

# PREMIERE

April  
2017

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CHATEAU PROM  
FACES OF AUTISM  
FAMILY FUN DAY

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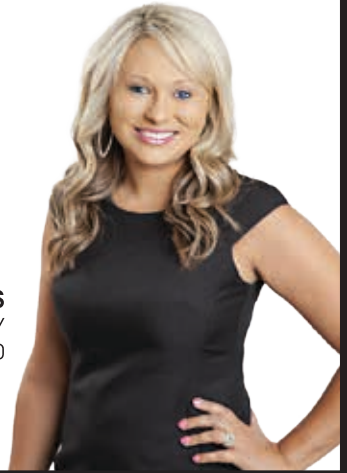
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From The

# PUBLISHER...

DINA MASON

Premiere has been telling of the “good things happening and the people that make them happen” in the Northeast Arkansas area for almost 10 years now (officially in May). Our April edition celebrates Autism Awareness Month and we did not know SO many events, organizations and individuals participate in this wonderful celebration in our area! So this edition is definitely a fine example of our motto.

Amy Reeves and her assistant, Ashley Berry, scheduled a HUGE photo shoot and interview process for their “Faces of Autism” article and received an overwhelming response, many that we will happily publish in print, then put several other participants’ features on our website premiere-magazine.com.

Amy also shot the cover photo of Mary Broadaway and the shots on page 24 with the story of Mary’s journey to

start a non-profit organization that focuses on helping those with autism find training programs that teach skills to make them as self-sustaining as possible.

From fundraisers like Ag for Autism to personal stories of life enriching autistic citizens in our community, this edition will touch your heart. Of course, there are lots of other stories and our regular features and columns to enjoy as well. We want to thank you for reading Premiere and we look forward to our 10th Year Celebration edition in May!

### March Premiere Correction:

Last month in our Disaster Preparedness column, the Arkansas Safe Room Program was mentioned, including a number to call for more information. Unfortunately, this program is no longer available. We apologize for any inconvenience.

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The advertisement features a stylized illustration of a road curving through a green landscape under a blue sky with sun rays. On the left side of the road, there are signs for UPS and an 'AUTHORIZED FedEx Express SHIP CENTER'. On the right side, there is a sign for DHL. The text is prominently displayed in bold, sans-serif fonts.

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The advertisement has a green background with a large, textured, grey brushstroke graphic. The text is arranged in a clean, modern layout, with the main headline in a bold, sans-serif font and the tagline in a cursive script font.



# CHATEAU PROM

By Richard Brummett

Several Certified Occupational Therapy Assistant students from Arkansas State University finished a field work assignment at Chateau on the Ridge in Paragould and decided before leaving they wanted to do something special for the residents they had come into contact with while there.

Turns out, it might have been the other way around.

“At the end of seven weeks each student was very close to their resident. We wanted to give them something to remember, and brighten their joy,” said student Ashley Freligh. “They were not happy we were leaving and we were not happy we were leaving, so we asked if we could hold a dance for them, like a prom. We wanted to gather them all together for something fun, and focus on quality of life.”

With the blessing of Katy Gifford, Activities Director for the Chateau, the students got to work planning the dance and an accompanying meal. They took suggestions from residents as to the type of music they would like played, and even went so far as to help some of them pick out clothing. “It was just a thrill,” Freligh said. “It made an impact on our lives, more than we ever realized it would. They just got out there and danced away. One resident who is not able to ambulate, who won’t do anything without her walker ... she got up anyway and held her walker and participated. It was a joy to my heart. We wanted to provide a memory for them to hold, and we left it in God’s hands, and it turned out fabulous.”

The thirty students spent about seven weeks at the Chateau, each attempting to devise meaningful activities for the residents they were assigned, and before they were done they had learned something important themselves. “For example,” said Freligh, “some are experiencing depression, dealing with loss because they are widows. One thing we could do was go out in the community with them on

the Friday outings the Chateau holds, get them to socialize. Some who have maybe Parkinson’s or a hip replacement and can’t do a lot of the physical activities, part of our job was to have particular focus on things that would increase performance and decrease pain. But we learned so much about them and got so close to them; we really loved them.”

Gifford said when she was approached about the activity she “basically stepped aside and let them go with it. A couple of times they came to me and said, ‘What should we do?’ and I said, ‘I don’t know, it’s your prom.’ It was something I had wanted to do for a long time so I was happy to just help them out with a few guidelines and then get out of the way and watch.”

Residents were invited to a Dress Your Best event and almost all participated. Corsages and boutonnieres were provided by Ballard’s Flowers as the day took on a prom-like setting. “They are still talking about it,” Gifford said. “They want to have a dance every month now.”

Some who couldn’t dance kept the beat while seated, tapping their feet or waving their hands, and most featured broad smiles on their faces, which is one of the things the students hoped to achieve. “The ultimate goal,” Freligh explained “was to make them feel like teenagers again. A lot of women have always been caregivers and now they’re stuck in a position of having to have so much done for them. This was a wonderful day for them ... and for us.”

Freligh said until entering the assignment at the Chateau she had little experience with geriatrics and was actually fearful, not knowing what to expect. “I had always done pediatrics, not geriatrics, other than being with my grandmother,” she said. “I was beside myself nervous. I didn’t know what I’d be getting into. But I’m going to tell you, it changed my life, for sure. It even changed the direction for my career.”

“They love music,” Gifford said. “Music is something everyone can relate to. It takes you back to where you were in a different time. Music is probably one of the best therapies out there. To see the students out there dancing with the residents ... they were so good with them. It was probably one of the biggest turnouts we’ve had as far as residents go. I hope we do it again.”





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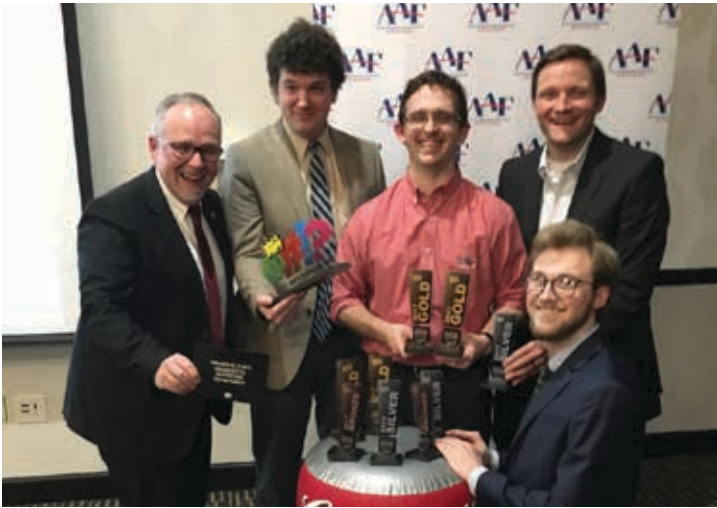
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# ADVERTISING AWARDS

The 2017 American Advertising Awards Gala was held at the Hilton Garden Inn in February. Activities included a silent auction, photo booth, dinner and drinks, all in order to celebrate the achievements in design, advertising and marketing on the local scene.

The American Advertising Awards, formerly the ADDYs, is the advertising industry's largest and most representative competition, attracting over 40,000 entries every year in local AAF Club (Ad Club) competitions. The mission of the American Advertising Awards competition is to recognize and reward the creative spirit of excellence in the art of advertising.

Selection of the most creative entry in each category is affected by a scoring process in which a panel of judges evaluates all creative dimensions of every entry. A GOLD ADDY is recognition of the highest level of creative excellence and is judged to be superior to all other entries in the category. The number of awards given in each category is determined by the judges, based on the relative quality of work in that category.

This year St. Bernards Healthcare won both Best of Digital as well as Overall Best of Show for their work on the Dale Morris Testimonial.

Photos courtesy of Dai'Ja Harris with Deuce D Photography.



Student Best of Show:  
**Madison Blancaflor**



Best of Print:  
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# PARAGOULD CHAMBER BANQUET

On March 14th the Annual Chamber Banquet took place, giving chamber members a chance to network, bid at the silent auction, and recognize members for efforts made throughout the year. The banquet had over 400 tickets sold, donations from many members for the silent auction, and a chance to listen to guest speaker Rick Hartzell. Hartzell is a former NCAA referee who shared some motivational words and kind regards for Paragould. Awards were given, outgoing board members were recognized for their service, and the new Board President was welcomed for the coming year as well.

Awards given were as follows:

PYP Member of the Year: Kylie Allen

Ambassador of the Year: Amber Gill

Member of the Year: Neely Camp

Lifetime Achievement Award: Verlyn "Butch" Heath

Outgoing Board Members: Valerie Markum, Ty Sims, Dan Quinn

Outgoing Board President: Bobby Kasserman

Incoming Board President: Michael Peters



Lifetime Achievement Award:  
Verlyn "Butch" Heath



Member of the Year: **Neely Camp**



PYP Member of the Year: **Kylie Allen**

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# PARAGOULD JR. HIGH PLACES IN BUSINESS EXPO



**Team Gucci Slime**

Pictured left to right: Ashton Oakes, Landon Manning, and Jake Cupples

**T**hirteen teams, consisting of 42 Paragould Junior High School Advanced Learning Program students, competed in the Arkansas State University Business Expo Feb. 23 and won seven trophies at the competition.

The students competed in three categories: business commercial, poster display, and elevator pitch. In the commercial category, Paragould teams Da Bomb and Cup Clips earned third and second places, respectively. Team members for Da Bomb are seventh graders Grace Jankoviak, Natalie Horner and McKenzie Minor. Team members for Cup Clips are eighth graders Sam Cook, Simon McBride, Cole Edwards and Eli Schreit.

Teams created a 60-second commercial advertising their products and uploaded it to either YouTube or Vimeo.

In the poster display competition, Paragould teams Freedom Bookmarks and Da Bomb earned second and first places, respectively. Freedom Bookmarks team members are eighth graders Jaley Oldham,

Maleka Allensworth, Emma Dillon, Allie Robb and Lily Broadaway. The students had to create a poster display of the company with products ready to sell at the competition. PJHS students also sold their products at a PJHS Business Expo. In the elevator pitch category, Paragould teams Southern Relaxation and Cup Clips earned second and first places, respectively. Members of the Southern Relaxation team are eighth graders Hailey Nicley, Laney Blankenship, Paige Glenn and Hannah Leisure. In this competition, students had a total of two minutes to explain why judges should invest in their company.

Prizes were also given to overall winners chosen by judges, consisting of ASU students majoring in business. PJHS team Gucci Slime placed third overall. Members are seventh graders Landon Manning, Ashton Oakes and Jake Cupples.

First place teams were invited to compete at the Astate Entrepreneurial Leadership Conference and Business Plan Competition later in the month against high school students from around the region and have the opportunity to win scholarship money.

