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April
2019



Candace Dalton

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CURE

AUTISM AWARENESS
MONTH

EARTH DAY
PREPARATIONS

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From The PUBLISHER... DINA MASON

“

Hopefully, Spring has sprung by the time you read this! I am ready for sunshine and sandals! April is Autism Awareness month and we are excited to share stories of brave ladies that hope to help you heighten not only your awareness but your overall perception of all the people around you.

Autism has been redefined of late as a “spectrum” rather than an over generalized condition. As you read these stories you will see that some are high functioning, and some are non-verbal, but they are all so special and will certainly enrich your life if you let them.

Have you ever considered that everyone falls somewhere on a spectrum? Our stories show that these ladies just want to be treated nicely and they will enhance your experience every time. As adults, it is our responsibility to teach our kids to offer kindness toward fellow mankind make sure you are doing that and you will have kind, respectful kids that grow into wonderful adults.

April is also Earth Day and I hope we all see a lot of “Spring Clean Up” happening soon. Get out and do your part and get those kids out there too!

”



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CASTING FOR KIDS Bass Classic

Children's Homes, Inc. will host its ninth annual Casting for Kids Bass Classic tournament on Saturday, April 6, at Lake Norfolk in Northern Arkansas. Registration, including check-in of pre-registered participants, begins at 5:30 a.m., at the atrium area of Lake Norfolk Inn. Launch, which begins at 7 a.m., and weigh-in, which begins at 3 p.m., will be located at the Henderson Recreation and Park Area (U.S. Army Corps of Engineers facility at Henderson, Arkansas).

Two-person teams will compete for cash prizes: a guaranteed \$1,000 payout to the first-place team, \$500 to second place, \$250 to third place, \$125 to fourth place and \$80 to fifth place. Additional cash prizes may be added the day of the tournament. The participant who catches the biggest bass in the tournament will receive a prize package from Favorite Fishing Rods of Thayer, Missouri. In addition to the cash prizes and Big Bass prize, many door prizes will be awarded, including a \$500 Bass Pro Shop gift card, premium rods and reels and other fishing necessities.

Cost for entry is \$80 per team. Registration information can be obtained by visiting, calling or emailing Gary Cupp (870-239-4031, ext. 140 or gary.cupp@childrenshomes.org) or Micah Brinkley (870-239-4031, ext. 131 or micah.brinkley@childrenshomes.org). A registration form is available for download at www.childrenshomes.org. For more information about the tournament, including updates about prizes or launch orders, visit the website or Children's Homes, Inc.'s Facebook page.



The tournament is the sole fundraising event for Children's Homes, Inc., and is sponsored by tournament partners Glen Sain Motors of Paragould, Morgan Stanley of Memphis, First National Bank, Affordable Medical and Johnson Manufacturing, as well as many other businesses.

Event sponsorships and entry fees are used to cover the expenses of the tournament, including the cash prizes. Funds donated to Children's Homes, Inc. by churches and individuals are not used for this purpose.

All tournament proceeds benefit Children's Homes, Inc. Children's Homes is a 501(c)(3) non-profit organization that provides help, hope and home to children and families. Children's Homes cares for approximately 40 young people in nine homes on its residential education campus in Paragould. Children's Homes also provides foster and adoptive care to children in Arkansas and Missouri.

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Pink Pasta Party

The Pink Pasta Party will be held from 6:00 p.m. – 7:30 p.m. at St. Bernards Auditorium in Jonesboro on Friday, April 26. Dress very casual and come enjoy extraordinary carb loading pasta and lots of fun. Tickets are \$25 and can be purchased when registering for the Race or separately online at komenarkansas.org.

Men's Pink Pump Run

Meet at New Rotary Park in Downtown Jonesboro
 This fun 100-yard dash in historic downtown Jonesboro will be Friday, April 26. Men will bring a pair of high heels and be ready to "run" with their heels on at 8:15 p.m. Entry is \$10 and can be made when registering for the Race or separately online at komenarkansas.org.

Pink Prowl

From 8:00 p.m. – 10:00 p.m., participating restaurants on Main Street will be offering happy hour pricing for those who have purchased a Pink Prowl wristband. Wristbands are \$5 each and can be purchased when registering for the Race or separately online at komenarkansas.org.

Race Day
Centennial Bank Stadium

6:30 a.m. Saturday, April 27-Registration/Package Pick-up
 7:00 a.m. —Survivor Breakfast
 8:00 a.m.—Survivor Parade
 9:00 a.m.—Start of 5K

FAQS
 General Race Information

Q. When is the Race?
 A. The Race will be held on Saturday, April 27, 2019. The Race start time will be at 9 a.m.

Q. Where is the Race?
 A. The Race will be held at Centennial Bank Stadium on the A-State Campus in Jonesboro.

Q. How much is the registration fee?
 A. \$30

Q. Is my registration fee tax-deductible?
 A. No, your registration fee helps defray the costs of producing the Race and is not considered tax-deductible. However, any amount that you choose to donate above the entry fee is tax-deductible.

Q. What is included in the registration fee?
 A. You will get a Race bib, a Susan G. Komen Race for the Cure® t-shirt, and a great feeling!

Q. How can I register?
 A. You can register online at komenarkansas.org. You can also register at the On-Site Registration and Packet Pickup on April 24, April 25 and April 26, at NEA Baptist Hospital, 4800 E. Johnson Avenue in Jonesboro. Registration and Packet Pickup will re-open at 6:30 a.m. on Race Day at Centennial Bank Stadium on the A-State Campus. You can also register by printing and mailing in a registration form to Susan G. Komen, P.O. Box 26244 Little Rock, AR 72211, postmarked by April 19, 2019.

Q. How will I receive my Race packet including t-shirt?
 A. Packet Pickup will be available on April 24, April 25 and April 26, 2018 at NEA Baptist Hospital, 4800 E. Johnson Avenue in Jonesboro. Registration and Packet Pickup will open at 6:30 a.m. on Race Day.



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PARAGOULD HIGH SCHOOL ARMY JROTC *Military Ball*

The Paragould High School Army JROTC program attended the Northeast Arkansas Military Ball on March 2 at Nettleton Baptist Church, hosted by the Craighead County Monument Foundation.

Paragould's Senior Army Instructor LTC Timothy Norman was the Master of Ceremonies. Opening remarks were done by the CCVMF president Marvin Jumper and the keynote speaker was Anita Deason, veterans rep for Senator Boozman's office. Ms. Deason is a native of Arkansas and is retired from the Arkansas Army National Guard with 33 years of service. She spoke on service, how students and veterans can serve their community today and how they can serve in the future.

Once the formal part of the ball was over everyone joined in dance music being provided by DJ Ricky Hinote. The Paragould JROTC had 132 students attend the ball, Brookland JROTC had 40 and Valley View showed with 50. The kids were able to meet and talk with some veterans, dignitaries in the local community, and experience a formal event.

"The Paragould JROTC started the rifle team back up last year since the rifle team had fazed out for about eight years," Norman said. "This year the Paragould JROTC Rifle team finished the season with three teams placing 8th, 12th, and 14th in their state match, out of 63 teams. This excited the teams because last year they ended up only placing 49th, and 50th. But we have come back and have proven through hard work and dedication that you can improve and obtain the goals you set. This is only the beginning for Paragould Rifle team. We plan on working harder and improving enough to be at the top of the list by this time next year."

Sponsors for the event were Alexander Machine Shop, Atlas Asphalt, Jamestown Investments, Disabled American Veterans, Mr. and Mrs. Dan Melton, First National Bank, 1SG (Ret) and Mrs. Harold G. Truman, Harps Food, Ken Jones Body Shop, Military Order of the Purple Heart, Paragould JROTC, Sons of Confederate Veterans Camp, and VFW.



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INCREDIBLE KIDS

By Jennifer Delong

Most kids hate taking out the trash, but Nick Powell has taken trash to a whole new level. Nick, a junior at Hillcrest High School, Home of the Screamin' Eagles, is part of Mrs. Netrofa's BETA Club group. As part of the competition this year, Nick found a project that involved the whole community.

The state BETA Club competition was held in Hot Springs, and Nick entered the recyclable art portion by creating a large plastic bottle art piece. The bottle "tree" took him about a month to create. Nick used social media to solicit bottle donations and folks around the communities gave all they could. Nick's mom, Melissa, stated, "They often left bags of bottles on our front porch while he was at school. The Hillcrest Elementary students also brought bottles to school for him, and at the ball games the younger students would take bags around to collect water bottles for him. Our house looked like an episode of Hoarders for weeks and weeks."

Nick's bottle tree is approximately 7.5 ft tall and 7.5 ft wide. It breaks down into three parts for transporting. The tree hopes to show the amazing and overwhelming amount of plastic used in a small community in a short amount of time. It wasn't even all the bottles from the community. In Nick's rural area, there are no recycling options, so all these bottles and the others would have ended up in the neighboring landfill.

Although the art didn't place in the competition, its impact has changed Nick. He has learned that his community will reach out and support him should he need it. The piece now stands to promote BETA Club to younger students.



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JERRED PRICE AND
His Rocketmen



By Joy Robinson

On March 2, the Collins Theatre in downtown Paragould was near-capacity with a crowd ready to be entertained by Jerred Price and his Rocketmen as “Almost” ... Elton John.

Price, 30, who performs on a regular basis in Memphis at the Hard Rock Café and Lafayette’s Music Room, performed a high-energy show that was part story-telling and even more entertaining. He spanned the years starting with Elton’s first album, “Empty Sky”, to his most recent, “Wonderful Crazy Night.” He even added in a song from The Beatles and one from Bruce Springsteen. Audience members were out of their seats and dancing the night away.

Price told the story about being self-taught on the piano, and his passion for the instrument and how Elton began at a very young age. He also noted that this performance marked 10 years since his last show at the Collins.

Price currently resides in Memphis, where he is also working in many non-profit and volunteer organizations. He’s currently running for Memphis City Council District 7.

You can find events like this and more at the Collins Theatre, downtown Paragould. Visit www.collinstheatre.com, or Collins Theatre, Paragould AR on Facebook.

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NEA ARTIST COLLECTIVE HOSTS

Spring Art Show



Assorted artwork from many of the featured artists.

