

NEA'S

PREMIERE

MAGAZINE

September
2022

Fairs & Festivals

NEA DISTRICT FAIR
GREENE COUNTY FAIR

GET DOWNTOWN FESTIVAL
BBQ FEST

NEA SENIORS SECTION

A PUBLICATION OF MOR MEDIA, INCORPORATED

WHAT'S INSIDE



16

16 Night Moves
Henry Wrinkles

38 Elvis Tribute
Zaden Gallion



18

18 Main Street Paragould
Street Splash

42 NEA Seniors
Special Section

20 134 Years
Greene County Fair

43 Protecting Loved Ones
Larry & Melinda Brinkley

24 Fair & Festival Foods
Totchos Recipe

50 B.E.E.S. Senior Center
Celebrates 50 Years

33 Flags Across Jonesboro
Luke Kellum - NICU

65 Playing in the Dirt
Wanda Howerton



38



65



ON THE COVER:
NEA District Fair
Page 21

Cover Photo by Lindsey Spencer



25 YEARS OF *Community*

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



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From the Publisher



September in Arkansas is Fall one day (okay ... one morning) and then NOT. If I must pick a favorite season it is Fall. I am pumpkin spice everything, but I love sea salt, sand and seafood too. I like each season in its time.

Life has its seasons, for sure. The loss of a dear person certainly makes you reflect and take note. Especially when those of us who knew Amber Gill well know she would be telling us “straight-up” to get our \$!;# together and “DO something” about whatever it is we are thinking about doing or improving. I will miss her “honesty” (she would make me say her bluntness), her impactful strong presence and that smile! RIP Amber.

September Premiere will bring a smile to the faces of our readers with lots of Fair and Festival information to help them get out and enjoy. County fairs are such an iconic symbol of America and we should all support the efforts of our communities to keep the traditions going by taking kids to see the animal shows, exhibits of agricultural products, handcrafted items and food preservation they might only read about in books otherwise.

If fairs are just not your thing, at least get out to one of the many festivals and... make memories – because you never know when you will not be around to make them anymore.

Dina Mason
dina@mormediainc.com

An advertisement for Glen Sain Ford. The background is a scenic landscape with a blue Ford pickup truck parked on a grassy area. The Ford logo is in the top right corner. In the top left, the text "Glen Sain" is written in a large, white, cursive font, with "God Bless Our Troops" underneath in a smaller, white, sans-serif font. In the bottom left, there is a red starburst graphic with a yellow banner that says "Paragould PREMIERE AWARD WINNER 2022". In the bottom center, the text "BEST PRICE BEST SERVICE" is written in large, blue, outlined letters. In the bottom right, the phone number "870.236.8546" and the website "1301 US 49 GLENSAINFORD.NET" are listed in white text.

NEA'S **PREMIERE**
MAGAZINE

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— 6TH ANNUAL —

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September 16 & 17, 2022
Downtown Paragould, AR



Block Party

Sep. 16 / 5pm - 9pm



Touch-A-Truck

Sep. 17 / 11am - 2pm
Sensory Hour 10am - 11am



Movie in the Street

Sep. 16 / 8pm



Fun on Pruett

Food Trucks & Vendor Booths
Sep. 17 / 10am - 7pm



Get Downtown Races

Sep. 17 / 10k & 5K, 8am
Kids Run & Dog Walk, 9:30am



Kids Pavilion

Sep. 17 / 10am - 6pm

Friday / September 16th

5:30pm: The Crafton Brothers Band

7:00pm: The Blues Heavyweights

Saturday / September 17th

10:00am: The Kinders

11:00am: Sand Creek Band

12:00pm: The Happy Campers

1:00pm: Aaron Headley

2:00pm: DownRiver Collective

3:00pm: Everyday Life

4:00pm: Eli Adams

5:00pm: Greasy Tree

6:00pm: Nashville Skyline

7:00pm: Univeral Crush



Funding
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All proceeds benefit the Greene County Future Fund

Get more info at
getdowntownfestival.com

GET RICH WITH RICHARD BRUMMETT



Something that has always amused me is hearing little children get the words to songs and cheers and nursery rhymes mixed up, repeating what they thought they heard instead of what was actually spoken or sung.

It's cute when kids do it, although I've known a number of grownups over the years who mispronounced words repeatedly when I felt they should have known better. I mean, how do you go through life reading newspapers and books and roadside or TV advertisements and not come to know how to spell and properly pronounce words?

Still, one of my good friends always referred to my desk as a "dest" and my wife had a friend who called the kitchen sink a "zink." One of my closest pals called yogurt "yoga" and Jalapeno peppers "Palaminos." Maybe, like little kids, that's what they heard and then forever repeated it. I could write a book on just the words my mother-in-law used to twist, but we weren't supposed to correct her then and I'm not about to start now, God rest her soul.

One thing I inherited from my dad is a habit of trying to make others smile, even if the attempt includes saying something rather silly on occasion, or on lots of occasions, if you listen to my family. Along those lines, it was not too long ago that my granddaughter

Roxie Jo, now 4, was at our house and did something she was rather proud of and I told her she was the best, the best, the B-E-S-T best. She had no idea I was mimicking a phrase often sung out by cheerleaders from my high school days, but she did later repeat to her mom that she was "the best, the best, the beety-otty best." That's how she heard it, even though somewhere down the line she edited it to "the best, the best, the beety-teety best." And I still think she is, beety-otty or beety-teety.

I know when my older daughter Kelly was little and fascinated with cheerleaders, she attended numerous high school basketball games with me and got hooked on to the lilt of, "They've got it, we want it, so take it away!" Only she walked around saying, "They *bought* it, we want it, so take it away!" I promise I did not raise her to be a thief and yet found her version of the cheer much more interesting than the real one. She also really liked the one Arkansas Razorback cheerleaders shouted when they raised their pompoms and sang out one letter at a time, "H!--O!--G!--S!" and was somewhat embarrassed when a few years later she was old enough to realize what they were doing was spelling out the word HOGS, making her version of, "A!--O!--E!--S!" seem not so cute to her.

It still was to me and sometimes when she's at the house watching an Arkansas game with me, I will repeat a good old chorus of "A-O-E-S!"

My younger daughter Lindsay once told my mother that while she didn't like the taste of most beans she sort of liked "porkun beans because they have a meaty flavor to them." She thought Porkun was a type or brand of bean and it made more sense to her when we explained it was "pork and beans; you know, pork ... meat and beans" but I liked her way better. I won't go into great detail but she also discovered the hard way the

giant difference between Peelum and Eatum Shrimp, and Peel Them and Eat Them Shrimp.

After church on Sundays Roxie Jo often wants us all to go to a restaurant, sometimes favoring "Pazoli's" so she can eat "bav-a-oli" but just as often picking the Chinese food place ... mostly because it has an ice cream machine. Only she doesn't realize they are serving Chinese food; she thinks we are going to Chiney's restaurant, a business owned by someone named Chiney.

"I want to eat Chiney's food," she will say, and, proving the apple doesn't fall far from the tree, her mom used to think Anita Stockman was one of the most important people at Walmart because anytime she was there the loud speaker blurted out, "Anita Stockman in Sporting Goods" or "Anita Stockman on Aisle 7." Only when she realized they were announcing, "I need a stock man ..." did she nod her head and then say, "Ohhh ... I get it."

I can still remember being in the first grade at Marmaduke Elementary -- Mrs. Marie Butler's class -- and starting the school day by saying the Pledge of Allegiance first thing each morning. Only after my mom listened to my version and corrected me did I come to know I was "pledging allegiance," not "pledging a legion" to the flag.

So, not too long ago when Roxie Jo told me she wanted to eat at Steak & Shake, I said, "Snake & Shake?!" But she very plainly explained to me it was, "Not Snake & Shake, Pappaw. ... Steakun Shake."

I wonder if they serve Porkun beans?

PET *of the* MONTH

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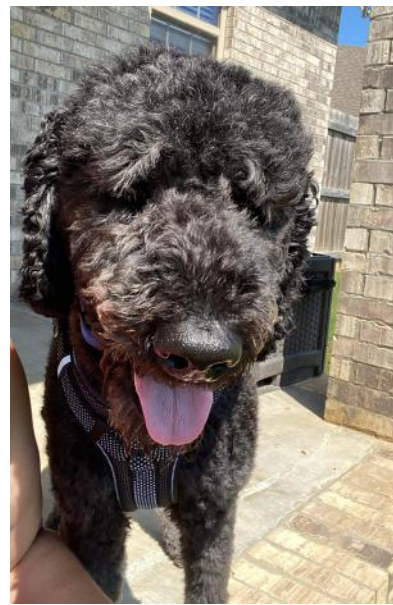
BY CAROLINE SMITH SANDERS (DOG OWNER)

Murphy (aka Murph) is an F1b Goldendoodle who joined our family in September 2017 when we lived in Cullman, Alabama. Our daughter was about to turn 2 and I had been trying for months to convince my husband she needed a puppy. A Doodle breeder relatively close to us came highly recommended by several friends and as I was gathering details on upcoming litters from their website and social media I came across Murphy's sweet face.

His original family had fallen through and would not be coming to pick him up when his brothers and sisters were. I quickly contacted the breeder to see if there was any chance he was still available -- I was certain someone had scooped him up already. Murphy was meant for our family because he was still available and we could pick him up that weekend!

Murphy is a gentle giant and has a very laid-back personality. Our girls, Scarlette and Georgia, love to run circles around him and boop his snout. He loves to ride in the car with them. Murphy is happiest when he is sitting right next to me or my husband getting loves and scratches behind the ear. His favorite time of day is dinnertime and he will do just about anything for a treat. We love our Murphy and are so thankful to have him as part of our family!

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





The dust billowed up in clouds from beneath the tires of the '77 Chevrolet. Granddad Long was making his rounds along the county roads, checking for blooms in the cotton and trying to eradicate any cockleburs or morning glory that had been missed by the cotton choppers. The dust cloud lingered along the roadbed, dissipating very slowly in the heavy late afternoon air, drifting slightly with the evening breeze.

The memory of those roads is strong in my mind as country roads were a big part of my childhood. They were the way to town, the fishing hole and to church. Most were red clay gravel, but some were dirt. The dust created by the roads was frustrating to my grandmother and her efforts to keep a clean house, but the roads provided a great buffer from much of the nonsense of the world.

To country folks, these roads were a way of life, while city folks often sought out the solace of a dirt road. They are so important artists like John Denver, Jason Aldean, Rodney Atkins and a multitude of others wrote and sang about country roads. John Denver's lyrics, "Take me home country roads" ring loud and clear and resonate with many of us who have experienced the country side of life. Jason Aldean spent time "chillin' on a dirt road" while Rodney Atkins talked about putting a "little gravel in his travel."

These songs and many others tried to capture the charm, solitude and serenity of a trip down a dirt road. Once upon a time most country roads were lined with houses and barns that were occupied by folks who made their living off the land. These dwellings often sat on the family farm and the residents very rarely ventured from the perimeters of that farm other than to help a neighbor with chores or chase wayward livestock.

These farms had almost everything needed



to support a family throughout the year. A garden, fruit trees and other crops stocked the pantry while the livestock provided meat for the table. Life was tough, but simple.

Though many of the single family farms have gone by the wayside, there are still indicators of that past life. A few old barns and homes remain on the ground where they were erected over a hundred years ago. Old church buildings also dot the landscape and give a clue that there were once several folks living in that area. Time, weather and lack of care have allowed many of these buildings to crumble while some were taken down in the name of progress.

Even though many of the old buildings have gone away, country roads still have a great story to tell. The agriculture industry can be seen in full scale with a drive through the countryside. A summer drive will reveal cotton fields with their pink and white blooms, corn that reaches over head high and the artwork of rice levees through a rice field. Each of these provide beauty in their own way.

