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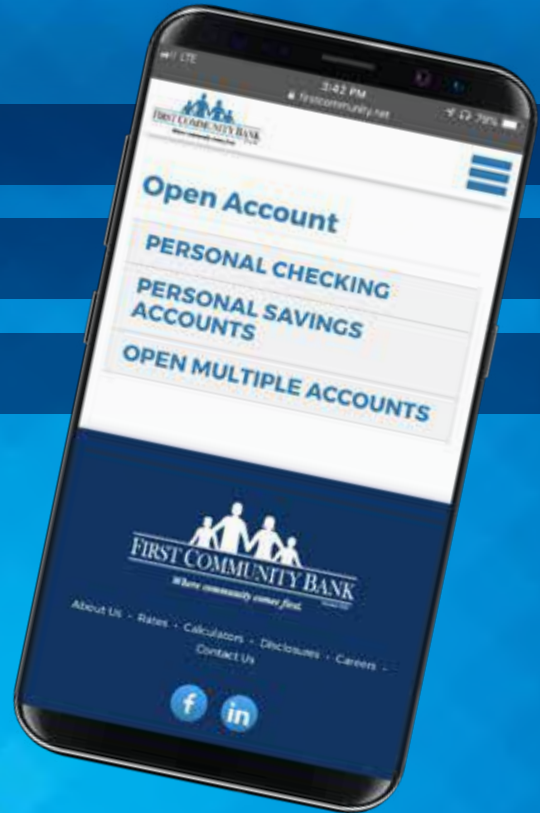
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# From The PUBLISHER... DINA MASON

“

If you are young and you hear, “Time flies by faster the older you get,” you really do not understand how true that is! Even the saying, “The days are long but the years are short” doesn’t hit home until a bit later in life. But as the years fly by so fast now, I can’t help but think I must be getting old.

September leads into my favorite time of the year -- FALL. My family will vouch for my being the pumpkin spice queen. I love the brisk air, leaves changing colors, fires and the holidays. It has been such a busy year already but fall always seems to be the busiest.

In Northeast Arkansas there are so many fall festivals and, of course, the fairs. It also kicks off a barrage of non-profit fund raisers that are FUNdraising for great causes, but also great FUN and fellowship. We attempted to gather information on many of those (at least the ones in which MOR MEDIA is involved)

so you can make your plans to participate and enjoy yourselves while helping your community non-profits accomplish their goals: Helping local people through so many programs. Remember, if you have events coming up, let us know and we can at least get them on future calendars. We love being the resource for our readers to find a good time and a good cause.

Our cover and highlighted event is the 2nd Annual Cattle Baron’s Ball, benefiting the American Cancer Society. NE Arkansas has been hit hard recently with the Red Wolf family’s loss of Wendy Anderson, who lost a long and courageous fight with cancer. We offer prayers and condolences to Coach Anderson and to all of Wendy’s family. We admire her strength and theirs and we aspire to keep up the fight through fundraising events like these and educational opportunities through our editions of Premiere.

”



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# A-STATE MUSEUM HOSTS 'Rockabilly!' EXHIBIT

Teens living in the 1950s learned to dip, dive and jive to the raucous, rockabilly sound. Now, one can come and learn all about the music that grew up in our back yard at Arkansas State University Museum's newest exhibit, "Rockabilly! The Northeast Arkansas Story."

On Thursday, Aug. 15, the ASU Museum teamed up with the broadcasting service of A-State, KASU, to celebrate the opening of the newly completed exhibit.

Northeast Arkansas played a significant role in shaping and disseminating rockabilly music, an early form of rock 'n' roll most widely associated with Elvis Presley's debut single, "That's All Right," recorded in 1954.

"'Rockabilly!' is rich with music, history and visuals that engage visitors on many levels and perhaps answers questions they may have," stated Dr. Marti Allen, director of the museum.

Listening stations offer opportunities to hear songs from the region's many rockabilly musicians, helping visitors understand what made rockabilly special, and how it differed from other musical styles in the pre-rock 'n' roll era.

Visitors can discover what musical elements make up rockabilly by isolating and mixing the elements at "that rockabilly sound," and see how blues, country, gospel and other musical genres contributed to the unique sound of rockabilly.

Those not sure about the difference between blues and rockabilly will want to see "rockabilly or not-a-billy." Individuals wanting to know more about rockabilly's origins can browse through the toe-tapping songs and highly relatable biographies of rockabillys hailing from the rural areas of 1950s Northeast Arkansas.

Visitors will recognize the music of stars like the late Sonny Burgess and Larry Donn, and encounter names they may have forgotten about or never heard before.

The exhibit also features performance instruments used by some of our region's rockabilly stars and notably significant sound equipment that helped generate the local sound for which Joe Lee's Variety Recording Studio became famous.

Early bird guests enjoyed warming up to live music by Rockin' Luke Stroud, presented by radio station KASU. According to Mark Smith, station manager, KASU is proud of its long history of presenting rockabilly music on 91.9 FM and at various events throughout Northeast Arkansas.

University and city officials cut the ribbon and officially launched the exhibit.

The exhibit was funded by proceeds from ASU Museum's 2013 and 2014 Rockabilly Boogiefest concerts, individual donations, the museum's own members, and by the ASU Museum.

"'Rockabilly! The Northeast Arkansas Story' is about us, for us, and by us. Join us," Allen added.



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# NEA Artist

By: Caitlin LaFarlette

“Genre fluid” band Skinny Powers hits the stage this September at the Downtown Jonesboro BBQ Fest.

Skinny Powers, based in Memphis, makes its way to Northeast Arkansas for a weekend of food and music and the members are ready to put on their best show with the opportunity they have been given.

Vocalist Mitch Gammill of Manila was the beginning of Skinny Powers around five years ago when he wrote and recorded his own songs in his home studio, “in hopes of finding people that it resonated with enough to make the irresponsible decision of starting a band with me.” By chance, Gammill found somebody to make that decision with when he set out to buy an engagement ring.

Jeweler Ed Harris of Memphis sold Gammill the ring and during the process, the two learned of their shared interests.

“We got to talking about music, we became friends, I heard some of his music and was immediately impressed with his voice and songwriting abilities,” Harris said. “He needed a drummer, and the rest is history.”

Aside from playing drums for Skinny Powers, Harris has worked with Piston Honda, On a Dead Machine and Surrender the Fall. He also runs a production company in Memphis with Luke John, as well as a solo project called Omerta with David Cowell.

Chris Earnhart, a guitarist from Lake City, joined Skinny Powers in 2017 after networking and making necessary connections in the local music scene. When Gammill reached out to Earnhart, he jumped on board. Bassist Scott Thorn also joined through his connections with Gammill and the band took off. Thorn and Earnhart have also worked on their own projects including Burning Waco, and the two are working on a funk band project to be released later this year.

When asked about their music style, they all agree there is no genre that fits them. They collectively pull from a variety of different styles. Gammill is the one who coined the “genre fluid” term for the band and Harris said he wouldn’t really know what category to place their album under.

Since coming together, the musicians have performed at some of Memphis’ most renowned venues, such as Minglewood Hall, Growlers and Hi Tone. On June 21 they released their first album and shortly after announced their lineup at Downtown Jonesboro BBQ Fest, thanks to their networking skills. Harris said the band is fortunate to have people like Jim Green and Mike Glenn involved in the Memphis music scene who have opened doors for musicians in the area.

“If you can prove that you have what it takes to entertain a large crowd, and handle yourself like a professional, you may get a call out of the blue one day with an opportunity that you will be eternally grateful for,” Harris said. “Memphis has some legends behind the scenes, and we are lucky to have them.”

“This will be one of the largest audiences that Skinny Powers has performed in front of as of yet so we are going to bring our A game,” Earnhart added.

When it comes to performing, all four members take to the stage in order to truly be themselves.

“Breaking out into song anywhere else is generally frowned upon. Learned that the hard way. Sorry to anyone who was at the DMV that day,” Gammill joked.

“My favorite part of performing live is seeing all the hard work that’s done in the studio and rehearsals come to life,” Earnhart said. “The feeling of performing to a crowd is an experience where there is a tangible exchange of energy and that is why live music is so special and valuable to all of us.”



From left to right: Scott Thorn (bass), Mitch Gammill (vocals), Chris Earnhart (guitar), Ed Harris (drums). Photo by Natalie Gammill.



From left to right: Scott Thorn, Mitch Gammill, Chris Earnhart. Photo by Mark Jackson.



Ed Harris. Photo by Mark Jackson.

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Finally, an optional **PARTNERSHIP SHOWCASE** may be organized and added to the workshop agenda to provide opportunities for relevant vendors and service organizations to network with participants and share relevant preparedness and mitigation information.

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<b>Strong Wind</b>	Strong wind can knock over trees and damage buildings <b><u>ACTION:</u></b> Move indoors away from windows
	
<b>Heavy Rain</b>	Heavy rain can cause flash flooding <b><u>ACTION:</u></b> Avoid rising creeks and water-covered roads
	
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A new holiday tradition for Northeast Arkansas will begin this winter. Christmas at the Park will be held at Joe Mack Campbell Park beginning Friday, November 22, 2019, and will continue through January 4, 2020. The drive-through light attraction will feature over half a mile of holiday light displays, along with opportunities for photos with Santa, concessions and a Red Wolf Howl scavenger hunt.

Group, the founding sponsor of the event, believes projects like this greatly benefit the city.

The announcement made on July 30 for the new community event was attended by Santa himself, who announced it was a bit warm for his preferences but that he can't wait to come back to celebrate the season.

"We want people to create traditions here, bring their families here and basically enjoy the great community we have here in Jonesboro," said Garner. "As physicians practicing here, we are proud to support Christmas at the Park."

"We are so excited to bring this new opportunity to our great city," said Adam Sartin, the owner of Ground Crew, presenting sponsor of the event. "We want Christmas at the Park to be a long-standing tradition that residents across the Northeast Arkansas region will want to visit each year."



With 35 holiday collections, comprised of over 350 different pieces, Christmas at the Park is an event for the entire family and hopes to grow each year. Dr. Matt Garner, president of St. Bernards Medical

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# RESTAURANT insights

By Gayle Brock



Asian food is unique when it comes to food preparations and flavors. A common misleading conception in America is that Chinese and Japanese are very similar in cooking style and flavors when, in fact, both are very different.

In America, you can go to just about any town and see so much of the same when it comes to cooking and cooking styles. The same holds true for Chinese and Japanese styles; however, all are as different from one another as the East is from the West.

I had the pleasure of sitting down with Susan Pan, who along with her husband Timothy Pan, owns Kimono Japanese Steakhouse restaurant in Paragould. Susan described the differences and what it takes to cook Japanese food vs. Chinese food. And she and her husband should know. Both are from China and are very familiar with the Chinese style of cooking. The amazing duo also owns a Chinese restaurant in downtown Jonesboro called Dragon City. Susan said, "Cooking Chinese food came easy; we know Chinese food, but we both had to learn the style of Japanese cooking," which they did, right here in the heart of America.

Timothy moved from China to the U.S. in 1994 and Susan arrived in 1997. Funny thing is, they both are from the same area in China and neither knew the other until they met up in downtown Jonesboro and later married.



Susan started out in Kentucky and with her brother began learning the Japanese style of cooking while her future husband was busy opening his restaurant in Jonesboro.

Susan stated, "Cooking Japanese food was a real learning curve because all I knew was how to cook Chinese ... Japanese people love their sushi and Chinese, not so much." And let me tell you, the sushi here is outstanding, with flavors that leave your palate wanting more. The whole design of the sushi makes you swear it is actually a piece of art instead of something you are fixing to consume.

"Japanese clearly love their raw foods and those foods take on real visual aesthetics,"



Susan said. "The Chinese have a saying of how they mastered the fire, so they are more into cooking their food and making it stand out."

According to Susan, "Japanese love fish, chicken and beef more than pork meat, unlike the Chinese who prefer eating beef and pork."

While in Kentucky, Susan learned how to not only cook great Japanese and American foods, she also learned the art of entertainment. She moved to Jonesboro where she met and married Timothy 18 years ago. Together, they both have always known they wanted to open a wonderful Japanese steakhouse like Kimono. The only problem was, they didn't exactly know where.

It wasn't long before fate would come knocking on their door. Their friend, Grace, owned a building in Paragould and offered it to them to open what would be the first Japanese restaurant in town. Their original restaurant was located on Kingshighway. It wasn't long before they outgrew that location and broke ground in 2013 at their current one. Susan stated, "I



will always be grateful to Grace for bringing us to Paragould. Paragould is a wonderful little town with wonderful people. Grace gave us an opportunity of a lifetime and allowed us to bring great Japanese foods to this area, and because of Grace, we have never looked back."

When I asked what it was that made the Pans who they are today as successful restaurant owners, she smiled and said, "I am more business oriented and he is more into the fresh foods and being the chef."

I then asked about that "wonderful soup" they fix at Kimono's – her reply: "It is a slow cooking process of several vegetables and chicken, cooking very slowly for 10 hours in a huge pot. When the soup is done, the vegetables and chicken are done away with and only the broth is served with slivers of mushrooms and onion."

