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(Items provided by: Cakes By Ginger)
Photo by Tim Rand Photography



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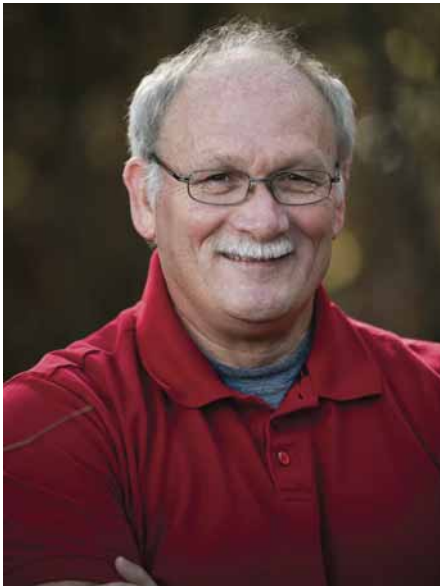
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From the Managing Editor...



Richard Brummett, Managing Editor

There is a little bit of everything out there for Premiere readers this month: We have history, we have information, we have entertainment.

Always searching for ways to be more

appealing to readers, the Premiere writing staff has added a couple of new features this month to go along with our regular fare.

One is "Get Up and Go," a series designed to bring to you points of interest that are situated within quick driving time from the Paragould-Jonesboro area.

The initial entry features the Powhatan State Park, a delightful experience for those who are history buffs. A self-guided tour affords visitors a first-hand look at what life in the 1800s was like.

The courthouse/visitor center alone provides plenty of entertainment, but there are also other historic buildings and intriguing stories to be found elsewhere on the property.

Another history piece was provided by Kenneth Renshaw of Piggott, who detailed the events surrounding the giant meteorite that crashed in Greene County 85 years ago.

Our second new mini-feature is *Premiere Young People*, a companion piece to the periodic *Premiere People* segment. This one will highlight a young person from the area

each month, introducing readers to the future leaders of the community.

The main theme for February, however, is a double-edged presentation geared toward both our fascination with chocolate, and with heart health.

Not only are gooey chocolate treats among the nation's favorite desserts, health experts will tell you that in some instances chocolate is actually good for you. We have lots of chocolate info on the inside pages, including Abby Huckabee's contributions to the NEA Cooks on page 50.

Cheryl Nichols has provided her second segment of *Our Community*, which can be found on page 32, and introduces you to Chandni Khadka, Director of International Student Services at Arkansas State University.

And, there's still more. You can learn about Paragould eighth grader Jackson Parker's defending his Greene County Spelling Bee title, get a look at the first baby born at NEA Baptist's new facility as it celebrates its one-year anniversary, and learn much more ... just by turning the pages of this month's Premiere. ♦

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Tim Rand



At left, the 820-pound Paragould Meteorite at the University of Arkansas campus, Fayetteville. (Photo courtesy of the U. of A.) Above, a .2 gram sample of the Paragould Meteorite from author Renshaw's collection, at Piggott's Matilda Pfeiffer Museum.

85 years ago, astronomical history hit Paragould

By KENNETH RENSHAW

History was made near Paragould 85 years ago February 17 when two, possibly three huge rocks from space crashed into Greene County farmland.

One of them, at 820 pounds, was then the largest stone meteorite to have been seen falling and recovered in the world. It is now the fourth largest in the world. That morning, a fireball (glowing from atmospheric friction on an extremely fast object) was seen in several states around Arkansas. Some people thought it was a falling plane.

Asteroids, leftover stones and iron from the gravitational formation of planets, occasionally hit the earth. One six-mile diameter stone hit the Yucatan Peninsula about 65 million years ago, possibly causing the extinction of the dinosaurs. NASA and other astronomers are currently tracking the larger asteroids that may cross Earth's orbit, placing life in danger. Astronomers say it is not "if" but "when" a disaster may occur on our planet again.

Comet strikes are also a possibility, containing more ice than the asteroids.

Several hundred pounds of meteor material add to Earth's weight each day, mostly sand or dust size material. Catastrophic strikes are, however, extremely rare. In the solar system, most rocky objects are in the Asteroid Belt between Mars and Jupiter while comets come from the Oort Cloud beyond Pluto. Asteroids can be deflected from their area toward Earth by Jupiter's gravity, while comets usually orbit near the sun as part of their orbit.

On February 17, 1930, at 4:08 a.m., a stone originally from that area between the orbits of Mars and Jupiter crossed Earth's orbit, breaking into two or three large pieces and crashing into fields a few miles southwest of Paragould, waking the town and causing a cattle stampede. The larger piece hit a field near Bethany Methodist Church off Hwy. 358. A smaller, 73-pound meteorite hit a field near Finch Baptist Church. It is reported that there were three fireballs and three sonic booms that morning, with an undiscovered third meteorite possible in the area.

The 820-pound piece took a team of men and horses several hours to be recovered

from a 10-foot hole in a field owned by Joe Fletcher. An up and coming meteorite collector, Harvey Nininger, bought it from Fletcher and sold it to Stanley Field, who donated it to the Field Museum in Chicago. In 1988, it was placed on permanent loan to the University of Arkansas, where it is now. A few fragments are in private hands, including a small piece in my possession, on display at the Matilda Pfeiffer Museum in Piggott. The 73-pound piece is in the U. S. National Museum in Washington, D.C.

I am currently scheduling presentations of my meteorite sample, as well as some moon rocks/soil brought back by the Apollo astronauts (on loan from NASA) for Paragould area schools and other organizations. To schedule a time February 16-March 2, 2015 (for the moon rocks) or any time for the meteorite, contact me at 870-598-7930 or renshaw@newwavecomm.net.

Kenneth Renshaw, a native of Paragould, is a NASA/JPL Solar System Ambassador, and a member of NASA's Saturn Observation Campaign. He has degrees in music education from Williams Baptist College and Arkansas State University. ♦



Last year's Chamber Showcase was a successful and fun day.

Chamber of Commerce Showcase scheduled for Thursday, Feb. 19

The 9th Annual Paragould Regional Chamber of Commerce Showcase will be held Thursday, February 19, at the Paragould Community Center.

Booths will fill the Community Center floor as dozens of businesses show off what they have to offer. Not only does the showcase give business owners the chance to network, it gives residents the opportunity to see what Paragould has to offer.

Each year, the Chamber

encourages high school seniors to attend and see some of the job opportunities available in the Paragould area.

Booth space will be open only to members of the Paragould Regional Chamber of Commerce.

The 2015 Chamber Showcase will be open to Chamber members from 11:00 a.m. to 3:00 p.m. Lunch will be provided for Chamber members.

After lunch, the Showcase will be open to the public, beginning at 1:00 p.m. ♦



Exhibitors enjoy meet and greet sessions with fellow Chamber members and the public.

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Jackson Parker defends title at Greene County Spelling Bee

Paragould Jr. High School 8th-grader Jackson Parker made it two years in a row when he defended his title by winning the 2015 Greene County Spelling Bee at the Collins Theatre.

Jackson took home a \$100 savings account, provided by First National Bank, and \$100 toward expenses to compete in the state event in Conway on February 28.

First Runner-up was Max Bennett, a 6th grader at Greene County Tech Middle School, who earned a \$50 savings account, while Alexis Monet Carter, a 6th grader at Oak Grove Middle School, was Second Runner-up and received a \$25 savings account.

The Greene County Spelling Bee is sponsored by FNB and the Greene County Retired Teachers Association. ♦

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PREMIERE'S SCENE 'YA



Niska Clayton and Darla Scudder at NEA Baptist's one-year celebration.



The Snyder family -- Marlee, Karen, Jaron and Scott -- at the Greene County Spelling Bee.



Ciara and Amberly Fender at the Greene County Spelling Bee.



Wanda Reynolds and Gabrielle Smith at Chateau On The Ridge.

Francheska McCuiston and Maria Perdomo Duran at NEA Baptist's one-year celebration, at right.



Annika and Melanie Parker prior to the Greene County Spelling Bee.

NEA Baptist Charitable Foundation offers free program for children

Arkansas is now the third most obese state in the nation, according to *Fat in Fat: How Obesity Threatens America's Future 2013*, a report from the Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF). NEA Baptist Charitable Foundation has taken a proactive approach to combating this epidemic.