As the mornings turn crisp and time drifts into fall, the roads become very busy with harvest as farmers bring in the crops. The unified work between combines, grain haulers and trucks in moving thousands of pounds of grain to market is an art itself. This product will leave the field and head to mills which will then turn the products into food to meet the needs of hunger across the world.

While most of the roads through the cropland areas are a series of straight roads that intersect every mile, the roads across a more hilly, forested landscape are often characterized by ups, downs and curves. These roads through wooded areas and cattle farms also hold lots of gems. Old barns are often still in use, as well as many of the old house places. Wildflowers often use the open roadsides to do their thing while a variety of trees fill the forest.

Though the forested country roads make for interesting travel at any time, the beauty is magnified during the fall months as the leaves begin to turn brilliant colors and then fall to the forest floor. A drive along a country road as leaves clatter down makes for an almost mesmerizing scene of beauty. As John Denver said, I truly feel "country roads take



CHUCK LONG

Regional Education Coordinator Northeast Education Division Arkansas Game and Fish Commission

me home, to the place where I belong." I might be looking for hunting locations, fishing holes or just enjoying the drive. I like to take that opportunity to pray for our farmers and talk to our great Creator. Yes, my truck stays dirty most of the time and does have a few scratches and rock pings, but that's a small investment to enjoy the beauty of a dusty road.

Though the dust, bumps and dirt might deter a few from taking a turn onto a country road, there is something about a little time on the gravel that can help a person's psyche. A dirt road brings with it a feeling that cannot be attained on a four lane. A little gravel travel slows us down and gives us an opportunity to soak in a bit of the countryside. The world tends to slow down a bit when you pull off the pavement and a little time of slowing down is good for the body and mind.

A quote from an unnamed author says, "Sometimes the best therapy is taking a long drive on a dirt road." Get out today, turn on John Denver and get some therapy. And I hope to see you out there.



Say No To Head Lice



It's that time of year again! School is officially back in session which also means, so are head lice! Head lice are most commonly spread by direct head-to-head contact, but can also be spread by sharing clothes or fabric-like belongings. Here are just a few ways you and your loved ones can stay head lice free this school year:

- Avoid head-to-head (hair-to-hair) contact during play and other activities at home, school, and elsewhere
- Do not share clothing such as hats, scarves, coats, sports uniforms, hair ribbons, or barrettes.
- Do not lie on beds, couches, pillows, carpets, or stuffed animals that have recently been in contact with an infected person.
- Machine wash and dry clothing, bed linens, and other items that an infested person wore or used during the 2 days before treatment using the hot water (130° F) laundry cycle and the high heat drying cycle.



Another great way to keep head lice away is by using a proper daily preventative! Our professionals here at Rouge highly recommend the Rosemary Repel by Fairy Tales Hair Care. This number 1 preventative has products such as shampoo, conditioner, and detangler that all include organic ingredients such as rosemary, tea tree, and peppermint. This brand has been recommended by pediatricians, school nurses, and moms since 1999 and works like a charm! Contact our cosmetologist professionals (Amanda, Candace, or Atley) here at Rouge Spa & Salon for more information!



Fun Fact: Statistically, an estimated 6 million to 12 million infestations occur each year in the United States among children 3 to 11 years of age!

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MOORE on MANNERS

WITH LINDA LOU MOORE

IS THIS A FASHION FAUX PAS OR PRACTICAL ADVICE?

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

Today, however, wearing white shoes after Labor Day no longer rings true. According to The Emily Post Institute, "Wearing white after Labor Day makes perfect sense to do in climates where September's temperatures are hardly fall like. It's

more about fabric choice today than color." So, although wearing white linen in winter may be a little chilly, wearing white or cream-colored heavier fabrics during fall and winter is appropriate. White is now a year-round color.

WHY NO WHITE SHOES AFTER LABOR DAY?

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

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

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

QUOTE OF THE DAY:

"FASHION CHANGES, BUT STYLE ENDURES."
- COCO CHANEL

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

Mom guilt is such a tiring aspect of parenting. It seems no matter what decision I make for the well-being of my child, I am doomed to feel like I've failed.

Last month, Eva contracted Covid and lovingly passed it to me and my husband. I

spent the entire weekend bouncing from the rocking chair, to the couch, to her bed, letting her sleep as much as she wanted, whenever she wanted, schedule be darned. She lost her appetite, so I gave her all the popsicles she asked for. And by the time she was on the mend, the fever, pain, sore throat and cough

hit me like a bag of bricks. For a week, I was glued to the couch, giving in to whatever Eva asked. Four hours straight of TV? Sure. Chips for breakfast? Why not?

I told myself all that mattered was Eva was clean, fed, and loved. I tried to believe that no matter how much Cocomelon she watched, or how much junk food she consumed, we would get back on track and she wouldn't be harmed from any of it.

But that didn't stop me from feeling I had somehow failed her. I was too sick to even take her outside to play, and what kind of mom keeps her child cooped up all day? Surely, I was ruining her by allowing her to scatter toys from one end of the house to the other. Mealtimes shifted from the dining room to the floor in front of the television. One evening she sat in her chair, eating a cracker. Except, we hadn't given her crackers for at least two days.

Coming out on the other side of this illness, I can finally see my worries were for nothing. Eva has been happy. She may not enjoy getting back to our regular schedule, but I know I did my best for her when I could hardly care for myself. We had plenty of snuggles, movie nights, and time just being present together. And this is what I try to remember whenever that guilt comes creeping back in.

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DELTA SYMPHONY ORCHESTRA 2022-2023 CONCERT SERIES

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October 23, 2022 at 2 p.m. Halloween Spooktacular

The DSO presents Halloween classics Night on Bald Mountain, Danse Macabre, and Pops movie themes, Phantom of the Opera, Psycho, and Young Frankenstein. Join us for an afternoon of scary-good fun and a pre-concert youth costume contest!

December 11, 2022 at 2 p.m. DSO Holiday Concert

The DSO plays holiday classics and leads a sing-a-long with Santa Claus. The Foundation of the Arts ballerinas will perform dances from Tchaikovsky's Nutcracker.

March 19, 2023 at 2 p.m. Classical Concert

Join the DSO for our traditional Classical Concert featuring Florence Price's Symphony No. 3 and special guest tenor, Limmie Pulliam! Mr. Pulliam will also present a series of workshops for area youth.

April 23, 2023 at 2 p.m. Young Artist Concert

The DSO showcases the winners of its nationwide 2023 Young Artist Competition and a children's chorus from area schools. A number of our past winners have gone on to enjoy prestigious careers in music.



Rabies: The Deadly Virus

WITH DR. KRISTIN SULLIVAN

With World Rabies Day on September 28, I thought this a great opportunity to briefly explore and discuss this fatal viral disease. Rabies is one of the most infamous viral diseases amongst mammals to date. This virus has been around for thousands of years, and although we have made leaps and bounds in medical science and technology, there is no cure and really no treatment for animals or people that have contracted this fatal virus once symptoms develop. Before we dive into the symptoms of the disease and how best to be proactive rather than reactive in cases of possible exposure, let's first discuss some important numbers. These statistics were obtained via the American Veterinary Medical Association and through

the Veterinary Information Network. In the United States alone, it comprises nearly 300 cat and dog deaths per year -- these are dogs and cats that were pets living in a home. Worldwide, rabies kills around 59,000 people every year. The United States' representation in that overall number is only and thankfully approximately 3-5 people. Rabies is a world problem and it does still occur in the beautiful USA, but this deadly virus is often forgotten because we do not see it affect the people and animals of our "home" population to the extent it affects our world. But how do we make this better? How do we become part of the solution?

The Global Alliance for Rabies Control website (rabiesalliance.org) offers a number of ways you can donate, volunteer, and/or obtain GEP certification through a free online course. (GEP certification is the Global Alliance for Rabies Control Education Platform). We can also help prevent the spread by starting in our own homes and communities. Rabies vaccinations are required by law to be up-to-date in domesticated species (namely dogs, cats, horses, ferrets, and some livestock). By ensuring your own pet is up-to-date with its rabies vaccine, you are helping to mitigate the spread of this disease. There have been many successful Mass Wildlife Immunizations made possible by Rabies Bait. These baits help to immunize our wildlife population and give us even better control of this disease that, if left ignored, could make a quick comeback.

There are different variants of the rabies virus that we observe. The variant common in this area is the skunk variant. The raccoon variant is common along the east coast and the bat variant is concentrated in the Pacific northwest in the USA. There

is even a variant that is observed among mongooses, interestingly enough.

The symptoms of this disease are similar in every case. First there is typically pain or stinging sensation at the bite wound. The length of time for the disease process to occur depends on where the bite is and how much virus was spread. For instance, a bite on the toe from an animal spreading low numbers of the virus will take a much longer course than a bite on the neck from an extremely rabid animal. Signs progress from stupor and confusion, to irritability and aggressive behavior with fear of water, and ultimately death.

Rabies is a fatal disease. Unfortunately, once symptoms develop, there is no treatment. However, if exposed and then vaccinated as soon as the bite occurs, then the chances of falling victim to the virus are reduced substantially. Please note, the vaccine is a Human Rabies Virus Vaccine! You may not vaccinate yourself with animal grade, species specific rabies vaccinations! There are currently pre-exposure rabies vaccinations and post-exposure rabies vaccinations. For more information on these vaccines or other questions about rabies, please contact your state health department, the Arkansas state veterinarian, or refer to the Global Alliance for Rabies Control.

Like they always say, the best offense is a good defense! Always be watchful and never interfere with wildlife, especially when it is acting abnormally, is awake at abnormal times, or appears to be showing any of the above mentioned symptoms. If you notice animals acting in such a way, please contact your local wildlife agency or animal control unit for assistance. And remember: Vaccinate your pets for rabies! It's the law, after all!



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NIGHT MOVES CARS & ART SHOW

HENRY WRINKLES FOUNDATION



The Henry Wrinkles Foundation would like to thank all who participated in the 2022 Night Moves Car and Art Show.

“Our community showed up. We are thankful,” said organizer Susan Boyd.

Also, thanks to our Paragould A&P Commission and sponsors.



TIM STACY & RYKER



HENRY WRINKLES FOUNDATION FOUNDER
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Arisa Health was formed in 2020 by the affiliation of four long-standing community health centers. Those organizations are Counseling Associates, based in Conway; Mid-South Health Systems, based in Jonesboro; Ozark Guidance, in Springdale; and Professional Counseling Associates, in North Little Rock. The COVID-19 pandemic has had a dramatic effect on the nation’s healthcare system and while the need for behavioral health services has never been greater, providing those services has been

challenging throughout the pandemic.

Fortunately, Arisa Health has been able to offer telehealth services, especially in rural areas of the state with demand growing to more than 300 daily telehealth sessions. Arisa leads with exceptional care that nurtures health and well-being for all, serving 41 counties throughout Arkansas.

Arisa was formed with the goal of providing accessible mental health services across the state. The network of resources that has been assembled now offers care for all Arkansans -- the insured, under insured, and those with no insurance -- with resources from Primary Care Clinics at three locations, including Jonesboro, to a mobile unit in Central Arkansas. In addition to a variety of outpatient options, (child,

adult, family, marriage, etc.) Arisa also operates a comprehensive array of vital specialty programs including: Therapeutic Communities, Recovery Services, Adult Rehabilitative Day Services, Haven, School-based Services, Therapeutic Day Treatment, Therapeutic Foster Care and Crisis Services.

