

PREMIERE

November
2017

Diabetes Educator

Allison Hitt

GIFT GIVING GUIDE
DIABETES AWARENESS
JUNKIN' JEWELS

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From The PUBLISHER...

DINA MASON



November? Really, 2017 is almost over. The old wives' tale of time flying by when you get older must be true, or maybe it is "time flies when you are having fun" because 2017 sure has been FUN!

MOR MEDIA, Inc., celebrated 15 years in April and Premiere was 10 in May so the year has been full of celebrations, and we will continue them as we go into the holiday season.

November is Diabetes Awareness Month and we have Allison Hitt on our cover to highlight the opportunities within the community to educate yourself on how to help manage the different types of diabetes through healthy eating. Jim Cunningham concurs that healthy eating will improve your diabetes situation in his story on page 24 and we have some other tips to deal with the disease as well.

Since October was Breast Cancer Awareness month we feature the 10-year anniversary of the "Dig for the Cure" fundraiser held by the PHS and GCT volleyball teams. The event has raised over \$60,000 in its 10-year span. The community effort is inspiring as we talk about philanthropy in November.

Speaking of philanthropy, you will love the stories of two young people and their efforts to support causes that touch their hearts: Dalton Masters and his mission to put a smile on senior citizens' faces with flowers and Harrison Hutchinson's 5th birthday party efforts to collect toys to be taken to Arkansas Children's Hospital's Christmas presents for patients event.

Of course we have the usual, Get Rich, Chuck Long and Jared Pickney columns and don't miss the Gift Guide as you plan your holiday shopping ... tell them you saw their ad in Premiere Magazine since the advertisers are the ones who support your access to the "Good News and the People who make it happen!"

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BALLERINA KELSEY GARNETT

By Caitlin LaFarlette

Walking into the Paragould Dance Academy at just 3 years old was the beginning of a lifelong passion for Kelsey Garnett, one that led to not only competitive dancing, but a professional career.

While it was Garnett's mother's idea to start dance classes, it took just a few years for her to realize she wanted to continue on her own. "When you're a toddler you pretty much go wherever your parents take you, but once I was around six or seven, I really became interested and was excited to go to dance class," Garnett said.

Ballet, tap, jazz and lyrical were all added to Garnett's lessons over the years, with classes lasting four hours four days a week. Garnett said it was "all dance, all the time," and her involvement in 4-5 group dances, 2-3 solos and occasional duets and trios for competitions proved that. Despite the hard work, Garnett said that time "was a lot of

fun," and it even led to major awards such as Petite and Teen Miss Dance of St. Louis in 2004 and 2008.

Garnett began dancing ballet en pointe at just 9 years old and after a summer ballet intensive in Little Rock at Arkansas Festival Ballet when she was 12, Garnett knew it was more than just a hobby. Every summer after that first intensive she traveled to others, some that lasted up to six weeks.

"I knew that if I was going to continue to dance all of the time and sometimes have to miss out on other fun things that my friends were doing, I wanted something to come of it," she added.

Mark Bush, artistic director at the Arkansas Festival Ballet, invited Garnett to return for a spring ballet performance of Snow White. The next year she returned for Cinderella and it was then she knew she wanted to travel to Little Rock more often for the incredible ballet training.

"He made me work so hard in class and I'd never been pushed that hard before, and it definitely paid off," Garnett said. "I started improving so much."

During this time Garnett was still attending the Paragould Dance Academy. At the age of 15, she decided to continue training in Little Rock. "That was a very hard decision for me because I had been at that studio since I was 5 years old," Garnett said. But it was no longer about winning competitions for her; instead, she wanted to work toward a professional career in ballet.

For two and a half years Garnett's parents drove her to Little Rock 3-4 times a week and it eventually led to scholarship opportunities. While at a regional dance festival with the Arkansas Festival Ballet, Garnett was awarded a scholarship to the University of Oklahoma's School of Dance's summer program Summer Wind.

In the summer of 2010 Garnett began her professional life in dance at OU's School of dance — one of the top three in the nation. "There was a lot of intense training while I was there and I learned so much about dancing ballet and teaching ballet," Garnett said. "I went to summer school every year so I graduated in three years with my Bachelor of Fine Arts in Ballet Performance."

Garnett moved on to the Dance Theatre of Tennessee in Nashville. She was accepted into the ballet company and offered a teaching position to their academy students. "Being a professional ballet dancer was amazing," Garnett said. "It was grueling but also everything I'd hoped it would be."

Her time at the theatre included performances of Giselle, The Nutcracker and Hansel and Gretel. But as with any physically demanding job, injuries were bound to happen. Before her

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performance of Hansel and Gretel, Garnett noticed a sharp pain in her ankle. A sports medicine doctor took X-rays that revealed Garnett had an extra bone in her ankle, a condition called "os trigonum syndrome," or "the nutcracker injury."

Neither cortisone shots nor time off helped heal the injury. Garnett eventually had to give up her role in Hansel and Gretel, as wearing pointe shoes was too painful. She had surgery, but during her recovery period the artistic director of the ballet company notified her the organization was closing.

"I was devastated," Garnett said. "I had just had surgery so I could come back the next year and dance again, only to discover there was no company to come back to."

Despite the setbacks, Garnett did end up in dance again. She, along with two dance friends, started a temporary company to stay in shape until the next audition season. During that time the dancers performed for local schools, nursing homes, and other places that typically don't get to see ballet. Soon, Garnett was performing The Nutcracker with dancers from another studio in Nashville. Her foot injury continued to heal but she soon realized it would never be the same.

Garnett and her husband, Tyler, took that time to return to Arkansas. It was a hard decision after dancing for nearly her entire life, but Garnett said she is grateful for her time as a professional dancer. And the thrill of performing is one that has stayed with her.

"Getting to take classes and learn new things and perfect your craft is great, but there's no other feeling like the one you get while performing on stage for a large crowd of people," she said. "It's the moment that you've worked so hard for. It's indescribable."



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Don't Get Stuck in the Kitchen

TIPS TO HOST A PROPER THANKSGIVING MEAL

Too many times to recall, I've had friends and acquaintances ask me for advice on how to do something step-by-step, or even better yet, how to do something easier. Thanksgiving is one of those occasions where hosting can put a variable amount of angst in the preparation and entertainment portions of a holiday meal. By using the tips below you will not only prep better for this family and friends event, but it will also give you the extra time needed to enjoy this occasion like you should.

Step 1. Make lists of attendees, and make sure you have a place to seat them. Make a list of dishes you are preparing alongside your turkey, ham or other meat, a list of your recipes' ingredients and how much you have. You don't want to find out that you need one more stick of butter the day you're making your side dish. Do you have enough serving utensils? Even more important, make sure you consider dietary issues of those coming to dinner. Ask what they can or cannot eat. There is nothing worse than preparing a great meal for someone you love, only to find out they can't eat it.