Center for Healthy Children offers a 12-week session that focuses on helping children and their families learn to live a fit way of life through nutrition and physical activity. The program is free of charge for children ages 8-12 with a BMI (Body Mass Index) of 25 or greater and requires parental involvement. The 12 week session includes discussion on nutrition, self-esteem and other various subjects for the entire family. Life skills on how to choose foods wisely through label reading, portion control and eating on the go will be taught in the nutrition classes. Children will learn how to have fun while they exercise through activities such as team sports, strength training and other group events. Parents will learn tips and tricks for cooking light, eating out and feeding a picky eater.

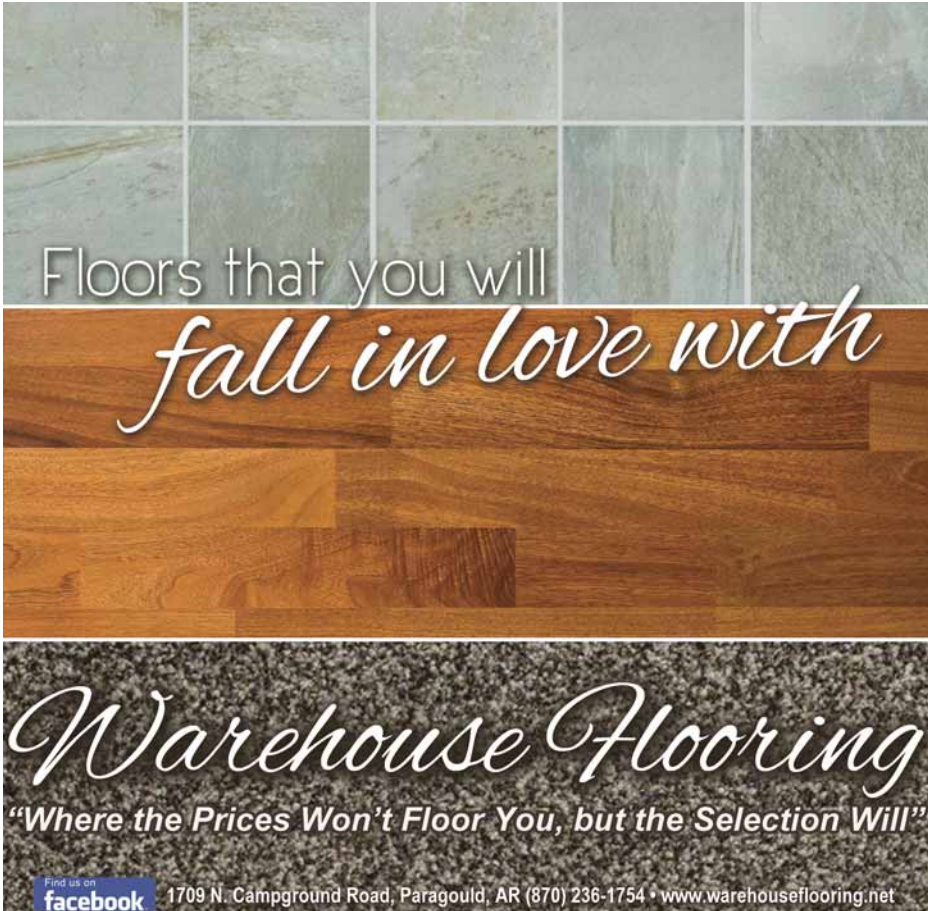
"I encourage starting nutrition and exercise at an early age to gain control of health problems such as obesity and high blood pressure," said wellness program manager Erica Huffstetler. "It's very important that parents are involved in every aspect of their child's health and to make an impact on them to live a healthy lifestyle."

In addition to the structured program, Center for Healthy Children has a fitness room that the children are able to explore during free play. The room includes a rock-climbing wall, stationary bicycles, Wii games and other equipment created specifically for children. The children also have use of the indoor heated swimming pool and indoor track at the NEA Baptist Clinic Wellness Center at 2617 Phillips Drive in Jonesboro. For more information about NEA Baptist Charitable Foundation Center for Healthy Children, log on to NEABaptistFoundation.org or contact Erica Huffstetler at 870-336-1760. ♦



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Outstanding Teachers



Kendra Street Marmaduke

Kendra has been teaching for eight years, beginning as a preschool teacher for three years at Southland, then third grade for two years at Marmaduke and is now in her third year of teaching kindergarten at Marmaduke.

"I realized that there is such an opportunity to make a positive change in the lives of students," she said of her love for teaching. "I had some very influential teachers during my school career and those teachers were my motivation."

Kendra said, "There are some wonderful teaching memories so far but two stand out in particular. There were two years that I had the privilege of taking the girl from my class that was chosen to be in homecoming and spending the day getting them ready for their big night. We went to get their hair, nails, and makeup done then out to eat. I think I had more fun than the girls did! My second favorite would be when I asked my group of third graders what kind of snacks they would like to have for their Valentine's Day party. One student wanted to have crawfish and that's what we had! They absolutely loved it."

Kendra has been married for 10 years to Jeremy Street and they have one son, Landon, who is four years old. ♦



MacKenzie Fisher Paragould

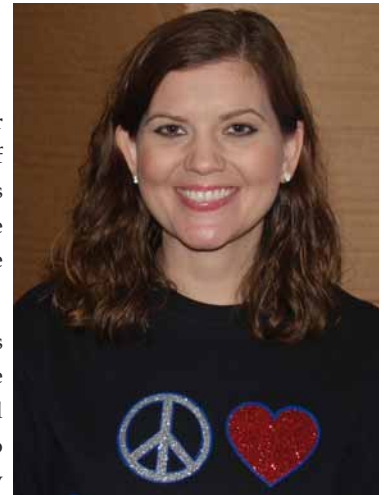
MacKenzie is in her eighth year of teaching, and is currently employed by the Paragould School District at the Primary School.

She says she chose teaching as a profession because, "I have always loved children. I wanted a job that I looked forward to going to each day. I absolutely made the right choice."

As a teacher of such young students, MacKenzie is presented with a wide range of classroom experiences on a daily basis.

"I teach preschool, so funny and memorable things happen every day," she said. "I love it when one of my previous kids comes to visit me or to just say hello. That's a good feeling."



MacKenzie is married to Matt Fisher, and they have a ten year old son, Will. ♦



To nominate your favorite teacher as one of Premiere's Outstanding Teachers, email information to:

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Francis Boone has touched a lot of lives in 28 years at FUMC

When Francis Boone started working in the nursery at First United Methodist Church, gas cost 89 cents, Ronald Reagan was president, Halley's Comet was making headlines and Top Gun was the top movie.

Much has changed in almost three decades, and not just in the outside world. Boone said the nursery has changed "immensely" over the years, but perhaps the biggest change will be the retirement of one of the church's longest employed workers. After 28 years of caring for multiple generations, Boone headed out of the nursery door for the last time in December.

At 78, Boone hadn't considered retirement until fairly recently, when Clois, her husband of 60 years, told her "it's time."

Boone agreed. "I feel like it's my time to go," she said.

Now the couple will be able to travel and spend more time with family.

"Clois is in better health now than he's been in a long time. I'm in good health. I'm anxious to see us getting to

do a little bit now," she added.

Boone started working in the nursery 27 years ago when her oldest daughter, Melinda, asked her to help out at the church. At that time, the nursery was three rooms and there was one worker per room. It was always part-time and she also subbed at the church's day school. She has been the nursery coordinator for 10-12 years.

In her almost three-decade tenure, the nursery has increased in numbers, and there is more going on in the church on Sunday and Wednesday nights, she said. When Boone started working in the nursery, there were



Ms. Francis Boone, hugging children as she says goodbye at her retirement party. Francis worked in the nursery department at First United Methodist Church for more than 27 years.

three workers and youth worked for money to pay for youth trips.

"You always had help," she said. Today there are also more paid workers and the church has added a nighttime Bible study and offers a nursery.

Boone has made a career of caring for the church's children, inside and outside of the church walls. Boone's husband never wanted her to work a full-time job outside the home, so she babysat in her house. She watched Joseph and Kalin Rhodes for 18 years, and Quentin and Madelyn Cupp, all members of FUMC. Boone kept them until they started school.

Before caring for the church's children, she raised five of her own, three boys and two girls.

"It's hard to work when you have that many," she said of raising her brood. "They were a full-time job when they were little. I've always been active when they were going to school."

When asked what her favorite part of working in the nursery is, Boone quickly replied, "The kids. They keep you young. I've always heard that I'll find out if it's time. I like the kids – the people I work with, too." ♦

-- Karole A. Risker

When Boone started working in the nursery, there were three workers and youth worked for money to pay for youth trips.