With that mission in mind Arisa will host its first-ever fundraising event in Northeast Arkansas on September 24 -- Aiming for Arisa -- a Trap Shoot Tournament at the Jonesboro Shooting Sports Complex. The event will host teams of five shooters who will shoot two rounds of traps for a total of 50 shots. Teams may use 12- or 20-gauge shotguns and ammo is provided. Team prizes are \$500, \$250 and \$125 and an overall shooter 1st prize of \$100.

If your company would like to sponsor the event or enter a team, contact Anna Taul at 479-750-2020, ext. 7224; or email her at anna.taul@arisahealth.org. Sponsorship deadline is September 9.

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Street Splash Downtown took place on August 6th in Downtown Paragould. MAIn Street Paragould welcomed families enjoyed a refreshing splash while taking advantage of open hydrants, fire trucks, tow trucks, bounce houses and more!










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134 YEARS OF THE GREENE COUNTY FAIR



BY RICHARD BRUMMETT

When the Greene County Fair kicks off on Monday, September 5, it will mark the 134th year for it to open its gates and provide a week of entertainment for those loving food, rides, arts and crafts, animal shows, musical acts, and more.

Dennis Hammon, the fair manager, said the continued success of the event can be attributed to individuals and organizations determined to see it flow as smoothly as possible. "You know, I think of past managers like Barry Lloyd, Jim O'Neal," he said, adding others like Tommy Hill, Ann Bowers, and Truman Exum as well. "People like them are the life of this." Of Exum, one of the fair's longtime supporters and organizers, he said, "I'm trying to fill his shoes, and let me tell you, it's all I can do. He was everywhere and touched everything and he's hard to follow.

"I've been out here 30 years now and, used to, all the civic clubs pitched in but ever since Covid it's not exactly the same," Dennis added, pointing out that since the virus forced most Americans to stay inside instead of getting out and volunteering it has become easy to not be involved in things nationwide. "But we're hoping to have a real good one this year. It was terrific last year, and we think this one's going to be even better. It looks like it will be great."

A schedule of events can be found on the Greene County Fair Facebook page, detailing the day-to-day activities planned for a week of excitement and listing special presentations of each. Dennis made a mental checklist of the offerings for visitors, thinking of some of each weekday's top presentations:

"Monday morning it's 'mud', then the derby at night. Of course, it's also Armband Day, all day. That night we have recording acts from Nashville, LanLaw and Lauren Reno. Tuesday it's The Gravel Yard, a bluegrass group, all in the B.C. Lloyd Building and Wednesday night it's karaoke and a Mullet Contest. That thing has taken just off, unreal; who would have thought?"

Thursday night is reserved for gospel singing and Friday for wrestling, he said. "Then Saturday, in the daytime, there's a cornhole tournament in the morning, and also in the morning the Little Miss and Miss Greene County contests will be held Saturday, September 3rd. Later then, it's the second Armband Day from noon to 5. Also, Friday we've got a stock truck tug-of-war and then after that ATV barrel racing. That gets interesting."

Dennis said the concession stands will be run differently this year and "the food should be great." He then praised still more individuals who have put in

countless hours this year to provide the best fair possible and said if he had to pick one person whose efforts stand out, "I'd say Dawn Gonsler. She's a worker. And then there's Fred Siebert, who is our president. We all work all day and then play catchup on the fair. This year is 'different' but we will make it work. It always comes together, and I think it would even if we waited until the week before to get started."

greenecountyfair.net
greenecountyfair@rocketmail.com



JONESBORO NEA DISTRICT FAIR



BY RICHARD BRUMMETT

The dates are set for the NEA District Fair, even though a final list of acts and attractions is still in the works. Fair Manager Mitch Johnson said the 2022 fair's Opening Day will be Thursday, September 22.

"We'll be open for three days, then off on Sunday, the 25th," he said, "and then back up and running for six days from the 26th through October 1st. We'll have all the usuals ... the midway, musical entertainment, games, food. The 26th is really when the entertainment happens and we've lined up a lot of local talent this year."

He mentioned Rooster Blue, Rewind and young Elvis impersonator Zaden J. as being in that group, adding that Wednesday night hosts "our annual Youth Talent Show. The list of acts is not complete yet, but everything is being finalized." On Friday night at 7 he said the Jim "Moose" Brown Homecoming has been confirmed with special guests Steve Azar, Wynn Varble and Dan Sampson. "It will be an evening of songs and stories from three of the greatest songwriters and musicians of our time."

Also on tap is the District Fair Queen Pageant on the 24th, held at the Brookland High School Auditorium.

Mitch said the District Fair has been around since 1984 and as far as anyone

can determine the Craighead County Fair which preceded it started in 1911. "It takes a lot of people to make it happen," he said, giving a word of thanks to all who take part in the planning, setup and actual event management during the fair. "I work with an assistant manager, and we have so many moving parts. There's the front office, staff, supervisors and judges that come in and put their expertise to work.

"It's just a whole lot of people managing to get things done. Some of my staff, I couldn't even tell you all they do. So many have done it for so many years, including maintenance and janitor crews that we absolutely can't do without. It's just a big effort by many, many people. A lot of people think we just string this thing together one weekend, but it takes about five weeks to get it all set up, and about a month-and-a-half to take it all down. And for ten, ten-and-a-half months out of the year we're working on it, making calls and getting things ready for the next one."

Local organizations like Farm Bureau and the Jaycees have in the past been valuable contributors and sponsors and along those lines this year the Jonesboro Exchange Club has taken on the chore of running the concession stand in the Main Exhibit Building. "We are happy to have them," Mitch said. "That's one new thing happening this year."

He said people looking for information and updates about the fair can "look at the Northeast Arkansas District Fair Facebook page, can follow on Twitter or visit the website at neadistrictfair.com and begin to find out things like the rules and regulations on livestock and home exhibits; they should be coming in soon." The Fair Office can also be reached by calling 870-935-4331, currently from 8 a.m. until 4:30 p.m. but as the opening date nears office phone hours will be 8-5. "And once the gates open," Mitch said, "there will be someone in there all day until 9 or 10 at night.

"Another new thing we've got this year is online ticket sales, so you won't have to stand in line. Come on up and show your bar code and we'll scan it and you can go in."

He said he has been involved with the fair in some manner since 1990, starting as an office worker answering the phone, and later was promoted to the management team. "Like I say, it takes a lot of people willing to work a lot of hours to make this work," Mitch said, "and we're real fortunate to have a strong team that gets it done."

neadistrictfair.com



GREENE COUNTY LUAU



Greene County residents were treated to a special night as the Paragould Parks Department prepared to wind down its year of swimming activities.

In early August, the local water park hosted a county-resident-exclusive Luau Theme Night, providing them with free music, games, giveaways, and a special appearance by a local adaptation of Michael Jackson for their viewing and listening pleasure.

Guests of all ages were presented with free leis upon their arrival. It was a wonderful evening of fun and entertainment.



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FAIRS, FESTIVALS, & POTATOES, OH MY!



BY KATIE COLLINS

September is full of fairs and festivals and all the delicious treats they bring. It's also National Potato Month -- what a perfect

combination! Our recipe this month celebrates National Potato Month and brings the taste of those fairs and festivals home with a recipe for Air Fryer Totchos!

What are totchos, you may ask? Think nachos, but instead of chips, we're using the humble tater tot, covered with your favorite toppings. Let's do it!

The amounts you're using will vary based on how many servings you're wanting to make, and with all things potato and cheese, you'll want to measure with your heart. Air fry your frozen tots according to package and/or appliance directions. If you don't have an air fryer, you can deep fry or cook your tots in the oven. I like to make mine extra crispy, so they stand up well to the toppings.

While the tots are cooking, heat up your cheese sauce on the stove or in a microwave-safe bowl. Most packaged sauces or dips



Air Fryer Totchos

- Frozen Tater Tots
- Your Favorite Cheese Sauce or Dip
- Crumbled Cooked Bacon
- Sliced Jalapenos (jarred, fresh, or both)
- Diced Onion

will have instructions on how to heat them; make sure you follow those instructions for the best results. If you are using a homemade cheese dip, heat it as you normally would.

Once your tots are done, transfer them to a serving dish. Top with the hot cheese sauce, bacon, jalapenos, onions, or whatever else sounds good to you! The best thing about this recipe is how customizable it is.

A fun way to serve totchos is "bar" style. Set up all your toppings and let your family and guests build their own, just the way they like it. Whatever you can dream up will make great totchos! You can also use frozen fries instead of tots for a differently shaped potato adventure.

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Support Fundraisers



Sept 1st (Thursday)
Men's Health Fair
Paragould Community Center
6am - 2pm

Sept 10th (Saturday)
Delta Symphony Orchestra Gala
Harmony Gardens
4517 E Parker Rd, Jonesboro, AR
6pm

Sept 17 (Saturday)
Rotary Centennial Park Celebration
Craighead Forest Park, Access 6
8am - Noon

Sept 22th (Thursday)
Food Bank Fundraiser - "Empty Bowls"
Drive-Thru Meals
3414 One Place Drive, Jonesboro
11am-1pm
(ticket deadline Sept 16)

Sept 24th (Saturday)
Greene County Community Fund
Celebrity Waiter Event
Paragould Community Center
6pm



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Hello! My name is Phillip G. Beasley, Ed.S., LPC. I am a Licensed Professional Counselor with over 20 years experience serving clients (adults, couples/families, adolescents) in Paragould and the NEA area.

Do you feel “stuck” and confused, repeating the same behaviors and patterns despite your best intentions and many efforts to become “unstuck?”

WELCOME

PHILLIP G. BEASLEY, ED.S., LPC

Do you struggle with upsetting, distressing, and even traumatic life events from the past that negatively affect your present functioning? Do you feel held back from achieving a better future? You may find yourself believing more “help” is needed than what is offered by well-intentioned friends and/or family. Or you may also simply feel alone in your pain and struggles.

If you choose to work with me as your therapist, you will receive care that matches YOUR treatment needs and focuses on YOU as a unique person (person/client-centered approach). Having worked to improve the lives of hundreds of clients, I have learned that a solid, trusting connection accounts for the majority of improvement in therapy. Also, another major belief that helps guide my treatment approach comes from a model called AIP (Adaptive Information Processing). The idea is that the brain has a drive toward emotional health, and I will work with you to “figure it out” to relieve your emotional pain.

In addition to a person/client-centered approach, I am trained in and often utilize EMDR (Eye Movement Desensitization and Reprocessing) to treat trauma. However, I also blend/integrate interventions from other therapies: Cognitive and Behavioral (CBT), Schema/

Mode, Dialectical Behavior, Ego State, and PREP model for couple’s counseling as well as other approaches. Combining the best elements of different therapies, I hope to provide you with the most effective, researched-based treatments that I can and that you deserve as a client. Through my work over the years, I have significant experience with a variety of problems that clients present with: trauma, depression, anxiety, panic, phobias, psychosis, mood swings/mania, relationship difficulties, personality functioning, substance use/addiction issues, men’s issues, ADHD/ADD, chronic pain, low self-esteem, grief/loss, anger control, and others.

My education is from Arkansas State University in Jonesboro with a Bachelor of Science Degree in Psychology (1996) and Specialist in Education in Psychology and Counseling (2002).

In my spare time I play guitar, sing, listen to music, attend concerts, teach my daughters to play guitar, and work on vehicles. I also enjoy reading, traveling, and spending quality time with my wife, family, and friends.

I’d be honored to work with you on your life journey!

