparagould.com.



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Lessons LEARNED IN Motherhood

BY CAITLIN LAFARLETTE

Eva is learning to stand up for herself, firmly saying “no” or “I don’t want/like that.” It makes me proud even though it is exhausting at times. Because honestly, there really isn’t any point in standing up for yourself when you don’t want to brush your teeth. That’s a non-negotiable and a fight she won’t win.

In general, though, I have let her grow into her voice and I listen when she wants to pick out her own clothes, decide what to eat for dinner (within reason), or how she wants to style her hair for the day. I still make the big decisions for her but most things, she gets to choose.

Some people see this as my letting my child walk all over me. It’s quite the opposite. I’m teaching her to speak up for not just what she wants, but what she believes in. For example,

in recent weeks she has begun telling me to stop being mean to her when I get frustrated. The majority of the time this means she wants me to lower my voice, which I absolutely have a habit of raising. She is keeping me in check and shows me when I need to take a step back and breathe. Sometimes, she tells me to stop being mean when I ask her to clean up toys or get ready for bed. I don’t take it to heart on those days.

From the moment I knew I was having a girl, it was my number one priority to raise her to be strong in her opinions and beliefs, to speak up for herself and others. To see my lessons taking root in that sweet little mind is rewarding and gives me relief. I know if I instill this in her early, she will never waiver as she gets older and faces the harsh realities of the world.



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Dec 10, 2023 at 2:00 pm
DSO Holiday Concert

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Ham Radio Swap

BY RICHARD BRUMMETT

When the Crowley's Ridge Amateur Radio Club Hosts its 3rd Annual Swapfest in October, the event will be much more than a buy-sell-trade event. "It will be an opportunity for an exchange of ideas," said club President Al Fisher, "and also a chance to recruit members for the club and to interact with those we've talked to over the air but might not have met."

Scheduled for Saturday, October 21, from 8:00 a.m. to 12:00 p.m. at the Trumann Sports Complex located at 16179 Pecan Grove Road in Trumann, the Swapfest allows radio enthusiasts to examine a wide range of amateur radio equipment and accessories, both new and used. A number of vendor tables will let participants showcase their wares where "someone can find a knob they might have broken off one of their older devices for a dollar, or they can find brand new items with the latest technology," Fisher said.

"The first year we had about 40 people show

up, which is what you would expect," Fisher said of the event. "Then last year it was close to 81 or 82, and already more than that have registered this year. This is our first year to offer prizes and we will be inside the remodeled facility, so it will happen rain or shine."

The Crowley's Ridge Club formed four years ago and now with 22 members is "one of the largest in NEA if not THE largest," Fisher said.

The Swapfest will cater to radio enthusiasts of all levels, from guiding beginners through the early stages of activity to giving veteran operators the chance to reunite with old friends to share knowledge and experiences. There will be door prizes and a \$100 raffle in



Al Fisher, Club President; Marc Gwin, Publicist

addition to a day of fun and entertainment. Table rentals are \$10 each and entry fee at the door will be \$5 per person.

For additional information about the Swapfest, contact info@crarc.net or visit the official website at www.crarc.net. Club officers are Fisher, N15A, President; LaRoy McCann, K5TW, Vice President; and John Cook, KF5RKO, Secretary/Treasurer.

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GET DOWN TOWN FESTIVAL

The 7th Annual Get Downtown Festival will return to Downtown Paragould in 2023. Beginning Monday, October 9, the Lennox Insurance Find Foodie Clues will be released each day. Finding "Foodie" will come with a \$500 cash prize! Festival festivities kick off with a "Block Party" sponsored by Block Insurance on Friday evening, October 13. Main Street Paragould's final Downtown After Hours of the season will also take place Friday evening, hosting Cory Jackson on the stage at the Community Pavilion. Southern Bank will show a movie in the street with a family-friendly thriller for all.

Saturday morning, the day starts with the return of the 13th Annual Pedal the Ridge gravel ride across 50 miles of gravel roads; a 20-mile gravel route is also available. For the runners and walkers, the Get Downtown Races include a 10k, 5k, Kids Fun Run and Doggie Dash along the 8 Mile Creek Trail and Pruet Street in downtown. To top it off, all racers will be greeted by a homemade local cinnamon roll at the finish line. Cinnamon roll bakers will compete for the top Get Downtown Cinnamon Roll, complete with guest judges.

The fun continues all day in Downtown Paragould. The Nunn's Construction Touch-A-Truck is a hands-on kid friendly experience that will allow kids to touch and explore all kinds of emergency personnel, construction, utility, transportation, delivery vehicles and so much more. The 1st Choice Healthcare Kids Pavilion will host kids' activities from 10 a.m. to 6 p.m. Enjoy shopping down Pruet Street and in the new Tate Construction Downtown Market. Community vendors will be hosted in the AR Kids Community Fest area and the Image Realty Food Truck Alley will be ready when hunger strikes.

The Get Downtown Talent Show will begin at 2 p.m. on the Unico Bank Main Stage while many other activities abound in Downtown. With 3-on-3 basketball, cornhole, bounce houses and a petting zoo there is something for everyone! While having fun, festival goers can capture the memory in the MOR Media Photo Booth.

Two stages will host music all day long. The First National Bank stage kicks off at 11 a.m. and will host local musicians including Zach Childers and Aaron Headley. Taking the Unico Bank Main Stage at 5 p.m. will be one of Arkansas' hottest new country music stars, Tyler Kinch. At 7 p.m., one of the biggest names ever to be a part of the Get Downtown Festival -- Tanner Usrey -- will headline. Usrey, a Texas-born singer, songwriter, and guitarist pairs straight shooting storytelling with country grit, rock 'n' roll energy, and Americana eloquence. Most notable is his single "The Light" that soundtracked the finale of Yellowstone Season 4. Along the way, he cemented himself as an electrifying and energetic live presence with over 180 shows in 2022.

Stay up to date with the festival activities at getdowntownfestival.com.

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September 1st

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September 8th

4 p.m.

Shop 'til you Drop- Do it on Pruett
Start at Gracefully Southern
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7:30 p.m. DT Paragould



The Collins Theatre of Paragould will be hosting the first ever Magic on the Ridge Festival on Friday and Saturday, October 20-21! This isn't your average magic show. Featuring FOUR internationally recognized professional magicians with televised performances on Penn & Teller's "Fool Us" series, Guinness World Record holders, and more ... the festival will include stage shows, "how-to" workshops, Q&A sessions, meet and greets, "magic and a meal" options downtown, music and close magic demonstrations in Centennial Park, and more!

This "fun for the whole family" experience is the only one of its kind in this part of the country, so secure your early bird All Access passes as a single, OR the Family All Access Pass including 5 tickets to all shows, workshops and other events.

Go to www.collinstheatre.com/magic to purchase your all access passes or tickets to individual shows now!



September 9th

7 p.m.

Quapaw String Quartet
The Collins Theatre



September 30th

7:00p .m.

