

NEA'S

PREMIERE

MAGAZINE

October 2023

A Survivor's Story



BREAST CANCER AWARENESS

GREAT OUTDOORS

SPECIAL SECTION: DECADES OF BUSINESS

A PUBLICATION OF MOR MEDIA, INCORPORATED

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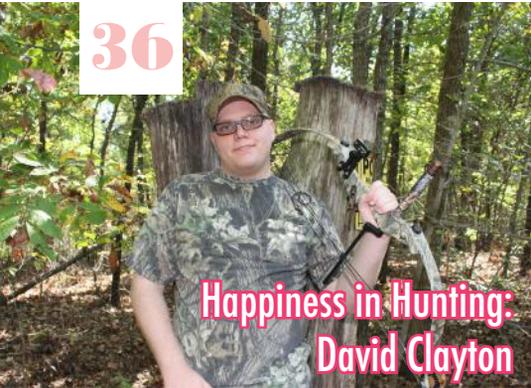
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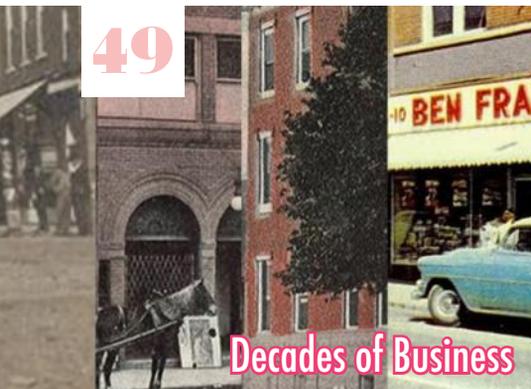
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Decades of Business

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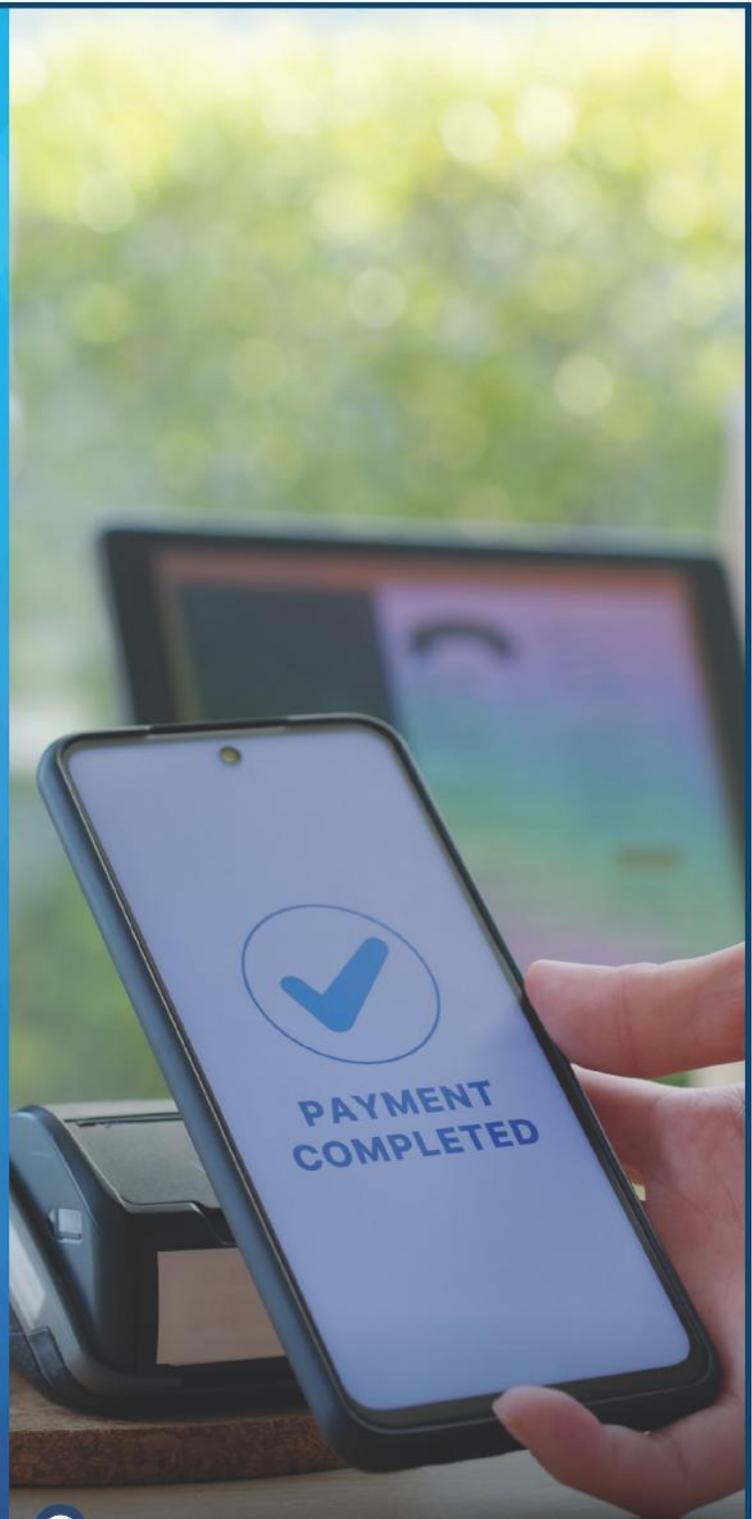


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From the Publisher



October may be linked to fall but the color Pink will be everywhere, and we join in by focusing on lots of Breast Cancer Awareness, honor and information.

It is hard to find anyone who has not had someone in their circle affected by breast cancer. As we get older it becomes many rather than a few, and we all start to pay closer attention to ourselves as well as committing to participate in the many events held in October to support Breast Cancer Awareness and research.

We have tried to gather some of the NEA event information for you and we encourage you to seek the events that help you connect with the passion you feel from the connections you have. Our cover this month is Paragould's own, Sue McGowan. As you can see, Sue and I go way back. You may know Sue; she served as the Paragould Chamber Executive Director, was involved in LeadAR and started the Paragould Leadership program (of which I was Class 1---THE BEST class) and she led Paragould in so many other ways for years. Her breast cancer journey encourages others to be aware and seek professional help early.

Get out and get involved—walk the Pink Warrior Walk, attend the Dig for the Cure fundraiser or any of the MANY October Pink events happening in NEA.

October is also the start of the festival season --- be sure to enjoy all there is to enjoy--- and remember, we are not promised tomorrow, so make the most of today!

Dina Mason
Publisher

An advertisement for Glen Sain Chevrolet. It features a red Chevrolet pickup truck parked on a dirt road in a hilly, green landscape. The Chevrolet logo is in the top right corner. The text 'Glen Sain' is written in a large, cursive font in the top left, with 'God Bless Our Troops' underneath it. At the bottom, there is contact information: 'BEST PRICE 870.565.4352 | 6345 US 49 | GLENSAINPARAGOULD.COM' and 'BEST SERVICE'.

NEA'S **PREMIERE**
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GET RICH WITH RICHARD BRUMMETT

One of the best things I have ever done is to begin the practice of posting an old photograph on my Facebook page each morning.

I have hundreds of thousands of negatives from my years in the newspaper world and they capture who we were, what we did, where we went and how our city looked in days past. The number of people who stop me in public or contact me via social media to commend the practice is amazing, and I can tell the pictures mean something to them ... either in a personal sense or just in appreciation of times gone by. And of hairstyles and clothing choices gone by, and the further they've gone, the better, for many of us.

My favorite comments center around photos of people who have never seen themselves or their loved ones in the particular image's setting until I unveil it, and that happens often because when we were on newspaper assignments we would shoot anywhere from 24 to 100 or more frames at a time and often only one or two would ever make it into print. The rest were filed away and I usually try to select some I think might be "first-timers" to the viewing audience.

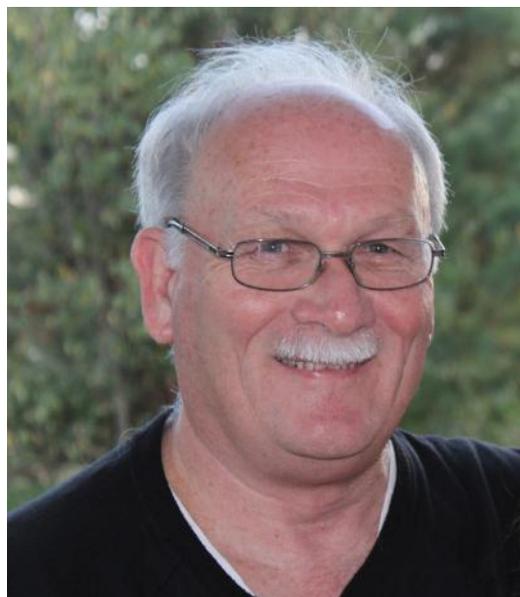
A few days ago I got to experience those emotions first-hand when helping the Greene County Historical and Genealogical Society prepare for its move to its new building. Some of us volunteers were sorting through the many, many photos and negatives housed there and someone handed me a box that contained "some we thought you might want to look at, since a lot of them say PHS on them."

Knowing I was a Paragould High School graduate they figured I might find something from my time there, and I got close; I came across two negatives of my wife when she was a winner in the Bulldog Beauty Contest, and I saw a number of friends from classes right behind mine. But one envelope was marked indicating it contained an enlargement of the Babe Ruth baseball All-Star team from my era, so I was

happy to see that, but also included was a color 5x7 photo of my Little League baseball team from my 12-year-old season.

Strangely enough, I had commented to my wife recently that one thing I regretted about my childhood was that the adults didn't carry cameras around with them in order to photograph us in our athletic endeavors the way moms and dads do today. I think I knew one family that might have had a camera capable of stopping sports action, and that hurts because I came up playing baseball with some of Paragould's best ever: Larry Elmore, James Thomas, Kendal Hurt, Ted Cunningham, just to name a few, but the only photos I know that exist are super grainy newspaper offerings. I would love to see quality photos of us in action, especially of them because they were something to see on the field and on the basketball court.

I never, ever recalled posing for a team photo other than our All-Star teams, yet there we were ... 12 players, three coaches and two batboys, decked out in our red and white Arkansas Butane Company uniforms. I know now why so many people thank me for sharing photographs of their loved ones, because when I unexpectedly saw myself in a picture I didn't even know existed my mind sprinted back to hot summer nights at Labor Park for games, steamy afternoon practices on the same field, the joy of winning and the tears accompanying losses.



Arkansas Butane Company. We were a middle of the pack club but we had big league dreams. Most of the other teams had caps with one letter on them: Kiwanis had a K, Belk's a B, Rotary an R; we had a big old ABC up there, looking like we were waiting for Vanna White to come by and flip another letter so a contestant could win a prize. We got to sprint to the concession for free sodas after victories and just went home disappointed and thirsty after losses -- unless we had a dime so we could buy our own Dr. Pepper product in a paper cup, assuming we could push our way through those lousy winners who were in the way.

We got to hear our names called out on the PA system as we stepped into the batter's box and we tried not to inhale too much mosquito spray when the truck made its trek around the block and covered the entire complex with our local version of Agent Orange. If we hit a home run over the fence some kid would retrieve the ball and bring it to our dugout and we got to keep it, and I remember after hitting my first I felt compelled to run to the water fountain for a drink, probably thinking even the adults on the visitors' side would want to get a closeup look at this slugger.

Flannel uniforms, wooden bats, rubber cleats ... and times I would relive again and again given the chance. What that picture did for me is hard to explain; seeing myself in such an unexpected role, picking out teammates like Tommy Toombs, Rick Bateman, Mike Settlemoir, Terry Lamb and others ... looking at faces that seem familiar but with names that have left my memory bank, knowing that our head coach, Richard Stuart, passed away just a few days ago. Lots of memories of the time and place, of games and opponents and umpires, and so much that directed me on the path I chose to follow.

I have a new appreciation for others' feelings now when they thank me for posting a photo. This one of my teammates and me, discovered completely by chance, has added joy to my life.

AMERICAN CANCER SOCIETY - ARKANSAS MEN WEAR PINK PREMIERE PARTY



Pictured: David McClain & Bethany Hill

The 2023 Men Wear Pink Premiere Party, hosted by the American Cancer Society – Arkansas, was the kickoff event to bringing awareness and raising funds for Breast Cancer Awareness in NEA. Guest speaker Bethany Hill shared her own survival story and expressed her gratitude for people and organizations that helped bring attention to the disease.

Keep a look out for local community leaders who will be sharing their Men Wear Pink Fundraisers! And visit www.menwearpink.org/arkansas to donate or keep up to date with the current ambassador standings!



