# **Rocio Hitter Chastain**

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We invite you to meet **Dominique Butawan-Ali**, **MD**. She is the newest member of NEA Baptist Clinic Women's Health team. Dr. Butawan-Ali joins us from Pinehurst Surgical Women's Care Center in Pinehurst, North Carolina. She brings an interest in minimally invasive surgery and has published works on prenatal and postpartum care, immunological screening in women, and safe cost effective outpatient care.

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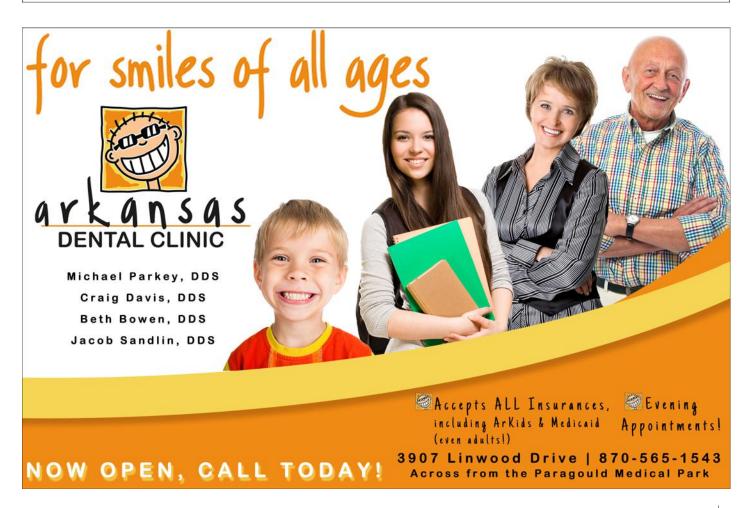
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504 Linwood Drive (Next to Walgreens) Monday - Friday 7:30am-5pm Drop-off service available. Call for an Appointment. **CONTENTS** 



Jeff Chastain discovered bicycling and rediscovered himself ... or discovered a new version of himself. See his story on page 35.

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On the Cover: Jeff Chastain Photo by Ernie Rice Photography





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### From the Managing Editor ...



Richard Brummett, Managing Editor

ay back in 1957, Major League Baseball ran into a problem of sorts with its voting process for its annual All-Star game.

MLB wanted the fans to participate by marking ballots when they visited the

ballparks around the nation in order to get an idea of which players the paying customers considered the best in the game at each position.

But when fan voting to determine the game's starters was completed, seven Cincinnati Reds players had been elected as starters; the only non-Red elected to start for the National League was St. Louis Cardinal first baseman Stan Musial.

Most baseball observers agreed that while the Reds were a great offensive team with many outstanding position players, they did not deserve seven starters in the annual All-Star game.

An investigation launched by Commissioner Ford Frick found that over half of the ballots cast came from Cincinnati, with the *Cincinnati Enquirer* having printed up pre-marked ballots and distributing them with the Sunday edition of the newspaper to make it easy for Reds' fans to vote often for their favorite players.

Considering the final totals to be faulty because of the newspaper's ruse, Frick appointed Willie Mays of the New York Giants and Hank Aaron of the Milwaukee Braves as starters, and the stuffing of the ballot box resulted in the vote's being taken away from the fans for the next 13 years.

We are currently accepting ballots for our annual Premiere Awards and we ask that voters -- unlike the Cincinnati fans of 1957 -- join in the spirit of the competition. We are seeking the true favorites of Premiere readers in various categories and "stuffing the ballot box" by voting numerous times daily for your boss -or, even worse, for yourself -- does not give a true representation.

Anyone who follows baseball knows that Mays and Aaron -- two eventual Hall of Fame players -- deserved to be in the '57 lineup for the National League more than a couple of Reds' players who might have been good, but certainly were not the favorites of fans across America.

Let's keep the Premiere Awards voting on the right level. Cast your vote and then sit back to see if your favorites are the same as those of the majority of Premiere readers. •

### It's what sets you apart.

Arkansas Methodist Medical Center salutes our staff as we celebrate National Hospital Week May 11-17.

In celebration of National Hospital Week, AMMC would like to thank our staff for their hard work and commitment to making healthcare all about our patients. We tip our hats to you all for your dedication to providing the very best care to our patients. Thank you. Keep up the great work!



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Rusty McMillon, left, receives the President's Plaque from Brian Brightwell.

### Greene County Community Fund stages awards luncheon

fter a welcome by President Rusty McMillon, the Greene County Community Fund recognized a number of groups and individuals for their fundraising efforts in the annual campaign.

GCCF Executive Director Kera Crafton provided the closing remarks at the Awards Luncheon held at the Paragould Community Center.



Luncheon attendees supported award winners and other volunteers during the GCCF event.



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New Parks and improvements to all other parks

- New and refurbished sidewalks
- Widening of Court Street, Reynolds Road, Rockingchair Road and 23rd Street
- Airport improvements and expansions, including New Air Evac Site
- Loggy Creek and Eight Mile Ditch improvements, Concluded Francis Bland Floodway Ditch
- New Fire Stations and equipment
- 15 New Police Officers, 4 New Firemen, New Code Enforcement Officer
- Balanced Budgets with several years of surplus while revenues were up and expenses below budget
- New technology laptops in Police cars, updated 911 system
- Continued industrial growth plans through land acquisition, Airport
   improvement, Quality of life improvements
- Land use plans completed in 2004
- Tornado warning system
- Passed economic development law in 2011
- General Fund Reserve and Street Fund Reserve have increased and now
  have enough money to provide services at least one budget a year.





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Whether riding, above, or getting ready to take part in a post-run dinner, those participating in the annual Angel Run had plenty to be happy about. The Angel Run is a fundraiser to benefit Arkansas Children's Hospital.





An attractive t-shirt helped publicize the Saints & Sinners group's fundraising effort this year.

### Saints & Sinners sponsor Angel Run

s they do every year, members of the Saints & Sinners Riding Club sponsored their Angel Run to benefit Arkansas Children's Hospital.

The event included a dice run, a silent auction and a dinner at the end of the scheduled activities.

The Saints & Sinners are annually one of the biggest contributors to the ACH Radiothon, handing over a big check for the hospital's use.







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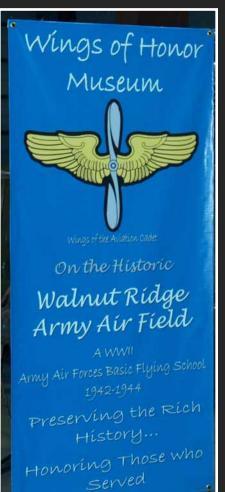






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# Wings of Honor Museum hosts Walnut Ridge Army Air Field reunion





Former Cadet Stan Loftsgard was not only pictured in a banner hanging from the ceiling, above, (second from the left on the top row) but he also made the drive from his home in Richland, Missouri, for an appearance, right, at the museum situated in Walnut Ridge. The two-day event celebrated both the 16th annual reunion and the air field's 72nd birthday celebration. There were self-guided tours of the museum exhibits and bus tours of the base and surrounding area, with time set aside for remembrances and oral history reviews. Meals and entertainment were also provided for the reunion attendees.







Displays like the ones above and at left recall the days when Walnut Ridge's Air Field was a military training site. At right, Walnut Ridge residents David and Rebecca Catron and daughter Melody view exhibits provided by Tom Pearce of Perry, Oklahoma.



# Greene County Community fund taking applications

The Greene County Community Fund is accepting applications from now through May 16, 2014, for the 2015 funding year.

Non-profit organizations and agencies throughout Greene County are welcome to apply. In order to be considered for funding, applicants must complete and submit the required informa-

> For more information, call the Greene County Community Fund office at 870-239-8435 or email the Executive Director at gccf@grnco.net.

tion about their agency as listed on the application and must utilize the money specifically for residents of G r e e n e County.

> Applications are available at the Greene County Community Fund

office, located at 120 N. 2nd St. (inside the Rhine Building – basement) in Paragould.

For more information, call the Greene County Community Fund office at 870-239-8435 or email the Executive Director at gccf@grnco.net.

The Greene County Community Fund is a non-profit organization which solicits and receives contributions for charitable agencies from local residents, businesses, and industries. GCCF allocates and distributes to these agencies the money raised, reducing the expense of raising funds through a cooperative appeal.

The Greene County Community Fund is currently assisting 17 agencies in Greene County and provides four scholarships to graduating Greene County high school seniors. •









Jonesboro Business Expo

Area businesses came out in full force to fill Jonesboro's **Convocation Center with** displays to showcase their products and services















Elvis Presley (Shannon Freeman) and his antics drew a crowd to the MOR Media booth while others went all out as well to catch the eyes of visitors. At right are representatives of NEA Baptist while below the smiling faces belong to ladies from Braces by Burris (left) and Sold ASAP at right.







### **Paragould Rotary Club's dog show** slated for May 10

og owners hoping to see their pets on the cover of Premiere Magazine pre-registered for the Paragould Rotary Club's "Paws For A Cause" dog show in April.

Pets that were signed up early were eligible to be photographed, with the most photogenic earning the right to be on the cover of Premiere after the contest in May. Two pre-registration sessions were held.

Pets may still be registered on the day of the event; the fee will be \$12 per entry on contest day, which is Saturday, May 10.

The show will take place at the Greene County Fairgrounds. Contest day registration will begin at 10 a.m. with the show set to begin at 11 in the B.C. Loyd Building.

Anyone seeking information may email mlewis@americanrailcar.com.





107.1 Jack FM and the Paragould Animal Clinic welcomed dog owners to a preregistration session. Owners signed up their pets, left, and coaxed them into their best poses for the photographer.





After signing up, dogs could strike a pose in hopes of becoming a cover model.

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# Realtors hand out awards for excellence

hen the Paragould Board of Realtors met for its annual banquet at the Paragould Country Club to hand out its Awards for Excellence, seven agents topped the list.

Earning awards at the Diamond Level, representative of sales of \$7 million or more, were Pete Cancilla and Brooksie Felty Hartness.

Platinum Level (\$5 million-plus) winners were Amber Gill and Linda Dickinson.

And Gold Level (\$3.5 million-plus) sellers were Pat Chesser, Sandra Kelley and Carolyn Hurley-Block. •



Pete Cancilla and Brooksie Felty Hartness



Danalford

**Greene County Cler** 

Amber Gill and Linda Dickinson



Pat Chesser, Sandra Kelley and Carolyn Hurley-Block



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Ava Caroline Anthony spent a recent Saturday morning at the ballpark watching her older sister play high school softball. Ava is the daughter of Shanon and Jennifer Anthony.

