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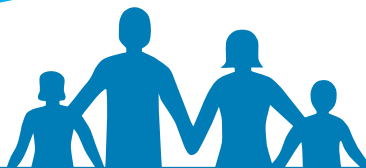


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On The Cover: Ty and Reece Middleton  
Photo by: Amy Reeves Photography



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# From The PUBLISHER...

DINA MASON

# JULY 2017 CORRECTIONS



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August is here and it is full court press to Back to School! We like to try to find new twists to themes we feel are relevant but might have become a bit tired, so our Back to School theme is taken from the saying, "Give a man a fish and he eats today; teach a man to fish and he eats for a lifetime." We altered it to, "Give kids anything and they have it now; teach kids to work and they will earn things for themselves." Even more important than things, they learn to appreciate the fruits of their labor.

There are lots of ways to teach children to work and most of them can be fun for them and the adults who are responsible for instructing them. The young people featured in our stories this month are tending gardens and selling produce, and have all had an adult or group of adults who have taught them and worked alongside them to accomplish their goals.

Chuck Long's shooting sports article shows adults guiding kids in learning and respecting firearms and competition. Even our NEA Cooks subject, Claire Busby, cooks up doggy treats and sells them at the Paragould Farmer's Market ... so many ways to involve kids in the process while making it fun.

Don't miss our feature on Packing Healthy Lunches from Amanda Yates, Jonesboro Health Food, and also see one contributed by Dana Watson of Families, Inc., as she writes on how to instill values that will help your children blossom into responsible, community-minded, hard-working young people.

Of course, you will find our standard columns to enjoy and you can celebrate life events with our wedding feature along with engagements and birth announcements. We appreciate your sharing with us and our readers. Enjoy!

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A group photograph of four bank professionals: two women and two men, all dressed in business attire and smiling.

Pictured Left to Right: Kelly Roswell, NMLS# 1162196; Mike Weaver, NMLS# 1142609; Charitti Garner, NMLS# 1051962; Kirk Brinkley, NMLS# 539769

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# HEART FORE KIDS GOLF CLASSIC

On July 6, 2017, the second annual Heart Fore Kids Golf Classic was held at the Paragould Country Club benefiting Le Bonheur Children's Hospital. This event was organized by Jason and Carla Weatherford in honor of their daughter, Kinlee, who was a patient at Le Bonheur. They honored eight children who have been -- or are currently -- patients of Le Bonheur. Those children are Madison Holmes, Lexi Rudi, Kathryn Simpson, Bailey Gladish, Karlee Barker, Kinlee Weatherford, Carter Hicks, Joey Jackson, Olivia Wesley, Reese Richardson and Braden Ricker (pictured in order at right). The event raised over \$13,000 this year, which is up from the \$10,000 they raised last year. All proceeds from the tournament go to Le Bonheur Children's Hospital.



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## DISCOVER DOWNTOWN

Downtown Paragould prides itself in the sake of preserving the historic ambience of Paragould, Arkansas. The community has flourished and grown since the beginning. Main Street Paragould, Inc., is one of only fifteen Main Street programs statewide. It is a non-profit organization under Arkansas State law that is dedicated to restructuring through historic preservation and revitalization. Plans to continue preserving the past and enhancing the future are constantly ongoing and unrelenting.

Save the date, September 25th, for Main Street Paragould's event, Taste of the Ridge!

For more information, visit [www.downtownparagould.com](http://www.downtownparagould.com), call (870) 240-0544, or visit the office at The Caboose on East Emerson Street.

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# READY FOR THE RODEO

By Richard Brummett

Sara Rowe might have been named Rookie of the Year for the Arkansas Cowboy Association last year but she is far from a newcomer to the saddle.

Recalling that her father, Harlon, first sat her atop a horse when she was only 2, Sara looks

back on years of competitive riding that she says help define who she is. "I'm a nurse at NEA," said Sara, now 25, "but outside of work, riding is all I do. Riding lessons, training horses, rodeo ... that's just exactly how we are."

Sara, a Paragould resident, will be competing in the Barrel Race and Team Roping events at the Greene County Fair in September when the

Rodeo on the Ridge is staged at the fairground arena. She has been competing locally since the age of 4 and just considers the necessary frequent trips to places like Cave City, Batesville and Jasper all part of the game, and part of a game she absolutely loves.

She will team up with her quarter horse Hot Shot Signature -- known as "Shots" -- when the local rodeo gets under way and she said that both prize money and association rankings will be on the line. "They take the Top 15 to the finals," she said, referring to end-of-season


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money winners, "and that's in September, and that's what everyone shoots for. There's usually anywhere from 10 to 30 to try to beat, but it's different at every rodeo."

Sara said finding success in her events requires "a close connection between me and the horse. I've been riding Shots for four years and he's gotten me this far. It's got to be all about timing and we've got to click together. Usually, if something goes wrong, it's my fault ... it's the rider's fault."

She is married to Skylar Rowe, who will also be competing in this year's events. "I taught him to ride when we were dating," she said, "and he's been riding ever since. He will be in the Open Team Roping at the rodeo."

Garrett Wise is the Promoter/Producer for the Second Annual Rodeo on the Ridge, working in conjunction with Hall Rodeo of Ash Flat. Sara said Wise deserves a lot of credit for bringing the rodeo to town, and that Hall Rodeo "always puts on a really good rodeo. Paragould had over 150 in it last year, and that's huge, one of the biggest as far as numbers. This is a great event for kids to come and enjoy."

The local rodeo is scheduled for Thursday, September 7, at the Greene County Fair.



# RODEO ON THE RIDGE

The Greene County Fairgrounds will again play host to outstanding rodeo competition, serving as the site of the 2nd Annual Rodeo on the Ridge.

The action will take place on Thursday, September 7, during the Greene County Fair. Paragould's Garrett Wise will be the Promoter/ Producer for the action, working alongside Hall Rodeo of Ash Flat to bring in quality stock and competitors.

The main sponsor of the event is Bayird Ram Truck Center, according to Wise. Secondary sponsor is State Representative Fran Cavenaugh.

The rodeo will start at 7 p.m., and tickets will be \$2 each with fair admission. There will be a calf scramble for the kids as well as official events for the cowboys and cowgirls in roping, barrel racing, and everyone's favorite, bull riding.



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# WELCOMING A-STATE INNOVATE

Arkansas State University Innovation System has recently unveiled its new establishment in Downtown Jonesboro. A-State Innovate is an entrepreneur's ecosystem where creativity comes to life.

To foster and expand innovation, entrepreneurship, and the innovative mindset is the mission of A-State Innovate. Its goal is to coordinate and streamline the support services and resources for entrepreneurs and inventors.

A-State Innovate is located next to The Garage, which is a makers' space for projects

spearheaded by the Innovation System. To contact A-State Innovate, call (870) 333-1433 or visit its Facebook page for more information.



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# Dr. Flippin of Arkansas Progressive Medicine

## ABOUT ARKANSAS PROGRESSIVE MEDICINE

Arkansas Progressive Medicine is a new medical cannabis evaluation and service clinic in Jonesboro. Dr. Flippin, a Jonesboro native with over 20 years of patient evaluation experience, moved back to Jonesboro from Memphis specifically to open the clinic.

He happened to be in California when Arkansas passed the medical marijuana law in 2016. He took the opportunity to start his research and came to the conclusion that cannabis is not only a viable option in medical treatment, but very well may help ease the opioid epidemic in Northeast Arkansas.

"My experience as a family practice doctor and having dealt with many of the qualifying diagnoses over the past 20 years makes me the perfect person to enter into this new world of treatment," Dr. Flippin said.

Arkansas Progressive Medicine is in operation and evaluating patients as well as helping them fill out their paperwork and deal with the process

necessary to acquire a medical marijuana card. There are 17 diagnoses that qualify a patient. (The list can be found on our Facebook page.)

## CALMING CONCERNS

Some have expressed concern with this new type of medicine. One concern is about the possibility of overdosing on cannabis. To that, Dr. Flippin responds, "Cannabis has been shown to be much safer, especially in an overdose because you really can't ... it's incredibly difficult or impossible to overdose on it whereas with opioids, you can accidentally do it."

He also expressed how cannabis medicine is overall much safer than the opioids and doesn't result in any of the same side effects.

## ABOUT DR. FLIPPIN


Dr. Dane Flippin attended medical school at the University of Arkansas Medical Sciences in Little Rock and earned his M.D. degree from August 1991 to May 1995. He completed his residency at Area Health Education Center (AHEC) in Jonesboro, and Family Practice Residency from July 1995 to June 1998. During his time at Family Practice Residency, he became Chief Resident from 1997-1998.