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Men Wear Pink of Northeast Arkansas

Leading the Style. Leading the Charge. Leading the Change.

The American Cancer Society is leading the breast cancer fight in the 21st century, and our commitment to creating a future free from breast cancer runs deep but we cannot do it alone. That's why we're engaging community leaders and influencers to help eliminate breast cancer through the nationwide Men Wear Pink campaign.

The Power of Pink

Campaign Ambassadors across the nation are stepping up and using the power of wearing pink to raise funds and draw attention to the breast cancer fight. In fact, every dollar raised helps the American Cancer Society save more lives from breast cancer through early detection and prevention, breakthrough breast cancer discovery and research, and lifesaving patient support.

2023 NEA Ambassadors

- | | | |
|------------------|-------------------|--------------------|
| ◇ Alan Morse | ◇ Russ Greenlee | ◇ Chris Gamble |
| ◇ Earvin Young | ◇ Doug Tapp | ◇ Clinton Wilson |
| ◇ Phillip Poston | ◇ Jamie Couch | ◇ Guy Pardeu |
| ◇ Trevor Harbers | ◇ Justin Frazier | ◇ John Wagnon |
| ◇ Rich McCain | ◇ Stacey McGhee | ◇ Jordan Patterson |
| ◇ Humdum Durrani | ◇ Brandon Stroope | ◇ Justin Malonson |
| ◇ George Gotcher | ◇ David McClain | ◇ Mason Wood |
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PET

BY ALLISON HOWARD

of the MONTH

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



Jojo is a very affectionate cat. She loves me, my dad, and pretty much anyone! She loves playing with my six other girl pets, but she's not as fond of the boy.

Jojo is 15 years old. She was born in Texas on September 19, 2008, at my grandma's house. It was my uncle's cat that had kittens. When my mom and I went over to look at them, I picked out Jojo as my favorite because of her colors. She is a caliby (calico-tabby).

Jojo loves treats, to sleep, and to follow me around. She does not like it when I close doors on her. One day, when I shut her out of my room, she was meowing while she was stepping on the piano. It sounded like she was singing a song.

Jesus has blessed me with Jojo.



Time For Fall

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Presented by Main Street Paragould

Join us for Plates on Pruett! Enjoy a meal catered by Chow at 118 under the beautiful string lights on Pruett Street.

This fundraiser will specifically support the Downtown Paragould, Main Street Paragould 501(c)(3) nonprofit organization. Main Street Paragould provides many FREE activities for families and patrons to enjoy downtown throughout the year and this is one of the main fundraisers to support those

activities. They also support downtown merchants and property owners with access to Main Street Arkansas programs and assistance in historic district matters.

The event will be on Thursday, October 5 at 6:30 pm. Tickets are \$75 per person and if there are any available you can get them at Something Sweet. Want to be a sponsor? Email at info@downtownparagould.com or call 870-240-0544.



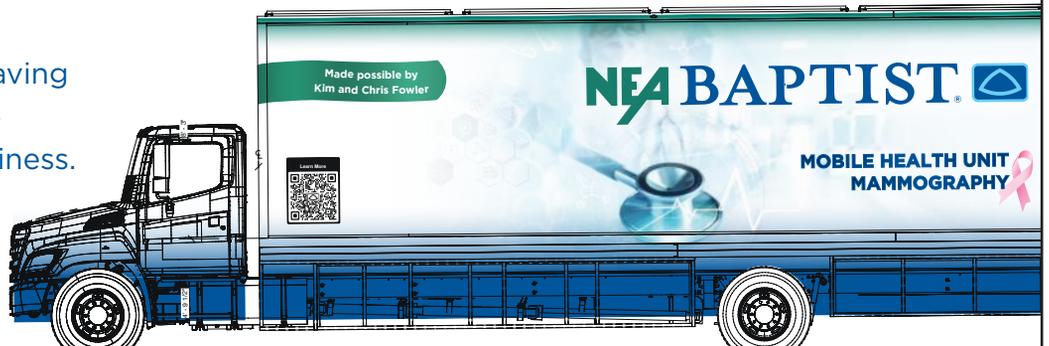
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Cancer Care

FOR OUR FURRY FRIENDS

WITH DR. KRISTIN SULLIVAN



Cancer in pets - this is a topic that unfortunately comes up all too often in my day-to-day events. There are a multitude of cancer types I diagnose, but some occur much more frequently than others. In this article I will go over some of the most common types and what to watch for. By knowing what to watch for, it will help put you in the best place to be proactive with your pet's health.

To go over all the different types of cancers that are observed in our critters would, number one: bore the audience to death, and number two: go on for days. For this reason, I go back to my past-compartmentalizing and categorizing cancer types. The types are skin cancers/growths, oral masses/growths, anal masses/growths, and internal organ masses/growths.

Skin masses are the most common type I observe in day-to-day practice. Luckily, the most common type I see are lipomas (fatty tumors), which are typically benign. Technically there is a small percentage (seriously, less than 0.1%) that may be a Liposarcoma (or a malignant fatty tumor). Other skin masses that are common, especially in my patients with a history of allergies and itchy skin, are Histiocytomas. Histiocytomas are also known as "button tumors." I think they get such a cute name because they pop up from nowhere and spontaneously and politely go away on their own. Isn't that so nice?! However, the Histiocytoma's evil stepsister, the Mast Cell Tumor, is not friendly or polite. Mast Cell Tumors are a malignant cancer type I most often see on the skin, but can occur anywhere in the body. This type can be super aggressive and rapidly growing and spreading, or it can be slowly growing and

slow to spread. You can never follow a general rule with cancer because cancer does what it wants, but typically when the Mast Cell Tumor is confined to the skin, that's normally where it stays. It may pop up in other places on the skin, but it doesn't normally go to the internal organs. However, if it starts internally, then it tends to be more aggressive and can spread to any other internal organ. Luckily, with the cutaneous or skin form, there is now an option for an injection that will actually kill the tumor. Now, not all patients with this form of cancer are eligible for this injection; there are several factors that make them an eligible candidate and this is best discussed with your veterinarian.

Moving on to the next category - oral masses. Again, this can range from very common slowly growing benign masses to aggressive benign masses to malignant masses. The most common type I see in practice is Gingival Hyperplasia; this can occur in any breed but I see it in almost every Boxer after about the age of 4. This is completely benign, but it can cause serious disease to the mouth. Again, never any general rules with cancer and all things growth related, but BENIGN oral masses MOVE teeth; MALIGNANT oral masses DESTROY teeth. So you could imagine that having gingival hyperplasia, which is uncontrolled growth to the gingiva, could do some serious damage to the teeth and overall oral health. Most of these guys have bad breath



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and gingivitis with periodontal pocketing that oftentimes will lead to an infection. Good news about this ... it can be removed, the teeth can be cleaned and polished, and the pup can live a normal life. Bad news, it can come back, but at least you know what to watch for and it's benign! Oral masses that can sneak up on us and are not friendly are Melanoma, Squamous Cell Carcinoma, and Fibrosarcoma. With all of these, the most important part is where the mass is located. If the mass is at the front part of the mouth and is on the lower jaw (mandible), then these can typically be removed with an amputation of the most rostral (or the front part) of the mandible. Unfortunately, I most often see them deep in the oral cavity, sometimes even under the tongue. Because these are so hidden, they are generally not observed by the client until they are quite advanced. For any of these, every case varies. Signs to watch for: changes in eating habits (are they now eating with their head tilted or only chewing on one side?), difficulty swallowing, avoiding eating and weight loss, oral bleeding and sometimes even nosebleeds.

The next type are anal masses. One would think this would be an obvious tumor - Au contraire, mon frère! These guys love to hide! They typically hide in the anal glands and it's typically a 50/50 chance on whether they are benign or malignant. Fine needle aspirate to determine type of mass and removal is recommended, generally. Things to watch for: scooting bottom like anal glands are full, straining to have bowel movements, flattened stool (misshaped, not normal circular), decreased appetite, and fresh blood or blood drops when having a bowel movement.

Last, on the discussion list are the masses that affect internal organs. Some organs that are affected, not in any specific order, are liver, spleen, intestines, mesentery, and urinary bladder. This is where it gets hairy. With any one of these, diagnosis of specific tumor type can be tricky and types of masses have a wide range. Most vets have an idea of where a mass is coming from by doing a radiograph study; however, some are still sneaky and can require abdominal ultrasound with possible fine needle aspirates of the affected organ for cytology and confirmation on cancer or mass type. An exception to this is that if it is on the spleen, you can remove the spleen and then assess tumor type, but it is still recommended to perform an ultrasound prior to surgery to not only ensure the spleen is truly afflicted, but to assess the other organs for any possible metastases. Liver and mesenteric tumors are much more difficult to remove and often are best to refer to a veterinary oncologist for assessment and options, especially if the tumor in the liver is not confined to only one lobe and if the mesenteric tumor is affecting any of the mesenteric lymph nodes. Urinary tumors can generally be diagnosed with ultrasound and possible catheterization, but it is never recommended to stick a needle in the bladder to retrieve an aspirate as this can potentially seed it to other areas of the body. Signs to watch for with internal organ masses are decreased appetite, enlarged abdomen (swollen belly), difficult bowel movements, vomiting and/or diarrhea, increased respiratory effort, and any other symptom outside of their normal behavior.

If you have noticed a change in your pet's behavior or have noticed a lump or bump that is new it's best to get them checked out at your vet. And guess what? Now there's a test that can aid in determining if there is presence of cancer even if no tumor has been observed. If you have more questions regarding cancer in pets, please contact your local veterinarian or a reliable online source like www.veterinarypartner.com.

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SAFETY TIPS

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Smoke Alarms at Home

- » Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- » Large homes may need extra smoke alarms.
- » It is best to use interconnected smoke alarms.
- » When one smoke alarm sounds, they all sound.
- » Test all smoke alarms at least once a month.
- » Press the test button to be sure the alarm is working.
- » Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- » Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- » A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- » People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- » Replace all smoke alarms when they are 10 years old.

"Cook with Caution"

- » Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- » Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- » If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- » Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- » On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- » For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- » Just get out! When you leave, close the door behind you to help contain the fire.
- » Call 9-1-1 or the local emergency number from outside the home.

Scald Prevention

- » Teach children that hot things can burn. Install anti-scald devices on tub faucets and shower heads.
- » Always supervise a child in or near a bathtub.
- » Test the water at the faucet. It should be less than 100° Fahrenheit (38° Celsius).
- » Before placing a child in the bath or getting in the bath yourself, test the water.
- » Test the water by moving your hand, wrist and forearm through the water. The water should feel warm, not hot, to the touch.
- » Place hot liquids and food in the center of a table or toward the back of a counter.
- » Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- » Open microwaved food slowly, away from the face.
- » Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids.
- » Never heat a baby bottle in a microwave oven. Heat baby bottles in warm water from the faucet.
- » Allow microwaved food to cool before eating.
- » Choose prepackaged soups whose containers have a wide base or, to avoid the possibility of a spill, pour the soup into a traditional bowl after heating.

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MOORE on MANNERS

WITH LINDA LOU MOORE

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

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

BOO! (DOS FOR TRICK OR TREATERS)

- Do say “Trick or Treat” or “Happy Halloween.”
- Do say “Thank You” when someone gives you candy or a treat.
- Do wear flame resistant costumes.
- Do wear light reflective clothes.
- Do take along a flashlight or a glow stick.
- Do wear reflective tape on costumes to increase visibility.
- Do travel with friends.
- Do look both ways before crossing the street.

(DOS FOR PARENTS)

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

BOO HOO! (DON’TS FOR TRICK OR TREATERS)

- Don’t forget to use the words “please” and “thank you.”
- Don’t grab candy.
- Don’t whine if you get something you don’t like.
- Don’t go to unfamiliar places, unaccompanied.
- Don’t wear masks that obstruct your vision.
- Don’t wear ill fitting clothes that can cause you to trip or fall.
- Don’t go to a house that does not have on the porch light.
- Don’t run through flower beds or other carefully tended areas.
- Don’t touch decorations, when visiting houses, unless you have permission.
- Don’t litter the yard with candy wrappers.

BOW-WOW AND MEOW

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

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

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

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

- Don’t let your pet eat your chocolate or any other of your treats.

“DOUBLE, DOUBLE TOIL AND TROUBLE”

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

To help avoid accidents:

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

HALLOWEEN COSTUMES

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

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

Quote of the day:

“Clothes make a statement. Costumes tell a story.”