May 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Bibb Yoga & Wellness offers a variety of classes to meet the needs of anyone who is interested in practicing yoga. Examples of classes include Hatha Yoga, Hot Yoga, Kid's Yoga and Chair Yoga. We also have Balance Barre coming soon!

Balance Barre is a yoga-inspired barre class that infuses elements of pilates and ballet for an awesome total body workout.



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it's time to start making your summer PLANS. We WILL HAVE SUMMER CAMPS GOING EVERY WEEK DURING THE SUMMER. AGES 5 to 7 FROM 9AM to NOON AND AGES 8 AND UP FROM IPM to 4PM. CALL OR COME BY to REGISTER YOUR CHILD TODAY.

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### Artifacts Show scheduled for Saturday, May 17

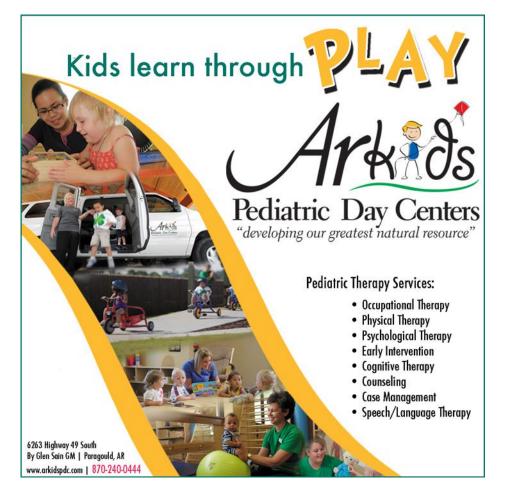
he Paragould Community Center will play host to an Artifacts Show on Saturday, May 17.

The show is free to the public and is being staged in honor of Bill Rowlett, a longtime collector from the Lafe area.

Featuring ancient pottery items, arrowheads, fossils and Civil War artifacts among other treasures, the event is scheduled to run from 8 a.m. until 4 p.m.

Anyone wishing to reserve table space to display items should contact Dan Martin at 870-215-1627.

Martin said the show provides an excellent opportunity for students involved with scout groups, school clubs or church organizations to learn more about the history of the Greene County area. •









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# The Ridge : 2014 Race Schedule

April –	12 - Play Day/ Registration Day
Abu -	19 – All 6 Classes/ Regular Schedule
	26 - All 6 Classes/ Regular Schedule
May -	3 - All 6 Classes/ Regular Schedule
	10 - All 6 Classes/ Regular Schedule
	17 - All 6 Classes/ Regular Schedule
	24 - Cruiser Glen Francis Cup Race \$500 to win/ All 6 Classes
	31 - All 6 Classes/ Regular Schedule
June –	7 – All 6 Classes/ Regular Schedule
	14 - All 6 Classes/ Regular Schedule
	21 - Street Stock Glen Francis Cup Race \$500 to win/ All 6 Classes
	28 - All 6 Classes/ Regular Schedule
July - Thu	r. 3 - USCS Sprints, Modifieds, and Mini Sprints
1000	5 – All 6 Classes/ Regular Schedule
	12 - All 6 Classes/ Regular Schedule
	19 - Late Model Glen Francis Cup Race \$750 to win/ All 6 Classes
	26 - All 6 Classes/ Regular Schedule
August -	2 - All 6 Classes/ Regular Schedule
	9 - All 6 Classes/ Regular Schedule
	16 - All 6 Classes/ Regular Schedule
	23 - Ridge Runner Glen Francis Cup Race \$200 to win/ All 6 Classes
Fr	i. 29 - Comp Cams Late Models, Winged Sprints, and Modifieds
	30 - All 6 Classes/ Regular Schedule
Septembe	r – 6 – All 6 Classes/ Regular Schedule
69.9700.09 <i>0</i> 9	13 - Modified Glen Francis Cup Race \$750 to win/ All 6 Classes
	20 - All 6 Classes/ Regular Schedule
	27 - All 6 Classes/ Regular Schedule
October -	

### Crowley's Ridge Raceway readies for new season

rowley's Ridge Raceway in Paragould is set to embark on its 28th season of great racing action and family fun in 2014.

Built by the Francis family in 1987, the racing facility has entertained tens of thousands of fans throughout its legendary history. Providing a safe environment for racers to test the limits of their hot rods, Crowley's Ridge Raceway offers fans and competitors alike the most thrilling experience for their entertainment dollar.

In 2014 the facility will see almost thirty

events with six classes in competition every Saturday night. Special events are also on the docket, including the return of Super Late Models on Friday, August 29, for the first time in several years, plus the annual must-see invasion of the USCS Sprint Cars on Thursday, July 3. A play day will be held on Saturday, April 12; opening night is slated for Saturday, April 19.

Racing continues every Saturday at 7:30 p.m. until Saturday, October 4.

Full 2014 season details can be found at www.CRRaceway.com. •



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KATIE LOVELADY & DANIEL LOTTIN MAY 22, 2014 BROOKE TABOR & LOGAN LANDS MAY 31, 2014 BRITTANY REEVES & NATHAN ANDERSON MAY 31, 2014 Fallyn Davenport & Trey Outlaw June 7, 2014 Holly Blankenship & Joshua Small June 7, 2014 Elisa Diggs & Jordan Owen June 7, 2014 Whitney M°Spadden & Andrew Weaver June 7, 2014

ANNALISE LESTER & JASON WOOD JUNE 7, 2014 KEENA GRAHAM & TERRY JOHNSON JUNE 14, 2014 Savanna Moore & Joshua Smith June 20, 2014 Julia Taylor & Luke Hansen June 21, 2014 Shelly Hudson & Duane Pyeatt June 21, 2014 Anna Wyatt & Blake Tennison June 21, 2014

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STEPHANIE DYE & EVAN ELMORE JUNE 25, 2014 Anna overbay & Jonathan Brumfield June 28, 2014 Marcia Wooldridge & Jay Ervin June 28, 2014 Jessica Baldwin & Greg Rodrigue August 2, 2014 Anna Eason & Trevor Deangelo August 9, 2014 Kelsey Gramling & Derek Matheney October 25, 2014

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## **Outstanding Teachers**



### AMY CHARLES GREENE COUNTY TECH

ccording to Amy, the teaching profession "happened naturally for me. I grew up playing teacher and knew I wouldn't be happy doing anything else. I have always loved teaching and being with children."

She said education impacts every part of society "so it's a very rewarding job. At this age level students realize when their



academics aren't quite as high as others in class. So when a student masters a skill they've been struggling with you can feel their excitement and their confidence go up. I love hearing parents tell how much their child is growing and the new things they are experiencing. A teacher never gets tired of hearing, 'I get it!' or 'My child came home telling me you taught them....' It reminds me what a wonderful profession I'm in."

Amy has been teaching 3rd grade for three years at Greene County Tech Elementary School.

"I went to school at GCT and knew this is where I wanted to teach and send my children," she said. "There are a lot of wonderful, caring educators here."

She is married to Jeff Charles. They will have been married for five years in June. "We have one amazing son, Brody, who will be one May 1st," she said. •

### KELLI ROLLINS PARAGOULD

elli said she has "always known that I would be a teacher. One of my favorite pictures from my childhood is a candid one my mom took after I had lined up all my animals down the hallway and had given them their own book to read. I never stopped reading or writing. When I first started college, a lot of people expected and encour-



aged me to pursue a more glamorous and higher paying career, but this is me. This is exactly where I need to be."

While every moment is memorable, she has some "that resonate clearly in my mind. I always want my kids to understand what we're going over, so I'll use any comparison or analogy or image I can to get them with me, but I am a notoriously pitiful artist. I once tried to illustrate the Greek monsters Scylla and Charybdis to very little success. After a couple failed attempts, I wound up just drawing a spiral I labeled "The Toilet of Death" and a mutant cat-like creature that looked like it probably lived near a nuclear reactor plant. I could talk for days about my kids; most of us probably could."

Kelli has taught for four years at Paragould High School, her alma mater. She credits parents Coy and Susan Rollins with teaching her the importance of hard work and a good attitude. And then of course, there are those kids. "They're my family, too. All of them." •

# State Representative MARY BROADAWAY

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Greene County Tech students present "All Shook Up"

The GCT Drama Department's spring musical had the audience rocking and rolling

Photos provided by Greene County Tech













# Happy first Mother's Day

hen Mother's Day rolls around this month it will have an entirely new meaning for Krystal Vanhorn: It will mark the first time she has observed the event from the role of mother.

"I think it will be a little bit more special this year," said Krystal, 23, and the mother of five-month-old Kyle. "I will finally understand what my mother went through all those Mother's Days ... all the joy that goes with it."

She and her husband, Jacob, are enjoying the initial stab at parenthood, and Krystal said one of the best things about being a mom is



Kyle Vanhorn and his mother Krystal will celebrate their first Mother's Day together on May 11.

"all the joy. To see the smile on his face and every movement when I first wake him up. It makes my day. Even if I've had a rough day at work, when I come home and he smiles it makes my day brighter."

The Marmaduke resident said she actually figured she would be a

college student at this stage of life, but "that all changed now that he's come along.

"That's okay, though. He's a happy baby and every morning when I see him first thing my day starts out better." •



### More for kids to do

# Black River will host CSI classes during summer

**B** lack River Technical College in Paragould will host CSI classes this summer for young people ages 9-15. Specific age groups are 9-11 for youth class and 12-15 for teen class. Sessions will run

July 14-17 (Mon-

Older students will get to conduct crime lab experiments while the younger kids will get to investigate a mock crime scene. day-Thursday) and cost \$29 per student.