Dr. Flippin has built most of his experience right here in Northeast Arkansas and in our neighboring state, Tennessee. He worked for NEA Baptist Hospital, Arkansas Methodist Hospital, Piggott Community Hospital, St. Francis Hospital, Baptist Hospital, The Family Physicians Group - P.C., and Ridge Lake Family Medicine Clinic. He now works at Arkansas Progressive Medicine.

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# GCFAC LITTLE MERMAID

By Jennifer Delong

The Greene County Fine Arts Council proudly took us under the sea with Disney's Little Mermaid for its summer show this year. This live version of the animated classic is filled with songs and characters we all love, composed by Alan Menken and the late Howard Ashman, as well as new songs for the musical by Menken and lyricist Glenn Slater. Opening night the packed auditorium was filled with family, friends, community members and loved ones who all came to cheer on their favorite beloved characters. My two little "co-writers" were giddy with excitement to see Ariel on stage, and started breaking out in dance in the aisle during the intermission. Some came in costume, and I could hear many an adult singing along.

Based on the Hans Christian Andersen story, Ariel (Kennedy Woodall), like most teenagers, has fallen in love, and grown weary with her life. Plans to rebel against her father, King Triton (Quaine Hogan) go awry when she sells her prized voice and her soul to her evil Aunt Ursula (Devin Robinson) for the chance of true love on land with Prince Eric (Zac Passmore). That always works well, right? Throw in some animal body guards with Founder (Peyton Howe), Scuttle (Jacob Deck), and Sebastian (Jack Bushong) and you have the recipe for a comedy of errors with the famous Disney Magical Happy Ending.

Speaking of recipes, director Krisie Holmes has found the magic ingredients here. "I love being involved in musical theater. Every element of the arts is included: music, dance, drama and visual arts are intricately combined to make the perfect storm of entertainment. This production gave me the chance to work with some of my most favorite people. I was honored to work with new actors, my students, and some of my alumni. Little Mermaid has been an incredible collaboration with GCFAC"

GCFAC has brought the talents of orchestra, casting technical and amazing costumes together in a perfect blend. Run away moments for this theater lover were hard to pick but some of them included: the quartet at the end of act one with Ariel, King Triton, Sebastian and Prince Eric. Chef Louis (Reece Ruhl) and Scuttle led their teams with pure comedic style and had the audience eating out of the palm of their hands. Finally, the bad guys. Wow. Flotsam (Jodie Rebstock), Jetsam (Bryan Roberts) and Ursula (Devin Robinson).

They almost convinced me to sign as well. Although this production is over, don't miss GCFAC's upcoming season; it promises to be just as good. For more information on GCFAC auditions and information contact them directly at 870-565-6564 or visit their website at [www.gcfac.org](http://www.gcfac.org).

Photography by Joy Robinson.



*It's that time of year... Back to School!*

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# POTENTIAL & PROMISE

By Anthony Childress

It's back to school time for students and teachers alike in Northeast Arkansas, but for one administrator at Arkansas State University-Paragould, summer has been every bit as hectic as those first days of classes and registration.

Nicole Wright was tapped to be interim project program director at ASUP in July. She may be new to the position, but as a Paragould native, it's been a homecoming.

"I have worked for the university for nine years," she explained. "When I first started, I worked in what was then called 'Regional Programs.' That particular program was on the main campus in Jonesboro, but took what the Paragould campus needed. We would host open houses here and try to recruit students as well. A year ago, I was blessed enough to have the opportunity to transfer from the Jonesboro campus to Paragould as an administrative specialist. I was thrilled to be working back here, once I arrived I realized that I knew the majority of students already and if not them, their parents. It was like coming home."

## Potential, Promise

Wright said it is important for her and those representing the Paragould site to emphasize its ties to the broader ASU system. For example, she noted that scholarship recipients are able

to utilize them at ASUP, and enjoy a Greene County tuition discount, amounting to a 40 percent lower tuition rate than on the main campus, at \$120 per credit hour (compared with \$200 per credit hour at Jonesboro).

Other benefits include smaller class sizes and closer communication between students and faculty, not to mention Wright and her staff.

"I really wish this campus had existed when I graduated from high school (Greene County Tech). It has so much to offer. We have a fantastic science and anatomy lab, as well as a newly renovated computer lab. We even have some local high school teachers who teach for us in the evening. Many of the students are right out of high school, so it's not as overwhelming as the main campus at first. Also, many of their high school classmates are here as well. It's reassuring to walk in the first week of classes to familiar faces," she stated.

## Keeping it Local

Recruiting those students is a big part of Wright's job. She said being a Greene County product makes the task one she readily embraces. Her late mother, Catherine Wright, worked in banking for 45 years and paved the way for her daughter to make good use of



those ties in her own right. Nicole has strong connections to business and professional leaders locally, along with educators.

One important point she wants to emphasize is ASUP's longevity. Wright said rumors have swirled in the past about the campus closing its doors, but she said that is far from true and "our doors are most definitely open."

"Paragould has always been home," she said. "I want to get involved in a civic club, and the Chamber of Commerce to represent our campus. Believe it or not, there are people in Paragould who do not even know ASU has a campus in town. I want to make sure that changes here and in surrounding counties as well. I also want the students to know my office is always open to them and/or parents if they need to discuss classes."

Wright is a mother to daughter Kennedy, 9 and entering fourth grade; and son Lane, 5, starts kindergarten this month. Both will be attending the Greene County Tech School District.

For more information about ASUP, visit the main university web site at [www.astate.edu](http://www.astate.edu).





# HAPPY B-DAY KASU

A celebratory crowd joined the KASU staff in marking the public radio station's 60th birthday on May 20 during an old fashioned 1950s dance party at the Arkansas State University Fowler Center. Those in attendance enjoyed a buffet of food and birthday cake to commemorate the event. For musical entertainment, Sonny Burgess and the Legendary Pacers moved through a set list of Rock and Roll tunes, right after the Brandon Cunning Band, a Beale Street staple. KASU is the state's oldest public radio station.



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# CAL RIPKEN TOURNAMENT

By Richard Brummett

Ten teams representing six states took the field at Paragould's Francis Bland Park in mid-July, all hoping to take home the championship trophy in the Cal Ripken 10-year-old Southwest Regional Baseball Tournament.

When the final out was recorded the Matthews Park team from Mobile, Alabama, headed home with the top prize after defeating Benton, Arkansas, 5-4 in the tournament finale. Matthews Park emerged as the only undefeated team in the double elimination event.

Arkansas was represented by four teams, including the host Paragould Pirates. They were joined by finalist Benton, Blytheville and Tri-County while out of state clubs arrived from Alabama, Oklahoma, Mississippi, Louisiana and Texas.

Paragould defeated the Southeastern Oklahoma representative 3-2 in its tournament opener before being shut out by the eventual champions. The Pirates rebounded to beat Andrews, Texas, 11-4 but were eliminated by Meridian, Mississippi, 8-1.

Parents and coaches from the various visiting teams extended numerous compliments regarding the tournament hosts, the grounds crew -- which dealt with rain delays but got the fields back in shape quickly in order for play to resume -- local merchants and hotel staffs and expressed a favorable overall impression of Paragould on their initial visit here.

Andrews, Texas, was presented with the Sportsmanship Award and Matthews Park's



Austin Quinlivan was named the tournament Most Valuable Player. The champions from Alabama advanced to play in the Cal Ripken World Series in Hammond, Indiana.





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# NO-ROADS WITH MONK

Charlotte Hornets NBA star Malik Monk autographed fans' items at the No-Roads Jeep & 4x4 Show at Bayird Dodge Chrysler Jeep Ram in Paragould. Monk unveiled his customized Jeep to the public at noon on Saturday, July 15. Visitors were able to participate for door prizes, take a spin in Bayird's Off-Road Course, enter their vehicles in the Best-of-Show Contest, and children were invited to play in the bounce house.