Step 2. Make room in your refrigerator. Throw out items almost used up so you can make room. Start eating those leftovers for lunch and dinner. Turn it into a pot luck dinner.

Step 3. Pick dishes that are colorful. Braised brussel sprouts in olive oil with pine nuts will give you a deep green and try yams with their deep burnt orange, maybe with a heavy sour cream drizzle over the top. Pick dishes that are a Thanksgiving staple that even the pickiest eaters will chew on, like a green bean casserole or corn casserole. Start making most of these dishes the day before, wrapping them up well so they will stay fresh and be ready to heat up the day of your event. Lay out your kitchen for the next morning, setting up your prep areas, doing the dirty dishes and putting them away. This will help your mind relax and feel at ease for the next day. Turkeys are usually started the night before, depending on their weight and if you've never cooked a turkey before, try doing one a couple weeks ahead of time for practice. This way you will feel more confident having just cooked one, and by all means, give it plenty of time to defrost.

Step 4. Set the table or tables the night before. Even if you are going casual with foam or paper, or are doing a serve-yourself buffet, get items ready and make sure you have enough. Try putting some kind of a centerpiece in the middle, even some fall gourds, candles and leaves from your yard.

Step 5. The day of: take a well deserved shower when you wake up. Getting this out of the way will help you to not feel hurried and rushed later on. Lay out your clothes to

wear for company. These are for after your kitchen duties. Test the meat to make sure this is on schedule. Again, practice this a couple of weeks ahead if you're a beginner. Begin to prepare fresh dishes now, putting them aside with wrap. Keeping your oven on low, or, if you only have one oven, arrange these dishes around your meat so they can reheat and be hot and ready to eat when your guests arrive.

Remember, this is a day for everyone. You shouldn't be stuck in the kitchen while everyone else is eating and enjoying each other's company. By following these steps from start to finish, you will have these simple tips under your belt and behind you. Then you can relax, love and laugh, because after all, that's what this holiday season is all about.



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DOWNTOWN JONESBORO BBQ FEST



The 2017 Downtown Jonesboro BBQ Festival was a huge success! The musical performances were amazing and the BBQ was delicious. The winners for **Best Chicken** are: 1st Place: Higginbotham Family Dental; 2nd Place: Smoke On This; 3rd Place: What's the Temperature; 4th Place: Smokin' Though the Night. The winners for **Best Pork Ribs** are: 1st Place: Razorracks; 2nd Place: "L" if I Know; 3rd Place: Delta Swine; 4th Place: Higginbotham Family Dental. The winners for **Best Pork** are: 1st Place: Smoke on This; 2nd Place: Trump My Rump BBQ Crew; 3rd Place: Triple 5 Competition; 4th Place: Big Slab BBQ. The winners for **Best Brisket** are: 1st Place: Higginbotham Family Dental; 2nd Place: Razorracks; 3rd Place: Q Bones BBQ; 4th Place: Smoke on This. **The 2017 Grand Champions** are the Razorracks team. **The 2017 Reserve Grand Champions** are the Higginbotham Family Dental team.



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ADVANCED PLACEMENT AWARDS

Paragould High School and Nidec Corporation of Paragould recognized several students for academic excellence at the Advanced Placement Awards Ceremony in September.

Dissatisfied with the low number of passing scores by PHS students on their AP exams, Superintendent Debbie Smith searched for a way to encourage them to strive for better results. "We have been doing this for at least the last four years," said Karen Snyder, the district's AP Coordinator. "Mrs. Smith came up with the idea of offering the incentive program for those accomplishing higher scores, and someone got in touch with Nidec and they agreed to provide the funding, and now our scores have really soared."

Scores on the AP exams range from 1-5 and any PHS student scoring a 3 or higher earns a scholarship in the form of a \$100 check. "Last year we had 46 passing scores," Snyder said. "This year we had 80. This has been a really good thing for our kids and our school. We hope to see the number of high scores continue to grow."

Those attending the ceremony heard remarks from Smith, high school Principal Luke Lovins, AP student Eli Williams and Nidec Plant Manager Rick Ellis. They were joined on stage by Patty Lee, Nidec's Human Resources Manager, and by Sen. Blake Johnson and Rep. Jimmy Gazaway.

5TH BIRTHDAY GATHERS PRESENTS FOR ACH

Harrison Hutcheson might only be 5 years old but he's already learning what it means to consider the situations other children may face.

Harrison recently celebrated his birthday with a party at Champions Gymnastics, and instead of receiving presents he asked guests to bring gifts he could eventually give away.

His goal was to collect toys to be taken to Little Rock for Arkansas Children's Hospital's drive to gather Christmas presents for patients.

Harrison has been an ACH patient and will be returning for additional surgery in November.

The kindness of his friends brought a smile to his face, just as he hopes the delivery of presents to young people who are undergoing treatment at Children's Hospital will also elicit a smile.



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JUNKIN' JEWELS

Discover Local Flea Markets



By Caitlin LaFarlette

If the Christmas lists are growing longer and piling up, it's time to shop. But being bombarded by television and internet advertisements for big brands can be overwhelming. Take a step back and look a little closer to home for those holiday gifts.

Flea markets are treasure chests for anybody needing a unique, fresh take on holiday preparation. Localized and more personal,

it's the perfect way to find that special something for that special someone.

Tonya Wray, owner of the Rockin' Rooster Flea Market, said by first shopping locally, the community benefits from that revenue — and searching the flea markets also works for any budget, resulting in one of a kind items. "Local handmade décor, gifts and furniture abound in flea markets," Wray said.

Have a collector in the family? Vintage pieces can be found at every secondhand shop. Or, if there is a Pinterest project master on the list, pick up a worn piece of furniture and can of Rethunk Junk paint from the Rockin' Rooster for the recipient to make something brand new.

At The Front Porch Flea Market, shoppers can find plenty of handmade items that can't be found in stores, plus more.

"We have old and new," owner Connie Wright said, "sometimes a memory item from someone's childhood."

Pumpkins, mums, cider and soups are in stock for the cooler months, but Wright said the store even has crocheted items, local honey, handmade soaps and handmade quilts — all the exceptional gifts you can't find at Wal-Mart.

From Mom and Dad to cousins and grandparents, Northeast Arkansas flea markets have something for everybody's list. And even if gift giving isn't on the schedule, fill your home with handmade holiday décor for a truly special winter season!

FRONT PORCH FLEA MARKET WIRED FOR SUCCESS CONNIE WRIGHT



By Richard Brummett

Considering jobs past and present, you might say Connie Wright is wired for success. Having spent 37 years as an electrician alongside her husband, Lonnie, she now serves as proprietor of The Front Porch flea market in Oak Grove and is loving every minute of it.