Who knew? No wonder the flavors are one-of-a-kind – kind of great! "Kimono's also makes all their sauces homemade each and every day," Susan said.

Something that pleases them when they think of Kimono's and all the hard work poured into making it what it is today, is the approach that, "Great foods make people happy and we love making our customers happy with our flavors," Susan said, "but we also love bringing a great entertainment with our Japanese style of cooking. No matter if you are a child or an adult, almost everyone loves sitting at our hibachi grills and being entertained by our chefs.

"I personally love it too!"

Kimono's is located at 2708 Linwood Drive and business hours are:

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You can find them at [www.kimonosteakhouse.com](http://www.kimonosteakhouse.com) and on Facebook at [www.facebook.com/kimonojapanesesteakhouse](http://www.facebook.com/kimonojapanesesteakhouse)



# Welcome to Wilson

A Day Trip for Escaping the Hustle and Bustle

By: Lindsey Mills



“Where the World Meets the Delta,” is the tagline of a small town near the state line of Arkansas and Tennessee. Wilson has developed a bit of a reputation in the area; whispers of the small town that is taking big strides are

spreading over Northeast Arkansas. A farming community and former “company town”, Wilson is known for its dedication to preserving history and its innovation regarding sustainability.

Drive into town on Highway 61, and you might find the town bustling with activity, or you might catch it still half-asleep. The first thing you see, depending which way you come in, might be the sign for the Wilson Cafe. The restaurant run by Joseph Cartwright and Shari Haley boasts fresh ingredients, often from just down the road at Wilson Gardens. According to the nice man tending White’s Mercantile across the street, the only way to go wrong is to “not order dessert.”

The Tudor-inspired town square has been revitalized since its conception by town-founder R.E. Lee Wilson Jr. in 1925. The square is home to shops, the library, and the Hampson Archeological Museum. Stroll through the square after grabbing a coffee from the Wilson Welcome Center. Learn about the nearby Nodena Site of Late Mississippian Period Native Americans, and enjoy the quiet of this small town, even on a Saturday.

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# PET OF THE MONTH

By: Brandi Newsom

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Owni<sup>O</sup>ng a pet is good for your heart. Sassy came to my family during the darkest time of my life. I had just lost my brother to cancer and was really struggling with grief. Becoming a pet owner was never something I considered due to my busy schedule. Little did I know, being a pet owner was exactly what I needed during this period of my life. Sassy has been such a positive distraction for me. Although cats are known for being aloof, her curious and loving disposition are just a couple of the reasons I love her so much.

When we first got Sassy, I agreed she could be "garage kitty" and only come inside occasionally. Occasionally quickly turned into her never going outside. I couldn't stand the thought of her being out there. Her personality and style didn't fit the description of a garage kitty. She loves to wear fancy collars and has a new one for each holiday.

I jokingly refer to her as my service kitty, but honestly, her comforting companionship over the past two years has lifted my spirits on the hardest days. Losing Clint Dickson was like losing a part of myself. There are no cures for the dull aches in my heart, but my sweet fur baby has been a piece of my healing process.



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# THE REBA RUSSELL BAND

The Reba Russell Band performed on August 3 at the Collins Theatre in Paragould with openers Arkansas Brothers.

Reba Russell is a name synonymous with the Memphis music scene. Beginning in the music business in the 1980s and currently fronting the Reba Russell Band, Reba has covered most bases in the music industry. She is a published songwriter, vocalist, guitarist, backing vocalist, bandleader and producer, as well as a touring and recording artist. Reba and her band tour throughout the United States and Europe and have released eight independent albums. She is a highly respected Memphis studio/session vocalist but she is perhaps more popularly known as a powerful live performer. Reba has performed back-up vocals for U2 ("When Love Came to Town"), B.B. King, Bono, "The Class of 55 Homecoming" featuring Johnny Cash, Roy Orbison, Jerry Lee Lewis, and Carl Perkins, and on Huey Lewis and the News' album "Soulsville". In 2018, the band received a "Brass Note On Beale Street."

Opening act was The Arkansas Brothers, featuring Jess Hoggard on acoustic guitar/vocals, Tim Haggard-harmonica/vocals, and Matt Pierce-guitar/vocals.



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# GREENBRIER-MARMADUKE GROUNDBREAKING



On August 7, Greenbrier-Marmaduke held its groundbreaking ceremony with a welcome and introductions by Greene County Judge Rusty McMillon, Mayor Steve Dixon, Vice-President of Manufacturing at Greenbrier Brett Broadway, and Arkansas Secretary of Commerce / Arkansas Economic Development Commission Executive Director Mike Preston. What was ARI is now Greenbrier-Marmaduke-GBX.

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# TAKE A DRIVE ON THE *Wild Side*

By: Sara Brown

Have you ever gone to the zoo, seen the animals, and wondered what it might be like to get a closer look? With one of the largest collections of zoo animals in the United States, the Tennessee Safari Park, located just under two hours from Paragould in Alamo, Tennessee, is an amazing way to get up close and personal with some of your favorite animals. Zebras, ostriches, camels, and a giraffe are just some of the animals available to see and feed (but don't touch!). There's a critter for everyone.

The five-and-a-half mile stretch is filled with animals more than happy to come up to the car in exchange for food from your food buckets. Some passengers may be nervous about the idea of feeding animals not seen every day. I went into the park feeling uneasy about all the animals coming up to (and sometimes into) the car, but as the drive went on I was able to relax and enjoy feeding them.

After the drive-through, there is an additional area filled with zoo animals including lemurs, many different species of birds and reptiles, a petting zoo, a playground, and a giraffe that really likes carrots.

For \$16 per adult, \$12 for kids, and a \$3/ feed cup, guests can feed as many animals as desired and stay as long as they can hold out. Even on a crowded summer day, we were able to feed every species of animal the park had. My friends and I had an experience we won't soon forget.

For all the information needed to plan a visit to the Tennessee Safari Park, visit [www.tennesseesafaripark.com](http://www.tennesseesafaripark.com) or call 731-696-4423.



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# Labor Day Dogs

By: Dr. Kristin Sullivan  
ARPets Hospital

**L**abor Day: A day to remember and think of those currently serving in the military, sacrificing, and ensuring our safety and freedom. Labor Day is not just a celebration of the people who make all these daily sacrifices – time away from family and loved ones, but a day to remember the dogs that are also serving to protect our great nation.

Dogs have long been utilized in our military; their keen sense of smell, unmatched agility, and ability to learn and follow directions have helped provide assistance and support in times of war, national emergency, and routine daily tasks.

The work these specially trained canines perform varies from sniffing out explosive devices to sniffing out nuisance plants. Canines can parachute with their handlers, detect scat and track animals, help to gather food, detect poisonous/dangerous plants and animals, assist with finding and the safe removal of victims from car and building wreckage, and detect innumerable health conditions among a long list of other jobs and duties.

These canines are well-trained and sometimes sacrifice it all, without question, without hesitation – like so many men and women. We are blessed beyond measure to live in such a wonderful country, where we are free. I would like to take this opportunity to thank all the men, women, and canines keeping this country that way. Have a happy and safe Labor Day.



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# THIRD ANNUAL GREENE COUNTY RETIRED AND CURRENT LAW ENFORCEMENT OFFICERS REUNION



By: Richard Brummett

Paragould's Community Center played host to the third annual Greene County Retired and Current Law Enforcement Officers Reunion in July, an event that seems to grow with each succeeding year.

Organizer Omer Overbay, a Greene County Deputy Sheriff, said the reunion gives members of law enforcement a chance to get together with former fellow officers for a nice meal and a time of recollection.

"People can see folks that they haven't seen in many, many years," Overbay said. "I enjoy seeing them have a good time with people that they worked with years ago."

The evening for the retired and current Greene County law enforcement officers started off with a time for visiting and sharing stories, followed by a meal provided by members of the John 3:16 Ministry program. Time was set aside to honor current and past chiefs of the Paragould and Marmaduke police departments, as well as former Greene County sheriffs.

Judge Dan Stidham served as the guest speaker and provided some little-known facts about the West Memphis 3 case and his involvement with it several years ago. Sheriffs, police chiefs, deputies, state troopers, law enforcement officials and dispatchers -- along with family members and friends -- assembled to share stories from the past. Overbay indicated he will continue to help plan the reunions as long as officers indicate they will attend.

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# CATTLE BARON'S BALL HONORARY GUEST SPEAKER

*Dwight Tosh*  
By: Caitlin LaFarlette

The 2019 Cattle Baron's Ball guest speaker will take the stage October 9 to share his story of more than five decades of surviving cancer.

Seventy-year-old Dwight Tosh of Jonesboro was chosen as this year's Honorary Survivor by committee chair Leslie Conner. Tosh will join others for an evening of raising awareness and funds for the American Cancer Society.

In 1962, when Tosh was just 13 years old, he was diagnosed with non-Hodgkin's Lymphoma.

"I'm the longest living survivor from St. Jude Hospital," he said.

Tosh has spent his years traveling the country to share his story at fundraisers for St. Jude and in 2018 he was featured in the St. Jude Promise Magazine, where he reflected on going from playing baseball and basketball to being carried through the doors of the brand new St. Jude Children's Research Hospital with a cancer diagnosis. Yet when he left the hospital, he walked out on his own.

During his time at St. Jude as a child, Tosh said there was no one nurse or doctor that stood out to him because "each one was special." He returned

to the St. Jude family in 2007 as the first survivor to enroll in the St. Jude LIFE program, a long-term follow-up study that provides health screenings for childhood cancer survivors throughout their adult lives. The program has made prominent advances in genome sequencing, describing how cancer therapies impact organ functions and identifying

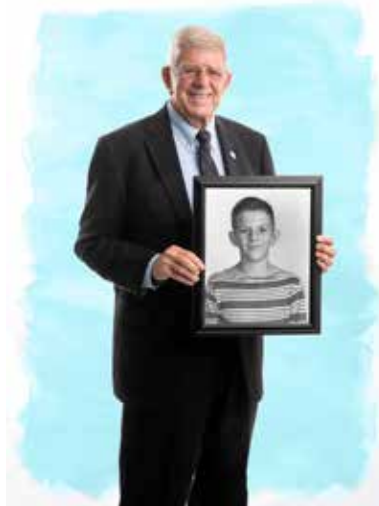
new and unexpected late health effects according to St. Jude's website.

At the Cattle Baron's Ball, Tosh will share his journey of childhood cancer, as well as going from a career at the Arkansas State Police to being a State Representative.

"My story pays tribute to God, family, St. Jude and many other heroes in my life," he said.

According to a Cattle Baron's Ball press release, there will be 16,000 new cases of cancer in the state of Arkansas alone this year. The event

is dedicated to changing those odds. For Tosh to be someone who survived those odds and is now coming full-circle with his narrative, he said he is "blessed and always grateful to be given the opportunity to stand and tell my story, and give thanks to all those that were not only there for me in my darkest hour, but those that have believed in me during life's journey."







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# DOWNTOWN PARAGOULD EVENTS

September 14th  
GCFF's Get Downtown at the Power Plant



September 23rd  
KASU's Bluegrass Monday with The Little Roy and Lizzy Show at the Collins Theatre, 7:00pm



September 30th  
Taste of the Ridge at The Crossing



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**Caitlin LaFarlette / Tyler Kenney: October 19th**  
**Summer Huffine / Alex Garmrath: October 26th**  
**Lauren Hodge / Chad McClain: November 9th**  
**Morgan Whitsell / Elijah Carter: November 11th**  
**Maggie Williams / Ryan Wolf: November 30th**  
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**20th** The Collins "Homegrown Music Series" Li'l' Red. Watch our FB page for show times and ticket information.

**23rd** KASU's Bluegrass Monday with The Little Roy and Lizzy Show at the Collins Theatre, 7:00 p.m. No admission but they do pass the hat to pay the artists. Recommended donation \$5 per person.

Get updates and more information on Facebook or [collinstheatre.com](http://collinstheatre.com)





# CATTLE BARON'S BALL LEGACY AWARD RECIPIENT

*Hannah Aldridge*

By: Caitlin LaFarlette

What began as a simple fundraising event turned into something much bigger for Jonesboro native Hannah Aldridge, the 2019 Legacy Award recipient.

As a freshman at Arkansas State University, Aldridge attended her first St. Jude Up 'til Dawn event and immediately fell in love with the organization's mission to fundraise and bring awareness to childhood cancer. She then interviewed to join the student board that hosts the event each year and served the remainder of her college career, even becoming director in her senior year.

"In total, we raised around \$230,000 while I served on the executive board," Aldridge, now 23, said. "I also started running the St. Jude half-marathon in December of each year since 2016 and have raised over \$4,000 through donations from friends and family."

Aldridge's interest in raising awareness for cancer soon took a personal turn, however. In 2016 her father, Roy Lee Aldridge Jr., was diagnosed with Type 4 Colorectal Cancer.