Kids will learn about:

· Branches of Law

· Law Enforcement as a Career Choice

Crinminal
 Investigation
 Overview

Evidence
 Collection

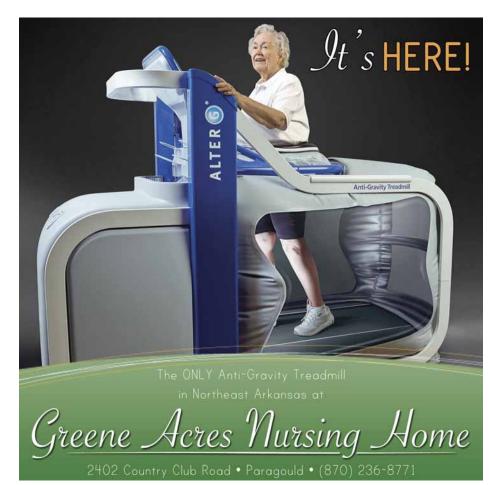
 Forensic Science (Fingerprinting, DNA, Hair Analysis, Fiber Analysis)

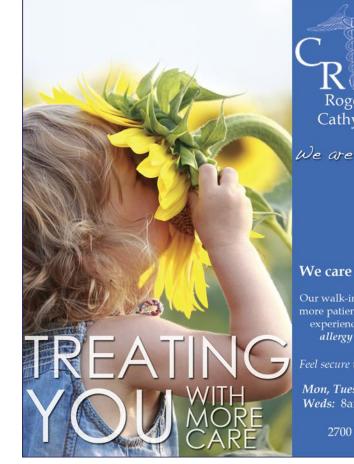
 $\cdot$  Trials

Older students will get to conduct crime lab experiments while the younger kids will get to investigate a mock crime scene.

Call Audra Howerton at 239-0969, ext 5220 for more info. •

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### New zip line adventures open at Catherine's Landing near Hot Springs

new aerial attraction has opened at Catherine's Landing near Hot Springs. A set of zip lines called Adventureworks Hot Springs opened its 12 lines in mid-March.

For those unfamiliar with "zipping," the activity involves soaring through the air by a cable suspended above an incline, to which a pulley and harness are attached for a rider.

According to guide Scott Connaway, the first two segments at Adventureworks "start out as bunny slopes, and then get progressively faster. People are sometimes apprehensive at first because of all the safety gear and the briefings we give them. Then they soon become very proficient and kind of almost fearless toward the end."

The course is built in a horseshoe pattern so participants end close to where they start their elevated journey. The lines run up to 800 feet in length – and the full sequence is nearly a mile long. "Our staple here is our big sky bridge. It goes across the creek to an 80 foot observation tower built around a giant oak tree," says Skyler Villeneuve, General Manager of Adventureworks Hot Springs.

For this remarkable s e c t i o n , participants safety tether and walk across the suspended bridge to the observation platform. Then they latch on and

dash off. The cable bridge goes over two other zip lines "so on busy days you can have people zipping down both of them at the same time with (others) walking across the bridge over it," adds Villeneuve.

Memphis-based RVC Outdoor Destinations,

which owns Catherine's Landing, reached out to Adventureworks to add an extra element to the campground. It took two months to complete construction.

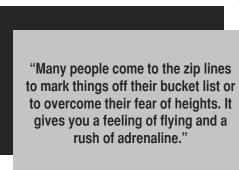
"Our guides make our business," says

Villeneuve. "People come out here for the first time for our zip lines but they come back for the experience of our guides. Helping people overcome their fears and step outside their comfort zone is what we are really all about."

Another nearby canopy-borne option for thrill seekers is the Zip Lines at Ouachita Bend, located between Hot Springs and Malvern.

That seven line course criss-crosses high above a valley and is interspersed with hiking trails from one line to another. On





average, the lines there are about a thousand feet in length.

"I think zip lining is a fairly new adventure," says Cindy Smith, who owns the Zip Lines at Ouachita Bend with her husband Bruce. "Many people come to the zip lines to mark things off their bucket list or to overcome their fear of heights. It gives you a feeling of flying and a rush of adrenaline."

Guides that are trained in ACCT (Association for Challenge Course Technology) criteria, lead each tour. Smith says what makes her facility stand out is the length of the lines, the transit speed, and the hike in-between. "Each one of the lines is different," she adds, "each has its own personality."

Each segment on the sky-born path is named for an animal that has been seen on the property. One is called Big Bear.

"The (construction crew) saw a bear while they were building the course, plus they had to haul the cable over their shoulders across valleys and ridges, so it was also a 'big bear' to pull the cable," says Smith.

The high-rise path, which opened in 2012, was built on land the Smiths already owned. "We have three sons and so my husband and the boys have hunted out here forever," says Smith. "But they didn't ever hunt on this section because of the topography."

Smith says the airborne enterprise was inspired when the in-laws of one of her sons came home talking about a zip line encounter they had enjoyed.

"My son also says he was sitting in a deer stand and fell asleep and dreamed about zip lines... so he called my husband and he said the southeast corner [of the property] would be perfect for this. It took about a year and a half to build."

An arborist was hired to check out the trees for suitability. Then a structural engineer reviewed the plans and assisted with the project.

The Zip Lines at Ouachita Bend were also a family endeavor – with Bruce Smith and his son creating and constructing much of the course. They also guide participants, along with a 10-employee crew.

"We have good staff," says Bruce Smith. "You have to have 40 hours of (ACCT) training,

CPR and first aid. (Guides) have to shadow, do rescue training, take refresher courses. We inspect everything, every day before we go out. We ride all the lines, check all the bolts, all the attachments and gear."

Smith says the maximum speed possible on the lines is about 40 miles per hour, and that's only when the wind is not blowing.

The entire experience takes around three hours for a group – but there are also two and four line options. The final three lines are the fastest.

Of note: all participants must weigh at least 100 pounds. Smith says the youngest to make the attempt has been seven years old – while the oldest was 85!

Overall, the goal is to enjoy the ride. "It's a guided tour and you don't have to learn how to brake," says Cindy Smith. "You just hold on and have fun."

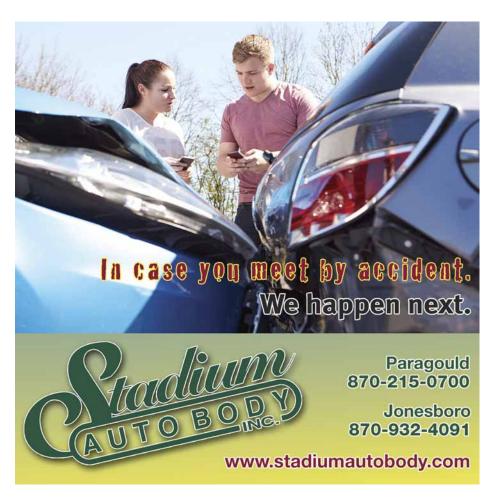
Another zip line facility is located about an hour away. Rowdy Adventures Zip Line Park in Okolona features 14 lines – including the longest tree-based cable run in the state of Arkansas. In addition to Explore Tours on the lines, Rowdy Adventures offers a swamp buggy ride, ATV tours, horseback riding, canoe floats and the opportunity to experience a 55 foot giant swing.

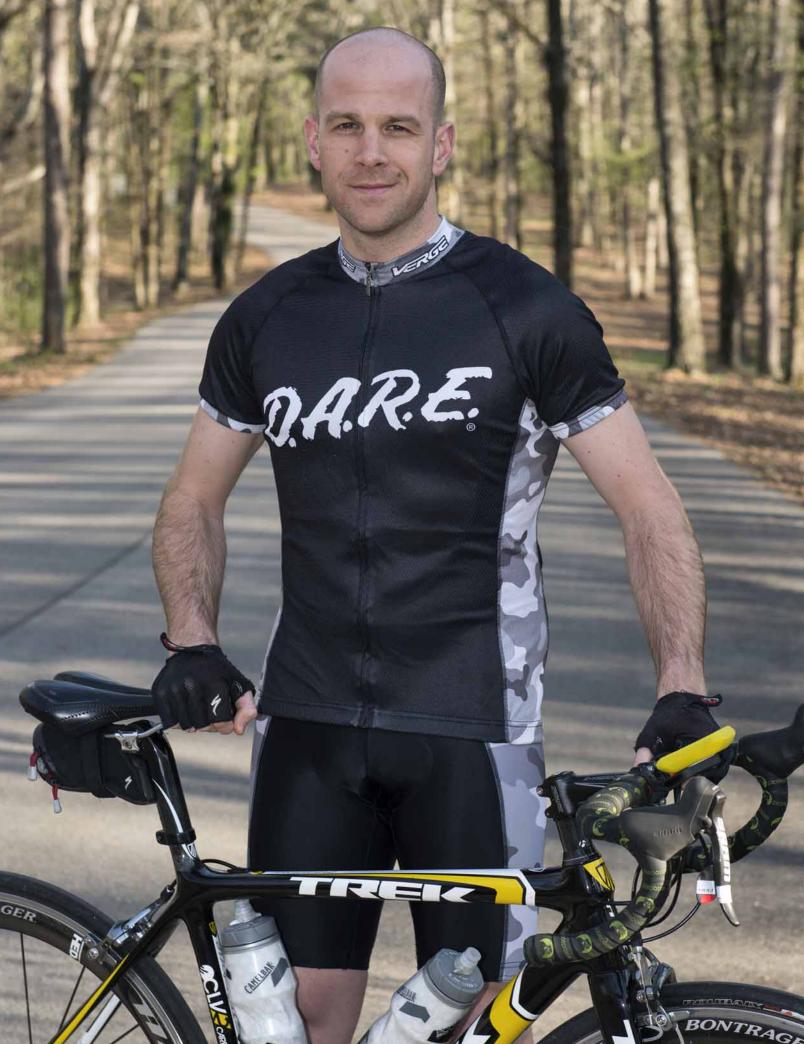
For more details on the Zip Lines at Ouachita Bend, call 501-318-3711 or check out ouachitabendadventures.com. It's located on Highway 171 between Lake Catherine State Park in Hot Springs and I-30, Exit 97 near Malvern.

For more details on Adventureworks Hot Springs, call 501- 262-9182 or visit adventureworks.com/hotsprings. Catherine's Landing, located on a mile of water frontage on Lake Catherine, is at 1700 Shady Grove Road.

Rowdy Adventures can be found at 13695 Highway 51 South in Okolona. For more details call 870-274-3001 or visit rowdyadventures.com. •

> Information provided by Arkansas Department of Parks & Tourism





On The Right Path

### Jeff Chastain got off the couch and onto a bike and is now a different person

hen friends refer to Jeff Chastain as "half the man you used to be," he corrects them. "Actually, it's not quite half," he says. "It's about two-thirds." undertaking for me. Now, my short rides are 30 miles and I've done 300 miles twice. My wife knows Saturday is Bike Day, all spring, summer and fall. I'm up early for a big ride by myself or with a

Having grown tired of, well, growing, Chastain said he "walked into Gearhead Outfitters, put my credit card on the counter and said, 'Get me a bike to help me get past this.' And they did."