On March 7th the NEA Artist Collective hosted its Spring Art Show at The Garage in downtown Jonesboro. Over 20 artists displayed their art for viewing and sale, including paintings, sculptures, photography, apparel, and more. Many attended the event and pieces were flying out the door to their new homes. You can follow NEA Artist Collective on Facebook and Instagram for updates on upcoming events and artist opportunities.



Young artist Molly Keller making her debut as a painter.



From left to right: Artist Braden Walls, Ashley Merwitz, Olivia Selby and Bayley Walls wearing prints by Braden. Jacket and shoes also by Braden.



Featured artwork by Beau Jones and Sasha Rayevskiy.

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CHICK-FIL-A'S ROOKIE OF THE YEAR GOES TO *Jonesboro Turtle Creek*

By Richard Brummett

When Tyler and Taylor Mitchell were looking for a place to settle and run a Chick-fil-A restaurant, Jonesboro came up on their list of possibilities. "While working on an assignment in Jackson, Tennessee," Tyler said, "we visited Jonesboro and fell in love with the town and community. We knew this is where we wanted to plant roots and start a family."

The move was successful for the Mitchells, who took over Chick-fil-A Turtle Creek on September 1, 2017. In February, Tyler was presented with Chick-fil-A's Rookie of the Year Award for the Atlantic Region. The franchise has six regions across the country: Northeast, Atlantic, Southeast, Midwest, Western and Southwest. The Rookie of the Year award is given to one Chick-fil-A franchise Owner/Operator in each region, in its first full year of business.

The company takes a number of factors into consideration including sales growth, profitability, food safety, community involvement and quality of service to determine its winner. "It's decided by the committee at the Chick-fil-A Support Center," Tyler said. "My main advocate, Eddy Taylor, who is my business consultant is a liaison between myself and the Support Center.

"My dad was also Rookie of the Year in 2003 in Charlotte, North Carolina. We are the first father and son duo to be awarded."

Tyler had worked alongside his parents at their franchise since he was very young. After graduating from the University of North Carolina-Charlotte with a degree in business administration and management, he continued working for Chick-fil-A Inc. in Atlanta, when he met his wife-to-be, Taylor. She had worked for a Chick-fil-A franchise in Louisville, Kentucky, where she graduated from Bellarmine University with a degree in communications and marketing before



advancing with the company. "As soon as I understood the impact of Chick-fil-A, my heart was in it," she said.

Now they are determined to build positive relationships with both their team members and the Northeast Arkansas community. "We have the ability to impact the lives of our team and guests," Tyler said, "that is what we love most about our career. We love mentoring the next generation of leaders."

"If you love what you do," Taylor added, "you'll never work a day in your life. We

want our business to become a stepping stone to others' success. When our team members move on from our restaurant, we want them to be a better leader due to working here, and to have success in their next step in life."

"When they land the job of their dreams because of the influence here, that's a win for us," Tyler said.

Congratulations to Taylor and Tyler Mitchell and their team on winning Chick-Fil-A's Rookie of the Year award!

NEA Artist

By Joy Robinson

Shannon Lamb is a multi-media artist, and in her biography her art is described as “overtly human.” By creating her own mythology, Shannon dissects human personality to more simplistically, base forms. “Observing a human and creating a universe of characters based on a single individual’s ideas or desires, then creating a world where the hero and villain in us all are separated and encouraged to co-exist,” Shannon said. She uses these characters in their sadness and joy to present a retelling of a fictional human history.

Influenced by artists such as Alphonse Mucha, J.C. Leyendecker, Audrey Kawaski, Chiara Bautista, and Nick Alm, Shannon is no-doubt an artist uniquely her own. In an application process similar to watercolor, Shannon practices a mixed-media style of painting, often using rice paper, wood stain and acrylic stain and ink on wood. Currently, her works consist of paintings with heavy printmaking (especially lino-cut) influence.

“I have basically been an artist my entire life,” Shannon said. “As a child, it was fun. Then I realized I was a little good at it.” As an adult, it has been the activity that makes her the happiest.

She attended Arkansas State University where she obtained her BFA in Studio Art in 2010, with an emphasis in sculpture. That same year, something else happened to Shannon that would influence her art.



“In 2010, I underwent spinal fusion surgery,” she said, “and this would prove to be a largely inspirational experience.”

Anatomy --especially the structural foundation of bones as a means of protection -- is evident in her art.

Shannon is married to Timothy Lamb, who is the EAST facilitator at Paragould High School. He also coaches 7th-9th grade boys basketball. The couple have two dogs – 13-year-old Flip Flop, and 11-year-old Juno.

“Over the last few years I’ve had a good working relationship with Emerald’s Triangle owner Rich Johnston, and a lot of my work can be seen at their Brookland location, as well as their downtown Jonesboro location.”

During the day, Shannon works as an inventory control specialist at Sissy’s Log Cabin in Jonesboro. “It’s really a great work environment,” she says. “It’s the first job where I have felt so much support from my co-workers.” She added that they have also commissioned pieces from her, as well as volunteered to help with NEA Artist Collective projects and events. She also is working with others to grow the NEA Artist Collective, a local group of artists.

You can see more of Shannon’s work on her Instagram profile @shann.lamb. You can also contact her for art inquiries at shann.lamb.artist@gmail.com.



LOCAL EXTENSION AGENT DEMONSTRATES TRIMMING *Crape Myrtles*



Local extension agent, Dave Freeze, demonstrates to the Paragould Parks and Recreation crew the proper way to trim crape myrtles to keep “crape murder” from happening. Also, Mr. Freeze shared how to treat with horticulture/dormant oil the crape myrtle for the insect infestation, crape myrtle bark scale, that many are seeing across town. The Greene County Master Gardeners have been asked to take the B.E.E.S. Community Center beds on as a sanctioned project this year with the GCMG taking care of the beds and the Paragould Parks and Recreation crew trimming and maintaining the crape myrtles.



Recently, two of the Greene County Master Gardeners -- along with Dave Freeze, Greene County Extension Agent -- trimmed some crape myrtle and treated them with horticulture/dormant oil and will treat them with systemic in May for the Crape Myrtle bark scale, an insect infestation that is happening in the area. This infestation can be passed by using the same tools for trimming from one job to the next without sanitizing the tools, which can easily be done by soaking cutting tools with chlorine bleach as you move from job to job.

Pictured above from left to right:
 Jim Howard, Paragould Parks and Recreation crew member
 Tacie Huffman, Greene County Master Gardener project lead
 Kevin Crossno, Paragould Parks and Recreation crew member
 Dave Freeze, Greene County Extension Agent
 Carol Fleszar, director of the St. B.E.E.S. Community Center.



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Autism, which is now referred to as Autism Spectrum Disorder, refers to a range of conditions that used to be diagnosed singularly. Autism Spectrum Disorder (ASD) and its conditions are typically characterized by challenges with social skills and repetitive behaviors, speech, and nonverbal communication. The CDC (Center for Disease Control) reports that 1 in 68 children are diagnosed with ASD and usually around the age of 2-4 years old. Because autism is a spectrum disorder, each child is very unique, and, therefore, his or her needs are also unique. There are a number of helpful interventions and tools that have been proven effective to help improve the communication skills, behavior, emotional regulation skills, and social interaction of a person/child with Autism. One of these effective tools is an Autism Service / Assistance Dog.

SERVICE DOGS CAN SAVE LIVES

The primary goal or focus of an Autism Service Dog is to ensure the safety and well-being of the child with which they work. These specially trained dogs are trained to meet the needs of specific children. Autism Service Dogs are trained in what is called a Three Unit Team: dog, child, and handler/parent. These dogs take commands from the parent, not the child. There are several behaviors that the dog has been trained to alert the parent, assist the child, or prevent overstimulation or self-harm. They alert the parents when the child is experiencing self-stimulation, self-harming, or if the child is being overstimulated (on the verge of meltdown or shutdown). They assist the child by interrupting self-harm or stimulation or by "Deep Pressure Tasks" such as stepping on the handler's foot, pawing their lap or lying on them. Disorientation is also very common and they have been trained to help them find their way back home, to their car, and to other specified places. With visual processing problems, they will often guide them around obstacles.

Special thanks to
Karrah Seitz, Ed. S, LPC

These service dogs not only provide relief and comfort for both the child and the parents, but they also help each child in developing independence. For help or assistance in finding a certified Service Dog Trainer, go to www.AutismSpeaks.org.

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SERVICE DOG FUNDRAISING FOR HIRAM

By Caitlin LaFarlette

Before Hiram Richards turned a year old his parents noticed he wasn't reaching certain milestones and was instead regressing. It took several doctor visits and advocating for answers but he was eventually diagnosed at 17 months old on the severe side of the autism spectrum.

"With all honesty, we were devastated and relieved at the same time," his mother Jaclyn said. "We were sad about the unknown but we finally had something to work on."

Hiram was born in 2013 and after being diagnosed, Jaclyn and her husband Anthony were able to connect with top specialists in the field as well as set Hiram up in therapy. The 40 hours a week of therapy was much needed for Hiram and his parents to understand how the now five-year-old sees the world.

"This road has been a tiresome journey so far but watching our loving son make tiny steps towards progress is all we need to carry on," Jaclyn said.

Jaclyn and Anthony have immersed themselves in researching anything and everything about autism to find answers to many questions. With so many theories and different personal stories about autism, they are dedicated to finding anything that will help the family.

"One of the practices we have run across numerous times with much success is autistic families getting a service dog," Jaclyn said.

She explained one of Hiram's characteristics with autism is lack of fear and an ability to bolt at any point in time. This can be scary for any parent but the Richards have an even harder time with this potential scenario: Hiram is nonverbal and typically does not respond to his name. Jaclyn added Hiram can also become overstimulated and commit self harm or have emotional episodes that last for extended periods.

The Richards family learned a service dog could be the solution to these situations. Service dogs for those with autism are trained to

alert caregivers if the child is in a location he or she shouldn't be, and can also serve as emotional comfort. If Hiram were to have his own service dog, the animal would be custom trained to aid with Hiram's many needs.

The price of a service dog, however, can stand in the way of many families receiving the help they need. The average cost of a service dog from 4 Paws for Ability is \$17,000. Because of the training each dog receives, this price is worth it. The service animals are trained in search and rescue and can return a lost child by following the child's scent.

To raise money for Hiram's service dog, the Richards sold t-shirts and hats while also teaming up with Alpha Omicron Pi's Jonesboro chapter at the Smoke Out for Arthritis event on March 8. The Richards had their first phone interview on January 31 regarding a service dog for Hiram, and the family is looking forward to taking the next steps.