"He and my mother traveled countless times to St. Louis so my father could be treated at Barnes Jewish Hospital," she said. It was there the family was introduced to the American Cancer Society Hope Lodge.

The Hope Lodge is a hotel-style venue where a patient and one caregiver stay an endless amount of nights while being treated, and they receive a free stay, meals, support groups and even spa and game nights, "so the guests can take a break from the draining battle with cancer and enjoy time together," Aldridge said.

"I stayed at the Hope Lodge several times with my father and it sparked an idea in my head that Northeast Arkansas needs a Hope Lodge for people being treated at our hospitals," she added.

Aldridge then made the decision to join the Young Professionals Against Cancer board to raise money and awareness for the American Cancer Society chapter in NEA. Due to her hard work, she learned in January she was the recipient of this year's Legacy Award.

"I was thrilled," she said. "At the time, my father was still alive and battling Stage 4 Colorectal Cancer so when I told him the

news he was even more excited than I was. This award is such an honor and I will forever be grateful I got to share the news of receiving it with my dad."

The Legacy Award is given yearly to an individual or group of people who have shown outstanding support for cancer awareness and raising money for cancer fighting organizations, Aldridge explained. The Cattle Baron's Committee nominates and votes for the recipient each year.



# GAMBLE HOME BACKPACK DRIVE

Gamble Home just completed its fifth annual backpack drive. One of the pillars of the company is community giveback. As with its Buy A Bed, Give A Bed program, they are honored to have been able to come together with an amazing community in order to provide dozens of children with backpacks and school supplies.

Gamble's rotates donations across area schools, because they want to make sure every child in the community has the tools they need to succeed and help create a better tomorrow. This year they were able to partner with Jonesboro Math & Science Magnet School and Westside Schools.

"We wouldn't have been able to do any of this without the support of the amazing community around us," a Gamble's representative said. "We at Gamble Home want to thank you all from the bottom of our hearts. We are so honored to be a part of this community."





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2019 Kids' Events

# September

## Each Monday & Wednesday Storytime

**When:** Each Monday & Wednesday at 10:30 a.m.

**Where:** Greene County Public Library  
120 North 12th Street, Paragould  
**Info:** (870) 236-8711

11

## After School Activities: Creative Kids

**When:** Wednesday at 4:00 p.m.

**Where:** Children's Library at the Craighead  
County Jonesboro Public Library  
315 W Oak Ave, Jonesboro  
**Info:** libraryinjonesboro.org

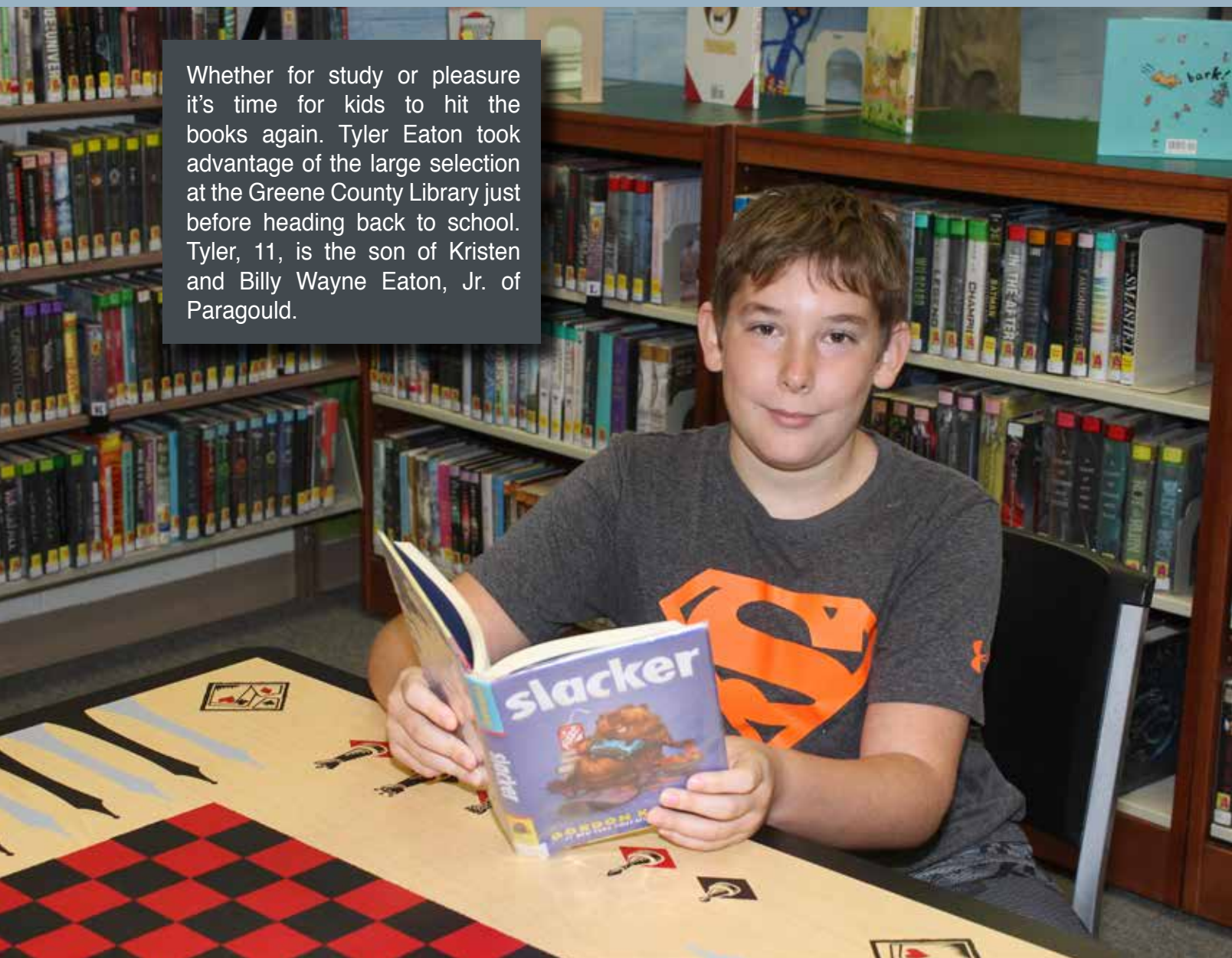
20

## After School Activities: Mind Games

**When:** Friday at 4 PM

**Where:** Children's Library at the Craighead  
County Jonesboro Public Library  
315 W Oak Ave, Jonesboro  
**Info:** libraryinjonesboro.org

Whether for study or pleasure it's time for kids to hit the books again. Tyler Eaton took advantage of the large selection at the Greene County Library just before heading back to school. Tyler, 11, is the son of Kristen and Billy Wayne Eaton, Jr. of Paragould.





# Local High School Students Receive Unique Summer Experience with NYITCOM



**N**ine high school students from Northeast Arkansas spent their summer immersed in science thanks to a new program hosted by New York Institute of Technology College of Osteopathic Medicine on the campus of Arkansas State University.

In June, NYITCOM launched a new program titled SHARE, which stands for Summer Health Academy for Research Exploration. The eight-week program provided intense laboratory exposure along with a cluster of professional/career development activities to expose the students to a number of potential careers in STEMM (Science, Technology, Engineering, Math and Medicine) fields. Harrisburg, Brookland, Valley View and Nettleton high schools were represented among the nine students who participated in the program.

Twice a week, the students received a presentation from a professional who works in a STEMM field, including NYITCOM and Arkansas State University faculty. The interactive sessions gave the students an opportunity to hear about potential careers they may like to pursue and ask questions of the professionals. SHARE participants were each paired with an NYITCOM faculty mentor, with whom the students conducted research and received encouragement.

"It was an excellent experience for all of the students and for the faculty that were involved," said Rajendram Rajnarayanan, PhD., assistant dean

of Research at NYITCOM. "We had a number of tremendous speakers that gave the students valuable information about their careers, and I really enjoyed watching the students engage and learn."

The SHARE program is funded by American Chemical Society, #ProjectSEED, NYITCOM, Arkansas Biosciences Institute and Community Health Centers of Arkansas, Inc. (CHCA). Each student received a stipend for participating in the program, a critical element of SHARE.

"Students often miss out on valuable educational opportunities like this because they have to work in the summer," Rajnarayanan said. "We are extremely grateful for the support of our sponsors who are investing in these students to give them this unique opportunity."

For NYITCOM-Arkansas, SHARE provides a valuable pipeline program to foster interest in science among young people and connecting them to the medical school.

"We're seeing a shortage of people going into medical fields across the board," Rajnarayanan said. "We have to get young people excited about science and expose them to the opportunities that are out there. My hope is that we will see some of these students in our program in a few years training to become a physician."

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# LET'S BUILD THE COMMUNITY WE WANT.

By Lindsey Mills



## How do we determine a life's quality?

The phrase "quality of life" has its own definition and it certainly means something different to everyone, but the words making up the phrase have their own meanings that might help us to determine how they ended up in the same breath.

Quality is defined by dictionary.com (and the internet knows almost all) as "the standard of something as measured against other things of a similar kind; the degree of excellence of something." Though we may not want to assume worth by comparison, it can likely be assumed we all want a high "degree of excellence" to our lives, even if excellence means something different for each of us.

For example, some families may consider their quality time weekends spent bathed in the summer heat, eating concession stand food and cheering on their teams through a baseball tournament. Some families might consider their quality time movie night on the couch or lengthy conversations around the dinner table.

Life is defined as "the condition that distinguishes animals and plants from inorganic matter, including the capacity for growth, reproduction, functional activity, and continual change preceding death."

## Progress is perfection.

Isn't it interesting that for something to be considered alive it must be capable of growth and of continual change? Our world, our community, and our own thoughts and values are always growing and changing. We are alive.

When someone says they want to improve the quality of life, one might think they are insinuating there is a low quality of life at present. This is not necessarily true, but for something to be considered alive it must be able to grow and change, and for it to be considered quality, it should achieve a degree of excellence.

So perhaps we can give "quality of life" our own definition. Rather than simply stating that it is a "standard of health, comfort, and happiness experienced by an individual or group", what if we considered it a constant growth and continual change in order to reach a degree of excellence determined by our own community? And, what if we also understood our determination of excellence will not only differ,



but will itself constantly evolve as the community does.

“Quality of life is progress,” said Sue McGowan, the Director of Economic Development for the Paragould Regional Chamber of Commerce. “And it takes the understanding of an entire community to decide to make that progress. It takes community members working hand-in-hand to provide for the needs determined by every person that makes up that community.”

## Steps forward.

A community should always be striving to improve, to move forward, so as to impact all citizens and provide for all groups. Because a population and its needs are always changing, standing still might as well be moving backward. If a city is to provide for its very much alive community it, too, must be alive: capable of growth and change.

“Right now, our workforce seems to be shifting with a lot of people who are able to work remote,” said Kimberly Dale, Paragould resident and an advocate for quality of life initiatives. “With the ability to work anywhere, they’re going to gravitate towards things to do.”

The Greene County Future Fund (GCFF) is an organization that promotes urban biking/hiking trails, greenspace, and recycling efforts. The group of citizens making up the Greene County Future Fund is leading projects to help improve the quality of life in Paragould because they believe “a better environment creates a better world.”

Previously, the organization worked on the 8 Mile Creek Trail Project, a trail that will provide safer routes for cyclists, runners, and pedestrians. Trails such as the one proposed increase property value, attract more businesses, and promote better health. That project is now in the hands of the city and GCFF is told there will be progress soon with the letting of bids to start the work.

GCFF has now embarked on the “Save the Power Plant” initiative and believes that these two projects could be the cornerstones to a whole new perspective of quality of Life for Greene County.

Learn more about the Greene County Future Fund at [greenecountyfuturefund.com](http://greenecountyfuturefund.com) and be a part of building the kind of community you want by being part of a conversation that discusses a degree of excellence, along with continuous growth and change, for everyone.

# Peace, Love, and Health

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# Fishing for Fosters

By: Richard Brummett

Fishing for Fosters is a program designed to inform the general public about what is required in order to become Foster / Adopt parents, or to disperse information to families interested in fostering children. The ultimate goal is to have more people interested in establishing foster households.

July of 2019 marked the third year for the event spearheaded by Omer Overbay, Department of Human Services Community Engagement Specialist for Area 8, which covers Northeast Arkansas. The meeting was held at the Paragould Community Center.

Representatives from DCFS, Paragould Children's Homes, Christians 4 Kids, Arkansas Baptist Children's Homes (ABC), Greene County Recruitment team members and mental health providers Families, Inc., Life Strategies and ARKids Pediatric Day Center teamed with current foster parents to answer questions from interested guests.

Information provided by Overbay shows the state of Arkansas has more children in need of foster care than beds available for them. There were 4,322 children requiring care but only 3,514 beds at the start of July. The Northeast Arkansas area fared better, with all 488 kids in Area 8 having beds available.

Greene County alone had 101 children in care on July 1, just 40 fewer than its much larger neighbor Craighead County. Those numbers, plus others available from Overbay, once again confirm the need for area foster families, especially ones willing to take teenagers or siblings.

