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Continuing a Family Tradition



ON THE COVER -Nathan Knight designed this month's cover as a high school sports collage as we celebrate NEA Sports Fans. Pages 27-32



Cover Photography by Knight Productions



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PREMIERE

SEPTEMBER 2024

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From Us to You

e welcome Gretchen Hunt to the helm of Premiere Magazine!

As you all know we have had some fantastic talent over the years, great photography, great graphics design, great story crafters, great editors and more. Gretchen is a veteran journalist with years of connections to NEA and she possesses ALL those skills, and we are thrilled to have her on board.

We miss Gabby Powell already, but we know the next generation needs educators like her and wish her all the best. I hope you will still see some contributions from her in future editions of Premiere and ExploreMORnea.

This month is packed, so enjoy the Fans and we hope you catch the spirit and cheer on your hometown schools. Thank you for making it possible to feature "the Good News and the People Making it Happen in NEA."



Dina Mason General Manager & Publisher dina@mormediainc.com

s we prepared the September edition, two of our focuses were NEA Harvest and NEA Seniors, so I spent a lot of time thinking about the seasons of the year and the season of life.

If I'm being honest, the changing of seasons has been on my mind pretty much all year. My mom, who suffered from dementia, went through her final days in the spring. At the same time, my youngest son was completing his junior year at Greene County Tech and through the summer has been preparing for his last year of high school.

Perhaps those life-changing experiences had an impact on my decision to make a change in my life and, in a way, enter a new season. After 26 years working in newspapers in Northeast Arkansas, I'm excited to become part of the wonderful staff at NEA's Premiere Magazine.

Ecclesiastes, and later The Byrds, shared that there is a time for everything - among them a time to be born and a time to die; a time to weep and a time to laugh; and a time of war and a time of peace. Some of those seasons are definitely harder than others.



As I launch into this new season of my life, I am looking forward to continuing Premiere's mission of sharing the stories of the area's "People Making the Good News Happen."

Gretchen Hunt Content Manager & Graphic Designer graphics@mormediainc.com

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MOORE MANNERS

WITH LINDA LOU MOORE

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

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

"No White After Labor Day" came onto the American fashion scene at the turn of the 20th century. Labor Day is thought of as a seasonal transition. The summer season ran from Memorial Day to Labor Day. So, it made fashion sense that spring and summer styles called for lighter weight fabrics and lighter colored clothes. Then, fall and winter styles called for heavier weight fabrics and darker colored clothes.

IS THIS A FASHION FALIX PAS OR PRACTICAL ADVICE?

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

DON'T WEAR WHITE SHOES AFTER LABOR DAY!

Today, however, wearing white shoes after Labor Day no longer rings true. According to The Emily Post Institute, "Wearing white after Labor Day makes perfect sense to do in climates where September's temperatures are hardly fall like. It's more about fabric choice today than color." So, although wearing white linen in winter may be a little chilly, wearing white or cream colored heavier fabrics during fall and winter is appropriate. White is now a year-round color.



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.

Quote of the Day:

"Fashion changes, but style endures."

~ Coco Chane



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Event raises funds for downtown revitalization

Te want to offer you an opportunity to dine on Pruett Street surrounded by your neighbors and friends. Main Street Paragould presents Plates on Pruett, where you get to dine under the lights. It's truly an experience!

"It's the community who comes together," Susan Youngblood said. "It's a great meal and the atmosphere is amazing. Each year, I bring with me life-long friends and new people. I want to share with them how great Paragould is."

Plates on Pruett patrons enjoy a delicious meal catered by Chow at 118. We're keeping this tradition going.

We're hoping to see you this year at Plates on Pruett on Thursday, October 3, 2024, at 6:30 p.m.

We plan this event for months to bring you a spectacular night. It could not be done without the help from the Plates on Pruett committee: Carol Fleszar, Judith Taylor Wheelis, Tracy Mothershed, and Drake Wallace.

This annual fundraiser supports the 501(c)(3) nonprofit Main Street



Paragould and our mission - Revitalizing Downtown.

Sponsorships, tickets, and more information can be found by calling 870-240-0544 or by emailing info@downtownparagould.com.

Miranda Reynolds Executive Director Main Street Paragould



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DET of the MONTH SPONSORED BY ARPETS HOSPITAL

BY ANNA OSBORNE

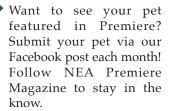
rlo came to live with us when he was about three months old. We got him in November of last year, and he just turned one in August. He is part miniature Dachshund mixed with Shih Tzu.

He likes to play in the back yard, but he does not like going on walks on the leash. He loves to play fetch, go down the slide, lie in the sun, cuddle up and take a nap. He loves to run outside with my little brother Jack. He likes to play tug-of-war. His favorite toy is a sorting hat from Harry Potter. He does tricks – he sits and shakes and turns around.

He also likes to eat anybody's food but his own. Some of his favorite snacks are cheese (he loves cheese) and bacon, but who doesn't like bacon, and he likes to go get Scooters pup cups. He's obviously spoiled rotten.

He is a Velcro puppy – he loves to be held and the worst thing he'll do is lick you to death. He loves to be held like a baby and hang his head upside down right around your neck. He is the most loving dog I've ever met. He likes everybody. He does not like to be left alone for any period of time. He doesn't even like to go outside by himself. He loves cuddles and we love him to death.













Let us celebrate your big events! Every birthday anniversary on the decade or between (50th, 65th, 70th, 75th, etc) we want to help celebrate!

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PRACTICE SAFETY, WELLNESS GAME PLAN

SUBMITTED BY DR. PEYTON MADDOX - ST. BERNARDS FAMILY MEDICINE SPECIALIST - PARAGOULD DOCTORS CLINIC

et's face it. We get busier at the end of the year, scurrying from work to events to other activities. As our schedules fill, we may spend less time taking care of ourselves. Now, more than ever, however, we can keep ourselves safe and well by starting with the following:

Tracking the weather: Arkansas has fickle weather. It can go from hot and humid to cold and back again within a week. In fact, September and October usually stay hotter than we realize. We remember to drink plenty of fluids in the summer, but we have dehydration risks year-round. Sports fans, for example, often sit on metal bleachers that raise surrounding temperatures. To combat this problem, we should pre-hydrate with water, avoiding caffeinated drinks and alcohol. Young children and the elderly may overheat first, so let's find nearby areas to cool off.

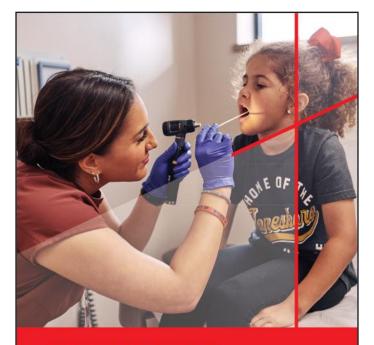
Getting plenty of rest. Studies show that sleep resets our brains and removes unwanted byproducts. Depriving ourselves of good sleep clouds decision-making and makes us less receptive. In fact, many accidents occur because someone did not get enough rest. We recommend about 8 hours of uninterrupted sleep. We should also avoid screens right before bed, finding other ways to wind down.

Knowing our surroundings. We have serious concerns about trauma injuries in the fall. Kids ride buses. Traffic increases, and drivers share the road with harvest equipment. On-farm accidents also become a real possibility. Lastly, hunters return to the woods, stands and blinds. During this time, let's pay attention to our surroundings. While driving, we should stay focused on the road and avoid using our phones. If we work outside, we should know how our equipment works and use it by design. If we hunt, we should let someone know where we go and when we will return.

Protecting our health. The fall months usually have less rainfall, leading to more dust and other allergens. I have bad allergies, and over-the-counter medications like Zyrtec® (cetirizine), FLONASE (fluticasone) and Astepro® (azelastine) help me. In addition, people who have asthma or COPD should stay on top of their diseases, tracking how often they use an inhaler or don't feel well. Regular, honest conversations with a primary care doctor are especially important. We should also use sunscreen to protect our skin and stay up-to-date on vaccinations, like flu, to protect us from viruses.

Eating well and exercising. We usually don't eat balanced, nutritious meals on the go. Long-term, poor nutrition, however, leads to obesity, cardiovascular disease, cancer and other health challenges. Eating around 2,000 calories each day and regular exercise help maintain healthy weights. Studies show that even 10 to 15 minutes of exercise improves our physical and mental health alike.

Fall is one of the best times of the year. Amid the frenzy, however, let's remember to stay healthy and well.



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Brigadier General Michael Henderson, Director of the Joint Staff, arrived at BRTC with 17 other guardsmen aboard two Black Hawk helicopters. Several of the Guardsmen who attended are natives of Northeast Arkansas.

Brigadier General Bridges remarked on the uniqueness and need for the partnership with BRTC then signed the MOU with President Eggensperger. Representatives of BRTC and the Arkansas Army National Guard express hope that the partnership will help keep Northeast Arkansas' young workforce in the region and the state.

The BRTC/Arkansas Army National Guard MOU lays the groundwork for increasing curriculum and instruction collaboration. The Arkansas Army National Guard will also house a recruiter at BRTC's Pocahontas campus who will assist all BRTC students and will visit area high schools to provide more information about the Guard. In addition, Guardsmen will serve as guest speakers in BRTC classrooms, particularly focusing on the durable or soft skills that are required by business and industry.

Also attending the event were Arkansas state representatives Bart Shulz, Trey Steimel, and Jeremy Wooldridge; Arkansas State Senator Blake Johnson; Pocahontas Mayor Keith Futrell; and several BRTC Board of Trustee and Foundation Board members.

For more information about opportunities with the Arkansas Army National Guard, including how the Guard can pay for college tuition and fees, contact Staff Sergeant Holden Hartsfield, Arkansas Army National Guard Recruiting and Retention Recruiter, at 870-248-4000.







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Above: Abbygail Montgomery, 9, and Paisley Montgomery, 2, Paragould

At right: Austin Smith, 2, and Hudson Smith, 4, Paragould



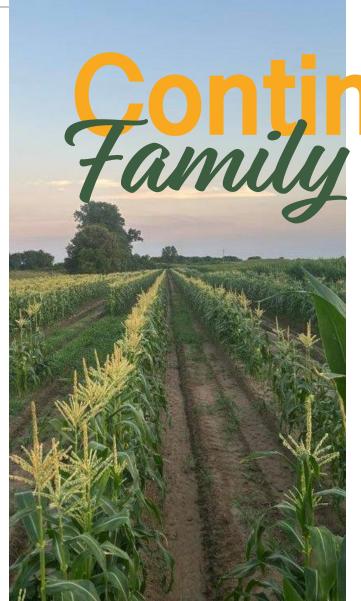


For MOR(e) pictures, check the Premiere Magazine Facebook page!

Never miss out on what's happening in NEA. Keep up with local events like this and find MOR(e) places to explore at neapremiere.com



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BY KAROLINE RISKER

For about a decade and a half Cliff Carter of Carter Farms has done something unusual. He fills up a backhoe full of corn from his patch and takes it up to the community center to give it all away. He also puts the location of his farm on a pin and gets the word out that free corn is available for the picking. "I'll put it on Facebook," he said. "Before you know it, it's stripped dry." Cliff said it's a good thing for the kids: "They get to see that their food doesn't come from Kroger or Walmart." Cliff likes the added fact that nothing in his corn field goes to waste. "There are lots of people struggling," he said. "Seeing a child getting to eat is a blessing to us."

radition

Cliff takes the example from his dad, Cliff Sr., who always had a turnip patch. Even in his 70s he was growing what he called the "old folks' turnip patch" and shared from it. He seemed to live by the same refrain as his son: "If you can help somebody else, help them." He adds: "My greatest joy is to help someone."

Cliff is married to Darla; they have a son, Elijah, and a grandson, Jeremiah. Carter also counts as his close family two nephews who work with him, Dexter Jordan and Zach Carter.

Cliff also goes to shops in different communities to share Jesus and give the workers a Bible and has done so in several places, once even feeding workers who came from South Africa. He says he goes wherever the Lord leads him. "I love to help people and share Jesus with them," he said. "All glory goes to God. I just want to show them Jesus."





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CHANGING SEASONS

Fall, winter bring new AGFC rules









There are many indicators that tell us the seasons are about to change. School buses start their rounds, combines head to the fields and earlier sunsets lead to shorter days. Leaves begin to change, birds begin to migrate and an occasional cold front cools the air. For an outdoorsman, one indicator of the upcoming fall and winter seasons is the publishing of the Hunting Guidebook by the Arkansas Game and Fish Commission. This year, due to many changes in the hunting seasons, the anticipation of this publication is very high. At the time of this writing, the printed version had not made it to the shelves, but the online version is available at agfc.com.

As stated last month in this space, there are many changes to the deer hunting regulations, as well as others. Let's take a quick look at some of the things hunters will be looking at this season.

In the Northeast Arkansas area, specifically in Deer Zones 4 and 5, the modification of the modern gun season to allow rifles chambered for straight-walled cartridges is one of the most talked about regulation changes in the last several years. Non-semiautomatic rifles chambered for straight-walled cartridges that fire .30 caliber or larger will be allowed during the modern gun season.