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 September 13th — Next Step, Deny Myself
 September 26th — Bluegrass Monday

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Sept 9th
 Comedian Ginger Billy
 Collins Theatre
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Sept 13th
 Next Step, Deny Myself
 Collins Theatre
 6:30pm



Sept 16th-17th
 6th Annual
 Get Downtown Festival
 5pm-9pm



Sept 26th
 Bluegrass Monday
 Collins Theatre
 7pm



Oct 6th
 Plates on Pruett
 By Main Street Paragould
 6:30pm

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

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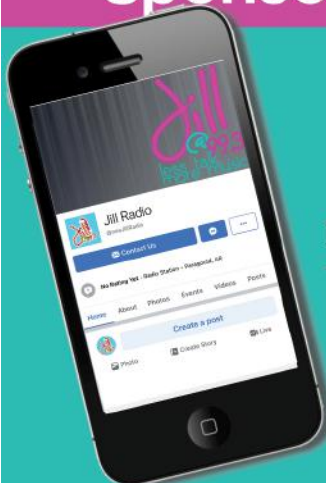
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BIG GRASS BLUE GRASS

The 2nd Annual Big Grass Blue Grass Festival was held in Downtown Paragould in July. A fundraiser for the Collins Theatre Foundation was a great success with the help of the Paragould A&P, KASU, and many local sponsors.

Join the Collins for monthly Bluegrass Mondays. The organization looks forward to BGBG 2023.



FLAGS ACROSS JONESBORO

HONORING LUKE KELLUMS

BY CAITLIN LAFARLETTE

Like the rest of the world, Callie and Luke Kellums spent 2020 navigating a pandemic; but they soon had an additional weight on their shoulders with the birth of their twins and ultimately, the loss of their son.

Luke and Kate were born prematurely on July 8, 2020, just shy of 34 weeks. They were immediately taken to the St. Bernards NICU and while they did well their first week, Luke was diagnosed with bacterial meningitis on July 16. He began antibiotics but the infection quickly progressed.

"We almost lost him that night, but the doctors and nurses at St. Bernards saved him," Dustin said. Luke was then transferred to Arkansas Children's Hospital, where he fought the infection for the next week. "At that point, we learned our sweet boy could not recover."

Dustin added that thankfully, Kate remained healthy during this time. The family was together during a brief visit to ACH, and Kate was able to come home from the NICU on August 25. "During the seven weeks we spent at St. Bernards we were given the best possible care. They treated us like family," Dustin said.

The Kellums experienced every parent's worst nightmare but knew they had to find a way to honor Luke after he passed away. Through their loss, they discovered how to help other NICU babies and their families. In May of 2021, the Luke Kellums NICU Fund benefiting St. Bernards was created, with the help of the Arkansas Community Foundation.

"Since then, we have continued working with the NICU staff and the

St. Bernards Foundation to purchase items off the NICU's wish list," Dustin said. "The list has things ranging from a few dollars to several thousand dollars, and if the money is available, we are willing to help."

He explained the ARCF houses all donations made to the fund and when the NICU has a need, the ARCF releases money to St. Bernards to cover some or all of the expenses. The Kellums plan to continue growing the NICU fund, but also hope their story will inspire others to turn tragedy into something good that helps someone else. In just 15 months, the Luke Kellums NICU Fund has raised over \$46,000 that has been used to purchase items such as soothing mats that comfort babies who are agitated or need sensory input, and phototherapy devices that treat neonatal jaundice.

Earlier this year, the family also began another project: Flags Across Jonesboro. Dustin said after speaking with a friend of Callie's in Magnolia who runs a similar project, they decided it would be a nice incentive for those donating to their son's memorial fund. "We place a three foot by five foot USA flag at your home the week of Memorial Day, July 4th, September 11 and Veterans Day," Dustin said. "We have sold around 200 flags, which has been wonderful for the fund. It's been fun to see entire neighborhoods rally behind the project and line their streets with the flags."

The Kellums have learned a lot since their NICU journey with Kate and Luke, like the fact that St. Bernards has the only NICU in the NEA area. "I remember talking with a mom whose baby was in the NICU while the twins were," Dustin recalled. "They came from two hours away in Missouri because St. Bernards was their closest option. The NICU at St. Bernards is such an unbelievable asset to our region and we will forever be grateful for the care they gave our babies."

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4-H: MORE THAN JUST ANIMALS

THE BAND SAND CREEK

BY KAROLINE RISKER

The program 4-H (head, heart, hands, and health) began more than a century ago in Ohio and was called “The Tomato Club” or the “Corn Growing Club” at its onset. It was envisioned as an after-school program to promote positive youth development and to engage youth in the work of their community through the Cooperative Extension Service, with an emphasis on practical and hands-on learning. The desire at the time was to link public school education with rural life. Much of the purpose was instructing in improved farming and farm-homemaking practices.

While 4-H still has many elements of those first days, the organization has since broadened its scope to focus on citizenship, healthy living, science, engineering, and technology

programs. So, you will still see youth in 4-H showing cattle, but you might also find youth starting a band.

Lance Blythe, a 4-H agent working at the Greene County extension, had been a musician in Twister Alley, an experience that was useful for starting the 4-H band today known as Sand Creek. “In a band setting you learn a lot of life skills: communication, teamwork, speaking confidence,” he said. “I knew from my experience that this was something we weren’t tapping into. 4-H has vocal, instrumental and dance competitions but they don’t put them together. We brought them together. We knew we had talented kids so we started in 2011.” The group raised funds to buy equipment and began to practice, and perfectly typified the 4-H slogan, “Learn by doing.”



Kevin King, Blythe’s long-time friend and bandmate in Twister Alley, helped Blythe get the band started. The two went on a trip to a regional meeting in Georgia where they saw a performing arts program. “I think we can do this here,” Blythe asked of King, “What do you think?” King said he had always thought 4-H was another branch of the FFA (Future Farmers of America organization). He had no idea they had programs like this but wanted to help. They advertised through the schools and got enough interest to start a band. “Doing anything with a band is quite a feat in keeping organized and together. It’s challenging, but not necessarily hard,” he said. Most of the kids had experience already but had to learn to play together. “We taught things we knew from live experience — entertaining an audience, learning how to pay attention to the audience and to work with an audience. The hardest thing was to get them to talk and communicate with the audience. We had to practice talking between songs and not just stand there and play.”

One of the performers they saw in Georgia later rose to fame in the group Sugarland, Jennifer Nettles. She joined 4-H in the 6th grade and attributes her pivot into performing to that experience.

“It has flourished year after year,” said Shona Howe, band leader and

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manager for Sand Creek. "Our goals are to help the community and show the kids what they can do with it after they finish school." She said they want the kids to continue to help with community events and hopes they utilize music for the rest of their lives. The group has done several fundraisers and benefited people who had accidents, parents needing help, food banks, and Mission Outreach. They will have a Christmas show fundraiser at the Collins Theatre to pay off a trailer they use in performances, needing another \$1,500 after having raised \$3,500.

In addition, they try to show long-term skills useful in the music industry. "We use others to teach our kids and what it takes to build a band and keep it long-term," Shona said, noting the help of Andy Fulkerson, who has been in several bands over the years, and Shannon Freeman, who showed them how to structure a show. "All the kids love it. If anything, we have to slow them down coming in. We don't let them be on stage for the big events until their junior and senior year; they have to be ready."

The band has performed at numerous events, including the largest local fest in Jonesboro; it also won the Best Band Award as voted by Premiere Magazine readers. It is now in need of guitar players and drummers for 2023; hopefuls must be in 9th grade and up to apply. Email 4-H at lblythe@uada.edu if interested.

4-H is free, open to any youth ages 5-19; you can start at any age. Youth learn through a project area work and is very informal. Youth pick a project area to focus on, and there are a lot of those; in fact, there are more than 60 and include some you might not expect, like fashion and fabric, photography and videography, health and fitness, theater and performance arts, archeology, leadership, public speaking, showing livestock, automotive, welding, energy, and many, many more.

"It's important to pick a project that interests you," said Blythe, "a

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project that you can work on easily and a project that will teach you something new. Since most of your project work will be in or around your home, you should work with your family to pick something that you can all participate in."

He adds that some project time

commitments will vary. Some might just be a day or two a year, and others three to four times a week, or some even daily. Projects get the youth interested, and competitions keep them going. It's good to "see how you stack up against people in your age group," Blythe adds. There are competitions on multiple levels, up to the national level where they have been held in Chicago, Illinois, Colorado, and Kentucky. There are also scholarship opportunities for members of 4-H. "The underlying goal is to help them in life — how to start a fire, cook, learn about citizenship, community service, how to be a good, engaged citizen when they are older," Blythe said.

As of 2016, there were 6 million active youth in 4-H and 25 million alumni. You can find 4-H in more than 50 countries. For more information, go to www.4-h.org or contact the Greene County Extension Office at 870-236-6921.

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BY JOEL PHILHOURS

Fairs and festivals – whose idea was this? I would like to thank you!

Where did the idea of eating deep-fried everything on a stick come from? Things like Chocolate-Covered Bacon on a Stick at the Texas State Fair or the Arizona State Fair’s deep-fried scorpions - plain or dipped in chocolate. Here’s a list of 10 of the most popular state fair foods you’ll encounter around the U.S. This list doesn’t begin to cover the complete menu, but it’ll get your mouth watering:

1. Deep Fried Oreos
2. Fried Chicken in a Waffle Cone
3. Deep Fried Snickers
4. Pizza Cone
5. Cannoli Dessert Nachos
6. Deep Fried PB&J
7. Corn in a Cup
8. Turkey Legs
9. Deep Fried Cheese Curds
10. Cookie Fries

How about the rides!? What makes us jump up and down with excitement for the chance to risk our lives by getting on a thrill ride cobbled together a few hours before the gates open? Just kidding. A trip to the fair is, in fact, a very safe activity. You are actually more likely to be injured travelling to the fair than at it. In 2019, there were an estimated 1,300 ride-related accidents resulting in injuries in amusement parks in the U.S. This is about 3.7 injuries per 1 million visitors.

Oh, and don’t forget the opportunity

to win that stuffed pink gorilla for your “main squeeze” even though it won’t fit into your car! Are carnival games rigged? “It’s not that every carnival game is rigged, but any can be, and many are,” says Bill L. Howard, who has been investigating carnival games since 1978 and wrote *Carnival Fraud 101*, a guidebook for law enforcement officers on tricks of the trade.

Here are seven common “games of skill” that are tough to win:

1. The Milk Bottle Pyramid:
Pins are heavy and the balls are lighter than normal

2. The Basketball Shoot:
Rims are smaller, oval-shaped, higher than normal and the balls are overinflated

3. The Balloon Dart Throw:
Balloons are underinflated, darts are lighter than normal and the tips are dull

4. The Ring Toss:
Rings are slightly wider than the bottle’s neck and the ring is HARD plastic

5. Tubs of Fun:
Tubs are plastic making the balls “bouncy”

6. Shoot the Star:
The ammo is smaller than a normal BB and the sights are “off”

7. The Duck Pond:
99% of the ducks have a “cheap” prize with 1% being a “big” (still cheap) prize

So, where did the Fairs and Festivals come from? The fair was essentially an economic event — a large multi-day market, while a festival usually celebrated a holiday or other special occasion. These events started during the Renaissance and spiced up life, giving people of different regions and social classes a chance to interact, and – as my dad would say – “show out.”

“Renaissance” is a French word meaning “rebirth or revival,” used to describe the “complex transitional movement” stressing “rational thinking and humanism.” This time period introduced society to literature, art, architecture, science, world exploration, Bill Shakespeare, and technology. I’m thinking we’ve moved in the opposite direction of

“rational thinking” when it comes to fairs and festivals today.

Fairs became a significant form of economic activity between the 1000s and the 1200s. A typical fair was simply an outgrowth of a town’s weekly open-air market. Once a year, often at the time of a local “saint’s feast celebration” (the Fall Season), towns, counties, and states expanded the market concept into a multi-day event. A few fairs became major events that attracted buyers and sellers from throughout the region, nation, and sometimes the world. This is still true today.