"In June of 2013 we retired from the electrician business and bought this store," Connie said, but admits most days it seems more like a family reunion than a business.

"A lot of 'regulars' come in and the husband will sit down and have a cup of coffee and listen to the bluegrass music while the wife shops. Some shop, and some just visit."

She said years ago she was a stay-at-home mom but when their daughter started to school she felt lonely. Lonnie encouraged her to go on some jobs with him, saying it was "more or less to make me feel better. Then I realized there were some things on the job I could do so he could go do something else, and that's how I decided to go into the electrician business."

The Wrights called it quits after many years when some health issues forced Lonnie to slow down, and that's how Connie wound up with a building "just like I always wanted. I like the atmosphere with the rustic look and the music. It's an atmosphere like Hardy's and I wanted to bring that here. And now the thrill for me is I get to work with

my daughter (Shawntelle Wince) and my grandkids can come in and Lonnie is in and out. Only this time, I'm the boss."

Now she rents spaces to 27 vendors and oversees their booths along with the day-to-day operations of the business. The store features items old and new, including a large section dedicated to hardware in order to meet the needs of the Oak Grove residents. "There is produce, vintage stuff, local honey, fresh eggs," Connie explained, "and I have to give a lot of credit to my vendors. They take care of their booths and keep the store clean. There are 36 booths and they're full and people are on a waiting list. When one comes open, I try to look for something different from what we already have so they won't be competing so much against each other.

"This has just been a blessing, way more than I ever thought it would be," she said.



TWISTED PEACOCK'S MARGOT HERREN

By Caitlin LaFarlette

“Paragould’s first Pinterest inspired market” has only been in business for three years but the driving force of women behind Twisted Peacock gives vendors a perfect place to share their wares.

Owner Margot Herren opened the shop with her two daughters Carrie and Cindy in 2014 and honored the passing of a family member with its name. Herren said her sister-in-law, Donna Wells, raised peacocks and when another family member recommended giving the store a name with a “twist,” the Twisted Peacock was born.

“Cindy prided it in that it was the first Pinterest inspired market,” Herren said.

And Pinterest market it is. From handmade jewelry and soaps to repurposed furniture



and knitting classes, the Twisted Peacock is ideal for crafters, keeping Herren successful in her business.

“There’s so many people that still like ‘hands-on,’” she said.

Herren retired from City Hall in 2014 shortly after opening the Twisted Peacock. She noted that most businesses don’t make it to the three-year mark like she has, despite being a first-time business owner.

“It just fell in my lap and I’m loving it,” she said.

After moving to West Court Street from her first location on West Kingshighway, the downtown community enveloped Herren and her business.

“It’s been very enjoyable because we feel like we’re a part of something,” Herren added.

In 2016 Herren experienced the deaths of multiple family members in a short period of time, but said the downtown community helped her through it, as well as the existence of the Twisted Peacock. “What else would I do?” she said. Other business owners and shoppers alike frequently stopped by to check in on Herren and even worked the register when she was unavailable.

“Downtown is a very caring association,” Herren said. “That’s the good part, that you feel involved with a community of business owners.”

Herren stressed she never sought to be a business owner but owes her success to one simple rule: Be kind. Herren aims to speak to every customer who walks through her door and treat them all equally. And that is what keeps shoppers, even those from out of state, returning to the Twisted Peacock, even if it is just to say “hello.”

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ZOMBIE WALK

The 2017 Zombie Walk was a success and a blast! Organizers raised over \$200 for Main Street Paragould and gave multiple boxes of non-perishable food items to Mission Outreach. MOR Media and iTechs' costume contest winner's were Trinity Hyde - 1st Place; Laura Stephens - 2nd Place; and Ty Hawkins - 3rd. For the Adults' Costume Contest, the winners were Seth and McKenna Hendley - 1st Place; Tim Ward - 2nd Place; and the Jones Family- 3rd Place. Thank you to iTechs for sponsoring the event! Find more pictures on Premiere Magazine's Facebook page!



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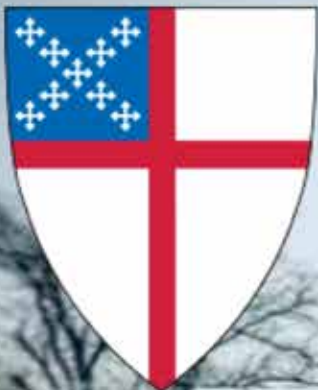
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HYDE PARK CAFÉ FRESH FAMILY RECIPES

By Jennifer Delong

Nate and I were a tad late to the party, but we finally accepted the invitation to try Paragould's new Hyde Park Café. This lovely little restaurant hidden away at 113 Main Street has been open since August 21, and locals have indeed discovered a fresh new option.

We sat and talked with Randy Hyde as he shared a bit about himself and his wife Sonya's dream for their store. "Our menu is built from a foundation of true American fare, with roots in family recipes. Fresh ingredients build our hot and cold sandwiches, soups, and salads, with a wide variety of choices to satisfy every palate." The couple has already made a splash by winning the best salad at the Taste of the Ridge for their Red White and Blue House Salad. Fresh spinach with strawberries, blueberries, chicken, almond, feta and bacon are served with a chardonnay vinaigrette.

This salad highlights the healthy ingredients and atmosphere that Hyde Park promotes. With the fall weather approaching quickly, you'll want to stop in and try a bowl of hot soup and daily options the Hydes care to offer up.

Open Monday - Saturday from 10:30 a.m. - 8 p.m., the shop is a bit different for Paragould, as it is not closed for a time during the day. If you want a snack at 3 p.m., stop on in and try the Reuben or the Fried Green Tomato BLT like we tried. Nate and I had originally agreed to share ½ of each sandwich and rate them, but when the yumminess came with a side of homemade waffle chips, my son tried to steal it all for himself. I'll be honest, I'm not a fan of fried green tomatoes, but my goodness, add bacon, lettuce and sriracha mayo on wheat berry bread and this sandwich was the most delicious thing I've tasted in awhile. I hadn't had a Reuben on real marble rye in a while and this one hit the spot. We know teen boys will eat just

about anything, but when a 13-year-old boy is salivating over healthy options, you know you're doing something right.

I've only been married a short time, but I knew if I came home without something for my husband, there would be an argument. We heard the servers talking about a "new" option that someone came up with, and we knew that was what we needed to bring home. A hot potato served with ham, melted Swiss cheese and a huge serving of spinach dip. We had to try it; it's our duty to report on the food, but let's just say I must really love him, because this delicious smell followed us all the way home and we didn't eat it all. Kudos to the server that came up with this idea, and to the owners for trying it.