This is a big change for those of us who have hunted NEA with slugs/muzzleloaders since the firearm season was reintroduced several years ago. Personally, I am very thankful for this change. Though shotguns and muzzleloaders have advanced dramatically, the adoption of this rule will give hunters a broader choice of effective firearms. A big issue in recent years has been the lack of ammunition and expense of shotgun slugs. This change helps in that area.

Another benefit to the straight-wall option is the broader audience this allows to enjoy the hunt. Many young hunters have kicked off their shotgun hunting career with a slug, but the kick of the firearm with that projectile was less than enjoyable. The straight-walled rifles offer a less

punishing recoil than most shotguns, or even muzzleloaders. The .350 Legend, for example, has a felt recoil that is much like a .20 gauge with light loads. That will be a great addition to introduce young hunters to the deer stand. As I have aged, I have become much less fond of recoil, and I look forward to this option as well. A hunter can still choose to use the shotgun with slugs or a muzzleloader if they desire, but this change offers some great options.

The traditional muzzleloader season has been changed to allow the straight-walled cartridges as well. This season name has been changed to the Alternative Firearms Season and is applicable across several deer zones in the state. Muzzleloaders will still be allowed, but hunters can choose to use a straight-walled cartridge in a non-semiautomatic firearm.

Another big change to deer season was mentioned briefly last month, but it is worth another note. There will be an early buck archery hunt on September 7-9. The limit will be one buck. Though not required for harvest, this early season gives the archery hunter an opportunity to take a buck that is still in velvet. As a cautionary note for this season, it will probably be very warm. Please have a plan in place to care for the meat and a plan to care for velveted antlers.

In other deer hunting news, you can now use a spear to harvest a whitetail in Arkansas. I do not think I want any part of that hunting method. Please read the details on that hunt and be safe!

There are numerous other changes for this year that impact various hunter groups, depending on the game you might pursue.

The bear quota for Zone 1 has increased to 450 bears. This unit covers much of North-Central and Northwest Arkansas. There are several hunters from NEA that do have property in that area and either pursue bears or try to take them as a bonus during a deer hunt. One other

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CHUCK LONG

Avid Outdoorsman **Retired Outdoor Educator**







change to note for those who might wish to take a bear - the taking of a radio-collared bear is illegal.

There are a few changes that will impact hunters who utilize wildlife management areas. Trail cameras on WMAs must have the owner's name and address or CID number visible and permanently affixed via paint, tag or permanent marker. Portable hunting stands or blinds must be moved at least 200 yards after 14 consecutive days in a location. Stands or blinds cannot be on the WMA more than 14 days prior to season and must be removed within 14 days of the season closure.

The use of drones has become very popular and their use as an aid to hunting was addressed in the regulations. Any unmanned aerial vehicle like a drone cannot be used to hunt, drive, herd or harass wildlife.

Another interesting regulation has no impact this fall but will have to be noted next spring. Frogging season, which has traditionally opened in April, will not open until June 1 beginning in 2025.

There are several other regulation changes for the upcoming season, and many pertain to certain species or are very limited in scope to certain areas. As stated earlier, the regulations can be found at agfc.com and the new printed guidebooks should be available at most sporting goods dealers soon.

It seems like a lot to take into consideration, but we are blessed with a variety of outdoor opportunities here in the Natural State. Hunters can pursue alligators, elk, bear, rabbits, squirrels, ducks, and many more. There is also a wide variety of habitats across the state, also adding some complexity. I hope you will get out and enjoy the outdoors this fall and spend some time chasing some of the bounty Arkansas has to offer, whether it is a game animal or beautiful landscape. As always, if you need anything, look me up and I will help anyway I can. I hope to see you out there!



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Will it Waffle: Cornbread Edition

BY KATIE COLLINS

Directions: put it on a plate to catch any overflow

Cornbread Mini Waffles

1 box Jiffy corn bread mix

2/3 cup milk

1 large egg

1 tablespoon butter, melted

1/4 cup finely shredded cheese (optional)

2 tablespoons diced jalapenos (jarred, canned, or

fresh) (optional)

Preheat your mini waffle maker. You may want to

Pour corn bread mix in a large bowl. Add milk, egg, melted butter, cheese, and jalapeno. The cheese and jalapeno are totally optional but make your waffles extra tasty! Use any cheese you like or have on hand; I used finely shredded cheddar. Stir to Spray the waffle maker with non-stick spray. Pour a scant ¼ cup of batter in and close the lid.

Cook until your waffle maker light goes off, or about 5 minutes. Makes about 8 mini waffles. Top as desired.

seems we were overdue for another adventure in mini waffles! I wanted something a little different to help celebrate the unique foods you can get during fair and festival month, but I don't really like to deep fry at home, and most of those treats are deep fried (and delicious!). So, if we're not going to fry something, let's "waffle" something instead!

I've waffled multiple potato products in the past, so what I settled on for this month is a fall favorite - cornbread! Cornbread is a great side to your favorite fall soups and chilis, but why not make it a little more fun? You can, of course, eat these with butter as a side to your meal and they taste great. You can also use them as a base for building the perfect fall bite. Top your waffle with chili and all the fixings or use it as a base for taco toppings. I put mine in a skillet, topped it with cheese, jalapenos, and bacon bits, let it get warm and melty, and ate it with salsa. There are no rules here! Here's hoping it starts to feel like fall soon!



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WRITING WITH A MISSION

After battling through surgery and an unexpected Ovarian Cancer diagnosis in 2019, the healing magic of books helped get Leah through one of the most difficult times of her life. A bookworm since her younger years, she harbored a dream of penning her own novel but lacked the courage to take the plunge. However, her diagnosis flipped a switch within her.

With newfound determination, she immersed herself in writing. Fast forward five years, and she's now the proud creator of six novels, with an exciting new release just around the corner!

TOFINDAKILLER

Leah's series of Natural State Murder Mysteries kicks off with a compelling story revolving around the life of Detective Tammy Sharp. Tammy, a native of Arkansas, experienced the loss of her father at a young age, which influenced her decision to pursue a career as a detective in Atlanta. Despite sustaining a gunshot wound and enduring the loss of her uncle Ellis during her hospitalization, Tammy returns to her hometown of Pocahontas in search of solace. However, instead of finding the peace she longs for, she is confronted by the unexpected reappearance of Jace Eubanks, the ex who shattered her heart.

Amidst this reunion, a sinister presence lurks, threading a web of darkness. As old and new cases intertwine, Tammy confronts a sociopath's chilling ultimatum, leading to a suspenseful cat-and-mouse game with a deadline.

To Find a Killer is set to hit the shelves October 4, 2024!



SEPTEMBER IS OVARIAN CANCER AWARENESS MONTH

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For all the scoop on Leah Brewer's books, check her out at www.leahbrewerauthor.com and @writingleahbrewer!

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GET RICH WITH RICHARD BRUMMETT

Probably no one in my circle of family and friends relishes a late-night trip to the emergency room, but that's where I found myself one evening last month. Something didn't feel right inside my chest and after the necessary EKG, blood work, chest x-ray and a mountain of questions, it was determined I had endured two mild heart attacks.

A "mild" heart attack, to me, is when it happens to someone else. When it happens to me ... MAJOR. After quite some time of lying on a bed letting my mind wander in all directions, I was greeted by the ER doctor, who introduced himself and began to explain what had transpired and what was planned for the rest of the evening; but I didn't hear anything he said after he told me his name. "Excuse me," I interrupted, "what did you say your name is?"

"Dr. Die," he responded, and I wanted to yell, "Dr. Die?! I don't want Dr. Die! I want Dr. Live! I want Dr. Feelsfine!" He calmly assured me his last name was spelled D-Y-E, since my senior citizen ears couldn't differentiate between vowels under the circumstances, and as it turns out I could not have had a better person to help steer me through the process.

He was very professional and personable, and put things into terms I could readily understand, probably because he took one look at the frumpy lump of human sitting up on the bed and thought, "This guy is never going to comprehend words that end in 'osis', 'itis' or 'plasty'" and he spoke to me in a language a worn out old man could digest. If I have to try to stay alive again anytime soon, I want Dr. Dye, strange as that may sound.

It was explained I would have to undergo a heart cath and they would be shaving my groin area, which set my mind in motion; man, have I been wrong about this anatomy thing. I can remember a picture in my Science book dating all the way back to the sixth grade and I'm pretty sure my heart is somewhat north of my groin. I mean, if I came in with a stomach issue would they go up through my big toe? Still, I put my faith in the knowledge of the medical team and it came through.

As they wheeled me around to the Heart Cath Lab, I was greeted by a woman named Jenny, who was just finishing a conversation as they rolled me in. I didn't hear the part about someone having left a door ajar and flies getting into her work

area. I only heard, as she approached my bed and took hold of the rails, "We've already killed one today."

I was thinking, "Wait! How many do you normally kill? Are the percentages in my favor or do you still have a couple to go?!" It was only a few seconds before I was able to put together the whole conversation and Jenny and her teammates proved most expert at their jobs as they did whatever heart cath people do.

I paid little attention, because mentally I had already gone to work assuming the worst. I remembered a family vacation we took to Florida, the time I left my cell phone charger at home. "No problem," I thought, "I'll just stop by the store and buy another."

We walked into a store named after my brand of phone and I approached the counter, greeted by a kid who looked to be 12. I told him I needed a new charger and he said to show him my phone. "Whoa," he said, "I've never seen one of these. You have an antique; and I'm pretty sure we won't be able to help you." This is where I have to admit I still carried a flip phone, back before they became popular for a second time. I didn't see the big deal. It's not like I picked it up off the assembly line at Alexander Graham Bell's factory. I asked if he could check to be sure, and he called on a fellow I assumed was the manager because he looked 14.

"Duude," he said, "they don't even make parts for these anymore. You need to just throw that thing away and get a new one." Either that, or do without a phone for a week, which would constitute a real vacation. That's the option I chose, but now I was wondering what would happen if the heart-fixin' people felt the same way

about my ticker:

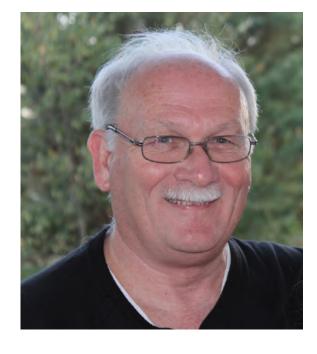
"We're looking for some replacement parts for a heart."

"Whatcha got?"

"It's a 1952 White Guy model."

"Oh, man, they don't make parts for those anymore. You need to just throw that thing away and get a new one."

If that's the report they'd brought back to me, I was going to suggest checking with the Hearto Salvage Yard and see if I could go pull my own parts. Fortunately, the heart store still has parts that fit my model and I'm pleased to be on the road to recovery.



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LARUE RECEIVES HONORARY DOCTORATE

SUBMITTED BY ARKANSAS STATE UNIVERSITY

rkansas State University presented Nathan LaRue, CEO of Kalmer Solutions, with a Doctor of Public Service degree at the summer commencement ceremony on Aug. 10 at First National Bank Arena.

LaRue is a leader in information technology and business operations. His career, which includes 25 years of professional experience, has included the implementation of cybersecurity measures and artificial intelligence-driven solutions for his clients.

"I am immensely grateful for this prestigious recognition, not only because of my personal professional connections to the university but also because it represents my dedication to doing the right thing, always," said LaRue.

With a dedication to Jonesboro, LaRue has given back to the community in a variety of capacities.

"Community service is extremely rewarding, and I have been blessed to be able to give my time and energy to the Exchange Club of Jonesboro, Red Wolves Foundation, and many other industry-related peer groups and advisory boards," LaRue added.

The ASU System Board of Trustees approved the honorary doctoral degree at its June meeting.



Dr. Jim Washam, Dr. Mickey LaTour, Nathan LaRue, Dr. Todd Shields and Jeff Purinton

"Receiving this honorary degree is not only a personal achievement, but a shared one with the many individuals who I have served with and those who have supported me throughout my career," said LaRue. "I am grateful to A-State for this incredible honor and look forward to continuing to contribute to the university's mission to make Northeast Arkansas a better place to live, work and play."



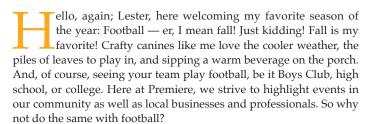
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THE ADVENTURES OF

BY VICKI McMILLAN





Our local Arkansas State Red Wolves play six games this season at Centennial Bank Stadium and tickets are still available. Go support our local college team and show the visitors that Northeast Arkansas means business!

Or, if you'd rather, take in an ASU away game and see those local sites. The Red Wolves play six away games, too. And some tickets are available for those games, although maybe in limited supply.

Arkansas State plays the Texas State Bobcats in San Marcos, Texas, this year. Texas State is President Johnson's alma mater back when it was Texas State Teachers College. San Marcos is located 32 miles from Austin and 50 miles from San Antonio. The San Marcos River (which is cool, spring fed water) runs right through campus. You can raft, kayak or swim. There are several hiking trails as the city is just east of the Hill Country. San Marcos is also home to the world's largest outlet mall, and who wants to miss that? Austin has many great restaurants and music venues and Lake Lady Bird. San Antonio, of course, has the Alamo and who could forget that?