"We love our son very much and like any parent want the best for him, and to keep him safe," Jaclyn said.

If you would like to donate or spread the word, visit 4pawsforability.org for more information.



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P. Allen Smith (left) and Dale E. Cole (right)

In recent years, the importance of pollinators and their impact on our communities has garnered more focus and increased public awareness. People, often unknowingly, may pose one of the biggest threats to pollinators and other beneficials because of the ways we have disturbed their natural habitats with our everyday practices and the use of pesticides in our gardens. The good news is we can also be the ones to help rebuild the habitats by planting gardens with flowers that attract and are hospitable to bees, butterflies, ladybugs and hummingbirds.

P. Allen Smith has announced the "Bloom with Us" program, a statewide initiative with First Community Bank to design and install pollinator gardens at over 20 bank locations throughout Arkansas with one extending into Pineville, Missouri. "Bloom With Us" will beautify the community while raising awareness of the benefits of pollinators and hopefully encourage others to do the same.

"We are very excited to bring P. Allen Smith's knowledge of landscape design and gardening to our bank locations to create something unique in each of our communities," stated Dale E. Cole, chairman and CEO of First Community Bank. "A pollinator garden seemed like the perfect thing to give back to our communities. It will offer a place for learning, fellowship and interaction. I hope the gardens will be a breath of fresh air and everyone will be inspired by what P. Allen Smith brings to life."

"Creating a habitat that encourages pollinators like butterflies and bees to do their work is a critical piece of landscape design," stated P. Allen Smith. "The first garden, at the corner of Kavanaugh and Cantrell, will soon delight the eye while benefiting nature," Smith concluded.

To visit a garden near you, visit the website at www.firstcommunity.net for a location guide and more information about the "Bloom with Us" program.

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PET OF THE MONTH

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By Amy Howe Klingensmith

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By Michael R. Weaver
Club Director

Instead of a regular Rotary Club meeting, recently the Paragould club shook things up and held a progressive dinner to honor new members. The dinner was held on January 29 and the first stop of the night was at the home of Sam and Andrea Dickey. They hosted a meet-and-greet over appetizers.

The next stop was at the home of Tim and Kelly Roswell, where the Italian-themed main course was served. The night finished up at the home of Bill and Susanne Pollard for everyone's favorite course ... dessert! New members who attended were Holden Smith, Kelsey Abbott, Ashley Walls, Tina Maxwell and Kodi Dobbins.

"Seasoned" Rotarians participating were Andrea Dickey, Carolyn Hurley-Block, Karen Ballard, Virginia Walls, Pam Diggs, Dina Mason, Vicki Shelby, Amy Lucius, Kimberly Dale, Shae Murphy, Beth Spaunhorst, Brittany Murray, Tim Roswell, Mike Weaver, Tonya Henderson and Bill Pollard. A very big THANK YOU to all the hosting couples as well as to the Rotarians who helped out and, most importantly, to our new members who we are so very thankful to have on board.

RACE FOR THE CURE ADVOCATE

Stacy Masters

By Richard Brummett



Stacy Masters has plenty of reasons to be personally involved with the 2019 Susan G. Komen Northeast Arkansas Race for the Cure.

She, her mother and her grandmother were all diagnosed with breast cancer and the Komen Race has helped her in more ways than one. In need of expensive medical procedures every few months, Stacy found herself falling back on money generated by the race to help see her way through a difficult stretch. "I actually -- three or four years ago -- had to use funds from the Komen Race to pay for a mammogram for myself," the Paragould resident explained. "The doctors said every three or four months, due to breast cancer, I needed one. I had to use Susan G. Komen to help pay for one of my mammograms.

"They were one of the first groups that didn't just deny me because of who they thought I was. I am really grateful."

This year's race is scheduled for Saturday, April 27, on the campus of Arkansas State University in Jonesboro. This will be the third year that Northeast Arkansas has hosted the race and this year's financial goal is to raise \$400,000. The 2018 race raised \$330,000 for health and breast cancer awareness projects.

Funds will be used to provide services for women in Northeast Arkansas, just as Stacy had to rely on them in the past. That helps make the race both personal and meaningful to her. "We always donated to the race when it was in Little Rock, but we never went," she said. "I was very excited when it came to Jonesboro. The first year it came to Jonesboro, my mom was in the hospital with breast cancer. I decided to do the Survivor Lap that morning and I probably walked up and down those stadium steps several times trying to decide if I

was going to stay and walk or go back to the hospital to be with her. I went ahead and did it and at the end of the lap I learned she had passed away.

"That's why the Jonesboro race is really important to me and emotional for me. I want to race and to raise money on my own. I always did the virtual race but when it came to Jonesboro I was excited. Last year we raised enough money for Fourth Place in money raising. I did that to honor my mother. She is my inspiration."



Race week will begin with "Go Pink Week," which is a time for all of Northeast Arkansas to show that it is "More than Pink." Other events leading up to race day include the Pink Pasta Party, the Pink Prowl, the Pink Pump Run and a Survivor breakfast.

Those interested in entering the 5K can register online at komenarkansas.org, at NEA Baptist or on the morning of the race.

"I believe God has a plan for us all," Stacy said. "I really stay fixed on my mom; it's such a way to honor her. You know, we all fear hearing those three words, 'You have cancer.' When we were in the oncologist's office I heard him say the word 'incurable' to my mother. I was immediately on the phone calling up the definition of 'incurable' and showing it to him.

"But my mother said to stop crying because she had great faith in the Lord. She knew it was going to take her life, but even at the very end she was so graceful, so strong. 'Don't you cry,' she said. 'Straighten up.' Last year when I was doing the race I felt a sense of pride. I could feel my mother saying, 'That's my Stacy.' That keeps me going."

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RESTAURANT insights

By Gayle Brock

#welcomehome is the slogan used to describe Yesdog Grill. When you walk in you, too, will agree: Welcome home Lisa Godsey (pictured above right), downtown has been waiting for your return. Through a partnership with her wife Traci (pictured above left), along with Tom and Jeanie Martin, Yesdog Grill and Lisa Godsey have made their mark in Downtown Jonesboro with a vibe that bridges a gap other local restaurants do not give. "We are not in competition with anyone in the downtown area or even the local level. We are just trying to help keep money here in our town," stated Lisa. "Our goal is to take this to a whole new level on a personal level with a comfort vibe." And if you need a reminder, all you have to do is walk up to the bar and there you will

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see etched right into the woodgrain "Love, Laughter and Friends Welcome Here."

The menu at Yesdog is as diversified as the owners with a wide variety that caters to anyone's pallet. No matter if you are eating clean or need a power bowl for that extra boost of energy for the day, they have something just for you. If you are a vegetarian, they can fix you up there, too. If you want a steak, do they ever have something in store for you! Yesdog shops locally for their meat products as well as their honey and vegetables, which help feed the money back into the local economy. "You are not getting something frozen from a truck or a salad from a bag here at Yesdog grill," stated Lisa.

With tears in her eyes, she goes on to say, "It has been a long time coming and it took a lot of learning on what not to do to get me where I am today. I am thankful for the opportunity along with the support from great friends and family to do what I love. I can't leave out saying what a wonderful opportunity I had to work



for J'town Grill as I grew into my profession with a passion and with the love I have of cooking. Sometimes great things happen and sometimes great things have to fall apart for a wonderful chance for something great to fall together and here at Yesdog Grill, this is definitely our fall together."

Upon asking why they decided to go with the name Yesdog, Lisa said, "When you leave and look back in your rear view mirror, there we are Godsey for life and that's my name and besides, what was once will be again ... only this time with a whole new look, vibe and feel with foods you are going to love!" In her words, "All the pieces fit."



Traci and Lisa Godsey with Jeanie and Tom Martin

Yesdog's hours are Monday through Wednesday 11 a.m. – 10 p.m. and Thursday through Saturday 11 a.m. – 1 a.m. They are closed on Sunday. You can find their menu online at www.yesdoggrill.com

#WelcomeHome Lisa Godsey, welcome home!

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f i t p y in

VIETNAM VETERANS MEMORIAL

The Wall That Heals

By Richard Brummett

A smaller version of the Vietnam Veterans Memorial is coming to Paragould in May but the plans for getting it here and displaying it are plenty big.

Kenny Wright, president of the local Veterans Support Association (VSA), is helping spearhead the efforts to get "The Wall That Heals" to its Harmon Field location for public viewing May 30th through June 2nd and said its presence will be "a good thing for Paragould ... really, a good thing for Northeast Arkansas and for veterans. We'll draw people from Southeast Missouri and Tennessee and all over. I think it will be a really good thing."

Wright said David Hicklin, also a veteran located in Paragould, attended a Vietnam Veterans celebration in Rector a few months ago and came home wondering if his home town could host something as memorable. "He came up with the idea to get the wall here first," Wright said, "and then Don Foster and I got on board with it. I got online and researched it and then submitted the application for the memorial display last year. I ended up calling the lady in charge and she said, 'Submit your entry, and to show you're interested go to other sites to see it. That will show the committee you're really interested.'

"So I went to Ava, Missouri, first and then to Paducah, Kentucky, in October and then lo-and-behold the lady called me and told me we got it. Out of 100 cities, 34 were selected and we were fortunate enough to be one of them."

The 3/4 scale replica of the Vietnam Veterans Memorial will be transported here from the Tuckerman area and taken to Harmon Park where it will be assembled on the football/soccer field. It will be open for viewing 24 hours a day and a mobile classroom will sit at the north end of the field, allowing visitors to enter and learn more about the display and personnel will instruct them on how to find the names of friends or loved ones among the 58,000-plus who lost their lives in the

Vietnam conflict. Wright hopes area organizations and individuals will join the caravan leading the display to town and make the event a great celebration.

"We'll meet the wall at Tuckerman on the 28th," he said, "and we want as big a contingent as we can get to come out. Car clubs, motorcycle riding clubs, individuals ... they can come in anywhere along the route -- Alicia, Hoxie, Light ... we don't care. It will be here Wednesday through Sunday and we hope to get the Governor here, and we want all the support we can get to make this as big an event as we can."



Volunteers will be needed to help with construction, staffing and protection details, with the VSA acting as host. The organization is well-known for its efforts to honor all veterans, recognizing them in a variety of ways. "Last year we handed out 250 blankets and plaques," Wright said, "at 37 facilities in 13 cities. We send cards for the holidays and try to do everything we can for the veterans, to let them know we have not forgotten them or what they did for our country."

