

NEA'S

PREMIERE

MAGAZINE

June
2022

**PET
EDITION**

ON THE COVER

NEA Captured -
Photo Contest Winner
Photo by Karlee Swenson

NEA SENIORS
Special Section

A PUBLICATION OF MOR MEDIA, INCORPORATED

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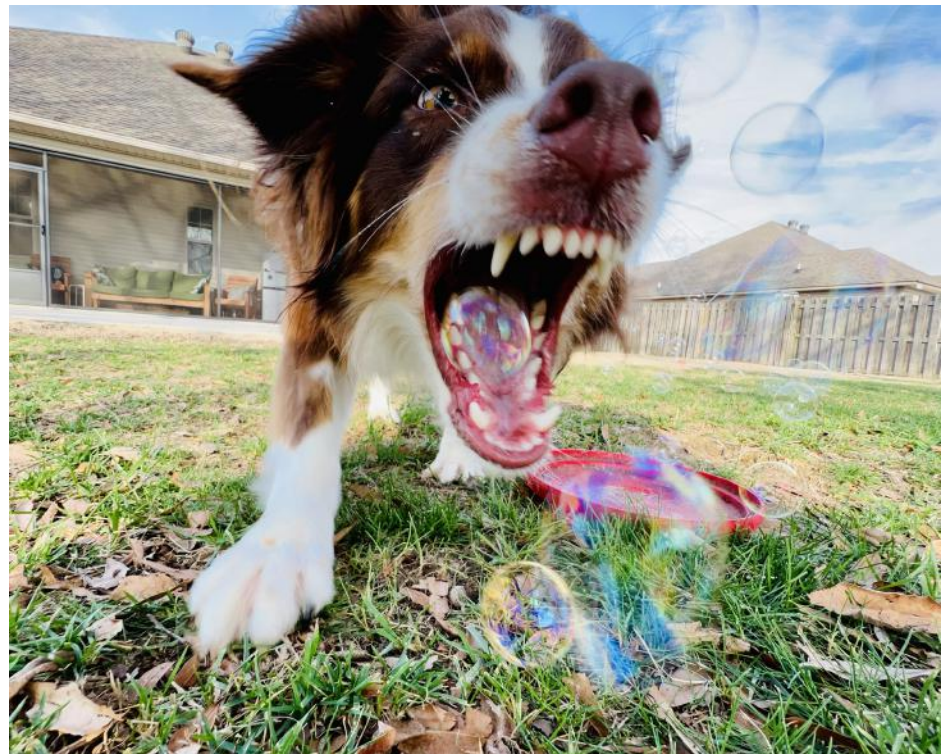
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From the Manager



grew up in a family that loves pets – mostly dogs, but a few cats, guinea pigs, and other small critters were amongst the ranks over the years. In my family, the furry ones ARE family, as I’m sure most pet owners agree.

Pets are there for us when we cry. They are the cause of much laughter. Sometimes they drive us absolutely mad. Often, they are our very best of friends. I recently lost a pet, a sweet boy who was there for me during a tough time. He spent the latter part of his life as my dad’s dog, but I still considered him mine. I wrote my sweet boy this message:

“Bear, you were there for tears, for laughter. You heard music played so loud on drives home that it rattled the windows, and you rode beside me when all I could stand was absolute silence. You matched me step for step all summer, and slept beside me at night. We have many more special memories, and all of them I will hold dear in my heart. But most of all, I will remember the dog who looked at me, while I felt surrounded by darkness, as if I was the sun itself.”

Losing Bear reminded me that their lives are far too short, and we must appreciate them while they grace us with their presence.

We feature a “Pet of the Month” in each edition of Premiere, but this month we wanted to highlight many of the wonderful pets you love so dearly. Reader-submitted pets were chosen to fill this edition, along with a few other special pet stories. I hope you enjoy celebrating pets with us this month, and I hope you’ll celebrate your pets every day!

Lindsey Spencer

Manager of Creative Content

A promotional advertisement for Glen Sain Chevrolet. It features a dark-colored Chevrolet SUV driving on a road towards the viewer. In the background, there is a large body of water and mountains. The Chevrolet bowtie logo is in the top left corner. The name 'Glen Sain' is written in a large, white, cursive font on the right side. At the bottom, there is contact information: 'BEST PRICE 870.565.4352 | 6345 US 49 | GLENSAINPARAGOULD.COM' and 'BEST SERVICE'.

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PREMIERE is a publication of MOR Media, Incorporated. Editorial, advertising and general business information can be obtained by calling (870) 236-7627, faxing to (870) 239-4583 or e-mailing to dina@mormediainc.com. Mailing address: 400 Tower Drive, Paragould, AR 72450.

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Stories circulate throughout my family regarding the terrible temper I displayed when I was a young child, episodes whose veracity I question because I'm basically known as an easy going guy. If I find out who is circulating these tales I might punch him in the eye.

Actually I do have to admit in my younger days I flew off the handle pretty easily, but that's just because I had a plan and grownups often interfered. I can remember playing ball in the back yard until suppertime, and Mom would tell me to come inside. I usually complied without a fuss but then she had the audacity to say something like, "Go ahead and get your bath, and then we'll eat."

Bath? Why do I need a bath? We're not going anywhere.

"Because you've been out there all day and you're sweaty and dirty ... and because I said," Mom would reply, and that's when I would get mad. Often I stormed out of the house and down to the dog pen, because Dad always kept a bunch of fox hounds and I would let myself in, sit on the bench with them, and let them shower me with sloppy kisses. "Yeah, you love me," I would say, pushing away from

the lickfest, "you're not like those people up in the house." The dogs and I were on really good terms because it was my job to feed them in the mornings and evenings, so I was sort of at the top of their list. I would sit there and fume at my mom's directions, knowing I was truly adored in the dog pen.

"We ought to run away," I said more than once, shoving my way clear. "That's what we'll do; I'll open this gate and we'll just run away. That'll show her." But then Mom would again tell me to come in and add, "It's getting dark" and I would tell the dogs, "Okay, she's lucky this time because I don't really know which way you go when you're running away and I don't want to try to figure that out in the dark, so this time I'm going in ... but NEXT TIME, we're leaving." And then I'd go in and clean up, eat my meal and forget about the whole thing in about 30 minutes.

Many of these meltdowns came after my youth league sports events because I thought we were all supposed to be trying to win, but sometimes on the way home after a loss, when I was pouting in the back seat of the car, Mom or Dad would try to convince me some kids just played for the fun of it, not necessarily trying to win all the time.

What!? What kind of nonsense is this? If you weren't trying to win, why were you even showing up, something I wanted to ask a teammate when he let a ground ball go all the way to the right field fence without even giving chase because he was trying to get the paper off a Sugar Daddy which had melted in his back pocket. We lost, I cried, and I rode home getting lectured about my attitude. Good thing we had the second game that evening and it

was already dark, or the dogs and I would have been long gone as soon as we got home.

The story most family members love to tell revolves around the day my sister got to start to school and I had to stay home because she is a year older than I. My Grandmother Brummett lived with us on the family farm and as Mom and Kathy climbed into the old Chevy without me, Grandma circled behind me and held me back as I fought to be included. According to her, as the car rolled down the dusty road and out of sight, I yelled through the tears at her, "Do you want me to break your glasses or cut your head off!?"

Now, really, I can't picture myself saying that to my sweet grandmother but that's the way she told it, and her reply was, "Well, if you broke my glasses I couldn't see, but if you cut my head off I really couldn't see" and then she went on about her business and I ran to the dog pen for some lick therapy.

Maybe it was true, I can't say for certain, but one thing that came from all these outbursts was a lifelong love of dogs. I feel at peace around dogs, accept for that time I was going to feed the neighbors' German Shepherd while they were out of town but she jumped up and bit me on my left "chesty." I had a scar for some time and feared that dog but, in her defense, she had given birth to pups that very day and another neighbor was mowing his lawn right next to her pen. I guess she was overly stressed and it's probably a good thing she didn't wear glasses. I might have really let her have it.



LIVING A Better Story

BY JARED PICKNEY

According to author Jon Tyson, there are five types of fathers. The irresponsible father, ignorant father, inconsistent father, involved father and intentional father. An irresponsible father rejects his responsibilities as a dad. He doesn't provide for his children's basic necessities. An ignorant father is clueless about what it means to be a good dad. He has no idea what the goal of fatherhood is.

An inconsistent father is here one day and gone the next. You never know what you are going to get. An involved father shows up. He is present. He goes to the games, band concerts, etc.

An intentional father is what every dad should aim to be.

This type of father takes time to understand his child's unique personality and tailors his parenting to that child for the sake of helping him or her become the person God created it to be. This type of father brings his kid(s) a lot of joy, and therefore the resilience that is needed to thrive.

In an age where dads often try to outsource the emotional, relational and spiritual health of their children to others, this is a radical concept. It will require a time commitment, sacrifice, hard work and grace. We won't get it right all the time. We will have our moments of failure. But in the end, if we commit to living as intentional fathers, we will do our part to raise kids full of passion, joy, vision, courage and values.

Most of all, your kids will grow up knowing you truly cared about them. They might doubt your logic, but they will never question your love.

As fathers, we must remember that formation happens day by day, and that distortion happens day by day. As dads, we are either helping our children move into adulthood or joining the culture's attempt to trap them in an extended adolescence.

It is ultimately our job to help form our kids into Christlikeness, and therefore as a result, into the healthiest and happiest versions of themselves that they can be.

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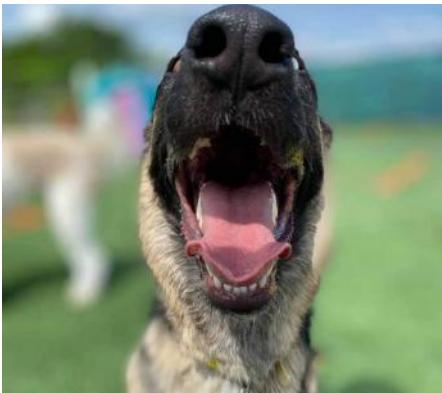


PET (S) *of the* MONTH

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This month, we did things a little differently. In honor of our special pet-themed edition, we wanted to highlight many, many pets! Flip through the issue for reader-submitted pets throughout.

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



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A few weeks ago I got an urgent message from a friend's wife. It was a windy, cool day and her husband was out fishing in his kayak and his vessel had swamped and he was stranded. I called her and got the details, then called him, hoping to make contact. Luckily his phone had stayed functional and he had gotten out a call to 911 for assistance and he also had friends on the way. Help arrived quickly and a possible crisis was averted.

In talking with him after the event, he said a large wave had swamped his kayak but luckily he was close to a structure and was able to get out of the water. He was soaked, getting cold due to the strong wind and cool temperatures but the event ended on a good note because he was prepared. This incident, however, is an example of how quickly things can go awry while on the water.

I try to keep this column upbeat and positive, with a take on the outdoors that makes folks want to get out there. But every now and then all of us need a reminder the outdoors can be perilous and troublesome if care is not taken to follow safety precautions. So let's talk a little safety to get ready to hit the water.

According to the Arkansas Game and Fish Commission's 2021 Boating Accident Year-End Report, there were 54 reported boating accidents on the waters of Arkansas in '21. With those accidents there were eleven fatalities and 22 injuries. The average age of the accident victim was 49.2. Twelve of those accidents occurred on Greer's Ferry Lake with Lake Hamilton and White River having eight and six, respectively.

As might be expected, more accidents happened in the warmer months than any other time of year and most of those occurred in the mid to late afternoon of weekend days.



A common assumption is that most accidents are caused by a young operator but that is definitely not the case. A somewhat surprising statistic is that the average age of the involved boat operators was 43.7 years old and the operator would often fall into the "experienced" category for boat operation.

The most common cause of collisions is lack of operator attention. It is easy to get distracted on the water by the sights and sounds that accompany a day on the lake. With that being the case, operators need to pay attention while the boat is under way. A careful watch for manmade obstructions like docks, piers or bridges, other boaters in the area, or natural obstructions like logs, sandbars or other debris will help make the day on the water much safer. Careful attention late in the afternoon when the sun, heat and fatigue could be an issue is also wise.