~ Mason Cooley

BREAST CANCER AWARENESS

A Survivor's Story

BY KARAN SUMMITT

Sue McGowan is no stranger to cancer. The disease hit close to home in 1996 with her father, and again in 2014 when her husband Tim was diagnosed with cancer. In both cases, the cancers were already in advanced stages. Sue learned the hard way how important early screenings and diagnosis can be for long-term survival.

Those experiences cemented her own commitment to yearly mammograms and monthly breast self-exams, even during the COVID-19 pandemic when many of us delayed routine appointments. Sue's yearly mammogram in 2021 was clear of any suspicious markers. During a self-exam in July of 2022 -- less than a year after the mammogram -- she noticed a lump. A biopsy revealed malignancy. Physicians recommended a lumpectomy that resulted in a Stage 2 cancer diagnosis due to the size of the tumor. It was a relief to hear that early detection meant the cancer had not spread to her lymph nodes.

Sue was diagnosed with Invasive Grade 3 Ductal Carcinoma. Her treatment began with chemotherapy to halt the fast-growing properties of the cancer. The chemotherapy was followed by four weeks of radiation treatment. She recently finished three weeks of infusion treatments. Today, Sue is currently "cancer-free," and taking maintenance medications.

The variety of modern treatment options for cancer patients is a blessing Sue doesn't take lightly. When her father was diagnosed with stomach cancer and her husband with kidney cancer, there were no available treatments due to the advanced stage of their individual cancers. Today, there are not only more options, but Sue marveled at the ability of physicians to determine the specific kind of breast cancer



she had and what regime would be most successful in treating it.

Advances in treatment translate into numbers that are promising for any woman with a breast cancer diagnosis. According to the Susan G. Komen Foundation, the five-year survival rate for all breast cancers currently averages 90%. In Sue's case, with the early diagnosis and a localized tumor that had not spread to surrounding tissues, rates jump to 99%.

An infographic with a pink background. On the left, a map of the United States is shown with the text "BREAST CANCER is the most common cancer in AMERICAN WOMEN". Below this, it says "1 IN 8 women will be diagnosed with breast cancer during her life." To the right of this text are silhouettes of eight people, with one highlighted in white. On the right side of the infographic, large white text reads "11% OF WOMEN DIAGNOSED WITH BREAST CANCER IN THE US ARE YOUNGER THAN 45 YEARS OLD." At the bottom, there is a logo for "BRING YOUR brave." with a pink ribbon, the website "www.cdc.gov/BringYourBrave", the hashtag "#BringYourBrave", the CDC logo, and the text "U.S. Department of Health and Human Services Centers for Disease Control and Prevention".



Cancer treatments come with complications, and Sue was challenged early on by a diagnosis of COVID-19 on Friday following her first chemotherapy dose on Tuesday. Multiple treatments led to increasing weakness, a common side effect, and other typical issues such as the loss of hair. She still experiences some lingering neuropathy. All of these unpleasant side effects were rewarded by routine scans that revealed her body was responding very positively and quickly to the treatments.

Sue determined early on that she would take sensible precautions but would not let the cancer diagnosis rule her life. From August to November of 2022 weakness from chemotherapy treatments meant she was not physically able to leave her apartment. During that time she welcomed visitors into her home to break the isolation and help with needs. The cancer healthcare staff kept her well-supplied with strong doses of encouragement. Sue mentioned how much it helped to be surrounded by a positive team of professionals.

The cancer diagnosis came just one year into her retirement. For 17 years Sue served as the Director of Economic Development/CEO at Paragould Regional Chamber of Commerce. The role brought with it the need to make many decisions -- both large and small -- often in a short period of time. It was a position of responsibility, but with a "buck-stops-here" ownership of the outcomes. With her cancer Sue had to rely on the knowledge and expertise of physicians for determining the most effective treatment. Although it was a reversal of roles, any sense of helplessness was overcome by a strong faith and inner sense of peace, knowing this time the outcome was out of her own control.

These days Sue is thankful for many blessings that came through the bout with cancer. Her early diagnosis tops the list, followed by the multitude of prayers that began immediately and continue today. She mentioned the convenience of receiving treatments at a local infusion center and the many, many cards, texts and frequent contacts from folks checking on her. Simple meals and small meaningful gifts, especially inspirational literature designed for cancer patients, have also been much appreciated.

Sue learned from her own experience that many of us feel awkward knowing how to help friends and loved ones facing

serious circumstances. Perhaps it is a fear of not knowing what to do or say or of saying something inappropriate or unhelpful. By far, despite our uncertainty, the worst choice is to say or do nothing. The awkwardness can easily be overcome when both sides are willing to openly communicate. Be specific in asking for help if you are the one in need. For those wanting to help, be specific in asking how you can help, especially with practical needs like food and transportation.

Sue also emphasized boldness in asking medical professionals for clarification when discussing your diagnosis and treatment options. Sue was blessed to have good insurance coverage but did find that in most cases there are financial resources to help cover out-of-pocket costs, especially for breast cancer patients. In Arkansas, these resources include free routine mammograms for eligible women.

Sue also learned that the best comfort comes from those who have walked in your shoes. She mentioned that cancer patients need to "find your people," that group of folks who understand and accept your journey. Once a cancer survivor is able, more inner healing can come when reaching out to others who are walking the same path and encouraging them.

Now that the treatments are over, Sue's strength has improved. She is able to work part-time and resume traveling with friends. In her own words, "I'm learning to accept my new normal, and that the limitations do not keep me from engaging in everyday life."

When I asked Sue how her diagnosis of breast cancer had changed her, she replied: "I am very grateful for every day. I believe I still have a purpose in life -- God has left me here for a reason." With her history of commitment to the Paragould community, there's no doubt Sue will find and live that reason.

Breast Self Exam

5 steps to know if Breast Cancer is lurking around

1. **Put your arms on the hips and examine your breasts in a mirror. Looking for dimpling, puckering or bulging of the skin. Is there any redness, soreness, rash or swelling?**
2. **Raise your arms over your head and look for same changes.**
3. **With your arms still over your head, look for any signs of fluid coming out of both nipples.**
4. **Lie down on your back. Use your right hand to feel your left breast. Keep your fingers flat and complete an outer circle. Then move in 1 inch toward the nipple and complete another circle. Keep repeating till you reach the nipple. You're looking for a lump. Repeat for the other breast.**
5. **Feel your breasts in the shower. It's easier when the skin is wet and slippery. Cover the same hand movements described in Step 4.**

There's Always Time TO GET IN THE PINES

I was out eating lunch with my parents the other day and a couple of friends came in and sat down a few tables over. We finished our meal and one of the friends waved me over. I went to their table and we exchanged hellos, then he asked, "You have time for a fish story?" Of course, I always have time for a fish story!

He and his wife had taken a trip to the Gulf coast recently and he wanted to fill me in on a fishing excursion. They booked a guide for a certain date, but issues arose and the date had to be changed. A new date was settled and each party rearranged schedules and agreed to meet very early in the morning for a full day of deep water fishing. The anglers met the guide before daylight and headed south, running several miles offshore to the fishing location. They fished, and fished some more, in areas that typically held fish, using tried and true methods. They stayed with it several hours but, at the end of the day they only caught one fish, and that was not even the target fish.

Were they disappointed? Sounded like it. Time and money had been spent on a day that yielded very little for the cooler. But, as an outdoorsman, he understood not all days on the water or in the woods end with full coolers and heavy game bags. Not all days go as scripted. If you spend enough days out there, you soon realize those days of a fish on every cast or a turkey gobble on every call are few

and far between. Often, we come home empty handed, but those days of empty pouches also can yield great rewards if a person will take the time to look for them.

My buddies and I headed to Black River early one morning, hoping for a day of big flocks of mallards pouring in the timber. We left a little early to beat the crowd. All went well on the short ride up the river, and we arrived at our slough boat, transferred our gear and got ready to push the boat off the bank. But, as we hooked up the gas line to the motor, the cold hose broke right above the fitting, rendering it useless. We had another slough boat nearby, transferred gear and began to crank the motor. The line on it appeared to be frozen and we could not get it to start.

Now we move to boat three, a boat that belongs to a friend and shares the same parking area. But more of the same. I do not even remember the issue with that motor, but it would not start either. We then decided to walk into the hunting location.

We had gone from being plenty early to a frantic race against the clock to get there by shooting time. Racing the clock while wearing waders, carrying gear bags and guns, in the dark is not in your best interests but we trudged on as fast as we could go.

We got close to our location right as shooting time arrived and then we heard someone



CHUCK LONG

Avid Outdoorsman

Retired Outdoor Educator

calling ducks. They were in the area we were going to hunt so we either had to try to join them or bypass that area and continue for another 400 yards or so. We were winded and somewhat aggravated from the trials of the morning, so we chose to ask the other guys about hunting with them, at least until we got our breath and maybe a snack.

We walked in, introduced ourselves and they invited us to hunt with them. We had a stellar day shooting ducks. After the hunt was over, they gave us a ride out of the woods. Those guys have become friends and we now spend a few days each year hunting together.

Stories like each of these are what make the outdoors special. Stories of time in the field with family and friends. Stories of relationships built on a hunt. Stories of "unique" obstacles and events that can happen at any time. I like to be successful and have a full cooler or full game bag after a day being out there. But, as I look at it now, I am realizing we are truly blessed to be out there each day and watch the sun rise and God's creation come to life.

During my career with the Arkansas Game and Fish Commission, I spent much of my time dealing with those who wanted to pursue some type of outdoor endeavor, whether hunting, fishing, hiking, bird





watching or something else. We tend to think the majority of Arkansans are in the woods or on the waters on any given day. Yet statistics tell us that only about ten to twelve percent of Arkansans actually hunt. The numbers of fishermen are a little higher and there are still more that like to look at wildlife in a variety of ways. But, when the figures are totaled, most Arkansans enjoy very little time outdoors.

Some folks have a fear of failure, a fear of the unknown or lack the confidence to enter the outdoor world on their own. Others just do not seem to have the time. Whatever the case,

it is very important that each of us who enjoy being outside takes the time to try to invite others to join us for an outdoor experience.

As I wrapped up my conversation with my friend at the restaurant the other day, I could tell his experience will not dull his desire to be out there. Yes, the fish cooler was almost bare when they came in, but their minds were full of great memories of a beautiful sunrise and tranquil sea and that is truly what the outdoors are about.

We will have more days of duck hunting when the motor does not start or some other unfortunate event complicates the day, but that makes the good times that much better.

It seems we all have so much clutter in our heads. We need to take the time to clean some of that out and fill it with the sights, smells and sounds of the outdoors. Whether it be hunting, fishing, hiking or just watching a bird feeder, take some time this fall to get out and enjoy being outside.

I hope to see you out there!

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Lessons LEARNED IN Motherhood

BY CAITLIN LAFARLETTE

I'm not as adventurous as I used to be. Or, I don't take risks the way I used to, at least. I was always the one up for a "let's see where the night takes us" kind of schedule. I can still be spontaneous but I find myself assessing the physical danger of a situation before fully committing.

My twenties were full of taking trains alone in Europe, wandering the streets of Munich (also alone) after a few too many pints, and hopping on four-wheelers for joyrides after also a few too many drinks - that one ended up in a twisted ankle but a hilarious story for my best friend and I to reminisce on.

I used to love flying, roller coasters, anything that would make my stomach drop and provide a thrill. And then came Eva.

My first year postpartum I definitely felt like a boring person. I stayed home and mostly slept. I went out occasionally but was usually the

first to leave. I expected that though, in the early days. As time went on I felt more like myself, resumed my hobbies and pastimes. But I haven't found that sense of adventure I carried around with me like second nature.

I still love traveling and trying new things. But if I come across a situation where I could potentially be harmed, I'm out. All that fills my mind is, "what if something happens to me and Eva is left without her mother?"

I feel like I'm tiptoeing around the ghost of my past self, trying to grab hold of her but always missing by inches. Is it postpartum anxiety keeping me from trying something risky? Self preservation? Or just who I am now? I don't feel fun or outgoing anymore and I'm trying to find that delicate balance of keeping myself safe for my child, while also learning to live for myself.



I expected to put some things on the backburner when I became a mom. I knew I would change, but this was an unexpected twist in the plotline of parenthood. I don't think I'm mourning the person I used to be but I do miss her sometimes. For now, maybe all I can do is try to blend the past and present Caitlin for a healthy mix of someone new.

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HEALTH Matters

It would be nice if the childhood trauma from immunizations was over by the time we become adults. Many of us acquired a lifelong fear of needles early in life with periodic immunization shots. Once adults, we instinctively resist them with all the rebellion we felt inside as children who had no choice. But numbers tell the story. Due to immunizations, we rarely hear of whooping cough and polio outbreaks. A combination of COVID-19 vaccinations and individual bouts have put 96% of the population with some immunity to the ongoing mutated strands that will plague us each year just as the common cold does.