Today, with a consistent program of bicycling and running, Chastain is about 80 pounds lighter than when he topped out at around a very unhealthy 240.

"Now I typically stay around 160," he said. "My weight was THE reason I got started riding. I always tried to have at least an accurate measure of health ... physical exams and so on, but in 2007 I realized I was very obese. My blood pressure and blood sugar levels -- well, I pretty much had every bad number you can have going for you."

Starting with a basic fitness bike, Chastain slowly worked his way into a regular routine and noticed that not only were pounds disappearing, but a new attitude about a healthy lifestyle was emerging.

"I loved it. I never thought biking could be that much fun, but it was," said the 35-year-old. "And it is a social activity at the same time. So many riders are not competitive, but it is still something to do with other people.



group of friends. It's just a very social activity."

Calling himself "that person who goes to extremes," Chastain said he doesn't actually race and never considered himself an athlete.

"Absolutely not," he said. "I was never big until after college; when the youth wears off and the metabolism slows down but you never quit that teenage eating, that's not a good thing.

"I was never competitive other than now with running. It's a six-month commitment to train for a competitive race. Biking is significantly more fun. You burn less calories but if you go for a four-hour bike ride you still feel like getting up and going to work the next day; you take a four-hour run and you want to stay home."

Chastain lives in Valley View and said there are numerous excellent bike routes in the Paragould-Jonesboro area. "You can ride to Bay, Trumann, Harrisburg if you want," he said. "That is the neat thing -there are so many different levels and types of cycling, and the cycling community is so inclusive. We encourage each other, help each other, teach skills and etiquette (primarily safety) and even laughingly

Photos courtesy of Tim Rand Photography

teach style points ... what attire matches and what doesn't.

"I had gotten into that sedentary lifestyle. I always felt energetic, but didn't realize how sedentary I had gotten until I lost that volume of weight. All of a sudden you realize how good you can feel and the way to do it is simple: Just start."

Chastain said at the outset riding 7-10 miles a day "was a huge

"The truth of the matter is that I am so much healthier not having to carry those extra pounds. It's amazing how good I feel. Today when you talk about blood pressure and blood sugar, all my numbers are phenomenal. I'm out of the warning zones." •

-- Richard Brummett

# Start small and gear up



ed Herget knows a thing or two about racing. The 40-year-old owner of Gearhead Outfitters, an outdoor activity gear company based in Jonesboro with seven stores spread out across the region, has competed in races of every stripe (and won more than his share of them). So when Herget offers advice to the novice runner, biker or other outdoor athlete, it's best to lean in and listen.

"One foot in front of the other," Herget says. "It's just like saving money: Start small and stay consistent."

Some 20 years ago, Herget found emotional solace in running as he grieved the death of his mother. He had put on 50 pounds after high school and wanted to ditch his sedentary lifestyle. So he ran. And biked. And climbed mountains. If it was an athletic challenge in the great outdoors, Herget was likely to try it at least once. And when, after a serious rock-climbing accident, he was told he would never run again, Herget took up the challenge of proving his doctors wrong.

"That emotional release got me through some dark days," he said of regular exercise. "You know, it's either that or drink 'til you pass out, and there's no accomplishment in that."

That sense of accomplishment is a motivator for Herget, and he says it's one of the most overlooked benefits of a consistent exercise program.

"Everybody starts out knowing they're going to get healthier, or lose weight, or get some other physical benefit," he said. "But the change in your attitude is one of the biggest things. Look, there's no finish line at the end of your workday. But every time I hit 'stop' on my watch (after a run), boom. Finish line. And it feels good."

Whether you're looking to start running, or biking, or you're ready to sign up for your first race, Herget has advice:

Be sociable. "Do something that's fun, and find somebody who will hold you accountable to keep doing it and share in your misery. It could be your dog, or your 2-year-old in a jogging stroller. Find somebody that entertains you."

Gear up. Did you you know there are socks specifically for running? "I love cotton," Herget said. "I have it all over my house. But cotton socks for exercise should be banished. Cotton soaks up moisture and holds it, so as your feet sweat, it's like they're clammed up in some sort of fungus trap inside your shoes. Get some good wool running socks. You will thank me for it." He notes that the startup cost for quality gear can carry some sticker shock, a fact he uses to maximum



Sales associate Chamy Keough and the rest of the Gearhead staff can get you ready for the road this spring. Keough, who works in Gearhead's store in the Mall at Turtle Creek, is modeling rooks Glycerin 11 shoes, SmartWool running socks, Reflex Core shorts by The North Face, and a Blox Gone tee also by The North Face.

advantage. "If you're gonna put your body in motion, you need to get good stuff. I promise you, if I spend \$150 on a pair of shoes, I'm going to guilt myself into getting my money's worth out of them. That's going to get me out the door every day."

And when you're ready to compete, keep an eye and ear out for races. There are plenty throughout the year, and a quick internet search will typically return a trove of races in your area. You can also bookmark www.racesonline.com, a site that has a searchable database of upcoming races.

(As a reminder, it's always a good idea to consult your physician before beginning an exercise regimen.)



# **Business Is Good**

# Arkansas Methodist Medical Center recognizes employees at awards banquet

rkansas Methodist Medical Center recently held its 48th Annual Employee Service Awards Banquet at Red Goose Restaurant and Catering. A total of 91 employees were recognized for a combined total of 1,135 years of service. Honorees were recognized for years of service in five year increments.

They include Kathy Faulkner, 40 years of service; Brenda Davis, 35 years; Reba Wessell, Wade Taylor, Judy Foster, Belinda Dillard and Candy Yancey, 30 years; Marlan Walton, Alice Wilson, Terri Jenkins, Carl Parrish, Susan Reeves, Robin Smith and Judy Moore, 25 years; Carol Ann Stohs, Tony Hall, Mable Crossno and Carol Reddick, 20 years; Jon



Barry Davis presents the Manager of the Year Award to Robin Patten.



AMMC Foundation Director Terry Austin poses with 2014-2015 Foundation GEM Award Winner Shay Willis, center, and Teresa Vangilder, AMMC Foundation Administrative Assistant.

Tripod, Stan Booth, Donna Howard, Amy Speer, Carol Harrelson, Connie Newberry, Linda Mangrum, Kim Covington, Brenda Garrish, Patsy Johnson, Jo Shutt, Misty Hancock, Tammy Davis, Dinah Bates, Iva Fahr, Tinna Stanford, Jason Grogan and Rhonda Hyde, 15 years; Jason Hunt, Christen Agee, Kari Gauthier, Jerry Miller, Ron Poe, Sarena McCord, Karina Martin, Nancy Ray, Ann McCord, Dawn McClung, Suzanne Williams, Ashley Snyder, Sherry Haertling, Lisa Bridges, Rene Dickson, Christi Foust, Ashlie Davis, Sonya Smith, Lance Sullinger, Pat Malone, Debra Johnson and Amy Williams, 10 years; and Patrick Autry, Beverly Bearden, Zach Birmingham, Huston Bowden, Steven Burrow, Connie Clifford, Clara Delagarza, Sheila Dempsey, Bo DeSpain, Oscar Flores, Brian Garrett, Kristy Gookin, Karri Green, Brittany Hart, Christopher Hatley, Teri Horne, Mallory Hubble, Sara Hughes, Julie Jenkins, Tabetha Johnson, Heath Lamb, Amanda McKenzie, Shae

Murphy, Brandy Pace, Vanessa Presson, Ashley Rader, Samantha Ray, Davina Rippy, Tyler Schweighart, Jordan Silva, Billy Wagner, Candice Wicker and Teddie Wiggins.

Other employees recognized were:

\* Judy Foster, RN, with the Bright Idea of the Year award;

\* Stephanie McCloud, Beacon of Light of the Year award winner;

\* Shay Willis, AMMC Foundation GEM Award winner;

\* Teresa Vangilder, 2013 Employee of the Year;

\* and Robin Patten, 2013 Manager of the Year.

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

# **Business Is Good**







#### More award winners

Starting with the photo at left, AMMC Human Resources Director Kevin Thielemier presents Teresa Vangilder with the AMMC 2013 Employee of the Year Award; Thielemier and Stephanie McCloud, center, the recipient of the Beacon of Light of the Year Award; and Thielemier and Judy Foster, RN, right, the recipient of the Bright Idea of the Year Award.

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# , Spirit of America



fter an excellent m e a l and the presentation of awards, Crowley's Ridge College's Spirit of America XXI program was turned over to country music star Collin Raye, and the veteran musician did not disappoint.



The De Queen, Arkansas, native mixed humor with musical excellence, entertaining the crowd at the Paragould college's annual major scholarship fundraiser, held in the school's Carter Activities Center.

Raye boasts 24 Top Ten records and an astonishing 16 No. 1 hits, and has been nominated as male vocalist of the year 10 times.

This year's Spirit of America Award was presented to Mission Outreach of Northeast Arkansas, and the 2013-14 Spirit of America Scholarship recipient was Deidra Pillow of Paragould. •

Old Glory was easy to spot at this year's Crowley's Ridge College Spirit of America program.









#### Spirit of America

After an official welcome by Master of Ceremonies Ken Hoppe, CRC President, left, Paragould Mayor Mike Gaskill presented this year's Spirit of America Award to Jeremy Biggs and Susan Youngblood, representing Mission Outreach of Northeast Arkansas.





# St. Bernards stages Health/Fitness Expo

The Convocation Center at Arkansas State University was the site for area businesses to show of their health and fitness related wares to the public, with something provided for young and old alike





# Triple Swing fundraiser scheduled for June 21-23

t. Bernards Medical Center will stage its annual fundraiser -- Triple Swing -June 21-23 of this year. The 25th annual event will begin with:

-- Saturday dinner and dance for about 400 guests at the St. Bernards Auditorium. Entertainment features the group Bamboo Forest, silent and live auctions, and giveaways including trips and prizes.

-- Sunday V.I.P. Golf Classic, exclusively for

Platinum, Gold and Silver sponsors. The four-player scramble teams three individuals of your choosing with a celebrity. Tournament includes cart fees, tee gift, team photo, refreshments and prizes for First, Second and Third places. Sponsors receive invitations to a post-event cocktail party.

-- Monday Golf Classic, another four-player scramble with your choice of morning or afternoon starts. Tournament includes green and cart fees, tee gift, team photo, breakfast and luncheon, refreshments and prizes for First, Second and Third places. All players are eligible for the Golf Ball Drop.