I don’t think going to the fair “back in the day” was as much fun as it is today. No Midway lights or hip-hop music blaring in the background. No games of chance or skill. Nobody to guess your weight or age, and no aroma of funnel cakes, cotton candy or hotdogs.

Festivals, on the other hand, ranged from sober church ceremonies to wild street parties. Some festivals occurred every year. Others were one-of-a-kind events in honor of an important occasion, such as the wedding of “important people.” Modern historians have noted that some Renaissance festivals celebrated and reinforced the existing established order of society, while others appeared to overturn it for a short period of time. Both religious and civic festivals aimed to show the social order in a positive light and to make people feel safe and comfortable within it.

But not all festivals celebrated order and harmony. Some popular and widely enjoyed events played with images of “misrule,” an overthrowing or reversing of the social order. Some historians believe such festivals undermined the established order of society by leading people to focus on physical pleasures rather than on reason and morality. Sound familiar?

So, get ready for the Fall Fairs and Festivals! Hit ‘em all and DO NOT miss the 2022 Greene County Fair Mullet Contest on Wednesday, September 7, immediately following the Karaoke Contest in the B.C. Lloyd Building ... \$100 prize, winner takes all!! The rules say “no wigs or extensions. Must be your real hair” so I guess I’ll not be entering.

Have fun, good luck, be safe, and don’t eat too much. And for goodness’ sake, don’t “show out!”



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TRIBUTE ARTIST

BY CAITLIN LAFARLETTE

There will only ever be one true Elvis Presley, but the number of impersonators the former rock star inspired is easily in the thousands. One of those resides right here in Northeast Arkansas and is even younger than Elvis was when he recorded his first song.

Eleven-year-old Zaden Gallion of Jonesboro started his journey as an Elvis tribute artist a little over a year ago.

"My dad has always loved Elvis. When I was little, he would always have videos on and I would go in there and start dancing," Gallion said.

For Gallion's 10th birthday, his dad took him to see Dean Z, the Ultimate Elvis Show in Branson. Gallion wore a Halloween Elvis suit to the show, and when Dean Z interacted with him, he was hooked.

"He was amazing," Gallion said. "Now I'm wearing the real suits."

The young Elvis fan now has his own lineup of performances, including the Rock N Roll Cafe near Graceland, Graceland pavilion, Jerry Lawler's Bar



and Grill, and local festivals. He has future shows in the works, including Downtown After Hours in Paragould this October.

"Right now I'm trying to focus on learning new songs, and school," he said.

"It makes us so very proud that he's already choosing a career path and

putting smiles on people's faces," his mom, Susan, said. "It just makes our hearts so happy."

Susan added she assists in scouting locations for her son to perform, as well as choosing songs that are right for his voice.

"Same with his outfits: the right outfit for the song," she added.

The outfits are what really pull together his show. Decked out in a gold, sparkling jacket, black button up, and perfectly combed hair, Gallion looks the part of his idol. He said he tries to find replicas that Elvis wore through stores such as B&K Enterprises and Lanky's.

But the costumes aren't the only thing helping Gallion with his impersonation. He even has the mannerisms of Elvis down, from the dance moves to the hair flip. Combined with his vocals, the act comes together for an exciting experience for the crowd.

"They are so excited and amazed for what he can do at such a young age," Susan said.

That feedback from the crowd is part of what Gallion enjoys about performing. When it comes down to it, his favorite part is "knowing I'm trying to keep Elvis' legacy alive, and making people happy."

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HEALTH BENEFITS OF OLIVE OIL AND BALSAMIC VINEGAR

BY AMANDA YATES

The Mediterranean Diet has long been lauded as one of the healthiest ways to eat. Much of its health benefit is due to the abundant use of olive oil and vinegar. But although this diet has been around for years, there still seems to be a lot of confusion and questions surrounding the proper use of the oils and vinegars.

One of the most asked questions is whether you can or should cook with olive oil. The simple answer is YES. But let's talk about why. All cooking oils will degrade when heated. They will form toxic aldehydes as soon as they start to oxidize, and the aldehydes are increased when it's heated for a long time or at high heat. But HIGH-QUALITY olive oil contains a family of antioxidants called Phenols. These are unique to fresh extra virgin olive oil. The phenols "sacrifice" themselves to prevent or diminish the formation of the aldehydes. But the best of the olive oils have



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enough phenols to still give you those health benefits even when cooked. Those health benefits include heart health support. Studies show olive oil reduces hypertension and cholesterol. Its anti-inflammatory effects and antioxidants help to prevent oxidation of LDL and help increase the HDL. Metabolic syndrome can also be reduced by intake of quality olive oil by increasing the hormone adiponectin which triggers fat burning and by improving the insulin sensitivity. Another benefit of olive oil is arthritis/pain relief. One of its antioxidants, Oleocanthal, prevents the production of Cox-1 and Cox-2 enzymes, the same benefit as NSAIDS. If you want to know if your olive oil has this benefit, it will be tasted in the back of your throat with a peppery bite. Another antioxidant, Squalene, has neuroprotective effects and can help slow Alzheimer's and heal nerves.

But not all olive oils are created equal. I am often asked, shouldn't your oil come from Italy? You are welcome to use Italian olive oil but, truly, the source of the most potent and most medicinal oil today comes from Australia. It also has the highest standards for Extra Virgin classification. The best oils should be picked green and have a green hue when poured. You should look for the "pressed date" not the expiration date. And skip on the "light" olive oil if you are wanting the healthy antioxidants.

Balsamic Vinegar also has lots of health benefits. It too contains many antioxidants including vitamin C and Quercetin which are beneficial for immune support. The vinegar stimulates pepsin in the stomach, which helps break down protein and speeds up digestion. Other components of vinegar have benefits for anti-viral/anti-bacterial support and heart health.

While using high quality Extra Virgin olive oil and balsamic is always a good choice, there are many fun and flavorful options to make your culinary experience elevated. These flavored oils are created by either 1) crushing the olives and the flavoring herbs (e.i. chili pepper) through the mill at the same time. Or 2) using food grade essential oils to impart the flavor. The vinegars will have different taste depending on the type of grape used, the length of time it was fermented and the type of barrel it was fermented in. They also receive their added flavors from essential oils. Using flavored olive oil and vinegars helps your meal taste much better and makes them better for you.

Combine them for a healthy salad dressing, custom create a marinade for the grill, or drizzle over veggies for a blast of flavor. And did you know you can use olive oil to replace butter in any recipe? Ever tried an olive oil cake? However, you choose to use them -- use them! Your health and your taste buds will benefit.



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43

The Brinkley Legacy

48

Austin and Mr. Jay

52

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Making the Hard Decisions

PROTECTING THOSE WHO ARE LEFT BEHIND



BY MICAH BRINKLEY

Larry and Melinda Brinkley's journey from wellness to illness to death in less than one month was both unexpected and unfathomable. My siblings and I were thrust into a place we were not prepared to be after our parents

passed away within five hours of each other on Dec. 29, 2021.

As unprepared as we were for them to leave us, it was evident through the journey after their passing that our parents had taken the necessary steps in preparation for the end of life. Their planning was characteristic of them. They always tried to protect us in life, and now they were protecting us in death.

We learned quickly the importance of our parents' planning their estate with both life and death in mind. Taking the time to look at all the facets of their lives has proven to be one of the biggest blessings they could have given us. Let me say at this point you may not think you need to plan for death. Please don't let that keep you from at least looking at your personal situation. Planning encompasses so much more than money and assets.

Planning will make it easier on those who are responsible for taking care of what you leave behind. The grief of death is overwhelming enough. Having the comfort of knowing many decisions have already been made and important information is accessible will lessen the burden for your family members. While some of the decisions our parents made are not right for everyone, they can serve as a starting point for conversations.

CONTINUES ON PAGE 44

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First, our parents downsized. They had been empty-nesters for many years. After both of them retired, it was time to go smaller. They moved into a smaller home in a 55-year-old-and-older planned community that was built to be handicapped accessible should there ever be a need.

Second, downsizing meant purging. They went through everything they had and either sold, donated or threw away belongings that were no longer sentimental, necessary or used. This was a very important step for my siblings and me as we found ourselves having to go through everything that was left behind.

Third, they planned their estate. With the help of an elder law attorney, they set up a family trust and wills, as well as medical and financial powers of attorney. They named an executor of their estate. They named beneficiaries on the trust, retirement accounts and bank accounts so these assets would avoid probate upon their deaths. Most importantly, they had the conversation with us as to why they made the decisions and choices they did. We all knew their plans so there would be no family squabbles, as sadly tends to be the situation in many cases like this.

Fourth, they had all their usernames and passwords in an easily found document. Having this information was extremely valuable when it came time to cancel re-occurring payments or services no longer needed, such as cell phone contracts, credit cards and other services.

Fifth, they pre-planned for their funerals. They made those important personal choices and pre-paid that cost as a means to make their deaths easier on us. Having to plan for a memorial service and burial following a death, whether expected or unexpected, is emotionally draining for those who are left behind. Knowing they had already made the big decisions was a blessing.

Finally, they did something a few years prior to their initial downsizing that ended up being so beneficial. They had all of our family photos and home movies digitized. Because of their forethought, we weren't left having to thumb through boxes and boxes of old family pictures and movies trying to decide who gets what or what to do with all of them. Again, they took those difficult decisions out of our hands.

There were other little things they did, but I think you probably get a good overview of their planning for life and death. While death is never easy, and our grief is still pretty raw, we do find peace knowing our parents did all they could to protect those who were left behind.

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Seniors Face Unique Challenges Navigating Cancer

BY DR. MAZEN KHALIL, MEDICAL ONCOLOGY/HEMATOLOGY AT ST. BERNARDS CANCER



A cancer diagnosis presents unique challenges to any patient, regardless of age and health history. Between the tests, treatments, appointments, commutes and lengthy waiting periods, cancer can dominate a family's time while

also taking physical, mental, emotional and financial tolls.

In particular, older adults may find these demands increasingly difficult. As we age, our capacity to endure aggressive cancer treatments declines, and many early detection methods prove less useful or overly invasive. Compounding the problem, aging may bring other chronic health conditions, such as diabetes or cardiovascular disease. These comorbidities can lead to serious side effects from treatment and the cancer itself.

Still, the Centers for Disease Control and Prevention cites more than two-thirds of all new cancers occurring in adults at least 60 years of age. The largest expected increase comes in adults 75 years and older.

To keep our Seniors healthy and active, they need more than a "one-size-fits-all" approach to cancer care. They and their caregivers benefit when a coordinated team designs individualized care plans that integrate them into each important decision, regardless of the

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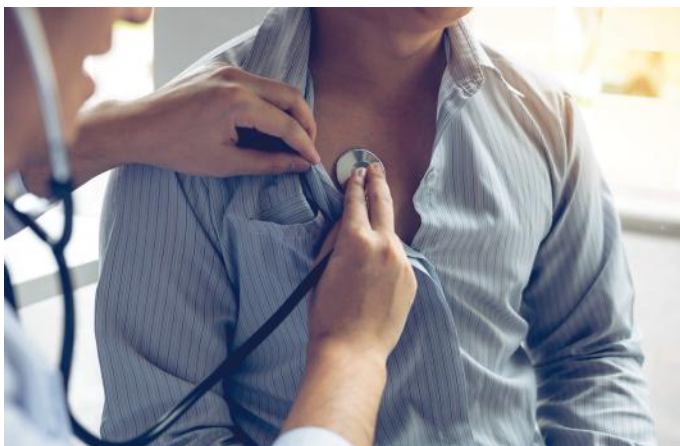
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cancer diagnosis, stage of the disease or the treatments employed. These additional, but vital, services include:

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- Supportive and Palliative Care, offering Seniors active care while relieving suffering and easing stress that may accompany cancer
- Clinical Trials, providing alternative treatment options in place of chemotherapies, radiation and surgeries
- Cancer Exercise Rehabilitation, such as the program offered at St. Bernards Health Wellness
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In addition, they do not sit long periods in uncomfortable waiting areas before receiving care.