Immunizations may not always give 100% protection from contracting a disease, but they can and do lessen the severity of symptoms and damage to our health. October is a good time to do a self-check on your immunization status. Beside the yearly flu and COVID-19 boosters we have come to expect, there are other immunizations to track. Most of these have to do with the natural immunity our bodies lose as we age. A few are boosters for childhood vaccines.

If you are in the 50-plus population it's time to take a second look at vaccines. As mentioned, our bodies slowly lose natural immunity. Chronic diseases like hypertension, diabetes, arthritis and heart disease



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.

speed the process along. Many treatments for serious diseases like cancer actually impair our immune system, weakening it and making it less effective at fighting off common illnesses. Immunizations are especially needed if you fall into one of these categories.

Once-a-year influenza and COVID-19 vaccines are a standard recommendation. In recent years, several new vaccines or modifications on existing vaccines have been developed. An update on these include:

RSV Vaccine: According to the Centers for Disease Control (CDC) RSV is a common respiratory virus that usually causes mild, cold-like symptoms. It can cause illness in people of all ages but may be especially serious for infants and older adults. Older adults with

Table 1 Recommended Adult Immunization Schedule by Age Group, United States, 2023

Vaccine	19–26 years	27–49 years	50–64 years	≥65 years
COVID-19	2- or 3- dose primary series and booster (See Notes)			
Influenza inactivated (IIV4) or Influenza recombinant (RIV4)	1 dose annually			
Influenza live, attenuated (LAIV4)	1 dose annually			
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap each pregnancy; 1 dose Td/Tdap for wound management (see notes)			
Measles, mumps, rubella (MMR)	1 dose Tdap, then Td or Tdap booster every 10 years			For healthcare personnel, see notes
Measles, mumps, rubella (MMR)	1 or 2 doses depending on indication (if born in 1957 or later)			For healthcare personnel, see notes
Varicella (VAR)	2 doses (if born in 1980 or later)		2 doses	
Zoster recombinant (RZV)	2 doses for immunocompromising conditions (see notes)		2 doses	
Human papillomavirus (HPV)	2 or 3 doses depending on age at initial vaccination or condition	27 through 45 years		
Pneumococcal (PCV15, PCV20, PPSV23)	1 dose PCV15 followed by PPSV23 OR 1 dose PCV20 (see notes)			See Notes
Hepatitis A (HepA)	2, 3, or 4 doses depending on vaccine			
Hepatitis B (HepB)	2, 3, or 4 doses depending on vaccine or condition			
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, see notes for booster recommendations			
Meningococcal B (MenB)	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations			
Haemophilus influenzae type b (Hib)	19 through 23 years	1 or 3 doses depending on indication		

chronic medical conditions like heart or lung disease, weakened immune systems, or who live in nursing homes or long-term care facilities, are at highest risk of serious illness and complications from RSV. The CDC recommends adults 60 years and older receive a single dose of RSV vaccine, based on discussions between the patient and health care provider.

Pneumonia Vaccine: For adults 65 and older, new advances in drug effectiveness have been especially beneficial with pneumonia vaccines. For many years aging adults needed a pneumonia vaccine every five years. Newer drugs recommended a 2-step dose that would not need to be repeated. Most recently, the newest pneumonia immunization is a “one-and-done” single dose. The pneumonia vaccine is recommended for all adults 65 and older, but especially for those with upper respiratory conditions like COPD, lung cancer and heart failure. Every year 50,000 adults die from pneumonia.

Shingles Vaccine: Shingles is caused by the varicella zoster virus (VZV), the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays dormant (inactive) in the body. This virus can reactivate years later, causing shingles. If you had chicken pox as a child — and most adults over the age of 50 did — you still carry VZV. In adults, shingles is a very painful disease that causes a rash, extreme itching and nerve pain. It is especially dangerous if the rash is near or in the eyes. The CDC recommends two doses of recombinant zoster vaccine (RZV, Shingrix) to prevent shingles and related complications in adults 50 years and older, especially those with weakened immune systems.

Besides the vaccines mentioned above, adults may need T-Dap (tetanus, diphtheria, pertussis) boosters, especially if around newborn infants, MMR (measles, mumps and rubella) boosters and hepatitis vaccines (see chart). The best place to begin for knowing your own needs is a conversation with your primary provider.

Vaccines have added quantity and quality of life to our years. They are a big part of why the average adult lives into their 70s, 80s and beyond in our generation. In most cases the side effects of a vaccine shot are a few days of mild symptoms as our own body works with the vaccine to build up antibodies that will fight for us when exposed to the virus. Vaccines are a very effective tool to help us protect our best possible health!



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NEA Mountain Man

BY GABBY POWELL

Fall is my most favorite time of year. With the cooler temperatures, changing leaves, and no more pesky mosquitoes, what's not to love? But there is one reason specific to me that makes fall so special. It reminds me of times spent with my dad, Clifton Jones. See, he is the epitome of "Mountain Man." If you want to meet someone with hunting stories of all kinds, he is the man to go to. From rabbit and squirrel locally to mountain lion and bear from afar, I honestly don't believe there is a critter out there he hasn't gotten, in Northeast Arkansas at least!

This desire of his started when his grandpa would take him out rabbit hunting with a few hounds. His favorite, Lady, was a beagle rabbit dog. She was his favorite because she would catch the rabbits and actually bring them back! He recalls that this dog was actually a diamond in the rough; "I rescued her after someone dumped her at the ranch I was working at." She taught him that a second chance is sometimes all you need to reach your full potential. These early experiences of success and memories with family are what led to the lifestyle he has

passed down to his children.

"It's just who I am," Dad explains. "There are people who hunt and then there are hunters. One is just something you do and the other is just who you are." This passion has led him across the nation on hunts in Colorado for elk, Arizona for mule deer, Louisiana for alligator, and places everywhere in between. From Northeast Arkansas, Dad has brought in whitetail deer, turkey, rabbit, squirrel, bobcat, and even more here, there, and everywhere: "Pretty much any furry critter I see, I can get." But even with the vast travels of Dad's hunting career, it has been some of the hunts here at home that have the best memories.

When asked for the most interesting story from a hunt here in NEA, Dad recalls a feral hog hunt. "The dogs had kept a walking bay about 100 yards in front of us," he said. Now these dogs have a reputation for catching almost every animal they find a trail on. After 3 hours of constant barking and movement, Dad and his friend, Eric, were convinced it must have been the most elusive mammal in the area. A Sasquatch!

Now I know what you're thinking, "These Lawrence County folk must be crazy if they believe in such crazy things like Bigfoot." Well call us crazy if you want, but you can't prove that Bigfoot isn't real any more than I can prove it is real! In all actuality, the shifty animal was most likely a native black bear, but what fun is that story?

I can remember going on a hog hunt with my dad a few years back. Let me tell you, this hunt is not for the weak. We must have trekked at least five miles through thickets and briars, just to come out in the middle of a soggy hay field. But the adrenaline rush that comes when you catch up with the dogs on a wild hog is one of a kind. If you ask him about these experiences, he'll be sure to tell you some great stories of hunts with his kids and hunting buddies. But once you get him started he'll also tell you his opinions on some of the regulations currently in place on hog hunting on public land. I won't get into details here, but look him up on Facebook if you happen to have an interest in hog hunting or its rules.

If you do ever get to talking to him about hunting and the impact it has had on his life, there are a few things I can almost guarantee he will mention, like the impact the lifestyle has on yourself and the view you have of God's creation. "Just being outside, that's where you learn things about yourself." You'll

learn your patience level and values. You'll appreciate the intricate details in the divine design. You'll take time to sit in where you are and thank God for the blessings that have been given to you. You'll be grateful for experiences you've had in nature with those closest to you. The list could go on, but one thing in particular he has learned is that you can't make things happen on your own. You can prepare by baiting and scouting the area, but sometimes the deer just won't come. Sometimes things just don't pan out. Sometimes, you just have to trust in the plan and learn from the experience.

I know I have learned from the experiences I've had hunting with him throughout the years. Not only was it the basics like where to aim and how to process the kill, I've also learned how to be thankful for it. The animal brought in is more than a trophy; it's a meal, lesson, and experience. The blessing of land and freedom combined with labor and preparation will bring in these rewards. So thank you, Dad, for letting me experience and appreciate the beauty of our land. Thank you for teaching me what your grandpa taught you; it's more than just a hunt.





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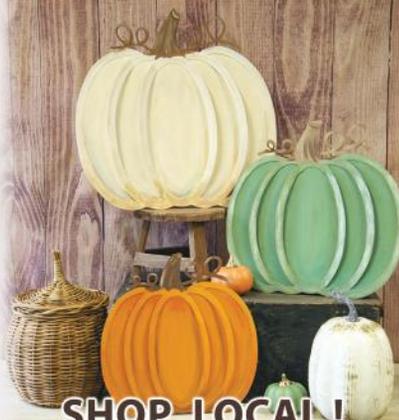
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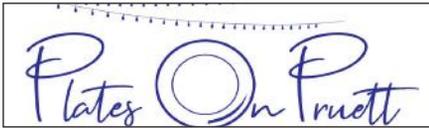
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SAVE THE DATE

DOWNTOWN PARAGOULD EVENTS



October 5th

6:30 p.m.

Plates on Pruett
Main Street Paragould Event



October 13th

4:00 p.m. - 7:00 p.m.

Shop 'til you Drop -- Do it on Pruett
Cory Jackson -- Free Concert
7:30 p.m. DT Paragould
Community Pavillion



October 13th-14th

Friday at 5:30 p.m.
Saturday at 8:00 a.m.

Get Downtown Festival
Downtown Paragould



October 20th-21st

www.collinstheatre.com/magic

Magic on the Ridge Festival
DT Collins Theatre



October 26th

6:00 p.m.

Ghost in the Gould
Scavenger Hunt
Downtown Paragould



October 28th

6:00 p.m.

Downtown Trick-or-Treating
Downtown Paragould



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

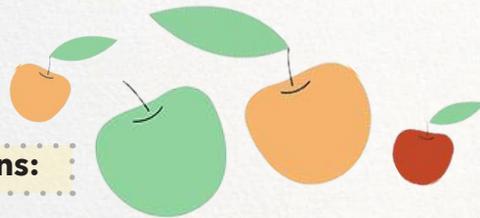
Mama's Fresh Apple Cake

BY KATIE COLLINS



When it starts feeling like fall, my first thought is all things pumpkin. But I'm pretty sure I did a pumpkin recipe for October AND November last year, so I thought maybe I should go in a different direction this year. When I first started to ponder my October recipe, I had thought I'd try the recipe my mom used to make for fresh apple cake, and I wanted to figure out a time to go ahead and make it when my daughter would be visiting so I could let her try it. My mom died in 1991, long before my daughter was born in 1999, so all she ever knew of that grandma were my stories and recipes. Unfortunately, the universe had other ideas, and decided to bring them together much sooner than any of us could have ever anticipated. So this month, in honor of my mom and my daughter, I hope you'll try Mama's Fresh Apple Cake.

Mama's Fresh Apple Cake



Directions:

Preheat oven to 350 degrees and spray a Bundt pan with cooking spray.

In a large bowl, cream shortening and sugar together with a mixer. Add eggs and mix until combined. Add flour, baking soda, salt and vanilla and mix until combined. Stir in apples, nuts, coconut and raisins. Batter will be thick.

Pour into Bundt pan and spread evenly. Bake 40-50 minutes or until a toothpick inserted in the center comes out clean. Let cool on a wire rack for 10 minutes, then invert onto a serving plate. You can make a simple glaze with powdered sugar and milk to top the cake with, serve with whipped cream or just serve it as is.