Life jackets are an important part of the safety puzzle. According to law, there must be a Personal Flotation Device (PFD) on board for each person on the boat. These PFDs must be in good condition and the appropriate size for the intended wearer. PFDs must also be readily accessible. Passengers twelve and under must wear the PFD unless certain conditions are met, including a stopped vessel and appropriate railings. In addition to the wearable PFDs, each vessel over 16 feet must have a throwable flotation device.

Life jackets must be worn by anyone on a personal watercraft (PWC) or anyone being pulled on a tube, skis or other device.

One type of life jacket that is gaining in popularity is the inflatable life jacket. These bluejackets are not as bulky while being worn, but can be inflated into a lifesaving device. There are inflatables on the market that are manually inflated, which require the pull of a cord by the wearer to inflate the jacket, or automatic, which can inflate based on contact with the water or after being in water a certain amount of time. There are legal limitations on these jackets, however. They must be worn at all times while on the boat to be considered the primary jacket. There are also age restrictions, users must be at least 16, and device restrictions stating they cannot be worn on a PFD or on a device like a tube or skis being pulled by another boat. Another integral part of a safe day on the water is the "kill" switch or engine shutoff switch.



CHUCK LONG

Regional Education Coordinator Northeast Education Division Arkansas Game and Fish Commission

This switch will disable the motor should the operator suddenly be removed from the operating position. Most folks realize these are important assets on a PWC, but they are equally vital on any boat. Make it a habit to wear the shutoff switch while operating any boat.

Other important pieces of safety equipment might include a fire extinguisher, visual signaling devices, whistle or other audible signal device, navigation lights and a first aid kit. There are legal requirements in regard to each of these devices. These legal requirements can be found at agfc.com under the Fishing tab with a click on Boating Information.

Alcohol should be avoided by the operator of the boat. Two thirds of the fatal accidents involved the use of alcohol.

The most important piece of safety equipment for any day on the water is to simply think and be aware. The operator should pay attention at all times and it is great to have a passenger also keeping a watch on the various situations that might arise. Another great step to insure safety on the water would be a Boater Education class. This class is required for anyone born in 1986 or later to operate a boat, but is also very informative for any boater, no matter the experience. It will help with rules of the road, aids to navigation and give a better look at required equipment. Boater Ed can be done as an online course, but a better option is an instructor led course. A list of courses can be found at agfc.com.

I hope you get a chance to spend a little time on a lake or river this summer. There is an old saying, "Time wasted on the water is time well spent." I am ready to get on the water and "waste" some time. And I hope to see you out there!



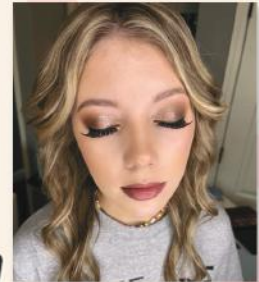


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MOORE on MANNERS

WITH LINDA LOU MOORE

MOST HOSTS ARE NOT MIND READERS

You have just received an invitation and after reading the Who, What, When and Where, you notice the letters R.S.V.P.

What Do You Do?

(A) You do nothing. (B) You wonder, "Who can't spell?" (C) You inform the host or hostess whether or not you will be able to attend.

If you answered (C) - You are the guest of which most hosts and hostesses dream. However, if you answered (A) - You may be their worst nightmare.

The definition of R.S.V.P. is the abbreviation for the French "repondez s'il vous plait," which in English simply means "please reply." This is a request for a response to the invitation. If you have ever given a party or planned an event you understand how important it is to know how many people will attend. Deciding on the food, drink, decorations and space accommodations for the event is essential. You've sent 100 invitations.

Your invitation asks for a reply, yet the week before the event you have only heard from 20 people. Fifteen have accepted and five have declined. What about the other 80 guests? Do you "guesstimate" how many will attend? Drum Roll Please.

A Public Service Announcement from hosts and hostesses everywhere:

"The psychic hotline has been disconnected." Most hosts are not mind readers.

R.S.V.P. means that you, the guest, promptly call or write the host with a yes or no response to the invitation.

People usually only consider the duties of a host, or the person responsible for the event. But, you the guest, have an important obligation to the host. The guest has the responsibility to reply to the invitation in a timely manner. Try to reply as soon as possible. Your host will appreciate your prompt response.

You may receive a formal invitation with a reply card. Fill out the information on the reply card, usually by checking where indicated, whether you will attend or will not attend the event. Then mail the reply card on or before the date indicated.

Sometimes you will receive an invitation with the phrase "regrets only." (Translation: The host is saying, "Please let us know if you cannot attend.

Otherwise, we will go to the time and expense of preparing for your attendance.) Reply as soon as possible if you will not be able to attend. Otherwise, you will be conspicuous by your absence.

If you receive an invitation that lists a phone number or e-mail asking for a response, reply as soon as possible. Whether you talk to the host or leave a message, make certain you give your name and if you will or will not be able to attend. A short response is all that is needed.

You need to let the person who is giving the party know whether or not you will attend so they can make proper arrangements for you. R.S.V.P. really is all about you, and how you will be remembered by your host.

Quote of the day:

"Miss Otis regrets she is unable to lunch today, madame." - Cole Porter, American Composer

Even Miss Otis, who was "up to her neck" in other matters, took time to regret. Well, that's another story.

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

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Lessons LEARNED IN Motherhood

BY CAITLIN LAFARLETTE

I've always been crafty: As a little kid who got into trouble for coloring on the walls, to a teenager sewing school spirit shirts, and a college graduate crocheting hats. Today I have more yarn than

I like to admit on the closet shelves. Paint bottles that are who knows how old cover the bottom of a box until the day I'm sure I'll use them.

Creativity was always ingrained

in my fingertips, but it absolutely exploded after I became a mother.

I chalked it up to being at home 24/7 with nothing to do but watch hours of television while I nursed and cared for Eva. I thought I was going stir crazy. Turns out, there's actual science backing up the experience of becoming more creative after motherhood.

After the birth of her son, writer Emma Pattee noted, "It occurred to me that we were all eventually going to die and all that mattered was making art and being alive." This statement was similar to my revelation during the long nights and, if I'm honest, boring days of fresh motherhood.

My child opened my eyes and taught me to immerse myself in making things that made me happy, whether they were beautiful, weird, or even kind of ugly.

Pattee researched and found that creativity has been linked to high levels of oxytocin, which naturally soar through the roof during and after birth. She also saw a link between creativity and low levels of norepinephrine, which also happens after birth. While there isn't exactly a ton of studies on the phenomenon of a creative boost in mothers, Pattee went on to find that having a child creates new neural pathways in the brain, and mothers even begin using parts of their brains they have never had access to.

It's fascinating, and explains why I've now taken up knitting, watercolors, and why I've stocked up on cross stitch and embroidery supplies. Perhaps it's the reason I've painted our entire house, with more to go. I'm buying weird things from thrift stores that bring me joy. I knew motherhood would change me, but finding this new part of myself has been an unexpected and exciting part of the journey.

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PETS ARE AMAZING

WITH DR. KRISTIN SULLIVAN

This month we are focusing on pets. You could imagine my excitement! When I started this article, I had one big problem: Where do I start? There are so many things I could discuss when it comes to pets. Do I bore the audience with a discussion of a common disease to pets in this area and discuss the science behind it? No, probably should hold off until heartworm awareness month. Or do I maybe just talk about why pets are so great? I could talk all day about my pets; from the funny things they do and their unique quirks, to the love I have for them and they for my entire family. Maybe I combine the two -- I can't help myself but to include some form of science (insert nerdy grin here). We can discuss how pets are amazing; a scientific approach.

Pets reduce stress and improve your health.

Studies have proven pets reduce stress just by simply petting them. This is because it is proven that petting your cat or dog helps to lower the stress hormone Cortisol. Furthermore, it helps to release Oxytocin -- a "feel-good hormone." By lowering your Cortisol and increasing your Oxytocin, this combination helps to reduce your blood pressure. You have a bad day, go home and pet your dog. There are indirect ways in which pets also improve our health -- increased physical activity. Most young and adult dogs like to play, and just going outside to play fetch with your pet provides a daily dose of exercise. According to the American Heart Association and the study it performed in 2013, it was found that dog owners experienced "24% reduced risk of all-cause mortality, 65% reduced risk of mortality after a heart attack, and 31% reduced risk of mortality due to cardiovascular-related issues" when compared to non-pet owners.

Owning pets helps to ease loneliness and depression

-- this is because they help to provide a sense of purpose and in doing so, provide self-worth. There was a study in 2011 that showed owning a pet even helps to boost self-esteem -- a lot of this is due to the increased social interaction of having a pet, dog specifically. For example, how many of you can walk by someone walking a dog and not want to pet it or talk to the owner and tell them how cute it is? Surely, not just me!

They provide the best services - sometimes lifesaving!

The human-animal bond even goes a step further than just helping to boost our self esteem and provide a sense of purpose, but some of these furry family members are service animals and perform a job that can provide so much more comfort and peace of mind to the owner. For instance, there are service animals that can detect when a diabetic person's blood sugar drops or rises to unsafe levels and can alert the owner before this happens to help avoid a dangerous situation. Some service animals provide a constant sense of security and comfort to people who suffer from anxiety or panic disorders -- these pets/service animals do this by bringing medication or water to the owner during a panic attack, providing tactile stimulation by licking them on the face or hand to help reduce or otherwise disrupt emotional or stimulation overload, and sometimes simply apply pressure to the person's chest or abdomen to provide a calming effect.

Pets provide security.

My final (but definitely not the last, only final to provide brevity in an article that I could go on for days) is the obvious. Pets, especially dogs (and, honestly, some cats) provide a great sense of security and protection to your home and family. If you have ever knocked on a door and heard a dog come running to the door barking, you may think twice about walking in uninvited. There was an Idaho news station that asked 86 burglars how they break into homes; almost all confessed they would avoid the houses that had



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large, barking dogs. The size of the dog certainly has an effect on their overall “deterrence rating,” but it’s been found that Akitas, German Shepherds, Bullmastiffs, Great Danes, Rottweilers, and Doberman Pinschers were among the highest.

I have done my best to provide a list of why pets are so amazing and back it up with science, but all of this falls short when you think of everything else they do for us. I have great conversations with my friends, family, employees, and clients daily on funny things my pets did or how much it makes my heart swell to hear my little girl read a story to Louis (our small mixed breed, 12-year-old dog that has an unwavering love for my daughter), snuggling my pups at the end of a hard day, scratching my cat on the chin and laughing about how she loves my husband so much more than me (probably because I brush her coat, clean her ears, and apply her preventive – how dare I!). I truly feel people who don’t have pets are missing out on something pretty amazing and wish everyone could experience that kind of love.



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COMMERCIAL CONTRACTORS

MEASUREMENTS

Kitten season is upon us.
Do your part...
Adopt don't shop.
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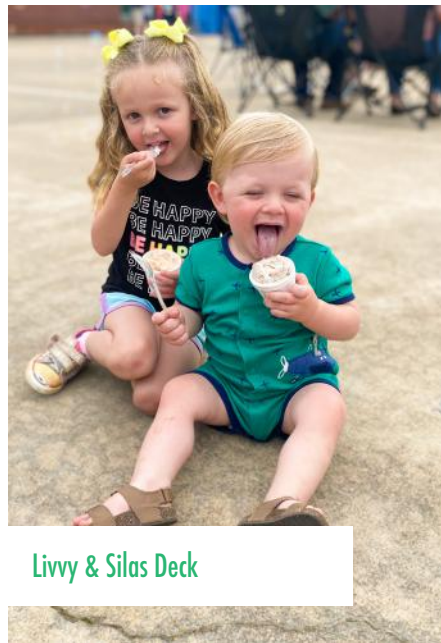
SOMETHING
PAWSITIVE

223 A S Pruettt St.

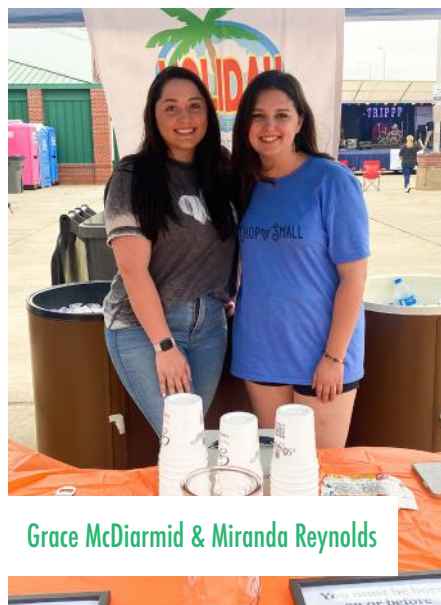
Tuesday – Friday
10AM to 6PM
Saturday
10 AM to 4PM

Photo credit
Austin Gray Photography

DOWNTOWN AFTER HOURS with TRIPP

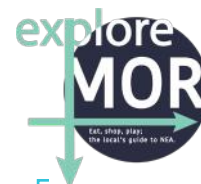


Livvy & Silas Deck



Grace McDiarmid & Miranda Reynolds

Downtown After Hours took place on May 13th in Downtown Paragould featuring The Band Tripp. The next Downtown After Hours will take place on June 10th and will feature Faultline.