Anyone seeking more information should contact Overbay at 870-219-5998 or 1-870-972-1732, ext. 1514; or by email at omer.overbay@dhs.arkansas.gov; or visit the website [www.fosterarkansas.org](http://www.fosterarkansas.org) for answers.



Current foster families available for questions.



Representatives of all agencies hosting the event.







# IN BETWEEN

BY LINDSEY MILLS



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There's a charge in the air in the middle of August that's started to fizzle out come September. Students get excited about new school clothes or the purchase of school supplies (I can't be the only one who, even in college, was giddy with the thought of a new backpack or a set of untouched notebooks.) Perhaps some are just excited to be reunited with their friends or to get back to a routine.

The start of a new school year is similar to the start of the calendar year; it's full of potential and brimming with possibility. This could be the year things change, the year we stay organized, the year for good grades and dedicated practice. For parents, this might be the year you do it all; make every game, have dinner on the table even after a full day of work, and keep the house sparkling.

And then we're a few weeks in, our to-do's pile up and

we're back to dreaming about the next vacation. That finish line we were eager to work toward starts to seem a lot further away. Why is it we always seem to be looking toward what's next; the next weekend, the next season, the next event?

It often seems impossible to enjoy the little moments that lead up to the days we most look forward to. Anticipation builds and it makes us feel like we're running in a dream: impossibly slow. How can we learn to press Pause on the moments when we often try to hit Fast Forward? Perhaps we can't. But maybe we can at least try to live each moment in real time by thinking less about what's next and more about what's happening right now; even when what's happening right now is hard and even when it's not what we expected it would be. Each moment, each day, and each season will carry us closer to where we want to be, but we should not forget to enjoy the in-between.

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NEA Baptist now offers enhanced services for joint replacement patients with the addition of The Total Joint Center at NEA Baptist. The Total Joint Center is a program for shoulder, knee and hip replacement patients. The new program will provide cross-functional care for patients to better prepare them for surgery.

Patients can expect surgery specific information, one-on-one support, improved care during their stay and details on what to expect when they return home.

In The Total Joint Center program a pre-op class is required before surgery. Patients will receive a guidebook specific to their joint surgery. After surgery, patients will attend a group physical therapy session, in addition to their individual physical therapy sessions. Patients are also required to attend a discharge class, and personalized follow-ups will be managed individually with each patient after surgery.

To enroll in The Total Joint Center program contact the NEA Baptist Orthopedic Clinic at 870-936-8000. Class sizes are limited and patients are asked to bring a family member to their pre-op class. The Total Joint Center is located at the NEA Baptist Memorial Hospital on the fifth floor, 4800 E. Johnson Ave., in Jonesboro.

NEA Baptist Health System comprises NEA Baptist Clinic, NEA Baptist Memorial Hospital, and NEA Baptist Fowler Family Center for Cancer Care. The 228-bed hospital offers cancer care, heart care through the Heart Center, labor and delivery services through the hospital's Women's Center, as well as a number of inpatient and outpatient services, emergency care, and surgical services including weight loss surgery, neurology, respiratory care, and pulmonary rehabilitation. NEA Baptist Clinic's over 110 physicians practice in more than 35 specialties and offer a wealth of services, from pediatrics to orthopedic services.

For more information about NEA Baptist, call 870-936-1000 or visit [www.neabaptist.com](http://www.neabaptist.com).

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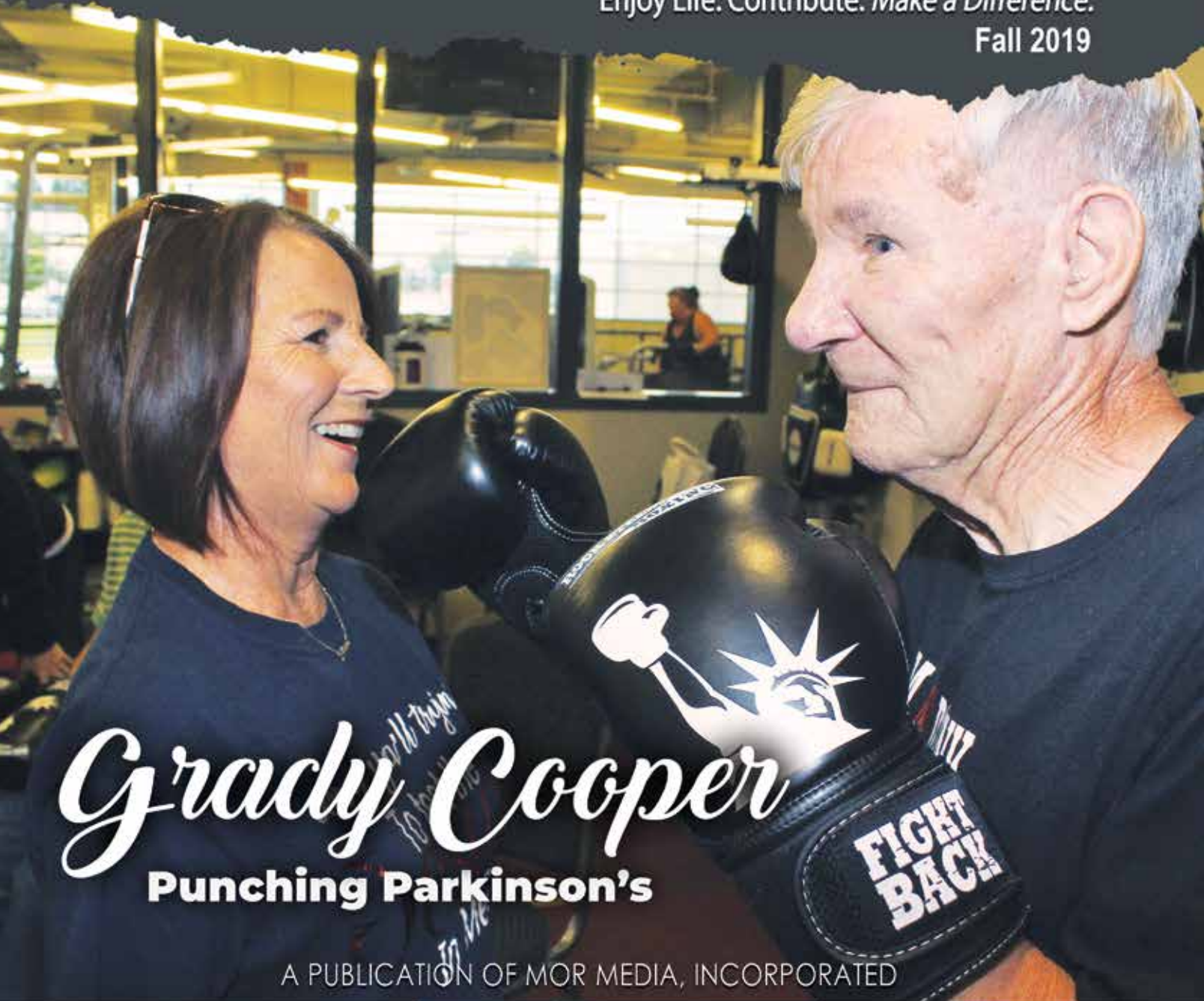


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*Grady Cooper*

**Punching Parkinson's**

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**HEALTHY AGING  
MONTH**

**SURVIVOR  
HARRY HARDWICK**

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# Senior Beach Bums



By Richard Brummett

It wasn't feasible to load all the residents of Chateau on the Ridge in Paragould on a bus and take them to the beach, so staff members figured out a way to bring the beach to them.

Chateau workers hosted a Beach Party complete with sand and surf, burgers and hot dogs, music and more in a day designed to let those who live at the facility get outside and enjoy the summertime sun. Activities Director Katy Gifford said around 30 to 35 residents came out for the day of fun and seemed to have a great time.

"We had a variety of beach games and had swimming pools with sand in them so they could put their feet in the sand like you do at the beach," Gifford said, "and we had wading pools with water in them so they

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could stick their feet in the ocean. We had a watermelon eating contest and served 'mocktails' and had beach balls and games. We were just trying to get them out in the sunshine, and so many took part. It was really great."

Chateau staffers sang and danced to music by the Beach Boys and took part in the various games that capped off a week of beach-related activities. "During the week we dressed like beach bums and tacky tourists," Gifford said, "pretty much anything you would see at the beach. The party ran pretty much all day long and we had a photo booth set up and everyone took part. I think the watermelon eating contest was the funniest, even though I almost drowned myself."

She said a few days after the beach party residents were treated to a "Cotton Pickin' Days" presentation and currently many who reside at the Chateau are honing their skills in anticipation of the September 12 Senior Olympic Games, which will be hosted by the Paragould Community Center.



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# THIRD ANNUAL SENIOR EXPO

The University of Arkansas for Medical Sciences (UAMS) Center on Aging-Northeast and UAMS Schmieding Home Caregiver Training program in Jonesboro will offer the second annual Senior Expo on November 8 at Nettleton Baptist Church in Jonesboro.

The free event will be held from 9 a.m. to 2 p.m. at the church (formerly Northeast Arkansas Fairgrounds), 7001 E. Johnson Ave. Seniors, their families and caregivers can learn from vendors and demonstrations about the valuable resources available to them in the region.

Flu shots will be available at no charge, as well as free health screenings including mammograms, bone density screening, eye and dental

screenings, hearing and depression screenings. A panel of doctors from adult medicine specialties will be available for a question-and-answer session from 11 a.m. to noon. During this time a free catfish meal will also be provided.

"Whether it's financial planning or how to deal with grief, to learning how and whom to ask for assistance all the way to long-term care and even funeral planning, information will be available at the expo," said Senior Expo co-chair Valerie Fielder, a certified dementia practitioner and program coordinator at UAMS Center on Aging-Northeast and Schmieding. "Many seniors want to live healthier lives and make sure they are not a burden on their families. Therefore, preparing for their golden years is important."




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# Manila Nursing Home Gets A Facelift

By: Richard Brummett

Visitors who haven't been to the Manila Nursing Center in a while will notice a number of changes upon their next visit but, more importantly, current residents are noticing the improvements to their facility.

Jerod Straver, Administrator at the center in Manila, said the changes are part of a "culture change. It allows more choices and helps us get away from the institutional feel to more of a homelike feel. It's not the North Hall and South Hall anymore; now the halls have street names like Nightingale Court, Lions Lane and Hummingbird Lane. The dementia area is now the Big Lake Lodge ... more of a lodge feel.

"It's to make the person feel more special," he said. "The renovations are homey. The bistro and renovations to the outside just give it all a different feel. We have updated living spaces, like the front lobby. The bistro is the newest addition and we have new hardwood floors throughout. Like I said, we no longer have hallway signs; each is now considered a neighborhood. We will have benches like you see at bus stops. Lots of our Alzheimer's or dementia patients can wait on the benches until someone comes along to help them relocate to where they want to go. There will be a facility map



Jerod Straver, Administrator at the Manila Nursing Center



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at the bus stop. It's just designed to be a homey atmosphere."

Residents may visit the bistro, located just off the front lobby, at any time for snacks, to play board games or work puzzles, or just to sit at one of the tables to relax and have a conversation. The front lobby has been modernized and TV viewing areas there and in Big Lake Lodge have a new look and feel. Straver said one of the next changes will be eliminating the loud overhead paging system and replacing it with earpieces and walkie talkies. The overhead will be used only for emergencies.

"The very homelike feel increases bonding between staff and residents," he said. "We don't have a lot of turnover; most of us have been here for years. Uniformed staff -- the same people -- work with the same people daily. It's very important for the elderly to have consistency. Dementia patients, especially, respond better to dealing with the same people day after day."

Straver said the facility currently houses 58 residents. "We are licensed for 70," he said, "but with the remodels we can only accommodate 63 now. We have a staff of 65 to 70."

Another perk to residing at Manila Nursing Center is the opportunity to bring one's own furniture along to put in his or her room. "We encourage people to bring things from home," Straver explained. "We have people bring their actual beds from home; there are no regulations against it. You don't have to sleep in a hospital bed. Everyone is more comfortable in their own bed, so we say, 'Then let's bring it.' Some bring their own TVs or chairs or furniture. It just adds to the comfort factor."

For more information, contact Straver at [administrator@manilanursinghandr.com](mailto:administrator@manilanursinghandr.com).

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# THE GOOD FIGHT:

## Grady Cooper By: Richard Brummett



**I**t's not the boxing gloves he straps on twice a week that label Grady Cooper as a fighter; it's his attitude.

Diagnosed about seven years ago with Parkinson's Disease, the Pargould resident has jumped full force into a program offered at St. Bernards Health & Wellness Center called Rock Steady, a multifaceted endeavor aimed at helping Cooper and others like him to "fight back."

Parkinson's disease is a progressive nervous system disorder that affects movement. Symptoms start gradually and may include: Tremors, or shaking, usually beginning in a limb, often the hand or fingers; slowed movement; rigid muscles; impaired posture and balance; loss of automatic movements like blinking, smiling or swinging the arms when walking; speech changes -- speaking softly or slurring words; and writing changes.