Ingredients:

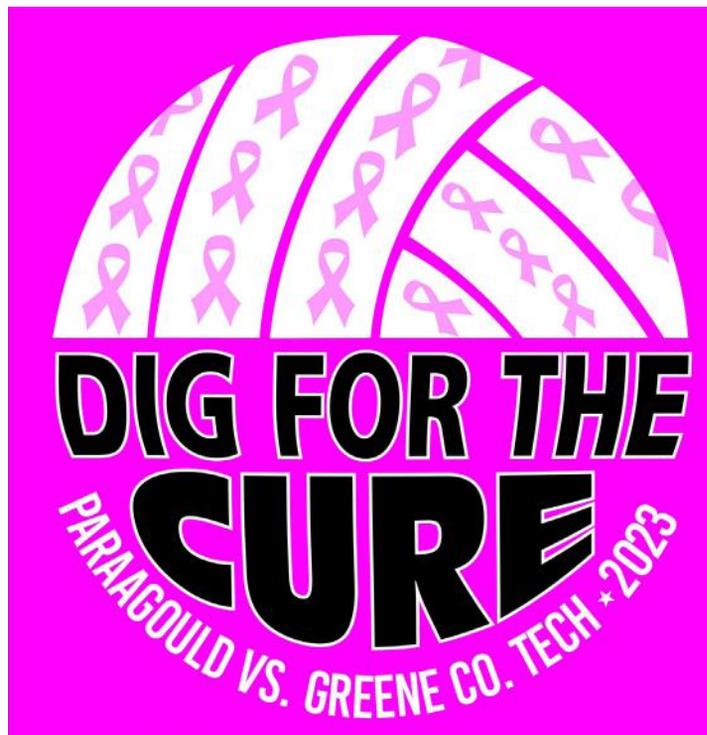
- 2 cups all-purpose flour
- 2 cups sugar
- 1 cup shortening
- 2 teaspoons baking soda
- 2 large eggs
- ½ teaspoon salt
- 2 teaspoons vanilla extract
- 4 cups chopped and peeled raw apples (any variety you prefer, I used Gala)
- 1 cup nuts (optional)
- 1 cup coconut (optional)
- 1 cup raisins (optional)

PARAGOULD HIGH SCHOOL DIG FOR THE CURE

The 16th Annual Dig for the Cure is an event that raises awareness and money for local organizations who help people with a diagnosis of breast cancer. This event was started in 2008 when Lady Ram mom, Kim Gaston Smith, was diagnosed with Stage 4 metastatic breast cancer. In the past 16 years, the event has raised well over \$100,000 for the fight against breast cancer.

On the night of October 12th, local breast cancer warriors will be honored and remembered for their bravery and tenacity in their battle with breast cancer before the senior high volleyball game featuring crosstown rivals- the Paragould Lady Rams and the Greene County Tech Lady Eagles.

All proceeds raised will go to the following organizations: AMMC's Project Hope, NEA Baptist's Hope Circle, St. Bernard's Imaging Center, and the NEA Chapter of the American Cancer Society. There will be an online silent auction Oct. 3rd -5th along with t-shirt sales starting NOW. If you or your business is interested in being a corporate sponsor or donating an item to our silent auction, please contact Jill Gill by emailing her at jillwessellgill@gmail.com.



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PARAGOULD HIGH SCHOOL ANNUAL AP SCHOLARS CEREMONY

BY SARAH COOPER



Paragould High School Qualifying Sophomores



Paragould High School Qualifying Juniors



The Paragould High School Annual AP Scholars Ceremony took place on September 18th, 2023. The ceremony honored 90 students, grades 10-12, who made qualifying scores on their AP exams for the 2022-2023 school year. For every qualifying score that a student made on an AP exam, they received \$100.

We had 131 qualifying scores and gave away \$13,100 at the ceremony.

Congratulations to all of our recipients! We are so proud of you! Thank you to our AP teachers for all your hard work and dedication. Without you this would not be possible.

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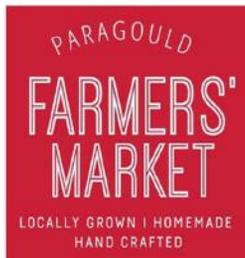
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October:

- 5th - Plates On Pruett
- 7th - Girls' Night Out
- 13th - "Do It on Pruett"
- Shop till you Drop - Downtown After Hours
- 13th - Downtown After Hours with Corey Jackson
- 13th-14th - Get Downtown Festival
- 23rd - Paragould Farmers' Market
- 26th - Ghosts in the 'Gould
- 28th - Downtown Trick-or-Treat

November:

- 4th - Project Paragould's Earthquake Festival
- 11th - Veterans' Day Coffee
- 18th - Holiday Open House

December:

- 1st - Centennial Park Lighting
- 5th - Christmas Parade
- 8th-9th - Enchanting Nights
- 8th - Ferris Wheel, Carousel
- 9th - Cocoa Crawl

Watch for details on
each of these events!

downtownparagould.com

COLLINS THEATRE PRODUCTION

Footloose

BY KAROLINE RISKER



Footloose,” a musical presented at the Collins Theatre in Paragould Sept. 14-17, told the story of Ren, a teenage boy who moved to a small town with his mother from Chicago, matched against the town preacher who has a tight grip on the community. “Footloose” was a popular movie in the ‘80s starring Kevin Bacon. The director for this local production was Crystal Taylor, assistant director was Kamron Taylor, musical director was Travis Rainbolt, and choreographer was Kaitlin Hendrix. It was produced by the Greene County Fine Arts Council and the Collins Theatre and sponsored by Paragould A&P Commission.







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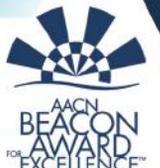
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THE ADVENTURES OF

BY VICKI McMILLAN



Lester



Hi, folks! It's Lester, again. I have to tell you, fall is my favorite time of the year. Beautifully colored leaves falling to the ground, decorated porches with pumpkins and gourds, and most of all FOOTBALL!! October has always been a special month for me: college football and major league baseball's World Series. However, as I am a take-no-prisoners Cardinals fan, this fall my primary focus will be college football. And of course, Halloween. But more about that later.

I started my post-pound life with Vicki's dad, whom we called Big. Our Saturdays in the fall were perfection. We'd get up and go to the recliner and get the TV and the remote warmed up. We'd holler for Nana to bring us our breakfast, then we'd go to the kitchen to make our breakfast -- usually cereal. We would watch any baseball game and any football game we could find until the day was done. We periodically would call family or friends to gloat or moan about a score or a missed opportunity. Being Mississippi State fans since Moses was a boy, we've had our share of both.

About the time Big's health started to fail, Vicki's son John Martin graduated high school and went to Mississippi State to play football. And boy did I ever see some sights!! So many SEC stadiums and SEC fans!!

Davis Wade Stadium at Scott Field is where the Mississippi State Bulldogs play our home games. It's the fourth oldest stadium in all of college football, after two Ivy leagues and Georgia Tech. Of course, it's my favorite -- it's home to us. Currently, it can hold 60,311 cowbell ringing fans; although we did squeeze almost 63,000 in there against Auburn one day. You've never heard noise like the noise we can make at Davis Wade!!

My second favorite SEC stadium is Neyland Stadium in Knoxville, home of the Tennessee Volunteers. Neyland is the 8th largest stadium in the world, and the 2nd largest in the SEC -- if that tells you anything about SEC football. The stadium sits on the Tennessee River and some fans are fortunate enough to just sail to the game!! The seats are crowded, but ya gotta put 102,000 Rocky Toppers somewhere. The Tennessee fans were super nice, Southern ladies and gentlemen! But that fight song can sure get stuck in your mind ... hmm you'll always be hmm.

Tiger Stadium at Louisiana State University (LSU) hits number three on my list for all the wrong reasons. It's the experience the visiting team fans get that makes LSU different from all other stadiums. Bear Bryant said it was the most difficult place to play he had ever seen, and ESPN named it the "scariest place to play." My experience as a

fan of the opposing team and a scrappy pound dog from Jonesboro, AR, is all of that and more. Tiger Meat is the preferred pre-game chant in the parking lot. Speaking of tigers, until recently, the tiger mascot Mike would be parked in his cage in front of the visitor's locker room and the LSU cheerleaders would get him riled up as the opposing team took the field. Two things I witnessed at LSU and no place else: You can stand at the gate and finish your bottle of Jack Daniels before you go in, and kindergartners and elders both in purple and gold give you the middle finger whenever possible.

*Musings on other stadiums:

Sanford Stadium, home of the Georgia Bulldogs, in Athens: Love the hedges and hate the boiled peanuts

Vaught-Hemingway Stadium, home of Ole Miss' football: Jealous of The Grove, but it would be too classy for my humble taste, and love the cheer "who in the hell are we?" Seriously, who are they? Rebels, Black Bears, Land Sharks, who???

Bryant-Denny Stadium, home of the University of Alabama Tide: What can one say about Mecca?

The two best words in college football? Touchdown, Lester!

Now, on to Halloween. Statistics show that cute dogs in cute costumes get more candy than teenagers in regular clothes. I'll be dressing up as Scooby Doo and hitting your neighborhood. Get the candy ready -- and no toothbrushes this year!

First and Ten,
Lester

ARKANSAS STATE UNIVERSITY COMMUNITY FAIR

The kickoff to the new semester at Arkansas State University was filled with community love and support from across NEA. The ASU Community and Organization Fair hosted a wide array of booths on the Heritage Plaza Lawn. Restaurants, local churches, entertainment centers, campus clubs, and more joined together to welcome the 2023-2024 Red Wolves with their business information and free goodies. Jack even showed up to greet the new students! From everyone here at MOR Media, have a great year, A-State!



Dr. Calixto Cazano



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HAPPINESS IN *Hunting*

BY RICHARD BRUMMETT

Most hunters remember their first big kill, especially those who have limited opportunities and places to get to the woods. David Clayton of Paragould is one of those guys who doesn't own hunting woods and can't make expensive out-of-state trips, so when he downed his first deer a few years back it marked quite an accomplishment.

Now 25, David vividly remembers his first successful hunting trip, not just because he brought home a doe but because it represented something more important. "My dad would

come back after an overnight hunting trip and I wanted to do that, too," he said. "I wanted to spend time with him so when he told me that first year that I could go, I was excited."

Heading out for Sharp County with his dad Frank and uncle Jimbo, the hunters arrived in Melbourne at property owned by the adults' friend. That first trip, when David was a fifth-grader, didn't prove successful as far as getting a deer was concerned, but the father-son time still made it worth the drive. "First trip ... no deer," David recalled. "I saw a beautiful 6-point buck and I shot at it, but my arrow hit a small branch and I missed it by an inch. The next year, again, I saw one but I was at an angle where I couldn't get a shot at it, and I let it go. Then the next year, I think I saw one and that was the time I shot over its back. I understood what I did wrong and knew one day I was going to get one."

Sitting in a tree stand alongside Frank, the agreed upon rule was "if we saw one I got the first shot but if we saw another one, it was Dad's. It was in the afternoon and I was waiting, and I saw some shrubs move and it came out. We were excited and it went over to the corn from our left. It looked right up at me and I froze, then slowly raised my crossbow and fired. I hit it and it went to the right and fell down within our view. It was about a 90-pound doe."

Over the next several days, each time David closed his eyes to sleep he could see an instant replay of the big day. And he told just about everyone he knew about the hunt. "I was excited to get that first deer. I told everyone," he said. "Why wouldn't you? When you don't get many it's special and exciting. Those people who get to go all the time and get a lot, I guess it's just like any other day of the year to them.

"For me, it's all about making memories with my family. We can all still tell the story about what happened that day."

The following year, David came through again. "I got another one the following year," he said. "This time it was darker and we had to wait for a tracker to help us find it. We were looking and something white bounced off my headlight and I said, 'Is that it?' and Dad said, 'Yep, good job, David.' But that was my last trip for a while. I haven't been back. I just never had a chance" because of school, work and his dad's changing work schedule.

"I'd like to get another one," he said. "It saves money on hamburger meat. The way I grew up, I only hunt what I'll eat. That's all I shoot ... something we will eat. But I'd love to get to go again. It's so much fun and the best part is spending time with my dad."



Glen Sain

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EXPANSION FOR NEA'S HABITAT FOR HUMANITY

Habitat for Humanity is honored to announce the expansion of services to Paragould. Formerly Habitat for Humanity of Greater Jonesboro, we are also excited to share that our new name is Habitat for Humanity of Northeast Arkansas.

New Executive Director – formerly the Director of Operations - Angy Abaunza will lead this transition as Habitat for Humanity of Northeast Arkansas embraces its role of serving a larger region.

“It is our pleasure to continue working with Angy as the new Executive Director of Habitat for Humanity of Northeast Arkansas. Her leadership, experience, and passion for serving the community will allow us to continue to fulfill our mission,” said David Hunter, Habitat for Humanity of Northeast Arkansas Board President.

“I am honored for the opportunity to serve our current and future homeowners as the Habitat for Humanity’s Executive Director,” said Abaunza. “This expansion will provide affordable homeownership for income-qualified families in Jonesboro and Paragould. I’m looking forward to collaborating with existing partners as well as continuing to forge new partnerships that will enhance Habitat’s impact in the community by providing accessibility to affordable homeownership, home repairs, and through the Habitat for Humanity ReStore.”