Along with four other Spanish missions, it also has lots of history, art galleries, and a completely charming River Walk through downtown. See? You could support the Red Wolves, kayak, take in some history, and do your Christmas shopping all in one fell swoop!

If you're thinking that you want to go north to cheer on the wolves, ASU plays both Iowa State and Michigan on the road this

year. Ames, Iowa, is home of the ISU Cyclones, and is a charming town with lots of green space and beautiful gardens. The football stadium there is named in honor of Jack Trice, the first black athlete at ISU who tragically died after a roll block and being trampled by three opposing players. This was during the third quarter of his second game.

Arkansas State takes on Michigan in Ann Arbor this year -- you could support the Red Wolves and then explore Michigan: the Great Lakes (Vicki fell out of her kayak in Lake Superior -- what a show), and of course Mackinac Island -- where time stands still and the fudge is great! You can also support the Red Wolves in Atlanta (Georgia State), Lafayette, Louisiana (Louisiana Ragin Cajuns) or Hattiesburg, Mississippi (Southern Miss Golden Eagles).

If you really want to stay closer to home, support a high school team — maybe the one your kids go to OR went to OR you went to -- pack a tailgate and support those athletes, both football players and the cheerleaders, and of course the band. Donate to the Booster Club. Who knows? You may help make a young kid's dream come true.

That's all for now -- if you need me I'll be digging out my flannel blanket. Remember, don't break treats in half in an attempt to fool us. We are on to that trick.

Again, first and ten!

Lester



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rease, an Act II Performing Arts production, delighted audiences at The Collins Theatre in Downtown Paragould Aug. 16-18. Directed by Lindsey Ward, the musical showcased area talent including Ava Little as Sandy Dumbrowski and Lance Ward as Danny Zuko. Lee McBride served as assistant director for the production. The cast was accompanied by live musicians, with Oscar Quiroz serving as music director and Katie Davis serving as choreographer. The next Act II Performing Arts Production will be Ride the Cyclone The Musical slated for four performances Oct. 18-20 at The Collins.







Jenny Powers, Ava Little (Sandy), Mary Hollis Inboden and Jonathan Forsythe.

Randy Cooper,



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Tollie Cooper (Jan) and Alissa Cooper.

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chool is back in session and that means it's time to dust off the pom poms, pull out the team gear and get ready to cheer on your team. Northeast Arkansas high schools have an incredible fan base, so we wanted to spotlight a few fans who go above and beyond for their teams.

Some are known as the voice or the face of their school's athletic teams; others pour their heart and soul and countless hours into making sure student athletes have what they need to succeed. No matter what makes these NEA Sports Fans stand out, you can guarantee they will

be cheering loud and proud for their teams throughout the 2024-25

So get your stadium seats and your concession stand money ready, and join our NEA Sports Fans supporting the high school athletes and coaches who put in so much work to be able to compete from the first kickoff in fall to the final pitch in spring.

Go Teams!



Tarmaduke

BY RICHARD BRUMMETT

Lots of people consider Luke Clark Marmaduke's biggest sports fan, and he has news for them: "I am!" said the 2015 MHS graduate and one of the Greyhounds' most faithful followers.

Luke's father, Mark, was a Greyhound basketballer himself, graduating in 1981, and he figures that is one of his son's most prominent lifelines to the program. "He's autistic, and this is just something he loves," Mark said. "Of course me, being from Marmaduke, probably is part of why he's interested. We sold our home and moved back here when he

was in the third grade and then in '18 my wife passed away. Luke and I kept on mainly to keep him involved in something. They say it takes a village and we've got one. Just about everybody in Marmaduke is his buddy; everyone knows Luke."

Now 28, Luke totally gets into helping Mark set up the equipment for the two of them to broadcast Marmaduke basketball games over the Internet. "We started doing it when he was in the ninth or tenth grade," Mark recalled. "He was invested in the girls' basketball team already, because he had been their manager until then. Coach Rick Smith had invited him to do that, to be a part of things. When the school wanted to start broadcasting some games, I volunteered and he and Tristen Arnold and I did some away games through the NFHS (the National Federation of High School sports network) through the Arkansas Activities Association.

"The last couple of years we haven't done a lot of play-by-play but we've set up the live feed. We streamed and used the laptop, and we have our own camera. He actually does the computer and I run the board. If we do play-by-play, we both talk. He's the numbers guy, updating the score. He's always liked electronics so it's natural to him." Luke indicates the appeal should be obvious - it's the Greyhounds - but also said it's "because of basketball. And I like to broadcast with my dad." "Some people call him the Howard Cosell of Marmaduke," Mark said with a grin.

Luke has a houseful of Marmaduke gear - caps, shirts, you name it, and Coach Smith even presented him with a team jacket/pullover. "And someone made him a quilt out of his Marmaduke shirts," Mark added. 'He's Marmaduke all the way." During the daytime Luke spends time working on life skills with Lorie Long at the school and is at Abilities Unlimited two days a week. "Lorie keeps him busy three days a week," Mark said. "We are thankful to have her. Like I said, it takes a village."

And one of the loudest voices in the village is Luke's. "It's fun ... being there, and cheering," Luke chimed in.

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KORA AUSTIN Crowley's Ridge Academy

BY RICHARD BRUMMETT

It's not hard for Amy Austin to keep up with her daughter when she's coaching basketball; she's usually right there beside her.

While her mom barks out instructions to the Crowley's Ridge Academy girls on the court, 10-year-old Kora sometimes barks louder as one of the Lady Falcons' biggest supporters. "I yell, I scream," the fifth-grader said of her sideline habits. "I'm always standing on the rail right behind the bench if I'm not out there cheering beside Mom."

Amy, who coaches both the junior and senior high teams, said Kora is "usually on the bench with me, cheering everyone on. She's very energetic. She keeps my stats and does a great job; she takes it very seriously. And she comes in the locker room with me at halftime. She actually gives them some helpful hints sometimes."

As for her love of sports, Kora said, "Well, I just grew up in a family of sports. My favorite is basketball but volleyball is pretty close. I guess I've seen everyone else play and it sort of just gets into me. It's fun to be there. The girls all treat me like a sister."

Amy is happy to have Kora involved in the basketball program because she knows how competitive she is when she plays sports, and thinks the close-up look at basketball will help her see it in a way most kids don't have a chance to. "I just want her to love the game, and learn the game," Amy said. "She has a great work ethic and she



understands the time and determination it takes. Being this close to it, she gets to see how it's supposed to work."

Describing herself as a point guard and 3-point shooter on her school team, Kora said her perch on the sideline when the older girls play makes her feel as if she's a part of the game. "I've memorized some of their plays," she said, "and I like being around the girls. But I will yell sometimes during the game."

That's fine with Mom, who said both of them are big Arkansas Razorbacks fans and have been known to scream at the TV in tandem while the Hogs are performing. "She says she wants to be a teacher when she's older," Amy said, "but I can see her coaching someday. She's very vocal."

Because she has this love of all things related to the Falcons, any time her mother is in the gym with the team, Kora wants to be there too. And as for any stress related to being the coach's No. 1 helper and the Falcons' biggest fan, Kora said, "It matters what the score is. Winning is part of the fun; losing ... I don't like to think about that."



CRAIG MILLER Nettleton

BY GRETCHEN HUNT

A member of the Nettleton High School Class of 1989, Craig Miller said the love he developed for the school as a student has stuck with him through his adult life. "I love this school," he said. "I loved being a Nettleton Raider when I was a kid and that has never left me."

While working as youth minister for Nettleton Baptist Church, Miller began serving as the PA announcer at games in 2000. He officially joined the district as the radio/television teacher in 2011, but prior to that he would often substitute teach at the school. "I always cared about what was happening at the school," Miller said.

"One of the things the students and I do is live stream football and basketball games," he said, noting the games air on the school's YouTube channel, Nettleton Television (NTV). "Every football game is livestreamed, along with all the home basketball games. We also have a partnership with EAB to broadcast on BOB FM."

Miller is also the voice of the Raiders on Friday nights, doing play by play for football games on the live streams and radio broadcasts. "Through that I have been able to share my love of Nettleton with the world and hopefully been able to instill Raider pride in today's students," he said. Having played football and baseball as a Nettleton student, when he returned to NHS to teach he coined the phrase, "Raider Pride is Justified."

Another way he supports NHS athletics is as the public address announcer at volleyball games. "I try to make it a great atmosphere for the girls," he said. "I try to spotlight the players through the PA."

He did play by play for basketball in the past, but a former student, Jacob Lenderman, took that over his senior year, and Miller said while he continues to oversee the basketball livestreams, he hopes Lenderman will be able to continue doing the play by play announcing. "He wants to continue to do it this year, so hopefully he will continue to be the voice of the Raiders for basketball."

Miller said to him "Raider Pride" means loving your school – not thinking you are better than someone else. "I was thrilled to be able to represent my school on the field, and I'm thrilled to be able to represent the great school of Nettleton in the ways they allow me to today."

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BY GRETCHEN HUNT

Whether she is in the stands or at the scorer's table, Susan Groves is an avid fan of the Brookland Bearcats.

Groves started as scoreboard operator in 2019, serving in that role for boys' and girls' basketball, volleyball and soccer. She said they have asked her to do the football clock in the past, but she said it was more complicated, so she spends her Friday nights in the stands.

Her sons both graduated from Brookland, Dustin in 2013 and Dillon in 2015. Both participated in athletics, and Dillon was a member of the 2014 state championship team that is celebrating the 10th anniversary of winning its title this year. "I'm just sports minded," Groves said. "I love seeing the kids compete and cheering for them."

A fan first, she said when her boys were playing she was known for being one of the loudest in the gym, something she had to curb when she took her spot at the scorer's table. She still gets her opportunities to cheer, though. "You can see me at the away games too," she said. "We went to Hot Springs to see the volleyball team win the state championship."

She is also known to support athletes that move on to collegiate play. "I go see them after they graduate," she said. "I'll try to go see them play at their college."



After 18 years as Brookland High School secretary, she is in her third year as registrar for students in 7th through 12th grades. She said while working as the high school secretary, she got to know all the students because they would come through the office, but in her new role, she doesn't see the students as much. "I still keep tabs on my athletes," she said. "I love my athletes."

She recalled when she first started operating the scoreboard, she would sometimes forget to start or stop the clock - which could lead to scolding from a coach or an angry fan. "It's more stressful than you would think," Groves said, "but I love it. I've got the best seat in the house."

She said Brookland has a great crew at the scorer's table, but after serving in that role, she realizes she probably owes some people apologies for her yelling in the past. While she might curtail her yelling, she will never curb cheering on the Bearcats. "I bleed black and red," she said.

greene County Tech



For Jordan Flannery the saying "Once an Eagle, Always an Eagle," rings true.

A 2013 graduate of Greene County Tech, Jordan was able to continue taking classes until he turned 21, so he basically got two senior years. In 2016, he was invited to walk with the seniors during the basketball senior night. His father, Wayne, noted that Chad Jordan, who is now assistant superintendent but previously served as high school principal, always called Jordan the Eagles' "number 1 fan."

"I just like it because it's where I went to school at," Jordan said. "That's where I learned to walk."

Wayne clarified that Jordan's teachers helped him begin walking on his own while he was a young student at GCT. "It was a blessing! First they taught him holding on to the back of their shirts, then they taught him holding onto his own shirt," he said, giving praise for the teachers being able to help lead Jordan to God. "God gets all the glory."

His favorite sports are football, basketball and baseball, but he is a big supporter of all Eagle athletes. Those athletes think a lot of him, as well. He recalled when the graduating seniors from 2023 honored him during a basketball game for his loyalty to the green and gold. "That was really awesome," Jordan said. "I've got a big old picture of it on my wall." As they recalled the seniors from that class, Wayne mentioned one who developed a special bond with Jordan. "Benji Goodman would go out of his way to come to Jordan," he said.

The Flannerys are fixtures at home games, and many know Jordan's regular spot behind the home bench at Tech basketball games, where he can hear everything the coaches have to say - and throw in his own advice for good measure, as well. They also enjoy traveling to away games, when they can, and Jordan said he is excited GCT football is moving back to 5A so the away games will be closer. Wayne said Jordan has a bucket list of the games he wants to attend this coming season, including a trip to Pocahontas for an early season football game. "Everybody says he keeps me young ... going to all these games," Wayne said.

Jordan has an important message for all the GCT athletes as they suit up for competition. "Good luck on the season," he said, "and listen to your coaches." And don't worry, he will be coaching you from the stands

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SIEVE CLAYT Jonesboro

BY GRETCHEN HUNT

For Steve Clayton, staying involved in athletics at his alma mater was a natural progression. The 1985 graduate of Jonesboro High School is currently the secretary of the JHS Athletic Booster Club.

"This is my home," he said, noting that among the things he does to support Hurricane athletics is announce games over the PA for volleyball and baseball and keep the shot clock for basketball.