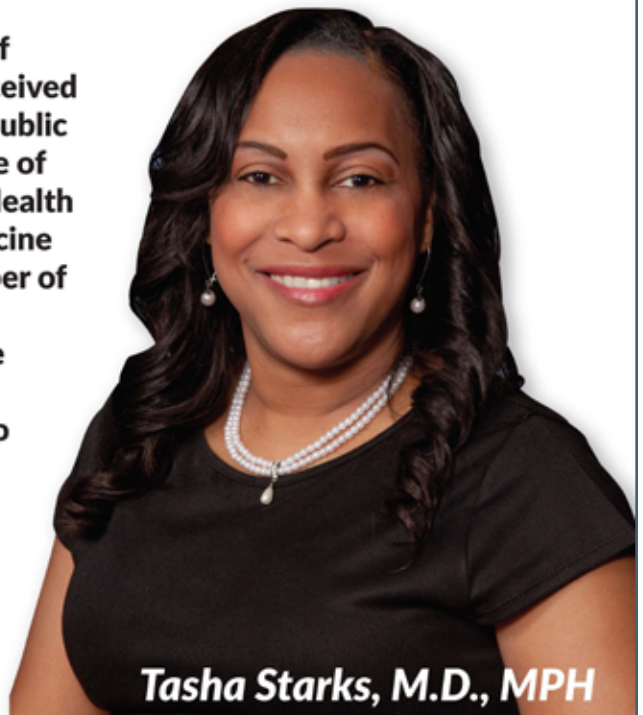


## AMMC WELCOMES FAMILY PRACTICE PHYSICIAN

Dr. Tasha Starks is a graduate of the University of Arkansas for Medical Sciences (UAMS) where she received her Master of Public Health through the College of Public Health and her Medical Degree through the College of Medicine. She completed her residency at the Area Health Education Center-Northeast Arkansas Family Medicine Residency Program in Jonesboro, AR. She is a member of the American Medical Association, the UAMS Christian Medical & Dental Associations and the American Academy of Family Physicians. Arkansas Methodist Medical Center is pleased to welcome Dr. Starks to its family.



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# LOBERG DAY PICNIC



2017 marks a very important year for Hytrol, an American manufacturer of material handling solutions. Not only is the company celebrating its 70th year in business, but also its 55th year in Jonesboro, and Hytrol's late founder Tom Loberg's 100th birthday.

To celebrate these milestones, Hytrol gave back to a community it has called home for 55 years as part of the company's annual Loberg Day event. The company presented a \$100,000 check for local charities to Jonesboro Mayor Harold Perrin at the company picnic held last month.

Now in its third year, Hytrol President David Peacock said Loberg Day serves as an annual reminder for employees and the executives to reflect on Tom's core values: servant leadership, empathy and family.

"While Hytrol continues to grow since Tom first founded Hytrol in 1947, what hasn't changed is the company's firm commitment to its employees, integration partners and customers," Peacock said.

Peacock said Tom's legacy as an entrepreneur and a family-focused man is still evident in Hytrol's company culture today. "We strive to continue his legacy by

providing quality products for customers across the globe while taking care of our hardworking Hytrol Family," he said.

As part of the itinerary, Hytrol's directors and vice presidents spent the day in the production facility. This is an annual tradition that serves as a reminder to keep the company's communication pathways open. Hytrol also hosted facility tours for employees and their families, and served refreshments and snacks in the cafeteria.

Bob West, Hytrol's Vice President of corporate development, said, "We would like to take this opportunity to say, 'Thank you,' to all the employees, integrators and members of Northeast Arkansas for making Hytrol what it is today."

Governor Asa Hutchinson extended his best wishes to Hytrol and its contributions to the state of Arkansas' economy in a special video.

Hytrol designs and manufactures advanced conveyor systems, controls and solutions for customers with processing, manufacturing, warehousing and distribution needs.

Established in 1947, Hytrol has demonstrated an unwavering dedication to

understanding the unique material handling needs of businesses. From traditional roller and gravity conveyors to the most advanced conveying system technologies such as 24-volt conveying solutions and logic-driven zero-pressure accumulation, Hytrol seeks to create the most value possible for its customers.

Hytrol believes that these solutions are only as good as the people behind them. Hytrol works with a network of integration partners to implement solutions for customers across the globe. The company's emphasis on the "Hytrol Family" mind-set continues to make Hytrol a great place to work as well as a mainstay of the company's respected position within the material handling industry. With 2017 marking the company's 70th year in business, Hytrol looks forward to accomplishing many more milestones in this monumental year of the company's history. Hytrol is a proud member of MHI, CEMA (Conveyor Equipment Manufacturers Association), RILA (Retail Industry Leaders Association) and IABSC (International Association of Baggage System).







# WHO IS THE BEST OF THE BEST?



**T**aste of the Ridge event will be on Monday, September 25, at 6:00 p.m. in the "One and Only" Downtown Paragould. For more information, call (870) 240-0544.

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# SHOOTING SPORTS

By Chuck Long

**G**uns have always been a part of my life. My first gun was a Daisy lever action BB gun and that was followed with several other brands and types throughout my early years: .22 rifles, a .410 and finally a 20-gauge shotgun got me hooked on shooting.

I consider myself to be very lucky to have grown up in the Coffman area of Greene County where I could walk outside and take a few shots most any time I wanted. Targets came in many forms; cans, boards, milk cartons and little green army men provided lots of hours of target practice. Through these days I learned what a gun could do and how it should be handled in a safe manner and with respect. Unfortunately, many of our kids today do not have the opportunity to experience the fun that can be had with responsible, safe use of a firearm but the Arkansas Game and Fish Commission has a program that is trying to address that issue.

In 2007, the agency kicked off its Arkansas Youth Shooting Sports Program. Designed to get firearms into the hands of kids in a safe, controlled environment, the 2007 season saw 59 teams participate with a total of 918 shooters. The program took off from there and in 2017 there were 359 teams participating with 5,911 students. Chuck Woodson, a Greene County native, heads the program and said, "AYSSP provides students an opportunity to learn a new sport, practice safe shooting skills and provides a pathway to move easily into the hunting sports."

The participants shoot trap, a shotgun discipline that uses a machine to throw clay targets away from the shooters at a designated speed and within certain parameters of angle

and height. It is a challenging, fun sport that can be humbling as well. Greene County currently has four teams that participate including Greene County Tech, Paragould, Marmaduke and Greene County 4H. Each year there are approximately 100 students competing on these teams, ranging in age from 6th to 12th grade. These teams are very competitive on the state level and some Greene County shooters have even proven to be highly competitive on a national level.

Trap shooting has been appealing to a wide range of students with many coming into the shooting ranks that have never fired a gun. It also appeals to students of who may not participate in other school sports and provides them with a great opportunity in an after school activity.

I asked a few shooters and parents for their comments and these are some of the responses. Gage Cole shoots for Greene County 4H and said, "It was fun to go out and safely shoot with friends in a competitive environment." His dad, Scott, said, "I enjoyed watching his growth in trap shooting as he got older, from hoping he would just hit a couple to the possibilities of a 25/25 each round." Brie Burrow, who shoots with the Marmaduke team, has been competing for several years and says shooting sports provide "enjoyment in a unique sport and knowledge in how to safely handle a firearm." Cynthia Barham also shoots with Marmaduke and graduated this year as class valedictorian and said, "Shooting sports helped me grow in my confidence and have an opportunity to do something I enjoyed."

This sport can be somewhat expensive

but the AGFC provides each participant with enough ammo and targets for five practices. Local conservation groups have stepped up in a big way to help as well. The Scatter Creek Fightin' Toms Chapter of the National Wild Turkey Federation recently made a donation to all four programs. Kyle Franzen, president of the Fightin' Toms, played a big role in this donation and he feels it is very important that our youth are taught the basics of firearm safety. The Greene County Wildlife Club also made a donation to each team and the local Ducks Unlimited chapter provides great support for local youth as well. Fundraising and parental support are also vital to the teams.

The season for AYSSP begins in February and teams can start practicing at that time and culminates with the regional tournaments in Jacksonville in May. Trainings for prospective coaches are scheduled this fall on September 16 and October 7 in Jacksonville. Once certified, coaches can then assist with a current team or form their own.

This program and others like it can make a great difference in the lives of our youth so I encourage your support. If you have questions, contact me at (870) 215-3633 or check agfc.com for info. Thanks to all the coaches, parents and students who participate. God bless, and I hope to see you out there!



**CHUCK LONG**  
Regional Education  
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# RAISING CHILDREN WHO VALUE WORK & RESPONSIBILITY

What does it take to raise a child to prosper into adulthood? How do we teach the lessons and instill the values that will help them blossom into responsible, community-minded, hard-working young people?

Just as our two children being raised side-by-side in our home with seemingly similar experiences have already developed wildly different personalities and interests, I can already see that they also have very different ways of being motivated. Ella is motivated by praise and the satisfaction of following rules; Luke primarily seems to be motivated by avoiding punishment and by adding extra pennies to his coin bank. Raising small children without pulling one's hair out may, indeed, be grist for another article, but it also reflects on the importance of knowing each child and how they feel rewarded/motivated.

Luckily, however, there are enough recommendations and ideas out there that parents can usually find one that fits their child's personality best. Fundamentally, we should model the behaviors we want to see in our children. There are many wonderful lessons we can teach children by modeling what we want from them. "Do as I do," leaves a much stronger impression than, "Do as I say." By keeping your home and schedule organized, being on time for work or other appointments, meeting your own responsibilities, respecting others, and volunteering in your community, you are showing your child how you want them to behave toward themselves and others.