Collins Community Choir
The Collins Theatre

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

September at the



09/09 - Saturday at 7pm, Quapaw String Quartet
www.showpass.com/aso
09/14-09/17 - Thursday - Saturday at 7pm, Sunday at 2:30,
Footloose, Presented by: Greene County Fine Arts Council
www.gcfac.org
09/25 - Monday at 7pm, Bluegrass Monday
09/30 - Saturday at 7pm, Collins Community Choir
"Double Double Toil & Trouble"

  For more info, go to collinstheatre.com

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Pizza Please!

BY GABBY POWELL



Have you ever asked yourself, “I wonder how many pieces of pizza my local mayor and county judge can eat in 45 minutes?” You haven’t? I guess only Jared Pickney, host of the Paragould Podcast, could create such an unconventional way to raise money for local charities. Brick Oven Pizza supplied Paragould Mayor Josh Agee and Greene County Judge Rusty McMillon with all the delicious cheese pizza they could eat for their charities. The mayor competed for Mission Outreach, and he predicted to eat

30 slices. The judge pledged to split the donation between the Greene County Museum and the Greene County Historical and Genealogical Society – if he could out eat his competitor. Over \$2,000 was raised via the Paragould Podcast’s Go Fund Me page.

Both Mayor Agee and Judge McMillon had high hopes for their pizza eating capabilities, and there was plenty of friendly heckling before the clock started. There seemed to be a “tortoise and hare” approach during the competition – you can decide for yourself who played which role. In the end, both men tied at 22 slices and not a single bite more! With no clear winner of the event, Mayor Agee, Judge McMillon, Jared and the rest of the spectators decided that everyone should be the winner! The raised money was split and donated to both competitors’ charities. This was a winner’s outcome for the charities involved, but if you ask Judge McMillon or Mayor Agee, neither of them were feeling like winners after all of that pizza!

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BETTY T. SLOAN MEMORIAL SCHOLARSHIP



The family of the late Betty T. Sloan, a long-time advocate for the arts in Northeast Arkansas and the Forum Theater of Jonesboro, recently gave \$1,000 to the Foundation of Arts. Mrs. Sloan was integral in the transformation of The Strand movie house into The Forum Theater as it stands today. The Forum opened to the public in 1978 and has served as the home of the Foundation of Arts since 1986. The FOA was formed at that time out of the merger of three organizations: The Jonesboro Fine Arts Council, The Northeast Arkansas Symphony, and The Friends of the Forum of which Sloan was a founding member. "We are so grateful to the Sloan family for their generous commitment to our organization and for keeping their mother's memory alive with this donation," FOA Executive Director Mikel Wewers said. "We are committed to doing our part to honor Mrs. Sloan's desire to see the arts thrive in Northeast Arkansas." For more information about the FOA, visit foajonesboro.org or call (870) 935-2726.



Executive Director Mikel Wewers and Development Director Joe Carr with Melissa Ayers from ARCF presenting a ceremonial check on behalf of the Sloan Family Foundation to the FOA.

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DR. TORY LEE STALLCUP SCHOLARSHIP RECIPIENT

BY TORI THOMPSON



Pictured: Alexia (Stallcup) Robb, Aiden Duty, Tori Thompson, & Teresa Vangilder

Congratulations to Aiden Duty of Paragould who is the first recipient of the Dr. Tory Lee Stallcup Scholarship. Aiden will attend NYIT at ASU this fall with plans to become a family practice physician and return to practice in Greene County.

The Dr. Tory Lee Stallcup Scholarship will be given annually to a medical school student who is committed to practicing at AMMC. Preference will be given to

students who are natives of Paragould and other communities served by the medical center. Dr. Stallcup was a beloved physician in Paragould who passed away in August 2012 and this scholarship is a fitting tribute to his legacy.

If you would like to make a donation to the Dr. Tory Lee Stallcup Scholarship, please contact the AMMC Foundation at 870-239-7077.

AMMC Candy Strippers

The Arkansas Methodist Medical Center Auxiliary recently held a reception for the 2023 Candy Strippers. The AMMC Candy Strippers spent nine weeks this summer working with the AMMC Auxiliary and supporting staff in several patient care areas. The participants had the

opportunity to complete the American Heart Association CPR and First Aid program and learn about programs and services offered at AMMC. These junior volunteers generously donated their time and talents, and demonstrated a willingness to serve, enthusiasm and commitment to AMMC.



Pictured from left to right: Shayla Harrison, Lacie Mathis, Emma Holmes, Jaden Mathenev, Leni Rogers, Victoria Thompson

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The LeGrands have volunteered for five years with the Arkansas Single Parent Scholarship Fund. They've interviewed scholarship recipients, supported fundraisers, and shared our mission to end single parent poverty.

But more importantly, the LeGrands' volunteer work is changing the future for generations to come.

"Helping single parents reach their full potential changes the trajectory of their life, as well as their children's lives," said Brinda, who is also a monthly ASPSF donor. "It gives back to society as a whole for generations."

You, too, can volunteer to create stronger, more educated, and more self-sufficient families! Here are ways you can help:

Review Applications: Evaluate scholarship applications from single parents in your community. Volunteers may follow up with applicants regarding supporting documentation and may identify discussion points for interviews.

Plan Student Workshops: Workshops teach scholarship recipients resume writing, employment skills, personal budgeting, meal planning, and more. Volunteers may help by presenting material or recruiting presenters, assisting with event arrangements, publicizing workshops, or assisting with set up and clean up.

Mentor Students: Mentors are valuable cheerleaders for our students by encouraging them, connecting them to other needed services, and reminding recipients they can and will accomplish their dreams.

Coordinate Award Ceremonies: Help celebrate our students at award ceremonies by welcoming students and families, announcing scholarship recipients, taking photos, or assisting with set up and clean up.

Assist with Fundraising: Volunteers help secure support for ASPSF by assisting with mail-outs, writing grants, planning fundraising events, and more. Volunteers may also assist with donor stewardship by making calls or mailing thank you notes.

No matter how you choose to volunteer, the time you invest as a volunteer with ASPSF will change the lives of single parent families right here in Northeast Arkansas. Learn more or apply online at aspsf.org/volunteer.



Meet Positive Change.

Brooke used her single parent scholarship to study nursing so she can take care of patients — and her two kids. Ready to help hardworking single parents succeed? Volunteer or donate at aspsf.org.



"My children and I have been tremendously impacted by ASPSF's generosity and willingness to help."

Brooke L.
Arkansas Single Parent Scholarship Fund Graduate

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Will It Waffle?

BY KATIE COLLINS



I love a good kitchen gadget, and the evidence is abundant in every cabinet and drawer in my kitchen. One of my favorite things to get creative with has been my mini Dash waffle maker. You can “waffle” so many things! I struggle sometimes with leftovers, because often they’re just not as good the second time around, but this recipe takes leftover mashed potatoes and transforms them into something new for the next day. If you don’t have a waffle maker, don’t worry! I tried these in the air fryer as well, I just made them into little balls and cooked them in my air fryer for 8-10 minutes. No air fryer? Just fry them up in a pan or bake them in the oven. Reinvent your leftovers this month with our Mashed Potato Waffle recipe!



Ingredients:

- 1 ¼ cups leftover mashed potatoes
- 1 egg
- ¼ cup shredded cheese of your choice - I used cheddar
- ¼ cup all-purpose flour
- ½ teaspoon baking powder
- Chopped bacon (optional)
- Any spices you like!