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**Team Cup Clips**

Pictured left to right: Eli Schreit, Cole Edwards, Sam Cook, and Simon McBride



**Team Da Bomb**

Pictured left to right: Natalie Horner, Grace Jankoviak, and McKenzie Minor



**Team Freedom Bookmarks**

Pictured left to right: Emma Dillon, Allie Robb, Jaley Oldham, Lily Broadaway, and Maleka Allensworth



**Team Southern Relaxation**

Pictured left to right: Laney Blankenship, Hannah Leisure, Paige Glenn, and Hailey Nicley

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# PARAGOULD REALTOR AWARDS



## DOUBLE DIAMOND LEVEL

Pictured left to right: Peter Cancilla (Image Realty), Brooksie Hartness (Image Realty)



## DIAMOND LEVEL

Sandra Kelley (Paragould Home Source)



## PLATINUM LEVEL

Pictured left to right: Pat Chesser (C21 Chesser-Taylor Realty), Delaine Landrum (Image Realty)



## PLATINUM LEVEL

Amber Gill (EXIT Realty)



## PLATINUM LEVEL

Linda Dickinson (Dickinson & Assoc.)



## GOLD LEVEL

Pictured left to right: Carolyn Block (Coldwell Banker), Amanda Hood (Image Realty)



## SILVER LEVEL

Kim Kellums (EXIT Realty)



## SILVER LEVEL

Pictured left to right: Selina Reithemeyer (Image Realty), Lori Dowdy (EXIT Realty), Beverly DePew (Image Realty), Pam Lackey (Dickinson & Assoc.), Andy Ford (C21 Chesser-Taylor Realty)



## BRONZE LEVEL

Pictured left to right: Whitney Everett (Image Realty), Claudette Wooten (Coldwell Banker)



## WILD GAME SUPPER

Forest Home Church of the Nazarene in Jonesboro held its 16th annual Wild Game Dinner on in February in the congregation's fellowship hall. The event is an outreach men's ministry and free of charge. In past years, guest speakers have included one of the "Duck Dynasty" duck commanders. This time around, renowned Christian speaker Steve Chapman delivered the keynote address.

Chapman and his wife Annie travel the United States, sharing their uplifting message about marital stability. They have spent more than three decades reaching audiences through music and other avenues. According to the Chapman website, he "offers a unique presentation to men," ranging from videos and story-telling to some humorous and serious discussion as well. Chapman has authored several books, including "A Look At Life From A Deer Stand" and "Outdoor Insights."

"The dinner is open to all men and boys," said Kenny Tidwell, event coordinator. "We serve both wild food and tame food to try and please every palate. Plus, it's a great opportunity for fellowship with other hunters, fishermen, and outdoorsmen from Northeast Arkansas."

Some of the more interesting wild game dishes included alligator, frog legs, raccoons, beaver, bobcats, pheasants, ducks, geese, venison, elk, wild hog, turkey, and lots of fish ( both fresh water and salt water fish). All of the leftover food was given for guests to take home, to the Salvation Army and to the local fire department.

Lots of great prizes donated by local businesses were given in a prize drawing at the event.





Diana Davis starts off the auction.

# 4TH ANNUAL CHARITY BALL

The Junior Auxiliary of Jonesboro presented the 46th annual Charity Ball fundraiser, "Moss & Magnolias – A Sophisticated Southern Soirée," at the A-State Convocation Center in early March.

The Charity Ball provides funding for all the JA service projects for the coming year, and has grown from the initial version in 1950 -- which raised a total of \$217.36 -- to an immensely popular event that routinely brings in more than \$100,000. JA projects benefit children and young people in the Jonesboro area.

Chair for the 2017 ball was Kristy Rowe, and Co-Chair was Whitney Pardew.

Photos courtesy of Nicole Frakes.



Jill Storer and Casey Johnson



Stephen McMullen and Kara Fowler

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# AUTISM BRACKET BONANZA



The sixth annual Ag for Autism Bracket Bonanza was held in March at Arkansas State University's Centennial Hall in Jonesboro and broke records for attendance and fundraising with a sold-out event that netted nearly \$86,000 for local autism therapies. A packed house enjoyed an exciting evening which featured a silent auction, a delicious dinner and a number of fun-filled activities.

Highlights included:

- \$3,000 Drawing. Every ticket purchased served as an entry for the drawing. The winner, Stacey Alan Bruff, promptly turned around and donated his winnings right back to Ag for Autism in honor of Emily Fisher.
- Lucky Key Sale. Buyers purchased one of 30 keys to a gun case -- inside which was a Benelli Super Black Eagle II 12-Gauge Shotgun. Daniel Pieroni was the lucky key holder.
- Golden Puzzle Piece Winner. Armor Seed topped this year's Employee Giving Program which raised nearly \$11,000 among the respective employees of participating companies.
- Guest Speaker. Attendees were treated to a very special featured speaker this year, NFL Head Referee and Arkansas dairy owner Walt Coleman.

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# A KEY TO HEALTH



By Sarah Adler

Nearly half of kids with Autism Spectrum Disorder suffer from some kind of gastrointestinal problems (American Academy of Pediatrics – May 2010). There are several theories that revolve around food sensitivities and inflammation in autistic individuals. Many parents have found diet adjustments to be helpful in improving their child's symptoms and behaviors.

Diet is a key to health for everyone, but for someone with autism, diet can be even more critical. Reducing sugar and eliminating food with artificial dyes and colors is a good first step. Many children with autism test positive for food sensitivities, so it's a good idea to get your child tested for a variety of food allergies and intolerances to see if there are foods you should try to avoid or eliminate. The foods that often are the most offending for those with autism are casein (protein found in milk products) and gluten (protein found in wheat, barley, and rye primarily), which is why many

choose to put their kids on a GFCF (gluten-free, casein-free) diet. People with these sensitivities process peptides and protein in food containing gluten and casein differently than other people do. The difference might possibly exacerbate their symptoms. Researchers at Penn State (March 2012) surveyed 400 kids with autism and found that the GFCF diet improved symptoms such as hyperactivity, temper tantrums, problems with eye contact, speech system, and physical ailments like skin rashes in certain children.

Removing gluten and casein from a child's diet is not easy, but if it could mean improvement, it is worth a try. Gluten is in most crackers, cookies, cereals and processed foods, so looking more towards whole foods (vegetables, fruit, fish, meat, nuts and seeds, beans, gluten-free grains) as your child's main food source is a good idea. Many worry about the calcium lost when giving up dairy, but a variety of foods like leafy greens, broccoli, almonds, beans, oranges and many others contain calcium in good absorbable forms.

Vitamins and supplements can also be helpful. It is wise to check with your child's doctor before you start a supplement routine. Below are the ones that top the list:

- #1) Omega 3 - The DHA/EPA in a good quality fish oil is critical for brain function, is anti-inflammatory, and can help relieve depression.
- #2) Digestive Enzymes - Since children with autism often have digestive issues, enzymes can help with digestion and absorption of minerals.
- #3) Vitamin D3 - Kids with autism are often deficient in D vitamins and it's important for healthy brain function and immunity.
- #4) Probiotics - Probiotics help maintain intestinal health.
- #5) Magnesium - Children with autism often have low levels of magnesium which is critical for brain and nervous system function.

All of these changes might seem drastic, so take it slowly, and pay close attention to your child's behavior. It might take time to notice changes, but if you do get positive results, it will be so worth the extra effort.

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APRIL 22-23, 2017

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# TURKEY HUNTING

By Chuck Long

In the early '70s Granddad Long purchased some land northwest of Paragould to run his cows. Since its purchase the land has simply been known to us as the Hillfarm. We had a few turkeys on the land but hunting was not allowed in Greene County because of low populations. Many people worked hard to improve our habitat and restock turkeys and they took hold and the populations grew to a point that the season reopened in the mid-'90s.

I began to pursue the turkeys on our farm as often as I could. I usually went in the mornings but this was an afternoon hunt, so I decided to ease down an old road that splits our property and sit and wait in a small field. I put a couple of decoys up and hid under a pine tree. It was warm but the light afternoon breeze helped and it also made my decoys dance and move and appear as if they were alive. I called every now and then hoping a turkey would wander by but all my calls attracted were a few pesky gnats that made it hard to sit still. As the sun faded, the gnats invited the mosquitoes to join them in their assault and I decided it was time to ease back to the truck.

I headed back out on the logging road, walking as carefully and quietly as I could until I came to a place we call gravel hill. The road makes an abrupt turn and a steep descent and the gravel underneath the surface makes quiet travel difficult. I decided to kneel down and make one more call. When I called, a turkey clucked to my left so I eased into a sitting position, placed the forearm of the shotgun on my knee and waited.

Soon I could hear leaves crunching and then caught a glimpse of a white head walking toward the road. He held a steady but cautious pace and finally stepped out into the road. His feathers glistened black in the late afternoon sun and he appeared to be six feet tall with a red, white and blue head sitting atop a fully extended neck. A beard hung down that appeared to be as thick as a ball bat and at least a foot long.

I was worried he would hear my heart beating or see me shaking but I got him lined up with the Remington 870 and tried to pull the trigger. The gun had never let me down but I could not get the trigger to pull. He started walking down the road away from me providing an easy shot but I could not get the gun to fire. My heart was racing as he picked up his pace. He knew something was wrong and finally took flight and I can still see him sailing off to the right as he cleared the oaks.

I sat there shaking and trying to get my heart back into my chest and thinking about what happened. I soon came to realize it was not my gun but simply the excitement of the moment that rendered my trigger finger useless.

Some call it "buck fever" and some call it the "shakes." One dictionary defines it as the nervous excitement a hunter gets when he sees or hears his quarry. That feeling is one of the main reasons I hunt. Any day I get up and go to the woods, my intent is to bring some game home but I often return with an empty game pouch. Even though I may not have taken any

game, there is almost always something on each trip that triggers that feeling and it keeps drawing me back to the woods, the fields or the water. It might be the crackle of leaves by an unknown visitor, the sound of duck wings as they sail over, the bark of a squirrel, the abrupt thump of a crappie hitting a jig or the slow disappearance of a floater, or some new sound that triggers this feeling of excitement. It is a feeling I wish I could explain or, better yet, bottle and then pass on to someone who has not experienced it. It keeps me fresh and ready to get out there and enjoy the natural world with which we have been blessed.

I hope you take the time this spring to get out and do a little turkey hunting, fishing or wildlife watching. If you have some experience, please make the effort to take someone with you and share the great outdoors with them.

Be safe, God bless and I hope to see you out there!



**CHUCK LONG**

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**AMMC EMERGENCY DEPARTMENT HOSTS F.A.S.T. 5K AND ONE-MILE FUN RUN/STROLLER RUN Saturday, April 15, 2017 9:00 AM**

*Crowley's Ridge State Park  
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Among stroke victims in the United States, Arkansas ranks first. This event is designed to create awareness of the signs and symptoms of a stroke and to educate the community of what services are available at AMMC for rehabilitation after someone has experienced a stroke.