"I'm the grandfather of the group," he joked about his work with the booster club, noting that his kids who attended JHS have also graduated. He said he likes to stay involved because it gives him his coaching fix.

Clayton coached at MacArthur and JHS in the early 1990s, before taking a graduate assistant position at Henderson State, where he earned his master's degree. From there he moved to another graduate assistant position at the University of Arkansas in 1995 and '96 and then served as the running backs coach in 1997. After a brief stint teaching at Arkansas State, he coached at Nettleton from 1999 to 2003, then became director of adult education at the Valley View Adult Education Center.

A diagnosis of Primary Lateral Sclerosis, a precursor to ALS, caused Clayton to take an early retirement. "I fought it hard through physical



therapy, and the doctors think I'm past the window for it to turn into full blown ALS," he said, noting he now volunteers where he can at JHS and does broadcasts with Soncom Media Productions. "I love high school and college athletics."

Clayton said he and three of his fellow Class of '85 members, Chris Barber, Blake Rogers and Bobby Gibson, get together each Friday for breakfast. "They kid me because I'm so involved, but they're my go to. The four of us have been friends since junior high."

As Clayton showed off the recently completed JHS Activity Gym and looked out over the upgraded football stadium, he expressed his pride to be a part of the school's success. He said he was especially honored to be asked by JHS Basketball Coach Wes Swift to speak at his endof-year banquet. "I'm so honored to be part of these kids' lives and to follow them through their high school careers," he said. "I'm proud of how this place has grown."



BY GRETCHEN HUNT

At a very young age, Braden Linam showed a great ability for memorization, whether it be presidents or states or other facts. His dad, Brian, said in elementary school, that gift translated into a love for athletics and stats. When Braden was around 12, COVID was keeping many Cougar fans at home and live feeds became popular so people who couldn't get into the gym could still enjoy the game.

During a live stream of a game, Brian said he started looking for

Braden and saw he was behind the table commentating the game. "He's been doing it ever since," Brian said. "It's been a pleasure doing it," Braden said, noting some highlights including the basketball final four appearance in 2022-23, the 8-man football championship in 2023 and the final four baseball appearance in 2024. "I just love giving back to my community."

Braden streams football, baseball and basketball games using Facebook Live, and his broadcasts are not only known among Rector fans, but also among others in the 2A-3 North conference and beyond. "We'll be at a district or regional tournament and people will come up to him and tell him they love his broadcasts," his dad said. Braden recalled a state playoff football game at Mountain Pine in 2022 as a game that stood out. "We were down 22-8, and I thought it was over, but we came back and proved everyone wrong. That is my favorite memory."

Among the awards he has received are the Broadcaster Award, the Social Butterfly Award and the Most School Spirit Award. Brian said he thinks the coaches and Braden have a great relationship where the coaches realize what Braden brings to the table, and Braden realizes what the coaches give to him. "He's obviously a big Rector fan, but he's really a people person," his dad said. "He always has a smile on his face." For Braden, every broadcast is experience gained. "This is what I'm going to do in the future," he said, with hopes to eventually broadcast on ESPN or CBS. "I'm going to be doing this kind of thing in the future."

He said traveling to away games has given him a chance to see a lot of different places, going as far as Junction City near the Louisiana border. "I get to travel to all the road games," he said. "I get to talk to the team. I get to experience all the other stadiums. There's a lot of perks to being a broadcaster."

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Paragould

BY RICHARD BRUMMETT

There are several reasons why Jimmy Dodd takes his place behind the microphone and broadcasts play-by-play action for Paragould High School sports events, but the main one is clear: "I am Paragould through and through. I graduated here, I live here, I work here."

Now 60, the 1982 Paragould High School graduate feels his contributions as "The Voice of the Rams" go far beyond words, providing much-needed exposure to local athletes. "I enjoy working with kids and trying to promote them," he said. "I remember the day of 7 a.m. sports reports on the radio with Hal Wyatt and Joe Long, when they discussed the games from the night before and the ones coming up. And the great coverage in the Daily Press. Where do kids get publicity now? Where are they promoted? This is the best way to do it. It promotes self-esteem. It's important for the kids."

Jimmy played on one of PHS' better basketball teams when he was a senior, teaming with the likes of Keith Crook, Van Bowden and Phil Wilson to run off a near-20 game winning streak before bowing out in the first round of the state tournament. He has fond memories of that season in particular, but his Paragould and Bulldog ties go way back. "I would love to see us get back to a time when we had 'a Bulldog culture,' like in the '60s, '70s and '80s," he said. "We had a lot of success."

In that vein, he sees the televised games as a way to help increase



interest among both players and fans: "When the school, about four years ago, made the move to YouTube and asked if I'd be interested, I said I was. You can watch it live or always go back and rewatch. I had worked with the Ram Channel years ago with Dr. Jay Springman and Joyce Bland for eight or nine years until it reached the point where the students could take over. In 2020, the current idea was brought up and I had the time and it was fun to do."

Jimmy said he gets comments frequently from viewers, so he knows the efforts are worthwhile. "I'm shocked at how many people watch," he said, relating a story that emphasized not only locals are tuning in. When the Rams hosted Valley View for a game, Jimmy commented on one of the Blazers' outstanding players and said he'd be glad when he graduated, because "I believe he's a seventh year senior."

The humorous line wasn't lost on fans from either school. "I was introduced to him later on," Jimmy recalled, "and he brought up that line. He said his parents heard me say that, and they loved it. They thought it was great. It's always interesting and intriguing to hear what people have to say. It's pretty positive."

BY GRETCHEN HUNT

When Cindy Willis moved her family into the Westside School District she had two goals - to keep her kids in the same school and to become a part of the community. She has succeeded at both.

A night volunteering in the concession stand when her daughter was in the 8th grade is what opened the door for Willis to become the supporter of Warrior athletics she is today. Her daughter, Bailey, graduated in 2022, and now her son, Brayden, is a sophomore, who plays football and shoots trap. Willis, who has been a member of the booster club for seven years and president for the past three years, said one of the things they are known for is serving good food in their

COTTON CAND

concession stand, including cooking all their own barbecue.

"We take pride in serving really good food on Friday night," she said. "There are not a lot of places to eat in Bono." The boosters built a new concession stand at the football stadium five years ago and added a cooking deck, with assistance from Bartons, three years ago. "There are nights that our line wraps all the way around," she added.

With the hash tag #forallthekids, Willis said they focus on supporting all the sports. In the past year or so, the Westside Booster Club has added steps to the baseball and softball press boxes, paid half the cost of weight room upgrades, purchased a new sound system for football, baseball and softball, as well as bought new mats for the cheerleaders, new balls and goals for the soccer team and new track equipment. "That's a lot of what we do with our booster club," Willis said. "We want our kids to have everything the bigger schools do so they can be as competitive as possible when they step on the field."

She said the coaches are also good to request equipment, such as a recently purchased VertiMax, that can benefit athletes in multiple sports. "We are a small school, but we are a community," Willis said, noting that many students also play more than one sport. As a former athlete herself, Willis said it is good to work with coaches, administrators and other parents who put the students first. "They all have the best interest for the kids at heart," she said. "We really have a core group of people who unite to support Warrior athletics."

A teacher herself, currently working with the Division of Youth Services, Willis said her work with the Westside Booster Club lets her enjoy her favorite parts of school. "I love the kids," she said. "This is my passion. It's 100 percent a labor of love."

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up to support your school district is an automatic.

Chavers, who coaches travel softball and teaches private softball lessons, has also spent time as a volunteer coach with the Valley View Blazers. "I was a volunteer assistant coach for six years, and then year before last they asked me to serve as the head coach," Chavers said, a position she filled for a year.

Beyond that role, she and her husband, Reggie, have also provided sponsorships for different programs including softball, volleyball, football, baseball and FFA. "Our love for sports is something that we have in common," she said of why they continue to support Valley View athletics after their children have already graduated. "We're in the district. We love the school. They did a lot for our kids and our family."

Chavers mentioned the impact Volleyball Coach Margie McGee and Coaches Tommy Fowler and BJ Zipfel had on their daughter, Paula Chavers Lamb, who graduated in 2014. "My daughter played volleyball and I still support them to this day," she said.

In the same vein, she noted that the school's agri instructors, Caliem Morris and Anthony Sanders, were wonderful to their son, Hayden Chavers, who graduated in 2016.

"Our son didn't fall into a sport, but he fell into agri. These mentors are coaches too," she said, noting they not only teach the boys and girls in their program the skills they are focusing on, but life lessons, as well.

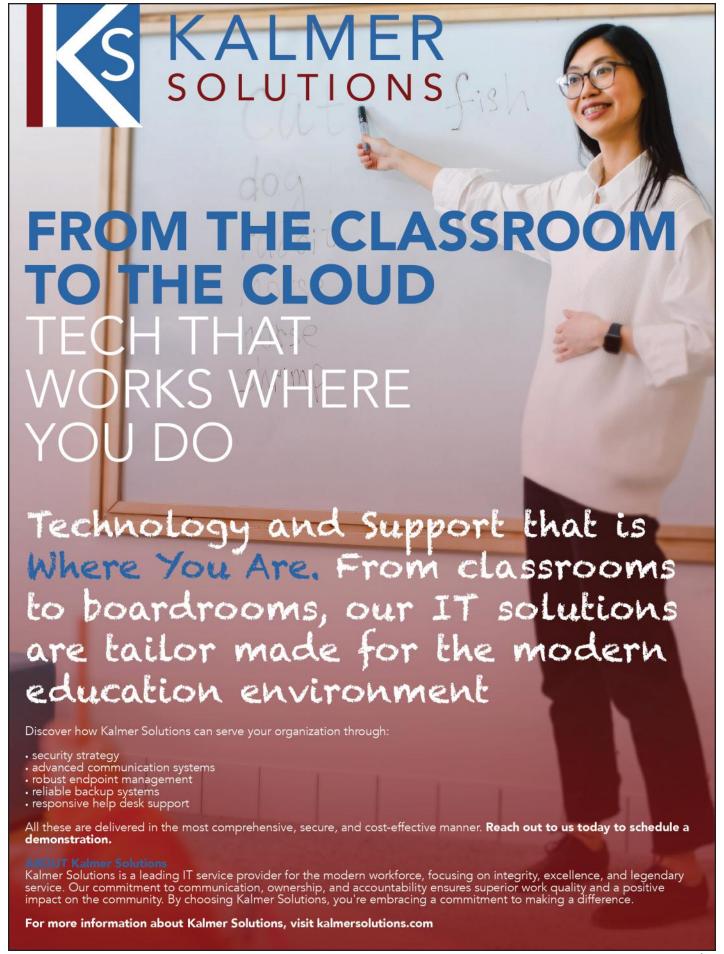
She said the students, coaches and administrators are easy to support because they work together well.

She recalled that the year she was coaching softball, Coach Sean Cockrell had his football players come help her move benches at the softball field. "My husband and I have both seen that kind of support within the district. I can call and they will help."

Having run track in college and continued to work in athletics, she said supporting the students at Valley View in their different programs is a given. "Sports are in my DNA," she said.



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Billy Holland has spent his life planting seeds. While he is not a farmer, his contributions through both his work and his personal life have had a major impact on agriculture in Northeast Arkansas and beyond.

Holland, who serves as Area Director at the USDA Rural Development office in Jonesboro, started his career with the Farmers Home Administration in 1975, but his desire to help others had earlier origins, stemming from watching his mother do the same. He recalled being in the sixth grade and realizing one of his classmates did not have food for lunch, nor money to purchase a meal. "I went home and told my mom," he said. "A couple days later she and some other moms were meeting with the principal and I'm thinking I'm in trouble for something. Turns out the First Free Will Baptist Ladies had paid for his lunches for the rest of the year."

That spirit of giving has stayed with Holland his entire life, including through his work with Rural Development. When FmHA split into the Farm Service Agency and Rural Development in 1995, Holland chose the Rural Development branch where he has spent the past 30 years continuing to help communities, businesses and farmers.

Holland said one program that can be very beneficial to farmers is the Rural Energy for America Program (REAP), which offers renewable energy loans and grants for solar and wind energy, as well as lighting upgrades. "To me it's probably one of the best programs that we've got," Holland said, noting farmers have used the program to upgrade diesel motors to electric, to improve efficiency in grain bins and to 34 | September Premiere 2024



Billy Holland, Diana Davis and Ron Schneider during Stuff the Bus.

convert trucks from diesel or gas fuel to LP. "Solar panels are really helping," he continued. "A lot of them use them for their grain bins."

Another program, which Holland works with statewide, is the On-Farm Labor Housing Loan Program. He said the program allows a farmer to get a 1 percent loan for 33 years to either build or purchase a home to be used for a farm laborer. "This puts them into a nice house to live in with their family," he said, pointing out that the tenant does not pay rent and still receives full pay for their labor. The program is

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mutually beneficial for both the farmer and the employee, according to Holland.