If your children see you eagerly pursuing new hobbies or learning a new skill – and tolerating the frustration that can come along with your own learning processes – they too can learn that learning and achieving may sometimes take many attempts. Equally important is to establish a pattern of work first, play later. Adults who are able to manage frustration and delay gratification are much more emotionally and professionally successful.

Around the pre-school age, you can begin to give age appropriate chores to your children. While it may seem easier to just do the chores yourself rather than to teach the chore to your child (who may require multiple follow-up lessons before it is done correctly), remember that you could be taking away an opportunity for your child to develop ownership and responsibility in the family.

Invest the time and effort to partner with your children, to teach them a task and why it is important to give back to the family that supports them, and to take pride in work done well. Start with one or two small chores; as they grow, they will be able (and hopefully eager!) to take on more responsibility.

Another wonderful way to teach children about work is to allow them to volunteer to help others. Opportunities to help others exist all around us, sometimes through specific volunteer organizations, churches, and even in our own neighborhoods. Older children may learn by babysitting or teaching crafts to younger children. Encourage your child to get



**Dr. Dana Watson**

involved in your own volunteer projects and to think of people who might need a job completed around their home or a steady visitor if they are lonely.

Along with chores and increased responsibility must come much praise for their efforts and hard work. Whether your child masters a task on the first or the tenth time, what matters most is the desire to do well, to participate in their home or community, and their persistence. Obviously, completing these tasks is secondary to the benefits children receive from feeling good about themselves and their hard work. Prospering in adulthood is more than the work we do; it's a culmination of the lessons we've learned in childhood about responsibility and organization, about perseverance and the fruits of our labor, and about ourselves and how we are all intertwined as a community.

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# LIVING A BETTER STORY

By Jared Pickney



Is summer getting shorter, or is it just me? June flies into August and as soon as smoke from the Fourth of July fireworks leaves our nostrils, we are back to filling our carts with school supplies.

Each new school year brings a whole cluster of emotions. We are hopeful that this year our daughter will meet classmates who won't make fun of her. Our son will do better in math. Our teenager will make the varsity team. We are hopeful, we are scared. What if this year is worse than last year? Some of us march into September holding our breath. But we don't need to.

Here are a few things that we can do to help get the year moving in the right direction:

## Be proactive, not fearful

So many decisions we make for our kids stem from fear rather than strength. We manipulate schedules to get our daughter the right kindergarten teacher, scared that if she gets the "wrong" one, her year will be miserable. Who says? We make our 16-year-old hit the gym every morning in summer so that he'll have a better shot at making the team. We can't stand to see him get cut again. Are you sure? Let's give our kids breathing room. Kids are more resilient than we think they are. We can teach them how to roll with the punches at an early age.

## Help them develop a positive attitude toward school

If your son hates sports but likes band, take him to a concert so you can enjoy music together. If your daughter hates math but loves science, go on nature walks with her. Look for interesting things in God's creation to talk about. In other words, act enthusiastic about your child's passions. When parents playfully invest themselves in their child's interests, kids respond.

## Establish A Healthy Sleep Pattern

Sleep is the greatest performance enhancing drug. Before school starts, rein in bedtime and help your child establish a healthy sleep rhythm. Most kids fight sleep, so you need to help.

Great education begins at home. Kids adopt attitudes from their loved ones -- especially parents. If we talk to them as though they can handle curveballs which life brings, live with positive, grateful attitudes and establish calm routines at home, life goes well. These are small changes for us, but bring enormous changes in our kids.



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# H4L CHILDREN'S RANCH

By Richard Brummett

Working with young people is an obvious role performed by the staff at the Children's Home for Life Foundation, but teaching them to work is just as important.

"We opened our first outreach center in Jonesboro in 2012," said Secretary/Treasurer Amber Williams. "We started working with the Juvenile departments in Craighead, and Greene and Poinsett counties to develop a program that would help young people deal with their current issues and with future problems. We were sent kids through the courts that had a wide range of issues."

The H4L Ranch organization has continued to grow, opening a second center in Brookland in 2014 and now, thanks to being blessed with a 157-acre setting in the Finch community, it will continue operations in Greene County with a "working ranch" that will house children ages 8-18 -- male and female -- in a family-type setting.

"Each home will have no more than eight kids at any given time, who will be cared for by a set of qualified, Christian, house parents," Williams said. "One house is operational now and on the other side of the property will be our sanctuary. We will have our school, recreational facilities, common areas, mess hall ... everything they will need."

Children are referred to the Ranch to deal with issues that keep them from functioning in a normal school or home environment. "We have created and implemented numerous programs for the courts including our EOP program (Equine Assisted Therapy classes that focus on issues like trust, anger and depression), our Drug Court Program (classes that focus on the drug/alcohol dependent teen) and our community service weekends. We also offer equine assisted physical therapy."

They partnered with Families, Inc., counseling service to allow kids to come to their facilities and practice working on issues, and to practice working. One of the group's main goals is to teach young people skills needed to become self-sufficient.

"Kids come to the community service program and might learn how to cook," Williams said. "Anything to help them succeed. We had a seventh grade girl who couldn't read; it blew our minds. We might spend time learning how to balance a checkbook or service a car. They learn about horticulture, animal science, carpentry, plumbing, home economics, and mechanics. Learning how to work and contribute something positive is a big part of what we are trying to do."

Williams said moving operations to the Greene County location is a long and

laborious process, but the campus will hopefully be completed by the end of 2018.

"Our church is our main focus but just being able to offer these kids a chance is a priority," she said. "We even offer free programs during the school year as extracurricular activities and have after school and weekend things."

Williams said the group also provides services to the general public, like hosting birthday parties, horse riding lessons, trail rides, weddings and a standing invitation for anyone to come to their church services.

"Our non-denominational church, Home for Life Ministries, is open to anyone and plays a big part in helping these kids get going in the right direction," she said.

Since it opened in 2012, more than 600 children have come to the Ranch either through court programs or as volunteers. The Drug Court classes have a 91 percent success rate "in that the kids who complete the twelve week course have not reverted back to previous drug habits," Williams said.

Anyone seeking more information about the organization and its services may contact Williams at 870-530-9061 or at [www.H4LRanch.org](http://www.H4LRanch.org).





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**W**hite -- this wall selection used to be thought of as boring, what we used only in rental houses and office spaces with quick turnaround. It often took on a dingy tint after a while and it was what some did when there was no time to get a plan together for the interior. White is now back full force and makes a stronger statement than ever. It comes in hundreds of shades and tints and is considered a strong fashion statement. Let's look at the leading reasons why white is awesome.

1. White leaves room for creativity and encourages the backdrop to evoke new, fresh, creative trends.
2. You can pile color on white. Patterns, textures and eclectic ideas can be used on this simple, straightforward canvas. It can allow experimentation without costly repainting.
3. White is perfect for displaying art and collections. Museums and galleries are painted white to show collections and works in their best light.
4. White is fool proof in an open space design. White in multiple rooms gives a connective, serene feel.
5. White is classic. This is always a tasteful, elegant choice next to any furniture selection and looks beautiful when the lights are dimmed.
6. White works year round. It goes beachy, warm and coastal in the summer and then it twinkles with the mystery of Christmas when the holidays come knocking.
7. White is clean, white is simple and white on walls is easier now than ever to keep clean. Paints on the market have a better scrub factor now to keep maintenance low.
8. White has personality. White can be a minimalist look, or can be layered without looking cluttered, keeping the feel of it fresh.
9. White plays up the architecture of a space. We use this lack of color to show wonderful bones of a structure, keeping the space itself the primary focus.

Where do you stand on white walls? I'd like to hear from you. [intbydesign@att.net](mailto:intbydesign@att.net)



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# PRODUCING GOOD CITIZENS

By Richard Brummett

What started out as a way for a couple of young people to make some extra spending money has grown into a family project ... one that is proving both educational and productive for all concerned.

There are countless lessons for brothers Reece and Ty Middleton to learn about life, work, compassion and responsibility as they provide the labor necessary to stock their Fairview Fresh Produce stand. But it is Reece, 13, who sums up the entire experience when he says, "Stuff's gotta get done."

That's the bottom line as he and 10-year-old brother Ty are simply continuing a lifestyle handed down by their parents, Chris and Denise, one that says learning to work at an early age leads to an increased sense of commitment and the value of standing behind one's word. Both parents had their chores when they were growing up and are thrilled to see their sons carry on a tradition of earning one's keep.