"We've made a real effort to try to redo the wrongs of 50 years ago somewhat," he said, referring specifically to those who served in Vietnam. "That's why we'd like all Vietnam veterans to come out and shake hands, put a hug around each other's necks, just talk and have camaraderie. It's our responsibility to keep the memory of their service to our country alive."

More specifics about the wall's visit will be announced closer to its arrival and the VSA hopes to have a downtown parade and a meal in conjunction with the festivities. Wright said anyone wanting to volunteer for any of the work details can reach him at 870-208-3970; questions about the proposed route should be directed to Cindy Holder at 870-930-5817.

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CHICKEN SALAD CHICK DEVELOPER OF THE YEAR

Melissa Hardcastle

By Gayle Brock

Talk about innovation, Melissa Hardcastle somehow instinctively knew folks in Northeast Arkansas would drive to get Chicken Salad -- not just any chicken salad, Chicken Salad Chick chicken salad. Before Melissa came onto the scene, Chicken Salad Chick franchises were in malls and strip malls. Melissa took a risk and a leap of faith when she purchased a piece of ground and built her Chicken Salad Chick on a piece of property separate from a mall or strip mall. This garnered her the prestigious Chicken Salad Chick Developer of the Year award.

Melissa is not the inventor of Chicken Salad Chick. It was the brainchild of Stacy Brown, who perfected her chicken salad by recruiting her family and neighbors to taste-test various types. Taste testing is still an option in every Chicken Salad Chick franchise restaurant.

From the road, you see the Southern Belle with the red flower in her hair inviting you in. When you enter, the abeyance welcomes you with soft Southern charm. There are comfy booths, tables draped with multi-patterned vinyl table clothes and warm lighting that invite you to sit a spell and visit.

One of the benefits of Melissa's standalone restaurant is access parking close to the door. It also has a convenient drive-thru window that allows you to pull up, pull out, and get home before the lettuce starts to wilt.

Hours are Monday through Saturday, 10 a.m. to 8 p.m. and closed on Sunday.

Congratulations to Melissa for being the winner of the Chicken Salad Chick Developer of the Year award and for making the 100th Chicken Salad Chick a standalone restaurant in Jonesboro.



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HEALTH AND FITNESS EXPO SCHEDULED FOR APRIL

St. Bernards Medical Group will host the 12th annual Health and Fitness Expo on Saturday, April 13, from 9 a.m. - 4 p.m. and Sunday, April 14, from 11 a.m. - 4 p.m. The Health and Fitness Expo will take place at First National Bank Arena, located on the campus of Arkansas State University.

The Health and Fitness Expo begins with the Doc Rock and Run half marathon beginning at 7:30 a.m. and the 5K kicking off at 8 a.m. These races benefit the St. Bernards Neonatal Intensive Care Unit, which is the only NICU in the region.



More than 120 organizations will be represented at various booths throughout Expo.

Free screenings available will cover adults from head to toe and include: full blood lipid panel consisting of height, weight, blood pressure, glucose, anemia, PSA and BMI testing as well as a cholesterol breakdown; heart screenings; mammograms and skin cancer screenings, among others. Participants are encouraged to fast before the blood screenings for the most accurate results.

Throughout the weekend Healthy Cooking Kitchen demonstrations will be held featuring local chefs and celebrities, including Arkansas State University Chancellor Dr. Kelly Damphousse and KAIT anchor Destiny Quinn. Physician-led panel discussions will focus on advancements in heart health and cancer treatments, as well as diabetes.



On Sunday, all 7th-12th grade student athletes from public schools in Craighead County have the opportunity to receive a free comprehensive pre-participation evaluation.

Activities for children throughout the weekend include a visit to the Kids Zone, featuring inflatables, Molly the MegaBody, Healthy Treasure Hunt, Gardening Center and more, along with the Kids Rock and Run Race, which will be held at 2 p.m. on Sunday.

The St. Bernards NICU Reunion will be held at Expo this year. From 1-4 p.m. on Sunday, all St. Bernards NICU graduates are invited to Expo for fun activities, a meet-and-greet with NICU staff members and photo opportunities. NICU graduates will be leading the kick-off for the Kids Rock and Run Race. For more information, go to www.stbexpo.com.



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Candace Dalton

By Richard Brummett

Anyone wondering whether or not an autistic person is capable of thriving in the business world, needs to follow Candace Dalton around at work.

Candace, 30, is a team member at Chick-fil-A at Turtle Creek and her dedication to the job has won over fellow employees while influencing customers as well. She has set a great example for those who might have a family member with a similar diagnosis to hers.

April is set aside as National Autism Awareness month with the aim of educating the public about autism, a complex mental condition and developmental disability characterized by difficulties in the way a person communicates and interacts with other people. Autism can be present from birth or can form during early childhood (typically within the first three years). It is a lifelong developmental disability with no single known cause.

April will also mark Candace's two-year anniversary at Chick-fil-A. She works three hours a day, five days a week and is eager to add to her skills and responsibilities with each passing day. "Candace," said Taylor Mitchell, "is our rock star."

Taylor and her husband, Tyler, took over the Chick-fil-A Turtle Creek franchise on September 1, 2017. In addition to interviewing new job applicants, they also interviewed the current team to determine if they were to be retained. It didn't take long after interviewing Candace to know she was a keeper. Taylor said: "We decided to keep Candace a part of the team because she has such a personality. We soon found out she has a great love and passion for the brand."

Currently, Candace tends to a number of responsibilities in the dining room. "I serve trays to guests occasionally and I try to remember the guests' beverages from the last time they visited us. I clean tables and counters," she said, adding that she strives to be attentive to the needs of the guests.

"Ever since Tyler and I took over the franchise, we can see the changes in Candace such as her work ethic," Taylor explained. "She is constantly doing everything asked of her. She keeps the condiment bar stocked, she keeps the restrooms clean and understands the importance of refreshing a guest's beverage. She engages with the guests and always asks about their stories."

One such situation emphasized her value about a year ago. A family came in to dine and Candace realized they were having a rough day. They had received the diagnosis that their son had autism.

Candace said: "I approached the mother and asked if her son was autistic and she said, 'Yes,' and I basically told the mother that I have it and to not worry about his tantrums because I did that too at that age. And tears came down her face. I told her he might grow up to work at Chick-fil-A one day."

Candace is the first to admit that dealing with the characteristics of autism sometimes means asking for a few minutes to step away and "cool off" but her leaders "are willing to give me a break when it's needed. Sometimes I have trouble interacting, but I can go in the back and calm down," said Candace.

Taylor said she had previous experience partnering with autistic children when she was in high school and college. "Once I had met Candace, I knew we would bond instantly," she said. "Her passion and love for Chick-fil-A is something we share. We don't allow autism to get in the way and we know the goals that she strives to reach for, short term and long term. We discuss the coming year and plan how to reach those goals. We have quarterly events for the team to ensure that in our Chick-fil-A 'family' everyone is happy. Candace is at every single event. She promotes the family atmosphere and makes the new team members feel welcome."

Away from the job, Candace participates in the Special Olympics bowling and Miracle League softball, she enjoys leisure time with friends and takes part in activities at Central Baptist Church. But her main goals center around increasing her workplace skills. "I recently learned how to work the ice cream machine and one day I hope to learn how to do the register," Candace explained. "Long term, at Chick-fil-A, if it's God's will, I will become the first autistic team leader. There are definitely a couple of leaders who always look out for me. One leader encourages me and says I can do anything I set my mind to do. I enjoy being on her shift."

"My goal is to help more families with autistic children. The employment rate for people with autism is going up. It was the lowest, now more companies are hiring people with autism. I have gained more experience in a positive way. Taylor and Tyler, and Chick-fil-A Turtle Creek, have been so helpful to me."



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ART | MUSIC | FOOD | CRAFTS | FUN

For more information about Art and Stroll, call 870.236.0714.

On February 21st, the Paragould Chamber of Commerce hosted The 13th Annual Paragould Chamber Showcase at the Paragould Community Center, and it was a success! Centennial Bank won 1st place in the booth decoration contest. Paragould Light, Water, & Cable won 2nd and Linwood Animal Hospital placed 3rd. Organizers thank everyone who was a part of the event.



SCATTER CREEK FIGHTIN' TOMS NWTf BANQUET

The 2019 Scatter Creek Fightin' Toms chapter of the NWTf held their annual banquet in Paragould. The event supports the National Wild Turkey Federation's mission of the conservation of the wild turkey and the preservation of our hunting heritage.

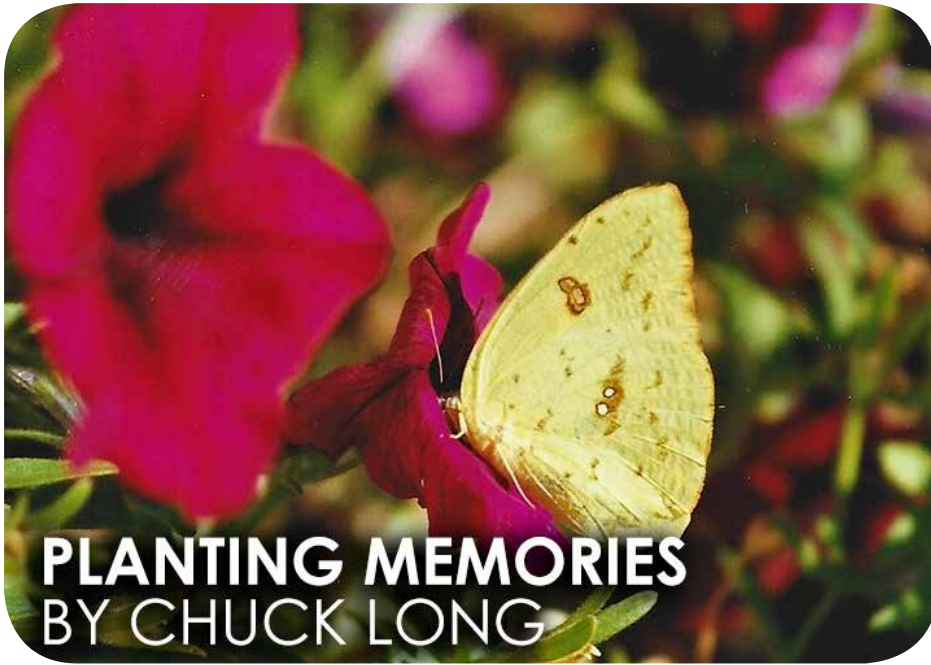
Funds raised are donated locally to area school archery teams and to fund college scholarships. To join or for more information contact Kyle Franzen, 870.530.2320



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PLANTING MEMORIES BY CHUCK LONG

The corn stalks were well over my head and the clean rows provided a great place to hide from the summer sun. The tomato plants were caged to withstand the heavy weight of the fruit. Okra plants rivaled the height of the corn, but the limbs were sparse due to the daily harvest. Potatoes and onion plants quietly grew their bounty in the sandy soil of the Coffman community while peppers, squash and zucchini were carefully planted in rows and hills and harvested on a daily basis.