In efforts to counteract the debilitating disease, Grady and several others meet at St. Bernards twice a week to practice what used to be simple skills like walking, jogging, maneuvering around furniture items, turning without losing their balance and sharpening coordination. One of the Rock Steady phases involves putting on boxing gloves and pounding away at the heavy bag, all done with a definite purpose. When boxers train they work on agility, coordination, balance, and footwork, all of which can be a struggle for people with Parkinson's. Course exercises vary but share one common trait: They are rigorous and intended to extend the perceived capabilities of the participant.

"Parkinson's affects different people in different ways," Grady said. "It took a long time to diagnose me. First, I was shuffling. They said, 'You may have Parkinson's,' and I said, 'You're crazy.' Turned out, I

did. It's not something you get rid of, it's something you live with. It's not like a heart attack; there's no fix for it. You learn to deal with what you've got ... and sometimes you ain't got nothin'."

Keyston Beamon, Group Exercise Coordinator at St. Bernards, said one of the main things being focused on is "for us, to look at what Parkinson's does ... tremors, light voice, small steps, small movements. It kind of puts you in a box. Rock Steady was started by a district attorney who had Parkinson's and still wanted to go out in public. Boxing is full of loud, aggressive movements, things all the Parkinson's patients struggle with.

"For Grady, he has had a tendency to freeze a little bit. Balance was a big deal, so we have zeroed in on muscle memory. With Parkinson's, the messages get blocked, they're not getting computed down from the brain to the limbs or wherever; we're putting the building blocks there for him. We always cover balance and, mainly, ways to be independent. How to safely get out of bed, walk to the kitchen. For nine out of ten, good balance is the issue."

Grady said the program "really helps all these guys. Most have someone come with them, like Kaye (his wife) does for me. It's tough. I had never fallen in my life until I got this. But they teach us how to fall and how to move around in a crowd. The instructors are great. My balance is better. I'm not shaking as bad, but I can't write worth a darn. I can't catch a basketball or shoot it with my grandson, who is 12 years old. I've been coming since February, sometimes walking and jogging, but I really like hitting the bag."

Rock Steady sessions begin with participants seated in a circle of chairs,





their helpers -- known as Corner Men -- behind them, and Beamon offering up a question of the day for each to answer. "We start with Get To Know You ... every day I give out a different question as an icebreaker. Parkinson's attacks the voice. This is a chance to use an active voice and project out. Sometimes it's silly but it's good for them to laugh. We cap our groups at about 10 people. We have 42 signed up in all, and I think the biggest class is 11. It's a voluntary thing. You have to have physician's clearance, but it's voluntary. We stretch and walk it out every day. We let them dictate what we do. Our oldest person is, I think, 84 and our youngest is 51. Parkinson's doesn't care how old you are.

"They come as long as they can, as long as they want to. We try to make the individual enjoy it as much as possible. We have good days and bad days, for sure. A lot is positive thinking. If you keep saying you're going to fall, you put that in your mind, then you're probably going to fall. We tell them that no matter how you feel, come do it. I love to see folks do it. I had a man come to me today and he was crying, and he said, 'I put my socks on today.' That means something, to him and to me. As coaches, we are excited. You love to see it click and one thing we preach continually every day is attitude. If they're on fire, we're on fire."

As for Grady, Beamon said he is a combination of "star student and

class clown. He definitely will keep us laughing but, man, he really loves to get after it, too. He's determined."

Kaye said there are days when Grady doesn't feel good and even wants to skip a rehab session, but she has been known to "encourage" him to get up and get moving, and once he does he is ready to go. She sometimes places obstacles in the floor at home and helps him learn to work his way around them, something they concentrate on in the Jonesboro class sessions. "It has really helped him a lot, especially with his endurance," she said. "The last time he went to his doctor in Nashville, he said he's walking better than he's ever seen him."



Grady agreed that attitude plays a big part in success. "There are days I have to push myself," he admitted. "I'm 74 years old. I was down to 147 pounds; now I'm about 150. And I get real emotional, which is something that never bothered me before. I cry over nothing; heck, I might start crying standing right here talking to you. But this -- this is real good for all of us who come down here and try. It's teaching us how to live with what we have. It's showing us how much we can do if we just push ourselves a little bit."

For additional information about Rock Steady Boxing at St. Bernards, visit [stbernardswellness.com](http://stbernardswellness.com).

# Healthy Aging Month

By: Karan Summitt

September is Healthy Aging Month, a time designed to focus on the positive aspects of growing older. Defined as “retaining as many qualities of our younger selves for as long as possible,” healthy aging encompasses all aspects of health -- physical, mental, emotional and social.

In a country where more than 10,000 people turn 65 every day, aging is big business. Although seniors make up only 15 percent of the total population, they control two-thirds of disposable income and are responsible for 36 percent of all healthcare spending. Current life expectancy in the United States is 78.6 years, with women outliving men by about three years. Despite our reputation for good healthcare, 30 other countries have longer average lifespans than those of U.S. citizens.

So what contributes to healthy aging? What behaviors or blessings make a difference, not only in length of life, but the quality of our later years? Here are the most impactful determinants, many within our control.

Researchers have identified never having smoked as the single most important factor in healthy aging. Despite the rare exceptions, long

time smokers can expect to lose about a decade of life. Tobacco usage contributes to a worsening of conditions in all of the top four causes of death among seniors — heart disease, cancer, diabetes and stroke.

Other factors within our control besides being a non-smoker are maintaining a healthy weight, moderate to vigorous daily physical activity, moderate alcohol consumption and a healthy diet. In studies with adults who reported practicing all five of these behaviors at age 50, women could expect an additional 43.1 years of life and men an additional 37.6 years.

But there are some things we can't control that impact longevity. These include gender -- as noted, women tend to outlive men -- and marital status. Married people outlive both single and divorced individuals.

Genetics play a big role, but their impact is highly influenced by the behaviors under our control, like diet and physical activity. Childhood environmental influences, socio-economic status and education levels impact lifespan. Individuals with a bachelor's degree outlive those with a high school diploma by eight to nine years. Education seems to have an impact on our success in practicing the healthy lifestyle behaviors previously mentioned.



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By the time we reach our senior years, most of us would admit to wishing we'd been more attentive to a healthy lifestyle in younger days. If that is you, what can be done today that will create the best opportunity for healthy aging? Here are five things that can keep the healthy aging ball in your court.

Regular checkups, routine screenings, timely immunizations and medication adherence. Prevention and early detection give our bodies the best chance for treatment and fighting off devastating illnesses and diseases. Taking meds as prescribed keeps them under control.

Moderate physical activity. Keeping active is a valuable tool for preventing life-altering falls, managing chronic diseases and protecting mental abilities.

Healthy Diet. Good self-management of almost every chronic disease includes implementing a healthy diet, and diet influences weight. Weight management has a tremendous bearing on the amount of physical activity we engage in and on fall prevention. Every 19 minutes an older adult dies from the effects of a fall.

Social Engagement. Recent studies on elder loneliness note the importance of strong social relationships as a factor that contributes to successful aging. One study found that extreme loneliness can be as harmful to health as smoking 15 cigarettes a day

Maintain Your Brain. Brain health is not just challenging ourselves with crossword puzzles or word searches. It involves healthy ways to cope with depression, grief and finding purpose in life.

Most of us work the majority of our adulthood looking forward to a season of life with more time to spend on things we enjoy. Having a reasonable amount of good health will have a decisive impact on whether these dreams materialize. Healthy Aging Month is a good time to take stock and make the changes that make a positive impact on both the quantity and quality of our later years of life.



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# Harry Hardwick:

## SURVIVING PROSTATE CANCER

By: Kila Owens

Blessed.

It's the word Harry Hardwick uses to describe his life. His zeal and enthusiasm for life are contagious and, at the age of 93, it's not hard to see why. You wouldn't know he was diagnosed with prostate cancer six years ago.

Harry moved with his late wife, Frankie, to Jonesboro in 1974. He managed the dryer division at Riceland Foods until 1993, when he retired.

Now, Harry starts each day with a smile, meeting his friends at McDonald's for some good coffee and great conversation. From there, he heads back home to prepare for his next adventure of the day – a good workout. Every Tuesday and Thursday, you can find him doing water aerobics at St. Bernards Health & Wellness, and on alternating days – at least twice a week – he heads to The Mall at Turtle Creek to walk a mile.

Harry is a loyal member of First United Methodist Church, where he enjoys the Wednesday night and Sunday services, as well as a Supper Club with friends. He also travels regularly to visit his two children,

five grandchildren and 11 great-grandchildren, who are spread across the United States.

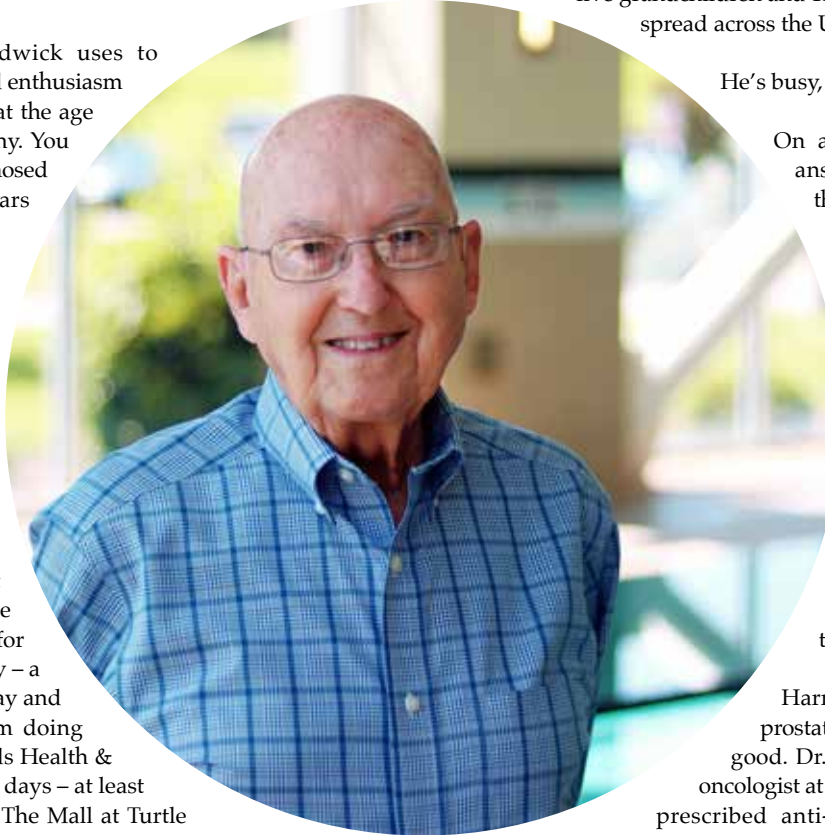
He's busy, he's happy and he's healthy.

On a sunny day in 2013, Harry answered the phone and heard the words so many fear hearing: "You've got cancer."

Harry recalls feeling instant dread. "When you hear the phrase, 'You've got cancer,' you immediately think of the future and what that will look like for you," he said. "I was scared at first, of course. But at my age, you also think about the friends you have who have gone before you and that helped me feel better about the situation."

Harry was diagnosed with stage 1 prostate cancer and his prognosis was good. Dr. Mazen Khalil, hematologist/oncologist at the St. Bernards Cancer Center, prescribed anti-androgen treatment, which prevents androgens from reaching cancer cells, thus slowing down cancer. It may also shrink existing tumors.

"Mr. Hardwick's treatment consists of anti-androgen medication, which has worked really well for him," says Dr. Khalil. "Prostate



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cancer is dependent on testosterone and suppressing the testosterone has shown to be a very effective way to treat the cancer without subjecting the patient to the toxicities of chemotherapy. Different patients with the same diagnosis could be treated differently based on their age, co-morbidities and performance status. This treatment has allowed Mr. Hardwick to keep his functional status and continue to be independent in his daily living."

Harry's cancer was found early because he received regular tests of his prostate-specific antigen, also known as PSA. The screening, regularly offered and recommended for men over the age of 50, can catch prostate cancer in its earliest stages, which is incredibly beneficial for patients.

"I have always gotten regular check-ups through my physicians and the PSA test was always a part of the bloodwork they did," Harry says. "I didn't think much of it until I got the cancer call. Now I get regular tests of my PSA and I keep a log of the levels."



Harry's advice to people in similar situations is to remain positive.

"I try to just put cancer out of my mind," he says. "My advice is to keep a good attitude. I know that isn't always easy, but I find something to laugh at every single day."

Dr. Khalil sees Harry's attitude as an inspiration to others.

"It is always a pleasure to see Mr. Hardwick doing well and not letting his cancer affect his life or limit his activity," he said. "He continues to be active in the best possible way. His ability and determination to overcome and fight the cancer is inspirational."

Harry's positive attitude allows him to see every day as a gift.

"I have been blessed so much in my life," he says. "And I thank the Lord every day for it."

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# B.E.E.S. BEAN BAG BASEBALL

By: Richard Brummett

The Greene County Senior B.E.E.S. have a state championship beanbag baseball team, but members of the squad are not the only ones who enjoy playing the game.