"I had a farmer who had a foreman who was going to leave and go to the steel business," Holland said. "He asked, 'What can I do to keep you?' The man said he would like to live in a nice house. So, the farmer came here and we fixed him up with a farm house loan and he's still with him." Holland shared that there have been some laborers who have worked for the farmer the entire length of the loan – and in some cases the farmers have signed the homes over to them after the loan is paid off.

The On-Farm Housing Program has been expanded in recent years to include eligibility for migrant workers, and Holland said the agency's Rural Business Development Grant has allowed for the creation of a program with an area provider so they can help migrants with their health insurance. Among other programs offered are the Fertilizer Production Expansion Program, the Rural Cooperative Development Grant Program and the Rural Value Added Producer Grant Program. Holland said in total Rural Development offers more than 70 programs for communities and businesses. He oversees an 11 county region, of which all communities are currently eligible for Rural Development assistance other than Jonesboro, which exceeds the population guidelines.

In addition to his many contributions through his role with Rural Development, Holland also gives countless hours to his community as a volunteer with 4-H, the Exchange Club, Stuff the Bus, the Wild Wolves BBQ team, which feeds A-State athletic teams and assists with different fund-raisers, and through his church, the Southwest Church of Christ.

He shared that he began his career in Pocahontas and was assisting with the Toys for Tots event when he felt the pull to focus his energy on helping children. "I found out that not everyone has a Santa Claus and some parents are terrible," he said. "I came home that night and got on my knees and said I'm yours - I want to help kids."

A lot of his time helping young people has been as a volunteer with the 4-H program. His late wife, Jane, who had worked as a home economics teacher, joined the Craighead County Extension staff in 1994. "Jane took over the 4-H program – back then it was all vegetables



Exchange Club members Bill Bantor, Billy Holland and Ron Schneider present a donation to Maleigha Cook with the Craighead County Extension Service for 4-H Christmas baskets.

and canning and sewing and animals," Holland said. His wife passed away in 2005, but Holland said he stuck with 4-H. "Now 4-H has robotics and shooting and fishing and cooking," he said. "It's amazing. It's expanded so much. It's really good."

Whether help is needed with the food drive for the annual Christmas basket project or judging the barbecue cooking contest, Holland is quick to answer the call. He did the same when his children were students at Nettleton and he joined the NHS Booster Club and he continues to serve in new ways, such as the Northeast Arkansas Regional Transportation Planning Commission.

"Sometimes my job gets in the way of my volunteer work," he laughed. One thing is for sure, with the amount of seeds Holland is planting, the harvest should be plentiful.



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llen Engineering Corporation hosted the exclusive Arkansas stop for the AEM Manufacturing Express tour last month during which associates enjoyed a productive afternoon, learning about the manufacturing industry and gaining insight into the impactful initiatives led by Arkansas' political leadership.

Despite inclement weather, the event thrived, fostering engaging dialogues and exclusive tours for special guests including state and local political leaders, local manufacturers, dealers and media outlets.

Keynote speaker Arkansas Secretary of

Commerce Hugh McDonald delivered an inspiring address, igniting valuable conversations about the manufacturing industry and its future. The presence of the AEM Manufacturing Express tour reflects the unwavering commitment of Allen Engineering Corporation to safety, quality, and innovation in the industry, aligning seamlessly with our core values as the reliable choice for professional contractors globally.

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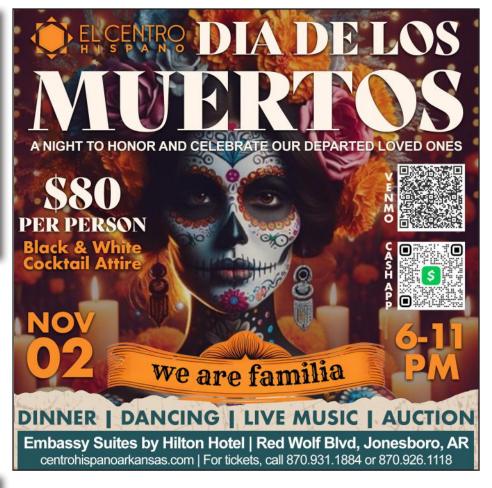


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FUN AND GAMES With Pets!



WITH DR. KRISTIN SULLIVAN

love September. Early fall is such a great time of the year. School is back in session, football starts back up, and the weather begins to transition to those cool, crisp days. Of course, in Arkansas, we don't get too many of the nice crisp days for very long before it quickly turns into winter! So, best that we take advantage of that. In this article I'd like to discuss some fun games you can play with your pets, inside or outside to help bring more enjoyment and bonding to your family.

Playing games with your pets? Sounds kind of silly when you first think about it, but pets are so intelligent, especially when given the opportunity to show you that! Plus, by playing games with your pets, you are engaging with them on a different level than just cuddles on the couch. Playing games is mentally stimulating, allows them to use their natural instincts to guide them in these games, and promotes a deeper bond. There are a number of different games you can play, but I'll start with the outdoor games first.

Dog agility! This may seem like something that is only for certain breeds of dogs in very strict competitions - this is not the case. Dog agility is wonderful for all dog breeds and all dog ages! As part of the implemented enrichment calendar at PAWliday Inn, agility day occurs almost once a week. Agility training not only helps to strengthen their bodies by getting exercise, but also greatly strengthens their minds by having to make quick decisions to maneuver obstacles. This training

also helps modify behavioral issues by teaching them to focus on their handler, follow directions, and not become easily distracted by things going on around them.

Next game: Fetch! Tale as old as time, this one. Who doesn't love a good game of fetch with their best friend? This allows your pet to get the exercise it needs, requires "paw-eye" coordination, and still provides that bonding experience that you both enjoy. What's more? Playing fetch with your pet also releases those "feel-good" hormones in us - it is quite literally, scientifically proven to be beneficial to your health to play fetch with your dog.

Another outdoor game? Treasure hunts, of course! This game is great for dogs. Talk about putting those natural instincts to work - this'll do it! Pick some of their favorite toys and maybe treats to encourage them to hunt for them. They understand the rules to this best by you saying "hide-n-seek" to them. Then you hide the items while they watch and allow them to find. Gradually, this can become a true game of hide-n-seek. You hide the items, then let them outside to find. This game takes some time and training, but is definitely worth it!

Last on this list, the most classic dog hobby - take a walk. Walking is truly one of the best things you can do for your dogs. Walking them allows them to get needed exercise, use their natural sniffing instinct,



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and also allows them to develop a deeper bond with you. When you go on a walk with your dog, they naturally take on a protective instinct (no matter the size of the pup - be it Chihuahua or Great Dane), and they feel a deeper connection to their owner because they have this natural protective instinct - they do not discover this instinct unless it is prompted by some external force.

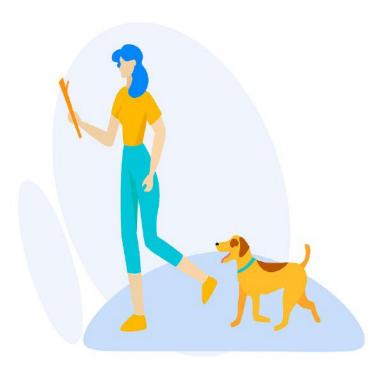
Moving on to indoor games, which become much more important during the cold winter months.

Puzzle toys! I love these! They are great enrichment devices and are sold at all pet supply stores. You can pack away some of their kibble or a small but healthy treat in these puzzle toys and watch them explore the toy to get the treat out! The first few times will be difficult, and you may have to assist on the first time (only a little!), but they will quickly catch on. The best way to keep this interesting, of course, is for the puzzles to be different. Getting 3-5 different puzzle toys will prevent them from getting used to one to the point of boredom. After they figure out the game and how it's played, switch the toy and keep it interesting for them!

Next up - chew toys! Healthy chewing is also a very important part of an enriched doggo life! Appropriate chew toys (always ensure the toy/chew is recommended by a veterinarian or by the VOHC- board-certified veterinary dentists) help to engage your pets, calm them with a natural instinct to chew, and help with mental stimulation while at rest. This natural instinct to chew will redirect them from destructive chewing to chewing on appropriate items. Chewing also provides a healthy outlet to occupy their minds and strengthen their jaws, helps to prevent periodontal disease, and regulates stress and anxiety by

releasing endorphins while your pet is chewing.

I hope this article helps you to maintain a healthy bond with your dogs and ensure their lives are as enriched as your life is to have them in it! Hope everyone has a happy fall! Stay safe, and please do not feed your pets table scraps!

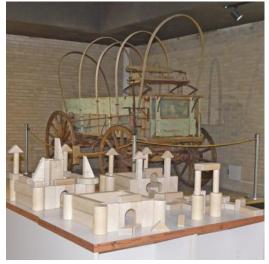


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At left: Katie Shepherd of Ash Flat and children, Leah, 5, Anna, 7, Lydia, 2, and David, 4 months, are regular visitors to the A-State Museum, which offers a variety of exhibits and hands-on activities

A-State Museum maintains accreditation

SUBMITTED BY ARKANSAS STATE UNIVERSITY

f the nation's estimated 33,000 museums, roughly 1,100 are currently accredited by the American Alliance of Museums, the highest national recognition afforded to the nation's museums. Among them is the Arkansas State University Museum, which is one of only 10 accredited museums in Arkansas. Accreditation signifies excellence to the museum community, to governments, funders, outside agencies, and to the museum-going public. The A-State Museum has been accredited since 1973. All museums must undergo

a reaccreditation review at least every 10 years to maintain accredited

"Arkansas State University Museum is proud to have achieved and retained national museum accreditation for over 50 years," said Elisabeth Engel, director of the A-State Museum. "The museum staff, students, Museum Advisory Council, and university administration worked hard to prepare for our review and the team effort paid off."



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The Accreditation Commission chair described the museum in the decision letter as a "small but mighty museum that demonstrates that maintaining or exceeding the Core Standards for Museums can be achieved by museums at any level or size."

Accreditation examines all aspects of a museum's operations. To earn accreditation, a museum first must conduct a year of selfstudy, and then undergo a site visit by a team of peer reviewers.

"Accreditation is the gold standard for museums — a significant achievement of which the institutions and their communities should be extremely proud," said Brooke Leonard, AAM interim CEO and chief of staff. "By undergoing reaccreditation, these museums have chosen to hold themselves publicly accountable to maintaining this distinction and have demonstrated their ongoing commitment to excellence."

Operating since 1933, the A-State Museum serves the academic mission of the university and provides quality programming that broadens the perceptions and aspirations of people in Northeast Arkansas and the Northern Mississippi River Delta region. Within this mission, the museum endeavors to connect people with their history, foster education as a family value, promote diversity, engage minds in progressive thinking, and enhance the sense of community among all audiences.

Museum gallery hours are 10 a.m. to 5 p.m., Tuesday through Saturday. More details about the museum are available online at AState.edu/a/Museum.







NEW DIRECTOR

Elisabeth Engel, who has been serving as interim director of the Arkansas State University Museum since last year, has been officially named to fill that role permanently. She joined the



A-State Museum staff in April 2015 as curator of collections.

For Engel, a longtime fan of the museum experience, her work at A-State continues to be a daily inspiration.

"After more than two decades in the museum profession, I am convinced that museums possess the unique power to unite communities in a shared journey of exploration and learning. A-State Museum, established in 1933 by a visionary student body, has always been dedicated to preserving and sharing the rich stories, history and heritage of our region," she said.

"My goal is to honor and extend this tradition, ensuring that our museum remains a vibrant center for cultural and historical engagement. With our recent successful reaccreditation from the American Alliance of Museums, we are well-positioned to lay the groundwork for the museum's next chapter of positive impact."



Downtown Paragould SHOP LOCAL BUSINESSES













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SAVE THE DATE NOTICE TO THE DOWNTOWN PARAGOULD EVENTS



September 6th

6:00 p.m.

Singo Bingo

Bloom Events

Main Street Paragould Event



September 13th

7:30 p.m.

Downtown After Hours Vicki Bishop & The Good Guys

Paragould Community Pavilion
Main Street Paragould Event



September 14

7:00 p.m.

Bon Jour: Tribute to Bon Jovi Heart & Journey

showpass.com/bonjour

Downtown Collins Theatre



September 20

7:00 p.m.

Magician Fred Lee showpass.com/fredlee

Downtown Collins Theatre



Sept. 21 & 28

8:00 a.m. to 12:00 p.m.

Paragould Farmers Market

Fall Market

Paragould Community Pavilion



September 28

8:00 p.m.

Comedian Officer Eudy madhattershows.com

Downtown Collins Theatre

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





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BY GRETCHEN HUNT

Tith nine locations in Craighead, Poinsett and Cross counties, St. Bernards Senior Life Centers strive to improve the quality of life for their members.

Christopher Clark, coordinator for the Senior Life Centers, said the not-for-profit program is affiliated with both St. Bernards and the East Arkansas Area Agency on Aging and offers free memberships to individuals who are 60 or older.

"We rely on contributions from our members to operate, as well as state and federal funding," Clark said, noting a voluntary contribution for lunch is requested, which helps fund that program. All locations provide lunch, Monday through Friday.