Those interested in participating in the Arkansas Methodist F.A.S.T. 5K should register online at <http://www.racesonline.com/events/fast-5k-for-stroke-awareness>. Cost is \$20.00 for the 5K and \$10.00 for the One Mile Fun Run/Stroller Run if registration is completed on or before Sunday, April 2. Registering by April 2 will secure participants a race t-shirt. Registration the day of the event is \$25.00 for the 5K and \$15.00 for the One Mile Fun Run/Stroller Run. For more information, please call 870-239-7166

**BREASTFEEDING CLASS Monday, April 17, 2017 6:00 PM-8:00 PM**

*Professional Office Building at Arkansas Methodist Medical Center*

AMMC sponsors a breastfeeding class that discusses the importance of breastfeeding, breast preparation, feeding techniques and positioning options for mother and baby. Tips on hand expression, breast pumps, collecting and storing milk and breastfeeding after returning to work are taught.

This class is offered to moms who plan to breastfeed, dads and other support persons. If delivering at AMMC, the classes are free of charge. Otherwise, there is a small fee. There is a \$10 materials fee. Call the AMMC Education Department at 870-239-7016 or e-mail [baby@arkansasmethodist.org](mailto:baby@arkansasmethodist.org) for classroom location, pricing and to register. Registration is required for all classes.

**AMMC AUXILIARY HOSTS MASQUERADE JEWELRY SALE**

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**Friday, April 21, 2017**

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Cash, checks and credit cards are accepted. Proceeds will benefit the AMMC Auxiliary.

**INFANT SAFETY CLASS**

**Monday, April 24, 2017**

**6:00 PM-8:00 PM**

*Professional Office Building at Arkansas Methodist Medical Center*

AMMC sponsors an infant safety class that focuses on topics including car seat safety, childproofing your home and crib safely, as well as infant CPR. This class is offered to expectant families and anyone caring for the infant. If delivering at AMMC, the classes are free of charge. Otherwise, there is a small fee. There is a \$10 materials fee. Call the AMMC Education Department at 870-239-7016 for classroom location, pricing and to register. Registration is required for all classes.



**ABIGAIL SHIRLEY RAISING MONEY FOR ST. JUDE'S**



By Richard Brummett

Abigail Shirley has a simple answer regarding her decision to participate in the St. Jude Math-A-Thon. "Cause I wanted to help them," the 8-year-old Oak Grove Elementary second grader said.

The math-a-thon is a fundraising event for St. Jude Children's Research Hospital in Memphis as it continues striving to treat and defeat childhood cancer and other life-threatening diseases. Students in participating schools are given a Funbook filled with math problems and exercises, and they solicit donations connected to the number of problems they can solve or complete. In essence, the children are improving their math skills while helping others undergoing treatment at St. Jude.

Abigail's mom, Krissy Smith, is a teacher at OGE and said while overall participation at the school seemed down this year, her daughter's total of \$502 raised was an eye-opener.

"She loves math," Krissy said, "and she got donations from around Paragould and Trumann and even all the way from Texas. The donations can be anything; the smallest she got was \$2 and the largest was \$100."

Krissy said Oak Grove has taken part in the fund drive since the late 1980s, and credited program coordinator Dana Cox for keeping the event going at the school.

As for Abigail, the daughter of Krissy and Kevin Smith and the late Tommy Shirley, when not working on math she said she loves to "do art and play with my dog. Oh, and I have a fish."

And a talent for helping others.

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# THE LEARNING CENTER CELEBRATION 5K

By Caitlin LaFarlette

For the second year in a row, The Learning Center hosted the TLC Celebration 5k to honor children in the program who were lost too early in life.

Despite wintry weather, runners gathered in downtown Jonesboro March 11 to not only honor those children but to raise awareness for TLC and raise funding for extra trainings and equipment.

TLC has provided service to the Northeast Arkansas area since 1959 for those with disabilities, and today continues to be child focused. The non-profit organization was established by parents and physicians of special needs children to help each

child achieve its maximum potential, no matter their limitations, Cindy Van Horn said.

Van Horn, physical therapist and occupational therapy supervisor, said the majority of the center's children range from infants to 5-year-olds, but a large number of outpatients range up to the age of 15.

"The Learning Center offers both preschool and outpatient services," Van Horn added. "Those services include physical therapy, occupational therapy, speech therapy, educational services, behavior modification programming and service coordination assistance."

Children can stay at TLC for the day with or without parents while receiving services. TLC's children arrive from several counties to receive a level of treatment that is second to none, Van Horn said. Through TLC's services, families can receive aid in situations that are unique in children with special needs, including transitions into public schools.

"In addition to the therapy, we enjoy activities in the classrooms related to the theme for the week or month, field trips in the community, fall festival, family fun day in the spring and more," Christie Wilkes, intake and compliance coordinator said.

"While we hope you never need our services, we want NEA to know we are here for you, should you need us," Van Horn said.



Sabrina Burns and Lisa Smithee



Lindsey Woodard, Liz Crowson, Cindy Van Horn, Lauren Preston

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# FAMILY FUN DAY IS ALMOST HERE

By Josie Bell

On April 8, The Autism Association of Northeast Arkansas (AANE) will host its 10th Annual Family Fun Day at the Jonesboro High School Athletic Center (301 Hurricane Drive, in Jonesboro).

This event, held from 9 a.m. to 12 p.m., will highlight the organization's dedication to individuals with Autism Spectrum Disorders and their families. The event includes activities such as inflatables, face painting

and a silent auction. Food, games, and vendor booths will be available.

The theme is "#growingacceptance" as we strive for every child to be accepted and celebrated for his/her uniqueness. Tickets are \$20 for adults, \$15 for children, and ASD individuals are admitted free of charge.

Make sure to stay for the finale and celebrate the commemorative walk and balloon release. All proceeds go to aid the organization in its mission to help individuals with Autism

Spectrum Disorders, and to encourage their families to come together and feel connected.

AANE serves over 14 counties in Northeast Arkansas and hosts several activities throughout the year, such as a monthly support group, sensory Santa, and a yearly conference for professionals and parents. They provide education on autism to groups and schools when needed. For more information, or to purchase tickets, contact the AANE at <http://aanea.org/>





SEPIO Technology, LLC is an information technology (IT) services company specializing in backup and disaster recovery with proven performance advantages. The company was born from the idea that Jonesboro needed a local IT company providing concierge level services. Ken Reese, along with Frank Hofsteden and Adam Browning, founded Sepio on that very premise. With more than 60 years of combined experience in the information technology field, Sepio can address the most complex and demanding IT business needs.

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Sepio offers free consultations to determine the best solution for a company's specific needs. They are located at 920 S. Main Street in Jonesboro. Give them a call today to discuss your company's IT service needs at (855) 737-4624. Act now before disaster occurs.



## AUTISM DISORDER

By Amber Ellis

Autism. A quick Google search will tell you every statistic you ever want to know about this complex, developmental disability. Results will include that an estimated 1 in 68 children in the United States presented with Autism Spectrum Disorder (ASD) as recently as 2012. You will find out that ASD is more prevalent in boys than in girls. Finally, you can spend a great deal of time reading through developmental checklists and "red flag" indicators that will inform you that your child, or a child you know, might or might not be on the spectrum. You can spend days, or even weeks, reading over peer-reviewed journals and articles that tell you how ASD is diagnosed and what research-based interventions have been proven to help these children assimilate into the classroom, and society in general.

As a matter of fact, you can read every statistic and every article ever printed on the subject and you will still fall short of becoming an expert. Ask any parent of a child who is on the Spectrum and you will understand; ASD looks different in every child that it affects. It presents co-morbid with a variety of other developmental/behavioral disorders, so ASD is not "one size fits all."

Meet Kingston. He was diagnosed with Autism Spectrum Disorder the summer before his kindergarten year. Fortunately, Kingston began receiving speech and occupational therapy services when he was a toddler thanks to early screenings, evaluations, and interventions. His mother, Tabatha Hollis, quickly learned the importance of becoming Kingston's biggest advocate. "The most difficult challenge has been public perception. When King has a meltdown in public, the judgment of people not understanding ... you know, people don't understand the difference between a tantrum and a meltdown. He gets overwhelmed a lot," she said. While Kingston has come a long way since being diagnosed, his mother believes that more training and education should be available to families and teachers of children with ASD.

As a former special education teacher, I have learned that acceptance begins in the classroom. I have had many experiences working with these unique children and their families; I value those experiences more than any degree, any amount of education I have had. Two things are certain: 1) It is impossible to summarize autism in 400 words or less; and 2) Nearly everyone who reads this article knows someone who is affected by ASD. When you think about it like that, isn't it time to move past autism awareness and move toward autism acceptance?



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## *A Learning Experience:* **GARREN CARTER**

By Caitlin LaFarlette

**A**fter years of small signs of autism but no official diagnosis, Crystal Carter's family is now going through a learning experience with her 8-year-old son, Garren.

Carter said as a toddler, Garren would line up his toys, have unusual speech patterns and memorize movie lines he would use in real life situations. He began therapy in preschool and in 2015, Garren was referred to a neurologist.

"Thanks to the Marmaduke School District and Mrs. Kendra Street, we were able to meet with an examiner and she gave us the official diagnosis," Carter said.

Before Garren's autism diagnosis, Carter said it was tough going through various medications hoping they would help her son, but instead made things worse. When the official diagnosis came Carter said it was a relief.

"It took a long time to actually get a diagnosis. Because he is so high functioning, doctors believe that at age four, it was just immaturity and possible ADHD," Carter said. After the diagnosis, it became easier for the Marmaduke family to understand how to help Garren not only in school, but everyday life. Carter added his teachers at school have been so supportive, and everybody seems to have a "Garren story."

Garren is now involved with the Special Olympics as well as Ag for Autism, a community of agriculture businesses aiding local children and families affected by autism. Ag for Autism also assists when access to diagnosis and therapy may be limited to families because of lack of insurance or Medicaid.

Life is now a great adventure, according to Carter. Garren has various interests ranging from history and presidents, to hunting and fishing with his father. He also has a roll top desk filled with "treasures" that he collects.

"Knowing that your child simply is how he is, and you wouldn't change them for anything, is a great experience," Carter said. "Learning that we only needed to see the world as he sees it helped unlock so many of his abilities."





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As a breast cancer survivor, Jane has been an advocate of women's fight against breast cancer in Northeast Arkansas for more than 30 years.



# BUILDING BETTER FUTURES MARY BROADAWAY

By Richard Brummett

Every good idea has to start somewhere and Mary Broadaway's most recent inspiration comes directly from the heart.

As the mother of a young adult with autism, Broadaway knows the difficulties individuals and families face when trying to craft a worthwhile future for the intellectually disabled and she's trying to do something about it. Her efforts to see the "Building Better Futures" program grow from hope to reality are more than commendable; they are very necessary.

"I did not seek re-election," said the former State Representative, "because I felt I could do much more good for more people by seeing Building Better Futures come to life. People with disabilities are the last civil rights front. We are to treat people with disabilities on an equal playing field but we can't say we are. Our program will develop marketable, transferable skills for the intellectually disabled."