Mashed Potato Waffles



Directions:

Mix all ingredients together until well incorporated. I added a few shakes of bacon bits, minced dry onion, minced dry garlic, and coarsely ground black pepper and mixed that in as well. You can add whatever sounds good! As always, the cheese measurement is merely a suggestion, you measure that with your heart.

Preheat your waffle maker. I use the Dash brand, so you just plug it in, and when the red light goes off, it’s ready to waffle. Place a generous spoonful of your potato mixture in the center of the waffle maker and close it up. Let it cook for about 2 minutes. Carefully remove with a spatula or tongs, put on a serving plate and sprinkle with salt. This will make about 6 mini waffles.



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DOWNTOWN JONESBORO

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The Downtown Jonesboro BBQ & Music Festival has one of the hottest lineups yet for 2023. There will be two nights full of music with Country Music star Priscilla Block performing Friday night, September 29, with special guest TRIPPP. Country Star Jameson Rodgers headlines Saturday, September 30, on the RightFiber Stage in Downtown Jonesboro with special guest Shane Proffitt.

The festival also hosts the First National Bank, Kansas City Barbecue Society-sanctioned Arkansas State Championship with over \$13,000 in prize money. The Kansas City Barbecue Society (KCBS) is the largest BBQ organization in the world. Each year, the Grand Champion is invited to the American Royal and Jack Daniels World Championship.

Saturday will also include acts on the North Main MolsonCoors Stage with acts including Tristan Tritt, Zach Childers, Akeem Kemp, Greasy Tree, JB Strauss and more. Saturday's activities include food and craft vendors and music throughout the day. Vendor applications and more details can be found at www.facebook.com/downtownjonesborobbqfest.





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THE ADVENTURES OF

BY VICKI McMILLAN

Lester



Hello! Lester here! You know, I have been researching the evolution of the Senior Citizen for my sociology thesis at SMU; and oddly enough, the Seniors are being highlighted this month. It seems that when I began my career as a scrappy little pound dog in Jonesboro Animal Control, some of us were looking for young families to adopt us — kids to play with, distracted mothers, absent dads — you know what I mean. But not me, not ol' Lester. I wanted an elderly owner whose day consisted of sleeping in, a late breakfast (maybe sweet rolls), watching *The Young and The Restless* from a cushy recliner, and an afternoon nap. Then some fast food for dinner and some *Jeopardy* and *Wheel of Fortune*. When I had to do my business, my owner would shuffle over to the back door and I'd be out only as long as it took me to find a suitable spot. Then we'd have more TV and bed. Shampoo, rinse, repeat. That was the life. *Livin' la Vida loca*.

Then something changed in the world and it has yet to swing back. Now the new batch of Seniors is reading AARP, going to Silver Sneakers programs, going back to college for hippie degrees (horticulture and pottery). And, the worst: eating healthy — keto (whatever THAT is) and vegan. Forget the doggie doors, now we have harnesses and leashes!

Take New Mexico, for an example. Back in the day in Santa Fe, we would see small dogs in dog carriages or strollers, being pushed by sweet old ladies wearing Alfred Dunner. Now those same sweet

old ladies are wearing Lululemon and non-orthopedic, high priced running shoes, and the worst part — a DOODLE of some kind is running with them wearing a harness and a leash.

In Albuquerque, 56 restaurants are dog-friendly. Sounds good, right?? Wrong. Last one I went to provided me with a bowl of water and a Kale and Innards treat that had been (shudder) broken in half.

Now, even small dogs like yours truly are expected to get out of the house and exercise, walking sometimes as far as a mile!! I blame Biden. He's 80 and still bikes.

Social scientists are monitoring this closely to see if indeed the trend will change. Until then, it's all thoughts and prayers.

Lester



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Hytrol Employee Promotions



Hytrol Conveyor Company is pleased to announce that Tim Wells has been promoted to Custom Engineered Solutions Manager. Wells has been with Hytrol since 2012 and has held a variety of engineering roles within the company.

Wells will utilize his 11 years of industry experience to manage the Engineered to Order (ETO) team. His focus will be on orders being delivered to the production

facility while maintaining a high level of quality.

Wells said, "I am thankful for this promotion and excited to get started. My focus will be on our team and helping us to succeed however I can."

Hytrol's Director of Core Product Engineering, Chris Woodall, said, "Tim will do well in this role. He's done the work and has a great knowledge base to help lead the ETO team to success."

Wells is an Arkansas State University alumnus, with a bachelor's degree in mechanical engineering. He is from Brookland and enjoys spending time with his wife and two children. They love doing anything water related, be it at the pool, river or lake.



Hytrol Conveyor Company is pleased to announce that Jon Warren has been promoted to Engineering Support Manager. Warren has been with the company since 2012 and has held several roles including Power Assembly, Field Support and Systems Engineering. With his 11 years of industry experience, Warren will focus on improving processes and procedures for Hytrol's engineering team.

Warren said, "I want to create a positive and motivated climate for the team. With the right foundation and support, we can make great product and enjoy the work we do."

Chris Woodall, Hytrol's Director of Core Product Engineering, said, "Jon is a great fit for this role. His positive attitude,

technical know-how and rapport within the team will help band our group together and keep interdepartmental morale and communication high."

Warren is a Northeast Arkansas local, growing up in Bono and attending Westside High School and Arkansas State University. He currently resides in Trumann with his wife and daughter. In his free time Warren is an avid marksman and bow hunter.

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Best Under the Sun ATHLETIC BANQUET

The 6th annual Best Under The Sun Athletic Banquet took place on August 1, 2023, at the First National Bank Arena. Coaches and athletes across Northeast Arkansas joined together after being named as members of the "Best Under The Sun" team in their respective sports. Athletes were chosen from various NEA school sports' teams, including football, volleyball, men's and women's basketball, baseball, softball, and men's and women's soccer. Two athletes were chosen from the entire group to be named the Best Under The Sun Male and Female Athletes of the Year; Jordan Pigram and

Micah McMillian were chosen as the 2023 honorees. These two athletes also received a \$500 scholarship.

CityYouth Ministries proudly hosts this event each year as part of its fundraising campaign. This local non-profit supports youth in Northeast Arkansas, and is committed to enhancing their lives spiritually and academically. All proceeds from the Best Under The Sun Banquet go directly to supporting local youth.



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Jackson Farm is one of the fastest growing fall attractions in Northeast Arkansas! With new attractions every year, fun fall memories can be made for the entire family. Enjoy the day in their custom corn maze or slide into more fun on their arrangement of giant slides! Join the masses on September 30 for the opening Blooms & Butterflies event where you can join in the annual butterfly release! Visit www.visitjacksonfarm.com for the farm's hours, prices, and more.

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Go back in time and experience life in the 19th century at Parker Homestead! This recreated town strives to preserve and share local history for Northeast Arkansas and surrounding areas to enjoy. Join the homesteaders for their annual fall festival on October 14-15 and 21-22 to celebrate the end of the sorghum harvest season! For more information call 870-578-2699 or follow the Parker Homestead Facebook page.

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4th Annual Pink Warrior Walk

The Pink Warrior 5K Fun Run/Walk will be held Saturday, October 14. The race will begin and end at St. Bernards Health and Wellness, and the race course will take participants through the A-State campus.