In addition, there are also social activities at each location, but Clark noted those are customized to the interests of the local members.

"Different places do different things," he said. "Typically everyone likes Bingo, so we do Bingo at all locations."

He said some activities are general interest like playing cards, but some can be very specific like wood working.

"We add and adapt," he said. "If a new member is really good at crocheting, we might want to start a group."

The centers also host special guests who present programs or offer health screenings. Limited transportation is also provided by most locations, whether it be to the center or

on a short field trip or to the doctor.

A Meals on Wheels program, with the food prepared in Jonesboro and delivered as a week's worth of frozen meals, is also available for residents who are not physically able to travel to the centers for lunch.

"We help hundreds of people in each community every day," Clark said, adding that spending time with others is one of the main benefits. "I think it's like a hub for socialization. A lot of people that are here are retired or semi-retired, and not everyone has family that lives close by."

Mitchell Nail, media relations manager for St. Bernards, said the Senior Life Centers offer extra benefit to the area's seniors as they operate under St. Bernards' senior services umbrella.

"They're just one of the integral parts of our senior services," he said. "They work together to enhance senior living in Northeast Arkansas."

Clark noted that the Senior Life Centers also install and service the Lifeline medical alert buttons in the three-county area. The Lifeline company then monitors the devices and alerts the proper people in the case of an emergency.

Nail said one thing he finds neat about the Senior Life Centers is that people come from all walks of life.

"They return on a daily basis," he said. "These people become your friends. Think of how hard it is to make new friends; I would think it gets even harder. Here, not only do you get

Locations

Caraway - 305 N. New York Ave.

Harrisburg - 300 Fair Ground Rd.

Jonesboro - 700 E. Washington Ave.

Lake City - 401 Walnut St.

Lepanto - 100 Stevens Square

Marked Tree - 212 10th St.

Monette - 504 S. Williams St.

Trumann - 351 Campbell St.

Wynne - 715 East Canal Ave.

to meet new people, but you get to maintain friendships."

Clark said as people come together, many of whom would have never met without the center, they often discover common interests.

"We want our core members to realize this is their center and we want them to shape what our activities are and what the atmosphere is like," he said.

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At almost 91, Bobbye Barry enjoys having someone cook for her, and she takes advantage of that opportunity at the St. Bernards Senior Life Center in Jonesboro.

"We've got a really good chef here, so that makes the food taste better," she said. "I don't like to wash dishes and cook. I did that too many years, so I don't do that anymore."

Some of her favorites are the meatloaf and the chicken and dumplings, but she also really likes the chicken spaghetti.

Barry, who moved to Jonesboro after retiring at the age of 75, said she relocated to be near her family and better healthcare.

In years past, she participated in activities at the center, but she said now, her involvement



is pretty much limited to joining her friends for lunch. "We have friends we sit with every day," she said. "You can tell I enjoy coming here because I come five days a week."

She recommends others join a Senior Life Center. "There are so many elderly who stay at home all the time that really need to get our and be around other people," Barry said. "I've always enjoyed

When Terry Aikens first visited the St. Bernards Senior Life Center in Jonesboro as a guest 12 years ago at the age of 57, he didn't realize how big a part of his life the center would become.

Now a volunteer in the center's Coffee Bar, he joined the center as soon as he turned 60, saying that spending time with others is what he sees as the main benefit of the center.

"Socializing with people my age," he said. "Some are older, some younger, some the same age. Anything beats loneliness."

A Burlington Northern Santa Fe Railroad retiree, he also worked in security at St. Bernards Village.

Active in Wii Bowling, he plays Mondays, Tuesdays and Thursdays and likes to hold the first place spot. On Wednesdays



and Fridays he can be found serving other members in the center's Coffee Bar.

"I had volunteered with the Bingo game, but it was too stressful," Aikens said. "Some of them take it too serious."

He said the Coffee Bar is a good pace for him, but there are times he gets busy. "Karaoke starts at 1:30. Then they start coming steady."



Lindsey Hagood Owner/Founder

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Oak Grove 50-year reunion

The Oak Grove Class of 1974 reunited on April 20, 2024, to celebrate 50 years of memories. The reunion was held at the Reynolds Building in Paragould, but before the reunion started, the class met at Walcott to attempt to recreate one of the

class photos. The classmates discovered they weren't quite as young as they thought they were. It was a great night full of laughter, stories, good food, good music, and best of all, great, old friends.





DONATION SUPPORTS RURAL HEALTH PROGRAM



Stephen Woodruff, MD, Chief Medical Officer

generous donation from NextEra Energy Resources, LLC, will help fund the operations of NEA Baptist's Mobile Health Unit as it makes stops across the region, bringing quality healthcare to uninsured and underinsured individuals in underserved areas in rural Northeast Arkansas.

NextEra Energy Resources, the world's largest generator of renewable energy from the wind and the sun, and a world leader in battery storage, recently donated \$50,000 to the Mobile Health Unit, which will offer health care services such as screenings, immunizations, mammography and more. The unit will mobilize much needed services to rural communities where health care is not as easily accessible due to geographical or socioeconomic barriers.

"We are extremely grateful to NextEra Energy Resources for their generous support of the Mobile Health Unit. Their donation is truly an investment in the health of Arkansans, many of whom have limited or no access to care," said Robbie Johnson, chief development officer for Baptist Memorial Health Care Corporation. "This project would not have happened if it wasn't for the gifts from our gracious donors who provide the funding to meet a growing need across rural Arkansas. On behalf the patients and families who will be helped by the Mobile Health Unit, I would like to extend my deepest gratitude to NextEra Energy Resources for their gift and commitment to this project."



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eptember has always been one of my favorite months. This time of the year brings back good memories from the county fair, Friday night football games and cool, crisp evenings when you need a sweater. Faded summer flowers are traded out for pumpkins and mums, chili simmers in the crockpot.

September is also Healthy Aging Month, a great time to examine strategies that protect a level of reasonably good health that will linger into the golden years. Living to a ripe old age is not a guarantee, but for those who do cross the 60s, 70s or 80s+ threshold, getting there in good physical and mental health is definitely on everyone's bucket list.

The last century brought a remarkable increase in human life expectancy. It may be hard to believe, but in 1900 the average lifespan was 47 years. It was not uncommon for couples to lose one or more children to death before reaching adulthood or for adults to die from common disease conditions that are now rare. The development over the years of vaccines, medications and treatments has driven life expectancy to an average of 79 years in the United States.

It is tempting to think healthy aging is a gamble, with good genetics holding the winning hand. As we age genetics do become more influential in determining longevity, exerting a 20-25% influence on the total number of years lived. There are, however, other factors that play a significant role from birth into adulthood and beyond, many of them influenced by personal choices.

Let's dissect five factors affecting life expectancy rate and discuss how a knowledge of these factors can help us make a more conscientious effort toward leading a long and healthy life.

1. Personal Health Habits: The habits we are referring to go beyond a nutritious diet, daily physical activity and maintaining a healthy weight. All of these are important and irreplaceable in making a positive contribution to longevity. On the flip side of this "to-do" list are the red flags of tobacco usage, drug abuse and excessive alcohol consumption. For instance, studies have shown that smoking lowers life expectancy by an average of ten years, and people who drink more than 18 drinks a week could lose four to five years of their lives.

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- 2. Access To and Use of Healthcare: Aging and the decline of personal health are a normal part of the human experience. A good relationship with a primary care physician, staying up-to-date on screenings and vaccinations and tackling chronic conditions by following a doctor's care plan can help us apply Barney Fife's famous "nip it in the bud" approach.
- 3. Environmental Factors: Realtors know that "location, location, location" is a key ingredient for assessing property values. An interesting 2019 study by the University of Washington School of Medicine found a similar parallel with longevity rates. Lifespan in the United States can vary as much as 20 years, depending on where you live. While about two-thirds of Arkansas has a lifespan of 75-78 years, counties along the Arkansas Delta show a ten year plunge of 65-68 years. Poverty levels, drug and tobacco usage, community safety and lower education rates all common in the Delta are among the socioeconomic factors that lead to lower lifespans.
- 4. Family and Social Support: The link between social connections and good health is well established for people of all ages, but especially with seniors. Older adults who are socially isolated face a risk of premature death that is on par with the health risks associated with smoking. Strong support from a community of close family and friends help us become resilient and adapt positively under adverse circumstances. This same support can help us have a more upbeat attitude towards life, be more extroverted, and experience less emotional distress. Interestingly, individuals of faith fall into this category, leaning on their beliefs and fellow believers to help them get through challenging seasons in life.
- 5. Genetics: Beyond family tendencies toward chronic health conditions like heart disease and certain cancers, genetics include things such as gender and ethnicity. Women tend to outlive men by about two years and according to University of Washington study cited earlier overall life expectancy in years was 85.7 for the Asian population, 82.2 for the Latino population, 78.9 for the white population, 75.3 for the Black population, and 73.1 for the American Indian/Alaskan Native population. The impact of these genetic influences on health is heightened or lowered by the first four factors mentioned above.

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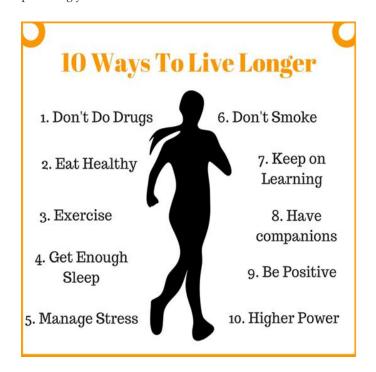
KARAN SUMMITT Retired Health Educator

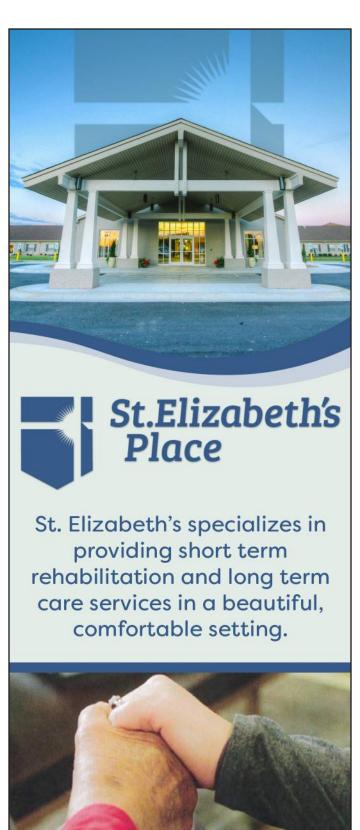
25 years educating people of all ages on the benefits of a healthy lifestyle. She teaches and writes with a passion for sharing simple, doable strategies that make better health possible for almost everyone.

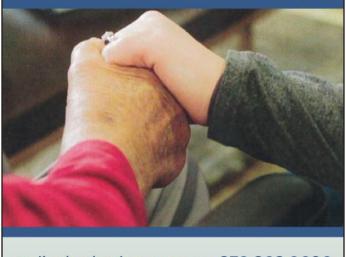
One more thing. While overall lifespan refers to the number of years we live, healthspan indicates how many of those years are lived without chronic and debilitating disease and/or disability. Lifespan measures quantity of life, healthspan measures the quality of life.

Lifespan and healthspan are important on an individual level, but just as critical on a broader national level. Shorter lives and shorter healthspans impact the number of productive years in the workforce and the number of years adults contribute to the economic stability of their families and are available to help following generations get off to a positive start in life. Healthspans also impact the cost of healthcare for all of us.

Successful aging is not impossible, but it takes effort and attention. That attention will be rewarded when our senior years are spent in reasonably good health with a minimum of limitations. Again, there are no guarantees, but keeping the ball of good health in your court gives each of us the best chance to stay ahead of the abilities time can steal. As always, the greatest wealth is health. Be diligent about protecting yours!

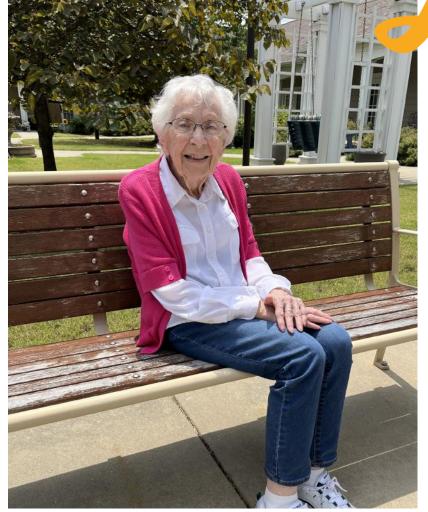






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A WONDERFUL



BY KARAN SUMMITT

Raye Askins Towell will never be a George Bailey who needed to walk down Memory Lane with Clarence the Angel. Ask Mrs. Faye how she feels about the past 94 years and she simply says, "I've had a wonderful life!"

Born July 13, 1930, to Ben and Gladys Askins, Faye was the fourth of nine children. Life on the family farm at Beech Grove, Arkansas, was secure, with Faye recalling how each child in the family had their own chores to do before and after school. The older children helped care for the younger siblings. Faye especially remembers caring for her baby sister Shyrl.