The boys' produce stand, located at the intersection of Hwy. 135 and Country Club Road in Paragould, operates on the "honor system." Ty and Reece arise daily to pick items targeted for the stand, where a price list is posted and customers are asked to pay the respective prices without having a salesperson present. Sometimes people are honest, sometimes they aren't, which is one of the first lessons to be learned.

"Some people take stuff without paying," Chris said, "but that's not all that important. To me, it's more important that the boys have learned what it means to make a commitment, and then to honor your word. The boys do most of the picking every day or evening, then I put it out the next morning. Back in the spring, they helped plant. They learned how to grow everything from seed. They've learned about the germination of seed, growing, transplanting. It's neat to see it all the way from seed to the table. They know the whole process. If they were asked to raise their own garden, they could."

In addition to their permanent produce stand, the boys also make appearances each Saturday at the Farmer's Market to sell items like tomatoes, okra, squash, cucumbers, bell peppers, watermelons and cantaloupes to even more customers. And business has boomed, according to Denise. "Last year they had about 250 tomato plants; this year they're up to about 1,000 or more. At the Farmer's Market they have some frequent buyers and a lot of the older people ask them questions and they can answer them: 'What kind of tomato is this?,' and they know. A lady last year who writes books took pictures of them and asked them a lot of stuff because she was impressed that someone that young would be working like they do. That was really neat."

The enterprise is not a situation where there is no time left for them to just be kids. The boys say it usually doesn't take too long to pick the vegetables, and the rest of the day is pretty much theirs. "It's hard work but it's pretty rewarding," Reece said. "It's

about one-and-a-half to two hours a day. Sometimes we pick two times a day, early and then again later when it cools off. After that we can hop in the pool, or do lots of fishing. It kind of teaches responsibility. If you have ripe tomatoes you can't leave them out. You can't stay in bed all morning and you can't skip picking. Stuff's gotta get done."

Ty, who someday sees himself as a farmer, said, "It's fun to do. And I'm learning to be responsible."

"What they're learning here," Chris said, "it sort of helps me practice what I preach. When you tell somebody something, they expect you to come through. If you make a commitment, you have to follow through. If you learn it as a teen, it becomes ingrained. And you learn the value of a dollar."

Denise said even though there are days where other activities seem more appealing "they say, 'We've got to get out in the garden.' They do it on their own."

The family rule is that the boys must save half of the money they take in -- easier for one than for the other -- and just another lesson in life the two are experiencing while making the business projects work with the valuable help of their parents.

"The goal is to just raise good kids and help them understand the importance of work and earning your keep," Chris said. "This went from two boys doing it to the whole family helping out, and I think that's been a real good thing for all of us."







# KJNB



Jonesboro welcomes a new local news station, Northeast Arkansas News. The new station is launching from KJNB FOX 39 and KJNB CBS 39. Leading the team is Lon Talgels, an Iowa native with over thirty years of television station experience. Talgels describes the stations as, "Northeast Arkansas News will offer Jonesboro and the surrounding area a compelling brand of news that will give a new voice of local events and happenings."

Sarah Blakely, the Lead Anchor, Kris Sommers, the Chief Meteorologist, and Nick Franck, the Sports Anchor, will all be delivering the news to viewers weeknights on CBS 39 and FOX 39.

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# PACKING A HEALTHY LUNCH FOR YOUR CHILDREN

It's time to go back to school! Back to homework, back to early mornings, and back to cafeteria food. You always want to do all you can to get your child off to a good start. There are many factors that can affect the success of your students' school year but did you know that nutrition can be the biggest? Getting the right nutrients is key to your child's ability to learn and focus and also to keep the immune system balanced.

Our brains are a fatty organ and must have healthy fats to grow, heal, and function properly. We tend to get plenty of bad fats into our kids' diets -- potato chips, French fries, chicken strips, pizza, etc. -- but getting good fats can be more challenging. They need fish oil, nuts, avocados, olive oils, etc. The bad fats cause inflammation but the good ones not only reduce that inflammation but also nourish the brain, improve focus, and help maintain healthy moods.

Probiotics are also very important. They not only help with digestion, but also with moods and immune system. Having healthy gut flora helps your body produce serotonin and b-vitamins needed for moods and energy. These

good bacteria also protect us from the bad bacteria which make us sick. Probiotics can be found in LOW SUGAR yogurts and keifers or can be consumed as a supplement in pills, powders, or chewables.

Vitamins and minerals are also very important. They help the body to grow normally and perform its functions correctly. Fruits and vegetables are needed to ensure adequate nutrients. Fresh, raw foods are always best. Canned and cooked vegetables lose a lot of the water soluble nutrients that make them so healthy. If you just can't get these foods down your picky student, a high quality, age appropriate multi-vitamin will help your child meet its needs.

Along with what to feed your kids, what NOT to feed them is just as important. Many processed foods have additives like MSG (monosodium glutamate), aspartame, or dyes like red 40 or yellow 5. All these additives are classified as neuro-stimulants. In other words, they make your brain hyper. Other nutrients to note are sodium and magnesium. Sodium carries electricity throughout the nervous system, so getting too much keeps the body from being



**Amanda Yates, NHD**

able to calm down or sit still. Magnesium tells the body to relax and calm down. Getting these out of balance can leave kids too wired to calm down or sleep. Finally, don't forget water. Most kids want only milk or juice to drink which can add extra sugar but water dilutes the excess sugars and salts and hydrates the body better than other options.

So, as you are preparing to pack school lunches again, keep these nutrition tips in mind. Include nuts, raw veggies and fruit, plain yogurts, and limit any processed foods like cookies, crackers, and packaged foods. Try including a vitamin and omega -3 supplement in your morning routine. Proper nutrition can greatly improve your child's success this school year.

For more information, call Amanda Yates from Jonesboro Health Food at (870) 932-5301.



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# NEA COOK

## Claire Bushy

### PUPCAKES

#### Ingredients:

1	egg
1/2 cup	peanut butter
1/4 cup	vegetable oil
1 tsp	vanilla extract
1/3 cup	honey (optional)
1 cup	shredded carrots
1 cup	flour
1 tsp	baking soda

#### Directions:

Preheat oven to 350 degrees (I normally use convection bake). In a medium bowl combine the egg, peanut butter, oil, vanilla and honey if you choose to use it. Stir in the carrots, then gradually add the flour and baking soda until well combined. Pour into a small and greased pan, cupcake, mini muffin tin, or anything you use to bake cakes. I use a paw shaped silicone mold that makes 12 pupcakes. Cook until you can stick a tooth pick in the middle and it comes out clean.

After baking let cool before removing.

#### For the icing I use:

1 carton of cream cheese (softened)  
1 tablespoon of honey  
1 tablespoon of vanilla  
2 - 3 drops of food coloring of your choice.

Combine ingredients until an icing-like texture forms. When pupcakes are cool, use icing to decorate however you like.



**Age/Hometown:** I'm 15 years old and have lived in Paragould all my life.

**How did you learn to cook the dog treats?** I learned to cook my dog treats from cooking baked goods like cookies with my grandmother, and just found the recipes on Pinterest.

**What is your favorite part of owning your business?** My favorite thing about having my business is seeing all the happy customers (a.k.a. the dogs, because I just love dogs in general).

**What other things do you enjoy baking?** I enjoy baking things like these pecan caramel cookies my mom loves, but I also like cooking meals for dinner or breakfast.

**What advice do you have for others who want to learn to cook?** My advice to others who want to learn to cook would be to not give up after your first failed attempt. There's no telling how many failed cakes, cookies and dog treats that have been in our trash can.







## CAJUN CAFÉ DELTA CRAWFISH

By Josie Bell

As crawfish lovers, my son Nathan and my new hubby, Jerry were incredibly eager to help out with the review of Jonesboro's new Cajun Café.

I sat down and talked with the owners Devalyn and JaShena Duke who are a busy couple indeed. Dev shared his heart for Northeast Arkansas and how this area has allowed his businesses to grow and thrive. "The biggest blessing is that we have been able to employ many women from mentorship type facilities trying to start life over. It's wonderful to be able to help however possible. God has always been there for us when we needed it."

Between the firework sales, the delivery service, and two Delta Crawfish stores, they operate two Cajun restaurants in the area. The Paragould location is located at 4660 HWY 412 East and the new Jonesboro location is tucked away by the movie theaters at 3228 S Caraway Rd.

The Jonesboro location was empty on this rainy, cold, Thursday afternoon right around 4:55 p.m. As I waited on my dates, I walked through the neighboring Delta Crawfish market which offers all sorts of menu items, sauces, seasons and more. I watched an empty restaurant quickly fill up. By 5:01, it was full and we had to wait for a table. Obviously, Jonesboro has found this unique diner and is ready to enjoy.