A Survivor Parade will be held at 8:30 a.m. with the race officially starting at 9 a.m.

Registration for the race is \$30, with each participant receiving a t-shirt and goody bag. The event will feature various sponsor tents and booths, including water stops, entertainment, a photo booth, a survivor tent and others.

Individual registrations are available, or friends, colleagues and families can join together and create a Pink Warrior team. The race will not be timed.

In addition to the race, raffles are being held for various items including a one-week stay at a condo in Destin, Florida; a year of Tyler

Diva Wash and others. A "Pink Warrior Store" is also available, with items like a pink pullover, pink socks, scrunchies and more available for purchase.

All proceeds from Pink Warrior events support breast health services to individuals across the region. Seventy percent of the proceeds support breast cancer programs at St. Bernards, while thirty percent of the proceeds are distributed as grants to breast health programs across Northeast Arkansas.

The event was started in 2020, after the Race for The Cure in Jonesboro was canceled

permanently by the Susan G. Komen Foundation.

Registrations, raffle tickets, merchandise and more are available at www.gopinkwarrior.com.



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UPDATE

Greene County Historical & Genealogical Society

BY RICHARD BRUMMETT



Paulette Parker

If all goes according to plan, the Greene County Historical and Genealogical Society has a new home secured.

Housed on Court Street for the last 14 years, Society members learned recently that planned expansion by First National Bank -- owner of the building they've been calling home -- necessitated a move, although at the time no one knew which way to head.

Thankfully, local residents banded together in support of the organization and possible sites for a new home were tossed around until a "near perfect" spot, according to GCHGS Treasurer Kaye Holmes, entered the picture. "All that's left is to redo some little legalities," she said, "and that's the only hitch. We are almost certain this place we have in mind will be where we wind up, but our dilemma

is we're still awaiting final approval" from a committee which has the final say on the property. For that reason, announcement of the actual new home will have to wait until the official okay is handed out.

Weeks ago, in a meeting at the Greene County Library, Holmes, Paulette Parker and Jim Burgess -- all representing the GCHGS -- explained to attendees why moving was necessary in the first place, and why finding a suitable new building was more difficult than many realized. "First of all," said Burgess, the Society President, "FNB has been a very gracious host for all these years. We have been there rent and utility free and we couldn't have asked for a better situation. But they need this space now because of bank expansion and we have to go."

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Jim Burgess

Even at that time, group members had been made aware of the proposed new landing spot but had to keep details under wraps. At that meeting, they did solicit volunteers to help move the many items that will have to be transported, asking for boxes, trucks and manpower when the time comes. The 25th of August was the last day the longtime home was open to the public, with the move slated to be completed by mid-September.

Most people are not aware of the immense



Kaye Holmes

number of items the Society oversees, requiring a very large space in order to continue serving in the accustomed manner. "We might need a miracle to help get all that material out and have it be where it needs to be when the time comes," Parker said. "But I know you will help make that happen."

For more information, visit the Greene County Historical and Genealogical Society's website at gcahgs.org.

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ADVENTURING WITH THE *Senior BEEs*

It's been a BEEautiful summer, and the B.E.E.S. Senior Citizens group has been taking advantage of the weather! The group recently took their new bus to Reynolds Lake, Downtown Paragould, and more local hot spots. Sadly, the infamous Reynolds Park alligator was not roaming about, but the group did get to spot some more native duck and geese in the lake.

No summer day is complete without ice cream, so the Senior B.E.E.S. took another trip to the local ice cream favorite, Dairy Queen, to get their fix. This group is finding all of the fun things to do in Paragould; we're excited to see where they will go next!



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During the most difficult time in our lives, Cornerstone helped my wife, Debbie, and me with the most challenging responsibilities. As Deb's Alzheimer's worsened, I depended on Cornerstone almost daily. What a welcomed break from the routine they provided. Cornerstone was there, hands on, to the very last moment of Debbie's life, literally. God bless Cornerstone.

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Have you snapped a picture in front of the Paragould mural downtown? It may just give you inspiration on where to explore next!

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Margaret Olsen
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Nov. 23, 2019

SENIOR

BY RICHARD BRUMMETT

Bowlers

Norma Crawford summed it up best: "It's not just that we love bowling; we have a lot of friends up there."

"Up there" is at Hijinx in Jonesboro, home to bowlers of all skill levels and certainly a favorite spot of three ladies -- Shirley Frost, Jean Noell and Norma -- who refuse to let age or a few bumps and bruises keep them from participating in a sport they love.

"It's not how you bowl ... it's how you roll," said Amber Jones of Hijinx, remarking on some of the more interesting traits exhibited by each of the threesome. Shirley bowls in four leagues a week, one of them filled with mostly men. Jean is famous around Hijinx for her desserts, especially her peanut brittle. Norma worked at Jonesboro Bowling Center until it was bought by the current owner, Stacey Blaxton, and has raised her children, grandchildren, and now great-grandchildren at Hijinx.

"I've been bowling probably 22 years," said Shirley, also known as Frosty to those who consider her a friend. "I used to do the Senior Olympics and I got into bowling, and we went to the Nationals. Now sometimes I bowl in four leagues a week."

She said in addition to "being something to do" it keeps her in touch with people she knows and allows her to meet others. "It's good exercise, more or less, but I'm a cancer survivor and it keeps me going. My doctor said to keep a positive attitude, and this makes me happy."

Shirley, the youngster of the trio at 77, carries an average "anywhere from 147 to 155 and we win sometimes, like when we got third in doubles, me and Gloria Lewis, in the state tournament in April. But sometimes we don't win and I still enjoy it." At another time, when she was on a team full of men, they were dubbed Frosty and the Snowmen. "Everyone got a kick out of that."

Norma, who is 85, said she's "not real good ... I just like to bowl." She got started in the late 1980s when her husband came home one day and said, "Let's buy the bowling center."



Pictured left to right: Jean Noell and Shirley Frost

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I thought he was nuts. I had bowled one time in my life before that but because we bought the center, I started bowling every chance I got."

She missed out on the group photo taken for this feature because she injured a hand in a home kitchen mishap, but said she hopes to "have this bum hand on the road to recovery real soon. I only bowl in one league now, but I used to do two. I've slowed down a little bit. I'm 85 and got an achy knee. And I fell one time at the bowling center and turned all black and blue but that didn't stop me. My doctor says it's good for me to bowl."

She carried an average of about 134 in her summer league. "I told you I'm not real good; I just like it" and said she will continue as long as she can. "Everyone up here knows me," she said. "I've been bowling for a long time and I always look forward to it. I have a lot of friends up there."

As previously mentioned, in addition to her bowling prowess Jean is revered for her cooking skills. The phrase "peanut brittle extraordinaire" seems to follow her around thanks to her habit of providing snacks and treats on special occasions. She has even taught classes on how to make the peanut brittle, and her orange slice cookies are also

high on the list of those waiting for a pot luck meal or holiday snack.

"I do love to cook, almost as much as I like to bowl," said Jean, now 88, "and I don't want to give either one up."