If the options above haven't tempted you to try Hyde Park, check out their website at hyde-park-cafe.com or find them on Facebook. Better yet, stop in and tell them you read about them in *Premiere*.

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ALLISON HITT
CERTIFIED DIABETES EDUCATOR
Arkansas Methodist Medical Center

FIGHT AGAINST DIABETES WITH ALLISON HITT

By Caitlin LaFarlette

For close to nine years the Arkansas Methodist Medical Center Diabetes Care Clinic has served diabetes patients in Northeast Arkansas, providing education and support to manage the disease.

“Our program offers self management skills, which focus on self-care behaviors: healthy eating, being active, monitoring, taking medication, problem solving, healthy coping and reducing risks,” Certified Diabetes Educator Allison Hitt said.

Hitt said 98 percent of diabetes is self-care and the care clinic is paramount to success. She serves as the CDE at AMMC to coach and mentor patients. “They confide in me much more than they do their physician,” she said.

Physicians may diagnose and treat, but a CDE bridges the gap with a self-management program. Every other month AMMC hosts a community diabetes event with healthy recipes, tastings and guest speakers.

“Our event enables community members and diabetic patients to learn about healthy eating and nutrition,” Hitt said. “They are able to continue learning, stay motivated and

try new recipes.” Upcoming events with the AMMC Diabetes Care Clinic are Nov. 16 at 6 p.m. in the AMMC Auditorium.

Every year in Arkansas, around 25,000 people are diagnosed with diabetes. According to the American Diabetes Association, 797,000 Arkansans are pre-diabetic. These high numbers also translate to higher medical costs — \$3.1 billion is spent on diabetes and pre-diabetes every year in Arkansas. Those with diabetes also have medical expenses 2.3 times higher than those without, partially due to other complications that come with the disease. For example, uncontrolled diabetes is the leading cause of blindness and non-traumatic amputations. Hitt also said patients with uncontrolled diabetes are 2-4 times more likely to have heart disease and strokes.

Hitt said for somebody just diagnosed with diabetes, the first step is to ask for a referral to a CDE. Second? Take a deep breath.

“It is a manageable disease,” Hitt said. “With the right education and medication therapy, everyone can be a controlled diabetic and live a long, healthy life.”



WHERE TO SEEK RESOURCES

AMMC'S DIABETES CARE CLINIC

Arkansas Methodist Medical Center operates a Diabetes Care Clinic to assist patients in managing diabetes and to raise awareness and educate the public about diabetes, its causes, symptoms and risk factors. The clinic is open Monday through Friday from 8:00 a.m. until 4:30 p.m. with patients receiving referrals from their physicians for an appointment. According to data from the American Diabetes Association, in 2012, some 29.1 million people had been diagnosed with the disease; another 8.1 million are unaware they have the disease and have yet to be diagnosed. Also, there are 86 million Americans who are pre-diabetic or on the brink of becoming diabetics.

ST. BERNARDS' DIABETES MANAGEMENT CENTER

St. Bernards offers a comprehensive diabetes education program that is recognized by the American Diabetes Association (ADA) for meeting national quality standards for diabetes education. As an additional service, it also has a diabetes support group that is free of charge and open to the public on the second Tuesday night of each month. Various speakers on topics important for diabetics are featured at these meetings, and they also offer a quarterly cooking class and a free monthly newsletter that is sent out via email. To contact the Diabetes Management Center at 870.207.5677.

AMERICAN DIABETES ASSOCIATION

The moving force behind the work of the association is a network of more than one million volunteers, a membership of more than 500,000 people with diabetes, their families and caregivers, a professional society of nearly 14,000 health care professionals, as well as more than 800 staff members. The American Diabetes Association provides articles about diabetes basics, living with diabetes, food and fitness, resources in your community, advocacy for diabetes, research, and ways to give to fund research and progression on the fight against diabetes. Those seeking information can visit their website at www.diabetes.org or subscribe to their magazine, Diabetes Forecast: The Healthy Living Magazine at www.diabetesforecast.org.

THE FIGHT AGAINST DIABETES

By Richard Brummett

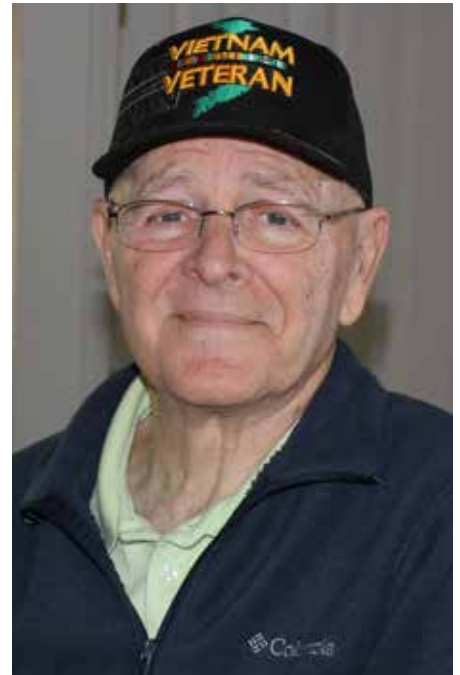
As a Marine during the Vietnam War, Jim Cunningham had more than one brush with death. Drafted into service in 1966 and rushed to Vietnam along with thousands of other teenagers just like him, the infantry rifleman saw many soldiers killed or wounded in his time there and barely escaped the same fate himself on more than one occasion.

Still, one of his closest calls with dying came once he was back home. "To say it is the closest I came to death is not exactly true," Cunningham says today, "because I was in the infantry 13 months and nine days in the Marine Corps. I had a lot of close calls. But diabetes is as big a threat as I've ever faced."

Symptoms of diabetes surfaced in 2000 when he began to experience having no energy and enduring periods of lethargy. "Excess sleeping," he recalled, "and I ate constantly. I couldn't get enough to eat although I was 35 pounds overweight. My kids actually forced me to go to the doctor because I was always 'going to be better tomorrow.' You know how that goes. The doctor put me in the hospital that very same day. They tried to measure my sugar and it wouldn't measure; it was off the charts. They ended up sending me to the VA and it was confirmed diabetes and peripheral neuropathy."

Peripheral neuropathy occurs when nerves malfunction because they're damaged or destroyed, with impairment in Cunningham's legs being a side effect of his diabetes.

"I did not realize I was that sick," he said. "I didn't think I was. When I came home in September of 1967, I never dreamed I'd have the physical problems I had. The VA checked my service record of where I was and when I was there in Vietnam, and it made sense to them that my afflictions were partly a side effect of Agent Orange. I was around Agent Orange on more than one occasion ... billions of white droplets falling all around you, sticking to everything they touched. The defoliants work on the body over long periods of time. With that and the diabetes, I was diagnosed as being within a week of death, according to the hospital.