Habitat for Humanity benefited from the inaugural NEA 1K – organized by a group of local runners – in April of 2023 and is honored to bring the race back in the spring of 2024. The event raised over \$17,000 dollars in its inaugural year – money that will directly

benefit the Paragould community now that the expansion is under way. The second annual NEA 1K will take place on May 4, 2024 .

Habitat for Humanity of Northeast Arkansas’ next event is Souper Sunday on November 5, 2023.

Habitat for Humanity of Northeast Arkansas is eagerly seeking community partners and volunteers. Please contact info@habitatnea.org for more information.



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MAGIC ON THE RIDGE FESTIVAL

The first Magic on the Ridge Festival at the Historic Collins Theatre in downtown Paragould will be an event like none other in our area. This family-oriented event will bring four world-class illusionists to Paragould for a two-day festival with stage shows, workshops, meet and greet opportunities, and a panel question and answer session.

This year's festival features Kayla Drescher, and Ran'D Shine, both of which have been nationally televised on Penn & Teller's Fool Us, among other series and features. John Cassidy is a Guinness World Record magician that does amazing things with balloons! John has performed at the White House for two different presidents, and has been all over the world performing professionally. Finally, the headlining illusionist this year is Master Illusionist Lyn Dillies. She once made an elephant appear out of thin air, and frequently shocks audiences all over the world.

Magic on the Ridge will be held on October 20-21st and will include close magic demonstrations on Friday evening and mid-day Saturday in Centennial Park at no cost. Magic and a Meal opportunities for close magic demonstrations at your table will be available at select downtown Paragould restaurants on Friday night. For more information about the Magic on the Ridge Festival, go to www.collinstheatre.com/magic to find out more information, and purchase tickets. All Access passes for individuals are just \$75 plus taxes and fees, and Family All Access passes are only \$200. Individual show tickets are \$20 and can be purchased online.



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ST. BERNARDS FOURTH ANNUAL PINK WARRIOR WALK

Registration Now Open for the Fourth 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 up 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.

This 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 is available at www.gopinkwarrior.com.

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DOWNTOWN PARAGOULD AFTER HOURS

Wow! We had such a great time Friday night with Drive South at the Downtown Paragould After Hours free concert!



We'll be back on October 13 with Cory Jackson! The Get Downtown Festival kicks off that night well, so be sure to mark your calendars now!

Downtown Paragould After Hours includes live, local bands, and admission is completely FREE for everyone! Come see us at the Community Pavilion, 201 E. Court Street, at 7:30 p.m.



Do you want to win a shopping spree at various downtown stores like Ms. Aubrey Schalk did? Of course you do! Be sure to watch the Main Street Paragould Facebook page and local downtown stores for more information on Shop 'til you Drop. The next event is October 13th!

CELEBRATING National Boss's Day

BY GABBY POWELL



Holly Bennett recently celebrated her 12th year at Southern Bank. Her time there has shown that hard work truly does pay off. Starting out on the teller line at the Nettleton location, she found this was something she would like to make a career out of. Staying there for the majority of her years at Southern Bank, she worked her way to the loan department as a loan coordinator for a few years. As of March 2023, she was promoted to Assistant Manager of the Southwest Drive location.

is very deserving... I'm proud to call her my boss!"

From everyone here at MOR Media, thank you Holly and every other outstanding boss in NEA! You are what keeps our businesses alive and growing, and we are grateful for you!

Justin Hetler, NEA's Premiere Magazine contest winner, shared some kind words about his time with Holly as his boss. "She works hard and

Don't forget to let your boss know you appreciate them on National Boss's Day, October 16!



Lindsey Hagood
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GREENE CO. HISTORICAL & GENEALOGICAL SOCIETY MOVING DAY BY RICHARD BRUMMETT



While the move was not a big one as far as distance is concerned, it was major in volume and importance.

The Greene County Historical and Genealogical Society started a new chapter on September 18 when board members and volunteers helped orchestrate the official move to 320 West Main Street in Paragould, now the home of the group.

Having learned earlier in the year it would need to leave the building it occupied on West Court Street for almost 15 years, the GCHGS was blessed to find a new location a couple of streets over in a house owned by First United Methodist Church. A two-day

move performed by Camp Express Delivery started the process, and now the valuable team of volunteers and society members expects about a month of unpacking, reorganizing and adjusting to the new location before opening back up to serve.

The public is asked to be patient in asking for GCHGS help with inquiries as the members and volunteers go through hundreds of boxes of books, photographs, donated items and much more, preparing the new site to be up and running as quickly as possible. Interested parties may find frequent updates on the Society's Facebook page.



2023-2024 SEASON ANNOUNCEMENT FOR THE LINKS THEATRE COMPANY

The Link Theatre Company will present the musicals “You’re a Good Man, Charlie Brown” and “Into the Woods” in its upcoming 2023-2024 season, as well as continue its Elevate theatre training program with sessions available for young artists in 2nd through 12th grade.

The Link kicks off its season with “A Night of Stars” on Thursday, October 5, starting at 6:00 pm at The Glass Factory in downtown Jonesboro. The Gala Celebration will feature dinner, drinks and Broadway performances. Tickets are \$150 per person or \$1,200 per table. Seats can be secured by emailing info@thelinktheatre.org or visiting www.thelinktheatre.org.

With charm, wit, and heart, “You’re A Good Man, Charlie Brown” explores life through the eyes of Charlie Brown and his friends in the Peanuts gang. Based on the beloved Charles Schulz comic strip, this family-friendly musical is a perfect escape for the young and the young at heart.

One of Stephen Sondheim’s most popular works, “Into the Woods” is a musically sophisticated show that

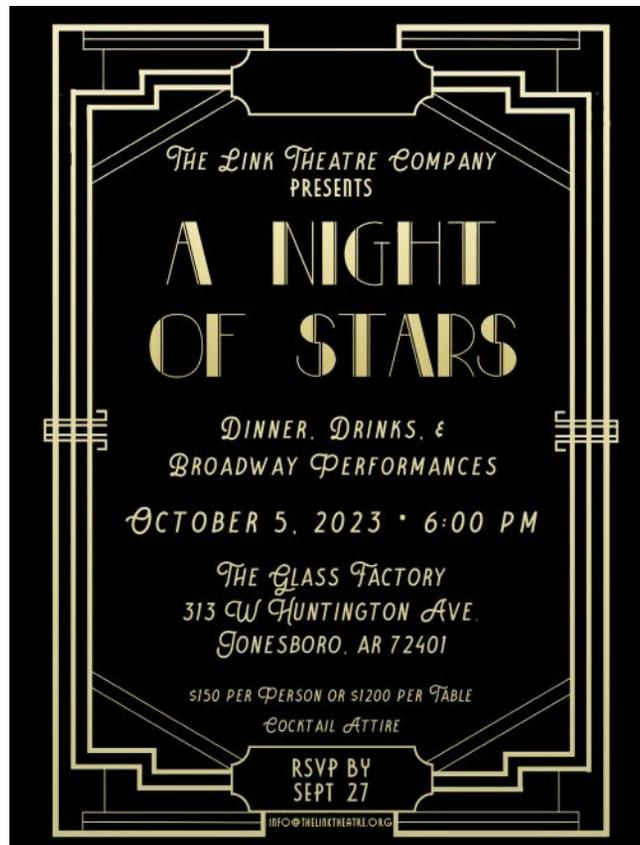
incorporates plots and characters from several Brothers Grimm fairy tales. Featuring a book by James Lapine, this enchanting night of theatre is a modern classic.

The Link will reprise its Elevate training program for young artists in 2nd through 6th grade in the spring of 2024. The eight

week theatre training program will provide students with the tools to elevate their artistry in addition to instilling self-confidence, improving self-esteem and cultivating leadership skills. A separate Elevate session for Junior High and High School artists will be announced for winter 2024.

The Link Theater Company is a 501(c)3 nonprofit organization, and draws on the finest Broadway, University, and local talent in order to bring innovative musicals and plays to the Northeast Arkansas community.

More information on tickets, auditions, and classes for all of The Link Theatre’s programs can be found at www.thelinktheatre.org or on The Link Theatre Facebook page.



ARKANSAS METHODIST MEDICAL CENTER BARRY DAVIS RETIREMENT CELEBRATION

Arkansas Methodist Medical Center (AMMC), a leading provider of comprehensive healthcare services, announced the retirement of its CEO, Barry Davis, effective August 31, 2023. Brad Bloemer, CFO, has been announced by the board to serve as interim CEO.

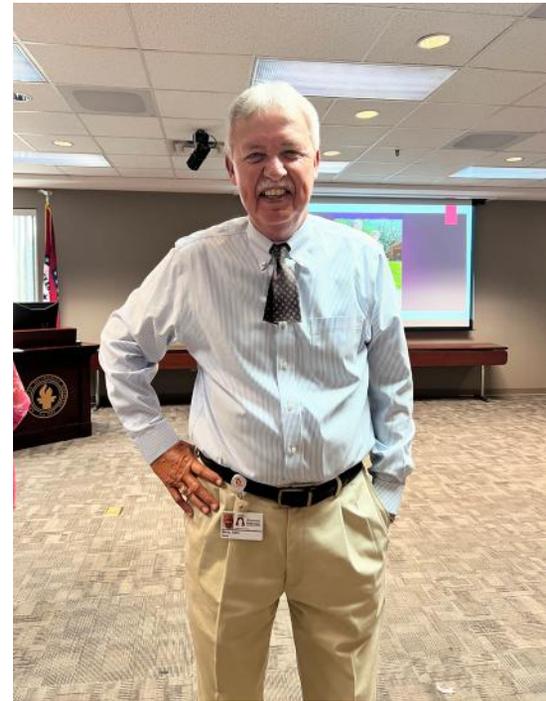
During his tenure, Mr. Davis has made a lasting impact on the organization, driving significant growth and innovation while maintaining the hospital's commitment to delivering top-tier patient care. Under Mr. Davis' 42 years of leadership, AMMC has seen numerous milestones, all of which have solidified the hospital's reputation as a premier healthcare institution.

The process of selecting a new CEO will be thorough and thoughtful, focused on finding a leader who embodies the values of AMMC and can build on the strong foundation established by Mr. Davis. As we navigate

this transition, our primary focus remains on maintaining the exceptional level of care our patients have come to expect from AMMC. We have a robust transition plan in place to ensure continuity of operations and the seamless delivery of services to our patients.

We are immensely grateful to Mr. Davis for his unwavering dedication and significant contributions to Arkansas Methodist Medical Center and the broader healthcare community. On behalf of the entire AMMC team, we extend our deepest gratitude to Barry Davis and wish him all the best in his retirement.

A recognized leader, Arkansas Methodist Medical Center in Paragould provides progressive, compassionate healthcare to residents throughout Northeast Arkansas and Southeast Missouri. Additional information about AMMC is available at www.myammc.org.



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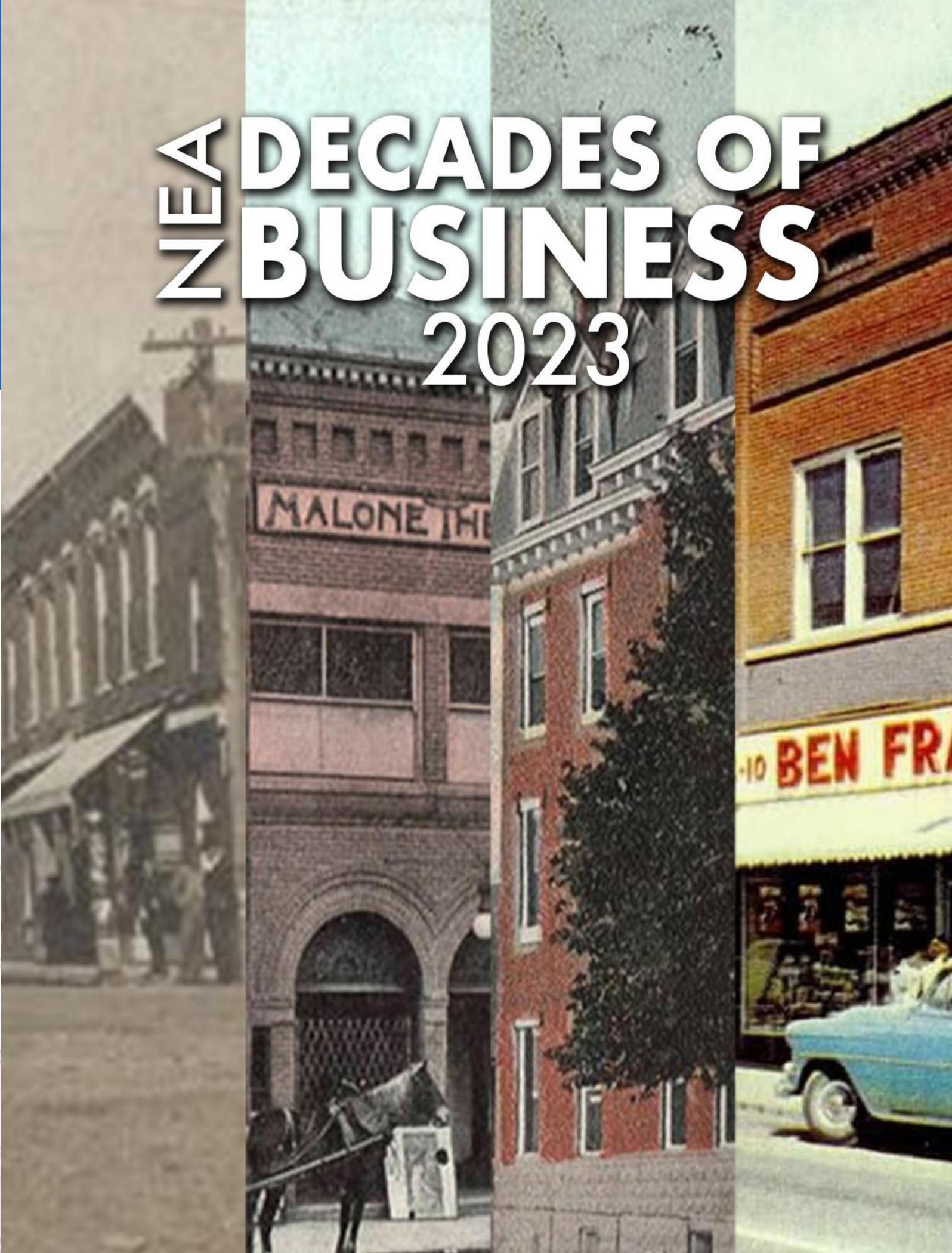
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NEA DECADES OF BUSINESS 2023