The goal is to create vocational and educational opportunities for people like Broadaway's son, Jack. His story is one of success, but in order to participate in a program designed to help him thrive he had to travel -- and live -- five-and-a-half hours away in Northwest Arkansas. While his family got to share in the joys of his triumph, it had to be done from long distance.

Building Better Futures (BBF) will grow multiple programs in Arkansas to allow young people to become employable and self-sustaining, focusing on providing vocational and educational training designed to help them obtain jobs. Broadaway said statistics show that people with intellectual disabilities "have proven to be some of the most loyal, dedicated employees. If someone is willing to take the risk, they find out that they love them. But there is a massive void for opportunities and choices for students with intellectual disabilities."

Discussing the many benefits of BBF at length is something Broadaway is passionate about, but part of the current action plan can be summed up as follows:

- Development of a turn-key model program that can be replicated and adapted to a variety of educational vocational programs and environments
- Lining up a group of highly experienced experts to assist with the building of the program, which includes the creator of a hugely successful and unique experience in Arkansas

- Growing multiple programs in the state
- Providing consultation and auditing services to BBF schools and programs
- Promoting BBF legislation and programs nationwide

While a member of the House of Representatives, Broadaway coauthored and sponsored House Bill 1255 to establish BBF and create post-secondary programs. "Two bills were passed in the 2015 session," she said. "One establishes incentives to higher education to create programs and one is a high school bill to create concurrent education programs, like with Black River where Paragould and Greene County Tech kids could participate. I am praying that this moves forward."

She said one obvious benefit is producing a hireable workforce in areas like culinary, hospitality, modified CNA or daycare assistants or hotel management but the economic benefits outweigh even that. "In Arkansas, 99,500 individuals are intellectually disabled and of working age (21-65). Approximately 30,000 draw SSI due to being intellectually disabled. My son happens to be one. His SSI went down from \$790 a month to \$250 a month when he became employable and went to work. If you took those figures and through Building Better Futures were able to diminish SSI payments by two-thirds, you would save the federal government \$148 million in Arkansas alone. Project that to 50 states and imagine what you get. If nothing else, it would provide a tremendous financial boon to the economy and to the federal government.

"And, it would enhance the quality of life of these individuals."

Broadaway enthusiastically talks up the program at every opportunity, trying to help raise funding while carrying on full-time responsibilities as well. "I straddle the line of attorney, wife, mother," she said. "I spend half the week in Little Rock and half the week in my office. We're constantly raising money and applying for grants. We're working with Arkansas' community colleges to try to get BBF off the ground. It's a slow process, and money is an issue. I'm a divorce lawyer, not a grant writer, so we have to pay for help to get that done. We have constituents and friends from Paragould lending support and we're hopeful by the fall of 2018 we can have our first class in place.

"It's about inclusion in the mainstream for these people," Broadaway said. "In education and in their future lives."

To discuss BBF possibilities with Broadaway, email her at [mary@bbf4id.com](mailto:mary@bbf4id.com), or contact the office by phone at 870-587-6544 or fax at 501-372-5566.



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Custom Cakes \_\_\_\_\_  
Ethnic \_\_\_\_\_  
Frozen Treats \_\_\_\_\_  
Pizza \_\_\_\_\_  
Steak \_\_\_\_\_

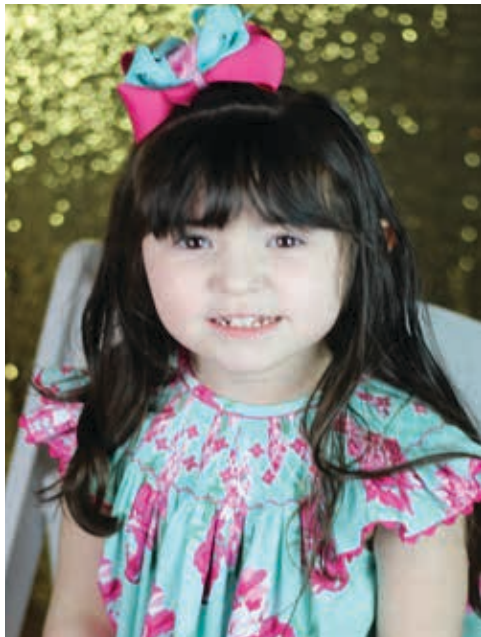
## Shopping

Clothing \_\_\_\_\_  
Consignment Shop \_\_\_\_\_  
Dress Shop/Formal Wear \_\_\_\_\_  
Flea Market \_\_\_\_\_  
Farm Supply Store \_\_\_\_\_  
Grocery Store \_\_\_\_\_  
Hardware/Tool Store \_\_\_\_\_  
Jewelry Store \_\_\_\_\_  
Liquor Store \_\_\_\_\_  
Pawn Shop \_\_\_\_\_  
Shoe Store \_\_\_\_\_  
Sporting Goods \_\_\_\_\_  
Uniform Clothing \_\_\_\_\_

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# FACES OF



**Allie Howard**

At 18 months old, Allie Howard was diagnosed with autism after being non-verbal until she was three-and-a-half. Now, the four-year-old from Newport is becoming more verbal with the help of ABA (Applied Behavior Analysis). One of Allie's favorite activities is dancing. She also loves to watch TV and movies, especially Paw Patrol and Trolls. Allie loves playing with her puppy, Everest. Her mother, Rachel, has a little advice for families that have a new diagnosis of autism: "It's very hard, but don't give up. You are your child's voice."



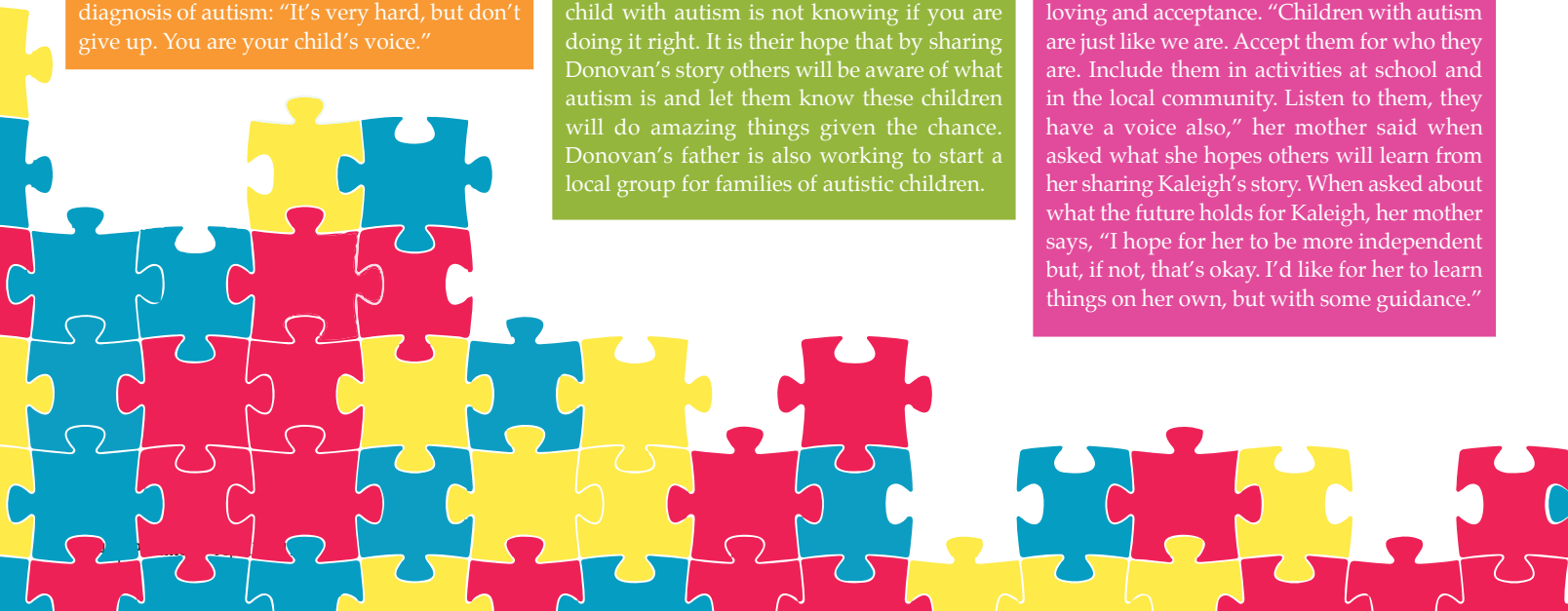
**Donovan Cypress**

Donovan Cypress is a seven-year-old from Jonesboro. He was diagnosed with autism at the age of two after his parents noticed he wasn't walking and was unable to fully communicate things he wanted or needed. He also struggles with a few sensory issues and a developmental delay. One of Donovan's biggest interests is electronics. He loves video games and watching movies. His parents say the most challenging part of parenting a child with autism is not knowing if you are doing it right. It is their hope that by sharing Donovan's story others will be aware of what autism is and let them know these children will do amazing things given the chance. Donovan's father is also working to start a local group for families of autistic children.



**Kaleigh King**

Kaleigh King is a 19-year-old from Jonesboro who loves singing and dancing. She also loves to spend time with her family, especially her cousin Cassidy. She was diagnosed with autism at the age of five after her mother noticed she was very delayed in doing things such as not sitting up, walking on time and rocking back and forth. Her mother, Shawna, says today Kaleigh is a happy young woman who has taught her valuable lessons about loving and acceptance. "Children with autism are just like we are. Accept them for who they are. Include them in activities at school and in the local community. Listen to them, they have a voice also," her mother said when asked what she hopes others will learn from her sharing Kaleigh's story. When asked about what the future holds for Kaleigh, her mother says, "I hope for her to be more independent but, if not, that's okay. I'd like for her to learn things on her own, but with some guidance."

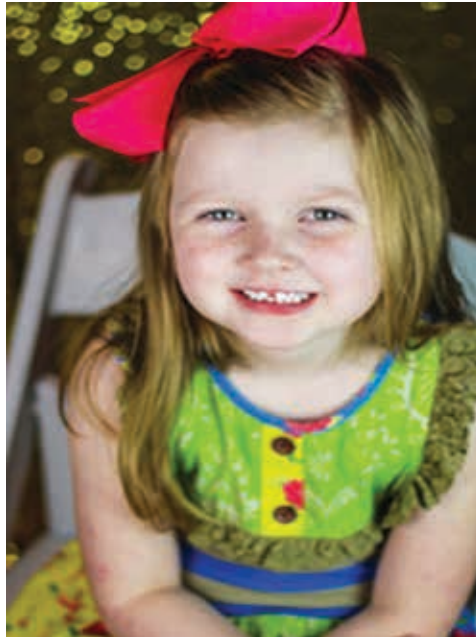


# FACES OF AUTISM



## Aiden Andrews

Aiden Andrews is an 11-year-old from Jonesboro who loves trains, clouds and weather. He was diagnosed with autism at the age of five after years of troubles. His family noticed that his vocabulary stopped expanding, he didn't want to engage with others and was easily frustrated. Frustration most often caused him to hit himself or ram his head into objects. At first, his parents were told it was just his being a boy and he was developing at a normal rate. After repeating kindergarten, he was officially tested for autism. He transferred schools and continued his therapy and is now in a regular classroom setting and doing well academically. Thanks to what he's done in therapy, amazing teachers, classroom peers and a loving family, he is making strides to do incredible things. "I still have moments when I struggle at times, and I constantly worry about him, but he always proves me wrong and pushes through," his mother, Stephanie, says.