It was my Papa Blanton's garden, a wonderful place from spring to fall. The red, yellow, orange and green colors are still vivid in my mind as the plants produced their bounty each year. So are the smells of fresh turned dirt, gas fumes from the old tiller, as well as the smell of pesticides and gun powder that helped keep varmints out of the garden.

Gardening is a wonderful way to spend time outdoors. Papa's garden was a big production,



but one of the great things about gardening is it can be done on a large scale or it can be as simple as a few tomato and pepper plants. A garden can be designed to enhance the menu at home or to provide needs for birds, butterflies and other creatures.

A vegetable garden can be started anywhere there is dirt. A small spot in the yard is easily prepared with some tilling equipment and a little work. Once worked, a great first step is to run a soil test and then amend the soil accordingly. Much of the dirt on the ridge tends to have more clay and be dense and might require the addition of some type of material to loosen the soil. Sandy soil provides a great base for a garden and is easy to work though it will also require some additional amending and nutrition to help the plants produce to their potential.

Small raised beds are becoming very popular as they can be used in lots of spaces that would be difficult to work the soil. Raised beds are as simple as putting up a few boards and adding soil or other growing substrate. Another popular option for small spaces would be growing in containers or pots.

The usual fruits and vegetables are fairly easy to grow with tomatoes, squash, okra, peppers and green, leafy vegetables being high on most lists. Potatoes, sweet potatoes and sweet corn require a little more room and a little more care but are also big producers.

Another gardening option is to plant for birds or butterflies. This can be done as a standalone garden or in conjunction with a vegetable garden. Great options for butterflies include coreopsis, aster, coneflower, cosmos, Mexican hat, redbud trees and cypress vines. Milkweed is vital to Monarch butterflies as they use these as a place to lay their eggs. Flowering plants for birds include sunflowers



CHUCK LONG

Regional Education Coordinator Northeast Education
Division Arkansas Game and Fish Commission

and coneflowers as well as some listed for butterflies. Trees like dogwood, maples, mulberry and crabapple will meet many needs of local birds. There are vast amounts of information in the form of books and websites that can help in the planning, and most nurseries are very knowledgeable and can be helpful. One note: many of the plants and trees that are most valuable for birds, butterflies and other wildlife may not be the most appealing if beautiful landscaping is the desire, but a combination could be a great way to accomplish both goals.



One other specific bird that I often get questions about is the hummingbird. There are many plants and trees that will attract these speedy guys. Not only do they like nectar, they will also eat insects while visiting the garden. There are many options for hummingbirds with plants like bee balm, snapdragons, hollyhocks, foxgloves and day lilies being high on the list. Vines like morning glory, honeysuckle and trumpet vine, as well as some flowering trees, will help as well.

Gardening is a great way to produce food but there are many other benefits. Tests have proven that active gardeners can decrease stress, relax, increase dexterity and decrease depression among many other things.

I hope you will take some time this year and spend some time in a garden. If you have no clue, find someone who gardens and ask a few questions. One of my greatest regrets in life is that I did not learn more about gardening as I watched my grandparents work with great joy in their expansive gardens. I wish I had a few notes on gardening as well as a fresh batch of fried okra from Mama Blanton. Get out this year and get your hands dirty and I hope to see you out there!

DIEGO RANCH

By Caitlin LaFarlette

An equine assisted therapy program in Jonesboro seeks to support the community by thinking outside the box of traditional therapy.

Michael Jackson, president of Diego Ranch, created the non-profit in 2016 because of his personal experience with dyslexia. The horses and therapy program at Diego Ranch make it easier for him to focus and slow down.

"I also remember growing up and seeing students separated in school because of a problem or disability," Jackson said. "I saw these students being teased at lunch all the time because we didn't understand them and they were different."

Jackson said his hope is to create compassion for others and show them he cares. He understands every person is different, but each student at Diego Ranch is treated the same. Jackson and his team don't see disabilities, they see people building on their strengths.

"Each session is one hour long and they learn many different things as they progress through our program," Jackson explained. "They could be learning to brush, walk, give baths or even ride."

Students are also taught to read the body language of horses, as well as how horses read the body language of people.

"All of our teachings can be used in each person's life experiences and how they treat others," Jackson added.

With a mental health therapist and physical therapist on staff, Diego Ranch aims to be one place to receive physical, mental and occupational therapy. Jackson currently serves over 250 students each



Owner Michael Jackson fits Ethan Gray with a helmet to prepare for a riding session.



Ethan Gray enjoys his first horse ride.

week, and along with Clear Passage Therapies Inc., is busy with a research study to help children with autism.

"Our study will pave the way for a change in the way insurance companies look at therapy options for children with autism," he said.

Jackson also has 20 years' experience as a general contractor and has plans to create a facility for Diego Ranch that would be in between a barn and hospital setting. He is aiming for an environment free of mold, mildew, rusty metal and nails.

"Our building will be a fabric building, so no sweating to cause mold or mildew, versus a metal building," Jackson said. "The fabric also helps the environment inside stay 20 degrees warmer in the winter and 20 degrees cooler in the summer."

Jackson said he needs to find the right property to build the facility on, as the demand for therapy services is ever increasing.

"The demand is huge," he said. "I receive phone calls daily on a daughter, son, grandchild or someone personally needing help. From self-confidence, anger, anxiety, depression, suicide, dyslexia, autism, cerebral palsy and even marriage problems."

Jackson said studies, as well as personal experience, prove horses provide physical, occupational and emotional growth unlike any other therapy. Equine therapy builds confidence, self esteem and motor skills, and allows children to overcome fears and develop skills that can be translated to real life situations.

"It is an honor to be able to serve and be a part of miraculous changes in these children's lives," Jackson said. "My staff and our amazing horses have built a beautiful bond and trust with these students that I feel no one else has with that individual."



Bentley Wood leads his pony around the riding ring.



*Missa Vowell
Photography*

Lexi Rudi

By Caitlin LaFarlette

One of the hardest days of Ginnie Rudi's life was when her two-and-a-half-year-old daughter, Lexi, was diagnosed with autism at the Dennis Developmental Center in Little Rock. Yet since that day, the family has come far in progress.

Lexi, now 17, is a senior at Greene County Tech High School. She was also diagnosed in June 2016 with epilepsy. After she was first diagnosed with autism, Ginnie had Lexi tested by GCT's speech therapist and at three years old, Lexi started school.

"Over the years we have tried sign language, ABA [applied behavior analysis], PECS [picture exchange communication system] and a communication device," Ginnie said. "She now uses an app on her iPad for communication."

Lexi does have some language but when Ginnie can't figure out what her daughter needs or wants, they use the iPad to get the message across. In school, Lexi is in a self-contained classroom for one-on-one work but attends P.E. outside of that. She has received occupational and physical therapy, as well as speech therapy.

"We are now down to just getting speech," Ginnie added.

Like most teenagers, Lexi loves her electronics. Ginnie said her daughter has two iPads and a DVD player that go everywhere with her.

"She loves to watch YouTube," Ginnie added. "She takes pictures and records videos on her iPads."

Ginnie has attended several walks with the Autism Association of Northeast Arkansas and said she enjoys the feeling of being able to do something with her child.

"If they have a complete meltdown, no one stares or makes rude comments because they have all been there," Ginnie said. "They all understand."

Lexi's younger brother Austen also understands. He was only a month old when his sister was diagnosed and has never known her any other way. Ginnie said Austen is Lexi's biggest cheerleader and supporter.

"He loves his sister and is always willing to help out with whatever he can for her," she said.

However, Ginnie recognizes that not everybody can be this accommodating for somebody with autism. She said she thinks many people get scared when they hear the word "autism" and don't know how to interact with somebody on the spectrum.

"I get that," Ginnie said, "but you're missing out on a great person if you don't try to understand it. A person with autism wants to be accepted just like anyone else."

In Lexi's case, she is considered nonverbal but knows what is happening around her.

"She knows when you're talking about her, whether it is good or bad," Ginnie said. "She has feelings just like any other kid her age."

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“Bloom With Us” is a partnership of First Community Bank and P. Allen Smith to design and install pollinator gardens at many of our branches in an effort to raise awareness of the benefits of pollinators and to help beautify our communities.

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PREPARING FOR

prom

By Amanda Whitt

Prom season is upon us and you know what that means! It's time to start thinking about all the tiny details that go into making your prom night perfect.

I can still remember my prom and that was back in -- well, let's just say before Pinterest and YouTube. I spent the entire day getting ready. First was picking up his boutonniere then off to my hair appointment. Afterward, I came home to get dressed. I never really wore makeup in high school so I opted for mascara, lip gloss, and body shimmer. That was the first and last time I used body shimmer. I was shampooing that out of my hair for days! My day of glam went pretty smoothly and that's because I had a schedule for my appointments and I stuck to it.

Prom is such a fun and exciting time in a young person's life, but sometimes it can be a little overwhelming if you don't know where to begin. Here is a list of tips and tricks to help save you time during this hectic season.

2 MONTHS BEFORE

Book your hair and makeup appointments. These appointments book up really fast.

1 MONTH BEFORE

Start a skin care regimen and drink plenty of water. You want your skin looking flawless and radiant for your prom photos.

1 WEEK BEFORE

Brow maintenance. Never schedule a facial wax appointment on the same day as a big event. Once the skin has been waxed it will sometimes be red or puffy for a little while afterward.

2-3 DAYS BEFORE

Schedule your spray tan appointment. Don't wait for the night before. The spray tan solution needs time to set in to your skin and, heaven forbid, you have a mishap at the last minute. If you schedule last minute the person that spray tanned you may not be able to touch up any problem areas you may have.