Leathers Transportation

serving you since 2004



Derrick Leathers may have only officially been out on his own since 2004, but his roots in the trucking industry run deep.

"I have been in trucking in some form my whole life," he said. "I have always had a passion for trucking and transportation. I'm the fourth-generation trucker in my family. My father retired but, like me, loved it and was successful in all that he ever sought out to do. Taking that on, knowing that my father, my grandfather, and my great-grandfather had all made a living in trucking is a lot to live up to."

There's a pretty good formula for being successful, however, and Derrick knows what it is. "A lot of people want to be in the transportation or brokerage industry but have no knowledge of what it takes," he explained. "I rode with my dad at the age of 13 and would unload his trailer and was fortunate





Leathers

TRANSPORTATION

TRUCK BROKERS

enough to go all over the country with him. I started as a kid riding with him and being his lumper, then drove a truck as soon as I was old enough to get my CDLs, to having a small fleet of trucks, to now owning a brokerage. I have been on every side of the industry and love every angle of it. My son and wife work with me also, so having that true family business makes me very proud."

Derrick said stepping back and looking at the overall success of his business is gratifying. "Watching our team learn, prosper and grow together ...," he said, "I could have never dreamed this big."

Located in Paragould, Leathers office hours are 7:30 a.m. to 4:30 p.m. The company may be reached by phone at 870-236-2650.



870.236.2650

Office Hours: 7:30am - 4:30pm

Farm Parts Company

serving you since 1963



Farm Parts Co. has a long and proud history as a member of the Paragould business community, dating back to 1963 when Ed Miles started a local John Deere firm that evolved into Kirk Equipment Company. Ed's son Phillip kept the family interests alive when he transferred much of his father's expertise in the field into the startup of Farm Parts, which has seen immense growth since that time.

When Farm Parts started out, current owner Jacob Pierce said "tractor parts and equipment is all we sold. We have evolved into many different markets, such as auto, hardware, pool chemicals, lawn and garden ... almost anything you are looking for."

Jacob has been in the business 21 years himself and said one of his favorite memories is the day he and his wife Erica "signed the papers to own Farm Parts." The transition from employee to owner has been made smoother by having his father Phillip on staff part-time for the last 6-8 years as a source of knowledge and experience.

In fact, that familiarity with customers and products is part of what makes Farm Parts so successful. "Service, variety, experience," Jacob said, when explaining the company's strong points. Located at 2602 East Kingshighway, Farm Parts is open Monday through Friday from 7 a.m. to 5 p.m. and Saturdays from 7 a.m. until noon.



Find more information at www.farmpartSCO.com

870.236.7522

Bibb Chiropractic Center



serving you since 1994

John G. Bibb started his chiropractic services with not only a personal touch, but also a personal experience. "I knew that I would be a chiropractor from a young age," he said. "I had fevers and was taken to various specialists with no change. I was taken to a chiropractor with immediate relief."

In business since 1994, John said he started his practice "from the ground up. I have received chiropractic care since age 4; I have been a chiropractor for 30 years" and that helps him relate to his clientele. "Seeing the smile on a patient's face when they get an adjustment and are feeling better," he said, represents the best part of his job.

He said chiropractic approaches represent "all natural healthcare. We get people out of pain and back to doing and enjoying things that their condition had prevented them from doing."

Located at 1400 West Court Street, Suite 1, in Paragould, Bibb Chiropractic is open Mondays, Tuesdays, Wednesdays and Fridays from 7:30 to noon and 1-6 p.m. The business may be reached by phone at 870-239-6038.



870.239.6038

Follow us on Facebook at Bibb Chiropractic Center!

Jetton Power Solutions

serving you since 1975



Redgie Jetton Electric is a family owned and operated business providing Generac generator sales, installations, service and financing. Redgie Jetton Electric evolved from a rich history of electrical businesses. His father, Noel Jetton, was a long-time Paragould electrician that not only made a living for his wife and five children but taught his sons to be successful businessmen in the electrical field. Redgie has more than 50 years of experience that has evolved into what is today Jetton Power Solutions. The tradition continues as he is joined by his wife Marilyn, his daughter-in-law Jordan, son Russell and grandson Joshua working daily to provide power generation to customers across the region. While Joshua is still a "little technician in training" he thinks he is the boss and on most days that is true.

"Family can mean more than actual kin and that is proven every day with the employees that we have and the pride they take in striving to take care of our customers' needs," said Redgie. "We tell our customers we hope they enjoy our company and friendship because when they purchase a generator from us they are part of our family. Being in a multigenerational family business is no easy feat. We take pride in that, but also realize what got us where we are today. We are thankful for the ones that came before us and taught us what we know how to do and thankful for our dedicated employees that believe as strongly as we do that good customer service is key to a successful business."

Call us at 870-476-3558 or jetton.generators@gmail.com for all your generator needs. We look forward to welcoming you into the Redgie Jetton Electric/Jetton Power Solutions family.



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Adams Nursery

-serving you since 1990



Neal Adams has had an interest in gardening since he was a young child. He saw a need for Paragould and the surrounding areas to have a garden center, so in 1990, he decided to start his own.

Neal says that his favorite moment as the owner of this type of business is when the first crop of bedding plants start to bloom.

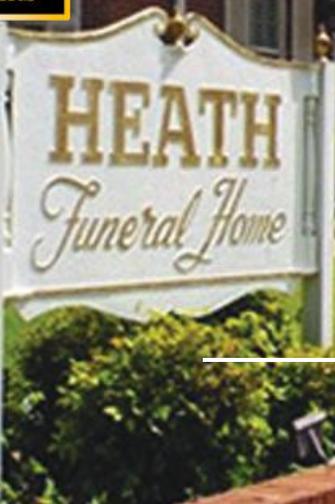
In a world of big box stores that are sometimes lacking in personal service, Adams Nursery offers personal service to their customers, and grows their own bedding plants, perennials and vegetable plants on site.

Adams Nursery is located at 215 North 23rd Street in Paragould. They're open from 8:30am to 5pm Monday through Saturday and are open 7 days a week in the spring.



An advertisement for Adams Nursery. The background is a collage of various flowers, including pink dahlias and orange chrysanthemums. A white oval with red text reads "Now Showing For Fall!". In the bottom right corner, there is a logo for Adams Nursery with a red flower icon, the text "ADAMS NURSERY", and contact information: "215 N. 23rd St", "236-2066", and "AdamsNursery.com".

Celebrate
70
Years
70-79 YEARS



Heath Funeral Home

serving you since 1945



Owners Jeremy and Tara Heath are next in line to continue the excellent services provided by Heath Funeral Home, a fixture in Paragould for almost 80 years.

Verlyn L. Heath purchased the Irby Funeral Home in Paragould in 1945 and changed the name to Heath Funeral Home. The second generation, represented by Verlyn G. "Butch" and Jan Heath and Lynda Heath White, became the owners in 2007. Now Jeremy and



Heath
Funeral Home

Tara mark the third generation of family owners, having purchased the business on December 31, 2022.

“I have been a licensed funeral director since July 26, 2000,” Jeremy said. “While I have had other careers, I have been full-time in the funeral industry for over ten years while always maintaining a part-time status in the funeral business.”

He said taking the business ownership from one generation to another “has been a smooth transition. Our mission and ethics remain the same. Our focus has always been on service, and we continue to do that through a third generation within the same family.

“We have always focused on providing the highest level of service in our community while offering more levels of service than others in our industry,” Jeremy added. “We are usually the first funeral home to offer new services, such as pet services/cremations/website, Tribute guest books, etc. Over the last seven years, we have also been able to provide the lowest overall funeral and cremation cost compared to other funeral homes located in Paragould.”

Located at 321 W. Garland Street, Heath Funeral Home continues to provide Northeast Arkansas and Southeast Missouri with a sincere, personal service.



870.236.7676

www.heathfuneralhome.com

Legacy Equipment

serving you since 1935



Legacy Equipment has been serving the community since 1935. Since then, the Legacy name has been consistent with innovative agricultural products and services. With a foundation built upon a strong commitment to customer service, we have sunk our roots deep in the community. Our legacy is our history of personal relationships and commitment to our customer base dating back decades.

In May 2010 Legacy Equipment LLC was formed from four individual dealerships: Bazzell and Wilder, Corning Implement, Kirk Equipment and W.M. Chrysler Co. Each family that was a part of the merger has been in the



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LEGACY EQUIPMENT

business for at least three generations. The family atmosphere is what makes Legacy so special. We are generations of families serving generations of family farmers.

Since 2010 Legacy Equipment has grown to be a remarkable John Deere dealership with seven locations serving Northeast Arkansas and Southeast Missouri. We have expanded multiple locations with multi-million dollar parts and service expansions and have grown to nearly 175 employees. Through the decades, we have become quite the Legacy our founders would be immeasurably proud of.



870.236.7777



Nunn's Construction

serving you since 1978



Tollie Sue and Eugene Nunn moved back home to Paragould after living in Memphis to open Nunn Construction in June of 1978. Eugene had worked in construction from an early age as an iron worker and knew he could provide a service to local area industries.

After his passing in 2000, his son Blaine and Tollie Sue took over and helped carry on the family business. The business is now entering into the third generation of Nunn's as Blaine's son, Jacob Nunn, and daughter, Shaelynn Tullos, are following in their grandparents' footsteps.

Tollie Sue and Blaine hope the business continues into the next generations as well, to carry on what Eugene and Tollie Sue started all those years ago.

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Wonder Pool Company

serving you since 1976



Wonder Pool Company was started by Jack L. Gassaway, manufacturing pool wall systems for its own swimming pool installations in 1976. In the early 2000s Jack E. Gassaway took over operations after his father's passing.

Shortly after opening, Wonder Pool Company began supplying other contractors and homeowners across the nation with ready to build pool kits. Including fiberglass, there were six uniquely different wall systems created and to date there are over 2,500 Wonder pools installed in 38 states.

For several years in the 1980s a line of hot tubs was also manufactured and in the '90s a chemical and retail store was added to better serve the region's pool clients. Wonder Pool Company has been nationally recognized and won awards for its innovative designs and construction.

"In the early 2000s we noticed that the lower quality economy pool market had become saturated, but there was an absence of modern high-end construction choices," Jack said. "We purposely moved to fill that void. Our clients are looking for a professional company that will handle the permitting, electrical, drainage, specialty decking, and all other aspects of their project. We handle all of the construction steps and coordination that is desired."

Many of the region's hotel, apartment complex, church camp, and municipal pools were built by Wonder Pool Company. "Since we typically develop a close and long-term relationship, we are pretty selective about who we accept as clients," Jack said. "We always want to serve our clients well. From the design consultation in the beginning to water chemistry issues years later."

Wonder Pool Company is located at 1300 S. Third Avenue in Paragould.