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Get Up and Go...

...to Powhatan
State Park



The historic courthouse/visitor center sits atop the hill and greets visitors to Powhatan.

Follow State Highway 25 from Black Rock to Powhatan and the historic 1888 courthouse rises to occasion, greeting drivers like a giant beacon signaling them in.

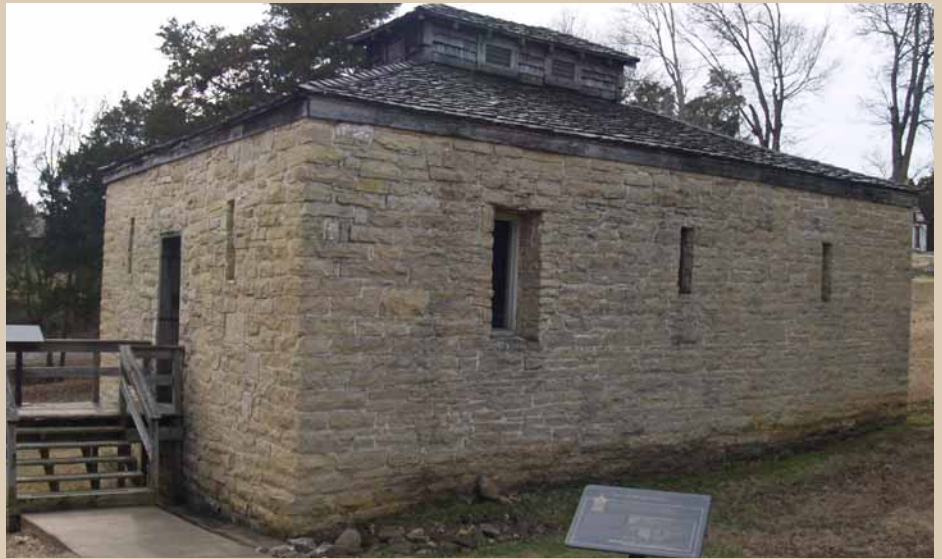
The building also houses the Visitor Center to Powhatan State Park and provides a

How to get there: From the Premiere office at 400 Tower Dr. in Paragould, take US-412 west 33.4 miles through the Walnut Ridge area; turn right onto US-63/US-412 for 3.8 miles; turn right onto Hwy 25/3rd Street and proceed 0.2 miles; turn right onto Hwy 25/State Hwy 25 and go 2.1 miles.

wonderful journey back in time, with displays detailing the area's reliance on steamboat trade and travel, the connection to Indian ancestry and a true-to-life visit to the courtroom that saw desperadoes sentenced to time in the jailhouse -- situated right out back.

Both structures have been placed on the *National Register of Historic Places* and the park provides guided tours Tuesday-Saturday from 8 a.m.-5 p.m. and Sundays from 1-5 p.m.

Whether taking the guided tour or walking the grounds for yourself, visiting Powhatan State Park is a worthwhile experience. ♦



The limestone jail, above, has been used for a variety of purposes since its construction in 1873 but was restored by Arkansas State Parks in 1990. At left is the Ficklin-Imboden log house, complete with period furnishings, and below, the courtroom.



Story and photos by Richard Brummett

--- -- *Get Up and Go...* --- --

...to Powhatan State Park



A trip to Powhatan State Park and the historic area includes a look at the old jail's door that kept prisoners locked away, top left; the jury box at the courthouse, above; a detailed history of the town's connection to the steamboat industry, below; and the 1887 Commercial Building, left.



Civil War reenactors often visit park

A quick telephone call to the Powhatan State Park at 870-878-0032 or 870-878-6765 can tell you if your planned visit coincides with reenactors who periodically perform at the park.



Joyce Madden of Thayer, Mo., a first-time visitor to the state park, experienced firing a musket, thanks to the Civil War reenactors appearing on the day of her visit. The soldiers camped out near the Black River and were joined by others to recreate wartime activities and to interact with spectators during their stay.



PREMIERE

Young PEOPLE

Walt Reynolds is a freshman at Greene County Tech High School and has found writing to be a suitable outlet for his thoughts and opinions.

The 14-year-old is in John Baldwin's journalism class, the first one offered at GCT in a while, and said, "I love writing; it's always been a hobby."

He said class assignments have run the gamut of journalistic styles - - interviewing classmates, interviewing teachers, human interest stories -- but his favorite so far has been editorial writing.

"I guess because you can express yourself or something you feel strongly about," he said.

A Stephen King fan, Walt said he enjoys writing fantasy and science fiction if given an option. "I could definitely see myself writing fiction books," he added, when asked about a possible future as an author. "I don't really have much of a plan ... writing or making stories of some kind."

Walt is the son of Bob and Sharon Reynolds of Paragould. ♦



February 2015

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Chloe Connors, 2, makes a pretty Valentine herself. She is the daughter of Gerard and Sheina Connors of Paragould.

A group representing Vietnam veterans presented gift bags at Christmas time to former members of the military now residing in area nursing homes. At right, the group started their goodwill tour with a visit to Sunshine Manor in Paragould to honor Don Freeman, seated left, and L.D. Heasley, center, among others, for their service to our country. Don Foster, with the Vietnam veterans, said they "just want our veterans to know they aren't forgotten, especially at Christmas."



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NEA Baptist recognizes nurse who performs “above and beyond expectations”

NEA Baptist Memorial Hospital recently recognized Joyce Lemieux, BSN, RN, with the DAISY Award for Extraordinary Nurses, given in appreciation of the work nurses do.

Lemieux was nominated by a patient who stayed at NEA Baptist Memorial Hospital for an extended amount of time and witnessed first-hand her extraordinary care and thoughtful nature, stating in the nomination that she is so deserving of the award and recognition of the care she provides to each of her patients.

Each quarter, NEA Baptist’s nursing administrators accept nominations and select a nurse

to receive the DAISY Award. At a presentation in front of colleagues, physicians, patients and visitors, the honoree receives a certificate and a sculpture called A Healer’s Touch, hand-



Joyce Lemieux

carved by artists of the Shona Tribe in Africa. “This particular patient described her as someone who has shown compassion and caring above and beyond what is expected of her, and we all agree,” said Paula Grimes, chief nursing officer for NEA Baptist Memorial Hospital. “Joyce keeps service the top priority,

and the detailed testimonial provided by this patient showcases the compassionate care she provides for each and every patient.”

The not-for-profit DAISY Foundation is based in Glen Ellen, CA, and was established by family members in memory of J. Patrick Barnes. Barnes died at 33 in late 1999 from complications of idiopathic thrombocytopenic purpura, an auto-immune disease. The extraordinary care Barnes and his family received from nurses while he was ill led to the creation of the DAISY Award. The program gives health care providers, patients and community members the opportunity to recognize the hard work of nurses across the country. ♦

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Jewelry, flowers top wish list for Valentine's Day

Valentine's Day can be one of the most stressful occasions for men because most of them have no idea what to buy for the special woman in their life.

The Science of Relationships website surveyed more than 1,000 adults in 49 states to explore people's attitudes about Valentine's Day. And, guys, here's what the survey says:

- Women "love" Valentine's Day more than men, while men "hate" it more than females.
- For women, Valentine's Day carries with it the potential for love and affection.
- Guys: Roses are red. All the other flowers come in second place or worse on this day. Women also will accept carnations but don't go down the daisy path: They were rated last place.
- What to buy: The top three gifts women want for Valentine's Day are jewelry (35 percent), flowers (24 percent), or a heartfelt card/gift (10 percent). ♦



An advertisement for M.F. Block Insurance. The background is a map with a green pushpin. The text "WE'VE MOVED TO A NEW HOME" is written in large, bold, black letters across the map. In the bottom left corner, the M.F. Block logo is shown, with the text "M.F. BLOCK INSURANCE SINCE 1914 Auto • Home • Business • Life". In the bottom right corner, the text reads "NOW AT 32 SOUTHPOINTE DR IN PARAGOULD BEHIND HOLIDAY INN EXPRESS (870) 236-8744".



PREMIERE PEOPLE

What does a school teacher do with her free time, assuming there is such a thing as free time for an educator?

For Brandi Newsom, a fourth grade instructor at Baldwin Elementary School in Paragould, it's a variety of things. "I like to travel," said Brandi, now in her 10th year of teaching, "and I like reading, shopping -- I like fashion -- and studying history."