A couple of days a week several members of the B.E.E.S. group congregate at the local Senior Center to play the sport in sessions resembling sandlot baseball or pickup basketball games. They choose up teams -- some of the players are on the state trophy-winning club and some are not -- and get busy playing, mixing some good-natured ribbing in with plenty of encouraging comments.

On Tuesdays and Fridays the action begins at 10 a.m. and, following a lunch break, resumes at 2 p.m. The game requires both skill and luck as the players face a tilted board and try to toss the beanbags into holes corresponding to singles, doubles, triples and home runs. A successful toss of any magnitude elicits "high fives" from other players lined up along the sidelines and it makes no difference if they happen to be on the same team or not; everyone is eager to extend a congratulatory hand. Players celebrate each other's good throws and practice some self-deprecating humor when one of their own shots goes awry, but the fun rarely ceases.

The games are played in the spirit of competition but also with a sense of togetherness, which is really more important in the long run.

To learn more about Greene County's Senior B.E.E.S. and how to get involved in any of the many activities they sponsor, call the center at (870) 239-4093 or stop by the center at 121 North 12th St. in Paragould on weekdays.

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# College Tips by a College Student

By: Sara Brown



Summer is over and the semester is in full swing. If this is your first year on campus, chances are you're a little overwhelmed. Don't worry, that's totally normal. In fact, if this isn't your first year on campus it's still plenty normal to be a little overwhelmed. I know I am! Here's some things you can do to make your first semester (or your first semester in a while) a successful one.

**Tip number one:** Don't be afraid to ask questions. Remember, everyone around was new once and they were probably just as nervous and confused as you are. Most people on your campus will be friendly and will be glad to help you out.

**Tip number two:** Go to welcome events! Most schools have a bunch of them, and they're always loaded with free things like school swag, t-shirts, and food. These events can be a great way to meet people and learn more about how your school does things.

**Tip number three:** Take your Making Connections courses seriously. Most schools have them, or something similar, and they really can be valuable. If you already have an established major and don't intend to change it, most of the people sitting with you in class will be classmates for the next four years. It doesn't hurt to try and make friends with them,

as you'll likely be grouped for various papers or projects, depending on your major. Also, this class is the introduction to your major, and it's one of the best ways to determine if you want to continue down the path you're on or if you want to switch.

**Tip number four:** Don't be afraid to change your major. If you're not happy with what you're studying and can't imagine having to deal with those topics for the rest of your life, you should probably change your major. That being said, changing your major isn't a spur of the moment decision. It's something you should talk about with your academic advisors to ensure you're making the right choice. Don't worry about offending them. They aren't going to be upset that you don't want to continue in their fields; they just want to help you find the best fit for you.

And finally, go into all the "new" with an open heart and an open mind and save some time for yourself. College is a time to explore and figure out who you are. Take some classes that sound like fun, join some clubs or a sport, try something new. Don't be afraid to branch out from who you were in high school. Finding something new and fun to do is the perfect break from all the studying and stress and, believe me, you'll be grateful for it. Oh, and don't forget to have fun!



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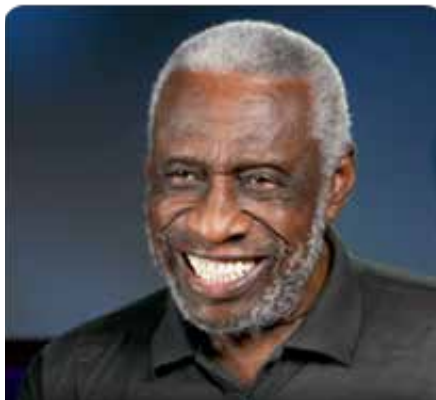
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# CRAIGHEAD COUNTY NAACP BRANCH HOSTS *Inaugural Freedom Fund Gala*

The Honorable Olly Neal, Jr. will regale gala attendees with stories of Arkansas justice and the power of an education during the inaugural Craighead County NAACP Branch Freedom Fund Gala at 6 p.m. Friday, September 20, 2019, in Arkansas State University's Centennial Hall.

It is fitting that Judge Neal, an advocate for education, is the keynote speaker for the NAACP Freedom Fund Gala since some of the proceeds will be used to establish a fund for college scholarships to meritorious Craighead County high school graduates. According to the "Encyclopedia of Arkansas," both of the judge's parents stressed the importance of education to their 13 children. Meanwhile, Judge Neal is a Vietnam veteran, a civil rights activist, who headed up a community health clinic in Marianna (Lee County) in the 1970s. Later he became the first black district prosecuting attorney in Arkansas, and served as a circuit court judge and on the Arkansas Court of Appeals. In 2014, he was inducted into the Arkansas Black Hall of Fame.



Olly Neal, Jr.

recognition of community leaders with the announcement of the first-ever Image Awards. The Image Awards are patterned after the national historic organization's annual event. It also is fitting that the location of the event is on the A-State campus since the institution of higher learning -- with more than 14,000 students -- was the first committed Platinum Sponsor of the event.

The Stax Music Academy Alumni Band will be performing. Since 2008, every SMA high school senior has been accepted to a college or university, many on full-tuition scholarships. Colleges and universities include Brown University, University of Memphis, University of Tennessee, Berklee College of Music, Southwest Tennessee Community College, Murray State University, University of Indiana, Rhodes College, Spellman College, and Harvard University. Students have performed for Oprah Winfrey, Isaac Hayes, Mavis Staples, Bono of U2, Stevie Wonder, Bill Clinton, and many other dignitaries.

Masters of Ceremony for the evening will be KASU's Brandon Tabor and KLEK's Ally J. The evening will include dinner, music, a spoken word performance, silent auction, and

Planners expect over 300 attendees to attend the gala.

Information about nominating a local leader for an Image Award, securing a table, or an individual ticket, can be obtained by sending a message to NAACPCCFFG2019@gmail.com.

# IT'S FESTIV

## 4th Annual Get Downtown Festival

Join Greene County Future Fund in Downtown Paragould for food, fun and live music on Saturday, September 14, from 5 p.m.-10 p.m.! We will kick the night off with Dillian Cate and several other local artists. This year in connection with the Paragould Advertising and Promotions Commission, we are excited to bring you the award-winning RICOCHET as the headline entertainment! Grab your friends, family and the lawn chairs, then head on down to the one and only Downtown Paragould for a night full of entertainment!

8:00 a.m. 5k sponsored by Peak Fitness  
9:00 a.m. 1k kids fun walk sponsored by Peak Fitness  
9:30 a.m. 1k dog/fun walk sponsored by Peak Fitness  
1:00 p.m. Cornhole tournament sponsored by 870 Cornhole Nation and Hoke's Softball Team  
4:00 p.m. Music, Food, and Vendors on into the night. Headlining the event is Award Winning County Music Band - Ricochet  
Event takes place in downtown Paragould

## Greene County Fair

Welcome to the 132nd edition of the Greene County Fair, during Labor Day Week 2019! Many of your favorite activities will be back this year. Stop by the building to check out the educational booths as well as the commercial booths. Then grab a corn dog and snow cone and head down to the livestock complex to see some amazing livestock. Greene County's youth are nationally recognized for their success with their livestock process.

Greene County Fair Gate Hours: 10:00 a.m. – 10:00 p.m.  
Office Phone Number: 870-239-2218.

Carnival Hours: Monday: 11 a.m. – 11 p.m.; Tuesday –Thursday: 5 p.m. –10 p.m.; Friday- 5 p.m. –11 p.m.; Saturday- 11 a.m. –11 p.m.

**Monday:** All tickets \$6.00 children under 12- \$3.00 at the gate.  
Carnival Armbands \$18.00 (permits you to ride all day until close)  
2019 Greene County Fair Officially Opens

**Tuesday:** Daily Admission \$6.00 adults, \$3.00 children under 12 years old.

**Wednesday:** FREE Gate Admission-Buddy Night  
Two (2) people ride for the price of one!

6:00 p.m.- Karaoke in the B.C. Lloyd Entertainment Building

**Thursday:** Senior Citizens' Day- All Senior Citizens Free Gate Admission until 5:00 p.m.

7:00 p.m.- The Band Tripp in the B.C. Lloyd Entertainment Building. (Free with Fair Admission.)

12:00 p.m.- Carnival Opens

1:00 p.m.- Mud Races- At mud pit behind arena.

6:30 p.m.- Demolition Derby in arena.

7:00 p.m.- Doc's Friends in the B.C. Lloyd Building.

**Saturday:** Kids' Day-All children under 12 admitted free noon until 5:00 p.m.

Carnival Armband \$18.00 each (Good until 5 p.m.)

Corn Hole Tournament at Old Cattle Barn

1:00 p.m.- Tractor Driving Skills Contest at old cattle tie-out area.

Horseshoe Pitching Contest at old cattle barn.

3:30 p.m.- Has-been Livestock Scholarship Showmanship Contest

5:30 p.m.- Livestock Premium Sale at livestock complex

6:00 p.m.- Livestock Exhibitors Awards Ceremony, B.C. Lloyd Building

6:30 p.m.- Demolition Derby at arena

## Taste of the Ridge

You're invited! Let Main Street Paragould answer the age-old question: "What's for dinner tonight?" on Monday, September 30, at The Crossing. Local eateries will be competing in Best Appetizer, Best Salad, Best Entrée, and Best Dessert categories with a "tasting" of their wares. You are the judge for the best of the best, the Best "Taste of the Ridge." Tastings begin at 6:00 p.m. For tickets or additional information you can contact the Main Street Paragould office at (870) 240-0544 or email [mainstr@paragould.net](mailto:mainstr@paragould.net)

## Northeast Arkansas District Fair

Our Northeast Arkansas District Fair Association is proud to celebrate all things agriculture at the fair. We welcome you to join our friends, neighbors and community admirers during the entire week of the fair from September 16th-21st in Jonesboro at 7001 Johnson Avenue.

The best thing about your district's fair is that there is truly something to please everyone! Animals, exhibits, music, carnival rides, fair food and a friendly "reunion" atmosphere. Youngsters and the young at heart enjoy mixing at the fair. What's not to like?

Many families have made the Northeast Arkansas District Fair their yearly end-of-summer celebration. We hope to see you there taking part in all the fun.

Monday: Buddy Night: 2 People Ride for the Price of 1  
8:30 a.m.- Open dairy judging in Barn #1  
4:00 p.m.-Carnival opens for one-week run.  
6:30 p.m.-Fine Arts at the Fair

Tuesday:  
4:00 p.m.-Midway opens  
6:00 p.m.- Live music by The Band TRIPPP  
7:30 p.m.-Live music by Matt Stell

Wednesday: Dollar Day (Kiddie Rides \$1; Major Rides \$2; Spectacular Rides \$3)

4:00 p.m.-Midway opens  
7:00 p.m.-Youth talent contest at the Grandstand

Thursday: Senior Day & Armband Night (Seniors over 65 admitted FREE 1-6 p.m.; Armbands \$15 on Midway 4-11p.m.; Gate admission \$6 for adults and \$3 for kids)

1:30 p.m.-Awards for "More Than Art"

4:00 p.m.-Midway opens

7:30 p.m.-Live music by Breaking Bonds Ministries Praise Team

Friday: Children's Day (Children under 12 admitted free 1-6 p.m.)

4:00 p.m.-Midway opens

7:30 p.m.- Live music by Greasy Tree

Saturday: Armband Day (\$6 gate admission for everyone; \$20 armbands on the Midway; Single rides available noon-11 p.m.)

12:00 p.m.-Midway Opens

7:30 p.m.-Live music by Rooster Blue

More information at [neadistrictfair.com](http://neadistrictfair.com)



# ALL SEASON!

## Johnny Cash Heritage Festival

This three-day festival honors Johnny Cash and the New Deal programs that shaped his childhood in Dyess, the nation's largest agricultural resettlement colony. Join us October 17th-19th for regional evening music on Thursday and Friday, an academic symposium Thursday morning through noon Friday, special panels and presentations with renowned speakers on Friday afternoon, food and craft vendors, demonstrations, and tours. The festival concludes Saturday afternoon with a world-class music concert in the cotton fields surrounding the Cash home.

This year's closing concert, from noon to 5 p.m. on Saturday, Oct. 19, culminates with multiple Grammy Award winners Rosanne Cash and Marty Stuart. They will be joined by Joanne Cash, Tommy Cash, other Cash family children and grandchildren, and Arkansan Cory Jackson, Arkansas Country Music Artist of the Year.

Tickets for the main concert on Saturday afternoon, along with the special presentations on Friday afternoon, are available through the website or at the Central Box Office on the A-State campus, 870-972-2781 or 800-745-3000.

You can find more information on ticket pricing, parking, and more at [johnnycashheritagefestival.com](http://johnnycashheritagefestival.com)

## Cattle Baron's Ball

The Cattle Baron's Ball stands as the Northeast Arkansas American Cancer Society's signature gala event. On October 5th at 6:00 p.m., the evening will be packed with dancing, entertainment, dining, auctions, and much more at Gamble's Shop Local Park. Join over 300 attendees, including local and regional executives, physicians, business professionals, cancer survivors, and other influential members of the community for an evening you won't forget. This is a prestigious and exciting opportunity available to your company to make a commitment in the fight against cancer. Casual western wear encouraged. Live music performed by Maybe April.