870.239.8295

Visit us at www.wonderpool.com

Pagan's Jewelry

serving you since 1934



Owners: Steve and Christopher Pagan

PAGAN'S
JEWELRY
Perfect, for Every Occasion



Pagan's Jewelry has been serving the Jonesboro and Northeast Arkansas community for so long it's almost difficult to determine how things got started.

Christopher A. Pagan said he's not certain what drew his ancestors into the field in 1934 but he's proud to continue the services and reputation built by his predecessors. "I've personally never heard what drew Odel Pagan to the jewelry industry," Christopher said. "He started as a horologist (watch/clock repair) in downtown Jonesboro close to the railroad tracks, servicing engineers' watches. The trains ran on time, so it was lifetakingly important that an engineer's watch was accurate and on Master Time. Odel was apprenticing and working in the jewelry industry prior to that.

"We have saved old newspaper clippings from the '30s advertising jewelry, bridal and diamonds. So as a four-generation family we have been doing this almost 90 years." Steve Pagan has worked full-time since 1977 and Christopher since 2002. Both worked part-time through high school and college prior to that.

One of Steve's favorite parts of the job is "the look on someone's face when he presents a custom-made piece of jewelry. Drawings and even CAD images just never can capture the beauty, sparkle and depth of a piece. So it is really a special moment when the client is seeing it for the first time. It's hard to point out just one or two things that make Pagan's Jewelry special. We really are very different from most other local jewelry stores."

Steve and Chris feel they are not just jewelry salesmen, or business managers: "We are jewelers! Meaning we work with all the precious metals and we create from scratch custom pieces. We set gemstones and diamonds, talk with clients to help them create their perfect piece of jewelry, size, repair and everything else that goes with being a true jewelry craftsman."

While the business' name is obviously a family title, Christopher said it sometimes causes minor confusion. "It's our last name," he said. "Funny, though, sometimes we get mistaken for pagan religious jewelry, but that just gives us the opportunity to share about our Christian faith."

Pagan's Jewelry is located at 624 Southwest Drive in Jonesboro.

Find more information at pagansjewelry.com

870.932.6256

Reddick Marble & Granite



serving you since 1998

Reddick Marble & Granite has been around since 1998, and the services provided just keep growing with the times.

Jerry Hoggard started the business, which concentrated on supplying cultured marble (man-made) to the customer. Now run by his daughter, Terri, and her husband Eric Reddick, the company added the natural stone (granite, marble, soap stone, onyx) and quartz, in 2005 at Eric's suggestion.

"Our business has served the Northeast Arkansas area since 1998," the Reddicks said. "We are unique because of our workmanship, service and exceptional quality."

Reddick Marble and Granite does new construction and remodels for residential and some commercial properties. They provide skilled craftsmen and the latest technology, two ingredients that ensure customers will get the new kitchen or bath of their dreams. Workers can guide shoppers who stop by the workplace through sketching out exactly what they want in a new room, or a visit to the Reddick website provides a virtual tutorial on how to draw out the desired look.

"We would like you to make a simple sketch of your kitchen," the Reddicks said. "This makes it easy for us to give you an accurate complimentary quote."

According to the company website, Reddick's stocks granite and quartz "from around the world. We also purchase from all major suppliers. We stock quartz and granite. Our selection of stone allows a wide array of colors to choose from at a reasonable price. We also purchase from local suppliers in the event we don't carry the right material for your project. With thousands of materials to choose from, granite is here to stay. Let our design team help you select the perfect material for your next project."

Their in-house selection of quartz allows the customer a wide array of colors at a reasonable price, as well. They also know you don't always need a slab and they make new remnants every day. Whether you select a simple white quartz, or an exotic granite, the Reddicks can save you money.

"Our state-of-the-art machinery ensures our customers get the highest quality cuts and seams," they said. "Our commitment to quality shows up in every project we install. Our craftsmen are highly skilled and will work hard to make sure you love your new countertops."



Whether searching for marble, granite, quartz, soapstone or exotics, Reddick Marble & Granite is the place to start looking. They have served satisfied customers in Northeast Arkansas, Southeast Missouri, Western Tennessee and Northwest Mississippi for years.

Reddick's is located at 12221 Hwy. 49 South, and may be reached by phone at 870-932-2551.



870.932.2551

12221 Hwy 49 South, Paragould, AR

Sunshine Manor

serving you since 1984



Sunshine Manor Retirement Home, a residential care/assisted living facility, has been operating in Paragould since 1984. Owners Lana, Mike and Jennifer Edwards are carrying on a family tradition founded 40 years ago with the original building in Marmaduke.

Danny and Lana Edwards, along with Donna Holcomb, originally planned to open an adult daycare "but a feasibility study indicated

the need was for a 24-hour a day care, but in a different atmosphere than a traditional nursing home."

Donna had previously owned a child daycare service called Sunshine Daycare, so it was easy to add some "Sunshine" to the adult facility as well. Being a family-owned and operated business "allows for a more personal approach as opposed to being run by a big corporation," the owners say.

having these services provided in more of a homelike setting as opposed to a hospital or nursing home. Sunshine Manor has, in its more than 40 years of operation, helped thousands of residents have improved quality of life.

Sunshine Manor is located at 3001 Linwood Drive and may be reached by phone at 870-236-3446.



Soon after the Marmaduke opening in 1983, the Edwards family added the Paragould location as interest in assisted living began to take off. Up to that time, most assisted living services were offered in the clients' homes but Arkansas began to regulate and license larger facilities capable of accommodating several people at once and Sunshine Manor blossomed.

The staff provides assistance with all activities of daily living such as bathing, grooming, dressing, medication supervision, meal prep, housekeeping and laundry. The appeal is



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870.236.3446

Battery & Parts Warehouse



serving you since 1983



When Harvey Thompson's place of employment shut down years ago he decided to go out on his own and that's how Battery and Parts Warehouse came to be.

Forty years later it's Darrell Thompson who is in charge of the auto parts store, and he says the company name pretty much says it all. "Keeping it simple," he said. "It describes the nature of the business."

Looking back over the years since that 1983 startup, Darrell said one thing that makes Battery and Parts Warehouse stand out is, "We are a local family-owned business and that provides a more personal touch."



With two locations, one at 2811 East Kingshighway in Paragould and another at 1729 Dan Avenue in Jonesboro, the staff is there to serve the public from 7:30-5:00, Monday through Friday.

Battery and Parts Warehouse may be reached by phone at 870-236-6641 or at batteryandparts@yahoo.com.

870.236.6641
870.933.9825

batteryandparts@yahoo.com

FIRST COMMUNITY BANK PROMOTES JELENA VETETO



First Community Bank has announced that Jelena Veteto has been promoted to senior vice president, secondary mortgage regional manager for the financial institution.

Veteto has been part of the First Community Bank team since 2008, starting as an assistant vice president, mortgage loan originator/branch manager. Throughout her tenure, she has consistently demonstrated exceptional expertise and dedication, earning promotions to positions of increasing responsibility. Her most recent role was as vice president, secondary mortgage regional manager, where she showcased her exceptional leadership skills and commitment to achieving results.

Regarding her promotion, Veteto

shared, "I am very excited about the opportunities I have been given at First Community Bank. My goal is to expand our footprint over all of Northeast Arkansas and help new loan officers grow in the industry."

With her extensive experience in banking and mortgage, including 38 years of industry experience and numerous association involvements, Veteto is well-equipped to continue driving First Community Bank's mortgage business to new heights.

Veteto's professional involvement extends beyond her work in the banking industry. She has actively participated in various associations and community initiatives like the Jonesboro Jaycees, Altrussa International, and Kiwanis as well as serving on the board for the Northeast Arkansas Humane

FIRST COMMUNITY BANK PROMOTES KRISTINA BISHOP



Kristina Bishop has been promoted to branch manager for the financial institution's full-service branch location at 1617 South Caraway Road in Jonesboro. In her role, she will oversee the operations at the branch while managing resources and staff.

Bishop said, "I am humbled and honored to have been appointed as the branch manager of our community bank. This promotion represents not only a significant milestone in my career but also a deepened commitment to serving our customers and supporting our local community. I am excited to lead our dedicated team and

work together towards providing exceptional financial services and making a positive impact in the lives of our valued customers."

With a total of 7 years in the banking and related industry, Bishop has garnered valuable expertise and knowledge that will contribute to the continued growth and success of the bank. In addition to her work with First Community Bank, Bishop is deeply involved in community initiatives. Currently, she serves on the committee for the Food Bank of Northeast Arkansas Empty Bowls event, a prominent endeavor aimed at combating hunger and assisting those in need. Bishop has also volunteered her

Society. Additionally, Veteto has been a committed volunteer for organizations such as United Way Day of Caring, March of Dimes Jail & Bail, and the Susan G. Komen Race for the Cure.

Veteto's industry-specific knowledge is further enhanced by her continuous pursuit of professional development. She has attended trainings offered by the Mortgage Bankers Association and served as the president of the NEA Mortgage Bankers Association in 2016, 2017, and 2019. Veteto's academic background includes studying accounting at Arkansas State University.

Outside of work, Veteto enjoys hobbies such as gardening, camping, cooking on the grill, and spending quality time with her family. She and her husband, Mark, have four grown children, Ashley Tacito, Brent Morgan, Emma Veteto and Zach Veteto, along with three grandchildren, Addison Tacito, Marigold Morgan and Max Veteto. Their family is completed by their beloved dogs, Jax and Layla.

Jelena's exceptional dedication and commitment to excellence have been recognized by her peers and clients. She has received numerous accolades, including being voted as the Best Mortgage Lender by readers of Occasions magazine for 10 consecutive years (2014 through 2023) and being recognized as the Best Mortgage Lender in Jonesboro Premiere Magazine for two consecutive years (2022 and 2023).

"I am thrilled to see Jelena Veteto promoted," said Jennifer Scarbrough, senior vice president, director of secondary mortgage. "Jelena has consistently demonstrated exceptional leadership skills, expertise, and a deep commitment to our team and customers. With her experience and dedication, I am confident that she will continue to drive our mortgage business forward and expand our footprint across Northeast Arkansas. Congratulations, Jelena!"

time and expertise to contribute to multiple community-focused events, including the Community Health Education Foundation (CHEF) Red Dress Gala event, the Heart & Sole (5K, 10K, half marathon) event, and previously served with the loaned executive program of United Way.

She and her husband, Tyler, have two wonderful boys, Maverick (6 years old) and Kellan (6 months old).

"We are pleased to announce Kristina's promotion to the position of branch manager at our Caraway location," said Allen Williams, market president

for the Jonesboro region of First Community Bank. "Kristina's exceptional leadership skills and dedication to our customers make her the ideal candidate for this role. We have no doubt that under Kristina's guidance, our Caraway branch will continue to provide outstanding service and support to our valued customers in the community. We congratulate her on her well-deserved promotion and look forward to the continued growth and success of the Caraway branch."

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SECOND ANNUAL OASIS FILM & DIGITAL MEDIA FESTIVAL

Announcing the 2nd annual Oasis Film and Digital Media Festival hosted by the Foundation of Arts! Filmmakers and enthusiasts of all ages from Arkansas and all over the United States are invited to join us April 26th & 27th, 2024 at the Forum Theater in downtown Jonesboro, AR!!

Submissions are NOW OPEN. Workshops and Film Screenings will be released at a later date. Follow the Oasis Film and Digital Media Festival Facebook page for updates: <https://www.facebook.com/oasisfilmfest>.

Submission Categories:

Express Yourself Film Competition:

- Films produced by students in grades 5-12 celebrating artistic and creative expression. (3-5 min)

General Film Competition:

- Documentary (any length)
- Feature Length Film (any length)
- Short film (4-40 minutes)
- Micro-short (1-3 minutes)
- Experimental (any length)

Submit to <https://filmfreeway.com/OasisFilmAndDigitalMediaFestival>
Deadline for submissions is January 26, 2024.



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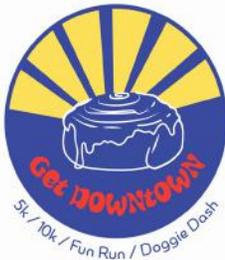
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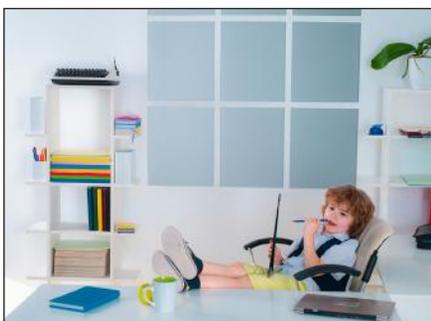
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