DAY BEFORE/DAY OF

Manicure and Pedicure time. It never fails. The nails are always the first thing to mess up. Make sure to make these appointments before your hair and makeup appointments. That way all you'll have to do is relax when it's time for hair and makeup.

NIGHT BEFORE

Use a clarifying shampoo to remove any residue or product buildup on the hair to help give you major volume.

INSPIRATION PHOTOS

Have your photos ready to show the stylist your ideal hair and makeup looks. Also, bring a photo of your dress so they can match lip shades or eye shadows.

Wear a button down shirt for both hair and makeup appointments. This will make it a lot easier to change into your dress later.

I also want to add that you will need to contact your florist for the corsage and boutonniere once you have found your dress. When placing your order early with the florist you are ensuring they will have ample enough time to order anything they need to create your floral pieces.

Just remember: This is a guideline to go by. Find a system that works for you and more importantly, HAVE FUN!



Ashley Mays
Unico Bank

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STEINER EVENT GROUP HOSTS *Bridal Expo*



On February 24th, Steiner Event Group hosted the SEG Spring Bridal Expo at the Cooper Alumni Center at Arkansas State University. Brides and grooms got to interact with vendors where everything was at their fingertips to make their day special. The event included a rotating fashion show on the floor throughout the event including bridal gowns, tuxedos, formal wear, and so on. This year featured two new items, including a vote on the Best Vendor Booth at the expo, and a vendor meet-and-greet 45 minutes prior to the beginning of the expo. The next bridal expo is set for Sunday, September 15th at the Cooper Alumni Center. You can find more information on Facebook on the SEG AR Bridal Expo page.



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"For the month of April, stop by or call us to get a quote while mentioning NEA Baptist Center for Good Grief and we will donate \$10 to the organization! No purchase necessary."

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2019 ART & STROLL

Downtown Paragould

The date is set for 2019 Art and Stroll. Join Main Street Paragould Saturday April 27th, 2019, for art, food, artisan crafters, fun, and music in the "One and Only" Downtown Paragould. We'll be partying on Pruett from 10 a.m. to 7 p.m.! For more information or vendor opportunities, check out Main Street Paragould on Facebook or you can call (870) 240-0544.



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Jodi Turano, DO | Michael Ketcham, DO | Kristin Owens, MD | Chris Bellamy, DO

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2019 Kids' Events

April

Every Wednesday Children's Storytime

When: Each Wednesday at 10:30 AM
Where: Greene County Public Library

120 North 12th Street, Paragould
Info: mylibrarynow.org

13

Keep Calm and Color On

When: Wednesday at 4:30 PM
Where: Children's Library at Craighead
County Public Library
315 W Oak Ave., Jonesboro
Info: libraryinjonesboro.org

20

Easter Egg Hunt

When: Saturday at 2 PM to 4 PM
Where: Gamble Shop Local Park
5036 Highway 49 N, Jonesboro
Info: (870) 931-3352

Samuel McPherson used one of the first days of Spring Break to work on some soccer skills on the local fields. Samuel, 12, is the son of Jason and Amy Elms of Paragould, and Steve and Jennifer McPherson, also of Paragould.



IN THE KNOW: Centennial Rotary Park



By Caitlin LaFarlette

The centennial celebration of the Rotary Club of Jonesboro will provide a gift to the community and recognize the service given by club members.

The Rotary Club of Jonesboro Centennial Plaza was a gift proposed by a committee of former club leaders established in April 2016. Beverly Parker, past president of Rotary Club, said the gift was launched to benefit the entire community while being sustainable. The club was established in August 1919 and in the past 100 years has been an important asset in the community.

A needs assessment was conducted using data from the Downtown Jonesboro Association, Jonesboro Unlimited's Resident Survey, Vision 2030 Report, a Foundation of Arts survey and a driving tour of the downtown area. Parker added multiple conversations with

Mayor Harold Perrin and city staff were held regarding plans for the downtown area.

After a year, the Centennial Committee and the Rotary Club's board of directors approved the project. The plaza will be located on the corner of Church Street and Monroe Avenue adjacent to The Forum.

"Features of the plaza include a small stage structure for musical or performance arts, weddings," Parker said, "as well as an open area where a variety of events and celebrations can be held."

The plaza's location in downtown Jonesboro was chosen to assist with downtown revitalization, as well as its central location and willingness of the city to help rehabilitate the space.



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"The site was selected because the space was already owned by the city," Parker said. "It was felt that by improving the space, the city could have a superb open-air venue in the heart of downtown that could be used for multiple functions."

The plaza will also feature shade structures or awnings to be used during activities such as farmer's markets, art festivals and community celebrations. Parker said a small, handicapped accessible music park with four instruments for children will also be provided, and sight lighting will improve the area and accommodate evening events. The Rotary Club had its start downtown at the Hotel Nobel and a small replica was incorporated into the plaza design to fit the streetscape of downtown and provide a historical link, Parker said.

The city also provided support by improving drainage and working with City Water and Light to move electric lines underground. Parker said a portion of Monroe Avenue was closed to enlarge the space and improve safety.

"This has greatly enhanced the appearance of the area," she added.

Rotary Club members targeted the downtown area for improvement and set out to leverage community assets. Parker said all Rotary Club projects must relate to one of five avenues of service, one of which is economic development.

"By partnering with the city and members of the community, a central gathering place will be provided with the express goal of bringing people together for events and celebrations," she said. "The overall goal is to enhance the vibrancy of downtown."

Some on-hand funds from the Arkansas Sportshow, sponsored by the Rotary Club, were used to back the project but Parker said numerous partners provided financial help to make the plaza a reality, and the Jonesboro community members played a big role, too. Many of the construction costs were donated by local companies and Rotary Club members spent the last year fundraising. Parker added donors will be permanently recognized at the site on bronze plaques in appreciation.

The Rotary Club of Jonesboro Centennial Plaza celebrates a formal dedication on April 26. Pre-ceremony entertainment is planned before the scheduled dedication at 4 p.m. The dedication is scheduled in conjunction with the Rotary District's annual meeting and a number of Rotary clubs throughout Arkansas will be represented. The future president of Rotary International will be in attendance and the public is invited to the ceremony.

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The Northeast Arkansas Susan G. Komen Race for the Cure is Saturday, April 27, 2019, and we want you to be a part of the AMMC PINK PACK! Keep in mind, you do not have to be present to participate. You can register as a virtual participant. To get started, follow these easy steps to get registered:

- Go to arkansas.info-komen.org
- Click REGISTER in the top right corner
- Select JOIN A TEAM
- Select NO to create a new account
- Provide your Contact Information, click NEXT
- JOIN A TEAM
- Enter: AMMC PINK PACK to join!



NEACAC SPREADING AWARENESS FOR CHILD ABUSE PREVENTION MONTH

By Richard Brummett

April is designated as Child Abuse Prevention Month across America and the Northeast Arkansas Children's Advocacy Center (NEACAC) in Jonesboro is hoping the public will recognize the need to support young people who are victims of abuse and maltreatment.

That support, according to the NEACAC Executive Director Amanda Frankenberger, can come in any number of ways. "Donations, new clothes, toys in very good condition," she said, "financial donations ... they always help. There are always little projects that need to be done; if people will just consider making life better for these children."

Statistics show that every year more than 3.6 million referrals are made to child protection agencies involving more than 6.6 million children (a referral can include multiple children). The United States has one of the worst records among industrialized nations – losing on average between four and seven children every day to child abuse and neglect. A report of child abuse is made every ten seconds.

"On our end, we are always thinking of how we can get the community to help us help these kids," Frankenberger said. "We just want people to be mindful of the need that exists. Paragould is great, Jonesboro is great, but lots of families here and in the area live way below the poverty line. Sometimes the moms themselves were victims but no one listened to them so maybe they don't realize now their children are also victims. Mom probably never received help when she was the victim, and now the cycle continues.

"We are trying to get our hands on these kids and help them survive," she said. "We even have a lot of non-offender parents who bring their children in; maybe it's a boyfriend or a relative who's at fault. Everything we do is designed to make the children feel comfortable and have the courage to come and tell somebody what is going on."

When a child is referred to NEACAC due to physical, emotional or sexual abuse they are met by professionals who guide them through a healing process. First, they are allowed to relax in a playroom setting. Then videotaped interviews observed by investigative professionals take place while the child interacts one-on-one with the interviewer. After that, if an on-site medical exam is necessary it is administered, and the last step is for the family to be informed as to the findings of the investigator.

An ensuing plan of action may include prosecuting the offender or scheduling therapy sessions for the child. "The little ones often come out and say our place feels so safe or so comfortable," Frankenberger said. "It's designed to make them feel comfortable. It takes a lot of courage for a little child to tell some of these things to someone."



Studies have also shown that victims of child abuse often succumb to mental health disorders, addictions, and related issues such as a higher risk for intimate partner violence; alcoholism and alcohol abuse; illicit drug abuse; smoking and drinking at an early age; depression; suicide attempts; and sexual and reproductive health issues and risk factors including multiple sexual partners, sexually transmitted diseases and unintended pregnancies.

Frankenberger said the NEACAC serves seven counties -- Clay, Craighead, Greene, Lawrence, Mississippi, Poinsett and Randolph -- and the goal is "to try and help in any way."

In conjunction with the Child Abuse Prevention Month observation, Susan Burrell Hutchinson -- the current First Lady of Arkansas and wife of Gov. Asa Hutchinson -- will be at the Craighead County Courthouse in Jonesboro on April 10 to plant pinwheels and help raise awareness for kids who are victims of abuse. Mrs. Hutchinson has proven to be a strong supporter of the cause and has years of experience advocating for and working with children.

Frankenberger said anyone interested in becoming "Pinwheel Sponsors" for the ceremony may call her office at 870-275-7902 or visit www.neacac.net or www.facebook.com/nea.cac.1 to learn more about the non-profit NEACAC.

HAPPENINGS



MANILA BLAZIN' BBQ FESTIVAL SET FOR APRIL 20TH, 2019

Join us for the Annual Manila Blazin' BBQ Festival free to the public hosted each year the third Saturday in April in downtown Manila, Arkansas – just 40 minutes from Jonesboro and 20 minutes from Blytheville on HWY 18. Bring the family out to enjoy delicious food, a craft fair, kids activities, live music and more! Festivities will start about 9am and go until the evening. For more information, visit facebook.com/blazinbbqfestival.