## Charlee Walker-Beard

Charlee Walker-Beard from Jonesboro is five years old. She was diagnosed with autism after her parents noticed she was socially withdrawn, preferred to be alone and seemed delayed. Charlee also struggles with loud noises and crowded areas. Her favorite thing to play with is her iPad and she enjoys watching movies such as the Trolls and My Little Pony. Charlie also loves playing with her brothers and sisters, as well as shopping. As another interest of hers, she can often be found playing video games such as Minecraft and Roblox. When it comes to her future, her parents know it will be bright. "It's hard watching Charlee struggle when she realizes she is different," her mother says. She adds, "Charlee is one of a kind. She will conquer the world."



## Angel Tapia

Angel Tapia is a seven-year-old from Jonesboro. He was diagnosed with high functioning autism when he was two-and-a-half. Angel loves playing outdoors. One of his biggest interests is trains. He loves playing games on his tablet where he can be the train conductor. He also enjoys reading books. His mother says that she has two big goals for Angel as he grows older. The first is that he will become fully independent. Her biggest goal, she says, is that he will be able to attend college someday.



Follow us on Facebook to see more of our "Faces of Autism" feature throughout the month of April!

# Living with Autism

## AIMEE KING MCDONALD



Aimee McDonald with sons Alex and Ethan

By Richard Brummett

If anyone understands the importance of a strong support system, it's Aimee King McDonald.

After her husband lost his life in a tragic bicycle accident about a year ago, Aimee was left to raise two young boys alone. The older -- Alex, 8 -- was diagnosed with autism at the age of 2, a situation that requires extra attention for him and additional help for his mother.

"He was delayed in speech, the only milestone he wasn't hitting," Aimee said of Alex. "Doctors were saying, 'He's a boy, he'll catch up.' But as we went along we had two therapists who asked us to fill out a form and really answer all the questions honestly. It was horrible; we were checking every box. It was obvious he showed all the characteristics of autism."

Like many other parents, Aimee was at first unwilling to accept the diagnosis -- partly out of fear, partly out of not knowing what she should do next.

"I was in denial," she said. "It was probably a month later they said we should look at it, at least, to rule out autism, if nothing else. Alex

is very social, probably the exact opposite of what people know about autism. He's not always correct on the social functions. When he's happy or excited, he jumps. He's a jumper. He makes some eye contact, but not a lot. Thank God we got treatment early. We've been there since he was 3. I don't know where we would be if we hadn't followed up.

"When he was first diagnosed, I tried to look up things online around here," Aimee said. "The folks in Little Rock directed me to the AANE (Autism Association of Northeast Arkansas), and Shelly Knight helped me with the 'what now?' She is very much a blessing, and helped me navigate where to go."

Lessons learned in group sessions and in treatment activities are not the only forms of education Aimee has received, however. "As a parent of a child with autism, I am way more sympathetic, not as judgmental," she explained. "Alex has taught me patience and empathy. Every day is something new with him. We have to change up almost every single day. We have created a bond, absolutely.

"I would be lying if I didn't wish Alex didn't have autism," she said. "I would absolutely choose for him not to. He's so young that not too many of the social aspects have come into play yet. Sometimes he's not

willing to socialize with others; I know that will eventually be a problem. He's probably not going to be a kid who plays sports. Academically some is excellent, some is not. In public if he shouts, I have to put up with the stares. Those types of things are always the hardest. That has helped me to have more compassion for others."

What she has also learned is that there are not enough easily accessible tools available in Northeast Arkansas for parents like her and others of children with autism.

"As we went along, I tried to learn all I could about services in Arkansas," Aimee said. "There is not enough in our area. People at Marmaduke have to come to Jonesboro. People in rural areas, in places like Hardy and Mountain Home have to make long drives to get services and families everywhere need assistance. I wish we had a better network with our school systems and mental health providers. If we had one place for OT, Speech, PT, Developmental -- all of that ... pediatric doctors all in one place so families could take care of all needs in one visit. Texas has an autism center. Why not here? Why can't we have everything we need, all under one roof? I would love to see that happen."

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# JUMPING JELLY BEANS

By Richard Brummett

Parents seeking information or input on dealing with a loved one with autism and autism-related disorders can find plenty of support in the Northeast Arkansas area.

Jumping Jelly Beans Pediatric Therapy in Jonesboro hosts a meeting to address such issues. Assembling the last Tuesday of the month, the Open Arms Support Group gives parents and loved ones an open forum to address issues they face on a daily basis.

Owner Jason Gardner, a Pediatric Physical Therapist, said the group meeting sometimes features a guest speaker and often is just a question/answer session for attendees. "The parents can get together and talk about a variety of subjects," he said. "Someone might ask, 'Where do you get a haircut, who is good with a child like mine?' Or, 'What about food?' Food is sometimes a problem for children with sensory issues or challenges. So the meetings are good for them to trade information."

**"Open Arms is basically a support group covering all aspects, whatever the interest is ... parents of autism or anything on the spectrum."**

The support group is conducted with the help of the Autism Association of NEA (AANE), of which Gardner is a board member. AANE provides help, information, resources and events for the local

communities affected by all forms of autism. "We always try to pick a facility or location good for the parents, and then talk about a variety of subjects," he said. "Open Arms is basically a support group covering all aspects, whatever the interest is ... parents of autism or anything on the spectrum."

"They are open to anyone. We (AANE) cover eleven counties but we are not as big a voice, or not as prevalent, in the smaller counties," he said. "Our big annual walk is

coming up and we try to grab people there and get them signed up and get any announcements we have out there. We're trying to get the ball rolling on social skills groups, hone in while we can. The social aspect seems to be kind of a recurring theme during group meetings."

While the adults trade ideas, they can bring their children who stay in the Jumping Jelly Bean gym area and play, having fun in the ball pit or on the zip line, for example. "Other board members help watch the kids," Gardner said, "and we've partnered with ASU's OT and OTA program and their students volunteer to watch the kids for a while."

Gardner said anyone interested in learning more about the Open Arms group can check out the AANE Facebook page, where they may request to become a member or learn how to get signed up. "AANE.org is where to go," he said. "We're really there just to help people. Sometimes a parent will sign their child up for school and will be told they have an IEP, and they will say, 'IEP? What's an IEP?' We provide parents with resources they might not have otherwise. They can also call 870-336-2786 to get information."

Clients at Jumping Jelly Bean -- where the staff consists of pediatric Occupational, Physical and Speech/Language therapists -- must be referred by a physician but Gardner said parents can call them at 870-919-0274 and they can direct them to the proper ways to get a referral.

They are located at 906 East Matthews in Jonesboro and business hours are 8-6, Monday through Friday.



# DISASTER PREPAREDNESS

with Josh Costner

Well, spring and winter are both taunting us with intensity. One week it's in the 70s, the next week we have snow on the ground. Tornadoes one week, flurries the next. Needless to say, Mother Nature loves a good prank (or five), but things do tend to get out of hand rather quickly. And with tornado season literally upon us, it is wise to invest a few dollars to be prepared for a power outage, at the very least.

Having an emergency kit, or "go bag" full of supplies is relatively affordable. Items to have in it could include a flashlight and batteries, first aid kit, a jug of distilled water, pain and fever medication, and a blanket, just to name a few. And make it a family affair! Have your kids get involved as well, with their own "go bags." Have an emergency plan that is well known by every family member. Have a specific place in the front or back yard where everyone will meet up, and practice the drill every month.

We know and realize that in spite of our preparations, there will always be certain aspects of emergency scenarios that will affect us greatly. However, we prepare in order to lessen the effects of the disaster on our family and loved ones. You can download a PDF of a comprehensive list of supplies from <https://www.ready.gov/kit> today, and get started with your family. Let's spread the word, and help our community grow stronger and more resilient.



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# A REASON TO ENJOY SUMMER

By Anthony Childress

Decks have been enjoying a renaissance of sorts in the United States over the past 30 years or so. People find all sorts of reasons to invite guests out to the back patio deck for post-meal cocktails or a nightcap. It's as if the days of entertaining folks without the aid of technology suddenly found their voice again.

Trends have shown that front porches still command a strong presence in residential planning and design. But, it is also true that people are placing more and more value on decks to add flavor and a sense of belonging/sharing to those who live in a home, or are just stopping by for a dinner party.

Truth be told, decks come in a myriad of shapes, sizes and designs. The past decade has introduced consumers to a vivid array of choices and that, as always, means the possibilities are virtually endless.

There is, of course, a method to this so-called madness. It's important to have a plan of action in mind when tackling a deck project. Let's take a look at five of them.

One - Ask yourself if the deck is going to serve as a gathering place for family and friends (in other words, for entertaining). Then, determine whether you're going to need an outdoor kitchen or, at the very least, a spot for cooking on a grill and the like. Will the deck be in a spot where it receives sun and shade on a regular basis? Think about the possibility of a fire pit, if your budget allows for it, or a water feature. Asking and answering these questions will be very important as you proceed.

Two - A deck's location is critical. One thing you want to be sure of is that you have easy access to your yard and gardening. Do you want to place a variety of plants? Is it desirable to create a space where privacy is either guaranteed or a priority? Remember, if you can see your neighbors, they can see you! Another important facet of deck design is making sure its colors complement your home's color scheme.

For instance, you will likely regret building a contemporary deck style next to a colonial themed home.

Three - Accessibility to a deck is another must. Having an existing door that opens to your would-be deck is a major plus, but if you don't already have one, putting a new door in for that purpose makes a lot of sense. Think about convenience, too, when you have guests over because you certainly don't want to spend most of your time making a long walk away from the action just to refill someone's drink.

Four - Decks tend to be made out of wood or composition, but it's still worthwhile to consider different options. Some woods - such as hard wood varieties - will require sustained maintenance. Other decks feature coverings that feature ceiling fans and spots for electronics, including TV sets, etc. Be aware that options are out there for the taking.

Five - Lighting is another piece of the deck puzzle. It will provide you with more time to be outdoors, enjoying the elements. A lot of people use string lights to provide that certain ambiance to a deck area. One piece of advice is to check out LED lighting options. It will take a bigger bite out of your wallet in the beginning, but pays off long-term.

Perhaps the most important consideration is this: Budgeting. You'll certainly want to be as detailed and thorough as possible when pricing things. Surprises are inevitable, but you'll be far ahead of the game by taking time to jot down figures. Obtain as many quotes as you can and be sure to have confirmation on what the quotes include.

Now, let me know where to bring the burgers!