An athlete all her life and one who grew up in a house full of brothers, Jean said an injury while playing softball as a teenager actually led her to bowling. "I fell on my right shoulder," she recalled, "and when I tried to play I would knock it out of place. They called it a reoccurring dislocation and they wouldn't promise back then that if they did surgery it would not stay stiff."

She realized throwing underhanded didn't cause pain and her bowling career was under way. "I've been bowling about 60 years, I guess," she said. "I love all sports and I bowl in two leagues now; I bowled in three last year."

Jean averaged "about 169 or 170 in league back in my earlier days and I guess I'll keep doing it as long as my old body will let me. It's good therapy for me, even though they tease me up here all the time because I laugh at almost everything. I'm silly, I know, but I like to look on the bright side of things."



Norma Crawford

Speaking of sides, Jean said her right side is "all bionic" and should serve as motivation for others. "I've had my shoulder, my hip and my knee done all on my right side," she said, "but that should show people just because you hurt you don't have to sit down and do nothing. We all hurt ... just get up and join us and you might make a bunch of new friends."

Life begins at 60!

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Chicago
October 2023

NEA RESOURCES FOR GRIEF & LOSS

BY KARAN SUMMITT

Grief is an inevitable part of life. It includes, but is not limited to, the death of loved ones. Other things such as declining health, a terminal disease diagnosis, financial hardship, trauma and relationship discord can be the causes of varying degrees of grief. Simply put, grief is a powerful emotional and physical reaction to a separation or loss.

The numbers are worth noting. According to the Centers for Disease Control about 2.7-2.9 million people die in the United States annually, each leaving an average of nine grieving people. It's estimated that 1 in 15 children in the United States will experience the death of a parent or sibling by age 18. As you would expect, older adults experience grief at a higher rate than younger adults or children. Spousal loss is common in older adults as well as the death of friends, siblings and cousins.

According to statistics 5%-10% of people who suffer a loss undergo prolonged or complicated grief. That grief is more likely when the loss happens in non-typical circumstances, such as the death of a child, the suicide or homicide of a loved one, or relationship problems just prior to a death, leaving the survivors with feelings of guilt.

Complicated grief lasts longer and is more intense than a culture may consider typical. According to an article from Psychiatric Times, 40% of griever's meet the criteria for major depression one month after their loss, and 24% still meet the criteria after two months. Additionally, some individuals may turn to substance use as a way to self-medicate and numb their symptoms. Therefore grief and substance use disorder can co-occur.

Just as people are different, there are different effects of grief on overall health and daily function. The normal reactions of grief overlap the symptoms of depression and anxiety disorders. Crying, low mood, disrupted sleep and loss of appetite are common during the early stages of grief. Anxiety and depression disorders can show these same symptoms. When experienced together, the distress is compounded.

A child's reaction to grief can be positively or negatively affected by others around them. Symptoms of bereavement during childhood include issues such as bedwetting, digestive problems and trouble sleeping, as well as more normal reactions. Children are less likely to be able to talk about grief and may even take on unrealistic responsibility for the circumstances that caused the grief or for comforting others.

Multiple resources share similar strategies for coping with grief. All of them begin with allowing yourself permission to grieve in ways that are unique to you. Not everyone responds to a loss the same, nor is there a textbook formula for appropriate grieving. Be comfortable dealing with the pain in your own way.

Look for positive ways to ease the sorrow or change. For some, it may be proactively devoting themselves to a hobby or finding ways to stay busy. Others may need to retreat and spend time in prayer, journaling memories or slowly adapting to a new normal. Caution should be exercised in making unnecessary major changes while still actively dealing with grief.

Almost everyone benefits from having someone to talk to who understands. The comfort of someone who has "been there, done that" is immeasurable. Individuals and support groups allow the griever to receive and offer support. Finding positive ways to use our painful experiences is a well-documented tool for healing.

Be prepared for re-occurring grief. Birthdays, holidays, sights and smells can be triggers for fresh waves of grief. If grief becomes overwhelming without easing, be open to professional help.

Northeast Arkansas is blessed with an abundance of grief resources. These include one-on-one counseling, support groups, access to podcasts and online options. Below is a list with a short description and contact information for options that may be helpful.

1. GriefShare Loss and Support Groups. GriefShare is a 13-week program that provides a safe, welcoming place where people understand the difficult emotions of grief. It provides attendees with the tools to understand what is "normal" in grief recovery and offers helpful ways of coping with grief, all in a supportive environment. GriefShare meetings in NEA can be found on:

Tuesdays at Central Baptist Church in Paragould, 3805 Stonegate. Meetings are 6:15-8pm.

Wednesdays at West View Baptist Church in Paragould, 701 W. Morgan. Meetings are 6:15-7:45pm.

5 ways to help someone who is grieving

- 1** Grief belongs to the griever –everyone experiences grief differently, so follow their lead. Understand that there are good and bad moments, and these will go on.
- 2** Take care with giving advice and try to avoid comparisons with the past or future– try not to tell them how lucky they were, that they'll love again, that it'll be better later.
- 3** Anticipate, don't ask – don't say 'call me if you need anything'. Say 'I'll bring dinner tonight' or 'I'll pick up the kids / walk your dog' or other recurring day-to-day tasks.
- 4** Don't try to fix the unfixable – you can't take their pain away.
- 5** Love them!

Wednesdays at Central Baptist Church in Jonesboro, 3707 Harrisburg Rd. Meetings are 6:15-7:45pm.

2. NEA Baptist Center for Good Grief. The Center offers one-on-one therapy sessions plus group support and seminars throughout the year, all at no cost to attendees. Sessions are available tailored to the needs of children and teens. Current offerings include:

Camp Good Grief sessions for children ages 6-12 and for teens ages 13-17. The camps have a one-to-one ratio of volunteers to children and teens with counselors on site to facilitate all activities. The sessions include grief support as well as enjoyable activities like swimming and games. The week concludes with a special memorial service for the loved one.

A six-week adult support group begins Thursday, October 5th at 4pm. Two sessions of a Holiday Grief Workshop will be held November 9th from 10-11:30am and 3:30-5pm.

Registration is required for all of the above options. This can be done by calling 870.936.7719. In addition to grief support, the Center is available to schools and businesses for crisis response. Information is also available at baptistgriefcenters.org/center/jonesboro-ar/

3. St. Bernards Bereavement and Grief Support Group. Meetings occur twice each month at the Phil and Flo Jones Hospice House in Jonesboro, 1148 E. Matthews. Open to adults at no cost, the groups allow for sharing in a safe setting with others who are experiencing grief. Times are the 2nd Tuesday of the month at 5:30pm and the 4th Tuesday of the month at 2pm.

Stages of Grief



4. Arkansas Hospice. A non-profit organization that offers podcasts and support groups via zoom and telephone. More information can be found at arkansashospice.org or by calling 501.748.3342.

Moving on with life after a major loss takes time, but research tells us that it can also be the catalyst for a renewed sense of meaning and for personal growth and empathy for others that offers purpose and direction to life. The experience will be challenging, but an understanding of the grieving process and a willingness to embrace good coping techniques will help all of us be better prepared to handle the grief and loss.

"Grief is in two parts. The first is loss. The second is the remaking of life."