SHAWNIE CARRIER JOINS JETTON GENERAL CONTRACTING, INC.

"We are thrilled to add Shawnie to our executive team," said Andrew Berner, JGC President and CEO. "Her pedigree and track record of success are impeccable, and she possesses a clear strategic vision and road map for our company to engage and lead, both locally and beyond."

OAK GROVE MIDDLE SCHOOL STUDENTS PLACE AT REGIONAL SCIENCE FAIR



Students who won in the 6th grade Oak Grove Middle School science fair had the opportunity to compete in the Regional Science Fair at ASU on Friday, March 8. These OGMS students placed in the Junior Team Division:

1st Place: Andi Pillow

2nd Place: Abi Wyatt and Emma Powell

3rd Place: Foster Wazenegger and Thomas Slayton

Honorable Mention: Lily Agee and Kenna Harwell

In the Junior Engineering and Mechanical Division this student placed:

2nd place: Ebbi Fuwell.

In the photo, pictured from left are Lily Agee, Kenna Harwell, Foster Wazenegger, Thomas Slayton, Emma Powell, and Abi Wyatt. Not pictured are Andi Pillo and Ebbi Fuwell.



FOOD BANK OF NORTHEAST ARKANSAS RECEIVES GRANT

The Food Bank of Northeast Arkansas announced that a grant it received from the Arkansas Community Foundation, totaling \$1,500, is being used to distribute fresh produce in Greene County via two Fresh Produce Mobile Pantry distributions.

GREENE COUNTY TECH REPEATS AS COMMUNICATION DAY CHAMPS



Greene County Tech High School repeated for the third year as the top overall Sweepstakes Award winner at the 81st annual A-State Communication Day for Arkansas and Missouri high school students at Arkansas State University. A total of 153 students from 17 different high schools competed in 23 contests in areas of broadcast and print journalism, social media, narrative film making, photojournalism, sports, editing and more. Ninety-three students participated in the Saturday campus competitions.



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BIRTHS



Nevaeh Agnes Brown

Proud parents Crystal and Dayton Brown of Rector welcomed their newborn, Nevaeh Agnes Brown, into the world on March 15th, 2019.

Neveah was delivered at Arkansas Methodist Medical Center, weighed 7 pounds, 14 ounces and measured 20 1/5 inches long.

She is welcomed by older brother Xzavier, grandparents Lynette Barringer, Linda and Robert Brown, and Darrin and Cheryl Barringer.

ENGAGEMENTS



Kortney Clayton & Brad Reeves

Kortney Clayton and Brad Reeves of Paragould have announced their engagement and plans to be married on June 1st, 2019, at The Delta Gin in Wynne, Arkansas.

The bride's parents are Greg and Erin Clayton and Carolyn Clayton. The groom's parents are Dwayne and Corda Reeves.

Photography by Jorden Elizabeth Photography



Candace Hinkle & David Fox

Candice Hinkle of Berlin, NJ, and David Fox of Waterford Works, NJ, have announced their engagement and plans to be married on September 7th, 2019, at Refuge Church in Lake City, Arkansas.

The bride's parents are Steve and Suzette Hinkle. The groom's parents are William and Laura Fox.

Photography by Whitney Thompson Photography



LIVING A Better Story

By Jared Pickney

Can I have a future worth getting excited about? In the midst of all the brokenness and times of uncertainty? In a world with cancer, death, divorce and all kinds of dysfunction? A world with school shootings, corrupt politicians and crazy people who keep their finger on the nuclear button? The question is, can I, in the midst of the pain and the sorrow and unanswered questions of life, lift up my head and discover hope over the horizon?

Life is hard. We all sin. We all get sinned against. We get body slammed time after time. Eventually we suffer to the point that we are weakened, and then we die. Eat your

kale. Cut out your gluten. Do yoga or cross fit or both. But one day, we are all going to draw our last breath on Earth.

That's the bad news. The good news is that because of Jesus, our death can be much more like a gardener than executioner, freeing us up to experience the life we have been longing to live. A life where we will no longer find ourselves filled with shame, fear and guilt. A life where all sad things will come untrue.


This is why every year Christians around the world celebrate Easter. It serves as a reminder that just as Jesus experienced a death, burial and resurrection, we too, who

hope in him, will experience a death, burial and resurrection. As a result, we will one day be just as we are now, but with all the sin and imperfections rinsed out of us.

The truth is, God is not asking you to settle for anything. Rather, He is inviting you to stop settling. He's not offering you some consolation prize. Rather, he is holding out for you, by his grace and mercy through Christ, the future you are longing for. A future that is as durable and rugged and immortal and eternal and glorious as the resurrection of Jesus.

skin cancer is the most common form of cancer

Now is the perfect time to start practicing sun-safe behaviors and get your skin checked for suspicious moles and lesions. A typical visit to Paragould Plastic Surgery for a skin examination, is about 15 minutes. This examination could detect skin cancer in its early stages.


Paragould Plastic Surgery
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April

EVENTS CALENDAR

5

What: First Fridays at the Forum presents Nettleton High School Jazz Band

When: Friday, April 5th at 7:30 p.m.

Where: The Forum Theater (115 E Monroe Ave, Jonesboro)

Info: Under the direction of Peggy Jeffries, this talented group of musicians will entertain you with their smooth sound and perfect song selection. So sit back, relax, and enjoy! Adults: \$7, ASU/Senior/Military/Children: \$5. Tickets available at foajonesboro.org, (870) 935-2726, or The Forum box office.

6

What: Ballads in the 'Boro

When: Thursday, April 6th at 7:30 p.m.

Where: Gamble Shop Local Park

Info: Local rockers, divas, & bands will gather for the best Lip-Sync battle Jonesboro has ever heard! Raising Funds for cancer research as well as local cancer programs & patients. View performers and purchase tickets online at balladsintheboro.com

10

What: Northeast Arkansas Children's Advocacy Center Pinwheel Ceremony

When: Wednesday, April 10th at 10 a.m.

Where: Craighead County Courthouse Lawn

Info: You are invited! 2019 Pinwheel Ceremony with 1st Lady Susan Hutchinson.

12-14

What: GCFAC presents "Winnie the Pooh" at the Collins

When: Friday, April 12th through Sunday, April 14th

Where: The Collins Theatre (120 W. Emerson Street, Paragould)

Info: Greene County Fine Arts Council presents "Winnie the Pooh" at the Collins Theatre. Curtain times are 7:30 p.m. Friday and Saturday, and 2:30 p.m. Sunday afternoon.

14

What: Grand Opening for First United Methodist Church of Paragould's new fellowship hall and gym

When: Sunday, April 14th at 10 a.m.

Where: First United Methodist Church (404 West Main Street, Paragould)

Info: Everyone is invited to celebrate for the ceremony followed by a tour of the new space. A reception will follow. The first service will take place that morning at 9:00 a.m.

13

What: Clean Sweep Paragould

When: Saturday, April 13th from 9 a.m. to 12 p.m.

Where: Downtown Paragould

Info: Help the Paragould Regional Chamber of Commerce volunteers make Paragould look its best! For information or to volunteer, call the Chamber at 870-236-7684.

19-20

What: The Ultimate Oldies Show at the Collins

When: Friday, April 19th at 7 p.m., Saturday, April 20th at 7 p.m.

Where: The Collins Theatre (120 W. Emerson Street, Paragould)

Info: Your favorite songs from the 50's, 60's and 70's. Advance tickets for general admission may be purchased at Ignited Gifts in the Paragould Plaza, or PostNet. Price per ticket is \$15.

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

graphics@mormediainc.com

20

What: 2nd Annual Manila Blazin' BBQ Festival

When: Saturday, April 20th from 9 a.m. to 5:30 p.m.

Where: Downtown Manila, Arkansas

Info: Join us for the Annual Manila Blazin' BBQ Festival free to the public. Bring the family out to enjoy delicious food, a craft fair, kids activities, live music and more! For more information, visit facebook.com/blazinbbqfestival

20

What: Great American Cleanup 2019

When: Saturday, April 20th from 9:30 a.m. to 11 a.m.

Where: Crowley's Ridge State Park Pavilion 2

Info: Help keep Crowley's Ridge State Park clean and green. The first 30 to pre-register will get a free t-shirt. Registration before the event is required for a free pizza lunch and t-shirt. To register, call (870) 573-6751 ext.2 or email crowleysridge@arkansas.com.

27

What: "Mary Poppins" Movie Night

When: Saturday, April 27th at 6 p.m.

Where: Paragould First United Methodist Church

Info: Paragould First United Methodist Church will host a movie night in the new contemporary worship center, showing the movie "Mary Poppins" (the newest version). All are welcome to come to the free event. FUMC is located at 404 West Main Street. For more information about other activities, visit their website at www.fumcparagould.org.

27

What: Greene County Historical & Genealogical Society Heritage Fair

When: Saturday, April 27th at 9 a.m.

Where: Griffin Memorial United Methodist Church (524 East Court Street, Paragould)

Info: Everyone is welcome. No registration fee. For information call GCHGS at (870) 240-8944.

GET RICH WITH RICHARD BRUMMETT



I meant to share this information weeks ago but I forgot, which basically confirms my suspicions that I am not forgetful after all but, rather, a genius.

According to a recent study, forgetfulness is a sign of higher intelligence. Some people have a more efficient brain and easily memorize more things and details. On the other hand, there are people who cannot remember tiny details or things they have learned a long time ago. And then there's me, who can forget at least five things a day without even trying but according to researchers from the University of Toronto, these minor brain lapses are completely normal as the old memories in the brain can be "overwritten" by new ones.

They also found that people with a better memory are not necessarily more intelligent, and actually discovered that the opposite might be the case. They claim that it is much more useful to memorize a larger scale of everything and forget tiny facts than memorizing all details. Forgetfulness, according to them, is a sign of extraordinary intelligence.

I love these people, whoever they are. I read their names but don't remember them now, which makes me feel really good about myself and my intelligence level. I've never actually been to this school or met any scientists from there, but since its name isn't the University of Toronto/Bob's Quik Mart and Used Tire Center, I'm going to say they know what they're talking about.

I've been worried about my mental faculties lately. I've noticed I have begun to walk out of rooms and leave the lights turned on and I will make plans to do something only to

realize I was going to do ... something. What it was, I have no real idea but now, instead of fretting, I feel like high-fiving myself.