Proceeds assist St. Bernards in the creation of a special "Memory Care Community" at the new St. Bernards Villa, a facility that will include both Assisted Living Level II and the memory care unit for patients suffering from Alzheimer's and dementia-related conditions.

For information, contact Dana Housley at 870-207-2502 or at dhousley@sbrmc.org. •

# St. Bernards announces development of new patient portal, MyStB.info

S oon St. Bernards patients will be able to get direct online access to their health information.

St. Bernards Healthcare has joined with InteliChart, a leading healthcare information technology provider, to provide a patient portal, a physician portal and health information exchange for its patients, physicians and other healthcare providers.

Through HIPAA-secure software, St. Bernards patients will be able to access their health information from the medical center and from participating physician clinics at a single site via the Internet. Patients can access all electronic health record information – including results of laboratory and other testing – through a "patient portal" known as MyStB.info.

"St. Bernards Medical Center and the physician clinics associated with St. Bernards have been using electronic health records for some time," says St. Bernards Healthcare president and chief executive officer Chris B. Barber. "At the hospital we use a system of barcoding to document every element of patient care, including medication management.

"When our MyStB.info goes live this summer, our patients will be able to look at, download and print those records as well. They will have access to every aspect of inpatient or outpatient services. And they also will have



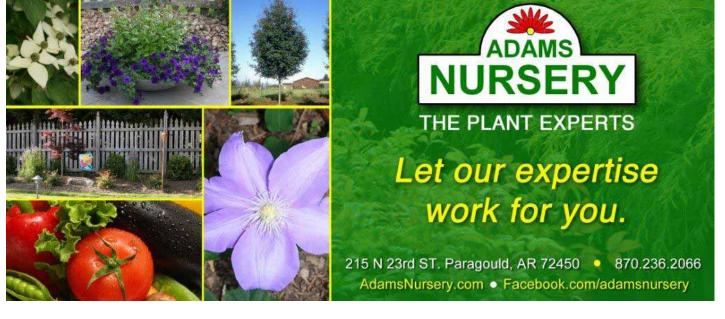
Mark Odom, chief information officer at St. Bernards, demonstrates the capabilities of the new "MyStB.info" patient portal at the St. Bernards Medical Group Health & Fitness Expo held recently at the Convocation Center on the ASU campus.

access to records from St. Bernards-owned clinics like First Care, St. Bernards Clopton Clinic, etc."

The platform provided by InteliChart will allow patients to access all of their information, and it also will allow parents to access information related to their children. A patient can assign a representative – like an adult son, daughter, niece or nephew, for example – who can access information for elderly parents or other family members for whom they provide

#### care oversight.

When the system goes live, patients will be able to set up web-based accounts they can access with user names and passwords. Through MyStB.info, they will be able to see lab results, update demographics, bill pay and all clinic related options. Depending on the options each clinic selects, the patient also may be able to request prescription refills, schedule clinic appointments and more. •



# Happenings









# Happenings

#### 1,2. ALP Economics Project

Juniors at Paragould High School in the Advanced Learning Program (ALP) have been working on an economics project this year. They used library resources from the Arkansas section, particularly *A History of Greene County, Arkansas,* by Myrl Rhine Mueller, as well as information learned from a trip to the Greene County Museum and to the Chamber Showcase Business Expo. From their gleaned information, they used the decision-making process to choose the pictures and economics terms for a coloring book. Students made photographs around the county, then drew pictures for the book. They wrote captions using economics terms and the historical background of the selected buildings. They are learning specific historic aspects of our community and the economics involved. The books will be distributed to preschoolers and disabled adults in our area. Karen Snyder and Sara Dickey are the sponsors. Students are shown on their trip to the Greene County Museum.

#### 3. Basketball Recruit

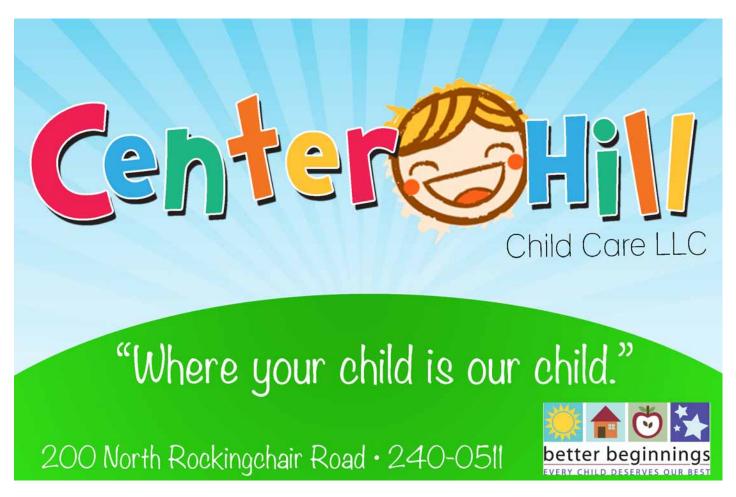
Marmaduke High School senior Jaime Clayton recently accepted a scholarship offer to play basketball for Crowley's Ridge College in Paragould. She is flanked by her parents, Tammie and James Clayton; standing are MHS coach Rick Smith, Jaime's sister Tristin, and CRC coach Tye Clothier.

#### 4. The Show Goes On

The play may have been over but several actors remained in character at the end of the evening at Paragould's Collins Theatre. Kane Bradley, Reid Shelton, Charity Fisher, Ciera MacDonald, Derrick Palmer, Courtney Shackelford and Crystal Carter posed for a picture after the Greene County Fine Arts Council production of *Young Frankenstein*, *The Musical* at the Collins.

#### 5. All Smiles

Susan Youngblood, left, of Arkansas Methodist Medical Center and Kathy Graber from Chateau On The Ridge Assisted Living Center were all smiles while welcoming residents and visitors to the activities scheduled during the Chateau's "All Things Senior" expo in April. Guest speakers from the area came in to inform senior citizens about issues revolving around eye health and care, healthy dietary habits and even gardening techniques. Southern Eye Associates also provided free glaucoma and cataract testing, and drawings were held for three \$50 cash prizes. Tours of the Chateau were available for those who expressed interest.



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KJ Spillman and family

**T**t's grilling season, which means thousands of innocent cuts of meat will be immolated by well-meaning guys armed with a combustible admixture of male pride, lighter fluid, and absolutely no idea what they're doing.

Fortunately, KJ Spillman is here to help. Spillman, who by day serves as operations manager for Affordable Medical, is also a certified barbeque competition judge. (And yes, he says, that gig is every bit as sweet as it sounds.)

"I've been judging in two competitive circuits -- Kansas City Barbeque Society and the Memphis Barbecue Society -- for four years," he said, and he's judged in Nashville, Jackson (Miss.), Memphis, Kennett and Jonesboro.

"I've dined on the sweet swine of barbeque world champions," he laughs. "But anyone can make world class BBQ in their own back yard. Pork steaks are one of my favorite."

Spillman shares his recipe and -- more importantly, he says -- his techniques for smoked pork steaks that will make you the king of the grill. (Or the smoker.)

Where are you from? Beech Grove

**Family:** Wife Samantha; sons Teddy Joe (6) and Alex (2)

**Occupation:** I work at Affordable Medical with my family.

# **NEA Cooks**

Smoked Pork Steaks Ingredients: Pork Steaks 1"-1.5" thick Yellow Mustard BBQ Dry Rub (pick your favorite) BBQ Sauce (I like a sweet one) Apple Juice

#### Wood for smoke

Smear a little yellow mustard on the pork steak. Shake a generous amount of dry rub. Then do same on other side. The mustard helps the rub stick and you'll never taste it. If you have time, let them sit in the fridge overnight so the flavor has a chance to really sink in.

Fire up your cooker. You want about 250 to 275 degrees on your smoker, or set up your grill for indirect cooking at about the same temp. Start the smoke at the time you put the steaks on. I like to use pecan wood, but

Who taught you to cook? Cooks at competitions and lots of internet research, books, etc.

When did you begin cooking? About five years ago

Who do you like to cook for most? Family and friends

What is your absolute favorite thing to cook on the grill/smoker? That's a tie: beef brisket and pork steak hickory or apple also work well. Let them smoke about 1.5 to 2 hours, until the dark brown bark forms. They may even look done, but they're not ready just yet.

Pull the steaks out and wrap each in aluminum foil. Before you seal it tight, drizzle it with apple juice, a small amount of sauce, and give each a couple of shakes of dry rub. Set them back on the cooker for another 1.5 to 2+ hours. Thicker steaks will take longer. You don't need any smoke now, just the heat. When the meat is pulling away from the bone and is tender to a plastic fork, it's done.

Leftover pork steaks are still great. For best results reheating, skip the microwave. Leave the steaks wrapped and heat them in the oven. •

What is the one ingredient you can't do without? Smoke

Do you have any general cooking advice to share when grilling? Always make detailed cook notes. And make small changes for taste.

What was your worst cooking disaster? The first beef brisket I smoked was bitter shoe leather. It was two years before I tried again.

**SUNDAY, MAY 4** OAK GROVE SCHOOL FINAL FAREWELL TOURS, from 2:00-4:00 p.m. Walk the halls of the Oak Grove School rock building one final time. Patrons are invited to drop in for a guided tour.

# TUESDAY, MAY 6 AMMC HOSTS BREAST-FEEDING CLASS, held in the Second Floor Conference Room in the Profes-

Other tour dates: May 18, 2:00-4:00 p.m.

sional Office Building at Arkansas Methodist Medical Center from 7:00 p.m. to 9:00 p.m. Call the AMMC Education Department at (870) 239-7016 for pricing and to register.

**SATURDAY, MAY 10** ROTARY'S 2nd ANNUAL *PAWS FOR A CAUSE* DOG SHOW, from 10:00 a.m. to 2:00 p.m., held in the B.C. Lloyd Building at the Greene County Fairgrounds. Registration for dogs in 9 separate categories from 10:00 a.m. to 11:00 a.m. with show immediately following. Registration costs \$12 per category and includes admission for 2 dog handlers. Regular admission is \$5 for adults, \$2 for children under 12.

#### TUESDAY, MAY 13 AMMC HOSTS INFANT

SAFETY CLASS, held in the Second Floor Conference Room in the Professional Office Building at Arkansas Methodist Medical Center from 7:00 p.m. to 9:00 p.m. Call the AMMC Education Department at (870) 239-7016 for pricing and to register.