- ANN RIOPHE



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Beyond the Blue & Gold Future Farmers of America

BY RICHARD BRUMMETT

The National FFA Organization is designed to help individual students get a head start on cultivating the qualities of leadership, personal growth and career success through agricultural education. The letters “FFA” stand for Future Farmers of America but FFA is not just for students who want to be production farmers; FFA also welcomes those who plan to be teachers, doctors, scientists, business owners and more.

Many Northeast Arkansas students take part today in FFA activities, and many more can look back on their time as high school students and determine whether or not the basics of the organization took hold. For three Paragould residents, the answer is a resounding “yes!” Filtering out the necessary high school club initiation rites of the time like being forced to dress up as girls, wearing necklaces of green persimmons and shining the shoes of current members on demand, all three can point to specifics of FFA that helped carry them to business success.

Ron Bellomy, Tony Case and Rusty Horton were members of the Oak Grove High School FFA Parliamentary Procedure team in the mid-1970s, and they consider the guidance provided by teacher Jerry Edrington as being a valuable resource for their adult lives.

Bellomy is the only one of the three who remained in the agricultural realm as an adult, currently serving as Location Manager for Legacy Equipment and is in his 31st year with the company. “Oh, sure, I think I really see what the benefits for me were in responsibility and leadership,” he said when recalling his FFA days. “The training I



Pictured left to right: Ron Bellomy, Tony Case, Rusty Horton

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Pictured left to right: Ron Bellomy, Tony Case, Rusty Horton

had there set me on the path for my life. It's a lot about discipline and respect. FFA itself is about leadership skills. It matters how you respond to people, and to do things in the proper manner. That training and experience really helped me in dealing with people."

Horton owned his own appliance sales and service business before retiring but said FFA strengths like public speaking, problem solving and technical skills paid off later in life. "The main thing it helped me was with being Treasurer at a small church," he said. "And it helped me know how to continue the flow of meetings and not get bogged down; and, of course, the mechanical part became important when I owned a small business, sold stuff and repaired appliances.

"The Parliamentary Procedure was tough. I mean things had to be done just right and another trademark of FFA is to learn to work with your hands. We developed technical skills by working at all these work stations, and I used that later in life."

Case, who has been a self-employed house painter since his teenage years, said Edrington's habit of examining things "down to the most minute detail" regarding the Parliamentary Procedure team set the tone for his own work ethic. "Do it right, right on the money," he said, referring to one of the teacher's trademark demands. "You know Parliamentary Procedure was interesting because I would go with Mom and Dad to some of their business meetings and they were about 50 percent as productive as ours were.

"Jerry Edrington, partly because it was his job, he hung in there with us. He made us look good and we made him look good."

All three see the values impressed upon them as teens as being vital to work life today. "Absolutely," Horton said. "The public speaking part ... we went to contests, rehearsed, practiced or would have never been successful in it. It's something I wouldn't have been exposed to. And then learning how to work out situations. Problem solving has been a big part of my life."

"Life and leadership skills," Bellomy said. "We need them more today than we ever have. Today it's more of a challenge."

Case said the teamwork aspect of things has stuck with him all these years. "For one, just giving people equal time to speak their piece. You know, we hauled hay as an organization to pay for banquets every year. We learned to work together and to be responsible. When I've got a job to do, I know how I want it done; I don't know how *you* do it, but I know how I want it and by learning to be a good leader I could get that across to people who worked for me. FFA was important to all of us."



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HEALTH Matters



KARAN SUMMITT
Retired Health Educator
25 years educating people of all ages on the benefits of a healthy lifestyle. She teaches and writes with a passion for sharing simple, doable strategies that make better health possible for almost everyone.

Quiz any group of full-time working adults about their goals and you'll probably get a variety of answers. Most of us work to support our families and hope to have some extra money for leisure interests. Others have an eye on moving up the ladder in their chosen career. Some see their jobs as a way to give back to their community. However you may view your working years, almost all of us look forward to the day when we can retire—or at least work less.

In planning for today's needs and our wish list for future retirement, one critical thing often gets forgotten. This one thing can either enhance or steal joy from our "Golden Years." Maybe you've already guessed that this one important thing is our health. While personal health impacts people at any age, for the 65+ crowd it can be THE difference in the quality and quantity of our later years in life.

September is designated as Healthy Aging Month, and that makes it a great time for revisiting the choices and personal habits that give us the best opportunity for the best health as we age. It is easy—and naïve—to assume that your health is solely a function of heredity. It's true, genetics can impact and influence a variety of health issues. All of us need to have a good knowledge of our

biological family health history.

However, our personal health habits increase or decrease the impact of genetic risk factors. Yes, you may have a family history of high blood pressure or elevated cholesterol. You can decrease or increase that inherited risk by diet, exercise, stress and sleep habits. You can be proactive with routine wellness check-ups and taking medications as prescribed that help your doctor treat these conditions appropriately.

Protecting our health during our working years is as important as participating in company retirement plans or setting aside savings earmarked for retirement. Getting to retirement with adequate income is good. Getting there with a good financial foundation and reasonably good health is even better.

The guidelines for healthy aging are similar to guidelines for good health at any age. They include staying physically active, eating a healthy diet, keeping a healthy weight, plenty of sleep and good stress management. As we move into our fifties, yearly wellness visits and routine screenings are critical to protecting good health. If a disease or chronic condition is diagnosed, be diligent in good self-management skills.

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Research gives weight to several other variables that impact health as we age. Their effect on the quality of our health in later years is as important as diet, doctor's visits and taking medications properly. These include: Staying socially connected and finding purpose in life: Interactions are vital to mental health. Volunteering or participating in church or community programs with other humans protects our mental and emotional health. Continuing to be productive and feeling useful gives added value to everyday life.

Attention to hearing loss: Most of us will suffer hearing loss as we age. Unaddressed, this loss can also impact our mental and emotional health. With hearing loss we are less willing to engage in conversation with others or we miss much of what is said. We get tired of asking others to repeat themselves. Retaining our ability to hear and participate in everyday life has a profound impact on healthy aging.

Dealing with loss in healthy ways: Aging brings all sorts of grief far beyond the loss of loved ones. Grieving occurs with the loss of health, a need to leave our homes for safer options, concerns over our children and the limitations that come with normal aging. With loss many older adults experience depression and may be uncomfortable talking about it

with family members or health providers. The losses are inevitable. Finding positive ways to deal with them supports a better quality of life for all ages, but especially in later years.

Although September is designated as Healthy Aging Month, the above habits are a worthy pursuit all year long—no matter what age. Let this article be your sign and a good reminder. Healthy aging habits take much of the sting out of getting older. Start now and do what you can to increase your own risk for healthy aging!



Tips To BOOST Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.

<p>Get moving — try gardening, biking, or walking.</p>	<p>Choose healthy foods rich in nutrients.</p>
<p>Manage stress — try yoga or keep a journal.</p>	<p>Learn something new — take a class or join a club.</p>
<p>Go to the doctor regularly.</p>	<p>Connect with family and friends.</p>

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.

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2023 SENIOR HEALTH REPORT THE GOOD, THE BAD, & THE UGLY

BY JEFF BELIGOTTI ThinkAdvisor. May 12, 2023. Re-printed under license of ElderLaw Answers*

The 2023 Senior Report recently issued by America's Health Rankings sheds light on the latest trends in the health and well-being of older Americans.