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

Coming Up

Juneteenth

The 5TH ANNUAL OFFICIAL JUNETEENTH IN JONESBORO CELEBRATION
JUNE 16-18TH

Mysta Choo on the 1's & 2's

Thursday 6pm (Legend's BBQ)
 • Pop-Up Vendor Meet & Greet

Friday 7pm (Fisher St. COGIC)
 • Community Worship Service
 • Sweet Potato Pie Contest

Saturday 11am (E. Boone Watson Center)
 Saturday 2pm (University Lions Park)

• Jonesboro's 1st Ever Juneteenth Parade (Starts at E. Boone Watson)
 • Community Fair (University Lions Park)
 • Red Cross Blood Drive (Parker Park)
 • Kid Zone Area (Bounce Houses/Games/More)
 • NYIT Blood Pressure/Blood Glucose Screenings
 • Live Music Performances
 • 1st Ever Jonesboro Juneteenth Fireworks Display (University Lions Park)

Sponsors (Sponsor Slots Still Available)

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102.5 KLEK RADIO

June 19, 1865

Thursday, June 16th

Juneteenth Kick Off- Meet and Greet/ Black Business Pop-Up Shop
 Where: Legends BBQ Smokehouse and Lounge
 1025 West Johnson Ave., Jonesboro
 When: 6-9 p.m.

Friday, June 17th

Community Worship Service
 Where: Fisher St. COGIC International, 125 North Fisher Street, Jonesboro
 When: 7-9 p.m.

Saturday, June 18th

1st-ever Juneteenth in Jonesboro Parade
 Where: Starting/Ending at the E. Boone Watson Center
 When: 11 a.m. until the end

Red Cross Sickle Cell Awareness Blood Drive
 Where: Parker Park, 1506 North Church Street
 When: 12:30 p.m. until 5:30 p.m.

Sunday, June 19th

Juneteenth Conclusion
 Reading of Juneteenth Proclamation
 Where: 1411 Franklin Street, Jonesboro
 When: 5-6p.m.

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PARAGOULD CLEAN SWEEP



Paragould hosted its annual Clean Sweep from April 18 through April 23. The week concluded with an event that invited residents to get out and participate in a variety of projects to help clean up the city as we head into warmer weather.

Do your part to help keep our community clean:

- Don't litter, and when you see litter, pick it up and throw it away in a trash can.
- Recycle! Help keep waste out of landfills.
- Add greenspace to your business and/or home.



Dr. Calixto Cazano



Abbey Taber, APRN



Dr. Justin Yancey
Pediatrician



Charrae Burdin, APRN



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CCJPL LIBRARY CRAFT FAIR



Owen, Autumn, Eli and Sam



Julian

The Craighead County Jonesboro Public Library is back to hosting events and the craft fair was a great way to kick off spring! To keep up with what's happening at the library – because there is always something – visit libraryinjonesboro.org or check out the calendar in the Downtown Jonesboro spread on page 29.



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

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VOLUNTEERS PLANT TREES FOR HABITAT FOR HUMANITY

Volunteers with Jonesboro Young Professionals Network, Rotary, and Habitat for Humanity met to plant trees at Phillip Evans Community Park on April 22.



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GREEN FEST



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Shelly Gist and Kisha Miller



The Green Business Committee and Keep Jonesboro Beautiful teamed up to host Green Fest in Downtown Jonesboro at Rotary Centennial Plaza on April 23rd. The event consisted of a Trash Dash, booths, entertainment and more!



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

You Are

- Valued
- Seen
- Worthy
- Fierce
- Capable
- Brave
- Loved
- Beautiful
- Courageous
- Bold
- Deserving
- Resilient
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- Enough
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Downtown Paragould

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Discover the **One & Only June**
DOWNTOWN PARAGOULD

- Paragould Farmers' Market Saturday at 8 am
- Downtown After Hours Free Concert funded by Paragould A&P June 10th at 6:30pm featuring the band Faultline

Follow us for details on our Facebook page!

downtownparagould.com | 870.240.0544  

DAD DESERVES

SOMETHING Sweet

TOO!
Father's Day is June 19th

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TUE - FRI 7AM - 6PM
SAT 9AM - 4PM



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Bridal Registries:

Serenity Hopkins & Aiden Piercy: June 4
Jerica Rich & Zach Williams: June 11
Tiffany Gramling & Jace Camp: June 16
Tristan Arquitt & Brady Dowler: June 24
Macy Carter & Conner Justus: June 25
Callie Mace & Kameron Newberry: July 17
Peyton Boling & Luke Reddick: August 6
Katya Chronister & Nicholas Wolverton: October 15
Cassie Hess & Jack Mallaganes: October 27

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Arkansas' only cat lounge is in Downtown Paragould and as we celebrate pets in this special edition of Premiere, we want to remind you that your family's next fur member just may be waiting for you at Something Pawstive! Something Sweet teamed up with Ozzie's Legacy to give you the opportunity to relax with the cats and (or) get to know a cat before deciding to take it home! You can support these rescues simply by stopping by and paying the fee to hang out – just don't forget to grab yourself Something Sweet next door!

SAVE THE DATE

DOWNTOWN PARAGOULD EVENTS



June 10th
Downtown After Hours
w/ Faultline
6:30 p.m.



June 11th
Travis LeDoyt
"A Tribute to the King"
The Collins Theatre
7:00 p.m.



June 18th
Nightwing
The Collins Theatre
7:00p.m.



June 22nd
Greene County Library
presents Leonardo
The Collins Theatre
10:00 a.m.




June 27th
Bluegrass Monday
The Collins Theatre
7:00 p.m.



June 29th
Greene County Library
presents Rob Holladay
The Collins Theatre
10:00 a.m.

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

explore DOWNTOWN JONESBORO



WHAT'S UP, DOWNTOWN?

Text "DJA" to (833) 774-0654 to receive Downtown Jonesboro's weekly calendar of events!

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CATS

FORUM THEATER
JUNE 23RD-26TH

Presented by: **St. Bernards HEALTHCARE AND MEDICAL GROUP**

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JONESBORO
Arkansas Arts Council

SUMMER Events

@CRAIGHEAD COUNTY JONESBORO PUBLIC LIBRARY

<p>WOW O'CLOCK</p> <p>6/29 @ 10AM - PARKER PARK 6/29 @ 2PM - ALLEN PARK</p> 	<p>MAGIC MR. NICK</p> <p>7/13 @ 10AM - PARKER PARK 7/13 @ 2PM - ALLEN PARK</p> 
<p>DINOSAUR CREW</p> <p>7/6 @ 10AM - PARKER PARK 7/6 @ 2PM - ALLEN PARK</p> 	<p>ANIMALOGY</p> <p>7/20 @ 10AM - PARKER PARK 7/20 @ 2PM - ALLEN PARK</p> 

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LIBRARYINJONESBORO.ORG



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HAPPENING SOON IN DOWNTOWN JONESBORO



June 3rd

First Fridays at the Forum
w/ Tiny Towns
7:30 p.m.



West End
NEIGHBORHOOD
Garden Tour

June 5th

West End Garden Tour
hosted by the West End
Neighborhood Association
12:00 p.m. - 3:00 p.m.



June 7th

Summer Concert Series
Craighead County
Jonesboro Public Library
libraryinjonesboro.org



June 23rd-26th

CATS
The Foundation of Arts
7:30 p.m.



July 8th

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



July 16th & 17th

Local Fest
Downtown Jonesboro
citysessions.org/jonesboro

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

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Coming Up

Triple Swing



St. Bernards Triple Swing is back in full swing! Join us for our "Under the Neon Moon" Dinner Dance, Tennis Social and Golf Scramble at the end of June.

Dinner Dance is a casual event at the St. Bernards Auditorium. Come dressed in Nashville Music Row getup, and get excited for entertainment by '90's country hits cover group, Mustache the Band, on the Empower Stage. Purchase of event ticket includes dinner, entertainment and door prize eligibility from 6:00 - 11:00 p.m. on Friday, June 24.

The Tennis Social, held at Ridgepointe Country Club on the indoor courts, is open to all ages and levels. Social play will take place from 5:00 - 8:00 p.m. on Monday, June 27.

The Golf Scramble will take place Monday, June 27, and Tuesday, June 28, at Ridgepointe Country Club. The tournament features a four-player scramble format with your choice of either a morning or afternoon flight. Registration includes green and cart fees, tee gift, commemorative photo of your team, breakfast, lunch and on-course refreshments and snacks. Prizes will be awarded to first, second and third place foursomes in both the morning and afternoon golf groups as well as a hole-in-one contest. All players are eligible for the Golf Ball Drop.

Proceeds benefit St. Bernards Neonatal Intensive Care Unit in honor of its 10-year anniversary. St. Bernards NICU has admitted approximately 2,500 patients, offering life-saving care to babies and allowing families to stay close to home.

For more information or to purchase tickets, visit stbtripleswing.com.

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LOCAL FESTIVAL

★ JULY 16TH & 17TH, 2022 ★

★ DOWNTOWN JONESBORO, AR ★

WARD DAVIS

THE ARCADIAN WILD

★ STARROY ★ ROY'S SMOKIN' REVENGE ★

MUNKYTHUMB ★ SKINNY POWERS ★ DAMN RANDYS

CORY JACKSON ★ LUCAS TYLER ★ JOE BATEMAN

THE GRAVEL YARD ★ ICKARUS GIN ★ EVINCE ★ SURFACE AND BREATHE

TKK ★ REFRAIME ★ LOOK WITHIN ★ ZADEN J ★ HONORE' ★ SLEUTHFOOT

★ MIKE HEWLETT AND THE RACKET ★ LOVE AND A REVOLVER ★ NASHVILLE SKYLINE ★

★ CHIEFTAIN LANE REVIVAL ★ JEFFREY KYLE HARRISON ★ THE GUNPOWDER PLOT ★

★ PRESLEY MCLAIN & THE BLUE NOON BAND ★ ADAM & THE STORMY WEATHERS ★

HIGH MAINTENANCE ★ JAKE LUNG BAND ★ SOMMER & THE YOUNG'INS ★ KAIN'S ALIBI

JONATHAN MCQUAY ★ JORDAN BROCK & THE FELLAS ★ ERIN WALTERS ★ SOULSHINE

JOHN BUTLER ★ THE INFINITE CALLING ★ SOUTHERN EXPRESS ★ THE DELIRIUM EFFECT

JONATHAN MITCHEM ★ OH MY GOD, THERES BLOOD EVERYWHERE ★ BLACKBYBLOOD

DON'T WORRY ABOUT IT ★ MAGGIE BREWER ★ STRIDING THE BLAST ★ COLT 45 BAND

THE STORYLINE ★ DONNIE HATCHER ★ JOHN SPENCER ★ NICK DAVIS

AARON HEADLEY ★ DUSTIN FINCH ★ ADRIA

LAUREN RICHMOND ★ ANTHONY GARNER

IMMORTAL SOUL ★ MAESTRO3000

NOISE FARM ★ JUSTIN CASTRO

JON BAILEY ★ CODY MIDGETT

JESSE RAWLS ★ DON HOWARD

OLIVIA SLOAN ★ IN THE GRAY

BJORN SLADER ★ MR. HAPPY

PAUL HARE ★ CRAIG ESTES

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& MORE!



Mission Outreach Celebrates 40 Years

BY CAITLIN LAFARLETTE

Mission Outreach hit a huge milestone in May with 40 years of service to the Paragould community.