Married to Kevin Newsom and the mother of three -- 12-year-old Jax, 9-year-old Madden, and stepdaughter Avery, 11 -- Brandi just this year earned recognition as a National Board Certified teacher, and said she believes teaching is also "a great way to learn. Teaching history this year and studying about World War II, I still learned a lot myself."

She is an adjunct professor in the English Department at Black River Technical College in Paragould, refers to herself as "a pretty good cook" and when asked to provide one fact most people don't know about her, she said, "I still sleep with the same blanket I was brought home from the hospital in, the one I was born with." ♦

4th Annual Roll to the Goal Wheelchair Basketball tourney

On March 14, 2015, beginning at 9 a.m. in the 7th and Mueller Church of Christ gymnasium, the fourth annual Roll to the Goal event will take place.

Organizers, led by the Paragould Civitan Club, are currently looking for 3-person teams and sponsors; sponsorship is tax deductible and is \$100, and a great advertisement/exposure opportunity for businesses. Sign up to play for \$45 per team (Male/Co-Ed, all women, and youth divisions). The deadline is February 25, 2014.

Funds raised will be used to improve and expand the only handicap accessible playground in our community.

To become a sponsor or to sign a team up, contact Kathy Carr 870-240-6455 or email paragouldcivitan@gmail.com.

Also visit and like the Civitan Facebook page for more information about this and other events. ♦

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The stories are true ...
*chocolate isn't good
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We've all heard the stories and the warnings: "Chocolate is like poison to a dog," and Dr. Brent Reddick of the Linwood Animal Hospital confirms that while eating a Hershey's kiss may not prove fatal to your pet, a dose of chocolate is not the best treat for it. "Really, we should err on the side of caution," Dr. Reddick said, "and just give our dogs no chocolate. I still don't recommend table food for dogs, either, but chocolate has a lot of toxicity because of the fat and sugar." He said the dark chocolates -- which are the better chocolates for humans to consume -- are not good for animals so one should be careful when deciding to share a treat. Baking chocolate is the worst for your dog, followed by semisweet and dark chocolate, then milk chocolate and chocolate flavored cakes and cookies. If your pet manages to find your sweet stash and consume large quantities of the snack, you can expect it to deal with vomiting, diarrhea, hyperactivity, tremors and seizures. Reddick said the size of the dog can determine how sick it might become: "A three-pound chihuahua eating a bunch of chocolate could become very ill while an 80-pound boxer could eat the same amount and have no problem." He said the smart thing to do if your pet does treat itself to dessert is to contact your veterinarian as soon as possible. ♦



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A chocolate experience at Hickson's Cakery



BY RICHARD BRUMMETT

I wanted to have a “chocolate experience” in a new place, somewhere I’d never been, so I loaded up my two grandsons and headed for Hickson’s Cakery in Paragould.

Rebecca Hickson, who co-owns the new shop along with her sister, Lauren, was more than happy to get the two boys all sugared up with a couple of fudge brownies doused with ganache and cupcakes featuring miniature Reese’s Cups.

She said the sisters, originally from Piggott, attended culinary school and decided to open up shop, which they have done. Hickson’s is located at 2200 Grecian Lane Plaza 2, Suite 9. They are taking orders for all types of custom cakes, cupcakes, cookies, pies, brownies and more at 870-598-4982, or you can drop by to place your order from 10 a.m. to 6 p.m. Monday through Friday, or from 10-2 on Saturdays.

Lauren said the duo will bake custom cakes for “birthdays, anniversaries... any occasion, really. All you have to do is call and let us know.” ♦

Rebecca Hickson, above, serves up a pair of Reese’s cupcakes, which were joined by fudge brownies, below.



American Heart Association lists heart attack warning signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other signs may include *breaking out in a cold sweat, nausea or lightheadedness.*

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

Information provided by The American Heart Association. ♦

Heart Health ABCDs

A = arteries: avoiding arteriosclerosis/atherosclerosis -- also known as hardening of the arteries

B = blood pressure: maintaining healthy blood pressure is critical to the heart

C = cholesterol: know the difference between good and bad cholesterol

D = diet, diabetes prevention/control: keep hemoglobin A1c in normal range. Keep BMI in healthy range.

S = smoking cessation: stop smoking

According to Dr. Allen Duplantis, Interventional Cardiologist in Paragould, understanding the ABCDs listed above and taking appropriate steps to monitor and maintain the status of each is the key to avoiding cardiovascular disease.

Here's a brief look at each category and some nutritional solutions to keep your heart healthy.

Arteries: With more than 2 million heart attacks and strokes each year -- and 800,000 deaths -- cardiovascular disease is the leading cause of death for both men and women in the United States, according to the Centers for Disease Control and Prevention. One of every three deaths is from heart disease and stroke. The vast majority of these were avoidable.

Blood pressure control: This is very important to maintaining a healthy heart. High blood pressure can cause added stress on your heart and lead to heart failure. Controlling blood pressure also helps reduce the risk of heart attack and stroke. Simple diet changes -- like reducing your daily salt intake to less than 1.5 grams per day -- can also decrease blood pressure. Getting at least 30 minutes of physical activity daily is another lifestyle change with tremendous benefits to both you and your heart. So, check your blood pressure, eat healthy, get some exercise, and take charge of your blood pressure.

Cholesterol management: High cholesterol can lead to plaque buildup in your blood vessels and decrease the delivery of oxygen and nutrients to the brain and heart. One in six Americans has high cholesterol, a statistic directly relating to the number of deaths associated with heart disease each year. Not all cholesterol is bad. HDL is the "good" cholesterol that helps protect your blood vessels, while LDL is the "bad" that causes

the plaque buildup. Decreasing fatty foods, like fried and creamy foods, can help decrease the bad cholesterol; exercising for 30 minutes a day can increase the good cholesterol.

Cholesterol = 107-200; Triglycerides = 35-160; HDL ("good" cholesterol - helps carry cholesterol out of the body) = 35-100; LDL ("bad" cholesterol - hauls cholesterol from liver to all cells in the body) = <100 or if you have artery disease, 70 or less

Diet/Diabetes Prevention and Diagnostic Tests: Cardiovascular disease is the leading cause of death among people with Type 1 and Type 2 diabetes.

Diabetes-Hemoglobin A1c: 4.2-6% = normal range; 5.7%-6.4% = increased risk of diabetes; 6.5% or higher = diabetes

Because studies have repeatedly shown that out of control diabetes results in complications from the disease, the goal for people with diabetes is a hemoglobin A1c of less than 7%. The higher the hemoglobin A1c, the higher the risks of developing complications related to diabetes.

Weight: BMI less than 18.5 = underweight; BMI between 18.5 and 25 = healthy weight; BMI between 25 and 30 = overweight; BMI between 30 and 40 = obese; BMI over 40 = very obese, morbidly obese.

Smoking cessation: Smoking causes blood vessels to narrow and increases the risks of heart disease and stroke 2-4 times. Smoking also decreases the circulation of blood throughout your body. This leads to an increase in blood pressure and makes it easier for blood clots to form. There are many resources to help you quit smoking. Your healthcare provider can talk to you about the various medication therapies and counseling programs available. Talk to your healthcare provider about the ways to protect your heart. ♦



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25 top heart-healthy foods help protect cardiovascular system

According to the folks at WebMD, these 25 foods are loaded with heart-healthy nutrients that help protect your cardiovascular system.

From asparagus to sweet potatoes to a robust cabernet -- every bite (or sip) of heart-healthy foods delivers a powerful dose of phytonutrients that prevent and repair damage to cells. That's the essence of preventing heart disease.

"There really is an abundance of fruits and vegetables in many colors, shapes, sizes that are good for your heart," says Julia Zumpano, RD, LD, a dietitian with the Preventive Cardiology Center at The Cleveland Clinic. "You can definitely reduce your risk of developing cardiovascular disease by eating these foods every day."

Indeed, fresh produce provides the cornerstone for a heart-healthy diet because it helps wipe out free radicals in the bloodstream, protecting blood vessels.

It's what Zumpano calls "the whole-foods diet. You want everything to be in its natural

form, as it comes from the ground, the less processed the better," she says.

Whole grains, beans and legumes, nuts, fatty fish, and teas are just as important -- offering all sorts of complex heart-protective phytonutrients.

That's why variety is best in selecting heart-healthy foods, says Suzanne Farrell, MS, RD, a spokeswoman for the American Dietetic Association and owner of Cherry Creek Nutrition in Denver.