The event will also be honoring honorary survivor Dwight Tosh and Legacy Award recipient Hannah Aldridge.

Tickets are \$75 each or you can purchase a table of 8 for \$550. Purchase online at [www.CBBofNEA.com](http://www.CBBofNEA.com)

In the state of Arkansas alone, there will be over 16,000 new cancer cases in 2019. We are committed to changing these devastating odds. Proceeds from the Cattle Baron's Ball will support the American Cancer Society's mission to save lives, celebrate lives and lead the fight for a world without cancer.

Sponsored by: St. Bernards Healthcare; MOR Media; NEA Baptist; NEA Entertainment; Arkansas Health & Wellness; Arkansas Blue Cross Blue Shield; First National Bank; Lead Apron Catering; Gamble's Shop Local Park; JTown Grill; Southern Glazer; Tallulah Pools

## Downtown Jonesboro BBQ & Music Festival

The Jonesboro Advertising and Promotion Commission's Downtown Jonesboro BBQ and Music festival announced plans for the 10th annual event. The Festival again includes two nights of music this year with Blind Melon performing Friday night September 27th and Morris Day and the Time performing Saturday September 28th on the Ritter Communications Stage in Downtown Jonesboro.

The festival also hosts the Kansas City Barbecue Society-sanctioned Arkansas State Championship. Jack Turner, event coordinator said, "This year we will also have a judges class for those who are interested in becoming a sanctioned KCBS Judge. We look forward to giving away more money this year with \$13,000 in prizes." Each year, the Grand Champion is invited to the American Royal and Jack Daniels World Championship. This year a KCBS Certified BBQ Judges class will be held Thursday, September 26, at 5:30 p.m. at 2725 N. Church Street, Jonesboro, (Abilities Unlimited). Information can be found at [JonesborodowntownBBQ.com](http://JonesborodowntownBBQ.com).

The event includes the third annual SCA Steak Cookoff on Friday night with the grand prize of \$1,000 and an invitation to the SCA Championship in Houston Texas. For more information on the September 27th Steak Cookoff event contestants can visit [www.steakcookoffs.com](http://www.steakcookoffs.com).

McCall and Turner, who have organized the festival since inception said they are "excited to have the support of the A&P Commission and Ritter Communications again this year as it could not be done without their help." The event also includes activities for the kids, plenty of food, vendors and local music throughout the day.

## "The Greatest Show on Earth!"

Join the Greene County Community Fund for "The Greatest Show on Earth!" -- a circus-themed event where all attendees are encouraged to come dressed in their circus-themed costumes as they celebrate under the big top! It happens on October 26th at the Paragould Community Center from 5:00 p.m.-9:00 p.m.

This is a sponsored event with all proceeds going to the Greene County Community Fund 2020 Fundraising campaign.

Event attendance is secured with the sponsorship of a table for the evening.

It's food, thrills, entertainment, and a one of a kind event under the big top. There is an attendance cap of 30 tables, which is 240 people.

Reserve now because these are selling fast! Lots of people will want to be part of this fun filled event.

Reserve your spot by contacting Lauria Baker: (870) 239-8435 or [gccfund@outlook.com](mailto:gccfund@outlook.com).



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# BUSINESS INSIGHT

By: Richard Brummett

## peek-a-boo 3D/4D Ultrasound & Baby Boutique

**S**haron Clay will tell you right up front she doesn't enjoy having her picture made, but she makes pictures that certainly bring enjoyment to a lot of people.

As the owner of Peek-a-Boo 3D/4D Ultrasound & Baby Boutique in Paragould, Clay gets to introduce families to their babies via ultrasound images and she views her work as more than just a service. "I like to see their excitement and enjoy being a part of their pregnancy experience," she said. "We can start as early as six weeks and go all the way through the pregnancy."

By projecting images of the unborn child onto a television or computer screen, Clay lets parents, grandparents, siblings and friends begin bonding with the baby in the earliest stages. "Some of them don't really realize they're going to see their baby sucking the thumb, playing with the cord, showing a huge smile," she said. "They open their eyes at 27 weeks and have hair. 5D is the newest and it gives a realistic view of the baby. You can already see it and watch it play, and see them express themselves really well. Some days they are happy and it shows. I think of it as a bonding experience before the baby is ever here. Some people come every week or twice a week."

The business just celebrated its one-year anniversary performing ultrasounds in 2-, 3-, 4- and 5D. Clay said her website -- [www.peakabooar.com](http://www.peakabooar.com) -- explains all the differences. She was performing ultrasounds at the hospital in Kennett, Missouri, until it closed and that motivated her to follow up on an idea she had already been toying with: Opening her own business.

"I have always loved children, first of all," she said, "especially babies. I had done ultrasounds on a few babies at the Kennett hospital and

I had already looked into doing it for myself. I have a background in diagnostic ultrasound. I am registered at ARDMS in OBGYN. I've worked with a lot of doctors and radiologists over the last 10 years. I made the leap and opened my own business, partly because I could be with my family more, especially with my mom. She and my daughters and Gary (her husband) are up here whenever they're needed. We are definitely whole-family owned and operated."

Clay is able to send all the images she takes straight to clients' phones, something not all such businesses are equipped to do, and she takes as many pictures as possible in the time frame allowed or according to the package that has been purchased. "And I give them all to them," she said. "I try to make it really fun; it's their day. Some bring all the family in and have fun; there's lots of laughing. I really love looking at the images and then showing the family."

In addition to the ultrasound images, Peek-a-Boo also houses a boutique filled with clothes, accessories, toys, games, bows and necklaces, and Clay is also equipped to make Heartbeat Animals and Heartbeat Paintings. "With the animals we record the baby's heartbeat and put it inside a stuffed animal," she explained, "so the parents can listen to the actual baby's heartbeat. With the Heartbeat Paintings, we put the heartbeat on canvas and you pick the colors you want. It's going really well. I'm super excited. I just want people to share their experiences with us and let people know where we are."

Peek-a-Boo 3D/4D Ultrasound & Baby Boutique is located at 2210 West Kingshighway, Suite 7, and is open Tuesday through Saturday from 10 a.m. to 5 p.m. Clay said she can be messaged on Facebook or reached by telephone at 870-205-1165, and she emphasized walk-ins are welcome.



# [Re] BUILDING *a dream*



By Lindsey Mills

**A**t the intersection of Madison Street and West Huntington Avenue, a Jonesboro couple is building, or perhaps a better word is restoring, its dreams. Mat and Heather Clark recently renovated an old building and turned it into a beautiful, inviting event space.

The duo originally planned to tear down the condemned structure and build new residential space, but one day after the space had been completely cleared out, Mat saw it with

new eyes. "We had already torn off the back end. There had been so much stuff but you could finally actually see what it looked like empty. There was an excavator in the middle of the building," Mat said, describing the day he looked around and decided the old building might have another life in it.

Heather was skeptical at first, but after hearing her husband's thoughts she agreed, "If you see it, we'll build it."

A vibrant advertisement for Kimono Japanese Steak House. The background is a collage of images: a plate of colorful sushi rolls, a chef in a kimono performing a hibachi cooking technique with flames, and a bar area. Text elements include: 'PROFESSIONAL HIBACHI CHEFS FOR THE FULL EXPERIENCE' in the top left; 'Call 870.240.8887 or Visit our Facebook Page' in the top right; 'SUSHI BAR • FULL BAR' below the contact info; 'ASK ABOUT OUR PRIVATE HIBACHI ROOM FOR MEETINGS OR SPECIAL OCCASIONS' in the middle right; 'NOW FEATURING: NEW YORK ROLL & POPCORN LOBSTER ROLL' in a starburst on the left; 'KARAOKE EVERY TUESDAY NIGHT' in a large yellow starburst on the right; '20 19 PREMIERE PARAGOULD WINNER' in a starburst at the bottom center; and 'TRADITIONAL JAPANESE FAVORITES AND INNOVATIVE SPECIALTIES' at the bottom left. The website 'kimonosteakhouse.com | 2708 Linwood Dr. | Paragould | 870.240.8887' and a Facebook icon are at the very bottom.

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Also the owners of Intersect 311, a boutique hotel in the heart of downtown Jonesboro, Mat and Heather are no strangers to taking on a lot of work in order to build something beautiful.

When they met, Heather told Mat, “I think that someone needs to build a downtown boutique hotel, and I just don’t think anyone else is going to do it. I think we should do it.”

Their requests for money to fund Heather’s dream were often met with laughter, but the couple was committed. They spent time acquiring properties to build their credit and their trust with the banks.

When they found out 311 West Huntington (the white house on the corner of Huntington and Madison) was available for purchase, they felt their dream might finally be realized.

“I’d always loved that house,” said Heather about the white building that inspired the name for their business. “We just started praying about it. I would go and sit across from it in that big empty parking lot and eat my lunch and stare at it and pray and think. And I just felt like we were supposed to have it. After we bought that building, everything else beside it started coming available. It all fell into place like dominos.”

*“If you see it, we’ll build it.”*



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# LIVING A *Better Story*

By Jared Pickney



**W**e live in a cultural moment defined by divisiveness and chaos. Every day there is something new to be afraid of, something to fix or avoid. School shootings, Hep A virus, economic instability, and political upheaval all foster feelings of powerlessness. If I turn to social media

to look for comfort or joy, I end up more discouraged. There's no perfect antidote for all this pain, but in the garden I find hope.

Although planting a garden might seem like an insignificant act, it offers us something deep and enduring: a reminder of God's provision and care for the earth, along with a practical, incarnational way to participate in His created order.

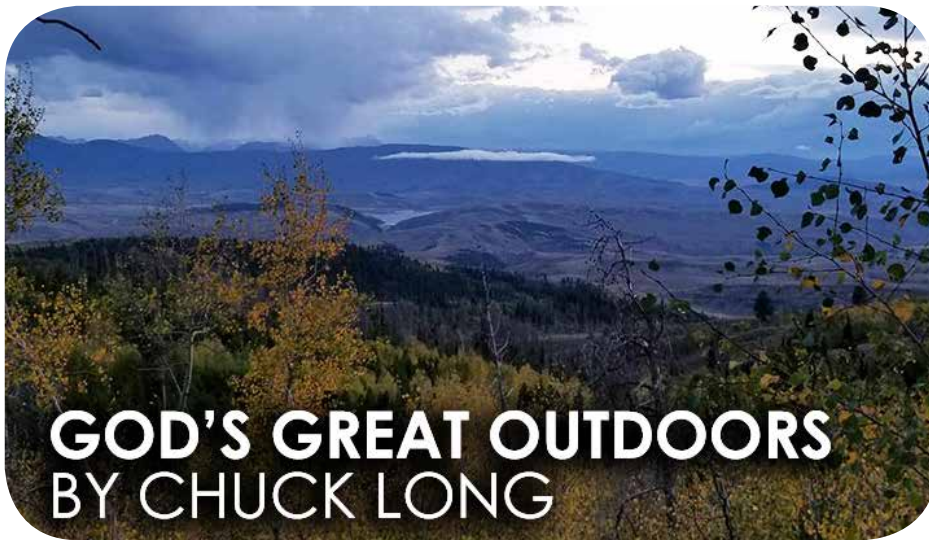
Every year, my wife, kids and I plant a small vegetable garden in four, 5-by-10 raised beds. We delight in every new razorback pea, okra pod, cucumber and pepper. In the process, I discovered the timelessness of gardening and why it matters for our particular moment.

First, in a culture driven by immediacy and instant gratification, gardening forces us to cultivate patience. Each time I work my fingers into the soil to plant seeds I have to wait for the harvest, a reminder that waiting is the fertile soil of our personal growth. We all like things now. The reality is, anything worth having takes time.

Second, gardening reminds us of our finitude and fallibility. Several of the plants we were most excited about this year never grew. Although we expected our large tomato plant to produce dozens of tomatoes, it only gave us one. There was nothing we could do about it.

Not everything we plant comes to fruition on our timetable, but as Ecclesiastes 3 reminds us, God makes everything beautiful in its time. Some seasons appear dormant and fallow, but all the while, God is working his purposes for our greater good. Tending to a garden each year gives us fresh eyes to see his long-term, redemptive work.





## CHUCK LONG

Regional Education Coordinator Northeast Education  
Division Arkansas Game and Fish Commission

I am not sure which was more intimidating, looking at the steep terrain that lay ahead or the elevation reading on my GPS. The pine covered mountainside appeared to go straight up in the dim morning light while the GPS told us we were already at over 10,000 feet. Kyle Bynum, Brandon Brown and I were on the side of a mountain near Kremmling in Colorado on our first morning of an elk hunt. Kyle, who had experience hunting in the area, said we needed to be on top of the mountain by dawn, so up we went.