The menu is filled with all the flavors you would expect from a store posting Cajun fare: PoBoys, Gumbo, Gator, Oysters, Crab, Crawfish, Boudin, Shrimp, Etouffee, Catfish, Frog Legs, and more. For those allergic (like me) there's also Pork Chops, Chicken, Steak, and Burgers. Eager to start this adventure, my boys dug into a few of the basics ... an order of Crawfish (which is priced according to the daily rate) and a plate of fried oysters. Needless to say, they were not disappointed. "Scrumptious" was uttered a few times between flying tails. I was informed that these were just as good as those they enjoyed in the heart of the Nola. The visual of them covered in seasoning and the empty plate led me to believe this was a fantastic experience for them. The oysters quickly met the same fate.

I asked Devalyn what his favorite dish was and it took no time whatsoever for his response. "Cajun hamburger steak." It's an 8 ounce Angus hamburger steak served on a bed of white rice and smothered with crawfish Etouffee. It's amazing and also the Blackened Catfish, which is a monster 9-12 ounce fresh U.S. farm raised catfish fillet blackened on the grill with their own Blackened seasoning served with rice, lemon and remoulade. Both of these dishes are served with salad and fresh baked French bread. Now that we have your attention, how about stopping in and seeing for yourself. Where y'at?

Paragould Hours:

Tuesday—Wednesday, 11 a.m. – 2 p.m.

Thursday—Saturday, 11 a.m. – 9 p.m.

Jonesboro Hours: 11 a.m. - 9 p.m.

Have Questions? Call 870-520-6420.



# GET RICH

with Richard Brummett

**D**uring the Fourth of July break I drove to central Arkansas to watch the 2017 induction ceremony for the Arkansas Softball Hall of Fame. Lance Smith, a friend from Jonesboro was going in, as was a teammate of mine from long ago, Mike Scallion, although his award was to be presented posthumously since he had passed away just weeks prior to the event.

Scallion was not only one of the most skilled line drive hitters I ever saw, he was also one of the funniest people to ever share the dugout. We hit back-to-back in the lineup for Glenn Brothers on a team that finished second in nation in 1987. Just days before this year's ceremony I learned another teammate from days gone by had also died. Henry Eagles played second base and I played shortstop on a pretty good team when I lived in Benton in the late 1970s. I was saddened to hear of the death of a guy I turned a lot of double plays with, just as I was by the notice of Scallion's passing.

Shortly after I arrived at the softball complex, I was greeted by some more former teammates from my Wilkerson Diesel playing days and one of them gave me a giant bear hug and then stepped back and said, "I guess you knew big Phil Bradley died the other day."

I didn't and I was once again left without words to say that amounted to anything. Bradley and I were longtime opponents but he was one of the truly "good guys" of the sport, a guy who would give everything he had to beat you but turn around and sit in the shade with you right

after the game and share a cold drink and a lot of laughs. For almost an hour I walked around feeling like life had punched me in the gut, sorrow draped around me like a wet towel on a hot summer day, accepting the reality that my generation of softball players is not only aging, we are dying.

That's a very sobering thought and one I tried to put behind me, hoping to pack it away like zipping up my glove in the equipment bag. But it wouldn't leave me as I kept running over the names of such good guys, guys I assumed would still be around to relive those games from years past and laugh at stories as we kidded each other but as we also respected the players each used to be. That big old bad hop of life dominated my thoughts for weeks until I got to drive out to Bland Park in Paragould and watch a bunch of 10 year old boys play baseball in the Cal Ripken Regional Tournament. After only a few minutes the sights and sounds of the ballpark had returned the smile to my face, reminding me of my own time as a scrawny little infielder who just knew he would someday be a major leaguer.

My thoughts went back to when I was 10 and I hit my first "over the fence" home run and felt compelled, after returning to the dugout, to run in front of the bleachers and visit the water fountain. Moments later, before taking the field, I felt the need to run get one more drink, just in case some of the adults seated in the stands didn't get a good look at this future big league slugger the first time around.

I remembered a teammate who always played right field with candy bars in his back pocket

and recalled one night when I screamed at him at the top of my lungs as a ground ball went past him unnoticed for an inside-the-park home run while he tried to unstick the wrapper from a Payday. I'm sure I cried after that led to a defeat, just as I cried at striking out, losing other games or seeing opponents leave the park smiling.

The kids I saw in this year's Cal Ripken tournament were as varied as a good pitcher's repertoire, some so tiny they looked like you could dangle them from your key chain and some so big your first thought was, "No more pizza buffet for you." There were some with advanced skills for their age, and some who were average or below, many who cried after striking out -- just as I had all those years ago. At 10, a strike out or a missed play is a symbol of failure but just as quickly as tears flow they can be replaced by ear-to-ear smiles when fortunes change. I saw moms and dads chew fingernails, and squeeze eyes tightly shut, unable to watch with the game on the line, praying for one more bit of success for their little ones. I watched dads high five complete strangers if necessary, finding someone to "slap skin" with in order to celebrate a great play and my heart was once more filled with the joy the game brings, filled with reminders of why guys like Scallion, and Eagles and Bradley -- and Brummett -- ever played this game to begin with.

I told my preacher a few weeks back that I know I am in the ninth inning of life, just praying for a long rally or even extra innings. Seeing those kids at the baseball tournament has me thinking I just might stay in the game a while longer.



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# August 2017 Kids' Events

**5**

## Build a Penske Truck

**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)

**3, 10, 17, 24, 31**

## Story Time

**When:** Wednesdays, 10:30 AM

**Where:** Greene County Library,  
120 North 12th Street, Paragould

**Info:** [www.mylibrarynow.org](http://www.mylibrarynow.org)

**5, 12, 19, 26**

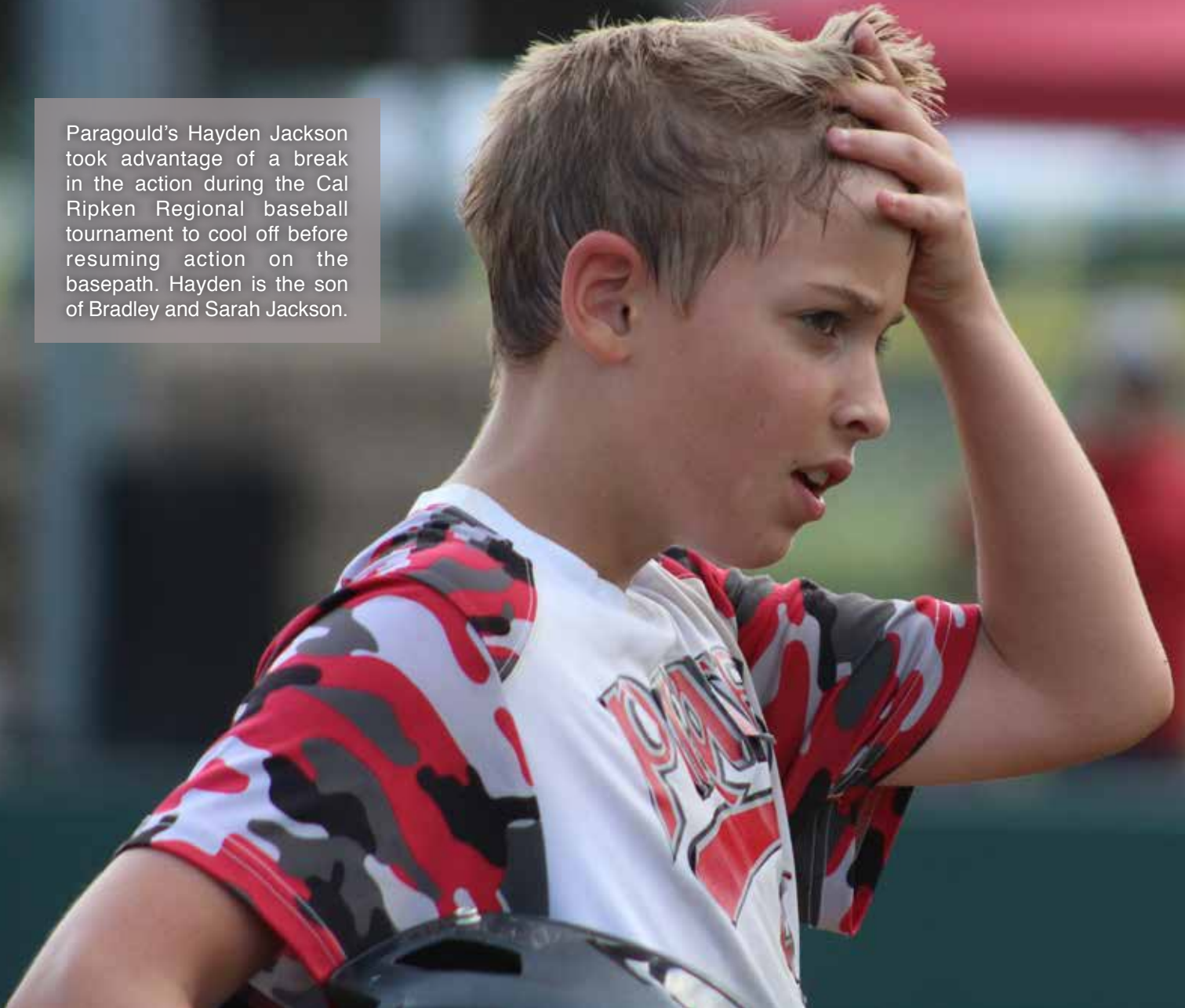
## Creature Feature

**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)

Paragould's Hayden Jackson took advantage of a break in the action during the Cal Ripken Regional baseball tournament to cool off before resuming action on the basepath. Hayden is the son of Bradley and Sarah Jackson.