The challenges with the cancer diagnosis may not go away but having confidence in a qualified cancer-fighting team makes an important difference moving forward. For information on how St. Bernards provides seamless care for Seniors facing cancer, visit cancer.stbernards.info or call 870-207-7300.



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Austin Hinson



his fingers and saw he had increased confusion, so he called 911 quickly.

Lynn Buckland, Jay's wife, was out of town visiting relatives so Austin went to the hospital with Mr. Buckland and stayed with him until his family was able to make it to Paragould. Mr. and Mrs. Buckland count Austin and his wife EmmyLou as family. "Austin is such a compassionate young man," Mr. Buckland said. "He will do anything we need done. We make a list each day and he asks for more. He took me to Poplar Bluff to the VA Hospital for an appointment. Even after hours, if we need him, he is there for us."

Austin is a personal trainer, dog watcher and a CNA. "I don't just *work* for Mr. Jay," Austin said, "we are family. I don't want to be recognized; taking care of people comes naturally. I just want people to know the signs of a stroke and what to do quickly. Focus on getting help as soon as possible."

Austin has nine siblings and has grown up being responsible. He actively seeks personal training clients and even cares for animals with his dog watching business.

Melissa Freeman, VA coordinator with 1st Choice Home Care, said, "We like to set up Alexa to call 911 and tell our patients what

to say to activate it. Mr. Buckland knew it but just couldn't get it out. Thankfully, Austin showed up and because of his early intervention, Mr. Buckland has made an almost 100 percent recovery."

"We are proud of Austin and encouraged him to wear a Superhero costume to our Halloween Party," said Shawntae Thompson, Marketing Director. "Our caregivers are heroes and Austin exemplifies our client/caregiver relationship."

"I just can't say enough good about Austin. I'm pretty proud of him. He saved my life that day, no doubt," Mr. Buckland said.

Austin has an Instagram account: @behindthegrindfitness



Veterans are a tough group to help, but Austin Hinson, a (CNA) caregiver with 1st Choice Home Care, and Jay C. Buckland have bonded after a harrowing experience.

Buckland is a VA client that Austin makes home visits for. On a visit, he found Buckland on the floor attempting to tell Alexa to call 911 but unable to. Austin quickly recognized that Buckland was showing the signs of a stroke, his face drooping, not making sense but trying to communicate. Austin had him squeeze



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Bee's 50th



BY RICHARD BRUMMETT

Greene County's Senior B.E.E.S. will be celebrating big time when September 13th rolls around and marks their 50th birthday, and they're inviting anyone and everyone to join in the celebration.

The B.E.E.S. -- "Busily Enjoying Everyday Seniors" -- call the center at 121 North 12 Street in Paragould home and they will be ready to welcome visitors to the big day. Carol Fleszar, Executive Director for the B.E.E.S., said an early afternoon party will be open to anyone who wants to drop by the Senior Center, with local dignitaries like Mayor Josh Agee, Greene County Judge Rusty McMillon, former B.E.E.S. Director Kay Greenway and also State Representative Jimmy Gazaway on the invite list.

Carol said plans are to serve B.E.E.S. members their normal Tuesday lunch, then open the way for "a little reception, with some speakers, from about 12:30 to 1:30. I think everyone would enjoy getting to talk and mingle a lot more than sitting through a long program, so they will be free to tour the building and I believe those who haven't been here in a while are going to go, 'Wow!' when they look at the gym. We just want it to be a real fun day and not

one that keeps people from being able to visit with old friends."

According to information provided by Greenway, the B.E.E.S. started on September 1, 1972, in a program "very different than what you know today." The group had few resources and little money ... no buses, no food program, no local housing and a one-person staff of Director Sylvia Harvill. Still, those interested in seeing the program grow began to participate in and support things like the B.E.E.S. Band, quilting groups, potluck meals and, most importantly, fellowship.

The first bus was acquired in 1973 and little by little more employees were added. Hazel Tinsley became part-time secretary, Charles Howard drove the bus and Ina Brown served as part-time bookkeeper. Greenway came on board in March of 1975 as secretary/bookkeeper and later that year assumed the duties of Director when Harvill resigned. The program continued to flourish with incredible support from volunteers and the community in general, and events like the Senior Olympics, Recipe Contests, Spelling Bees and various B.E.E.S. tours became regular mainstays.

Today, what was once the Greene County Community Center is now home to the B.E.E.S. and provides space for countless programs and activities. There is a boutique staffed by volunteers and the newly renovated gymnasium hosts exercise classes and equipment, sitting areas, and fulfills the Bean Bag Baseball team's needs. There are classrooms and offices, the kitchen and back lobby where daily meals are served and spacious areas suited for just about any endeavor the B.E.E.S. can imagine.

"We want anyone ... everybody ... everyone to come celebrate 50 years with the B.E.E.S.," Carol said.

More information may be obtained by calling the Senior Center at 870-239-4093 or by keeping updated on the B.E.E.S. Facebook page.

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Jerry Carlile

The Joy of Giving



Painting has been a hobby of Jerry Carlile's at least since 1979. There were a few years where he did not paint while attending grandkids' ballgames and enjoying the birth of great-grands with his wife Vendetta, but after retiring he picked back up and has even had a "show" at the Greene County Library.

"A friend at church, Linda Cline, told me I should do the library art display. She called and set it all up and then Connie was so nice," Jerry said. "She said a lot of people commented and enjoyed it. That is why I like doing it. I do not sell any of them, I give them to others."

Carlile paints landscapes using bright colors and has recently painted several Italian landscapes. "I look at Pinterest for inspiration and my granddaughter will blow up what I like so I have a reference for the main elements," he said. He has also painted many Costa Rican landscapes as he and his wife went on mission trips there for 16 years in a row. He gave away several paintings and loves seeing the recipients show them still hanging on their walls when they post them on Facebook.

In 2015, Carlile was preaching at a small church and pledged to give each family a painting. He managed to let each one choose a painting over time and enjoys the thought of their having his art in their homes. "I have art on all my walls," Jerry said, "the first one from 1979 is in my laundry room. I have stacks in my closet of those that do not meet my approval."

It is important to have something to do and painting, attending lunch at the Senior B.E.E.S. Center and going to church all help keep him busy. "Painting occupies my time and I love to do it," he said. "It makes me happy to give it to someone."



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Caleb Mountain Climbers



BY KAROLINE RISKER

Caleb Mountain Climbers is the name given to the senior adult group at Central Baptist Church in Jonesboro. While they're not exactly literal mountain climbers, they are still a pretty ambitious group. They get the moniker from Caleb in the Bible, specifically from the book of Numbers. Caleb said that everywhere he set foot he would possess, so he went to the mountain. An aspiring name for sure, but then this is an inspiring bunch.

This long-time group open to adults ages 60 and up started several years ago with about 35 people meeting for a monthly program; today they average about 80. The third Monday from 10 a.m.-noon they have a program and eat lunch; the program usually features a musical presentation. In a sentence: They "cut up, and have a good time, and eat — always eat," said Don Vineyard, program director and member

of the church for at least 45 years.

In the past, they have had violinists, a fireman who played the bagpipes, a gospel quartet, and a sing along. "The crazier it is, the better they like it," said Don. They are usually accompanied by 95-year-old Leoda Croft who can play by ear. "She can make that piano talk," Don said.

They like to play music from their era but there seems to be no limit to what Leoda can do. They played Name that Tune, where she pulled out 64 songs by heart and 30 Christmas songs one December. "It's just a fun group, they love being with each other," said Don. "It's like a big happy family."

They occasionally travel and do their programs at nursing facilities. The rest of the time they meet in the main building located at 3707 Harrisburg Road. The group collects money for the program to offset any costs, but all giving is done on a volunteer basis. Anyone is welcome to join at any time, even people who are not members of Central. All events that happen on the church's campus are free. Activities outside of the church are done at a reduced rate.

The monthly program is not all Mountain Climbers do. An offshoot of the group is Game Night, which happens on the first Monday of every month from 5-7

p.m. Roger Grimm, president of the Climbers, said they typically have 65-75 on game night, where they will also have a meal. Meals are usually catered so no one misses out on the fun, the exception being when they fry fish; 31 men showed up to help out that night. "It's great fellowship time," said Roger.

In addition, the church created visit buddies for shuts ins of the church. "We got seniors to visit seniors," said Jay Jacobs, senior adult pastor at Central. Jay is also instrumental in the group outings for these active seniors and added the mystery trip. On one such trip, they went to Mammoth Spring and climbed on a caboose, went to an aquarium and held a lizard, and ate at River Bend Restaurant where they threw fries to the ground hogs. A favorite destination for the group seems to be Branson. A trip there will include dinner and shows, and visiting the Shrine of the Holy Spirit.

They have also traveled to Hot Springs to see the Christmas lights, Kentucky to visit the replica of Noah's Ark, Bellevue Baptist Church to witness the Singing Christmas Tree, and traveled by train to New Orleans.



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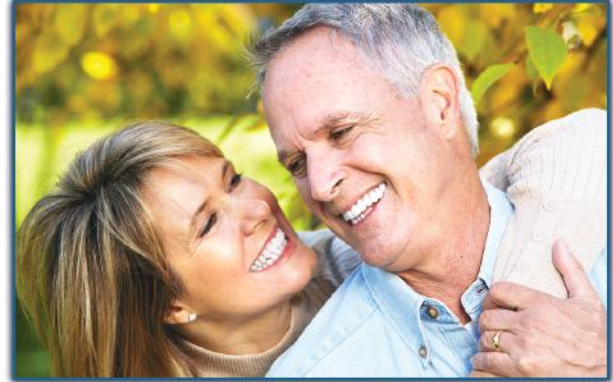
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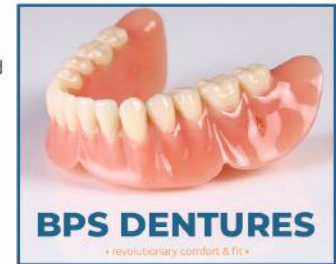


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Laura Jackson

Serving Others

BY RICHARD BRUMMETT

Laura Jackson has a simple outlook on life but one that carries great impact. "Others," the Paragould resident said. "That's my motto; that's the way I feel."

And others certainly appreciate her kindness and efforts, especially the residents and staff at the Green House Cottages of Belle Meade, a Rehabilitation and Guest Care Facility located in Paragould. After her daily 6 a.m. walk at the local Walmart, Laura -- now 93 years old -- returns home to cook breakfast and then at 10:00 heads for the Jackson House at Belle Meade to offer four hours volunteering in whatever manner is required, spending most of that time in the kitchen by choice. All involved have come to love her specialties, like apple pies and chicken and dumplings.

"I think everyone should get a routine, and that's mine," she explained, "five days a week. They say I'm the mother of the Jackson House. While I'm there I also like to spend a lot of time with the residents; they love me because I speak their language. There's just one person out there older than me. I enjoy taking time to sit and talk with some of them, just to help brighten their day. But it means just as much to me as it does to them."

While not on the payroll and certainly not obligated to show up at a certain time, Laura said she still prefers to call and let the staff know if she is running late or if she cannot make it there. "One day I didn't call for some reason," she recalled with a smile, "and they thought I wasn't coming. When one of them saw me getting out of the car they started pulling stuff off the tables ...

the mats and things they'd already started putting out ... and someone said, 'Put these back up! We can't be doing her job!' It gives me something to look forward to every day."