I had attempted to prepare for the hunt by walking on a daily basis, often three-to-four miles carrying a backpack filled with 50 pounds. That was in Marmaduke, much different than the thin air at 10,000-plus feet. As we climbed, I felt like my heart was going to burst out of my chest and my lungs burned, but we continued to the top. We made it, took a brief break, and then each went to likely areas where Kyle had pursued elk in previous years. I sat down, took off my pack and relaxed, knowing I was on top of a mountain in Colorado, a dream I had since I was a youngster.

We hunted hard for several days and had close encounters with elk more than once. There was an occasional bugle -- we were a little early for the rut -- but the large number of tracks and droppings in the area gave us confidence elk used it. More than once I could hear the quarry walking through the thick

undergrowth but was only able to lay eyes on a couple of cow elk through about seven days of hunting.

Each night we would go back down the mountain to our tent camp where we would enjoy a good meal, some fellowship and a time to sit and look at a sky that was not diluted with artificial light. It was a wonderful trip and the only regret I had was that I waited until later in life to fulfill a dream of hunting the Rockies and the wonderful West.

Nobody took an elk that trip, but taking an animal would have only been a sidebar to a wonderful adventure. I often cannot remember where I put my car keys, but the memories of that trip, like many other days in the outdoors, are burned into a part of my mind which offers a ready recollection of that time in the mountains. There were jay-like birds that would perch in my hand if I offered them peanuts and I can still hear the whir of their wings as they left my hand. The smell of the campfire that emanated from the aspen and birch wood gave our campsite a homey aroma. The taste of camp food, including the grouse Kyle was able to take one afternoon, was always unique and very satisfying after a day on the mountain.

To me that is what the outdoors are about, vivid memories from a variety of senses that turn into stories that can be shared with others. If we can fill our minds with wonderful

memories, then we have less room for the anxiety and worries that happen in day-to-day life. There is no better place to fill our minds than outside.

It might not be in the cards for everyone to get to the top of a mountain in Colorado, but it is very easy to get outside and watch a sunrise or sunset on the Arkansas Delta. Any day provides an opportunity for a drive along Crowley's Ridge. A short trip can put a person in either Lake Frierson or Crowley's Ridge State Park, where trails and history provide a great getaway and bountiful opportunities to soak in what nature has to offer. Many access points along local rivers or lakes provide great opportunities for short trips in a boat, canoe or kayak. We are truly blessed in Northeast Arkansas to have lots of places that provide great outdoor experiences.

That trip to Colorado encouraged me to plan many more adventures in the Western states. Unfortunately, the Colorado trip was the only time I got to share the West with Kyle, as he passed away the following spring. He left this earth way too soon, but I am truly thankful that I was able to share an adventure with him. He loved the outdoors and he passed that on to others with an unrivaled passion. The memories of those days in the Rockies with him inspire me to keep passing on a love for the outdoors as well.

Whether it be in the woods of Colorado, a gravel road in Arkansas, or your back yard, I hope you will take time to get outdoors this fall and let your mind fill with the wonders of God's great outdoors. That is much better for your heart and soul than worry, anxiety and stress. I hope to see you out there!





# GET RICH WITH RICHARD BRUMMETT



For one thing, I remember being one of the “middle of the road” kids; we weren’t rich but not poor, either. I recall some boys in our class wearing the same pair of blue jeans to school just about every day of the week, and lots of times the pants had a hole in the knee or maybe elsewhere and I would think, “I guess they’re poor” and I would feel a little bit sorry for them. At my house, I had about three or four pairs of good jeans worked into the weekly rotation.

That was then.

Today, those classmates would be trend setters. Every girl in school would want a pair of holey jeans, with rips and tears all up and down the thigh area, and would be proud to let everyone know they got them on sale for only \$168 even though they looked like they lost a sword fight with Zorro. That’s now.

Another big difference is in a couple of the things my mom taught me. For one, she said never to stick anything in my eye because I could “put it out.” Then I went to have an eye exam and was asked about trying contact lenses, and the guy said, “Here, stick this in your eye.”

Another time, I stuck my tongue out at my sister when we were on a shopping trip and Mom said, “Don’t stick your tongue out in public. It’s disrespectful, and no one wants to see your tongue, anyway.”

That was then.

Last month I attended a meeting to start planning our high school class’ 50-year reunion in 2020. That took a little while to sink in: I have been out of high school longer than many of my friends have been alive and things have certainly changed over the years.

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**CARLOS'S STREET TACOS DOWNTOWN**



Apparently, today when someone is lining everyone up for a photo, instead of saying, "All right, on three ... one, two, three, everyone say cheese!" the photographer says, "Okay, on three ... one, two, three, everyone stick their tongues out! Especially you college kids! Open your mouths wide and let's see those tongues!" That's now.

In a recent group conversation someone asked if any of us would go back to our high school days if it were possible. Some answered, "No way!" while some said, "Sure." I would, for a couple of reasons. A few years ago I came into contact with a Paragould High School classmate in the course of my work routine. I recognized her, and knew her by name only. After a few weeks of working together she said, "You're nothing like I thought you were in high school."

I asked her how she viewed me in those days and she said, "I thought you were stuck up. You never said a word to me the whole time we were in school." I was taken aback by the "stuck up" part, and went on to explain to her why I said nothing during those years. The explanation was simple: She was a girl.

I had absolutely no idea what to say to girls -- really, to anyone I didn't know very well, but especially to girls -- and that's the one thing I would go back and fix. I would ask some of the guys why they cursed all the time and try to find out which class members could sing or dance. I'd like to know who could water ski and which ones had been working since we were in grade school in order to help out with family finances. I would try to have a conversation with every single person in my class, just to know exactly who I was going to

school with. But the girls -- especially the good-looking ones -- scared me to death.

There was a time when I actually practiced what I might say to one of them the following day, trying out loud things like:

"Hi. That color looks really nice on you."

"Hi. I was impressed with that answer you gave in English class today about *The Open Window*, how it was all about the guy's being victimized by the young girl's imagination. I thought the answer was '7'."

"Hi. I was wondering if you might want to go out sometime."

Those all sounded good in the safety of my room, but in real life once I managed to get out, "Hi ..." everything fell to pieces from there. The girls always said "hi" back but I can't tell you what words followed. My brain started saying, "Run! Run now! What if she asks you what you're thinking? You don't know. What if she says, 'Why are you talking to me?' What if she calls some of her friends over and they expect intelligent words to come out of your mouth? What if she asks your position on something and you say, 'Shortstop.' Run, fool, run!" And that's when I would nod and walk back over to the guys I hung out with and hope I didn't have a hole in my jeans.

I will extend a blanket apology to all who saw me as stuck up back in the day; I honestly didn't know what to say and I hope many will attend our reunion next year so I can ask questions with confidence and know that if my jeans do have a hole in them, I will just be stylish.

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# ENGAGEMENTS

## *Mattie Robinson & Logan Ring*

Mattie Robinson and Logan Ring have announced their plans for a September wedding.

Mattie is the daughter of Mike and Diane Robinson of Paragould and Logan is the son of Kelly and Brian Southard of Paragould, and Mike and Cherrie Ring of Brookland.

The wedding will be September 20 at 5 p.m. at Oak Grove Heights Baptist Church. Friends and family are invited to attend.

Photo courtesy of Ashley Burke Photography.



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# HAPPENINGS

## PHS 1955 CLASS REUNION



The Paragould High School class of 1955 held a class reunion on August 23 and 24. Those in attendance were: (Front row) Beulah Sharpe Cure, Carol Yeargain Tomlinson, Joyce Dover Underwood, Lavonda Born Tollison, and Winston Yates; (back row) Max Tomlinson, Fred Boone, Jim Bacon, Jack Carmon, Charles Noel, and Joe Wood.

## PARAGOULD AUTHOR BOOK SIGNING



Paragould author Anita Stafford, at right in the photo, signed copies of her latest book, *Treasure in Catclaw Canyon*, at the Greene County Library in August. The book is part of the Sassafras House Series and is a sequel to her first publication, *The Legend of Sassafras House*. Stafford, a retired school teacher, welcomed former students, friends and anyone interested to the signing featuring her books, suited for youngsters ages 8-12.

## CHURCH GROUP TRIP



Youths of the Light Baptist Church traveled to Eureka Springs to witness the Passion Play. While there, they visited The Christ of the Ozarks statue.

## JOHNSON APPOINTED AS CROWLEY'S RIDGE COLLEGE 7TH PRESIDENT



Crowley's Ridge College has announced that Richard Johnson, its current Vice President for Advancement, has been named as the College's next president, effective January 1, 2020. He will succeed current CRC President, Ken Hoppe when Hoppe retires from the top post on December 31, 2019. Johnson will become CRC's seventh president.

# September

## EVENTS CALENDAR

5

**What:** AMMC Men's Health Fair

**When:** Thursday, September 5th, 6 a.m.-2 p.m.

**Where:** Professional Office Building at AMMC

**Info:** Free blood glucose and cholesterol screenings, blood pressure checks, and vascular wellness screening for carotid disease and aortic aneurysm. Limited space available for screenings, call (870) 239-8107. More info at [www.myammc.org](http://www.myammc.org)

7

**What:** "The Best of Motown and More!" Return Engagement at the Collins

**When:** Saturday, September 7th at 7 p.m.

**Where:** The Collins Theatre, Paragould

**Info:** Andre, AJ, William and Ditannual return with more Motown hits and memories. Opening for the group will be the talented Richie Rodriguez. Admission is \$15.00. Tickets available at the door or online, link on Facebook.

12

**What:** 25th Annual AMMC Foundation Golf Tournament

**When:** Thursday, September 12th

**Where:** Paragould Country Club

**Info:** More info at [www.myammc.org](http://www.myammc.org)

12

**What:** Bear Hunting 101

**When:** Thursday, September 12th at 6:00 p.m.

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

**Info:** Join AGFC bear biologist, Myron Means, to learn everything from basic to advanced strategies for harvesting an Arkansas black bear. Tips and suggestions on what to do before, during and after the hunt

will be included. Pre-registration is required by calling 870-933-6787

14

**What:** American Cancer Society Bark For Life

**When:** Saturday, September 14th at 11 a.m.

**Where:** NEA Baptist Memorial Hospital

**Info:** The American Cancer Society Bark For Life is a fundraising event honoring the life-long contributions of our canine caregivers. \$35 entry fee. All proceeds to benefit the American Cancer Society. For more information or to register visit the Facebook page: [facebook.com/YPACSNEA](https://facebook.com/YPACSNEA)

14

**What:** NEA Baptist Charitable Foundation Touch-A-Truck

**When:** Saturday, September 14th at 10 a.m.

**Where:** NEA Baptist Memorial Hospital (Clinic Side Parking Lot)

**Info:** \$5 per person. \$20 per family. You can find more information on Facebook, Twitter, and Instagram.

19

**What:** AMMC Family & Women's Health Services Grand Opening

**When:** Thursday, September 19th at 4:30 p.m.

**Where:** 1110 W Kingshighway, Paragould, AR 72450

**Info:** More info at [www.myammc.org](http://www.myammc.org)

20-21

**What:** Beatles at the Ridge Festival and Symposium

**When:** Friday, September 20th at 12:00 p.m.

**When:** Saturday, September 21st at 9:00 a.m.

**Where:** Downtown Walnut Ridge

**Info:** This free two-day music festival and Beatles symposium features Louise

Harrison's "Liverpool Legends" and Beatles experts from across the United States including Jim Berkenstadt, Ken Orth, Art Schreiber, Terry Crain, Lanea Stagg, Allison Boron and Erika White (of "BC The Beatles" podcast), Patti Gallo-Stenman, Terri Whitney, Jude Southerland Kessler, and musician, Cameron Hicks.

23

**What:** KASU's Bluegrass Monday with The Little Roy and Lizzy Show

**When:** Monday, September 23rd at 7 p.m.

**Where:** The Collins Theatre

**Info:** More info at [collinstheatre.com](http://collinstheatre.com)

28

**What:** 6th Annual D.A.R.E. Car Show

**When:** Saturday, September 28th at 10 a.m. to 3 p.m.

**Where:** Reynolds Park, Paragould

**Info:** \$300 Cash prize for Best of Show and People's Choice. \$20 Pre-registration fee or \$25 the day of the show. Presented by Cpl. Scott Dodd. (870) 239-7564 or email [scott.dodd@paragouldcity.org](mailto:scott.dodd@paragouldcity.org)

## Each Thursday

**What:** Free Movie Night

**When:** Each Thursday in September at 8:00 p.m.

**Where:** Gamble Home Shop Local Park

**Info:** Shop Local Park on Farville curve hosts FREE movie nights every Thursday night starting at sunset! Bring your own chairs, blankets, snacks, dogs and whatever else you'd like!

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



# Stay Tuned

What's in store next month?  
**Breast Cancer  
Awareness Month**



Stories of local survivors.

## Festival Season



See who attended the September events!

## Something Spooky!



Local Halloween events and preparations.

On The Cover: Dwight Tosh & Hannah Aldridge  
Photo By: Amy Reeves Photography

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