# August

## EVENTS CALENDAR

### 05

**What:** Chad Garret and Friends

**When:** Saturday, August 5th 7 PM - 10 PM

**Where:** Collins Theatre, Paragould

**Info:** Country artist, Chad Garret, will perform live music with Kevin King, Dana Johnson, Randy Loyd, and Randy Aden with special guest Niki Martin. Tickets are \$8 for adults and \$4 for children 10 and under. To reserve tickets, call The Collins Theatre at (870) 573-6454.

### 09

**What:** Teens: Henna Tattoos

**When:** Wednesday, August 9th 4PM

**Where:** The Round Room, Craighead County Public Library, Jonesboro

**Info:** Teens will have the opportunity to get a henna tattoo. Teens will get to pick from a variety of different designs. Henna tattoos are plant based and fade in one to two weeks. Visit [libraryinjonesboro.org](http://libraryinjonesboro.org) for more information.

### 11

**What:** NE Arkansas Pro Rodeo

**When:** Friday, August 11th - 12th 7:30 PM

**Where:** The Convocation Center, Arkansas State University, Jonesboro

**Info:** Tickets can be purchased at [ticketmaster.com](http://ticketmaster.com) or by calling The Convocation Center at (870) 972-2781 or (800) 745-3000. More information can be found at [neaprorodeo.com](http://neaprorodeo.com) or [astateconvo.com](http://astateconvo.com).

### 11

**What:** Soccer vs. Arkansas-Pine Bluff

**When:** Friday, August 11th 3 PM

**Where:** A-State Soccer Complex, Jonesboro

**Info:** The Arkansas State women's soccer team is set to play seven contests, including five Sun Belt Conference matches, at the A-State Soccer Complex. Fans are welcome to attend home soccer games free of charge. For more information, visit [www.astateredwolves.com](http://www.astateredwolves.com).

### 12

**What:** Design your Bug Jar!

**When:** Saturday, August 12 1:30 PM - 3 PM

**Where:** Forrest L. Wood Crowley's Ridge Nature Center, Jonesboro

**Info:** The Forrest L. Wood Crowley's Ridge Nature Center in Jonesboro invites you to come

to Bug Jars! Learn what makes an insect an insect! Design your own BUG JAR to take home and get an up close look at the world of bugs! For more information, contact Forrest L. Wood Crowley's Ridge Nature Center at 870-933-6787. There is no fee for this program thanks to your support of the 1/8 Cent Conservation Sales Tax.

### 19

**What:** Foundation of Arts  
Production of Little Women

**When:** Saturday, August 19th, 25th, 26th 7:30 PM  
Sunday, August 20th 2 PM

**Where:** The Forum, Jonesboro

**Info:** Stage, Too presents Little Women, a classic tale of Louisa May Alcott's account of her life with her three sisters in Concord, Massachusetts, in the 1860s. With their father fighting in the American Civil War, sisters Jo, Meg, Amy and Beth are at home with their mother. The story tells of how the sisters grow up, find love and find their place in the world.

### 22

**What:** Novel Lovers Book Club

**When:** Tuesday, August 22nd 10 AM

**Where:** Civic League Room, Craighead County Public Library, Jonesboro

**Info:** The Novel Lovers Book Club meets on the fourth Tuesday of each month at 10 a.m. in the Civic League Room. Visit [libraryinjonesboro.org](http://libraryinjonesboro.org) for more information.

### 24

**What:** Moments to Remember,  
Music from the '50s

**When:** Thursday, August 24th 7 PM - 10 PM

**Where:** Collins Theatre, Paragould

**Info:** Enjoy a blast from the past by attending Moments to Remember, Music from the '50s. Visit The Collins Facebook page or call (870) 573-6454 for more information and ticket reservation.

### 25

**What:** Greene County Community Fund's  
Kick-Off Luncheon

**When:** Friday, August 25th 11 AM - 1 PM

**Where:** Paragould Community Center

**Info:** The event will help raise funds for the 2018 Campaign Fund Drive, themed "Showing you Care by Giving your Share." Funds will directly

assist multiple Greene County organizations by supporting the Greene County Community Fund. Meals will be available for Dine-in or Carry-out. Delivery is available to any location ordering 5 or more meals. Be sure to specify your meat choice. To purchase tickets or for more information, contact any GCCF Board Member or Kera Crafton at (870) 239-8435 / [gccf@grnco.net](mailto:gccf@grnco.net).

### 26

**What:** NEA Baptist Hope Run

**When:** Friday, August 26th 8 AM

**Where:** 909 Enterprise Drive, Jonesboro, AR.

**Info:** HopeCircle provides a community of hope, support, and educational programming, free of charge for families living with catastrophic illnesses. Programs are designed to meet the needs of the patient, their caregivers and support system. HopeCircle, one of the five programs of the NEA Baptist Charitable Foundation, is funded through the foundation, memorials, honorariums and generous gifts from the community. HopeCircle offers free wigs, hats, caps and other items for patients who lose their hair because of treatment or disease. To enter the NEA Baptist Hope Run, visit [runsignup.com](http://runsignup.com). Registration ends August 24th at 10:00 p.m.

To have your calendar items included in Premiere Magazine, email information to:

[graphics@mormediainc.com](mailto:graphics@mormediainc.com)



# Recurring EVENTS

**Every Monday & Thursday:** Alcoholics Anonymous, meets at every Monday and Thursday at noon in the Welcome Center classroom at Paragould First United Methodist Church. The group is open, but courts slips will not be signed. Mondays: 12x12 Study. Thursdays: Big Book Study. For information contact Lynn at 419-350-1275 or the church at 870-239-8541. The church is located at 404 West Main Street. Parking is located in the large parking lot at the back of the church.

**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:** Alzheimer's Support Group with Alzheimer's Arkansas and Dierksen Hospice, 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.

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# HAPPENINGS



## BREAKING BONDS // EMPOWERMENT CONFERENCE

It's been an exciting month for Breaking Bonds Ministries. They have recently celebrated their Breaking Bonds Ministries Men's Residential Facility on July 9th with a ribbon cutting ceremony. The new facility currently holds sixteen men, but plans are in action to increase that number to forty. Breaking Bonds held its second annual Empowerment Conference on July 15th. The conference consisted of prayer, songs of worship, and featured guest pastors from Northeast Arkansas.

## FISHING FOR FOSTERS



On July 15th, the Arkansas Department of Human Services held "Fishing for Fosters" at the Paragould Community Center and Water Park. This event was held to seek out potential Foster Families and to answer any questions about fostering or adopting children in need of homes.

Service providers and resources for current and potential foster parents were available for one-on-one meetings. If you have ever considered adopting or becoming a foster parent and have questions about it, contact Greene County DHS at (870) 236-8723 or visit [www.fosterarkansas.org](http://www.fosterarkansas.org).

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**CHILDBIRTH  
PREPARATION CLASS**

**Saturday Aug 5 from 10 AM - 3 PM  
Monday Aug 14, 21, and 28  
from 6 PM - 8 PM**

*Professional Office Building at  
Arkansas Methodist Medical Center*  
AMMC sponsors this preparation class series that provides detailed information about late pregnancy, preparing for labor and birth, comfort measures, Lamaze techniques, importance of early skin-to-skin contact, medications, anesthesia, newborn characteristics and postpartum care while rooming in with your baby. This class is offered to anyone who is expecting and is 5-8 weeks away from your due date. Register early to ensure availability. 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.