FRIDAY, MAY 16 DOWNTOWN PARAGOULD ARTS & MUSIC FESTIVAL, through Saturday, May 17.

## MONDAY, MAY 19 AMMC HOSTS HEALTHY PREGNANCY CLASS, held in the

Second Floor Conference Room in the Professional Office Building at Arkansas Methodist Medical Center from 7:00 p.m. to 9:00 p.m. Call the AMMC Education Department at (870) 239-7016 for pricing and to register.

### MOMMY AND ME BREAST-FEEDING SUPPORT GROUP

MEETING, brought to you by Arkansas Methodist Medical Center and the Greene County Health Unit. This is an opportunity for new and expectant mothers to share experiences. Held in the Second Floor conference room in the Professional Office Building at AMMC. 6:00 p.m. - 7:30 p.m. For more information, call the Greene County Health Unit at (870) 236-7782.

## SATURDAY, MAY 24 CHAD GARRETTAND

FRIENDS, at the Collins Theatre at 7:00 p.m. Featuring special guest Dave Burgess. Tickets are \$7 for adults and \$3 for kids age 10 and under. Advance tickets on sale at the Treasure House starting May 10.

#### AMMC HOSTS CHILDBIRTH PREPARATION CLASS, held in

the Second Floor Conference Room in the Professional Office Building at Arkansas Methodist Medical Center, from 10:00 a.m. to 3:00 p.m. with one hour for lunch. Call the AMMC Education Department at (870) 239-7016 for pricing and to register. **Other class dates:** May 31st.

TUESDAY, MAY 27 AMMCHOSTSBLOOD DRIVE WITH THE AMERICAN RED CROSS, held in the Auditorium

# ALENDAR F EVENTS

in the Professional Office Building at Arkansas Methodist Medical Center from 4:30 p.m. to 8:30 p.m. Each person who successfully donates blood at the February blood drive at AMMC will receive three \$5 coupons to be used at the Auxiliary Gift Shop, Beacon's Deli, Cafeteria or The Foundation Station.

STROKE SUPPORT GROUP MEETING, held in the Arkansas Methodist Medical Center Rehab Dining Room on the Fourth Floor from 6:30 p.m. to 7:30 p.m. This meeting is open to stroke survivors, their friends, families and/or caregivers. For more information, please call (870) 239-7289.



**JUNE 7** 4,000 Steps Diabetes Awareness Walk, Paragould Community Center, 8 a.m.

**JUNE 13** Relay for Life, Greene County Tech on 412 West.

**JUNE 13-21** "Guys and Dolls" at the historic Collins Theatre in Downtown Paragould.

 $JUNE\,14\,\,_{Oak\,Grove\,\,city\,\,wide\,\,yard\,\,sale}$ 

Women's Auxiliary for the Oak Grove Heights Fire Department pancake breakfast and auction at the fire station in Oak Grove.

JUNE 23 Ride the Fault Line http://www.ridethefault.com

Please send all information for upcoming events to editor@premiere-magazine.com

# **RECURRING EVENTS**

**First Monday of every month:** Paragould Young Professionals First Monday Lunch, noon.

**Every Wednesday:** Perking on Pruett, 8:30 a.m.-10:00 a.m. At Something Sweet. Find out what is happening in the One and Only downtown Paragould. Your input is welcome.

**Second Tuesday of every month:** The Greene County Wildlife Club meets at the Paragould Community Center beginning at 6:00 p.m.

Greene County Master Gardeners present a Brown Bag Lunch Program at the Greene County Library, 2nd Tuesday of the month, from 12-1. Bring a lunch and enjoy a free gardening presentation.

**Second Thursday of every month:** The Compassionate Friends, 7:00 p.m. Southside Community Church Conference Room, 2211 Jones Road. For parents grieving the loss of a child. tcfofnortheastarkansas@yahoo.com.

The Memory Cafe, support group for those having memory, dementia or Alzheimer's at 1:00 p.m. at Swirlz Yogurt and Coffee.

Second Wednesday of every month: St. Mary's Spaghetti Dinner, 11 a.m.-1:30 p.m. Admission is \$6 for all you can eat spaghetti, salad, garlic bread, dessert and drink. At. St. Mary's Catholic Church in Paragould.

**Every Third Tuesday:** Alzheimer's Support Group with the Alzheimer's Arkansas Association and Absolute Care Management, 1:00 p.m. at the Paragould Library.

Fourth Tuesday of every month: Greene County Master Gardener Meeting, Greene County Library, 6 p.m., guests welcome.

**T.O.P.S. (Taking Off Pounds Sensibly)** Wednesday mornings at the Paragould Community Center in Room E. Private Weigh in at 8:00 a.m.; support meeting at 8:30 a.m. May attend one meeting as a guest.

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# Engagement Announcements



Michael Davis and Haley Joiner

Davis-Joiner

aley Joiner and Michael Davis will exchange wedding vows on Saturday May 24, 2014.

Haley is the daughter of Barry and Angie Joiner of Paragould.

Michael's parents are Dean and Lisa Davis of Minturn.

The wedding will take place at The Silos in Bono, Arkansas. •



Alicia Roldan and Drew Holifield Roldan - Holifield

licia Roldan and Drew Holifield of Bentonville announce their engagement and approaching marriage.

Alicia is the daughter of Mrs. Suzette Incerny and Mr. Claudio Roldan of Venezuela. Drew is the son of Keith and Susan Holifield of Paragould.

The couple will celebrate their marriage on May 24, 2014, at St. Anthony's on the Creek in Northwest Arkansas. •



Savanna MaeLynn Moore and Joshua Daniel Smith

# Moore-Smith

avanna MaeLynn Moore and Joshua Daniel Smith will exchange wedding vows in a June ceremony.

The bride-to-be's parents are Julie Green and Chris Moore of Paragould.

The prospective groom's parents are Rick Smith, and Jeff and Brenda Copeland of Paragould.

Plans call for a small beach wedding on June 20, 2014, in Topsail Island, North Carolina, for close family and friends to attend. •





Nathan Anderson and Brittany Reeves

Anderson-Reeves

**B** rittany Reeves and Nathan Anderson will be married in a ceremony scheduled for the end of May.

Brittany's parents are Robin and Janet Reeves of Paragould.

Nathan is the son of Renee Hurt and Brad and Sherri Anderson, also of Paragould.

The wedding is set for Saturday, May 31, 2014, at East Side Baptist Church in Paragould. •



Kate Ann Lovelady and Daniel Kenneth Loftin

Lovelady-Loftin

ate Ann Lovelady and Daniel Kenneth Loftin have announced their plans for a May wedding ceremony.

Kate Ann's parents are Scott and Michele Lovelady of Paragould.

The prospective groom's parents are Joe and Sunny Loftin, also of Paragould.

The wedding is set for May 22, 2014, on the island of Maui. •







First Financial



506 W Kingshwy (236-1700) 1908 Linwood Dr (236-4747) 201 Reynolds Rd (236-1170)

\*NO PURCHASE NECESSARY: Open to individual legal residents of the 50 United States (D.C.) 18 years and older. Business entities are not eligible to participate. May Entry Period runs 5/1/14-5/31/14; June Entry Period runs 6/1/14-6/30/14; July Entry Period runs 7/1/14-7/31/14. To enter and for Official Rules, including odds, alternate method of entry, opt-out procedure, and prize descriptions, visit https://fiserv.promo.eprize.com/online/. Void where prohibited.



**Get Rich** 



By Richard Brummett

# Sometimes it just rains everywhere, even at the park

hen the rain starts to fall on ballgame day, I know exactly how the little ballplayers around town feel.

Back when I was a Little Leaguer myself, I would pull on my baseball uniform hours before it was time to play, just to get the feel, just to put myself in the mood to rob some basehits with diving stops and to hit some line drives into the gap. Or strike out.

If clouds suddenly appeared on the horizon I frowned; if raindrops fell, I panicked. My parents apparently had built-in weather radar, predicting the cancellation of games without fail.

Still, that wasn't good enough for me. I never believed that it was raining hard enough to call off a game, and even if it happened to be doing so at our house that didn't mean it was everywhere in town.

"It might not be raining at the ballpark!" I would always offer, and offered it so adamantly -- accompanied by tears, I must add -- that sometimes Mom or Dad would actually drive me to the park to see that no one was there and puddles had formed on the infield.

I can't think of a crueler trick for the gods of sport to play than to let a kid get all dressed up and spit into his glove and take some practice swings on the carport, then open the rain faucet and spoil the day.

The really funny part is that I had to reverse roles with each of my daughters. They loved softball as much as I did baseball and when thunder and lightning decorated the neighborhood and the sky was as dark as my morning coffee, I still had to put them in the car and drive across town to show them that, indeed, that night's games were cancelled.

Sometimes, it just rains everywhere. \*

# DOWNTOWN PARAGOULD

# **JUSS MAY 16TH OTH**

# Arts Music Kids Fun Food

01



This will be the 25th year that Paragould has celebrated on the 3rd weekend in May. Last year's Loose Caboose Festival struggled not being "out back by the tracks"; attendance was down, the new venue created challenges. Last year showed us that our Festival had to be located Downtown, that Downtown's character and heritage were needed to have a Festival that is truly unique to Paragould.

For seven years on the 1st Thursday in May, Art and Stroll attracted thousands for an evening of art and music. Art and Stroll's popularity and its steady growth pointed us in a new direction. It was time for a change...

Taking the best of Art and Stroll (the art) and the best of Loose Caboose (the music), the Festival Committee is excited about our new festival---the Downtown Paragould Arts and



Music Festival. Plans include a Friday evening art walk, a 2 Miler Run/Walk, our always favorite Art and Stroll band will headline the stage on Friday - Shannon Freeman and Everyday Life is bringing us "A Decade of Rock and Roll." Saturday will have entertainment on three stages, the Paragould premiere of the award winning independent film 45 RPM, Kinder Songs, an artists' gallery open all day in the Red Goose Grand Hall, and instructional classes for adults and children. The Arkansas Arts Council's ArtMobile and the first opportunity in Paragould to see works from the Museum of Contemporary Art (MOCA) collection is scheduled.

Located on Pruett Street from Main to Poplar, on Emerson and Court, we are putting the festival on the street, a much smaller footprint than previous festivals. Food concessionaries, exceptional crafters, small carnival rides for small kids, and commercial and political booths will all be on the street.