In just the last 10 years, the organization has added offices, a new roof, new air conditioning and siding, and remodeled the dorm areas with new paint, flooring, plumbing, lighting and ceilings. After a new grant in February, another remodel is scheduled for later this summer.

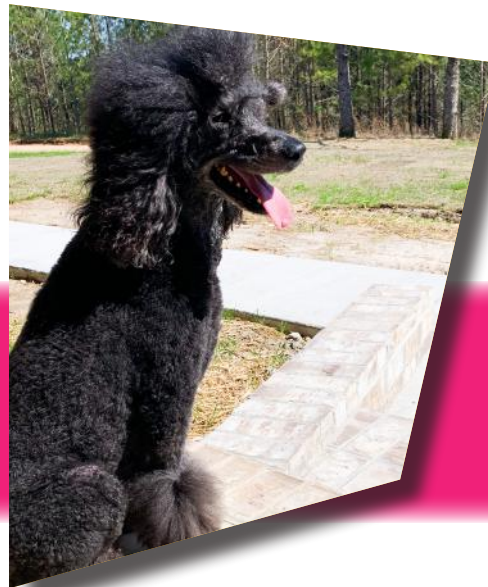
“We will be completely redoing the kitchen, adding more storage for our food pantry and adding an intake room outside,” executive director Jana Burnett said. “When we check people in, they will be able to wash their clothes and take a shower before bringing it into the building.”

Mission Outreach feeds an average of 5,000 people every month and also gives away approximately 475 food boxes each month. But the numbers from the last 40 years show the true dedication of the Mission and its staff.

“Since we have opened, we have provided about 1.2 million meals, given out over 100,000 food boxes and housed over 20,000 residents,” Burnett said.



Judd & Thumper



Pet Parent: Autumn Wiggins,
Owner of Glam Grooms

Judd is a standard poodle that came into our lives six years ago from Hope, Arkansas. He loves to play outside with Maddie. Squeaky toys are his favorite.

Thumper is a chi/pom mix and was my first Christmas present from my husband 14 years ago. He loves to ride on anything you let him on. He is the boss of the house.



Haley Hays



Autumn Wiggins



Kelsey Wilson



Katie Trout



Katlyn McClish



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Upon Request

Monday - Friday
7:30 - 4:30
2700 Linwood Drive
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Madonna

Pet Parent: Emmie Huffman

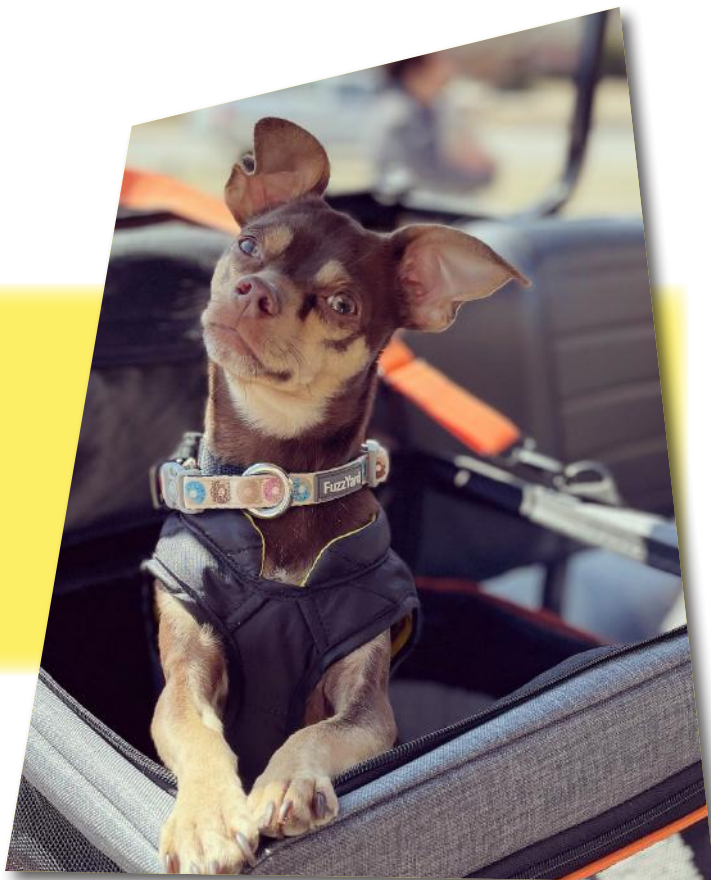
We adopted Madonna in 2016 from the Northeast Arkansas Humane Society. She had been there for 6 months. The Humane Society told us when they found her she was under an abandoned house with a litter of puppies. There were a couple of applications ahead of us to adopt Madonna. I just prayed that God let us have her. I knew when I first saw her she was the one. And God answered my prayer because we got our sweet girl.

Madonna is our baby. She loves going for car rides. When we get her leash and tell her "let's go bye bye" she gets so excited and starts dancing all over the place. She loves treats, being outside when it's sunny, tennis balls, and laying in our laps.

Madonna is so sweet and outgoing. She is a very loving fur baby. Madonna loves to run in the yard and play with our grandbabies. She likes being the center of attention for sure. She is afraid of storms, gun shots and firecrackers. These things send her into anxiety so badly. We got her a Thunder Jacket to help when the storms come in.

Madonna also loves wearing clothes and getting lovins.

We can't imagine our lives without Madonna. I think we needed her just as much as she needed us.



Louis Vuitton (Louie)

Pet Parent: Kara Fowler

Louie was discovered on the NEAHS Facebook page when he was rescued from a hoarder situation at the age of 4 weeks. As soon as I saw that little face, I knew I wanted him. I filled out an application and was allowed to meet his litter -- where I obviously chose him. He was 1 pound. I was allowed to get him at 8 weeks when he made it to 2 pounds. He's now 9 pounds and has the biggest personality to go along with those big ears.

He has 1 chi weenie sister, Daisy Mae, and two lab brothers, Poncho and Lefty. He and Lefty are the same age and were presents from Santa in December of 2019, so they think they are brothers and we call them the twins. He loves snuggles, walks, cute outfits, and traveling to the lake. I don't have kids, so these are my fur babies and Louie is the smallest and youngest, so he is Mama's baby. He has the most personality of any dog I've ever had.



Peaches

Pet Parent: Jewell Clayton

We adopted Peaches when we lived in Honolulu. She was 1 ½ and had been up for adoption several times. She was never chosen because she was older and stand-offish. It was her last day for adoption and she was left behind again. We didn't go in to adopt but couldn't leave without her.

Now Peaches is 5. She is very calm and laid back. She loves lying around and watching out the window to see what's going on outside and loves warm towels and lots of attention. She is also very nosey and always wants to know what is going on or what is in a bag, etc. Her favorite person is our granddaughter Jillian; she stays by her side and will look for her when she is not around.

I can't imagine Peaches not being a part of our lives, our family. We love her and I know she loves us. She shows it in the way she has become comfortable with us and shows her affection toward us.

Happy Father's Day!

**Paragould
Animal Clinic**

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Saturday - Sunday
CLOSED

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Dr. Laura Dacus**

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Gus

Pet Parent: Randy Hembrey

Meet Gus.

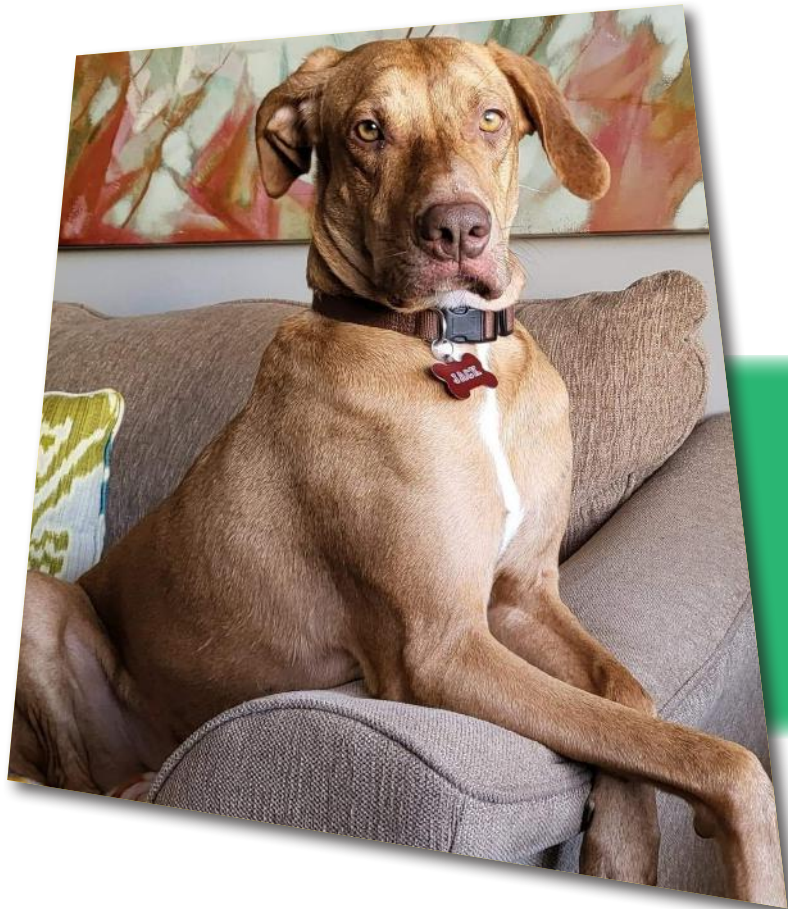
I got Gus from an old theater friend. I was looking for a new kitty and she was looking for a new home for hers. It was a perfect match!

Although he's already lived a whole whopping 4 years, he's still so spry with a spunky personality and a TOTAL love bug. His favorite thing to do is give hugs (he never meets a stranger) and sleep.

Jack

Pet Parent: Ashley Lopez

This is Jack. We rescued him when he was around 6 months old. He came from an abusive home. Jack is now 2 1/2 and full of life. He loves smiling at people, giving hugs and kisses, playing with his toys, chewing on his bone, and sleeping. Our family loves Jack so much and we do not know what we would do without him. Jack completed our family and we are grateful for him.





Roxy

Pet Parent: Tracy Miles

Roxy is her name. She is 4 years old. She is so very sweet and loving. We rescued her from a shelter. She had been used for breeding and she was starved. We were also told she may have been used as a bait dog for fighting. She is so forgiving of humans and loves everyone she meets. She means the world to us. She sleeps in the bed snuggled up with me every night. Roxy is so much a part of our family and our life would be lost without her.

Chase & Cosmo

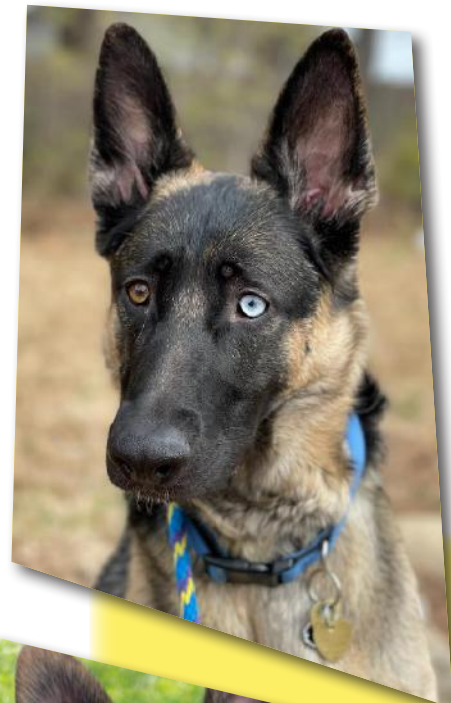
Pet Parent: Evey Gibson

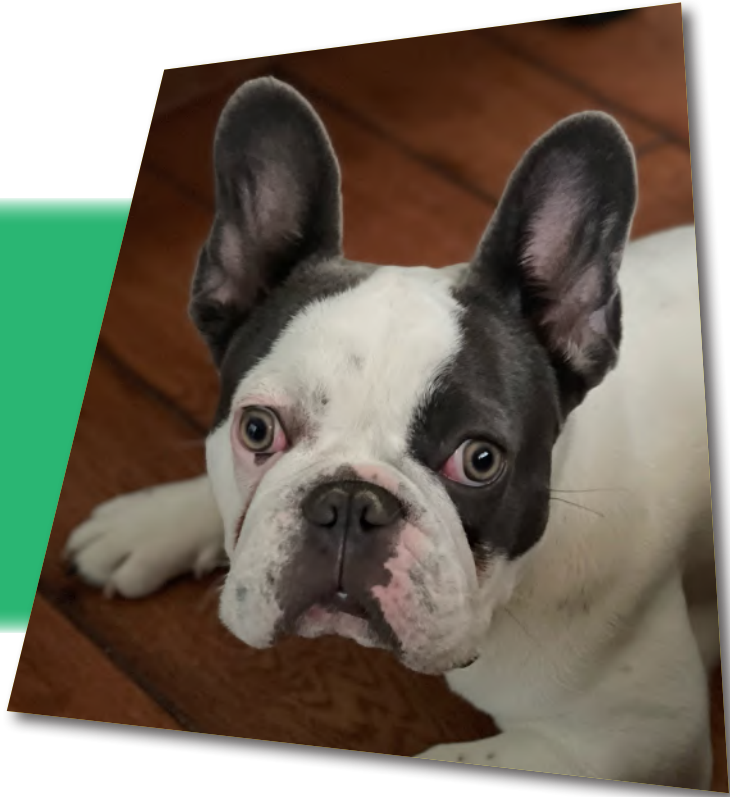
This is Cosmo, my 19-year-old Chihuahua. He came into my life 11 years ago. I was just driving and his little body was trotting down the road. I snatched him up and proceeded to try to find his owners. I went door to door asking and the neighbors said he had been hanging out in the neighborhood for months getting food from each house before moving to the next. I posted him all over Facebook and the animal shelters, thinking surely someone had to miss this sweet guy. Well, weeks turned into months and no one came for him and he had snuggled his way into my heart.