Twice in recent weeks I have started the coffee maker only to walk across the kitchen and see my coffee cup sitting on the counter next to the sink. Once, I was able to snatch it up and make a quick reverse pivot, putting it in place before a single drop of coffee made its way downward. The other time I learned that the drip pan on the machine holds exactly one cup of coffee.

I can think back over my life and realize how much this information about "smartgetting" things could have helped me, like all those times my JV basketball coach grabbed me by the jersey because I didn't run a play properly and shouted at me, "Are you an idiot?" I assumed I was and mumbled either "yessir" or "nosir" but today I could look him straight in the eye and say, "No. Actually, I'm darn near genius. And really, I don't even remember why you're yelling at me."

Shortly after I got married, I forgot to pick my wife up after work because I wasn't used to having a wife. When we finally made contact, she was not happy and I felt dumb,

not knowing that I was, in truth, too smart to go get her. That might have saved me from several paragraphs of apology, but unless we got divorced sometime in the last 46 years and I forgot about it, things worked out okay.

The author of the review study explains that the real purpose of memory is the optimization of decision-making. The brain achieves this by filtering out irrelevant details and holding on to things that will contribute to intelligent decisions in the real world. That's what I've been doing since about the time I turned 60 -- filtering out irrelevant details. I am using that to explain how I left my jacket somewhere and a ball cap somewhere else and still have no idea when my children's wedding anniversaries are or what the license plate number on any of our vehicles might be.

I am focused on more important things like remembering to fix sandwiches, tuning the TV to the ballgame before tip-off time and possibly turning magazine copy in before deadline. In the past, if I turned stories in late, I was somewhat embarrassed; now, thanks to this study, I feel more smarter. My brain is just too busy overwriting things for me to remember such trivial matters.





Whitney & Justin

By Whitney Kimbler

We first met at a July 4th party at a house he rented with some fraternity brothers. Our first date was the movies viewing American Sniper in December of 2014.

We have many things in common but there are opposites about us as well. We both love football but I'm an Alabama fan and he loves Ohio State. So the fall season gets interesting around the house. One of my favorite memories is traveling to Nashville for his birthday and playing the escape game before we really knew what they were. We were locked in a room, just us two of us, and we rocked it! The funniest thing was as soon as they locked the door he said, "There's the key at the bottom of that map." And he was right!

It was December 16, 2017, and we decided to do Christmas early. I opened a ring holder in the shape of an elephant and I thought it was

the cutest little thing. He gave me my next gift and it was a coffee mug with the initial K on it. (I always told him to get me K stuff when we got married.) I looked up and in our home he was down on one knee with the most beautiful ring I've ever seen and he asked me to marry him!

We chose a movie theme because of our first date and used the colors purple based off my ring. The whole wedding was a wonderful dream. Everything played out perfectly and we had a blast. I couldn't stop staring at him in awe because I was so excited our married life was just beginning.

He's my other half. I'm the goofy social butterfly and he's your calm "go with the flow" person. We level each other out.



Photography By Amy Reeves Photography

REYNOLDS HOUSE RECYCLES

By Jenny Brown

Jeana Hayes (pictured) teaches math, science, and writing at Woodrow Wilson Elementary School, but Mrs. Hayes' students also have the opportunity to learn about something else she is extremely passionate about: recycling. Through teaching elementary students in Kansas a story about recycling, Hayes had the epiphany that she, herself, needed to take more of an interest in the future of our Earth and becoming an example for her students by recycling. Hayes did some research on her own about the different types of materials that can be recycled and became an avid recycler at home. When moving to Northeast Arkansas, Hayes realized recycling was a newer concept to some in this area, and she made it a mission to share her knowledge and passion with others, especially her students. Last school year, after working with the principal, Jon Fulkerson, at Woodrow Wilson, Hayes was able to implement city recycling bins in common areas throughout the school as well as in the classrooms of teachers who also wanted to join in promoting recycling. But Hayes didn't stop there.



Woodrow Wilson Elementary implemented a House program this school year, where all students and staff are randomly sorted into House classifications that are named after notable people in the city of Paragould. Hayes was sorted as a member and sponsor of the Reynolds House. Each house was given the challenge of finding a philanthropic

cause for which students and staff could devote their time and efforts. As Reynolds House sponsors discussed school, community, and international outreach options, Hayes saw this as a teachable opportunity, and with her guidance, the Reynolds House decided that recycling would be its philanthropy of choice. The students of Reynolds House decided they would pick up the recycling from around the school bins each week to prepare it for pick up.

Over the summer, Mrs. Hayes had visited 7th and Mueller Church of Christ and learned of a group of ladies who, along with others, repurposed plastic grocery bags by turning them into "plarn," a form of plastic yarn. The plarn is then crocheted into sleeping mats and shipped to children and families in the country of Haiti. A group from Belle Meade Nursing and Rehabilitation Center also helps to make plarn, and these ladies have said that being involved with the project helps them fulfill a purpose. Hayes saw this as an opportunity to again involve the Reynolds House, but this time aimed toward an international impact. As part of the Reynolds House philanthropic efforts, a school-wide challenge was made for all students and staff to bring plastic grocery bags from home to donate to this cause during Woodrow Wilson's Great Kindness Challenge week and throughout the rest of the school year. Phyllis Meier, a member of the 7th and Mueller ladies group, came and spoke to the students about their mission and

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how they turn plastic grocery bags into plarn and then into sleeping mats. Students got to see how their bag donations were changing the lives of the families in Haiti. After this story gained publicity through social media and the local newspaper, others from the community started helping out. Bags are being sent to Woodrow Wilson from all over the city of Paragould, and as a result of the publicity, a group of ladies from another church has joined the efforts in mat-making. Also, on April 1st, the ladies from 7th and Mueller will be teaching a Girl Scout troop how to join the effort by introducing them to plarn making and crocheting mats.

As awareness grows, Hayes has future plans to extend the recycling efforts at Woodrow Wilson even further by separating recyclable materials into plastics, cardboard/paper, and soda cans. She believes this will promote awareness among students and staff of other recyclable materials and also help with sorting. Hayes would like to see more organizations in the community recycling, as well. Hayes stated, "Passing my passion and knowledge of recycling on to my students is important because they are the recyclers of the future."



*He & the Boys are Making Plans...
You & the Girls Should Too!*

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WHAT'S COOKIN'?

RECIPES TO IMPRESS FOR EASTER (OR ANY TIME!) LEMONY BACON-ARTICHOKE DIP



Ingredients:

5 thick-sliced bacon strips, chopped
1 can (14 ounces) water-packed quartered artichoke hearts, drained and chopped
2 garlic cloves, minced
2 packages (8 ounces each) reduced-fat cream cheese
1/3 cup sour cream
1/2 teaspoon onion salt
1/4 teaspoon salt
1/8 teaspoon pepper
2 tablespoons lemon juice
1/2 cup grated Parmesan cheese
Pita bread wedges, toasted

Directions:

1. Preheat oven to 400°. In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 2 teaspoons in pan.
2. Add artichoke hearts and garlic to drippings; cook and stir 1 minute.
3. In a large bowl, beat cream cheese, sour cream, onion salt, salt and pepper until smooth. Beat in lemon juice. Fold in artichoke mixture and half of the bacon.
4. Transfer to a greased 2-qt. baking dish. Sprinkle with remaining bacon; top with Parmesan cheese. Bake, uncovered, 25-30 minutes or until golden brown. Serve with pita wedges.

Recipe courtesy of allrecipes.com

TANGY HONEY GLAZED HAM



Ingredients:

1 (10 lb) fully-cooked, bone-in ham
1 1/4 cups packed dark brown sugar
1/3 cup pineapple juice
1/3 cup honey
1/3 large orange, juiced and zested
2 tablespoons Dijon mustard
1/4 teaspoon ground cloves

Directions:

1. Preheat oven to 325 degrees F (165 degrees C). Place ham in a roasting pan.
2. In a small saucepan, combine brown sugar, pineapple juice, honey, orange juice, orange zest, Dijon mustard, and ground cloves. Bring to a boil, reduce heat, and simmer for 5 to 10 minutes. Set aside.
3. Bake ham in preheated oven uncovered for 2 hours. Remove ham from oven, and brush with glaze. Bake for an additional 30 to 45 minutes, brushing ham with glaze every 10 minutes.

Tip: Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Recipe courtesy of tasteofhome.com

BANANA PUDDING CHEESECAKE



Ingredients:

1 1/2 cups finely crushed vanilla wafers
1/2 cup chopped pecans
1/4 cup butter, melted
17 vanilla wafers
2 large ripe bananas, diced
1 tablespoon lemon juice
2 tablespoons light brown sugar
3 (8-oz.) packages cream cheese, softened
1 cup granulated sugar
3 large eggs
2 teaspoons vanilla extract
1/2 cup coarsely crushed vanilla wafers

Directions:

1. Preheat oven to 350°. Stir together first 3 ingredients in a small bowl until well blended. Press mixture onto bottom of a greased and floured 9-inch springform pan. Stand 17 vanilla wafers around edge of pan (rounded sides against pan), pressing gently into crust to secure. Bake 10 minutes. Cool completely on a wire rack.
2. Combine bananas and lemon juice in a small saucepan. Stir in brown sugar. Cook over medium-high heat, stirring constantly, 1 minute or just until sugar has dissolved.
3. Beat cream cheese at medium speed with an electric mixer 3 minutes or until smooth. Gradually add granulated sugar, beating until blended. Add eggs, 1 at a time, beating just until yellow disappears after each addition. Beat in vanilla. Gently stir banana mixture into cream cheese mixture. Pour batter into prepared crust.
4. Bake at 350° for 45 to 55 minutes or until center is almost set. Remove cheesecake from oven; gently run a knife around edge of cheesecake to loosen. Sprinkle top of cheesecake with coarsely crushed wafers. Cool completely on a wire rack. Cover and chill 8 hours.

Recipe courtesy of southernliving.com

Stay Tuned

What's in store next month?
The Brothers Behind
Scatter Creek Berries



Learn about the brothers behind the berries.

Farmer's Market



An inside look at local farmer's markets.

Jonesboro Premiere Award Winners



See who won best in Jonesboro!

On The Cover: Candace Dalton
Photo By: Amy Reeves Photography

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