The Jackson House is named for Laura and her late husband Wallace, who was a resident in the old Belle Meade facility before passing away in April of 2017. For 54 years the Jacksons ran The Family Shoe Store in Downtown Paragould, cultivating lasting friendships with customers from all over Northeast Arkansas. "Maybe that's where my desire to serve comes from," she said, "but because we did that for so long, almost everyone who comes out (to Belle Meade) I know. The people out there will say, 'Mrs. Jackson, you know everyone,' and I say, 'Well, I sold them shoes forever.'"

"I'm thankful. I ask the Lord every day to guide my steps. I'm grateful I am still able to do all my work, my housework; and I still cook my meals and freeze things. But the mother of The Jackson House ... that's what I am, I guess."

Pam Diggs, Administrator of Belle Meade, said when Mr. Jackson was in the old facility that Laura was "an amazing support not only for our elders, but our staff as well. She came early every day of the week, would get Mr. Jackson his coffee and then go to the dining room and get all the elders' coffee as they waited for breakfast. She provided conversation, assistance and emotional support for many people."

"Once we moved to the cottages, she assisted on moving day, greeting the elders in Jackson Cottage as they arrived and helped them get settled



in their rooms."

Pam praised Laura's effort in the dining room and kitchen, saying she "teaches the new staff about cooking and helps them grow and learn her secret tips and recipes. She is a vital part of life in the Jackson Cottage and visits her friends that move into other cottages."

Laura is also the 2021 Volunteer of the Year according to the Paragould Regional Chamber of Commerce, an honor that caught her by surprise. "They called me and asked me if I could come to the banquet, and I told them I had a ticket," Laura said. "Wallace and I always went every year. I figured maybe they were going to recognize us volunteers and have us all stand up or something, but they called my name and told me to come up on stage ... and I stubbed my toe! But they helped me and the governor was there and said how proud he was of me and they made a big deal, but I just do it because I love helping the people ... the workers and the residents. I guess I'll keep doing it until I just can't anymore. I have love for them."

Pam said, "Our world would be a much brighter place if there were a lot more people like Mrs. Laura Jackson. Belle Meade is a better place thanks to her and her compassion for our elders."



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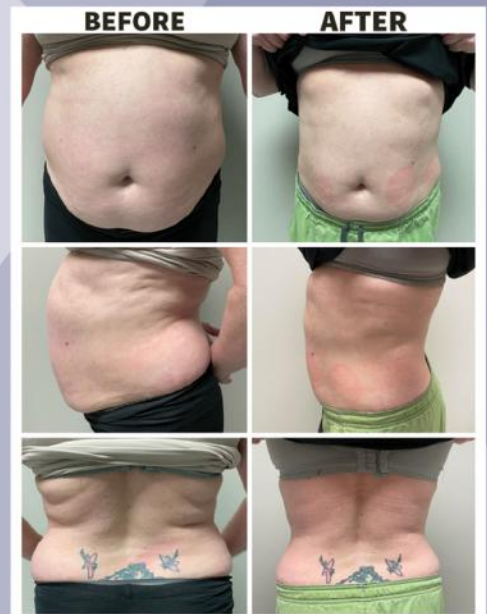
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Average loss of pounds

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Overall BMI decrease



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Benefits Seniors Deserve

BY CHAD OLDHAM



ARE YOU MISSING OUT ON BENEFITS? IDENTIFY THE PROGRAMS AVAILABLE TO SENIORS LIKE YOU....

Older adults have access to hundreds of federal and state benefits

programs. Many retirees meet the requirements for these aids, yet do not know they are eligible and miss opportunities to receive assistance. Others can feel overwhelmed by complex application processes.

Benefits CheckUp, the National Council on Aging's online resource, helps elders

identify the federal and state assistance programs for which they are qualified. The database is free to access, and the National Council on Aging ensures personal information people enter into the website remains confidential.

The resource provides older people not only with individualized reports of the assistance programs that cover them, but also the details they may need on each program before applying, including contact information for the agencies administering the assistance.

HOW TO OBTAIN AN ELIGIBILITY RESULTS REPORT

To get personalized Eligibility Results detailing the benefits programs to which you may apply, enter your information into the database on the BenefitsCheckUp website, starting with your ZIP code. Then select the programs that interest you, which offer support on any number of services, including:

Health care and medication; Food and nutrition; Housing and utilities; Aging in place and in-home care; Income Disability services; Long-term care, such as skilled nursing facilities; Discounts and activities; Tax help; Crisis, legal, and general assistance; Veterans' programs.

Once you enter details such as your date of birth and marital status, BenefitsCheckUp generates a report outlining the specific programs accessible to you, and identifies what other information each program requires.

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The Eligibility Results reports have several user-friendly features:

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After the website creates an individualized Eligibility Results report, you can save it as a PDF and email it to yourself or a loved one.

FAMILY AND CAREGIVERS CAN USE BENEFITSCHECKUP TO ASSIST THEIR LOVED ONES

Family members or caregivers of older adults can also use BenefitsCheckUp to help their loved ones learn about benefits programs. They can enter an individual's information into the website on their behalf and get a report, which they can use to support their loved ones in applying for state or federal benefits.

These easy-to-use resources can help older adults and their families alleviate the stress associated with applying to state and federal benefits programs. Visit the BenefitsCheckUp website <https://benefitscheckup.org/#/> to use the tool.

PLAN AHEAD BEFORE SEEKING NURSING HOME CARE: AVOID UNNECESSARY DEBT FOR YOU AND YOUR FAMILY

Many senior citizens may need the services of a nursing home or at-home care at some point in their lives. You might assume government assistance

or health insurance will step in and cover the cost if you cannot afford these services. Unfortunately, neither health insurance nor Medicare covers long-term care. Because obtaining long-term care insurance can be very expensive, Medicaid could become your only option.

Medicaid coverage is not a given, however. If you have assets or recently transferred assets, Medicaid may determine you do not qualify for coverage until a certain amount of time has passed. If this happens, you and their family can face significant medical bills. If you cannot pay, nursing homes may take you to court to get reimbursed.

What steps can you take to avoid this? First, before applying for Medicaid, get a better understanding of the timelines in your state, known as lookback periods, that can affect your eligibility. Then you can engage in proper Medicaid or asset protection planning in advance of these timeframes. A good age to begin planning is around age 65, although everyone's situation is different.

Individual states run Medicaid programs, and every state has different rules regarding Medicaid eligibility. These programs were designed as a payor of last resort, in other words, to qualify you must meet strict requirements. There are two primary types of Medicaid benefits: home care and skilled nursing home care.

LOOKBACK PERIODS

You must submit an application to your local Medicaid office to qualify for these

benefits. As part of this process, the state will look at any money or property you may have transferred within a certain lookback period. In New York, for example, this period of time will soon be 30 months for home care and 60 months for skilled nursing care.

These lookback periods can have serious consequences. If you have not engaged in appropriate asset protection planning,



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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you may not be able to qualify for home care or nursing home care for many months. The result is that many elderly individuals must then spend down their savings and liquidate their assets to pay privately for their home care before Medicaid starts covering anything. If a person no longer has resources and is subject to a disqualification penalty period, family members may have to step in and bear these costs on their own.

So, what can you do? The answer is to start planning as soon as is practical.

OPTIONS TO EXPLORE

Speaking with an elder law attorney can help you and your loved ones explore options available to avoid you or them being personally responsible for the costs of your care.

Medicaid Asset Protection Trust - One common approach is placing assets in a Medicaid Asset Protection Trust. You may be able to use this to shelter various assets such as stock accounts, savings, a home with unprotected equity, and much more.

Pooled Income Trust — Another option you may explore is contributing income that exceeds Medicaid allowances to a Pooled Income Trust. This can allow you to qualify for Medicaid while diverting excess income to a trust that pays qualified expenses on your behalf. This will enable you to benefit from the income and not spend it on things Medicaid could have otherwise covered.

Spousal Refusal — Your spouse may also have options that can help you qualify for Medicaid. One such option includes exercising a right of spousal refusal — a process available in some states by which the income and assets of your spouse can be removed from consideration in your Medicaid eligibility analysis. Finally, an attorney can help you understand if certain transfers are permissible under Medicaid rules without triggering a penalty period.

Without proper planning, individuals with assets and income exceeding specific state-set thresholds would have to spend this income and their assets on their care or exempt items before they can receive Medicaid benefits.

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The Farmhouses at Summit Ridge

BY RICHARD BRUMMETT

When Keith White was mulling retirement in 2018, he started thinking of building projects not previously done in Paragould. "I decided if I was going to keep building, then I was going to do something different and something Paragould really needed," Keith said.

In 2019, he started The Villas At Maple Ridge, a neighborhood of 32 units for people 55 and older. Complete with large walk-in showers, front porches, two parks, a pavilion, and even a swing to sit in as you watch the neighbors pass by, it seemed to fill the need Paragould had for upscale living for people 55 and older. During the building of Maple Ridge, he discovered another need in Paragould. People of all ages came out to Maple Ridge, and they asked Keith why he didn't build a place for them to live. They wanted something maybe a little bigger, that they could own, but still something modern- something like "Modern Farmhouses."

So Keith and his wife, Jan, bought a piece of property on Barnhill Road. They hired national award-winning home

designer, Michael Nelson, of Nelson Design Group, and set out to build a community of Modern Farmhouses.

"We had a few people of all ages that told us when they went to look for a smaller home with a smaller yard, they didn't find the quality they wanted," Keith said. "They wanted the same things we built in our larger homes, just on a smaller scale -- things like modern design, front and back porches, granite countertops, walk-in showers, fireplaces, and board and batten siding -- but they also wanted a community that would look and feel like something from the past." To combine these wishes, Keith started building two parks and planting lots of trees. With all of the houses having front porches, one can just imagine folks sitting on them in the evening watching their neighbors walk by.

The farmhouse floor plans have been named the Alexander, Black Oak, Evening Star, Lorado, Pine Knot and Walcott after the long heritage these local communities have played in our past. They are 1,600 square feet, 3 bedroom, 2 bath, with the same quality you would find in larger



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homes. Some people just don't want or need a large home, and these homes are built for them. It may be for someone wanting to downsize, or it may be for young professionals just starting out."

The farmhouses are scheduled to open in October of this year, but one can view the home plans now at farmhousesatsummitridge.com or give Keith a call at 870-476-2588.





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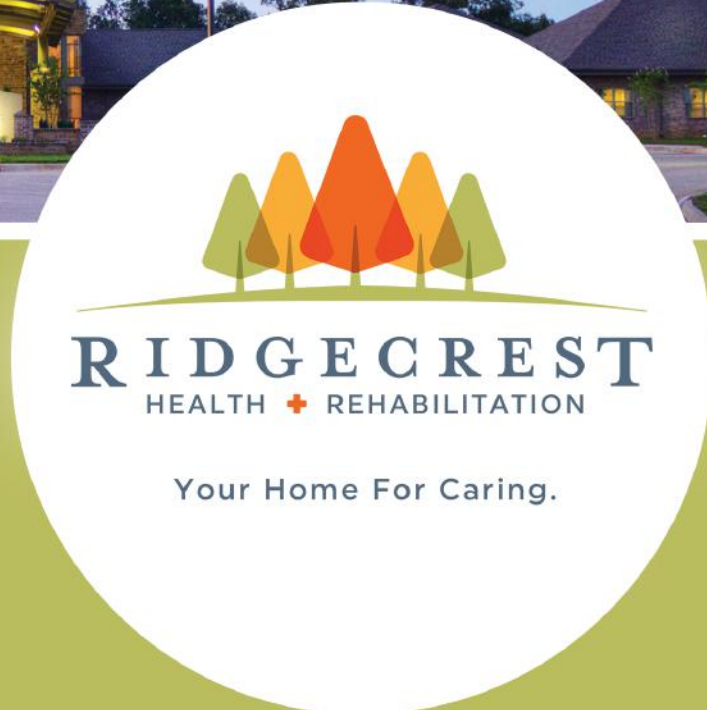
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Playing In The Dirt

WANDA HOWERTON

BY RICHARD BRUMMETT

Wanda Howerton says she's been playing in the dirt her entire life, so it only makes sense she would relish being a member of the Master Gardeners.