We have been on many adventures together, through love and heartbreak, journeys across the country and countless camping trips just the two of us. Time has passed and he has now seen me through having two children and moving across the country. He is my absolute best friend

Now onto Chase. It was mid 2020, everyone getting very stir crazy from COVID and my lovely 3-year-old kept asking when we were going to get a Chase puppy (HUGE fan of paw patrol.) One day while scrolling through Facebook I came across a lady selling her sweet German Shepherd puppies and a sweet little boy with different colored eyes. I spent weeks convincing my husband and randomly sending him pictures of this adorable little guy before he finally caved and we went to pick up our very own Chase. He and my daughter have been inseparable ever since. She is HIS human and he is HER dog. We love spending time outside, especially at the beach. He's helped us welcome our second little bundle of joy into the world and is the most attentive big brother.

We absolutely love our two boys and can't imagine life without them.





Deegan

Pet Parent: Jackie Hatcher

My granddog came into my life when my son, Nick Hatcher, bought my grandkids Reese and Graham a French Bulldog. Graham named him after his favorite NASCAR truck driver, Haley Deegan. His name is Deegan. Deegan stays with me when the kids are in school and Nick and my husband work on the farm.

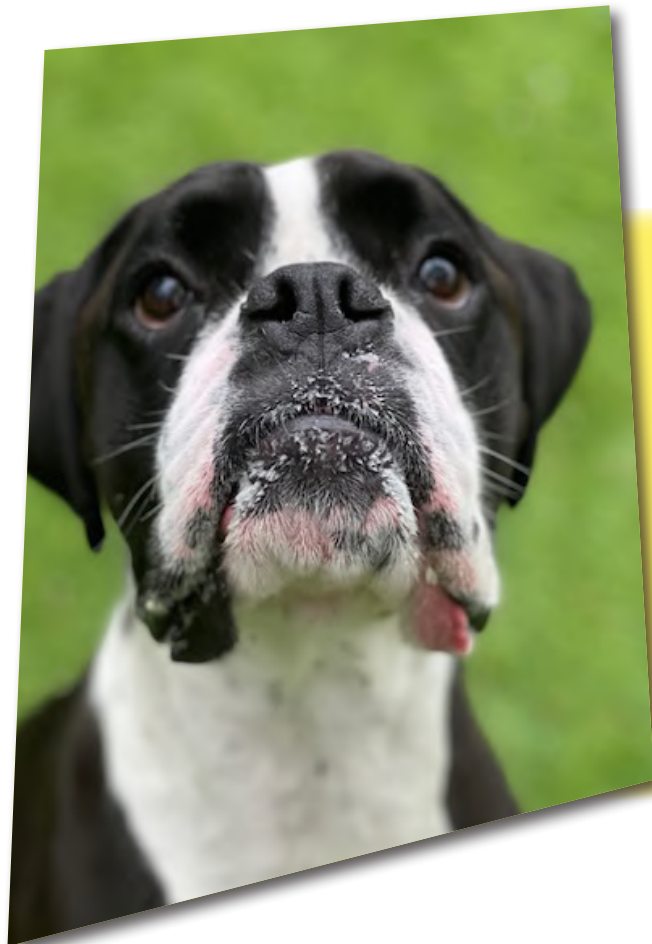
Deegan is like another grandkid. He loves to play, snuggle, and did I mention play? He is very active and wants to be doing whatever I am doing. He gives the best kisses and loves everyone he meets.

We honestly don't know what we would do without Deegan. He's one of the family! Thank you for including us.

Singer

Pet Parent: Jodi Ketcham

This is Singer. He is named after Singer Island where my husband and I got married. He will be 3 July 12. He is a purebred boxer, 50% Euro. We got him at 8 weeks as an addition for our now angel boxer Mojo to have a playmate because we thought our 12-year-old pug would pass away before Mojo and we didn't want him to be lonely. Turns out Mojo passed first. We didn't know we needed him until we needed him. He is a huge energy dog and so sweet. He cuddles when he wants and loves to chase all kinds of balls and is the king of the house for sure. We love him to pieces!



Charlie

Pet Parent: Karlee Swenson

For our sweet Charlie girl bubbles are life, outside of her kong frisbee - even that made the picture! Capturing these kinds of moments on camera is my favorite pastime and, yes, I am that dog mom with 1000s of pictures of her dog.



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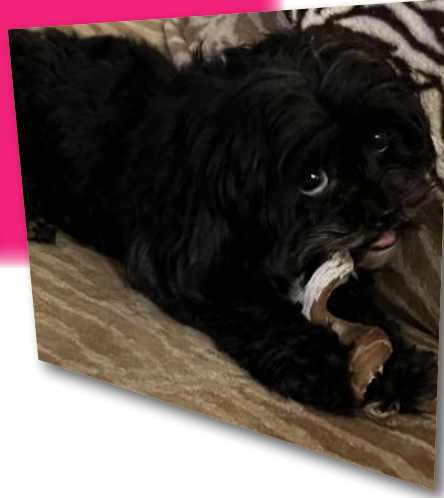
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Khloe, Libbi, & Zoey

Pet Parent: Kelsey Wilson



Khloe Wilson, Yorkie. Khloe loves swimming in the pond and chasing the ducks at her Pop's house. She also enjoys sunbathing and swimming in her kiddie pool.

Libbi Wilson, shihapoo. Libbi is all about cuddles. She enjoys snuggling and treats.

Zoey White, lab. Zoey secretly thinks she is a lap dog. She loves cuddling up and is her dad's not so little shadow.



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Bella the Greeter

BY RICHARD BRUMMETT

The official greeter at Cute Critter Clippings in Paragould is not really much of a “people person” but that’s only because she’s more of a “people dog.”

Bella, a white lab mix, has adopted the habit of rising behind the counter to welcome everyone who enters the business, placing her paws next to the registry as if to say, “Sign in, please.” Owner Julie Laxton said customers seem to love the playful greeter, and one even wanted to trade her dog for her recently.

About a year ago Julie’s neighbors moved away, leaving Bella and her brother, Ghost, behind. Having been happy to pet and sometimes feed both dogs for some time anyway, Julie decided to add them to the

growing pack at her house, which now boasts six dogs inside. “She would come over even when she was a little puppy,” Julie said of Bella, “and really, they didn’t take very good care of them. So I took them in and got them fixed ... and then Ghost ran off; \$1,200 and he just ran away.

“But what’s so crazy is Bella had lived outside all her life but we brought her in and she has never had an accident in the house. I’m not really a ‘big dog’ fan, so people who know me are sort of shocked to see us together.”

While Julie takes care of the day’s scheduled appointments, Bella and two tiny housemates -- Rosita and Chica -- stay behind the doggie gate separating them from the rest of the building. As soon as the bell jingles

on the front door, customers see two huge paws and a friendly face rise into view. “She does great here,” Julie said, “but she needs to because I can’t leave her at home; she’s a chewer. She really wants to stay at home and laze in the recliner or snooze and chew on some bones.”

As for her current duties, Julie said Bella learned through on the job training. “She just wants to greet everyone,” Julie said, “and she’s nosy. And she loves cash. You have to be quick to get it before she does.”

Julie’s husband Henry, who takes a service dog to work with him, said he can see Bella filling that role somewhere down the line. “But he’s wrong,” Julie said. “She’s going to be here for as long as she wants to be.”



Coming Up

▶▶ Big Grass Bluegrass

▶ **T**he Collins Theatre Foundation is hosting its 2nd Annual Big Grass Bluegrass Festival July 21st, 22nd, and 23rd in Downtown Paragould. For years, the Collins has been the Northeast Arkansas home to bluegrass thanks to the partnership with KASU's Bluegrass Monday. Last year's entertainment line-up was incredible! For 2022 some of the very best bluegrass performers in the nation are performing. Plus the BGBG Festival has been extended to include Thursday.

The music and fun starts at 7:00 p.m. on Thursday with the HillBenders and the Cleverlys. Thursday night will not be "traditional bluegrass." The Hillbenders will be presenting their "WhoGrass" show, playing the bluegrass versions of songs by the rock band The Who. The Cleverlys do surprising bluegrass versions of recent pop music hits and are known for their comedy.

Friday night, again at 7:00, The Kody Norris Show, The Po' Ramblin' Boys, and The Grascals take the Collins stage. The Society for the Preservation of Bluegrass Music of America (SPBGMA) nominated all three of the Friday acts for their 2022 "Bluegrass Entertainer of the Year" award. The Kody Norris Show won that honor. The fiddle player in the band, Mary-Rachel Norris, won the 2022 SPBGMA award for "Fiddle Performer of the Year." The Po' Ramblin' Boys were nominated for the 2019 Grammy Award for Best Bluegrass Album.

Starting at 10:00 a.m. Saturday, BGBG takes it to the streets with a full street festival with food trucks, vendors, and free music featuring not only bluegrass but a mixture of contemporary country music and rock-and-roll, too. The music starts at 11:00 on the Centennial Stage. Performing are Sand Creek, Magnolia Wind, Sylamore Special, and singer/songwriters Cory Jackson and Chad Garrett.

Saturday The Daryl Mosley Band, the Lonesome River Band, and Nothin' Fancy will be performing two completely different shows. Curtain times for those shows are a 1:00 p.m. matinee and a 6:00 p.m. evening performance.

Daryl Mosley is an award-winning songwriter who, in early spring, had a #1 hit song on the Bluegrass Unlimited chart with "Transistor Radio." Daryl is a former member of The Farm Hands, a group which has performed numerous times at Bluegrass Mondays.

The leader of the Lonesome River Band, Sammy Shelor, is a five-time winner of the International Bluegrass Music Association's Banjo Player of the Year honor.

Headliner Nothin' Fancy has been named "Entertaining Group of the Year" by SPBGMA six times. The group was inducted into the Virginia Country Music Hall of Fame in 2015.

Tickets for this year's BGBG Festival can be purchased at <https://www.showtix4u.com/event-details/60840>. For more information about BGBG or ticket sales, call the Theatre at 870-236-6253 or email collinstheatremanager@gmail.com For information about being a vendor, call 870-236-0714 or email gleewjarrett@gmail.com.



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the Mermaids



BY ELLEN HAILEY

Getting old is inevitable, but aging gracefully is a choice.

Two and a half years ago, while being a caregiver to my 88-year-old mother, I became very burned out, physically, emotionally and psychologically.

As I climbed a step, my right knee collapsed. Then, sciatic pain in my lower body, hip, thighs, and legs followed. The pain was excruciating. The doctor advised total bed rest and to apply hot/cold compression. I became frustrated having to do simple chores with crutches. Scooting around in a wheelchair in my home became my option with frequent chiropractor visits. This went on for almost two months.