"Momma let me press all her baby clothes before Shyrl was born, and I helped take care of her. I was the one who heard her first words and saw Shyrl take her first steps. When I went to school, she cried for me," Faye said.

In August of 1946, Faye married Duane Towell. Both had attended school at Stanford and rode the bus together. In their early years, the two ran a small grocery store and later Duane worked as a traveling salesman who was home most nights. "We married young," Faye recalls, "but were always so happy."

Their only child was born in May of 1948. Faye recalls how





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both she and Duane wanted a daughter: "I loved dressing Jan up and she never outgrew that! Duane took her to buy her first little heels. Jan was always enough for us. We never even thought about having another child." Jan would eventually marry Ray Smith, and the young couple welcomed a son, Shawn, into their home.

In the early 1960s Duane and Faye became

members at 7th and Mueller Church of Christ on one Sunday and that very week Faye began teaching the two-year old Sunday School class. She continued in the role for over forty years, teaching multiple generations from the same family.

"I loved little ones at that age. I used lots of visuals and hands-on teaching aids, so that whatever I taught stuck with them," she said. "They could learn and remember so much more than people thought they could!"

Faye and Duane began Towell's Shoe Store in 1966 at the storefront currently occupied by Skinny J's. Local baby boomers remember it as the place with a big Red Goose that gave out prizes every time shoes were bought. Faye recalls their 21 years as small business owners with these words: "There were two other shoe





stores in downtown Paragould, but we were not competitive. The community provided enough business to support three families, and we were all friends and business associates. With the shoe store we learned you could take an idea and make it what you wanted it to be if you were willing to put work into it. Duane and I didn't have any trouble being business partners. He did the bookkeeping, and I chose the merchandise and took care of inventory. We hired school kids to help us. They were good workers, and we had so much fun being around younger folks."

The couple sold the store in 1987 and headed into retirement -- or so Faye thought. Jan was a kindergarten teacher at Baldwin Elementary, and Faye's offer to help Jan

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with back-to-school tasks led to 12 years as an unpaid volunteer. Those years of being at school together and walking with one another at the end of the day turned out to be a blessing Faye would later cherish.

In 1988, Faye, Duane, Jan and husband Ray built new homes next door to each other. Life was wonderful for a few short years, but a series of hardships tested her spirit in ways she might never have imagined. It began in 1990 with the sudden death of grandson Shawn due to a vehicle accident.

"It was the most traumatic thing we had ever experienced, and I can't describe the pain. We knew it was true, but we couldn't believe it was happening to us," Faye said. "Shawn

was the joy of both our families and our only grandchild. He was so talented, and we had spent so much time with him as he grew. All we could do was lean on God through prayer, but watching our daughter hurt was so hard. We couldn't take it away."

Hardship landed a second time in 2001 when Faye was diagnosed with colon cancer. Her doctor's recommendations included surgery, 35 radiation treatments and seven-and-a-half months of chemotherapy. During this time Faye continued to help Jan with the kindergarten classes.

"It was very painful, but I was determined to get through it," she said. "I had all the typical side effects of chemo treatments but went on to school and played with the children on the playground. They never knew how sick Mrs. Faye was and that was how I wanted it."

Just a few years later a small spot at the base of Jan's throat was diagnosed as advanced melanoma, leading to her death in 2007. Those years Faye had spent in the classroom with Jan and walking together after work became a gift from God, one Faye believes was in His plans.

"For anyone who has never experienced the death of a child, you need all the comfort God can give," she explained. "Duane and I leaned on each other while she was sick and especially after she passed. We talked together about our fears and our feelings."

In 2010 Duane suffered a stroke which affected his speech and once again, Faye saw the benefit of those 12 years in helping Jan. One of her tasks had been to work with the children on their alphabet sounds and recognition, and





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that training became invaluable in helping Duane learn to talk again. The hundreds of get-well cards served a dual purpose. As the couple read them together, Faye would open the church directory, helping Duane put names and faces together. She had Duane read the cards back to her, sounding out the words.

"I was his encourager, teacher and cheerleader," she said. "It was important to not let Duane get discouraged, so I made it fun. He was a good student. Every day we would get dressed and get out of the house, taking a drive and eating lunch somewhere. He wanted me with him up to the day he took his last breath in 2018."

In all these hardships, one bright light appeared, a light Faye again credits God with providing. That as yet unfinished chapter began about a year after Shawn's death. In Faye's own words: "James Balcom, the director of Childrens' Homes, Inc., saw me at Walmart one day and said, 'I need a favor.' Joshua, a newborn baby with possibilities for adoption, required a place to stay for the weekend. That weekend request turned into eight months. Duane and I took him into our hearts as well as our home. He was such a delight! When Josh was eventually adopted, it was with the agreement that we could be his grandparents. Josh's mom promised she would never take him away from us, and she has kept that promise. Over the years he spent summers in Paragould, making lifelong friends. Each year we couldn't wait for him to visit!"

It's been thirty-three years since that day in Walmart. Josh is now a lieutenant commander in the U.S. Navy, married to wife Charnae with a sweet baby girl of his own. The couple came to Paragould when Duane was too ill to travel and married on the Towells' anniversary date.

"No one can replace the loss of Shawn and Jan," Faye said, "but we know God gave us Josh and what a blessing he has been! In the early days, staying busy with Josh helped with the sadness of losing our daughter and grandson. In these last years, Josh has been the one who has helped me so much with selling our home and moving to the Chateau, as well as financial decisions and any other needs."

Faye's love for gardening also helped her navigate the difficult seasons. "I could dig my sadness away," she said. "Physical work helped me turn sorrow into something positive." Many of those who know her have benefited from Faye's generosity in sharing bulbs, cuttings and seedlings.

Her positive attitude about life comes from the basic philosophy that she is still alive because, "God has something left for me to do." She can be found most days walking the two miles that help her remain active and healthy.

"You embrace change because you know God has a purpose," she said, "even the hard things that I will understand one day. I am as content as any human can be because I know I am in God's hands. If I don't wake up, it will be okay. I'm not afraid of dying. I've been blessed with a strong spirit of determination that is God's gift to me, and early life taught me to work hard and be independent."

Mrs. Faye had one more piece of advice especially for younger couples. Her 72 years of marriage lend strong credibility to the following: "The first part of marriage isn't always easy, but if you stick with each other and support each other it gets better. Stay together, have fun and the Lord will help you through the hard times. The second half is the best half. Duane and I did so many things together in the latter years, and now I have all those wonderful memories to bring me comfort."

For Fave Towell, there's no doubt -- it's been a wonderful life!







Understanding Medicare Options

TRADITIONAL MEDICARE VS. MEDICARE ADVANTAGE

s seniors navigate the complexities of healthcare, it's essential to understand the different Medicare options available.

Traditional Medicare, which includes Part A (hospital insurance) and Part B (medical insurance), has been a trusted system for many years, providing straightforward coverage with the freedom to choose healthcare providers without referrals. This option allows beneficiaries to see any doctor or specialist who accepts Medicare, offering flexibility and peace of mind.

On the other hand, Medicare Advantage plans (also known as Part C) are offered by private insurance companies and often bundle additional benefits, such as vision or dental coverage. While these plans may appear attractive at first glance, they come with restrictions, such as a limited network of doctors and the requirement for referrals

to see specialists.

Patients may also face higher out-of-pocket costs depending on the services they use. When considering a switch to a Medicare Advantage Plan (Part C) vs. keeping Traditional Medicare, it's crucial to gather all necessary information to make an informed decision.

Here are important questions to ask your insurance providers when considering which plan better meets your needs:

- What are the deductibles (out-of-pocket costs) for hospital services (Part A) and doctor visits (Part B)?
- How much will I have to pay out of pocket before coverage starts (what is the deductible) for Part C?
- Can I freely choose any provider I prefer?

- Are my current providers in network?
- Which hospitals are in-network with this plan?
- Are there specific home health agencies that are in-network?
- Which skilled nursing facilities in the area are in-network?
- How much are the in-network copayments for services?
- How much are the out-of-network copayments for services?
- Does my doctor need to get approval from the plan to admit me to a hospital?
- Does this plan require prior authorization for referred physicians, diagnostic testing, medications, durable medical equipment, oxygen, etc?
- How many days does it typically take for authorization for the next level of care after hospitalization?
- How does the commission for this plan compare to that of traditional Part A and Part B coverage?

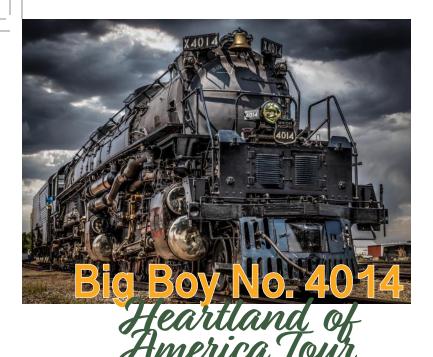
By asking these questions, seniors can better assess whether a Medicare Advantage Plan suits their needs or if Traditional Medicare is preferable.

Deciding between these options is not just a financial choice but one that affects health and well-being. Traditional Medicare often appeals to those prioritizing flexibility and a broader provider selection, allowing seniors to manage their health confidently.

Remember, it's essential to explore all available options before making any changes to your insurance plan. If you need assistance or have additional questions, don't hesitate to reach out to your insurance provider for more details. For further information, please contact Medicare at Medicare.gov or 1-800-633-4227; or Arkansas Seniors Health Insurance Information Program (ARSHIIP), 1-800-224-6330.



September Premiere 2024



ig Boy No. 4014 will spend several days in Arkansas, including a stop in Piggott, during the "Heartland of America Tour" that launched Aug. 28 from Cheyenne, Wyoming. The eight-week tour that spans several states concludes in late October.

Twenty-five Big Boys were built during World War II, but only eight survived. No. 4014 is the only one of the eight still in operation and remains the world's largest operating steam locomotive.

A 30-minute stop at Piggott is scheduled during the Big Boy's trip from Poplar Bluff to Jonesboro on Friday, Sept. 13. The stop is set for 1:30 p.m. at the Jackson Street Crossing. After an overnight stop in Jonesboro, the locomotive has three stops slated on Saturday, Sept. 14, on the way to North Little Rock, set for 10:30 a.m. at the Laurel Street Crossing in Hickory Ridge, 12:15 p.m. at the Central Delta Depot Museum in Brinkley and 3 p.m. at the Pine Bluff Museum Depot in Pine Bluff.

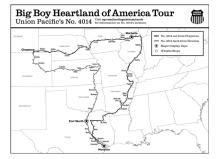
A public viewing is set for 5-7 p.m. on Sunday, Sept. 15, at 1000 W. 4th Street in North Little Rock. There is no public access prior to 5 p.m. as a private Union Pacific employee event will be held until 5. On Monday, Sept. 16, the Big Boy will make a stop at Kingsland at 11:45 at the Maple Street Crossing as it travels from North Little Rock to Texarkana, before heading to Texas on Tuesday, Sept. 17.

Tour organizers stress that schedule times and locations are subject to change and encourage those hoping to see Big Boy at a stop or passing through to check back periodically for updates and be aware there is no public access to the Big Boy outside listed stops. Overnight stops are closed to the public unless otherwise noted; afternoon arrival times are not available.

Union Pacific reminds all rail fans to keep safety top of mind and stay 25-feet back from the tracks when taking a picture or viewing

the colossal locomotive. That means never take a picture or video standing on the track or the ballast and never climb on the locomotive or equipment.

A steam tracking map showing No. 4014's location and route is available at upsteam.com.





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Marshall, AR Newport, AR Corning, AR West Memphis, AR Bentonville, AR Forrest City, AR Monticello, AR

AR Choices

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Home Care for Veterans

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

Personal Care

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

Targeted Case Management

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



AWARD WINNING CARE





etting (rafty

esidents at The Green House Cottages of Belle Meade's Vassar Cottage recently got crafty and made jewelry for themselves and

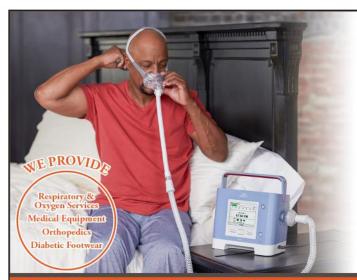
friends. Creating the beaded jewelry gave the residents a chance to use their creativity to make patterns or unique designs. The ladies and gentlemen alike enjoyed the opportunity to both spend time in each other's company and make something useful during one of the many fun activities that Belle Meade offers to engage its residents.











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THE BUNGALOWS OF JONESBORO

Dog Parade and Summer Party Fun

SUBMITTED BY GENIA RUTHERFORD, PROGRAM & OUTREACH COORDINATOR

There were lots of doggie kisses and snuggles being shared recently at the annual Dog Parade and Summer Party hosted by The Bungalows at Jonesboro Assisted Living. Dogs were dressed in festive outfits and paraded through the halls for all the residents to see and pet. They were rewarded with dog treats made by the residents following the parade. Afterward, the residents joined the furry four-legged pooches in the parlor for an afternoon of dog trivia, beach ball tossing, photo opportunities and delicious dog paw cupcakes. A fun-filled afternoon was enjoyed by all!