With the improvements Downtown has experienced, we knew the importance of showcasing that growth, to highlight our retail businesses and eateries, and showcase the incredible talent in Paragould and the surrounding areas. And of course, we'll do that on the 3rd weekend in May.

The Festival's Facebook page is updated



almost daily and includes a working entertainment schedule and artist/vendor agreements, and information about attractions. The website: artsandmusicfest.com

facebook.com/paragouldartsandmusicfest \*

#### Gate Admission

We are very proud to have so many great sponsors, however they cover only a portion of festival expenses, therefore there will be a gate admission. Ever growing costs for entertainment, stage rentals, and other event expenses left us with no option. Admission will be \$8.00 for those 12 years of age and older, children younger than 12 will be admitted free. The \$8.00 charge covers both days of the Festival, both Friday and Saturday. Gate admission booths will be located on Pruett Street at Main, Emerson, Court, and Poplar Streets. We want to bring you a quality festival that Paragould deserves, and quality is well worth paying for.

For Complete and updated information check the Facebook page and website above.

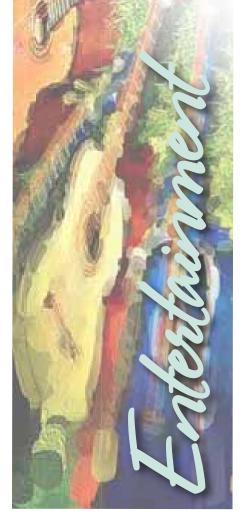
We are excited to welcome everyone to the very first annual Downtown Paragould Arts & Music Festival and look forward to many more exciting years!

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**Afterlife**-From hard hitting rock songs to Saturday night bar anthems, if there's a song to be sung along to, Afterlife will play it. This group includes two electricians, a logger, and a band geek that all have a love and passion for rock music. This love and passion, along with the love and passion to get people on their feet and have a good time, is what makes Afterlife unique. Afterlife plays one of the wildest varieties of songs, including songs from Jason Aldean, Prince, Marshall Tucker Band, Black Stone Cherry, Nickelback, Corey Smith, and Maroon 5 along with some original tracks.

The band members include: Jerimy Anderson - Lead Vocals (Magnet Cove, AR), Sam Shepard - Guitar/Vocals (Arkadelphia, AR), Brett Ivey - Bass Guitar (Arkadelphia, AR) and Tanner Williams - Drums/Vocals (Paragould, AR). •



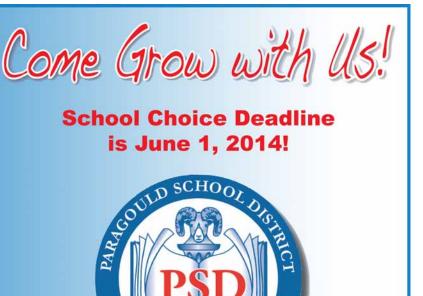
Inside Marsellus Wallace-In November of 2011, Phil Stewart, singer and lead guitarist, wanted to form a band with a group of guys that had a love for music, an outgoing personality and a great sense of humor. Jason Sanders, bass player, and Kyle Dickerson, guitar player, were the first to join with Phil. Then came Jacob Brumley, drummer, who completed Inside Marsellus Wallace. Not wanting to do the same style of music that would normally be heard in clubs or at events, Inside Marsellus Wallace wanted to bring a wide variety of music to an otherwise stale theatre. With a list of covers ranging from Led Zepplin, Jackyl, AC/DC, Pearl Jam, Soundgarden all the way to the top 50 of today, Inside Marsellus Wallace strives to not only play the music correctly but to make people feel like they are at a rock concert.



#### Paragould Primary Opened Fall 2013



Oak Grove Middle School Addition Opening Fall 2014



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www.paragould.k12.ar.us



**Bluffett**-Ever since he can remember, Larry Pearson has been a Parrothead! That is to say he has been a dedicated fan of the one and only Jimmy Buffett! Johnny was so infatuated with the music and persona of Jimmy Buffett that he became a musician.

BLUFFETT takes on the atmosphere of a genuine Buffett concert...right down to the audience participation and enjoyment and energy that goes with it! It will be hard to believe your eyes and ears once the show has started due to the uncanny recreation by this awesome group of performers!

The music of Jimmy Buffett has covered several decades and his concerts sell out in a matter of minutes due to the popularity of this entertainer and the wide age group and cross section of fans who love the man and the music!! No matter what type of event, corporate, special, festival, fair, college or casino, BLUFFETT is always a smash success! So break out the Hawaiian Shirts, the Beach Sandals and start steaming the clams and let BLUFFETT set the beach-pace and take you and your event to the barefoot sand-land of "Margaritaville"!



**Fulton's Point**-Shawn Boone began playing and singing at the early age of 10, and played bass and drums in church until he was 17. However, his knowledge of musical instruments moves beyond just his guitar.

Deeply rooted in country and R & B, Shawn has created Fulton's Point, a group of four crafted musicians with a hunger and deep appreciation of upbeat, stimulating, and entertaining music. These four musicians have come together with a focus on one clear goal, professional entertainment!

Shawn Boone's searing vocals and vicious guitar skills, along with Bill Little's Hammond organ and keyboard skills, make for some great R & B, soul, rock and country music.

Jim Davis provides the beat on drums and alternate percussion, while Rich Niell lays down the GROOVE on bass and provides vocals.

Come experience Fulton's Point! \*

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#### Shannon Freeman & Everyday Life

In the beginning it was Shannon Freeman and Aaron Hammon playing as an acoustic duo at local coffee shops. After deciding to expand and include a full band, Mark Owen joined adding his amazing ability on the electric guitar. Jason Stowe balanced out the group on the bass guitar and Mike Newsom added the finishing touches with the keyboard.

Everyday Life has opened for national recording artists at the Loose Caboose Festival and NEA District Fair including Andy Griggs, Dustin Lynch, The Devonshires, and The Gatlin Brothers. The band was voted Paragould Premiere Magazine's "Favorite Entertainers" in 2009 and 2010 and was a finalist for Jonesboro Occasions "Best Band" in 2012. •



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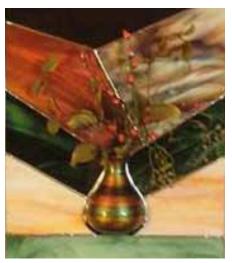
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# LOCAL CRAFTERS



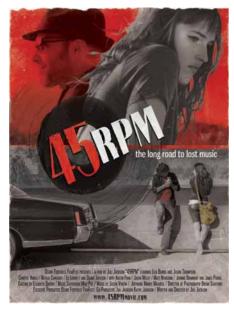
Hang Tin Flowers, by Leisa Parker. On Facebook and  $\ensuremath{\mathsf{Etsy.}}$ 

Support your local crafters! The Downtown Paragould Arts & Music Festival will feature local craft vendors. You'll find one-of-a-kind, handcrafted items. Look for craft booths throughout the festival on both Friday and Saturday. •



Stained Glass by Sherry Varvil

# 45 RPM



• Made in Arkansas "Best Feature" - 2013 Little Rock Film Festival

• Made in Arkansas "Best Actor - Liza Burns" -2013 Little Rock Film Festival

• Audience Award - 2013 Knoxville Film Festival

- 2nd Place Narrative Feature 2013 Knoxville Film Festival
- Best Feature 2013 Philadelphia Film & Animation Festival
- Audience Award "Best Narrative" 2013 Yes Film Festival

• Best Arkansas Connection - 2013 Offshoot Film Festival

• Best Narrative Feature Honorable Mention - 2014 Cinema on the Bayou Film Festival

A feature film about the long road to lost music

#### Description

"45RPM" is a dark comedy that extends the world of the classic American road movie into multiple mediums while exploring rich Southern history.

"45RPM" is a dark comedy that extends the world of the classic American road movie into multiple mediums while exploring rich Southern history. The film follows Charlie Clark, a struggling artist who seeks a connection between her artwork and her deceased father's music. By trying to track down a rare copy of her father's only cut on a 45 record, Charlie finds herself out of her element in Memphis with no leads. Louie Traxler, a record store owner and an obsessive collector, sees a chance to do what he does best. The two of them hit the road in a rumbling vintage Pontiac, scouring the South in search of the elusive 45 that hails from the heyday of '60s garage rock.

Drawing on Arkansas' unique musical history, showcasing local artists and featuring original music, 45RPM pulls together a wealth of untapped modern talent as well as Southern music legends like bluesman CeDell Davis, rockabilly pioneer Joyce Green, and early garage rockers like The Coachmen and The Spyders.

#### Plot Outline

An ambitious artist struggling with the source of her inspiration finds help from an obsessive record collector in the search for her deceased father's lost music. •

Released in 2013





"cannot play a lick," Mike Chojnacki's face is as well-known as any musician's in the area.

Combining two of his favorite pastimes -- music and photography -- Chojnacki has parlayed them into an extremely popular Facebook page tagged "Mike's Music News," the go-to spot for music lovers.

"I just research what's going on in the area and put it up on the Facebook page," he said, "then I go wherever I want and shoot whatever I want. I love all types of music and I got the bug for photography years ago, so I get to do two things I love at the same time."

Chojnacki has photographed musical acts big and small, famous and not so famous, acts on their way up and acts on their way out, dropping in at area festivals, concerts, holiday celebrations and "even at the bars sometimes."

Now 73, he said when he retired years ago he soon got bored -- "you can only piddle so much" -- and looked for an outlet, toting his Olympus camera equipment to area festivals to shoot musical acts where he "got hooked on the music" and the rest just fell into place.

"Everybody seems to know me now," he said. "They say, 'Can you make this? Can you make it to that?' I pick where I want to go. I have no obligations ... I'm doing it all for no pay and don't want any. But now sound and lighting people will let me know what's coming up, musicians, event organizers want me to drop by. It's like a great big family, really."

Now on a first name basis with just about everyone in the local music world, Chojnacki said he will keep showing up at their performances "until I drop, or until someone breaks my equipment all the way. But if I can glue it back together, I'll probably still show up." \*

-- Richard Brummett

# Mural brings Paragould's railroad history to life

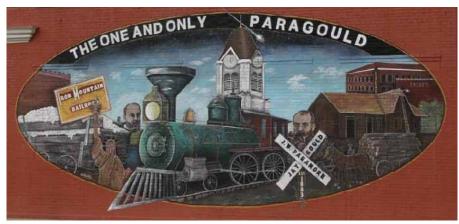
The coming of the Iron Horse in the 1800s changed America!