Anxiety and depression started to sink in: How am I going to do my gardening again, which had been my favorite pastime since retirement? Since my mom has osteoarthritis, I assumed it to be genetic and debilitating.

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One piece of advice the doctor suggested was to try water aerobics.

The City of Paragould Community Center conducts water aerobics classes, which I have joined. Since I've started, it has become a quality of life changing experience. Many members shared the same experience.

We call ourselves "The Mermaids." We are comprised of women and men, ages 30-90. We meet at the swimming pool every Monday, Wednesday, and Friday. The class is 9:30 a.m. – 10:30 a.m. with alternating instructors. We are fun loving, supporting seniors who love to improve and maintain an active lifestyle. Sense of belonging and living independently promote the seniors a sense of well being.

A member who recently had total knee replacement surgery was back in the class only two months after the procedure. Improved mobility has been noticeable.

Water aerobics exercises are very helpful to those who have arthritis.

An added bonus is the heated therapy pool that gives relief for those who have sore joints, muscle aches, foot pain and it relaxes the body.

Falls progressively become more likely and dangerous as we grow older. Bone fractures often lead to

discomfort or other consequences. Even when we fall and don't get hurt, the fear of falling again can limit the way we live our lives.

During the peak of the Covid-19 pandemic, The Mermaids persevered by following preventive medical protocols, and we're still going strong!

All males are welcome as well. Health Benefits of Water Aerobics for all Ages:

- Water aerobics is a low impact workout that allows you to benefit from exercise without placing too much pressure on your joints.

- Studies show that senior adults receive significant benefits from water aerobics, including improved cardiovascular health, increased strength and balance, flexibility, agility, improved joint range of motion, and better cholesterol levels and weight management. The health benefits also translate to a greater ability to perform daily tasks and a feeling of increased confidence. The ability to live independently is priceless.

- Exercising in water minimizes the risk of an injury. You are less likely to fall or slip. When pushing through the water, moving against the fluid offers the same amount of resistance as that which the body exerts.

- Aqua jogging, as the name suggests, is a variety of upper and lower body exercises around the pool. If you find it tough to jog, try walking instead. All are great for the cardiovascular, skeletal and muscular systems.

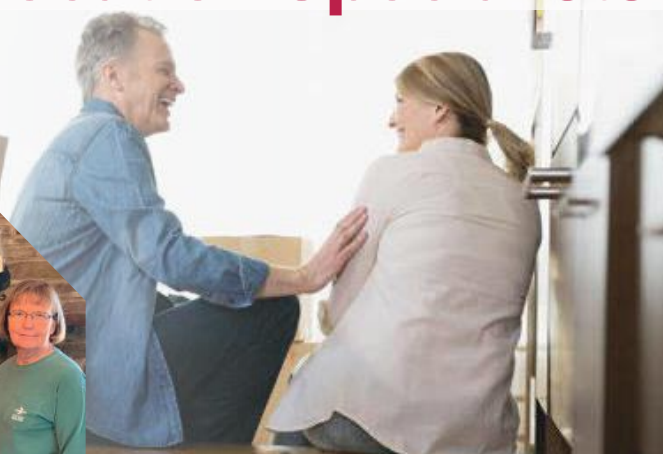
- Physical activity is good for the heart, lungs, muscles, and minds of older adults; however, it can be hard on well-worn joints and bones, as well as a hazard for seniors who may be less flexible and prone to falls. Exercise is very important for seniors to stay strong, healthy, and happy.

- The estimated calorie burn for an hour of water aerobic exercise is anywhere from 400-500 calories. Burning that many calories in water is much easier versus on dry land.



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During the last two and a half years as a member, I've enjoyed a camaraderie and have developed deep friendships. In addition, the social and support aspect of our widow members is immeasurable. We pray before the class, ask for prayer requests, and sing Christian Gospel or Christmas carols harmonizing our exercises. Some pioneer members, from when the pool was formerly located at the Ramada Inn, are still in our class.

We have weekly lunch at local restaurants, and during the Christmas season, we hold a Christmas luncheon potluck.

Senior Fall Prevention Self-Assessment Checklist:

Are you able to walk around your home without holding onto furniture? (Yes) (No)

Do you take time to regain your balance when you sit up after lying down or sitting? (Yes) (No)

Do you wear supportive, rubber-soled, low-heeled shoes? Do your slippers fit well and have soles that provide traction? (Avoid walking in stocking feet.) (Yes) (No)

If you feel dizzy from time to time, do you use a cane, walking stick, or walker? (Yes) (No)

Do you watch for slippery pavement when walking outdoors and entering/leaving cars and buses? (Yes) (No)

Are you alert to unexpected hazards in your path, such as out of place furniture, toys and pets? (Yes) (No)

Do you avoid walking on stairs or uneven surfaces in poorly lit public places such as theaters? (Yes) (No)

When you carry bulky packages, do you make sure they don't block your view? (Yes) (No)

Do you divide large loads into smaller loads, leaving one hand free to grasp railing? (Yes) (No)

Do you avoid rushing to answer the phone or door? (Yes) (No)

Do you drink plenty of water each day? (Yes) (No)

Have you checked with your physician or pharmacist on all of your medication for drug interactions, including Rx, OTC, vitamins and supplements? (Yes) (No)

Do you avoid going out during icy weather? (Yes) (No)

Do you always use a step stool, never a chair when you have to reach high

places? (Yes) (No)

Do you know how to reduce your chances of being injured once you have started to fall? (Yes) (No)

If you live alone, do you make contact every day with someone? (Yes) (No)

Can you turn on a light without having to walk into a dark room? (Yes) (No)

Does your favorite chair have armrests that are long enough to help you get up and sit down? (Yes) (No)

Are your chairs and tables stable enough to support your weight if you lean on them? (Yes) (No)

Are your small rugs and runners secured with carpet tape or non-skid backing? (Yes) (No)

Are walkways kept clear of things that could trip you, such as cords and low furniture? (Yes) (No)

Are all lamps, extension cords, TV, and/or phone cords out of the flow of foot traffic? (Yes) (No)

Do you keep a light or flashlight within each reach of your bed? (Yes) (No)

Do you have a night-light that lights your path to the bathroom? (Yes) (No)



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Respite Care

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



Personal Care

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

Attendant Care

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

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- **Attendant care** (Plans based on disability or injury)
- **Respite Care** (Relief from the daily challenges of caring for your loved one)
- **Personal Caregivers** (Assistance with day to day living)

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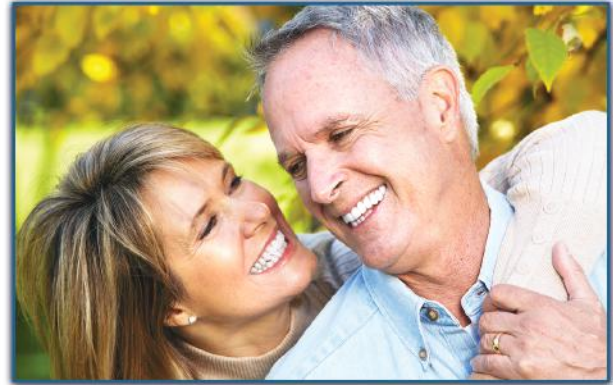
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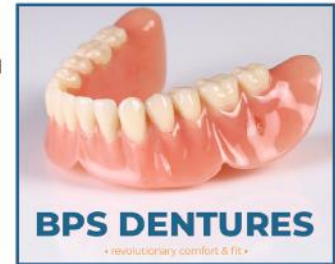


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Do the tub and shower have rubber mats, non-skid strips or non-skid surfaces? (Yes) (No)

Do you have a grab bar on the wall or side of the tub/shower? (Yes) (No)

If you have some imbalance or fatigue, are you using a shower bench? (No) (Yes)

Is your floor safe, no loose rugs? (Yes) (No)

Can you get on and off the toilet easily? (Yes) (No) (If you can't, you should install a raised toilet seat and a grab rail onto the wall next to the toilet or install a grab rail that fastens onto the back of the toilet seat.)

Can you reach the things you use most often without using a step stool? (Yes) (No)

Is the lighting bright and not creating glare? (Yes) (No)

Are your clothes in your closet arranged so they are easy to reach? (Yes) (No)

Do you have a non-skid floor or sufficient non-skid mats? (Yes) (No)

I hope this helps you make the necessary adjustments you see fit. "An ounce of prevention is worth a pound of cure."

If you would like to meet dynamic, fun loving seniors, aspiring to live our lives to the fullest, The Mermaids may be the right group for you. Please feel free to visit us during our sessions. We would love to meet you.

For more information, please call the City of Paragould Community Center at 870-239-7530.

References: Journal of the American Geriatric Society (JAGS) bethesdahealth.org seniormobility.org

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nearly 85,000 beneficiary requests for medical care -- everything from MRIs to skilled nursing facility care -- could have been wrongly denied in 2019.

In an even higher proportion of cases, plans are incorrectly refusing to pay claims. Nearly one-fifth of claims that Medicare Advantage plans initially declined to pay were for services that met Medicare coverage and plan billing rules. This translates to an estimated 1.5 million refused payments for all of 2019, which delayed or prevented payments for services that providers had already delivered.

Hidden Barriers to Care

Some 26 million Medicare beneficiaries were in Medicare Advantage plans as of 2021, more than double the figure a decade ago. The Congressional Budget Office projects that by 2030 more than half of Medicare beneficiaries will be in a private Medicare plan. Unlike original Medicare, where the federal government is the insurer, Medicare Advantage plans are run by private insurance companies. The government pays the plans a fixed monthly fee to provide services to each Medicare beneficiary under their care. The less money the plans spend on patient care, the more they and their investors make. In this way, plans have an incentive to keep costs down.

For many beneficiaries, Medicare Advantage plans' most disagreeable cost-cutting strategy is "preauthorization" -- the common requirement that doctors and other medical providers obtain the plan's approval before a beneficiary can

Navigating Medicare

BY CHAD OLDHAM

In an alarming number of instances, private Medicare Advantage plans are denying coverage for medical services that would be covered under original Medicare, according to a federal investigation. These denials are likely preventing or delaying medically necessary care for tens of thousands of Medicare Advantage beneficiaries each year.

The investigation by the Department of Health and Human Services' Office of Inspector General found that 13 percent of Medicare Advantage plan denials should have been covered under Medicare. The findings were based on a review by doctors and coding experts of service denials by 15 of the largest Medicare Advantage plans during the first week of June 2019. Extrapolating from their findings, investigators estimate that

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receive certain medical services.

If the plan administrators disagree that a procedure is medically necessary, the plan may refuse to pay for it.

Medicare Advantage plans often look attractive because they offer the same basic coverage as original Medicare at a seemingly lower cost, plus some additional benefits and services like vision and dental care that traditional Medicare doesn't offer. (One reason Medicare Advantage plans can offer such enhanced services is because the federal government gives them additional payments compared to original Medicare.) The inspector general's report highlights one of Medicare Advantage's downsides.

"[B]eneficiaries enrolled in Medicare Advantage may not be aware that there may be greater barriers to accessing certain types of health care services in Medicare Advantage than in original Medicare," the report states.

One example highlighted in the report tells of a Medicare Advantage plan that refused to approve a followup MRI to find out whether an adrenal lesion was malignant because the lesion was allegedly too small. In fact, Medicare's rules do not restrict the use of followup MRIs based on the the size of a lesion. (The plan reversed its initial denial on appeal.)

Denial Appeals Can Work

The report identified two common causes of service denials. First, even though Medicare Advantage plans' clinical criteria cannot be "more restrictive" than Medicare's coverage rules, plans often used tighter clinical criteria, such as requiring an x-ray before approving more advanced imaging. Second, plans often claimed that the request for services lacked sufficient documentation, even though investigators who reviewed the denied claims found that the existing medical records were sufficient to support the request.

When a Medicare Advantage plan denies a preauthorization or payment request, the beneficiary can file an appeal with the plan. The inspector general found that when a beneficiary or provider appealed or disputed the denial of a service that met Medicare's coverage rules, plans sometimes reversed the denial. And in certain cases, Medicare Advantage plans corrected their own errors.

The inspector general's report offers several recommendations for the Centers for Medicare and Medicare Services, which oversees Medicare Advantage plans, including better auditing of plans.