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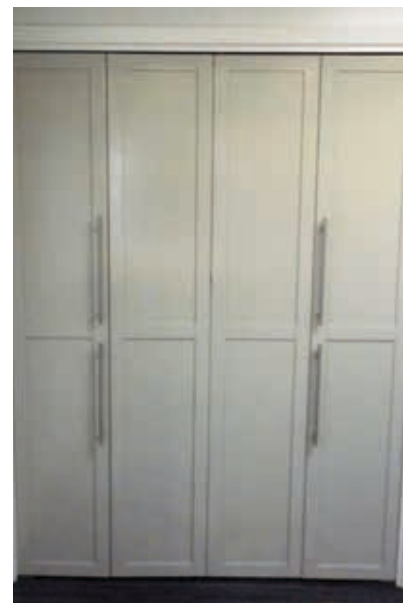
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# A KITCHEN TRANSFORMATION

By Anthony Childress

Not every remodeling project is like the last and, with that said, every remodel needs special attention paid to the architectural elements that surround it. I've seen some lofts, for example, where new kitchens have been put in with custom cabinetry adding an old world flair design in the theme.

Buzzer please? This is all wrong for the modern, simplistic and even industrial look these new living spaces have brought onto the design scene.

This kitchen transformation comes out of a ranch, mid-century home, where these spaces were usually tucked into a U-shape designed room or galley type set up. These were dark, cramped spaces designed for the family cooking and added to this, their eight-foot ceilings made them feel even smaller, oftentimes leaving a potential remodel with head-scratching tendencies.

After knocking out the wall that separated the once-living room, we extended the dining space into the front and added a peninsula bar in which additional counter height chairs could be added. The windows from either end then flooded the space with light that was not visually there before.

The monochromatic gray color scheme was carefully chosen to not drab the space but with right color choices, to enhance and lighten the space. A glass tile wall was something this homeowner wanted to splurge on and makes a positive statement and focal point while cooking or merely sharing a glass of wine. The quartz counters have just the right mix and movement in them to take all the solid colors in the room to new unexpected grandeur. A new utility closet was also designed, as well as taking a laundry room with a very uncertain direction, turning it around and creating more space for it to become a multi-purpose space.

Client: "My new kitchen has become the new gathering place in our home and not only is everyone in love with it, we have doubled the people we can have in here now and still have room to cook."

Color Pallet - Sherwin Williams Rock Candy, Misty and Uncertain Gray

Quartz counters by Cambria/Summerhill

Glass subway tile by BPI, based in Memphis, TN

Interiors By Design - MG Meyering

# MAKEUP TRENDS 2017

The glitzy dresses and glittery shoes have been bought, sparkling jewelry acquired, and colorful corsages ordered, but have you figured out makeup?

No matter your prom's theme, your makeup needs to be glamorous to pull everything together. Think long lashes, glitter, a smoky eye or bright pops of color to go with dresses that are more colorful.

A single shade of eyeshadow is a big trend this season, and it helps keep your routine simple. Try a bright pink, purple or turquoise and blend the color underneath your lower lashes as well. Blend it up into your crease so the color fades from a bright shade at your lash line to a more pastel color toward your crease. The Urban Decay Electric palette is perfect for neon shades!

Ombre lips are everywhere, too. Line and fill your lips with a nude liner, follow with a bright pink or red lipstick, and brush the edges with black lip liner. Blend the black until it fades perfectly into your brighter color, creating a vampy, dramatic look.

Want to keep most of your makeup simple, but still have a wild look? Try graphic eyeliner! Liquid liners are perfect for creating dots, lines and helixes that will make your eyes stunning without being too overpowering.

No matter which facial feature you choose to draw attention to, glitter is always a good idea. Glitter liner or eyeshadow will bring a sparkle to your eye, or glitter pigment on the lips will create a truly unique look.

Always practice makeup beforehand, or have a trial session with a professional, to ensure you have the exact look you want so you will stand out on your prom night.



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# NEA COOK

## Lisa Nickerson

### Baked Peach Turnover

*(This recipe makes 9-12,  
depending on size you make.)*

#### Ingredients

**Dough:** I use store bought biscuit mix or baking mix. It's a little bit easier for me to get the consistency I'm looking for. However, this recipe is amazing with homemade biscuit dough as well.

#### Candied Pecans:

½ cup of pecans  
2 tablespoons brown sugar  
½ tablespoon butter

**Chocolate Sauce:** 2 cups semi-sweet chocolate chips ¼ cup of milk

#### Other ingredients needed:

2 tablespoons granulated sugar  
1 tablespoon brown sugar  
½ tablespoon of butter  
1 can of sliced peaches  
Whipped Cream

1. Preheat your oven to 350 degrees. Spray a light coating of oil onto a flat pan.
2. Begin by mixing your dough. If you are using a store bought biscuit mix, I prefer to add about ½ cup extra of the mix to get a thicker consistency. If the dough is too sticky, it won't cook properly. You want it to feel about like pizza dough.
3. Roll out your dough on a flat, floured surface. Cut into 2 ½-3 inch circles using a small glass or cookie cutter.
4. Once you've cut them out, use your hands to flatten them just a bit. This will make them a little bit bigger and perfect for these little pies.
5. Spread a little butter on each piece and sprinkle lightly with your granulated sugar and brown sugar. You can go as heavy or as light on the sugar as you want. Keep in mind the peaches will have their own natural sweetness so you don't want to overdo it.
6. Place 2 peach slices on each piece of dough, then carefully fold in half. Take a fork and press around the edges to close them up.
7. Place in oven for 10-15 minutes or until golden brown.

#### For chocolate sauce:

1. Mix in ¼ cup of milk with 2 cups of semi-sweet chocolate chips in a pan on low heat. The easiest way I've found is to use a double broiler method using a small metal bowl and small sauce pan.
2. Stir until desired consistency. You can add more milk if needed.

#### For candied pecans:

1. Melt ½ tablespoon of butter in a pan.
2. Add in pecans and brown sugar and let cook for about 5 minutes on low heat while stirring. Once done, remove them and let them cool on a paper towel. The paper towel will keep them from sticking together.

After the pies are baked, it's time to plate. Take a spoon and drizzle the chocolate sauce over the top of the pie. Add a light spoonful of whipped cream and some fresh fruit, such as blueberries and strawberries. Enjoy!



#### 1. Occupation/Family

I grew up in Trumann, Arkansas, but moved to Jonesboro as a teenager. I am the youngest of three children, having one older brother and one older sister. I am very close to my parents who have helped encourage me to chase my dreams with whatever I have. Cooking and photography have been major hobbies since I was a teenager. I am currently a student at Southern New Hampshire University online.

#### 2. How did you learn to cook?

I learned about cooking from my mom by watching her and helping her. She has always encouraged me getting into the kitchen to prepare meals that will make people happy. I love getting to be creative with different flavors of food and my mom knows that.

#### 3. What is your favorite dish to make?

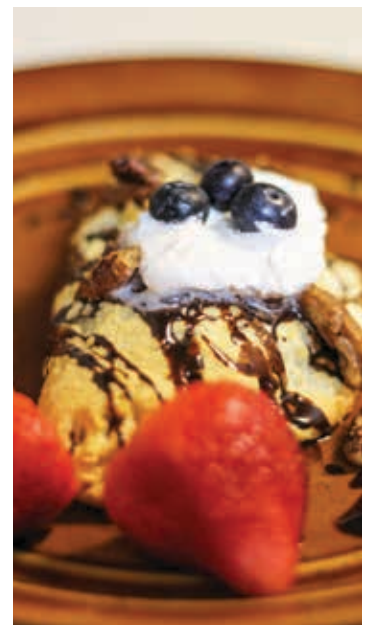
That's a hard one but I would have to say my cheesecake. That's a closely guarded secret that even my best friend doesn't know. I think she's a little jealous of that, too.

#### 4. Funniest/worst cooking disaster?

My nephew was helping me make cupcakes and when he was putting the flour in the bowl

he got too happy and it went all over his shirt and face.

**5. What advice do you have for others wanting to learn to cook?** Don't be afraid to do it. If you tell yourself you can't, you are only letting yourself down. Remember practice makes perfect and trust me, you will make a lot of mistakes when trying to find the perfect combinations. Just have fun and get messy!



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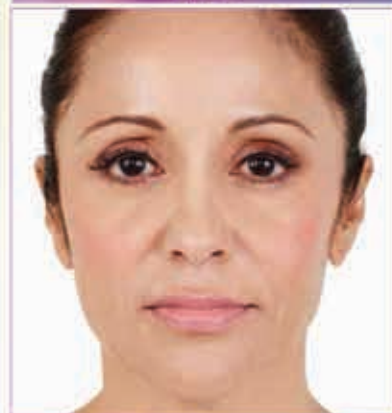
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Before



After

Actual patient. Results may vary. Untouched photos taken before treatment and 2 weeks after treatment with JUVÉDERM® XC. A total of 3.2 mL of JUVÉDERM® XC was injected into the parentheses, marionette, and corner lines.



*The Chef's Momma*  
**LEMONADE  
HOUSE GRILLE  
PARAGOULD**  
By Josie Bell



A friend had shared photos of homemade cheesecake from a local restaurant, and that was all it took to send Nathan and me on an adventure. We tracked down the guilty party, the Lemonade House Grille in Paragould. It's a bit tricky to find, but look next to Pizza Hut near the cinema and there you are.

This place holds magical powers. Not only does it do incredible things with food, but the atmosphere was filled with smiling faces, and no one was on a cell phone. (I couldn't believe it either.) Everyone was playing cards or table games, and they were talking with each other while they waited for their food.

When you get a chance, send Chad and Nikki Speer a thank you letter for bringing this restaurant to your community. Better yet, go hungry and check out the wall of options they offer. Since July 5th of 2016 they have turned hot dogs and hamburgers into mountains of goodness. We started with a taste of their lemonade ... 20 different flavors present a challenge of which one to pick. Nate opted for the Gummy Bear. This blue goodness is delicious and very sweet. I'm sure this will be an amazing treat on a hot summer day.

Nathan went for the hot dogs. His Austin Texas Dog had melted shredded cheddar, jalapenos, chopped onions, bacon pieces and a drizzle of medium hot sauce. This was not your average hot dog.

I can't stomach normal hot dogs and I almost took this from him to finish. I tried the Big Sky Montana Burger which was nothing short of a little bit of heaven. Parmesan peppercorn, sauteed mushrooms, melted provolone and A-1 Sauce. That is how burgers should taste. We made the mistake of sitting right next to the menu and in between our killer Uno match I noticed a Mac and Cheese Burger. You guessed it, we had to go order it and take it home. Don't forget the homemade fries, onion rings the size of your hand, and the slice of cinnamon roll cheesecake. We rolled happily out of the restaurant and took leftovers home.

Our prediction: When this place gets discovered they'll need to knock out a few walls and expand. Go now before the rush. Our only tip is to parents to perhaps limit the amount of the lemonade for young kids. It's amazing but incredibly sweet. Nathan was a little "sugar high shaky" on the way home.