Live Music Schedule

ake plans to visit Downtown Paragould on Friday, October 4th and Saturday, October 5th for the 8th Annual Get Downtown Festival.

The fun starts with a Block Party Friday night, as well as a Downtown After Hours concert from Hayfield, and a family friendly movie in the street.

The festival continues Saturday with Pedal on

the Ridge as well as a 10k, 5k, Kids Fun Run, and Doggie Dash races. There will be a Touch a Truck event, talent show, and two stages of live music.

The 8th Annual Get Downtown Festival is sponsored by the Greene County Future Fund and the Paragould A&P Commission. Find them on Facebook or visit getdowntownfestival.com for more information.



Never miss out on what's happening in NEA. Keep up with local events like this and find MOR(e) places to explore at neapremiere.com



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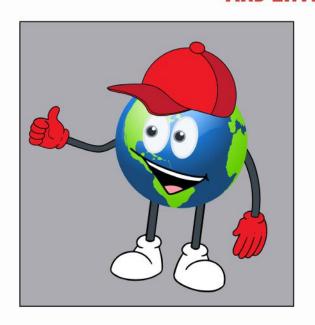


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DON'T MISS THESE Upcoming Events in NET

Butterfly Release

September 8th

The St. Bernards Advocates will be hosting their 17th annual Butterfly Release on Sunday, September 8, at 2 p.m. in the parking lot of the St. Bernards Imaging Center at 1144 East Matthews Ave. in Jonesboro.

The Butterfly Release features a release of butterflies in honor or memory of loved ones and is a fundraiser for the Flo & Phil Jones Hospice House. Individual butterflies are \$16 each or 10 butterflies for \$135. For more information or to purchase butterflies, call the St. Bernards Foundation at 870-207-2500 or visit stbernards.info/events.



Beatles at the Ridge

September 21

Beatles at the Ridge will take place on Saturday, September 21st in Downtown Walnut Ridge from 10 a.m. until 10 p.m. The event features free live music including Beatles tribute band, Liverpool Legends. There will also be food trucks and vendors, a car show, petting zoo, magic shows and inflatables.

Beatles at the Ridge celebrates the anniversary of the historic event in Walnut Ridge in 1964 when The Beatles' plane unexpectedly landed in Walnut Ridge. For more information on the Beatles at the Ridge festival, find them on Facebook or visit beatlesattheridge.com.



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Local Festival

Sept. 13th-14th

Local Festival 5 is a music and cultural arts festival featuring local artists, musicians and businesses set for September 13th and 14th in Downtown Jonesboro.

This year, the festival will feature live music from local Northeast Arkansas bands, as well as other Arkansas-based musicians, standup comedy (including an open mic event), wrestling, a carnival, arts and crafts vendors, food vendors and shopping.

For more information, including the music line-up, visit Local Festival on Facebook or foamusic.org/localfest.



BBQ Fest

Sept. 27-28

The Downtown Jonesboro BBQ and Music Festival will happen in Downtown Jonesboro on Friday, September 27th with free live music from The Band of Heathens, and Saturday, September 28th with Stephen Pearcy of RATT. Saturday's events also include more music, along with food and craft vendors.

The festival also hosts a Kansas City Barbecue Society-sanctioned Arkansas State Championship competition with over \$13,000 in prize money. For more information on the Downtown Jonesboro BBQ Festival, find them on Facebook or visit downtownjonesborobbq.com.



Health Fair

September 20th

Arkansas Methodist Medical Center is hosting a free Health Fair Friday, September 20th from 7 a.m. until 2 p.m. This free event is open to the public and features vendors for all types of health needs for both women and men of any age. Several different medical specialties will be represented at the health fair

The Health Fair will take place at Arkansas Methodist Medical Center, at 900 West Kingshighway in Paragould. For more information on AMMC and the services it provides, find them on Facebook or visit myAMMC.org.



Heart & Sole

September 28

NEA Baptist's Heart & Sole 5k, 10k and Half Marathon has something to offer all runners from beginners to seasoned racers. Participant in the 10k and Half Marathon must sign up as runners, but the 5k has both a running and walking division.

The Heart & Sole 5k, 10k, and Half Marathon will start and end at NEA Baptist Hospital at 4800 East Johnson Avenue in Jonesboro on Saturday, September 28th.

The race will take place, rain or shine. Race participants can register for the race at raceroster.com. The deadline to register is September 15th.



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Greene County Fair

Sept. 2nd-7th

The 137th edition of the Greene County Fair is set for September 2nd through the 7th at the fairgrounds in Paragould. Armbands are available every day of the fair for ride enthusiasts. The fair features live music, including Mary Beth Byrd on Tuesday night. Wednesday night is Buddy Night, and there will also be a mullet contest and ostrich races. Thursday is Senior Citizens Day, Friday features wrestling, and the fair wraps up Saturday with Kids Day and a demolition derby.

For more information, find the Greene County Fair on Facebook.

NEA District Fair

Sept. 19th-28th

The Northeast Arkansas District Fair will take place on the grounds of Nettleton Baptist Church at 7001 Johnson Avenue in Jonesboro from September 19th through September 28th. The fair features nine days of family fun that includes two weekends of carnival rides, food, and games on the midway. There will also be live music and entertainment throughout the fair.

For more information, find the Northeast Arkansas District Fair on Facebook.





HAPPENINGS

AMMC RECEIVES NATIONAL RECOGNITION FOR HEART ATTACK CARE





Arkansas Methodist Medical Center has received two American Heart Association Get With The Guidelines® achievement awards: Coronary Artery Disease Rural Recognition – Silver award, and Coronary Artery Disease STEMI Referring Center – Bronze award, for its commitment to offering

rapid, research-based care to people experiencing a specific type of heart attack known as an ST elevation myocardial infarction (STEMI), known to be more severe and dangerous than other types of heart attacks.

The Get With The Guidelines – Coronary Artery Disease Rural Recognition award and the STEMI Referring Center award is earned by hospitals that demonstrate a commitment to treating patients according to the most up-to-date research-based guidelines for STEMI care as outlined by the American Heart Association.

"We are proud that our team at Arkansas Methodist Medical Center is being recognized for the important work we do every day to improve the lives of people in Northeast Arkansas and surrounding areas who experience heart attack, giving them the best possible chance of recovery and survival," said Brad Bloemer, CEO.

FAMILY MEDICINE SPECIALIST JOINS PARAGOULD DOCTORS CLINIC



St. Bernards Healthcare has announced the arrival of Family Medicine Physician Peyton Maddox, M.D., who joins the Paragould Doctors Clinic medical team located within Paragould Medical Park.

Dr. Maddox, a native of Little Rock, has spent the past three years as a Family Medicine Resident Physician with the University of Arkansas for Medical Sciences (UAMS) Northeast in Jonesboro. Dr.

Maddox received his undergraduate degree from the University of Arkansas in Fayetteville and began working as a pathology lab technician and medical scribe in Little Rock, eventually owning and operating his own scribe business. He then enrolled at Ross University School of Medicine, graduating with his Doctor of Medicine degree in 2020.

As a Family Medicine Physician, Dr. Maddox will provide nonemergent care to Greene and surrounding counties, including management of chronic diseases and conditions, urgent care services, wellness visits, health screenings and more.

In his spare time, he enjoys fly-fishing, kayaking, playing guitar, crossword puzzles, traveling and watching the Arkansas Razorbacks. Dr. Maddox and his wife, Paige, have one child and expect twins this fall.

FIRST COMMUNITY BANK PROMOTES WILLIAMS TO REGIONAL PRESIDENT

First Community Bank has announced the promotion of Allen Williams to the position of executive vice president, regional president. Williams will expand his responsibilities, continuing to oversee the Jonesboro region, which includes Jonesboro, Bay, Lepanto, and Brookland, and now also supporting the Harrison, Mountain Home, and Missouri regions, working closely with each of the community presidents under his oversight.



"I am thrilled to step into this expanded role," said Williams. "I look forward to continuing to work with our talented team to drive growth and success across our regions."

A graduate of Arkansas State University, Williams has nearly 40 years of banking expertise, joining First Community Bank in 2013. He currently serves on the board of directors for the Delta Symphony Orchestra, the Jonesboro Municipal Airport Commission, the Arkansas State University Red Wolves Foundation board of directors, the Impackt Club board of directors, and encourages his employees to serve and to give likewise. He and his wife, Danna, reside in Jonesboro. The couple have three boys: Chandler (wife, Darby), Spencer and Cooper.

ALLEN ENGINEERING ADDS TWO TO EXECUTIVE TEAM

Allen Engineering Corporation has announced two additions to its executive team. Shannon Powers is the new Director of Finance and Administration, and Marcus Jarrett has been promoted to Director of Engineering and Product Development. As new





members of the executive team, they will be responsible for leading, managing, and holding accountable all functional areas of AEC.

"Shannon's extensive experience in finance, coupled with her knowledge of the manufacturing industry, makes her an invaluable addition to our team," said Jay Allen, CEO of Allen Engineering Corporation. "We are excited to welcome her as Director of Finance and Administration and look forward to her contributions as we continue to lead the industry with safety, quality, and innovation."

"Marcus has made many contributions to the Engineering Department over the years, and his dedication and hard work have been instrumental in our advancements," said Don Gordon, Vice President of Operations and executive team member at AEC. "In his new role as Director of Engineering and Product Development, he will continue to drive innovation and lead our team to further success."

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DSO SETS 2024-25 SEASON

he Delta Symphony Orchestra has announced plans for its upcoming season, along with ticket information.

DSO Holiday Concert - Dec. 8 at 3 p.m. -Join the Delta Symphony Orchestra for its traditional concert of holiday classics with vocalists Jenny Powers, Quaine Hogan and Bethania Baray-Harrison.

Young Artist Concert - Feb. 23 at 3 p.m. - The DSO showcases the winners of its nationwide 34th annual Young Artist Concerto Competition and a youth chorus from NEA regional schools.

Baseball Opening Day Concert - April 5 at 7:30 p.m. - In this all-ages Pops concert, the DSO and narrator Chris Hughes celebrate the start of Baseball season with Casey at the Bat and other popular favorites. This concert will also include a side-by-side performance with the Delta Youth Symphony Orchestra members.

Spring Without End Concert - May 10 at 7:30 p.m. - Enjoy a night of all things spring with pre-concert demonstrations by local painters and the DSO's performance of Gustav Mahler's Symphony No.1.

For ticket information call 870.761.8254 executivedirector@ email: deltasymphonyorchestra.org.

SPECIAL EVENT WITH **ASHLEY MCBRYDE**

The Delta Symphony Orchestra invites you to a special concert with Nashville recording artist and Arkansas native Ashley McBryde performing with the Delta Symphony Orchestra on October 27 at 7:30 p.m. at the Fowler Center on the A-State campus in Jonesboro.

For ticket or event information visit DeltaSymphonyOrchestra.org/ tickets. DSO Season Ticket holders receive a 20% discount on tickets for this special event.

This special DSO concert is sponsored by Arkansas State University and KASU.

The 2nd Annual Brewing Hope Coffee Festival benefiting Hope Found

will take place on Oct. 12 at The Gardens at Harmony in Jonesboro.

BREWING

"We are so excited to bring this festival

back for the 2nd year," says Megan Brown, Hope Found Executive Director. "We believe in using this event to celebrate coffee, fall, and community while supporting our mission to end human trafficking."

The 2nd Annual Coffee Festival will feature coffee shops and related vendors, including food vendors, bakeries, and retailers from around Northeast Arkansas. The event will include multiple People's Choice voting opportunities ranging from Drip Coffee and Specialty Drinks to "Anything But Coffee."

Presale tickets are available now for 20 dollars at hopefoundnea.org/coffee. Kids under 10 get in free.





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Next Month

Breast Cancer Awareness



So many lives have been touched by breast cancer. As we mark Breast Cancer Awareness Month we will share the stories of individuals directly impacted by the disease.

Professional Profiles

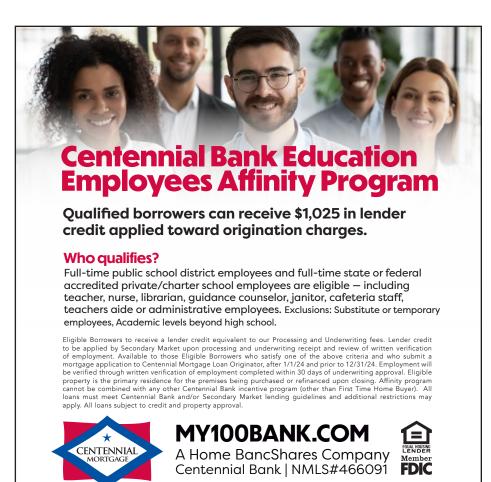


October's edition will include spotlights on area business people to help our readers make connections with the professionals they need.

Spooky Season



Check out information on fun activities in the area for Halloween.







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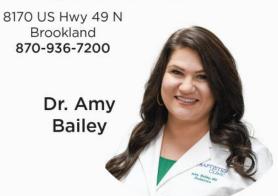
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