"Everyone's looking for that one magic food," Farrell tells WebMD. "But heart-healthy is not only about oatmeal and omega-3 fats. You need to look for ways to get all the different nutrients. Plus, you'll stick to a heart-healthy lifestyle longer if you have variety."

With the help of these nutrition experts from The Cleveland Clinic and the American Dietetic Association, a list of the "best of the best" heart-healthy foods is presented.

The foods listed here are all top-performers in protecting your heart and blood vessels.

There are also menu ideas -- so you can easily bring heart-healthy foods into your daily breakfast, lunch, and dinner.

1. Salmon

Omega-3 fatty acids.

Grill salmon with a yummy rub or marinade. Save a chunk to chop for a pasta or salad later on.

2. Flaxseed (ground)

Omega-3 fatty acids; fiber, phytoestrogens.

Ground flaxseed hides easily in all sorts of foods -- yogurt parfaits, morning cereal, homemade muffins, or cookies.

3. Oatmeal

Omega-3 fatty acids; magnesium; potassium; folate; niacin; calcium; soluble fiber.

Top hot oatmeal with fresh berries. Oatmeal-and-raisin cookies are a hearty treat.

4. Black or Kidney Beans

B-complex vitamins; niacin; folate; magnesium; omega-3 fatty acids; calcium; soluble fiber.

Give soup or salad a nutrient boost -- stir in some beans.

5. Almonds

Plant omega-3 fatty acids; vitamin E; magnesium; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols.

Mix a few almonds (and berries) into low-fat yogurt, trail mix, or fruit salads.

6. Walnuts

Plant omega-3 fatty acids; vitamin E; magnesium; folate; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols.

Walnuts add flavorful crunch to salads, pastas, cookies, muffins, even pancakes.

7. Red wine

Catechins and resveratrol (flavonoids).

Toast your good health! A glass of red wine could improve "good" HDL cholesterol.

8. Tuna

Omega-3 fatty acids; folate; niacin.

Here's lunch: Salad greens, fresh fruit, canned tuna. Keep "Salad Spritzer" - a light dressing -

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9. Tofu

Niacin; folate; calcium; magnesium; potassium.

Tasty tofu is easy: Thinly slice "firm" tofu, marinate several hours, grill or stir-fry.

10. Brown rice

B-complex vitamins; fiber; niacin; magnesium, fiber.

Microwavable brown rice makes a quick lunch. Stir in a few chopped veggies (broccoli, carrots, spinach).

11. Soy milk

Isoflavones (a flavonoid); B-complex vitamins; niacin; folate, calcium; magnesium; potassium; phytoestrogens.

Soy milk is great over oatmeal or whole-grain cereal. Or, make a smoothie with soy milk.

12. Blueberries

Beta-carotene and lutein (carotenoids); anthocyanin (a flavonoid); ellagic acid (a polyphenol); vitamin C; folate; calcium, magnesium; potassium; fiber.

Cranberries, strawberries, raspberries are potent, too -- for trail mixes, muffins, salads!

13. Carrots

Alpha-carotene (a carotenoid); fiber.

Baby carrots are sweet for lunch. Sneak shredded carrots into spaghetti sauce or muffin batter.

14. Spinach

Lutein (a carotenoid); B-complex vitamins; folate; magnesium; potassium; calcium; fiber.

Pick spinach (not lettuce) for nutrient-packed salads and sandwiches.

15. Broccoli

Beta-carotene (a carotenoid); Vitamins C and E; potassium; folate; calcium; fiber.

Chop fresh broccoli into store-bought soup. For a veggie dip, try hummus (chickpeas).

16. Sweet potato

Beta-carotene (a carotenoid); vitamins A, C, E; fiber.

Microwave in a zip-lock baggie for lunch. Eat au naturale, or with pineapple bits.

17. Red bell peppers

Beta-carotene and lutein (carotenoids); B-complex vitamins; folate; potassium; fiber.

Rub with olive oil, and grill or oven-roast until tender. Delicious in wraps, salads, sandwiches.

18. Asparagus

Beta-carotene and lutein (carotenoids); B-complex vitamins; folate; fiber.

Grill or steam slightly, then dress with olive oil and lemon. It's a pretty side dish.

19. Oranges

Beta-cryptoxanthin, beta- and alpha-carotene, lutein (carotenoids) and flavones (flavonoids); vitamin C; potassium; folate; fiber.

20. Tomatoes

Beta- and alpha-carotene, lycopene, lutein (carotenoids); vitamin C; potassium; folate; fiber. For a flavor twist, try oil-packed tomatoes in sandwiches, salads, pastas, pizzas.

21. Acorn squash

Beta-carotene and lutein (carotenoids); B-complex and C vitamins; folate; calcium; magnesium; potassium; fiber.

Baked squash is comfort food on a chilly day. Serve with sauted spinach, pine nuts, raisins.

22. Cantaloupe

Alpha- and beta-carotene and lutein (carotenoids); B-complex and C vitamins; folate; potassium; fiber.

A fragrant ripe cantaloupe is perfect for breakfast, lunch, potluck dinners. Simply cut and enjoy!

23. Papaya

Beta-carotene, beta-cryptoxanthin, lutein (carotenoids); Vitamins C and E; folate; calcium; magnesium; potassium.

Serve papaya salsa with salmon: Mix papaya, pineapple, scallions, garlic, fresh lime juice, salt and black pepper.

24. Dark chocolate

Resveratrol and cocoa phenols (flavonoids).

A truffle a day lowers blood pressure, but choose 70% or higher cocoa content.

25. Tea

Catechins and flavonols (flavonoids).

Make sun tea: Combine a clear glass jar, several tea bags, and hours of sunshine. ♦

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Chandni Khadka, above, helps international students, right, assimilate into the Northeast Arkansas community by experiencing the language, culture and traditions of the area.



Meet Chandni Khadka, Director of International Student Services at ASU

International Student Services is located within the Office of Global Initiatives at Arkansas State University and seeks to provide international experiences domestically and abroad through the presence of international students and faculty at the ASU Jonesboro campus; foreign relations with partner institutions; and academic and research experiences abroad. Chandni Khadka, Director of International Student Services, provides multiple ways for community members to connect with international students to broaden their experiences and learn more about the American culture.

Cheryl Nichols: Chandni, tell our readers about the Community Friends Program offered through International Student Services.

Chandni Khadka: This program provides a platform for interested community members to get involved with the international program at A-State. We have international students from over 60 different countries that desire to experience the American culture and improve their English language skills. We want to provide the students with the best possible experiences and memories of their time studying at A-State and living in North-

Our Community

By Cheryl Nichols



east Arkansas and members of our community share some of their time with these students.

CN: What types of activities can community members volunteer to do with international students?

CK: Community members can have lunch or dinner with the students, go to football games or other family outings like bowling or shopping. It's always nice to invite students over for holidays like Thanksgiving or Easter. Community members can designate how much time they can dedicate and what activities they would like to do with the students. Again, the students want to experience the language, culture and traditions of this country, so including them in regular activities is the best way to do that.

CN: You have a deep connection with these students. How did you become involved in the International program at A-State?

CK: I am from Nepal and came to the states to complete my MBA. I had a wonderful host family that helped me acclimate to this culture. They were involved in my life and were supportive of me. My family was thousands of miles away, but my host family were engaged in my life and attended the events that were important to me – award ceremonies, dinners and special events. Their involvement made a difference in my life.

CN: Chandni, here is my Barbara Walters inspired question: What is your superhero name and what is your superpower?

CK: Hmm... my superhero name would be "The Determinator" because I am a determined and focused person and my superpower would be empathy because I really feel compassion for the international students and want them to experience this culture.

CN: How can our readers find out more about volunteering for the Community Friends Program?

CK: Please email me at chandni@astate.edu or stop by the International Office located in the Administration Building, Suite 118. More information can also be found on our website www.astate.edu/international ♦

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HAPPENINGS



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HAPPENINGS

1. Girl Scout Project

Greene County Girl Scouts undertook a service unit project to collect coats for those in need. They collected 54 jackets/coats, two scarves, six hats and 12 pairs of gloves, all donated to Griffin Memorial United Methodist Church for its coat closet. Pictured is a December Storytime event with Mrs. Claus. The girls and the public enjoyed hearing stories read by Mrs. Claus, and had cookies and milk with her.