**BLOOD DRIVE WITH  
AMERICAN RED CROSS**

**Thursday Aug 10 from 11 AM - 5:30 PM**

*Professional Office Building at  
Arkansas Methodist Medical Center*  
Donate blood to help victims of trauma, organ transplants, childbirth complications, and leukemia regain strength and health. In order to donate, you must be at least 17 years old or 16 years old if allowed by state law (includes Arkansas, Illinois, Kentucky, Missouri, and Tennessee). You must weigh at least 110 pounds and not have donated whole blood in the last 8 weeks or double red cells in the last 16 weeks. You must be "healthy," meaning you are not currently being treated for chronic conditions. Those who successfully donate blood will receive three \$5.00 coupons to be used at the Auxiliary Gift Shop, Beacon's Deli, Cafeteria or The Foundation Station.

**BREASTFEEDING CLASS**

**Saturday Aug 19 from 10 AM - 12 PM**

*Professional Office Building at  
Arkansas Methodist Medical Center*  
This class discusses the importance of breastfeeding, breast preparation,

feeding techniques and positioning options for mother and baby. This class is offered to moms who plan to breastfeed, dads and other support persons. If delivering at AMMC, the class is free, otherwise, there is a small 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.

**INFANT SAFETY CLASS**

**Saturday Aug 19 from 1 PM - 3 PM**

*Professional Office Building at  
Arkansas Methodist Medical Center*  
This class focuses on topics including car seat safety, childproofing your home and crib safety, as well as infant CPR. This class is offered to expectant families and anyone caring for the infant. If delivering at AMMC, the class is free, otherwise, there is a small 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.

**20TH ANNUAL  
MEN'S HEALTH FAIR**

**Thursday Sept 7 from 6 AM - 2 PM**

*Professional Office Building at  
Arkansas Methodist Medical Center*  
The Men's and Women's Health Fairs are held as a community service in continuing with Arkansas Methodist Medical Center's mission of being a beacon of health, hope and healing. This year's health fair will include: Blood glucose and cholesterol screenings, blood pressure checks, weight and nutrition information and screenings, and PSA testing (blood screening for prostate cancer.) Visit [www.myammc.org](http://www.myammc.org) for more information.





Through her sister and his friend, Olivia Philhours and Chase Young met at a Razorback football game in 2011. Olivia was a junior at the University of Arkansas and Chase a law student. Soon they were inseparable and after graduation, along with their big dogs Capone and Ange, they moved to Alexandria, Virginia, where Chase is a patent examiner with the U.S. Patent and Trade Office and Olivia spends her days outdoors with man's best friend as a caregiver with Doggywalker.com.

Surrounded by their families, Chase and Olivia were married December 29, 2016, in Aspen, Colorado. Olivia's father, Judge Randy Philhours, performed the ceremony.

Chase is the son of Mr. and Mrs. Dwayne Young of Van Buren, Arkansas. He is a 2011 graduate of the University of Arkansas College of Engineering with a Bachelor of Science in Industrial Engineering and a 2014 graduate of the University of Arkansas School of Law.

Olivia is the daughter of Judge and Mrs. Randy Philhours of Paragould. She is a 2013 graduate of the University of Arkansas Sam M. Walton College of Business. The couple resides in Alexandria where they enjoy their dogs, their neighborhood and their Tuesday night skeeball team.







# ENGAGEMENTS/WEDDINGS



## Tera Williams & Matthew Jones

Tera Williams and Matthew Jones have announced their plans for an October wedding.

Tera is the daughter of Terry and Oliva Parks of Paragould.

Matthew's parents are Judy Lamberth and Jeff Jones of Paragould. The wedding will be Saturday, October 14, in the afternoon.

Photo by Katie Alger



Hetal Patel, MD

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*Scheduled Appointments & Walk-ins Welcome!*

*Accepting new patients!*



Abbey Taber, APRN

- Preventative, acute, and chronic care treatment for infants, children, adults, and elderly.
- Diagnostic Laboratory and X-Ray
- Diabetic Screening and care
- School and Sport Physicals
- Pre-employment Physicals & Drug Screens
- Prenatal Care (up to 28 weeks)
- Gynecological Care & Well Women Exams
- Mammogram (screening & diagnostic) Assistance—Ask how we can help you get one FREE!
- Free Blood Pressure Checks

Regular Hours:  
Monday - Friday 8 a.m. - 5 p.m.

**#1 Medical Drive - Paragould**  
**870-236.2000**

Website: [www.1stChoice-ar.org](http://www.1stChoice-ar.org)

Equal Opportunity Employer





# Summer Day Camp

MON. - FRI. 8AM to 1PM

\*\*\* \$99 a week

10 weeks = 10 themes

- ★ ages 5 and up!
- ★ aftercare available 1-5pm
- ★ pre-registration required
- ★ snacks and supplies provided

**Just Pretend**  
 PLAY AND PARTY  
 Downtown Paragould



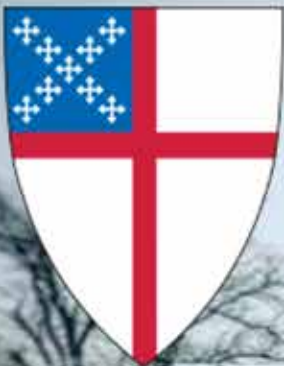
**August**  
 (31-4) Art  
 (7-11) Games

Parent's Night Out

August 12 \$15  
 September 9  
 October 14

This is our last month of day camp, it is going to be so much fun!!!! So come join in!!!!

WWW.JUST-PRETEND.NET | 870-240-0211



## All Saints Episcopal Church

Sundays @10 am

Come as you are. We will.

305 S 10th St  
 Paragould, AR  
 72450



† As Episcopalians, we are followers of Jesus Christ, our Lord,  
 and we believe in the Father, Son, and Holy Spirit.

† We strive to love our neighbors as ourselves  
 and respect the dignity of every person.

† All are welcome to find a spiritual home in the Episcopal Church.

excerpts from "I am an Episcopalian"  
[www.episcopalchurch.org](http://www.episcopalchurch.org)

allsaintsparagould@gmail.com



# BIRTHS

## *Alanna Michelle Humble*

Paula Humble of Harrisburg announces the birth of her daughter, Alanna Michelle Humble.

Born June 8, 2017, at Arkansas Methodist Medical Center, the baby weighed 5 pounds, 5.8 ounces and was 18 inches long.

Alanna is the new sister to Gena Ellis.  
The proud grandparents are John and Barbara Humble.

Photo courtesy of Paula Humble.



## *Tinlee Elizabeth Williams*

Trayce and Courtney Williams of Paragould announce the birth of their daughter, Tinlee Elizabeth Williams.

Born June 3, 2017, at Arkansas Methodist Medical Center, the baby weighed 6 pounds, 12.5 ounces and was 19 inches long.

The proud grandparents are Tony and Andrea Williams and Greg and Liz Cates, all of Paragould.



## *Tripp Allen Murray*

Proud parents Jake and Brittany Murray have welcomed a son, Tripp Allen Murray.

Tripp was born at Arkansas Methodist Medical Center on June 7th 2017. He weighed 6 pounds and 1.8 ounces with a length of 18.5 inches.

He joins ecstatic big sister Zalie. Grandparents include Terry and Angela James, Kerry and Amber Murray, Tracy Pillow and Mike Hammond.

Great grandparents are Carolyn Pillow and the late Lester Pillow, Bobby and AnnaLee Drope, Charles and Linda Murray, Kay and Eddie Inskeep, the late Edward and Irene James, and the late James and Bernice Adams.





# Stay Tuned

What's in store next month

## March of Dimes



Watch for details on the Signature Chefs Auction in Jonesboro this September.

## County Fair



It's almost time for both the Greene County Fair in Paragould and the NEA District Fair in Jonesboro. We will take a look at both events and tell you what you need to know in order to be prepared for weeks of family fun.

## Senior Living



Premiere writers will again bring you a special magazine section called NEA Seniors, featuring both informative and entertaining articles dedicated to the area's senior citizens. Be sure to see the photos and feature stories in the September Premiere.



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Toni Garner, A.P.R.N.

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for school.*

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We offer flu shots.

*Feel secure with  
our personalized care.*

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Weds: 8am-5pm, Sat: 8am-2pm

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**RIGHT**



870.335.5274 | 203 N. Pruett St  
Downtown Paragould





# *We're growing our medical team to better serve you!*

*AMMC Welcomes Surgeon Jennifer Susoreny-Velgos, D.O.,  
OBGYN Charles Cesare, Sr., M.D. and  
Family Practice Physician Tasha Starks, M.D., MPH*



**Arkansas Methodist  
Medical Center**

(870) 239 - 7000 | 900 W. Kingshighway | Paragould, AR | [www.myammc.org](http://www.myammc.org) | 