Chad R. Oldham is an Arkansas licensed attorney practicing in the areas of elder law, estate planning and probate with offices located at 603 SW Drive in Jonesboro, Arkansas. He can be reached at 870.930.9919 or www.oldhamlawfirm.com



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Senior B.E.E.S Spotlight

BY AVA BIGGS

Not only does Paragould care about improving the lives of future generations, but also seeks to improve the quality of life for our older generations. Carol Fleszar has dedicated her attention to making sure our seniors don't let their age get in the way of living a fun life. The Senior B.E.E.S., which stands for Busily Enjoying Everyday Seniors, provides necessary and beneficial services to the seniors of Paragould, such as activities like Bingo, card games, bean bag baseball, and services such as transportation, meals, and social opportunities.

Seniors of the B.E.E.S. were put through major adversity at the start of the COVID pandemic. The pandemic forced the Senior B.E.E.S. to close access to the senior center and alter operations for an extended time period. Many seniors in our community struggled with limited access to food and transportation during this time period. Carol says they lost 20 participants that used the center every day, and that many seniors are still afraid to come into the center to eat and exercise. The absence of vital services to the aging population may have also caused financial and emotional hardships on seniors due to their having to utilize savings for necessities and also losing a sense of community that is important to this population.

In the face of adversity, Carol says she's hoping to attract more people to the center through advertising and the initiation of recovery mode. The lives of seniors at the center are slowly starting to get back to normal, thanks to the hard work and dedication of Carol and many others.

Our city has many different local businesses that offer fun and exciting activities, but the heart of our community lies in the people who dedicate their time and service to making a difference. Carol is an inspiration to anyone in Paragould who is looking to give their time to helping others.

If you'd like to get involved in the center, you can call at 870-239-4093, or email at beessenior@yahoo.com.

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Men: Secrets to Feeling Great As You Age

BY KARAN SUMMITT

June is Men's Health Month

Some of us seem to stay eternally young. Genetics may have a big part in that, but so does something else — practicing preventative, healthy habits consistently.

June is Men's Health Month, a great time for men to focus on what they can do to stay as healthy as possible for as long as possible.

According to the Canadian Men's Health Foundation (CMFH), about 70% of men's health problems are preventable by making small changes. Here are seven areas that impact healthy aging in men the most.

1. Fight heart disease and high blood pressure. As we get older, the risk of heart disease and high blood pressure rises. In fact, there's a 75 percent risk of heart disease in men at age 60. (Risk for women isn't seen until age 80.) Tips: Keep cholesterol and high blood pressure under control, exercise, eat right and if you smoke, do everything you can to quit.

2. Keep your mind sharp. Our brains also change with age, and this includes losing neurons. Memory, cognitive function and reaction time are affected. Depression also becomes more common.

Tips: Keep your brain sharp with mental exercises, social activities, music, spending time with friends and keeping pets, if you like. If depression is an issue, seek psychological counseling.

3. Watch your metabolism and sleep. Changes in metabolism and hormone function often can result in weight gain and sometimes weight loss. Your sleep patterns can change. Tips: If sleep is a concern, try going to bed at the same time every night and waking up at the same time each morning. Also, if you take naps during the day, consider curbing them so you get a better night of sleep. These changes can help reset a circadian cycle. Exercise also can help you sleep better.

4. Don't ignore your skin. With age, skin can lose thickness and elasticity, making it more vulnerable to injury. Also, various skin lesions, such as sun spots, become more common. Tip: Look for changes in any skin lesions, including shape, texture, size and color. If you notice anything, call your doctor right away.

5. Address prostate problems. The size of your prostate can increase, which can lead to less urine flow and frequent bathroom trips. There's also a higher chance of urinary infection or prostatitis. Also, while women are more likely to have urinary incontinence, men are not immune.

Tip: Talk to your doctor about any issues with urination or any signs of irritation or pain. Most over-the-counter prostate remedies are ineffective.

6. Cut your osteoporosis risk. Osteoporosis tends to affect men later in life. An increased risk of fracture from bone fragility generally affects men ten years after women, but the severity or mortality associated with a hip fracture, for example, is higher in men. Tips: Exercising regularly and avoiding smoking and excessive drinking can help you prevent osteoporosis.

7. Continue routine health screenings, vaccinations and medications as prescribed. Getting older may be inevitable, the key is quality of life as we age. Prevention and early detection are critical to slowing down the aging process and protecting that quality of life. Tips: Routine doctor appointments, screenings, vaccinations and medications are ground zero for staying on top of your health. Keep appointments!

If you are a man, these seven areas are critical in the fight against the effects of aging. A small investment of time and effort will reap huge benefits in living independently and well for more years.





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Stand Out

BY CAITLIN LAFARLETTE

Decked out in a red button-up with white fringe, a diamond necklace and earrings, and red leather shoes, Karen Bryan waltzes, cha-chas and two-steps across the floor in the Paragould Community Center.

The 81-year-old joined the class in December of 2021 and hasn't slowed down.

"I'm making up for lost time," she said.

Bryan said her late husband didn't know how to dance but she always wanted to learn. She began with line dancing around 10 years ago and after meeting Julius Keeling, asked him to teach various ballroom styles, including the bop, fox trot, sweetheart schottische and nightclub two step. From there, the class at the community center grew.

"I'm having the time of my life," Bryan said.

She added the couples in the group go dancing at various community centers, including Bono and Jonesboro.

"There's dances all around," she said. "Anywhere you go dancing, you can do the dancing we learn here."

Keeling, 79, learned to dance when he was 45 years old and living in Dallas. He took classes and attended nightclubs, and one night was approached about entering a competition.

"Next thing I knew, I was out in front of about 500 people," Keeling said.

Now, Keeling teaches anyone 16 years or older, and encourages couples for his class at the community center. He said he enjoys taking younger students so they can decide if it is something they would like to pursue in college.

"I really like what I'm doing," he said. "We're doing it so people can have a place to come and dance. We're here to stay." Keeling added the community center will accommodate him if his class continues to grow.

Bryan said even though she learned these skills later in life, she knows other people can learn them too.

"When you learn to dance, you stand out," she said.





Classes are free of charge and are every Monday and Wednesday from 2-4 p.m. Students can put their new skills to the test on Fridays from 5-6:30 p.m. For more information or to schedule a lesson, contact Keeling at 870-476-2784.



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Bird Houses

By Bob Singleton

BY CAITLIN LAFARLETTE

Bob Singleton may have suffered from a stroke, but that didn't stop him from picking up a new hobby and sharing it with his neighbors. His garage is filled with scrap wood, tools and paint that will eventually become birdhouses. After completion, Singleton loads them up on a wagon behind his lawn mower and cruises the streets to hand them out.

"I just needed something to do," Singleton said.

He began crafting the houses in late 2021 and has made about 30 so far, with enough remaining wood to make 20-30 more.

"Everybody in the cul de sac has at least one," he added. "If they weren't home, I'd just leave them in front of their garage."

Pat, Singleton's wife, said he worked all winter on the birdhouses after receiving scrap wood from a neighbor's fallen fence.

"Every one of them looks different," she said. "He has some very pretty ones he's given away."



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Singleton said it takes him an average of four hours to complete one house, and he currently has eight in his own back yard. There is a science to setting them up, however. Singleton explained the dwellings must be placed at least 50 feet apart, and some need smaller openings depending on the type of bird.

"Blue birds are very territorial," he added.

When the Singletons moved into their current home, they said the back yard had been neglected for nearly 20 years. After having it cleared, they now enjoy watching cardinals, robins, mockingbirds and hummingbirds from their breakfast table.

It has been a slow start this year, however, to the birds making their nests. Singleton said the current outbreak of avian flu is probably the cause.

"I am really concerned about the population of all birds," he said.

Aside from putting out the birdhouses, there is another way people can help this issue.

"The only thing we can really do, is don't feed them very much," Singleton said, explaining that too many birds congregating around feeders is what spreads the illness.

The Singletons both turn 86 this year, but their love of birdwatching and building houses keeps them busy. Though his stroke left him down for a time, Bob has kept a positive attitude and spreads kindness with each birdhouse he gives away.

"He's been making the best of it," Pat said, "and, I imagine, making people happy."




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FIBROMYALGIA

What is fibromyalgia?

Fibromyalgia is a chronic health condition that causes pain and tenderness in your soft tissue and muscles. It can also lead to generalized exhaustion and mental distress, like depression and anxiety.

Fibromyalgia is often misdiagnosed as an arthritic condition, but it doesn't cause the same joint damage or inflammation as arthritis.

Researchers theorize that people with fibromyalgia are more sensitive to pain because of the way their brains and spinal cords amplify pain signals.

What are the symptoms of fibromyalgia?

Each person reacts differently to fibromyalgia. Though it's similar to arthritis, fibromyalgia affects soft tissue, not the joints. Often, a pain signal misinterpretation in the brain causes pain. The most common symptoms include:

- Memory loss*
- Chronic fatigue syndrome*
- Chronic inflammatory response syndrome*
- Morning stiffness*
- Irritable bowel syndrome (IBS)*
- Insomnia*
- Tenderness throughout your body*
- Muscle pain, twitching, burning, or tightness*
- Anxiety and depression*
- Bladder issues*

You can develop fibromyalgia at any age, but it's most often diagnosed during middle age. You may be at greater risk of developing fibromyalgia if you have lupus or rheumatoid arthritis.

There's also some evidence of a genetic link to the chronic pain condition, which means your risk of fibromyalgia may be greater if it runs in your family.

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Rebecca Pranger-Shabaz, CNA



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Pink Ladies

At NEA Baptist

BY CAITLIN LAFARLETTE

From hospital equipment to scholarships, the NEA Baptist Pink Ladies spend their time giving back to their community.

Kathy Goodman, manager of the hospital gift shop and past president of the auxiliary, has spent the last five years with the nearly 60 Pink Ladies volunteers.

“Our job is to run the gift shop,” she said. “They are the stockers, clerks, everything. All of our proceeds go towards running it.”

The gift shop has a little bit of everything: knick knacks, clothes, flowers, baby items, candy, even purses.

“Anything that a person we think would need, we try to provide.” Goodman said. “We just barely cover our cost but it’s a service to our employees.”



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Photos Courtesy of NEA Baptist

Goodman said the group has also allocated \$50,000 to the hospital for whatever projects are needed, and last year they were able to buy two medical machines and two massage recliners for employees.

“We’ve given to the food bank. We’ve given to the City Youth (Ministries),” she said, adding the Pink Ladies also donate up to \$1,000 to the Forum to support the fine arts. “We are always trying to find projects that we can be a part of.”

Other ways the Pink Ladies provide services include donating leftover seasonal clothes, buying linen baskets and wheelchairs for the hospital, and raising monetary donations for the humane society.

“We have a lady that continually makes baby quilts for the nurseries,” Goodman said. “She keeps them supplied. She also, during Christmas, makes little Christmas hats for them to take a picture with.”

The Pink Ladies are also focused on education. They offer a \$500 scholarship for hospital employees attending school. All that is required is an application and employees can be awarded with the \$500 each semester.

Goodman noted this was especially helpful for those involved in internships.

This year the Pink Ladies are putting their sewing skills to good use by crafting squares from scrap material.

“You sew them where it makes a little pouch, then you leave the top open. Then we put a cross in there, and we sew a little poem, a prayer. We’re going to give them to the pastors there,” Goodman said.

Their work doesn’t stop there, however. The Pink Ladies can also be found taking ice and newspapers to patient rooms, and simply chatting with patients.

Goodman explained some volunteers are widows and some just want company, leading them to join the group. For Goodman, she said she just loves helping people.

“We’ve got a couple of ladies that have volunteered over 10k hours since they’ve started,” Goodman said. “That just shows you the dedication. There’s several of us that, that’s our calling, is to serve.