"As it turns out, diet was the other part of the equation. Mine was absolutely not good. I had to make immediate changes in the way I ate. The truth is, you are what you eat, and you are what you *don't* eat. I haven't had a soda in about 15 years. I had to cut out pizza and all sugary drinks. Carbs were bad news. Fast carbs, they said, that immediately turn to sugar. I had to quit my honey buns and doughnuts."

Today, those choices seem to be good ones to him though he wishes he had paid attention sooner. A celebrated athlete in his day, he was the point guard on Paragould High School's state championship basketball team of 1963 and in later years became an accomplished tennis player. Today, he walks unsteadily because of the neuropathy but still is able to go where he wants to go and enjoy life.

"When I was in Vietnam I decided I would live one day at a time," the Brookland resident said. "I went in as a Private and came out as a Sergeant. Do what you're told, and do it better than anybody else. If the guy next to me dug his foxhole three feet deep, I dug mine four. Every day, just like over there, we have to make life or death decisions ... we all make decisions; the question is, are we making the right one? I went from being told I had about a week to live to having survived this by 17 years and I will tell you, diet is No. 1, period. Listen to your body. And exercise is essential. If you take in calories and don't do something to get rid of them, they're just there. I'm proof that if you start taking care of yourself, you can beat this."

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HUNTING MEMORIES

By Chuck Long

November could be the perfect month. There is a holiday that centers around food, fellowship and thanksgiving, the remnants of the beauty of fall grace the landscapes, the first glimpses of winter provide cold mornings, football rules the television, there is still some good fishing, and hunting seasons provide opportunities for almost every animal in Arkansas. What more could you ask for in a month?

One of my favorite things in November is the celebration of Thanksgiving. It is close to the top as my favorite holiday because of the food and fellowship and lack of stress regarding gifts, celebrations and time constraints. Thoughts of past Thanksgivings run through my mind each year as we approach the holiday season. Some of my favorite thoughts are of time spent in my grandparents' homes with family and friends. The smells of food, the sounds of clanging pans and conversation, and the silence of naps after the meal made those days very memorable.

November also often meant that harvest season was wrapped up and that would allow time to chase some game animals with the family. I wish I could remember all those November hunting trips and travels, but the fog of getting older keeps that from happening. Very often, however, certain things will bring back fresh reminders of those times that had sat dormant in my mind for a while.

Any time I see a beagle the great memories of many days spent afield with Granddad Long following dogs and chasing rabbits are rekindled. We chased cottontails and swampers all over eastern Greene County, from Bard to Schugtwn. We

rarely got very far away from home, though a few forays with other beagle owners led us to unknown territory.

Granddad was very patient with his hunting and with his dogs. For me, the anxiousness of getting in the field often made the days creep by until about 10 in the morning when he would say it was time to go. The dogs were then loaded into his truck and off we went in hopes of running a few rabbits. At that time there was plenty of cover along the ditches and fence rows and we would park in a likely spot and drop the tailgate. A pack of excited beagles would roll out of the back of truck in unorganized chaos filled with barks, yaps and a tumble or two. Those dogs, however, knew what to do and once they hit the ground and had a few moments to organize it was all business. Granddad was known for having some of the best beagles in the area and this was proven day in and day out by the number of rabbits that the short-legged hounds pursued each day.

One thing that I have dwelled on more and more as I have grown as a hunter is that my granddad very rarely shot a rabbit. Looking back I am not sure if he even loaded his gun. He was there to take the dogs, to enjoy the break from the cotton harvest and to introduce me to the outdoors. I never really caught that at the time, but now am very thankful for his willingness to invest in me and the resource.

I was always willing to take a few shots, however, and, though we never ended with a bag full of rabbits, we often had enough for a meal. After a few hours Granddad would gently try to head the dogs back to the truck and get loaded up and head home. This is

where his patience truly shined. Anyone who has ever tried to get beagles loaded up after the hunt will understand that patience plays a big role in dealing with those dogs. Often we would have to leave a dog or two and he would leave his hunting coat on the edge of the fence row to get the wandering dog to hang around till he could get back and retrieve the rabbit chaser. In all this, he was teaching me life lessons on everything from conservation to patience. As I look back now, I can see those lessons much clearer.

As we celebrate November and Thanksgiving take some time to remember those folks that took their time to invest in your future, whether it be in hunting, fishing or in life. Granddad Long passed away after a battle with cancer in the early 1980s but those things I learned from him, and so many others, are as fresh and poignant today as they were when he dropped the tailgate on that old truck and the beagles hit the ground. I wish each of you a wonderful Thanksgiving filled will family, friends, good food, a little football and some great times outdoors. I hope to see you out there!!!



CHUCK LONG

Regional Education Coordinator Northeast Education Division Arkansas Game and Fish Commission

15th Annual

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ERIK WRIGHT

November marks one year since I took the reins of the Greene County Office of Emergency Management. During that time one of the most common things I have heard from local residents, business owners, school and public officials is, "I didn't know we had an Emergency Management Office." This sad reality was both a burden and a blessing as I moved forward into my new position throughout 2017.

I took the public's perception as a challenge: It would be my goal to make the Office of Emergency Management as visible and known to the public as any other local responding public safety agency. Only time will tell if I have been successful in this, but I hope the residents of Greene County are a bit more familiar with who I am and what this office is.

Before moving to Arkansas in early 2012, I worked as a safety manager for a multi-state geophysical exploration company. Granted, that isn't exactly the same thing as emergency management, but on my first day at the Greene County Courthouse I wasn't in unfamiliar territory. During the past year we have thankfully avoided major disaster, save for our friends to the northwest who were flooded during the spring storms. Still, I am tirelessly working with my local, state, and federal partners as well as those private entities here in Greene County to ensure the safest, most prepared community possible in the face of any natural or man-made hazard.

Looking forward to the next year I have already begun work on one of my principle goals which is to create a network of peer-to-peer relationships of emergency management partners worldwide. This cross-border communication and collaboration will greatly enhance the planning and preparedness capabilities of Greene County, but will also put our local communities on the minds of those important decision makers around the world. I invite everyone in Greene County to stop and visit with me as the new year progresses.

- Erik Wright

LIVING A BETTER STORY

By Jared Pickney

John D. Rockefeller is considered to be the wealthiest American of all time by virtually every source, and — largely — the richest person in modern history. In today's market he would be worth \$200 billion. He was once asked, "How much is enough?" To which Rockefeller responded, "Just a little bit more."

As Americans we don't do contentment real well. We love talking about ambition, setting goals, shooting for the stars and getting the biggest bang for our buck. But contentment? It's not by any stretch of the imagination a popular topic of discussion. Though it's something we talk little about, I submit to you that it's something each of us wants.