Highlighting the good news – and the bad – for aging adults in the U.S., the findings call attention to some of the greatest needs facing seniors in recent years.

For instance, while older adults' mortality and drug-related death rates are on the rise, more elders now have improved access to the internet, home health care, and geriatricians than ever before. Perhaps most stark is the data revealing the particularly devastating effects of the COVID-19 pandemic and opioid crisis on aging Americans.

In addition to assessing the overall health and well-being of U.S. adults 65 and older, the report touches on related areas that have an impact on this population, including social and economic factors and clinical care. What follows is a glimpse into a selection of the research results.

Health and Well-Being: Concerning Trends More Elders Died Early

While deaths among adults ages 65 to 75 had declined from 2011 to 2019, the early death rate rose by 4 percent from 2019 to 2021, reversing this trend. The coronavirus pandemic that began in 2020 may explain this increase. Per the Kaiser Family Foundation, those 65 and older experienced the most deaths from COVID-19.

Suicides Increased in Those Over Age 85

Suicides grew in prevalence among the oldest Americans. The suicide rate rose by 9 percent for adults 85 and older.

Opioid Deaths Among Older Adults Are Surging

Drug-related deaths, which have risen in the past two decades, continued to increase. In large part because of the opioid crisis, drug overdose deaths increased by a staggering 43 percent between 2016 and 2018, and 2019 and 2021.

The opioid epidemic has greatly impacted older adults, as they often receive opioids for chronic pain or surgery recovery. In fact, elders experienced a 175 percent increase in deaths due to synthetic opioids, such as fentanyl and tramadol, between 2016 and 2021.

Fewer Seniors Reported Cognitive Difficulties

While rising death rates present a concern, older adults did experience better cognitive outcomes from 2019 to 2021. The percentage of Americans ages 65 and older reporting physical, mental, or emotional problems or difficulty remembering, concentrating, or making decisions decreased by 6 percent.

More Older Adults Had Multiple Chronic Conditions

From 2020 to 2021, the portion of Medicare beneficiaries with three or more chronic conditions rose by 13 percent. Chronic conditions can affect daily functions and

mobility. Since seniors with multiple chronic conditions need medication, monitoring, and specialized medical attention, they constitute one of the highest-need population groups.

Physical Activity Declined

Reports of physical inactivity in adults 65 and older in fair or good health rose by 6 percent. Inactivity increases a person's risk for diseases such as heart disease, cancer, and diabetes.

According to the report's findings, Utah stands out as the healthiest state for older adults, and seniors in Mississippi rank as the least healthy.

Social and Economic Factors: A Mixed Bag Poverty Levels Rose

Poverty is related to worse health outcomes, mental decline, mortality, and homelessness among older adults. The percentage of older adults experiencing poverty increased by 10 percent between 2019 and 2021. Housing costs burdened 31.1 percent of elder households, consuming more than 30 percent of their income.

Notably, poverty is also associated with aging adults who reported that their physical health had not been good for two weeks or more in the past 30 days. Frequent physical distress was three times higher among older adults with household incomes less than \$25,000 than those making \$75,000 or more. Lower levels of education were also related to experiences with physical distress.

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While poverty rates have increased, fewer older adults are experiencing food insecurity. There was a marked 79 percent growth in home-delivered meals between 2019 and 2021. As the pandemic made grocery shopping difficult for many older adults, home-delivered meals presented an alternative.

More Seniors Gained Access to the Internet

High-speed internet became available to 7 percent more of older adults from 2019 to 2021. Particularly during the pandemic, internet access helped individuals stay connected to loved ones and receive telehealth services.

Older Adults Are Facing Less Risk of Social Isolation

Several factors have contributed to a decline in social isolation among older Americans from 2011 to 2021.

- Independent living difficulty rates lowered by 12 percent.
- Disability decreased by 7 percent.
- Fewer older adults were divorced, separated, or widowed, and there was a 3 percent reduction in individuals living alone.

Seniors Are Not Volunteering as Much as They Had

Engaging in volunteer opportunities can provide older adults with positive social interactions and a sense of purpose, promoting better cognitive functioning. Yet volunteering among seniors decreased by 22 percent between 2019 and 2022.

Clinical Care: Some Bright Spots

Access to Care Changed – for the Better
Seniors’ access to home aides and geriatricians expanded. From 2016 to 2021, there was a 5 percent increase in personal care and home health aides. The number of health care practitioners specializing in geriatrics grew 8 percent between 2021 and 2022.

Meanwhile, however, fewer Medicare

beneficiaries received hospice care. The percentage of Medicare beneficiaries who died in hospice went from 50.7 percent in 2018 to 46.7 percent in 2020.

In a recent interview, elder law attorney Chad Oldham detailed how these statistics, while sometimes unpleasant revelations, can assist physicians and other professionals in identifying areas of concern for senior Arkansans and identifying a course of treatment or planning to prospectively address and alleviate those concerns.

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MAINTAINING MOBILITY THROUGH MATURITY

BY AMANDA YATES



Growing older brings many blessings such as grandkids, freedom to travel, time for hobbies, etc. But all of these activities require a healthy level of mobility. Unfortunately, many people find themselves in pain and unable to enjoy this time of life due to physical restrictions. Stiffness and muscle aches can be a result from a day of “fun activities” and the pain can prevent you from living a full life. Fortunately, there are things we can do and take to prevent or correct these physical limitations.

#1 Stretching!

It seems too easy, I know, but this one thing can make the biggest difference in improving your mobility. Muscles and joints become stiff and frozen when we are sedentary or only move in the same patterns every day. The acids and inflammation can concentrate in those joints. Stretching releases the tension in the muscles, elongates them, and slowly helps them to regain their mobility. There are many ways to accomplish stretching. You can, of course, find a yoga class if you want to be organized and guided through the process. But if you prefer to start slowly, there are many resources to guide you in finding the right positions for your specific issues. You can stretch anytime at home, in the floor, on the bed, or even in a chair. Just remember to let an expert guide you to prevent injury, especially if you have been injured previously.

#2. Hyaluronic Acid.

This works as a lubricating force and a plumping agent throughout the body. I like to use the example of memory foam. When

you first buy it, it's amazing. It's swishy and supportive and makes you happy. But after a couple of months it's flat, not supportive, and you are done with it. It's still foam but it has lost its swish. This is the same as our cartilage. When we are young, that cartilage is full and swishy and you can run, jump, flip, or whatever and all feels good. Now, those things hurt and the cartilage feels non-existent. It is there, though -- just flat. The Hyaluronic Acid is what restores the “swishy.” Look for it in a liquid or chewable form for quickest results. Or combine with traditional supplements like Glucosamine to improve the cartilage as well.

#3. MSM.

This is a naturally occurring sulfur. It functions to allow fluid exchange and cell permeability. This is helpful for all stiff conditions or scar tissues. When you can feel the weather change in your joints, that means the pressures inside your joints cannot acclimate to the change of pressure outside your joints caused by the barometric fluctuation. MSM will help the cell to soften up and allow the fluid exchanges to happen properly. It's good for being stiff in the mornings, fasciitis, arthritis, and more. You will want to take 1000mg per 60 lbs.