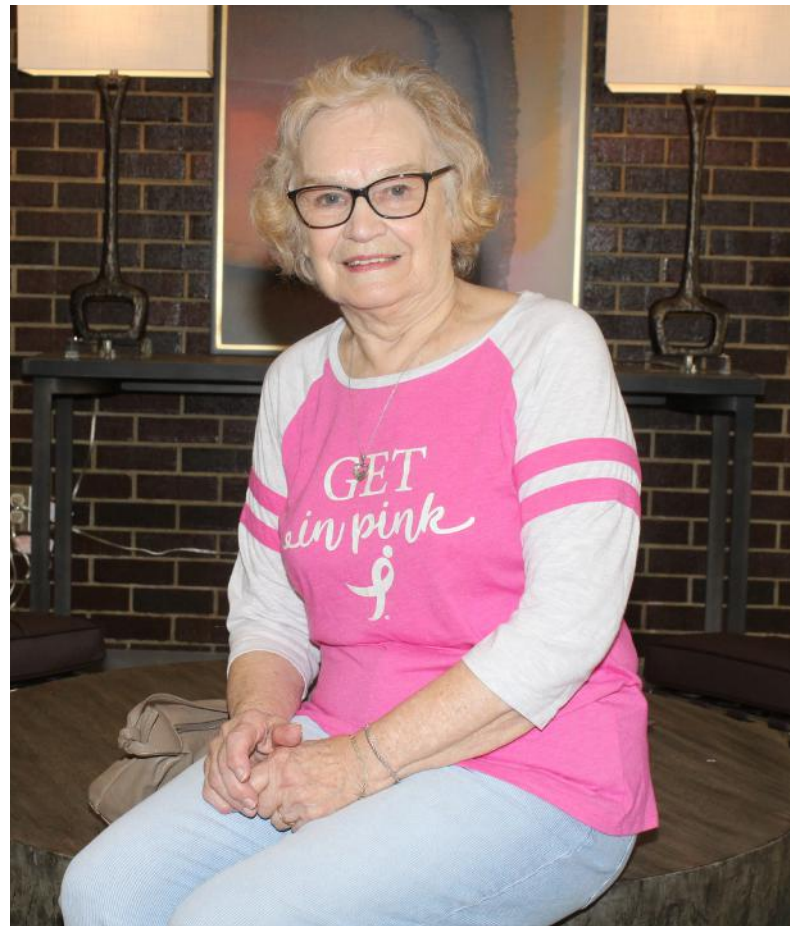


Involvement with Senior BEES makes Glenda Vanaman start to feel like Paragould is

Home Again

BY RICHARD BRUMMETT

It took Glenda Vanaman a while to get back out of the house and into the swing of things but now that she has, she is enjoying life more and more each day. At the urging of Greene County Senior B.E.E.S. Executive Director Carol Fleszar, Glenda started



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attending activities at the senior center in Paragould and is loving every minute of it.

“When I moved back here -- I had been gone from here more than 30 years -- my granddaughter wanted me to get involved,” Glenda said. “I started going to church at West View Baptist and renewed my membership there, but most of my friends from long ago are no longer here. So I was back home, you could say, but it wasn’t the same.”

On top of that the move took place in the midst of the Covid scare and most events and activities were shut down.

But Glenda sometimes pulled into the center’s parking lot and

got a Grab and Go meal, then began to come to the center at lunch time once things returned to normal. “I kept saying, ‘You need to come eat with us,’ and she’d always say she would but it took a while,” Carol said. “Finally she did, and the next thing you know she’s coming for exercise and walking with new friends she’s made and faithfully coming back every Monday, Wednesday and Friday. Not too long ago she stayed for a sing-along. I’m so proud of her.”

Glenda, soon to be 83, said she feels “grateful they made me get out. I eat lunch here every day, Monday through Friday. After that, I just recently started exercising this year but it helps to stay healthy. I had a

hard time finding a new doctor when I came back.

“But I absolutely love the new friends I’ve made,” she said. “I love meeting new people and I just love it here. I would recommend it for anyone, I really would. I kind of surprised myself; the other day I played Bingo and we had a new person who lives in an apartment and I said, ‘You need to come back and exercise in the morning at nine.’ And if someone doesn’t want to exercise, they can come to eat. They even pick people up to eat. It’s a great place for someone like me.”

“She was hesitant at first,” Carol said, “but now she fits right in. And she’s hilarious; I love her to death.”



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Senior Downsizing & Moving Tips

BY TARA PIATT



Thinking about moving out of your home and into a smaller place can be an overwhelming task, leaving you with no clear idea of where to start. Common sense tells you that you can't fit 3,000 square feet of furniture and belongings into a 1,000 square foot space, but since now it's a necessity, you may be struggling with the process. Here are a few tips to give you a sense of how to begin.

After you've decided on your new home, request a floor plan with measurements. This helps determine what larger items you may be able to take with you. If you need help, many move management companies will have the ability to take your floor plan and your furniture measurements to plot out a safe and appealing living space. Once you've determined what you will take with you, it's now time to downsize the items you won't be moving into your new space.

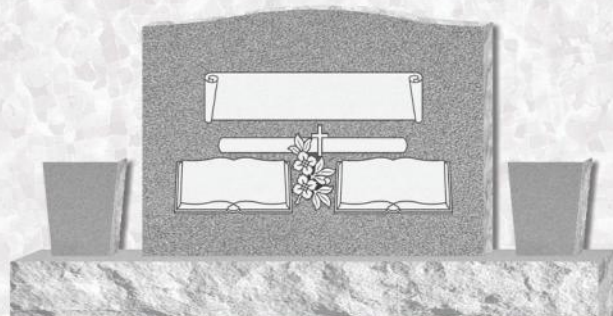


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We all grow attached to our beloved possessions, collections and memorabilia. It's daunting to imagine a new life without them. However, when transitioning to a new, smaller apartment or retirement facility, simplicity and the feeling of "lightening up" your living space should prevail. Give cherished heirloom items to members of your family who wish to keep them close to their hearts. Other items should be sorted into the following three categories: Sell, Donate or Toss.

SELL

These items are those the general public is looking for on a regular basis. They include popular styles of furniture, artwork, vintage clothing, jewelry and appliances. Collectibles and other highly regarded items can be sold at an estate sale or even an online auction. That way, your beloved items may find new homes with appreciating buyers while you know that your things will still be treasured.

DONATE

Items that are aren't widely popular but are still useable, if they are clean and working. These items can be donated to local churches, help programs and Goodwill, giving these items a second life.

TOSS

Many items that may be opened, broken or otherwise not desirable should be simply discarded. This may even include old clothing that isn't classified as "vintage" but simply "old clothes." Styles change so rapidly and the general public is very discriminating when looking for in-style clothing.

It's hard to let go of your current way of life. We all feel it. The things we've loved and valued for so long tend to skew our outlook on what to keep, sell, or simply discard. It may help to envision this transition as a new chapter in our lives and a "lightening up" of our daily lives.

Attitude is everything and keeping a positive attitude when downsizing and moving to a more simplistic lifestyle can be your salvation.

The process can be daunting, but keep in mind you can do this. If, however, you feel the need for help, there are several Move Management companies that specialize in making the process a little easier.

And, that's what we look for in moving on to a simpler lifestyle...making life easier so that the things that really matter are now our new focus.



Tara Piatt is a graphic designer and social media manager, as well as a foodie and antique lover. She is part owner and Chief Marketing Officer of Caring Transitions in Jonesboro.

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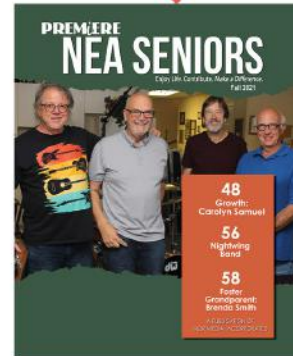
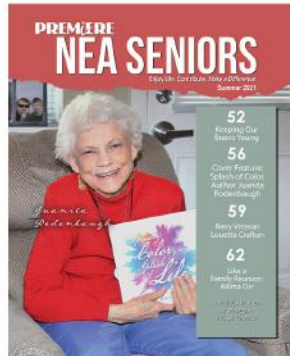
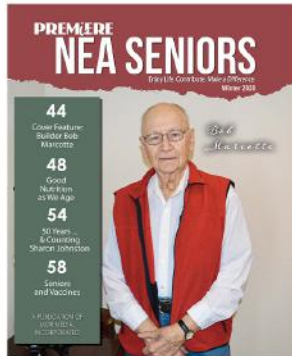
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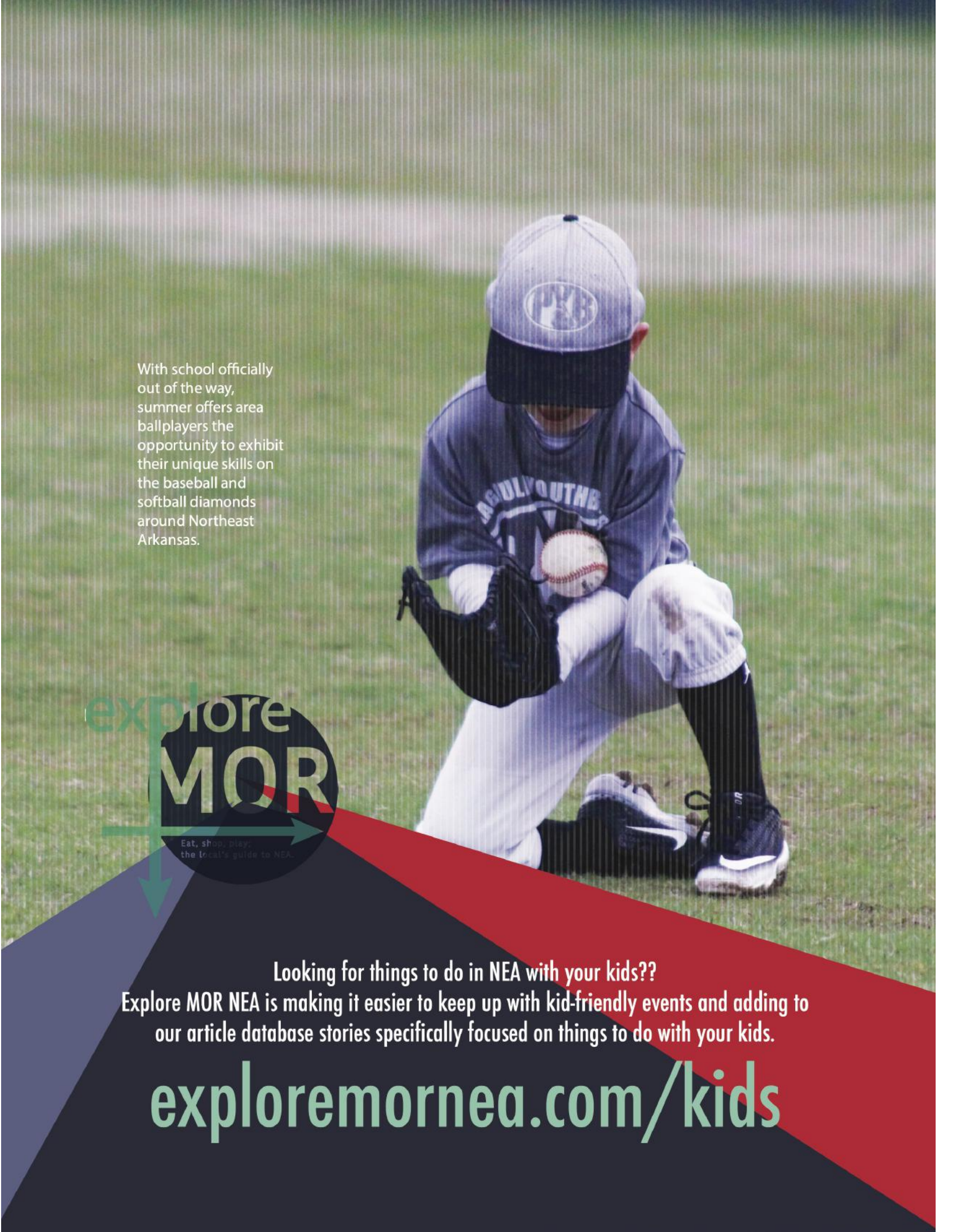


The Office of Admissions held a Signing Day at Hoxie High School for seven seniors who plan to attend BRTC in Fall 2022. Hoxie seniors Makayla Johnson, Kylie Jones, Madison Jones, Seth Brooks, Bailey Romine, Misty Kirby and Shelby Waddell signed certificates of intent to begin pursuing a degree from Black River Technical College in Fall 2022.



Black River Technical College is pleased to announce that Michelle Wooldrige has accepted the position of Student Affairs Coordinator on the Paragould campus.





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Culinary Arts



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Veteran Highlights



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