If you have ever met a contented person you have met someone who is able to celebrate the success of others. Contented people aren't interested in promoting themselves or trying to "one up" everyone around them. They are people who have learned how to be thankful in all of life, not just one day of the year.

We all want this life. But how do we get there?

In Philippians 4, the Apostle Paul tells us that he has learned how to be content, no matter the situation. Keep in mind, this is coming from a man who is writing this particular letter from prison! The secret to contentment, Paul tells us in verse 13, is not



found in a possession, but in a person. That person is Jesus Christ. Paul says, because of Jesus, whether I have little or much, whether I am popular or alone, whether I am sick or healthy, I can be content. I can be thankful no matter what.

Because Paul knows this doesn't come easy he reminds us in verse 11 that contentment in Christ is something that must be learned. It doesn't happen overnight, but if we will learn to practice the presence of God in our lives, if we will believe that He is who He says He is, that He, as our creator, is better than His creation, and that because of Christ we can have full access to Him anytime and anywhere, then we can learn, like Paul, to be content in all of life.





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INFANT SAFETY CLASS

Monday Nov 6 from 6 PM - 8 PM

Professional Office Building at AMMC

This free class is offered to expectant families and anyone caring for the infant. Call the AMMC Lactation Services Department 870-239-7013 or email baby@arkansasmethodist.org for classroom location and to register. Registration is required for all classes.

HOLIDAY SILENT AUCTION

Monday Nov 13 - Thursday Nov 16 from 8 AM - 4 PM

The Herget Atrium at AMMC

Proceeds will benefit the Dr. Tory Lee Stallcup Scholarship Endowment Fund. The scholarship endowed in memory of Dr. Stallcup will be used to encourage others to follow in his footsteps. The endowment will fund scholarships to medical school students who commit to practicing at AMMC upon completion of their studies. Preference will be given to those students who, like Dr. Stallcup, grew up in Paragould or another community served by AMMC. Since this is an endowment, donations to the scholarship fund will provide benefits for years to come, ensuring Dr. Stallcup's own legacy of generosity is honored by the fund bearing his name. Items will consist of a variety of holiday decorations including trees, fully-decorated trees, ornaments etc. No new items are needed but cash donations are welcomed to support the scholarship fund. All items must be paid for and picked up by Friday, November 17 at noon.

CHILDBIRTH

PREPARATION CLASS

I. Nov 11 & 18 from 8 AM - 4 PM

II. Nov 20 & 27 from 6 PM - 8 PM

III. Dec 4 & 11 from 6 PM - 8 PM

Professional Office Building at AMMC

AMMC sponsors this preparation class series that provides detailed information about late pregnancy, preparing for labor and birth, comfort measures, Lamaze techniques, importance of early skin-to-skin contact, medications, anesthesia, newborn characteristics and postpartum care while rooming in with your baby. This free class is offered to anyone who is expecting and is 5-8 weeks away from your due date. A tour of labor and delivery and the mother/baby unit is included. Please wear comfortable clothing and bring two pillows and a blanket to class with you. Register early to ensure availability. Call the AMMC Lactation Services Department at 870-239-7013 or email baby@arkansasmethodist.org for classroom location and to register. *Registration*

is required for all classes. Attendees have to attend every class in the series regardless if it is a two, three or four-week course. If you don't make it to the first class, you don't need to come to any of the other classes in that session.

RETIREES MEETING

Friday Nov 17 from 12 PM - 1 PM

Auditorium in the Professional Office Building at AMMC

AMMC sponsors an employee retirees meeting every other month. This luncheon is held so that employees of the hospital who have retired have the opportunity to come together for good food, fun and fellowship. This meeting's guest speaker is AMMC Certified Diabetes Educator Allison Hitt.

BLOOD DRIVE WITH

AMERICAN RED CROSS

Tuesday Nov 21 from 3 PM - 7 PM

Auditorium in the Professional Office Building at AMMC

Donate blood to help victims of trauma, organ transplants, childbirth complications, and leukemia regain strength and health. In order to donate, you must be at least 17 years old or 16 years old if allowed by state law (includes Arkansas, Illinois, Kentucky, Missouri, and Tennessee). You must weigh at least 110 pounds and not have donated whole blood in the last 8 weeks or double red cells in the last 16 weeks. You must be "healthy," meaning you are not currently being treated for chronic conditions. Those who successfully donate blood will receive three \$5.00 coupons to be used at the Auxiliary Gift Shop, Beacon's Deli, Cafeteria or The Foundation Station. For more information, contact The American Red Cross at 1-800-RED-CROSS or www.redcrossblood.org.

HEALTHY PREGNANCY CLASS

Tuesday Nov 28 from 6 PM - 8 PM

Professional Office Building at AMMC

This free class can help ease the transition to parenthood for expectant mothers, their partner, and other family members. Topics include changes in early and mid-pregnancy; healthy lifestyle; coping with the discomforts of pregnancy; work-related issues; warning signs; and other information to help you have a safe, healthy, and worry-free pregnancy. This is a one-time class for expectant mothers who are prior to 16 weeks in their pregnancy. Call AMMC Lactation Services Department at 870-239-7013 or e-mail baby@arkansasmethodist.org for classroom location and to register. Registration is required for all classes.

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DISTINGUISHED SERVICE AWARD

The Arkansas Hospital Association (AHA) recently recognized William Burns Fisher at its 87th Annual Meeting in Little Rock. Bill Fisher has been promoting the cause of the healthcare industry in Northeast Arkansas through his personal values and his professional commitment. For a combined total of 59 years, he has sacrificed countless hours of time, enormous amounts of energy and unwavering dedication to Arkansas

Methodist Medical Center, the AMMC Foundation and Chateau on the Ridge Assisted Living. From the AMMC family, congratulations Mr. Fisher on being named a 2017 Arkansas Hospital Association Distinguished Service Award Recipient.

Pictured: (Left) Current AMMC President/ CEO Barry Davis and Former AMMC President/CEO Ron Rooney posing with William Burns Fisher. (Right) Director of

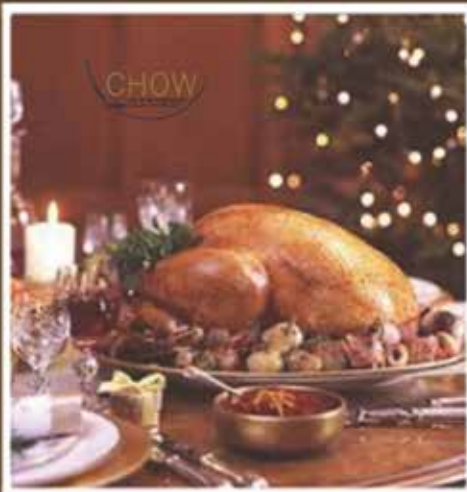
The Foundation and Marketing Shay Willis posing with William Burns Fisher and his wife, Anne Fisher.