2. PAWS Gets Dog Shelters

Paragould resident Kaleigh Workman, pictured standing alongside her son Zayne, donated free barrel dog shelters for anyone in need to the PAWS Shelter. John Smith of Alicia gave Kaleigh the barrels and her grandfather, Harley Lyles, helped her build them and transport them to PAWS. Kaleigh said, "I wanted to do this when I saw a viral picture on Facebook of a dog frozen to death in the snow without any shelter. I decided to make the free barrel houses so people wouldn't have any excuse not to have a dog house for their pet." All of the donated doghouses were claimed by area residents but Kaleigh plans on making more before winter ends. If you need a shelter for your pet, call the PAWS shelter at 870-240-0997.

3. Classroom Visit

Jesse Hancock visited his grandson's classroom for Greene County Tech's 5th grade Christmas party. Will Fisher is a student in the room of Mrs. Crystal Cox.

4. School Board Recognized

Paragould School District joined districts across the state to celebrate School Board Member Recognition Month in January. More than 1,400 Arkansas school board members were honored for service and dedication to public education. "Our board members assume a crucial role in representing our students and advocating for public education," said PSD Superintendent Debbie Smith. "We are very proud of our members, and Arkansas School Board Recognition Month is a great time to recognize them and celebrate their accomplishments." The members serving on the board are Greg Graham, Lillian White, Jeremy Hancock, Barry Bateman, Tim Coy - Vice President, Trey Bailey - Secretary and Sam McHaney - President.

5. Water Study

Third and fourth grade Gifted and Talented students in the Paragould School District recently learned about the history and benefits of the Mississippi River. As an extension of this unit, the students also learned about the Water Treatment Plant located in Paragould. Robert Ring, pictured, and Terry Tripp, both employees of Paragould Light Water and Cable, shared information about the Water Treatment Plant and also facts about the process our water takes on before being consumed or reused. ♦



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Business Is Good

AMMC welcomes plastic surgeon

Dr. Joel Epperson is the newest member of the medical staff at Arkansas Methodist Medical Center. He joined the team in December 2014.

He received his Bachelor of Arts from Millsaps College in Jackson, Mississippi, and his Medical Degree from Ross University School of Medicine in Dominica, West Indies. He completed an Internship and Residency in Internal Medicine at Mount Sinai School of Medicine Cabrini Medical Center Program in New York, New York; an Internship and Residency in General Surgery plus a Residency in Plastic and Reconstructive Surgery at The University of Mississippi Medical Center in Jackson.



Dr. Joel Epperson

Dr. Epperson is Board Certified by The American Board of Surgery. He and his wife and two children reside in Jonesboro, where they are members of Blessed Sacrament Church.

Paragould Plastic Surgery is located at 1000 West Kingshighway, Suite 7, in the Professional Office Building at AMMC. To schedule an appointment, call 870-239-8427. ♦

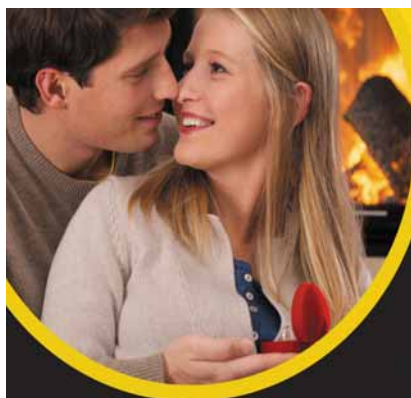
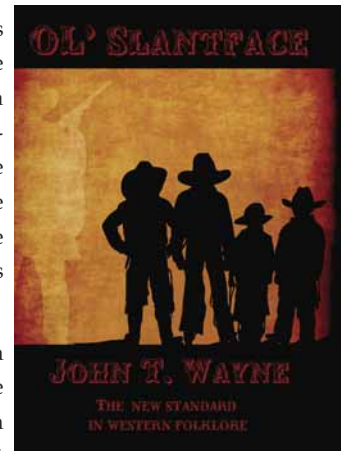
Wayne announces release of new book

Paragould author John T. Wayne announces the release of his latest book, *Ol' Slantface*, the fourth entry in his Gaslight Boys series.

Wayne said the story takes place in the middle of the Civil War and centers on a slave trader "who learns orphans are showing up on the streets of St. Louis and are easy fodder for slavery, so he kidnaps them and saves them."

He said copies of the book can be found in Paragould at The Boot Store on Hwy. 49 South and at Amazing Things, next to the new Subway restaurant on Kingshighway.

Wayne also has plans to release a three-part series of books based on Civil War journals in the coming year, with the first due out this spring. ♦



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Cakes by Ginger

Ginger Niswonger had made a habit of baking cakes for family and friends on special occasions, and decided to take that practice one step further.

This month she is opening Cakes By Ginger at 428A Southwest Drive in Jonesboro, and she offers a full range of custom cakes, just like the ones she has been baking from her home for the past two years.

"I offer custom cakes and may do some goodies ... pastries," she said. "I'll have anything from birthdays, anniversaries, baby showers, retirements ... any occasion."

Ginger said the motivation for starting her own business came when she attended a

friend's wedding and, "The cake was pretty, but not really very good. I thought I was pretty good at baking cakes and that made up my mind that I was going to do this. That was five years ago."

A former art student, Ginger said she considers herself a perfectionist and, "I don't think there's anything I can't build or fix myself."

"I was born and raised here," she said of the Jonesboro area. "I'm the baby of eight, so I have lots of nieces and nephews. My mom was an excellent cook, raising eight and coming from a family of 16 herself. She taught us to cook really well."

She said she enjoys the family aspect of cook-

ing -- "I do enjoy cooking for family and being with family" -- and had done administrative work (secretary at doctor's office since the age of 19) but her husband "encouraged me to do this. He told me I needed to make a choice. And I'm glad he did. I love creating things."

"Baking, I sort of picked up on my own. I experimented a lot. My first time with fondant, I cried it was so bad. The next time, it was ten times better. There's a lot of trial and error in almost everything I do, but I feel like I do some really good work."

Ginger can be reached by telephone at 870-530-2707, at [Cakes By Ginger.com](http://CakesByGinger.com) and on her Facebook page. Store hours will be 10 a.m. -6 p.m., Monday-Friday. ♦

Business Is Good



NEA Baptist
Hospital
celebrates one
year at new
location

Brad Parsons, Administrator and CEO of NEA Baptist Hospital, addresses the crowd at the celebration marking the facility's one-year anniversary at its present location.



The Smith family ... Sidney, Sr., Sanai, Sidney, Jr. and Shakelia. At right Sanai breaks loose with a smile after discovering her party balloons.



There were festivities and refreshments for those who attended the one-year celebration party for NEA Baptist Hospital, but the star of the show was Sanai Rylee Ann Smith, the first baby born at the new facility a year ago.

Visitors and employees were invited by CEOs Brad Parsons and Darrell King to tour the complex and to enjoy cake or other treats while Sanai and her family provided a multitude of photo opportunities.

The new multi-million dollar campus is located at 4800 E. Johnson Ave. in Jonesboro. ♦

Fine Arts Council to present "Alice in Wonderland"

The Greene County Fine Arts Council will present "Alice in Wonderland" the last two days of February and on the first of March.

The performances are scheduled for Friday, February 27, and Saturday the 28th, at 7:30 each evening, then again on Sunday, March 1, at 2:00 p.m.

What: *Alice in Wonderland*
When: Feb. 27-28, March 1
Where: *Collins Theatre in Paragould*

All performances will take place at the historic Collins Theatre in Downtown Paragould.

Tickets can be purchased at the door and online at www.gcfac.org.

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I apparently don't know all there is to know about dressing up

This will come as no great surprise to those who know me well: I don't put a lot of concern into what I wear.

I'm just not one of those guys all wrapped up in sartorial splendor. I prefer jeans and a t-shirt to any type of dress clothes and -- God forbid -- a necktie, and if I wear something to work Monday, toss it in the dirty clothes bin upon my arrival home and it gets washed that night, I don't have a problem wearing it to work again Tuesday. It's clean, isn't it? And that's all that matters to me.

I was once chided by others for going to the store to buy new pants and, upon finding a pair of black ones that fit comfortably, buying three pairs just alike. I didn't see anything wrong with it; they fit, they were somewhat stylish, and they would go with any shirt I owned. But I was told I should have also bought some blue and brown so as not to look the same every day.

Here's a news flash: I look the same every day. I'm old, I'm overweight, I'm bald. I can accept

Get Rich

By Richard Brummett



that and I'm not trying to impress anyone with either my looks or fashion sense.

One time years ago, when I was in the newspaper business, I reported to work at 5:30 a.m. like always, worked all morning and made two or three forays through the newsroom to the coffee machine, and upon completing an assignment started to put my ink pen into my shirt pocket -- but I couldn't find it.