#4 Anti-inflammatories.

All pain and discomfort are always associated with inflammation. There are many great anti-inflammatory herbs out there. Some of my favorites are turmeric, boswellia (frankincense), black seed oil, ginger, and hemp. Many companies make these in combinations and they are very effective at reducing the pain, especially when taken

daily.

#5 PH Balance.

This is a widely overlooked issue in all age related conditions. As we age, our bodies do not maintain our PH as easily and we become too acidic. The acid in blood can slowly eat at the joints and muscles causing them to thin or inflame. This is also a cause of stones or spurs as calcium is used to try to neutralize the acid deposition and then adheres to the joints surface. To keep the PH in balance be sure to get plenty of alkaline foods in your diet like fruits and vegetables or maybe drink some apple cider vinegar each day. Processed foods, meats, sugars, carbs, and most drinks are acid-forming in the body. Another great way to balance PH is by drinking plenty of water. Water helps to dilute the acid and it ensures the muscles and tissues don't dehydrate, which can cause micro-tears and aches. Try to get at least 4 bottles daily.

We want to stay mobile and active as long as possible as we age. Don't wait till you can't move to start taking care of those joints. I would suggest taking supplements by the age of 50 and stretching at all ages. Consistent care and attention can slow age related physical discomfort and allow us to enjoy life to the fullest.

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Dog Days of Summer AT THE BUNGALOWS

BY GENIA RUTHERFORD, PROGRAM & OUTREACH COORDINATOR

The residents of The Bungalows at Jonesboro were having lots of summertime fun recently when they hosted a “Dog Days of Summer” Parade. Several furry four-legged friends participated with their owners, some even adorned in special costumes. Residents, staff, family and friends, young and old alike came together to celebrate the day. Smiles and wagging tails were plentiful! We were honored to have Amy Schmidt and Lisa Trevathan from the Northeast Arkansas Humane Society join us, bringing Beef Jerky and Jelly, dogs currently available for adoption. After parading the dogs through the

hallways, everyone met back in the parlor for dog trivia, tabletop dog races and refreshments. It was also National S’mores Day, so we couldn’t pass up the opportunity to celebrate it with warm, ooey, gooey oven baked s’mores and an array of sweets like fruit with s’mores dip, cookies and the secret recipe of Bungalows punch. The parlor tables were festively decorated with pinwheel centerpieces and dog shaped table scatters made by the residents. The dogs were also fed dehydrated sweet potato slices and peanut butter/applesauce dog treats, made also by the residents.



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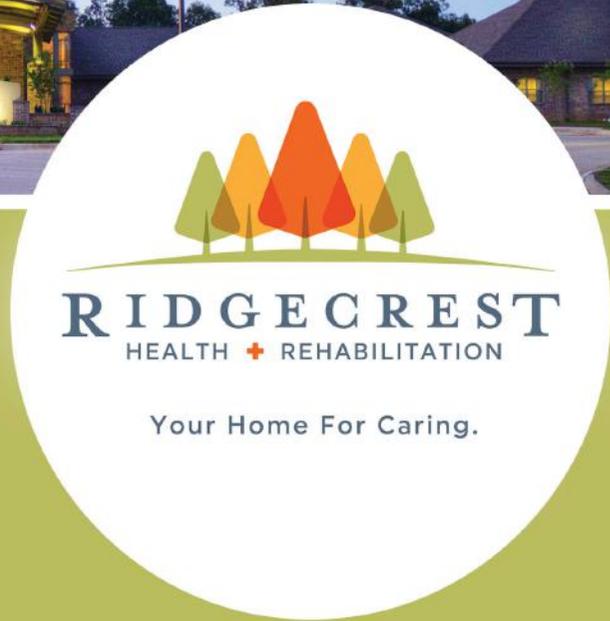
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KEEP MOVING

'MOTION IS LOTION'

BY ST. BERNARDS HEALTH & WELLNESS BEST LIFE COACH NANCY OWENS

I recently hurt my back.

We all get hurt on occasion, but there's something debilitating about injuries like back pain. They affect the entire body, and the pain tempts us to stop moving altogether.

For me, mornings are the hardest.

Ironically, staying in bed or sitting makes the problem worse, and I feel the pain radiate down my spine. Never one to give up, I begin my morning routine and make my way to work, where I move my body to help others stay active. The more I move, the less intense the pain.

Our bodies need to keep moving. As a certified life coach, I preach the catchphrase, "Motion is lotion," finding its truth throughout my injury, too.

Now, I plan to undergo professional physical therapy and encourage any person with an injury to do the same. Too often, however, I see people encounter stiffness or soreness in their joints or muscles, and they do less. This lack of movement creates more problems, and the pain worsens. They may even injure themselves further.

If "motion is lotion," we need gentle, doable, replicable motions for our current states of fitness.

As we age and encounter new limitations, we often avoid certain exercises. We no longer lift weights or push our cardiovascular health, fearing injury. In reality, this avoidance works against us. We rapidly lose lean muscle mass, and in turn, lose function, stability and mobility.

To combat these losses, we should focus on core strength, which affects our stability. We train for stability by creating a safe, unstable environment – controlled instability. For example, standing in front of the kitchen counter, holding it and taking one foot off the ground helps us practice balance. We feel safe instability that engages our core muscles. In addition, functional exercises, such as using a stable chair to stand up and sit down, mirror gym exercises like squats. Finally, we can use household items, like cans of soup or paperweights, to lift our arms while pushing and pulling our hips. These are the basics of strength – push, pull and squat.

If we make these basics a habit, a regular occurrence, we maintain or possibly regain independence that lets us go about our daily lives. The key is motion.

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Getting dolled up for a day can do wonders for a girl's spirit and, boy, do these ladies look splendid at the Miss WRNRC Beauty Pageant! From beautiful gowns to smiling faces, these ladies made an impression on all in attendance with their confidence and poise. We love to see our seniors looking so happy.

Do you have a community activity you'd like to see featured in Premiere Magazine? Just contact us at (870) 236-7627 or email graphics@mormediainc.com! We can't wait to hear from you!

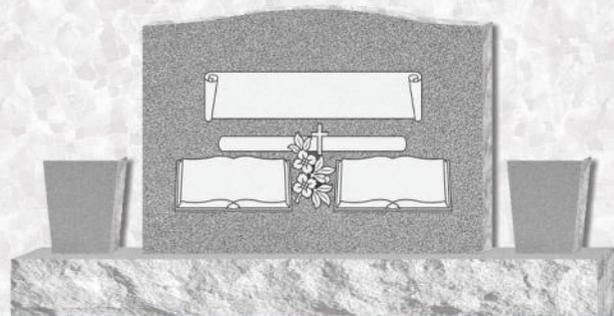


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Presentation provided by Legal Aid of Arkansas
on the importance of Estate Planning, with a
focus on Arkansas' Intestacy Laws.



You will Learn the following:

Estate Planning Techniques

Powers of Attorney Options

How to Avoid Probate

How to save Time and Money

Will be held at East Arkansas Area Agency on Aging
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Lunch provided please RSVP by 09-13-2023
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Next Month

Breast Cancer Awareness



Sue McGowan shares her story.

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