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The Vampire Facelift® is the hot new facial and Dr. Lisa M. Hendrix, M.D. is one of the few certified physicians able to perform it. This therapy is a non-invasive face lift that involves drawing 2 teaspoons of your blood, then using a centrifuge, the physician isolates platelets from that blood, activating those platelets and then injecting it back into the face.

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HAND SAFETY

Anchor Packaging recently sponsored a hand safety campaign to promote the importance of hand safety awareness among Anchor Packaging associates. The campaign consisted of a week-long focus on hand related hazards in the workplace and how to protect your hands from these hazards. The campaign also included a kids' art contest to bring attention to how important moms', dads' or grandparents' hands are and how they touch the children in their lives. The Anchor Safety Committees selected winners from various age groups at each of the Anchor locations.

On September 7, 2017, the Anchor Safety and Management teams, along with associates, met at Swirlz for a celebration to recognize the winners from each Anchor facility. Each winner received a \$50.00 gift card, all the frozen Swirlz treats they could eat and a free round of putt-putt golf.

The Anchor safety team believes that these types of campaigns are important to remind all associates that safety is not only for the workplace but that it is important for every aspect of our lives.



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GET RICH

with Richard Brummett

In September of 1987 I stepped into the batter's box with the tying run on second base and two outs in the last inning of the national championship softball game. If I were to get a hit, the run would most likely score; if I failed, our season would be over and we would finish in second place, but the funny thing is, it never occurred to me that I would NOT get the hit.

I felt absolutely no pressure, I had no doubts because I was in the prime of my softball life and -- more importantly -- they throw the ball to you underhanded. You *should* be able to hit safely more times than not, so when I singled to center field I had accomplished what I hoped and expected.

Fast forward to September of this year, when I was part of something called a softball-related "gender reveal," and I've never felt so much pressure to come through in my life. A family I love dearly asked me to take part, with my role being that of hitting a softball that would explode and reveal its either pink or blue innards, and everyone would know what the expectant mom was going to have.

None of that seemed too difficult, though it served to magnify the differences between my generation and this one. In my day, a gender reveal went like this:

"We had a baby."
"What'd you have?"
"A girl."
"Congratulations."

That was it. We didn't shoot colored shotgun shells or cut into cakes or pop balloons; we just said, "We had a girl." Still, I was willing to participate if that's what my friends wanted and had no reservations until "Game Day." Minutes before we were to head from the community center to the ball field for the big ceremony I got a look at the ball I was supposed to hit. Instead of a softball, it was a plastic softball-looking thing about the size of a Christmas tree ornament.

I went to my designated pitcher for the day, Kris Boozer, figuring since he's still young he knew all about these newfangled gender reveals and I asked how difficult he thought it was going to be to throw this tiny sphere my way with about a 30-mile-per-hour crosswind blowing. My fears were not allayed when I learned he hadn't seen the ball and knew even less about gender reveals than I did.

We went to the field and there was no way to practice; we only had one shot at this thing and that's where the pressure came in. In softball, even if I swung and missed I would still have two strikes remaining. In this situation, if I swung and missed, within the hour I would be on YouTube, Facebook, America's Funniest Videos and ESPN's Not Top Ten, thanks to all the fancy telephones equipped with up-to-the-minute video capabilities. There was no margin for error, regardless of whether the pitch was

good or bad. I couldn't let it hit the ground and if the wind blew it toward my behind I couldn't merely reach up and grab it because either way it would explode and ruin the effect.

This ball had to be hit, good pitch or bad.

There was just as much pressure on Kris as there was on me. Neither of us wanted to be half of the act that ruined the long-awaited gender reveal experience, so we tried to test the winds by tossing dirt clods we retrieved from the infield. Finally, with about a hundred people gathered around us, it was time to hit. I stepped to the plate, Kris battled the wind like a pro, and I took a hack at a pitch that was seriously low and outside.

The gods of softball smiled on us and I connected, sending a storm of colored powder blowing back into my face and all around me. From my vantage point it looked purple, and my first thought was, "She's having Barney?" ... the six-foot purple dinosaur of TV fame.

Only after I joined the teary-eyed crowd of well-wishers did I learn that the powder was pink, and a little girl was on the way. Once it was over and the stress was gone I was glad I had participated, gladder still that she wasn't having twins because once is enough for that kind of pressure.

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November

2017 Kids' Events

1, 8, 15, 22, 29

Story Time

When: Wednesdays 10:30 AM

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

Info: www.mylibrarynow.org

2, 9, 16, 23, 30

Homework Help

(13 - 17 yr olds)

When: Thursdays 4:30 PM - 6 PM

Where: Children's Library, Public Library
315 W Oak Ave., Jonesboro, AR

Info: www.libraryinjonesboro.org


4, 11, 18, 25

Creature Feature

When: Saturdays 10:00 AM

Where: Crowley's Ridge Nature Center
600 E. Lawson Rd., Jonesboro, AR

Info: www.crowleysridge.org



While Mom checked the latest messages on her phone at this year's Dig for the Cure matches, McKenzie Gonzales found the camera to be more interesting. McKenzie, 9 months old, is the daughter of Matthew and Meagan Bowlin Gonzales of Franklin, Tennessee, and the granddaughter of Greene County Tech coach Darlene Woods Horton.

November

EVENTS CALENDAR

03

What: We Remember Veterans Day Luncheon

When: Friday, Nov. 3rd 11 AM - 1 PM

Where: Nettleton High School, Jonesboro

Info: Nettleton High School's EAST program would like to honor our veterans by hosting the We Remember Veterans Day Luncheon. If you know a veteran you want to honor, please RSVP to Sandra Taylor at (870) 897-0020.

What: Day of the Dead Celebration

When: Friday, Nov. 3rd 7 PM - 11 PM

Where: Sue's Kitchen, Jonesboro

Info: Join the Hispanic Center for the Dia de los Muertos Celebration! Tickets are \$75 and the attire is Black & White Cocktail. For additional information, call (870) 926-1118 or (870) 931-1884 or email ginag@jhcsi.org.

07

What: Mind and Body Exercise Class

When: Tuesday, Nov. 7th 5:30 PM

Where: Craighead County Public Library, Jonesboro

Info: Each week the library offers free exercise classes. Mind and Body with Holland is held each Tuesday night from 5:30-6:30 p.m. in the Round Room. All of the classes are taught by licensed instructors.

09

What: Greene County Tech's Veteran's Day Program

When: Thursday, Nov. 9th

Where: GCT High School Auditorium

Info: For more information contact Greene County Tech School District at 870.236.2762 or visit gctsd.k12.ar.us. This event is open to the public.