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# GET RICH

with Richard Brummett

**H**aving spent the majority of my working life as a journalist, I find myself wanting everyone

I interact with to perform like a reporter under deadline. Get to the point; don't give me 4,000 words about a 40-word event, don't get your modifiers out of place so that I have to go on a scavenger hunt to get the message, don't say things incorrectly.

It's a curse, really, to be burdened by editing everything you see or hear. Billboards, TV ads, conversations, reading material ... all come under scrutiny and I have been known to say out loud to no one in particular, "That's not supposed to have an apostrophe."

I say all of this to admit that I am more than likely wrong to care that much about it, because people seem to get their points across regardless of whether they dress their conversations like dignitaries or scarecrows. My great-grandmother, Etta Higgins, spoke in a dialect acceptable to and understood by the late 1800s country folk. When I begin to get frustrated by improper usage of words and terms I remember one of her pet expressions:

"It don't make no nevermind to me," and I try to realize that in the overall scheme of things, it really don't. Or shouldn't.

Grandmother Higgins also was fond of the phrase, "Tain't yorn," which meant "that's not yours," and when we heard it, we all knew it, just as my mother and I once followed a conversation a fellow patient was conducting while we all sat in the waiting room at the doctor's office. He was a very loud man, dressed in overalls and a t-shirt and sporting a ball cap advertising a seed company, so we surmised he was also a farmer. This was confirmed when another man asked him about his garden.

"Done planted 'taters and 'maters," he said, "and tomorrow I'm going to plant me some bermoodo out back of the house." We picked up on all of that, and got the message even if we alternately shook our heads, smiled, and whispered, "Bermoody."

I have a bad habit of incorporating some of those misspoken words and phrases into my own conversation, just as a joke, and then finding myself struggling to bring the proper words forward. I have a friend who always

says "versabile" when he means "versatile." So when away from him -- and around family and friends -- I also began inserting versabile into my vocabulary until I actually reached the point where I almost couldn't tell the difference. A former employer had us fill out self evaluation forms and under the question, "What do you consider your strengths?" I praised my versability. Only when proofing the survey before turning it in did I realize I was about to make a fool of myself in front of my newspaper bosses.

My mother-in-law used to misspeak when talking about pasta, calling it instead "potsa." I shared that story with my best friend and his wife and now, when they are in a restaurant preparing to order, they actually have to say, "Wait. Potsa? Pasta? It's pasta, right? Or is it potsa?"

I feel my work there is done, having ruined someone else's ability to converse. Now that I'm older I'm trying to be more receptive to things I cannot change, like other people's spelling and grammar. I don't know if it's an example of my being more tolerant or just trying to be more versabile.

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# April

## 2017 Kids' Events

1

### Build a Bunny Basket

**When:** Saturday, 9:00 AM- 12:00 PM  
**Where:** Home Depot  
711 W Parker Rd, Jonesboro, AR  
**Info:** [www.workshops.homedepot.com](http://www.workshops.homedepot.com)

5, 12, 19, 26

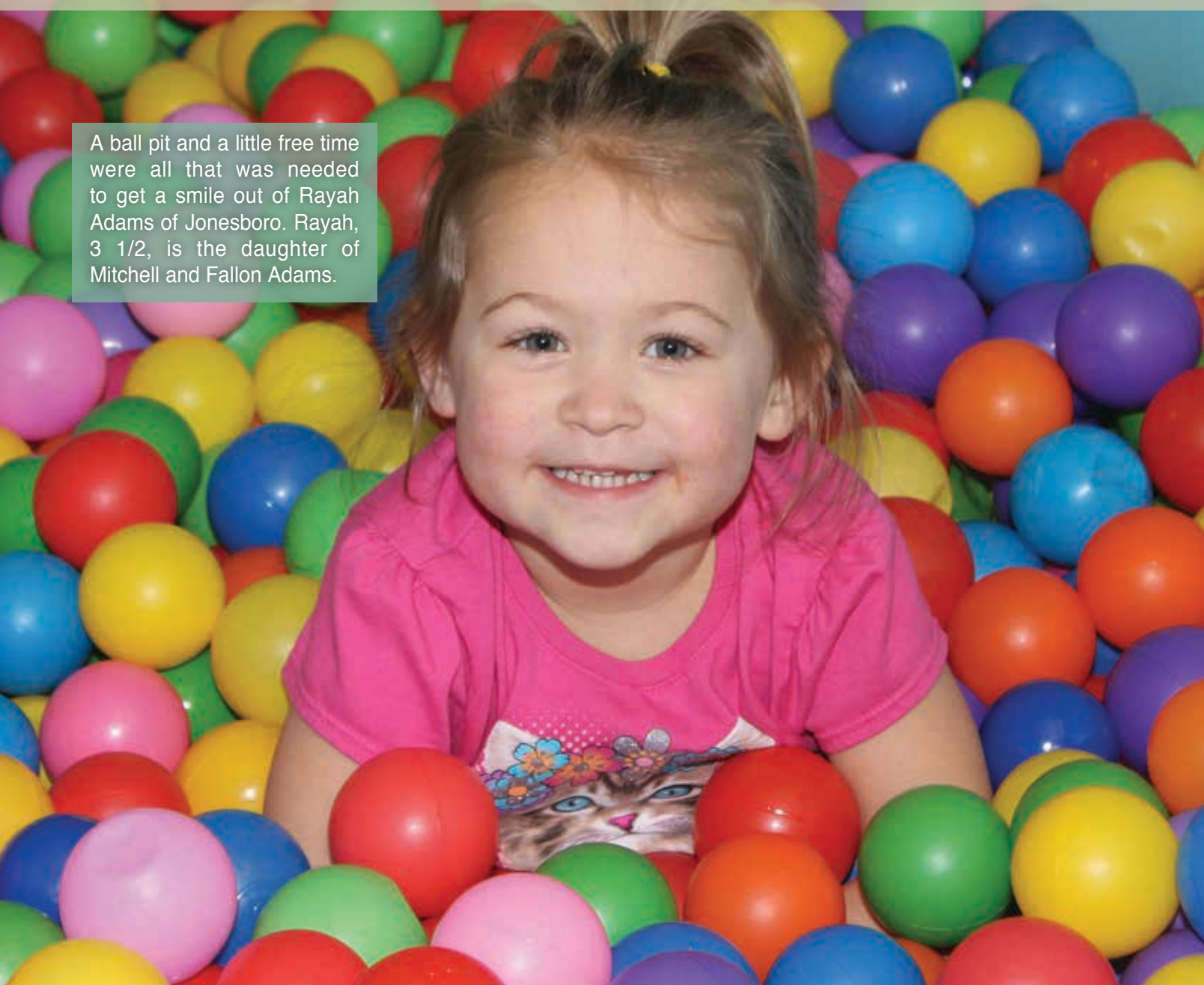
### Story Time

**When:** Wednesdays, 10:30 AM  
**Where:** Greene County Library,  
120 North 12th Street, Paragould  
**Info:** [www.mylibrarynow.org](http://www.mylibrarynow.org)

1, 8, 15, 22, 29

### Creature Feature

**When:** Saturday, 1:30 - 3:00 PM  
**Where:** Crowley's Ridge Nature Center  
600 E. Lawson Rd., Jonesboro, AR  
**Info:** [www.crowleysridge.org](http://www.crowleysridge.org)



A ball pit and a little free time were all that was needed to get a smile out of Rayah Adams of Jonesboro. Rayah, 3 1/2, is the daughter of Mitchell and Fallon Adams.

# April

## EVENTS CALENDAR

### 05

**What:** Delta Symposium

**When:** Wednesday, April 5 to Saturday, April 8

**Where:** Arkansas State University Jonesboro

**Info:** Participants will explore various communities in the region. Special emphasis will be provided to the integration of academic research with applied programs that address social issues within various communities. The annual conference brings scholars, students, musicians and artists from across the nation to the A-State campus to explore and experience the Delta's history and culture. Most events will take place in the Mockingbird Room on the third floor of the Carl R. Reng Student Union. For more information call 870.972.3043 or visit [altweb.astate.edu/blues/](http://altweb.astate.edu/blues/).

### 05

**What:** Jonesboro Business Expo

**When:** Wednesday April 5, 8 AM-4 PM

**Where:** ASU Convocation Center

**Info:** The Jonesboro Regional Chamber of Commerce Business Expo is known for its business-to-business scope. It is the largest expo in the state and gives hundreds of companies of all types and sizes the opportunity to exhibit their products and services all under one roof. The expo will be open from 8 AM-2 PM for businesses only, and 2 PM-4 PM for the public.

### 06

**What:** Corks & Forks

**When:** Thursday, April 6, 6PM-9 PM

**Where:** Harmony Gardens Event Center, 4517 E. Parker Road, Jonesboro

**Info:** The NEA Family Crisis Center holds its annual Corks and Forks fundraiser in April. Tickets are \$50 per person and can be purchased through the center's web site ([www.neafamilycrisiscenter.org](http://www.neafamilycrisiscenter.org)), at Interiors By Design, 1001 Union Street, Jonesboro; or at the door on event night. Live entertainment from The Greasy Tree will be featured. All monies raised go to support the center's services in seven regional counties.

### 15

**What:** NEA Out of the Darkness Campus Walk

**When:** Saturday, April 15

**Where:** ASU in Jonesboro

**Info:** Help Raise awareness of suicide and other mental health issues; make plans to attend the 1st annual NEA OUT OF THE DARKNESS CAMPUS WALK. Proceeds benefit the American

Foundation for Suicide Prevention. Register today @ [campuswalks.org](http://campuswalks.org)

### 20

**What:** Alive After Five - "Paint the Market Purple for Preemies"

**When:** Thursday, April 20, 5-8 PM

**Where:** Downtown Jonesboro (Huntington Ave.)

**Info:** Head downtown for the first Alive After Five of the season! Located on Huntington Avenue, the market offers artisan products, locally handmade and produced fares, food trucks, local music, and children's activities hosted by the Craighead County Jonesboro Public Library.

### 20

**What:** GCCF Awards Luncheon

**When:** Thursday, April 20, 11:30 AM

**Where:** Paragould Community Center

**Info:** Our "Give Where You Live" awards luncheon will be in the upstairs meeting room in the community center. Volunteers, industries, businesses, and agencies who provide support for our community and to the Greene County Community Fund will be recognized. Please RSVP by April 3 by calling 870.239.8435 or email [gccf@grnc.net](mailto:gccf@grnc.net)

### 22

**What:** Heritage Fair

**When:** Saturday, April 22, 9 AM - 3 PM

**Where:** First National Bank, 3rd Floor

**Info:** The Greene County Historical & Genealogical Society will be hosting a Heritage Fair. Come by and learn about how to discover your genealogy. Everyone is welcome. No registration fee required.