Seems I had my shirt on wrong-side-out and had been dressed that way all day, and no one mentioned it. How bad of a dresser do you have to be to wear your clothes inside-out and not have someone think it's odd?

Last summer I was ready to go to church one Sunday when my wife said, "You're not going to wear that shirt, are you?"

It was one of the nicer ones I own, one without a team logo or catchy saying pasted across the front. I asked if something was wrong with it and she said, "You wore it last Sunday; that would be two weeks in a row."

So? First of all, who keeps tabs on who wears what to church and when (my wife, obviously) and, if it's clean, what does it matter?

That's what I asked her, as I put on a different shirt.

Just a few weeks ago we were again headed to Sunday service when she said my sweater was "looking pretty worn." I agreed, just so I wouldn't have to justify my clothing selection, and said if it would make her happy I would throw it away when we returned from church.

I went to the computer to read some news and she came in the room with a different sweater, one I hadn't worn the week before. Apparently, we weren't going to wait for church to end to get rid of the sweater. How bad of a dresser do you have to be to have your wife want to throw your clothes away? And right now? At least it wasn't on wrong-side-out. ♦

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A Time To Dance holds holiday recital

A Time To Dance Dance Studio held a recital in Paragould in December called Christmas At The Collins, hosted by the historic Collins Theatre.

A Time To Dance is owned by Elizabeth Miller and offers dance classes in ballet, jazz, tap, lyrical, contemporary and pointe.

Call 870-450-0394 for information. ♦



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Engagement Announcements



Hilary Campbell and Zac Qualls

Campbell-Qualls

Hilary Campbell and Zac Qualls have announced their engagement and wedding plans.

The bride-to-be is the daughter of Ms. Terri Parks Campbell of Jonesboro and Mr. Greg Campbell of Springfield, Missouri.

The prospective groom is the son of Mr. Russell "Pete" Qualls and the late Mrs. Denise Qualls of Trumann.

The couple will exchange vows on Saturday, March 28, 2015, at Church Street Station with a reception to follow at the Hilton Garden Inn, all in Jonesboro. ♦

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Engagement Announcements

Holder-Boyd



Rachel Holder and Jason Boyd

Rachel Holder and Jason Boyd have announced plans to hold a March wedding ceremony.

The bride-to-be is the daughter of Michael and Lisa Holder of Paragould.

The prospective groom is the son of Robin Boyd of Beech Grove and Lynn Boyd of Little Rock.

The wedding ceremony is scheduled to take place Saturday, March 7, 2015, at Stan Jones Mallard Lodge, located on Lawrence Road 547 in Alicia. ♦

Philhours-Cowley

Jordan Philhours and Adam Cowley, both of Boston, Massachusetts, have set a March date to exchange wedding vows.

Jordan is the daughter of Judge Randy and Melodie Philhours of Paragould.

Adam's parents are Mike and Cyndy Cowley of Boston.

The wedding will take place on Saturday, March 21, 2015, at Graham Chapel at Washington University in St. Louis. ♦



Adam Cowley and Jordan Philhours

Birth Announcements

Mitchell



Manning Reed Mitchell

Sean and Mallory Mitchell of Paragould announce the birth of their son, Manning Reed Mitchell.

Born at NEA Hospital, the baby weighed 6 pounds, 5 ounces and was 19 inches long.

Grandparents are Brett and Lisa Carlile, and Billy and Tammy Mitchell. ♦

Birth Announcements



Case Lee Brady

Brady

Allison Potter and Austin Brady of Marmaduke announce the birth of their child, Case Lee Brady.

Born at NEA Baptist in Jonesboro, the baby weighed 7 pounds, 13 ounces and was 20 1/2 inches long.

Grandparents are Billy Potter, Denise and Aaron Smith and Tammy and Richie Brady. ♦



Photo by Kathryn Richey Photos

Jonah Kyle Smith

Smith

Robert and Tammy Smith of Paragould announce the birth of a son, Jonah Kyle Smith.

The newborn weighed 8 pounds, 5 ounces and was 20 inches long. He was born at Willow Creek Women's Hospital in Fayetteville.

Grandparents include Gene and Brenda Bennett, Jimmy and Teresa Towell, and Bobby Smith. ♦



AMMC's First Baby of the Year

Arkansas Methodist Medical Center welcomed Cesar Ivan Roldan as the first baby born at the hospital in the New Year. Cesar was 7 lbs, 8.9 oz and 19.3" long and arrived at 12:09 a.m. Thursday, January 1, 2015. Cesar and his parents, Virginia Martinez and Luis Roldan, received several gifts from the hospital as well as other businesses in Paragould. AMMC Women's Services provided a baby spoon and diapers; AMMC Women's Services Educator Pat Dennis donated a Boppy Pillow; AMMC Auxiliary Member Daisy Howard donated a baby blanket; Alvin Taylor's Flowers donated a Happy Birthday themed door hanger; Ballard's Flowers donated a dozen red roses; Center Hill Church of Christ donated a blanket; Details Hair and Nail Studio donated a gift certificate for baby's first haircut; First National Bank donated a \$50 savings bond; GLO Salon donated a gift certificate for a massage while McDonald's, Red Goose Deli, Skinny J's and Something Sweet donated gift certificates for food. Pictured are OB/GYN Betty Orange, D.O., Virginia Martinez holding Cesar and Luis Roldan.

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Wedding Story: Cate-Eason

Paragould natives Steve Eason and Rebeckha Mae Cate grew up knowing each other through school functions and community events. After high school they went different directions: Steve joined the United States Marine Corps as soon as he turned 18 and was away from Paragould for five years, stationed in Hawaii, vacationing in Germany and defending our country in Afghanistan. Meanwhile, Rebeckha pursued a degree in communications from Arkansas State University.

Flashing forward to 2012, Steve and Rebeckha reconnected through a mutual friend and had instant chemistry on their first date and were from thereon inseparable. On May 15, 2014, Steve surprised Rebeckha with a trip to St. Louis where he proposed beneath the Arch with his grandmother's ring, and she happily said, "Yes!"

The two were married on a beautiful fall day at Walcott Baptist Church on November 8, 2014, surrounded by loving family and friends. The ceremony was opened by the bride's uncle, Pastor Carl Cate, and was officiated by her father, Pastor Boyce Cate.

The venue was decorated by the bride's mother Emma Cate, who used different hues of pink and red English roses (the bride's favorite) and lavender (her beloved grandmother's favorite) for an elegant and classy atmosphere. The guests were treated to catering by Lea Ann Shepard Tyler, and the beautiful cake and groom's cake were made by Lea Ann's husband.

At the end of the day the couple were escorted away to the sound of silver bells rung by their friends and family who wished them a lifetime of happiness.

The parents of the groom are Larry and Serena Eason of Paragould. The wedding party consisted of Best Man Cory Clayton and groomsmen Aaron Brown, Trey Clayton and Boyce E. Cate. Maid of Honor was Morgan Reese, and bridesmaids were Katlyn and Madison Allred, and Lilly Reese. Hunter Rowland was the ring bearer and Kendra Moore the flower girl, while train bearers were Katlyn Settlemoir and Hayley Seal. ♦

Photography by Amaris Pyland



February

CALENDAR

Tuesday, February 3

AMMC HOSTS CHILDBIRTH PREPARATION CLASS,

held in the Professional Office Building at Arkansas Methodist Medical Center, from 6:00 pm to 8:00 pm. Call the AMMC Education Department at (870) 239-7016 for pricing and to register.

Other class dates: February 10th, 17th, and 24th

Thursday, February 12

AMMC HOSTS BLOOD DRIVE WITH THE AMERICAN RED CROSS,

in the auditorium of the Professional Office Building from 11:00 am to 5:30 pm. Each person who successfully donates blood will receive three \$5 coupons to be used at the Auxiliary Gift Shop, Beacon's Deli, Cafeteria or The Foundation Station.

Saturday, February 14

14th ANNUAL AMMC FOUNDATION BENEFIT PAGEANT,

held in the Greene County Tech High School Auditorium. 1:00 pm to 4:00 pm: Afternoon Pageant for Wee Miss to Young Miss Contestants; 6:00 pm to 9:00 pm: Evening Pageant for Pre-Teen Miss to Senior Miss Contestants. Drop-in Rehearsal held Thursday, February 12th from 5:00 pm to 7:00 pm in the Herget Atrium at Arkansas Methodist Medical Center. Entry forms can be found at the AMMC information desk or online at www.myammc.org and

must be received no later than noon, Thursday February 12th. For additional pageant information, please contact Pageant Director Tina Linam at (870) 239-7069 or Teresa Vangilder at (870) 239-7077.