"From working in my mother's vegetable garden, to helping her plant flowers, to working the field," Wanda said, "... I remember Mama cut a hoe handle down so the hoe fit my 5-year-old hands so I could cut weeds. When I grew up and married, I took the love of gardening with me. Everywhere I visited I gathered new plants and loved swapping flowers with friends."

Growing up just over the Craighead/Greene County line west of Schugtwn, Wanda attended Dixie School and "loved playing basketball for the Dixie Dragons almost as much as flowers. I've always had a love for plants and working with the Master Gardeners on various projects and continuing to learn more from the many speakers the Master Gardeners host was appealing to me. They do a wonderful job of teaching as well as beautifying the city."

She has helped the group work on a number of city projects, as well as contributing many plants to enterprises the gardeners have undertaken. "And I have created several arrangements for our meetings and pitched in wherever possible," Wanda added, but when asked if she is a take-charge person or one who

stays in the background she said with a smile, "Take charge? Me? I can do either but my friends tell me I tend to take charge if allowed."

The favorite project on which she has worked is "the large butterfly-shaped flower bed at the fairgrounds; but I was unable to work on it as much as I wanted to due to health reasons. But I love sharing my knowledge with young and old alike. I like to see the smiles on people's faces when they find out about a new plant."

So when visitors drop by her residence, it would be a natural thing for them to expect to see examples of her work. "Oh, Lordy, yes!" she said. "My yard includes more than fourteen flower beds. I love perennials. I have more than twenty iris varieties, fifty-plus peonies, and many hydrangeas, hostas, camellias, coneflowers, lilliums, as well as fruit trees and annual flowers. I guess my favorite would be the daylilies since I have over twelve hundred different cultivars. I am a member of the Northeast Arkansas Daylily Society and my garden is a National Daylily Society display garden. I have visited more than 10 states just to view daylily gardens."

"I think gardening is a hobby that turned into a calling. I'd rather be working in my flowers than doing most anything else."

Transforming Trash into Trending Treasures

BY TARA PIATT



In the business of downsizing our clients' homes, we often see beautiful furniture and other items that are not as popular in the current marketplace as they were when purchased years ago. This is often disheartening but can be thought of in a different way when you realize that 1) clients used and enjoyed the items in their homes for many years, and 2) by simply using the items in a new and exciting way, buyers can tap into a world of repurposing trends. Here are some examples of trendy repurposing.

QUILTS

These cozy blankets made from scraps of fabric that couldn't be wasted are still desired collectibles. But, some quilts that are in very worn condition can still see new life as wearable art. My daughter, Ellyn Piatt, is a buyer for Walmart and makes her career out of following these ever-changing trends. Her fiancé, Reid Malone, learned quilting from his grandmother and not only makes his own designs, but also has rejuvenated old quilts into wearable pullovers. According to Ellyn, "Fashion trends reflect '90s and 2000s trends because more people are thrifting. Most major companies are planning to be fully sustainable in the next five years so repurposing is trendy." She adds that, "Reid and I have also made quilts into tablecloths for holiday dinners



as well as pieces of wall art."

TV CABINETS, ENTERTAINMENT CENTERS OR CONSOLES

Presently, people prefer to watch TVs that are mounted to their walls, making yesteryear's need for bulky furniture to contain them a thing of the past. However, with a little primer, paint, and thinking outside the box, new ways to enjoy these items come to light. Many of the furniture pieces lend their well-made, old bones to making new imagination stations for kids ... fabricating fun and creativity into items such as a play kitchen stove or dress-up closet. Even an old TV cabinet could be redesigned into a puppet stage, complete with an old velvet bedspread to "bring down the curtain."

UPRIGHT PIANOS

That old piano you may have spent hours practicing scales on isn't necessarily still a valuable instrument. Lately, we've even seen these musical pieces out on curbs around town, especially if they're no longer playable. But, if you have a need for, say, a crafting center, or even a decorative console for your hallway, an old piano could bring whimsy or practicality that's reimagined for your home.

Facebook, Pinterest, and other social media sites are full of ideas for

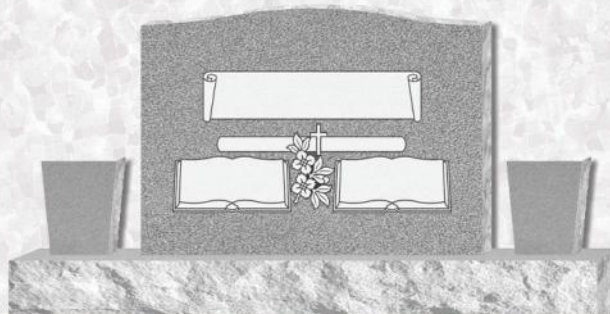


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repurposing and can be searched for on popular pages like One Little Project, Crafting Morning, Angie Holden The Country Chic Cottage and Re-Scape Inspired Recycling, for example. Or, if you simply have a need in your home, shop around at flea markets, Goodwill or Facebook Marketplace to see what could be used to fill your need. Not only would you save a small piece of history, but you'd also keep it out of the landfill, while adding beauty and utility to your living space for years to come.



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.

Happy 50th Birthday!

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Happenings

Associate Athletics Director for Marketing and Fan Engagement



Arkansas State University Vice Chancellor for Intercollegiate Athletics Jeff Purinton announced that Brad Bobo has been named Associate Athletics Director for Marketing and Fan Engagement.

An Arkansas State University alumnus and a member of its Athletic Department staff from 2004-13, Bobo returns to the Red Wolves as a senior-level administrator after his initial stint at A-State saw him operate in multiple roles that included Assistant Director of Marketing, Director of Corporate Sales and Director of Broadcast, Licensing and New Media.

A Paragould native, Bobo earned his bachelor's degree in Radio/TV from Arkansas State in 1999. He and his wife, Paige, have four children – sons Chandler, Brody and Stewart, and daughter Kendall.

2023 Arkansas Single Parent Scholarship Fund



Arkansas Single Parent Scholarship Fund, or ASPSF, is now accepting scholarship applications for the Spring 2023 semester at aspsf.org/applynow. The deadline to apply is Oct. 15.

ASPSF awards scholarships up to \$1,200 to eligible single parents living in Arkansas who are attending college or obtaining technical training. They assist both part-time and full-time single parent students pursuing postsecondary education, including associate degrees, bachelor's degrees, and certificate programs.

In addition to being a single parent in Arkansas, criteria include having a GED or high school diploma, a 2.0 GPA, and a household income typically not more than 250% of Federal Poverty Guidelines.

For more information about ASPSF, contact Program Manager Shaila Creekmore at 501-255-0636 or creekmore@aspsf.org.

Eligibility guidelines are available at aspsf.org/eligibility.

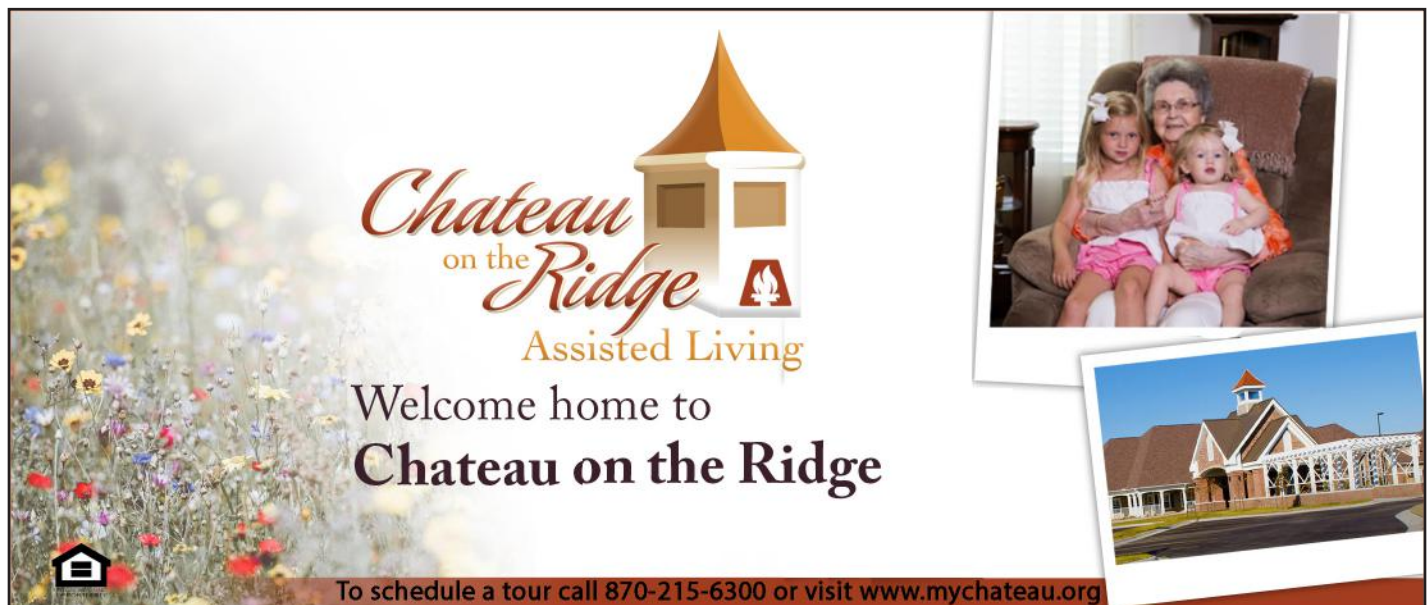
Serendipity Announces 18th Year



The new list of books to be featured in the 18th year of BRTC's Serendipity lifelong learning project has been selected. The titles include a blend of works of fiction, non-fiction, historical fiction, and memoirs. Many of the books are new releases including several selections that have won literary awards and critical acclaim.

The theme for the 2022-2023 Serendipity book list is "To Seek...Perchance to Find." It includes a range of stories set in places near to home as well as far-flung times and places. "These stories include a Depression-era WPA project to bring books to the backwoods of Kentucky and a true story about one family's struggle to survive the Holocaust. The books will take readers to distant places, including Ukraine and Afghanistan, and to not-so-distant places, including the Jim Crow South," Dr. Jan Ziegler said. "Everyone — whether a real or fictional character — is seeking, searching for something."

The Serendipity program began on Thursday, August 25th. Monthly meetings are held on Thursday mornings from 9:30 to 11 a.m.



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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.

What do we do?

- **Home care services** (Wide range of services including bathing, walking, dressing)
- **Targeted case management** (Planning and efforts for seniors and disabled persons)
- **Personal care** (Daily activities like bathing, errands, shopping, meal prep, light housekeeping)
- **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)

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.

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Maralynn Weaver was one of many Greene County residents enjoying a special Luau Night at Paragould's Water Park. Maralynn, 10, is the granddaughter of Mike and Robin Patten of Paragould.

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Next Month

Breast Cancer Awareness



April Biggs - Cancer Warrior and organizer of Arkansas' first chapter of Gilda's Club.

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National Do Something Nice Day



Oct 5th is "Do Something Nice Day." Let's celebrate with acts of kindness!

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