### 22

**What:** Volunteer Work Day

**When:** Saturday, April 22, 9:30AM-11AM

**Where:** Crowley's Ridge State Park

**Info:** Volunteers will meet at Pavilion 3 at 9:30. Volunteers will participate in litter pickup in conjunction with the Great American Cleanup. Volunteers are asked to register by calling the visitor center @ 870-573-6751 or email [crowleysridge@arkansas.com](mailto:crowleysridge@arkansas.com). The first 30 volunteers to register will receive a free t-shirt. A free pizza lunch will be provided to all preregistered volunteers.

### 27

**What:** United Way of NEA Annual Awards Luncheon

**When:** Thursday, April 27, 11:30 AM- 1 PM

**Where:** ASU Centennial Hall

**Info:** Celebrate with the United Way of NEA at their annual awards luncheon. Reserve your space by Monday, April 10. Visit [www.uwna.org](http://www.uwna.org) and click on the Annual Awards Luncheon to complete form. Please contact [Tiffany.Gipson@unitedway.org](mailto:Tiffany.Gipson@unitedway.org) with any questions 870.935.3658

### 29

**What:** March for Babies

**When:** Saturday, April 29, Registration: 9 AM Start: 10AM

**Where:** Downtown Jonesboro

**Info:** We're getting ready to walk in March for babies! It promises to be a fun day out with people who share our passion for improving the health of babies. There'll be family teams, company teams and people walking with friends - it's a great feeling knowing we're all helping real families. Join our event and walk with us to raise money for babies right here in our community!

### 29

**What:** That's AMORE

**When:** Saturday, April 29, 6 PM

**Where:** Paragould Community Center

**Info:** That's AMORE is a casual fundraising event with an Italian theme! You could win a trip to The Venetian in Las Vegas or win a piece of jewelry provided by Sissy's Log Cabin. Entertainment will be provided by The Vikki McGee Band. Tickets are \$150 each. To purchase tickets please call 870.239.7077 or go to [www.myammc.org](http://www.myammc.org).

### 29

**What:** Art & Stroll

**When:** Saturday, April 29

**Where:** Downtown Paragould

**Info:** Save the date for 2017 Art and Stroll. Saturday will be a day filled with art and music in the "One and Only" Downtown Paragould. Artists and vendors of hand-made crafts are needed. For more information, please call Main Street Paragould at 870-240-0544 or email [mainstr@paragould.net](mailto:mainstr@paragould.net).

To have your calendar items included in Premiere Magazine, email information to: [graphics@mormediainc.com](mailto:graphics@mormediainc.com)

# Recurring EVENTS

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

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

**Second & Fourth Tuesday of every month:** The Paragould American Legion Post 17 meets at 7:00 PM at the corner of Court and Hwy. 49. The second Tuesday is a business meeting and the fourth is a Pot Luck Dinner with spouses and friends.

**Second Wednesday of every month:** St. Mary's Spaghetti Dinner, 11 AM-1:00 PM Admission is \$6 for all you can eat spaghetti, salad, garlic bread, dessert and drink. At St. Mary's Catholic Church in Paragould.

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

**Second Thursday of every month:** The Memory Cafe, support group for those having memory issues, dementia or Alzheimer's at 1:00 PM at the Senior B.E.E.S. Center, North 12th St. in Paragould.

**Second Thursday of every month:** Alzheimer's Support Group with the Alzheimer's Arkansas Association and Home Helpers Senior Care, 1:00 PM at Chateau on the Ridge.

**Third Monday of every month:** Greene County Retired Teachers Meeting, 11:30 a.m. at Grecian Steak House. All retired Greene County school personnel are invited.

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

**Third Friday of every month:** Paragould Young Professionals Lunch, noon, at rotating sites

**Every Thursday:** Alcoholics Anonymous, meets at noon in the Welcome Center classroom at Paragould First United Methodist Church. The group is open; but court slips will not be signed. Meetings are free. For information contact Lynn at 419-350-1275 or the church at 870-239-8541. The church is located at 404 West Main Street.



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# HAPPENINGS

## Greenhouses are in Full Bloom



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## FUMC DOLLAR PROGRAM

First United Methodist Church in Paragould recently gave \$12,391 in grants through its \$1 a week offering. Recipients include the Senior B.E.E.S. Meals on Wheels program, Paragould and Greene County Tech schools' backpack programs, the Greene County Rescue Squad, Goodfellows, House of Virtue, the Greene County Historical Society, and the Greene County Sheriff's Department. Grants include projects to buy and train a K-9 drug dog, cash assistance for low income families, meal provisions, preserving historical records and purchasing radios for rescue trucks, among others. The special offering consists of all loose \$1 bills in the collection plate each Sunday. The bills are gathered for a year and then presented to the organizations a special committee determines have the most merit and ability to impact the community. The idea was from Bill Leslie, former pastor at FUMC, who started it in 2011. Since the offering began 6 years ago, \$63,509 has been given to 17 organizations, a dollar at a time. Starting in 2017, the church will give half of its dollar a week grant money to the Witt House food pantry.



Pictured left to right, Dr. Shane Hunt, Dean of the College of Business, Curt and Chucki Bradbury, and Dr. Jason Penry, Vice Chancellor for University Advancement



Pictured left to right, Ron Rhodes, Chair of the ASU System Board of Trustees, Curt and Chucki Bradbury, Ethan Barnes, the inaugural Bradbury Scholar, and Dr. Shane Hunt, Dean of the College of Business

## BRADBURY SCHOLARSHIP

Arkansas State University announced that the Bradbury Family Foundation of Little Rock has made a major gift to establish the Bradbury Free Enterprise Scholars Program. At \$300,000, this is the largest gift designated to scholarships in the history of A-State's College of Business. Through the new program, six individuals each year will be selected as Bradbury Scholars, receiving a \$2,000 scholarship, amounting to a \$12,000 annual commitment to outstanding students, based on merit. To be eligible for selection as a Bradbury Scholar, students must have declared themselves candidates for the Certificate of Free Enterprise program and completed two of the five core courses for the certificate. Although the program is based in the College of Business, eligibility extends to all A-State students regardless of major.



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MAY 5TH AT 7PM**

Men are invited to participate in the "Walk a Mile in Her Shoes" event in support of Breast Cancer Awareness! Men are encouraged to dress up for the event, but must wear women's shoes for the one-mile walk.

For more information call 870.335.5298



**NEA BAPTIST** 





Cotillion is typically thought of as a place to learn dance and etiquette, not the place you meet your future spouse. Such was the case for Kyle Dineen and Autumn Wilder, though. Upon graduating cotillion in eighth grade, the two were asked to return the following year to help instruct. Too nervous to ask her out after two years of working together, Kyle thought he had lost his chance when the cotillion closed.

In the fall of 2010, their high school teams played against each other at War Memorial Stadium. Socialite that she is, Autumn was hanging out with her friends on the opposing side when she spotted Kyle in the crowd. Lucky for her, this was one of the only football games Kyle ever attended and he realized this was the opportunity to make up for lost time.

Weeks later, after a phone call to a friend and listening to Bon Jovi on repeat, Kyle mustered the courage to call Autumn and ask her to Homecoming. After she happily accepted, Kyle rode his bike for miles to burn off the adrenaline.

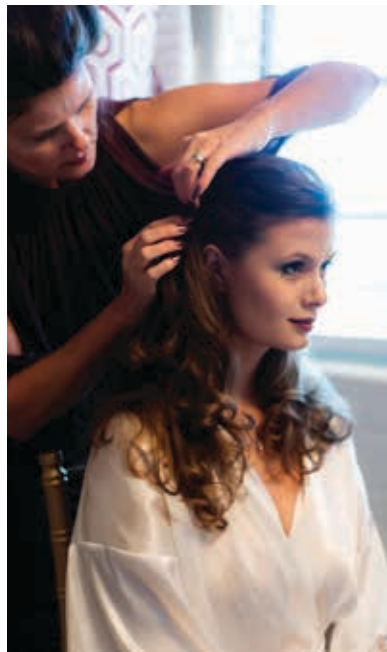
For their first date, Kyle took her to his all-time favorite restaurant, El Porton, where they shared their life stories over a bowl of cheese dip. It should be noted that this was the first and last time they ever had leftover cheese dip. Six years later to the day, the two were married.

It was on Autumn's dream trip to Europe that Kyle proposed. After months of planning and convincing Autumn that marriage was out of the question until he graduated, Kyle hid a ring until the perfect moment. On December 26, 2014, he popped the question surrounded by festive shops and medieval buildings in the town of Colmar, France.

On the beautiful fall day of October 22, 2016, the happy couple was married surrounded by their family and friends in front of the picturesque St. John's Chapel by the Creek in Benton, Arkansas. To celebrate their loving union, the crowd feasted, drank, and danced the night away.

Autumn is the Director of Events for the Downtown Jonesboro Association. Kyle is a Teaching Assistant and student completing his Masters of Biological Sciences at A-State. She is the daughter of Ronald and Brenna Jordan and Allen Wilder while he is the son of Steve and Lynn Dineen.









# ENGAGEMENTS/WEDDINGS



## *Smallmon-Yates*

April Smallmon and Caleb Yates have announced their plans for a summertime wedding.

April is the daughter of Don and Cathy Hallmark of Kennett. Caleb's parents are Phil and Robin Yates of Paragould.

The ceremony is planned for Saturday, August 12, in Paragould.

Photo courtesy of Joy Robinson



## *Wilson-Sullivan*

Allie Wilson and Trey Sullivan have announced plans for a May wedding ceremony.

Allie is the daughter of Phil and Kim Wilson of Paragould. Trey's parents are Terry and Laura Sullivan, also of Paragould. The wedding will take place May 20 at Harmony Gardens in Jonesboro.

Photo by Natalie Gray Photography

# BIRTHS



## *Brooke Annistyn Mitchell*

Clinton and Lindsey Mitchell of Paragould announce the birth of their daughter, Brooke Annistyn Mitchell.

Born January 21, 2017, at St. Bernards Medical Center in Jonesboro, the baby weighed 6 pounds, 5 ounces and was 19 inches long.

Grandparents are Fred and Patricia Newman of Dyersburg, Tennessee; Dave and Debbie Williams of Paragould; and CD Mitchell, also of Paragould.

Photo courtesy of Natalie Gray



## *Banks Wyatt Nolen*

Jason and Tiffany Nolen of Paragould announce the birth of a son, Banks Wyatt Nolen.

Born February 2 at NEA Baptist Hospital, the baby weighed 6 pounds, 11 ounces and was 20 1/2 inches long.

Grandparents are Kevin and Laurie Eubanks of Paragould, and Mel and Wanda Steed of Hot Springs.

Photo courtesy of Amaris Pyland

# Stay Tuned

What's in store next month

## 10-Year Anniversary



Next month Premiere Magazine will celebrate its 10-year anniversary! Be sure to read all about our celebrations.

## Jonesboro Premiere Awards



You voted for your favorite Jonesboro businesses, now it's time to announce the winners! Check out the results for the Premiere Awards in our May issue.

## Wedding



Every month we feature a beautiful local wedding with a touching love story. Stay tuned for our next featured wedding!



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