Monday, February 16

MOMMY AND ME BREASTFEEDING SUPPORT GROUP MEETING,

for new and expectant mothers, brought to you by Arkansas Methodist Medical Center and the Greene County Health Unit. Held in the Professional Office Building at AMMC. 6:00 pm - 7:00 pm. For more information, call the Greene County Health Unit at (870) 236-7782.

Saturday, February 21

CHAD GARRETT & FRIENDS,

at the Collins Theatre. Featuring Ken Wadley, Randy Aden, Kevin King, Brad Owen, and special guest Jordon Miller. Tickets are \$7 for adults, \$3 for kids 10 and under. Advance tickets can be purchased at the Treasure House.

AMMC HOSTS BREASTFEEDING CLASS,

held in the Professional Office Building at Arkansas Methodist Medical Center from 10:00 am to 12:00 pm. Covering the importance of breastfeeding, breast preparation, feeding techniques and positioning options for mother and baby. Call the AMMC Education Department at (870) 239-7016 for pricing and to register.

Saturday, February 21

AMMC HOSTS INFANT SAFETY CLASS,

focusing on topics including car safety, childproofing your home, crib safety and infant CPR, held in the Professional Office Building at Arkansas Methodist Medical Center from 1:00 pm to 3:00 pm. Call the AMMC Education Department at (870) 239-7016 for pricing and to register.

Monday, February 23

KASU'S BLUEGRASS MONDAY,

with Nothin' Fancy at the Collins Theatre in Downtown Paragould, 7:00 pm.

AMMC HOSTS HEALTHY PREGNANCY CLASS,

held in the Professional Office Building at Arkansas Methodist Medical Center from 6:00 pm to 8:00 pm. Call the AMMC Education Department at (870) 239-7016 for pricing and to register.

Friday, February 27

"ALICE IN WONDERLAND,"

brought to the stage by the Greene County Fine Arts Council, at the Collins Theatre in Downtown Paragould. The show begins at 7:30 pm, tickets can be purchased at the door and online. For more information, go to www.gcfac.com.

Other Show Times: Saturday, February 28th at 7:30 pm; Sunday, March 1st at 2:00 pm

Recurring EVENTS

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

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

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

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.

First & Third Thursday of every month: Alive After Five, Downtown street market in Downtown Jonesboro.

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.

Second Thursday of every month: The Memory Cafe, support group for those having memory, dementia or Alzheimer's at 1:00 pm 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 Monday: Greene County Retired Teachers Meeting, 11:30 a.m. at Grecian Steak House. All retired Greene County school personnel are invited.

Every Third Thursday: Alzheimer's Support Group with the Alzheimer's Arkansas Association and Home Instead Senior Care, 2:00 pm at Chateau on the Ridge.

Fourth Tuesday of every month: Greene County Master Gardener Meeting, Greene County Library, 6 pm, 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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Abby Huckabee

Born and raised in Paragould, Abby graduated from Greene County Tech High School last year. She is currently a proud student and cheerleader for the Arkansas State University Red Wolves.

How did you get interested in cooking? I've always loved baking and being in the kitchen. All the women as a whole in my family have inspired me to be so passionate about baking/cooking. From a very young age I've always loved helping out in the kitchen. It wasn't until about three years ago that I all of the sudden became so interested in it. For what reason I'm not sure ... I just fell in love with it and have been ever since.

What is your favorite chocolate recipe? Although generic, and always my dad's favorite, chocolate chip cookies are always my go-to recipe when I think of chocolate. They're always easy to whip up and let's be honest ... who doesn't love them?!

What is the one thing you can't do without? My Kitchenaid mixer, of course!! Since having it, I don't know what to do with myself when I'm somewhere I can't use it.

What has been your biggest cooking disaster?

Chocolate Covered Strawberries

Ingredients:

- 16 oz Milk chocolate
- 2 tbs Shortening
- 1 lb Strawberries
- 1 cup Semi sweet chocolate
- 1 tbs Shortening

Directions:

Melt milk chocolate and 2 tbs shortening in a double broiler on low until smooth and melted. Dip strawberries and let dry on wax



paper until set up. Next melt semi sweet chocolate and 1 tbs shortening the same way. When smooth and melted, transfer to a small piping bag. Snip the end and gently drizzle over strawberries. ♦

Chocolate Truffle Cheesecake

Ingredients for Crumb Crust:

- 1 1/2 c Vanilla wafer crumbs
- 1/2 c Powdered sugar
- 1/3 c Unsweetened cocoa
- 1/3 c Butter (melted)

Ingredients for Cheesecake:

- 1 pkg. 12 oz. package semi sweet chocolate chips
- 3 pkg. 8 oz. cream cheese
- 1 can 14 oz. sweetened condensed milk
- 4 Eggs
- 2 tsp. Vanilla extract

Directions:

- Heat oven to 300 degrees. To make crust, stir together vanilla wafer crumbs, powdered sugar, cocoa, and melted butter in a medium bowl. Press firmly onto bottom of a 9-inch springform pan and set aside.
- Place chocolate chips in microwave at medium 1-1/2 minutes; stir. If necessary



microwave an additional 15 seconds at a time, stirring in between, until chips are melted and smooth.

- Beat cream cheese in a large bowl until fluffy. Gradually beat in milk until smooth. Add melted chocolate, eggs, and vanilla. Mix well and pour into prepared crust.
- Bake 1 hour and 5 minutes submerged in a water bath until center is set. Cool completely and refrigerate several hours before serving. Refrigerate leftovers. ♦

Biggest disaster ... oh, goodness. I was just about to walk out the door with a finished cake and dropped it on the floor! It was black icing and it went everywhere! I wasn't too happy, to say the least.

What advice do you have for other young people venturing into the kitchen? The best

advice I can give to others exploring the kitchen for the first time would be to just be patient. Nothing is perfect the first time, or even the tenth in some cases. I know from experience that it's definitely trial and error, and over time you'll get the hang of it. Just remember to have fun with it! ♦

Next Month

Feature Story



Leaning toward “going green” and being environmentally responsible, Premiere and writer Terry Austin will focus on LEED (Leadership in Energy and Environmental Design) building design and construction. “Green” building is the practice of increasing the efficiency with which buildings and their sites use energy, water and materials to minimize environmental impacts.

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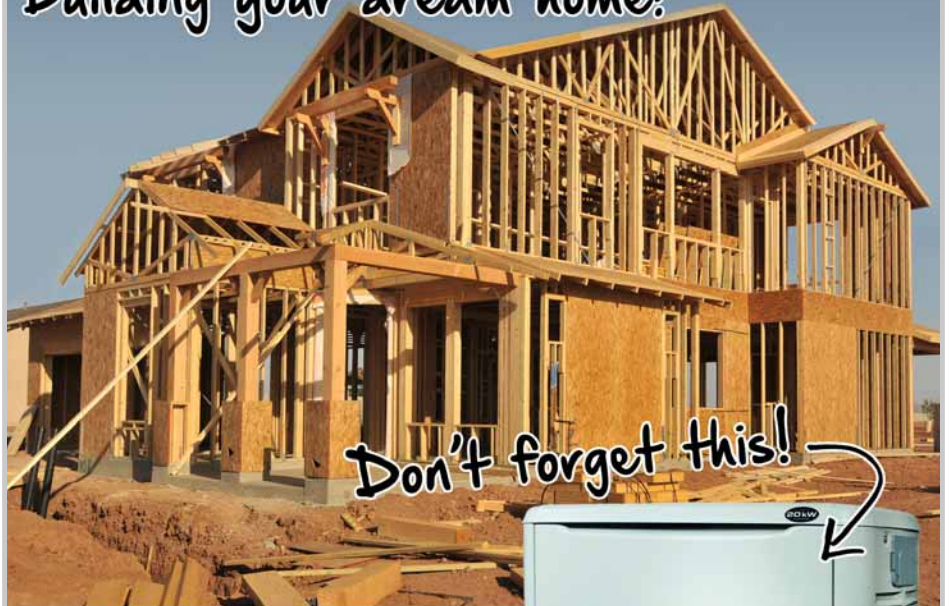
When Spring rolls around thoughts turn to gardening, which in turn leads to activities at area Farmers Markets. Premiere writers will bring you all you need to know to participate as a vendor or a customer. ♦

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