Paragould, Arkansas, was given both name and life by the railroads that were soon delivering people, services, and materials to the heartland.

Two major and competing rail lines converged at a location just a few miles from the St. Francis River. At this location, Paragould was established and the name derived from the two main rail magnates who owned these lines. These men were the infamous Jay Gould and the lesser known J.W. Paramore ... thus, Paragould.

In honor of Paragould's historical contribution to the history of the state and nation, a mural has been made possible and dedicated in Downtown Paragould at the corner of South Pruett and West Main Streets.

The original art work was done by Josh Hudson and given life by mural painter, artist Cheryl Draper. It was made possible through



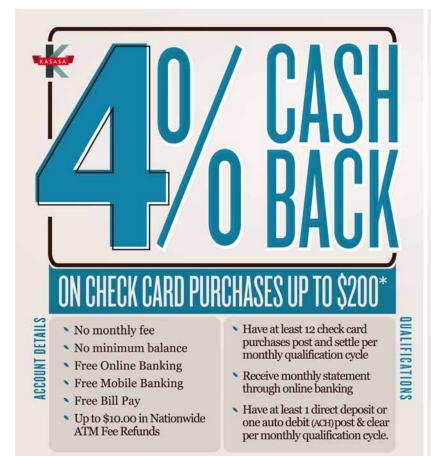
Paragould's downtown mural emphasizes the importance of the railroad to the city's very existence.

the City Beautiful Commission and the owners of the Iron Mountain Loft Building, Judith Taylor and Dina Mason.

Come visit historic Paragould and see the history on the wall!

Meet the artists on Friday at 6pm \*





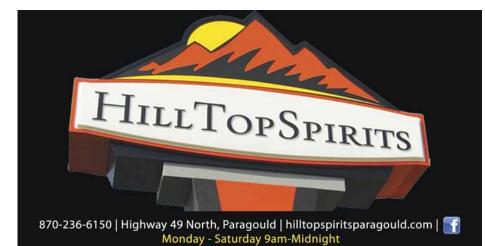


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# MOCA Museum of Contemporary Art

aragould's first opportunity to see a few pieces in the MOCA (Museum of Contemporary Art) will be at the Art and Music Festival.

MOCA is a collection of art gathered in Hot Springs and operated out of one of the famous Bathhouses. Dr. John Bibb learned of the availability of the art and worked with State Representative Mary Broadaway to acquire the collection for Paragould. Broadaway helped the MOCA transition to Northeast Arkansas by providing a \$20,000 General Improvement Fund (GIF) grant to pay off debt and cover insurance costs.

The MOCA collection features works from famed Heber Springs photographer Mike Disfarmer. Other items of note include paintings from Max Gold, Abrishami Hessam and Steve Kaufman, and the possibility of a private collector who would put his or her collection on display in the museum.

The local vision is to have an Artistic CO-OP that helps support the gallery and that will house MOCA and serve as a community center for the Arts. Under such an arrangement, local artists would use the museum as a place for showings, classes, and other endeavors, and would also be able to sell their works in the museum. In exchange, those same artists would provide the staffing and manpower needed to operate the facility.

This is in the planning stages and the organization is looking for patrons who are interested in getting involved.

Artwork from MOCA will be on display at the Festival Friday, 5 p.m. to 8 p.m. and Saturday from 10 a.m. to 9 p.m. in the Red Goose Grand Hall. •



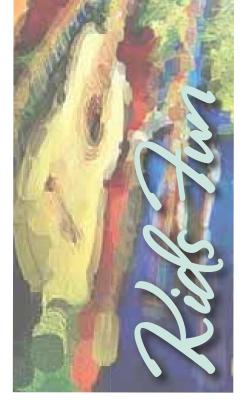
Above, Dr. John Bibb accepts a check from State Rep. Mary Broadaway to help get the MOCA transition started. Broadaway's presentation of a \$20,000 General Improvement Fund (GIF) grant will help cover some of the costs. Also pictured is Dina Mason, MOCA board member. At right are examples of some of the artwork to be on display.













Brent & Tracy Ogelsby Owners



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**Kindersongs**- Brian Kinder is a singer/songwriter who, along with his wife, Ms. Terri, performs rollicking goodtime concerts for kids. Their music is fun and invites audience participation, and is perfectly suited for libraries, schools, fairs, corporate family gatherings, churches, and birthday parties. Yes, Kinder is their real name. (Kinder, German word meaning children as in kindergarten).

For rollicking good time music for kids, there is none finer than Brian and Terri Kinder.



See schedule for additional Kid performances. Additional attractions for kids include small carnival rides and the opportunity to dig in a giant sand box, all in the Downtown area.

# "Just another \$500 t-shirt" You can WIN \$500!



Wear your official Downtown Paragould Arts and Music Festival t-shirt and help us spread the word about the 3rd weekend in May. In addition to buying a great shirt to promote the fest, you will be entered to win \$500 big ones! We will draw a winner at 8:00 pm on the Holiday Liquor Stage, Saturday, May 17th. You do NOT have to be present to win, but must be 18 years or older to participate. If buying a shirt for a child, please enter with a parent's name. The official Downtown Paragould Arts and Music Festival t-shirts can be purchased for \$12.00 before the Festival at the following: Something Sweet, and Room 2 Grow, and Willow Salon; all locations are located in "the One and Only" Downtown Paragould. T-shirts will be available during the Festival at the Court Street tent. Our Festival shirts are sponsored by First Nation Bank, "The Working Bank for Working People" since 1889. (Festival Committee members are NOT eligible to participate.)



Premiere Magazine commends the following advertisers for supporting the Downtown Paragould Arts & Music Festival:



 Thursday Music in the Park 5:00-8:00pm

 Irish Redd
 Sponsored by Community Title and Escrow

#### Friday May 16<sup>th</sup> 5:00pm Art Walk beings 5:00pm **MOCA display opens** 5:00pm **Red Goose Gallery opens** 5:00pm Food, Crafts, Commercial Vendor Booths open 5:00pm Carnival rides and inflatable open-small rides for small kids 5:00pm Skinny J's Relaxation Station opens 5:00pm Region 8 Road Trip-Live Broadcast from KAIT 5:00pm Southern Manor 6:00pm Meet the Iron Mountain Mural Artists Region 8 Road Trip-Live Broadcast from KAIT 6:30pm 6:30pm Natural State Revival 7:00pm 2 Miler Walk/Run 8:00pm Shannon Freeman and Everyday Life brings you---the Decades of Rock and Roll Show

Saturday May 17 <sup>th</sup>	
8:00am	"Ridge Ride" Bike Ride
9:00am	Greene Master Gardeners' Annual Plant Sale
5:00pm	MOCA display opens
10:00am	Red Goose Gallery opens
10:00am	Food, Crafts, Commercial Vendor Booths open
10:00am	Carnival rides and inflatable open-small rides for small kids
10:00am	Suzie and Ryan
10:30am	Kinder Songs
10:15am	The Ozarks
11:00am	Drive South
11:00am	GCT Choir
11:30am	Greene County Library
noon	RestoredShepard's Fold Praise Band-traditional Christian
noon	Edible Insects Crowley's Ridge State Park Interpreter, Elizabeth Bittner
12:30pm	Chad Garrett
12:30pm	Tabatha Dance Company
1:00pm	Kinder Songs
1:00pm	Highway 351Bluegrass
2:00pm	Champions Gymnastics-Hot Shots and Girls Level 2's/3's demonstration
2:00pm	Crafton Brothers and Friends
2:30pm	Champions Gymanstic Boys Team
3:00pm	45 RPM-Premier Paragould Showing
3:00pm	Christian Cantu AKA Young Nino and Friends-Hispanic
3:00pm	"Do You Speak Frog?" Crowley's Ridge State Park Interpreter, Elizabeth Bittner
3:30pm	A Time to Dance
4:00pm	Skinny J's Relaxation Station opens
4:00pm	Chester Jetton
4:00pm	Afterlife
4:00pm	The Compassionate Friends of NEA Balloon Release
4:15pm	GCT Thespians "Shakespeare in the Park"
5:00pm	Fulton's Point
5:00pm	Cody Noel
6:30pm	Inside Marsellus Wallace
7:00pm	45 RPM-2nd Showing
8:00pm	Bluffett-Tribute to Jimmy Buffett

#### **Centennial Park**

DOWNTOWN PARAGOU

in the One and Only Downtown Paragould Red Goose Grand Hall-101 S. Pruett Red Goose Grand Hall-101 S. Pruett in the One and Only Downtown Paragould in the One and Only Downtown Paragould Centennial Park

MAY 16<sup>TH</sup> - 17

Holiday Liquor Stage south Pruett

Holiday Liquor Stage Pruett and Poplar Streets Holiday Liquor Stage

**Centennial Park** Red Goose Grand Hall-101 S. Pruett Red Goose Grand Hall-101 S. Pruett in the One and Only Downtown Paragould in the One and Only Downtown Paragould **Holiday Liquor Stage Champions Gymnastics' Kidz Zone** Something Sweet Stage **Holiday Liquor Stage** Something Sweet Stage **Champions Gymnastics' Kidz Zone** Something Sweet Stage **Champions Gymnastics' Kidz Zone Holiday Liquor Stage Champions Gymnastics' Kidz Zone Champions Gymnastics' Kidz Zone** Something Sweet Stage **Champions Gymnastics' Kidz Zone** Something Sweet Stage **Champions Gymnastics' Kidz Zone The Collins Theatre** Something Sweet Stage **Champions Gymnastics' Kidz Zone Champions Gymnastics' Kidz Zone Centennial Park** Something Sweet Stage **Holiday Liquor Stage Champions Gymnastics' Kidz Zone Champions Gymnastics' Kidz Zone Holiday Liquor Stage** Something Sweet Stage **Holiday Liquor Stage The Collins Theatre Holiday Liquor Stage** 

# STAY TUNED

# What's in Store For Next Month

Flag Day



Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States. The Premiere staff will look at a number of things related to our flag, its proper presentation and its care. •

Special Olympics



Paragould was again the host site for the area Special Olympics and Premiere staffers were set to be there. We'll bring you the photographic highlights in our June issue. •





May 2014 Premiere 67



Additional Prizes: John Deere Gator, Yamaha Grizzly ATV, John Deere Lawn Mower

Entry period ends Oct. 24, 2014 No purchase necessary

# Become a customer today! First National Bank

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