10

What: Wounded Warrior Amputee Softball Team Banquet

When: Friday, Nov. 10th 6 PM - 8 PM

Where: Central Baptist Church, Jonesboro

Info: The Miracle League and Parks and Recreation host the Wounded Warrior Amputee Softball Team Banquet and VIP Event! It costs \$25 for general admission and \$50 for an individual VIP ticket that will get you into the VIP Event that starts at 5:30 PM. A full table of 8 costs \$200. For more information contact Sharron Turman at (870) 882-5430. The Wounded Warrior Amputee Softball Game will be held November 11th at 2 p.m. at Southside Softball Complex in Jonesboro.

What: A-State United Way's United We Dance to Give Our Youth a Chance

When: Friday, Nov. 10th 9 PM - 1 AM

Where: Arkansas State University Campus

Info: This event will benefit education programs supported by United Way of Northeast Arkansas. The goal for 2017 is to raise \$5,000 at this year's event with more than 250 participants and volunteers. For additional information or questions, please contact Robert Morris, United Way Intern at robert.morris@smail.astate.edu.

11

What: Paragould Veterans Day Parade

When: Saturday, Nov. 11th 10 AM

Where: Main Street Paragould

Info: The Paragould Veterans Day Parade Committee is asking all veterans, family and friends to help celebrate Paragould's Veterans Day Parade. Those interested in participating can contact Main Street Paragould at 870-240-0544 or by email mainstr@paragould.net.

What: Jonesboro Veterans Day Parade

When: Saturday, Nov. 11th 10 AM

Where: Main Street Jonesboro

Info: Come and support our nations' heroes and their families for their service! If you would like to participate in the parade, call Marvin Jumper at (870) 761-2735 or Major Brian Mason at (870) 680-8064 or visit craigheadcountyveterans.org. If you would like to watch the parade, the best viewing areas will be either side of Main St. between Jefferson St. and Huntington Ave.

17

What: Miracle on 34th Street

When: Friday, Nov. 17th & 18th 7:30

Where: Collins Theatre, Paragould

Info: Greene County Fine Arts Council will perform the holiday classic "Miracle on 34th Street" at the Collins Theatre in Downtown Paragould. The group will also be performing "Miracle on 34th Street" on Sunday, Nov. 19th at 2:00 PM. Call (870) 573-6454 for ticket reservation.

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What: The Nutcracker Ballet

When: Friday, Nov 17th, 18, 21 7:30 PM

Where: The Forum, Jonesboro

Info: The Foundation of Arts is putting on the Holiday classic, The Nutcracker Ballet. There will also be a performance on November 19th at 2 PM. Visit www.foajonsboro.org for more information and to purchase tickets

18

What: Drab to Fab with Chris H. Olsen

When: Saturday, Nov. 18th 10 AM - 1 PM

Where: Paragould Community Center and Water Park

Info: Greene County Master Gardeners present Chris H. Olsen, Drab to Fab, 10 am-1 pm at Paragould Community Center, 3404 Linwood Drive, Paragould, AR. 72450. Registration deadline is November 11th. Cost: \$15.00 per person. Seating is limited. Mail your \$15.00 check made payable to Greene County CES to: Greene County Cooperative Extension Service, 201 W. Court Street, Federal Building, Room 205, Paragould, AR. 72450. For more information, contact the Greene County Extension Service at 870-236-6921 or Connie Whitman at 870-335-3419. Please include an email so we may confirm your registration personally.

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

graphics@mormediainc.com

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HOLIDAY PIE RECIPES

We asked our readers to submit their favorite holiday recipes in preparation for Thanksgiving. Here are some of them. Thank you to those who sent them in.



BONNIE'S CHERRY PIE

Submitted by: Lindsey Box

INGREDIENTS

- 1 Can of Red Tart Cherries
- 1 Cup of Cherry Juice (from can)
- 1 Cup of Sugar
- 1 Tsp of Cinnamon
- 1/4 Cup of Flour
- Butter

DIRECTIONS

1. Drain cherries, put in pie crust.
2. Take cherry juice, mix with sugar, cinnamon and flour, put on stove.
2. Mix until it begins to boil, then turn down heat.
3. When it thickens, pour over cherries.
4. Place small cubes of butter on top of cherries and put on the top crust.
5. Bake at 350 degrees for an hour, or until juices are bubbling out of pie.
6. Enjoy!



PUMPKIN PIE

Submitted by: Brandi Hodges

INGREDIENTS

- 2 Cups of Fresh Pumpkin from a Medium Sized Pumpkin
- 1 Can of Evaporated Milk (12 oz)
- 3/4 Cup Brown Sugar
- 1/2 Tsp Cinnamon
- 1/2 Tsp Nutmeg
- 1/2 Tsp All spice
- 2 Eggs
- Pie Crust

DIRECTIONS

1. Wash the outside of your pie pumpkin with soap and water and slice in half from stem to bottom.
2. Scoop the seeds and stringy parts of the pumpkin out and place face down on a baking sheet. Pumpkin releases water when baked, so you want to use a baking sheet that has higher sides.
3. Bake your pumpkin at 350 degrees for about 20 minutes or until the pumpkin starts to cave in. Remove from oven and let the pumpkin cool. You don't want your pumpkin to be too watery, so it helps to pour the water off of it, or remove the cooked pumpkin from the baking sheet to cool.
4. Scoop out the "meat" of the pumpkin and place in a food processor to make a puree.
5. Add your puree to a mixing bowl and mix in the other ingredients and pour into a pie shell. You can use canned pumpkin, but the fresh makes it so much better!



CARAMEL APPLE PIE

Submitted by: Brandi Hodges

INGREDIENTS

Filling:

- 6-8 Granny Smith Apples
- 3/4 Cup of Sugar
- 1/2 Tsp Cinnamon
- 1/4 Tsp Nutmeg
- 3 Tbs of All Purpose flour
- 1 Jar of Caramel Topping
- Pie crust (from the store or from scratch)

Crumble Topping:

- 1/2 cup Brown sugar
- 1/2 cup All Purpose flour
- 4 tablespoons of cold butter

Directions:

1. Mix the brown sugar and flour in a bowl and add the cold butter
2. Using either a fork, two knives or a pastry blender - mix until well blended with small pieces of butter throughout.

DIRECTIONS

1. Cut apples into slices or chunks and place in a large bowl.
2. Add the sugar, cinnamon, nutmeg and flour to the apples and toss until well coated.
3. Add about 1/2 of a jar of caramel topping to the apple mixture.
4. Pour apple mixture into pie shell. Bake at 350 degrees for 25 minutes and add crumble topping and the rest of the jar (or however much more you would like to add) of the caramel topping.
5. Place pie back in the oven for 20-30 minutes, checking on it frequently. I usually place a cookie sheet underneath the pie in the oven just in case!

Have a Happy Thanksgiving!

from MOR Media



GIVING FLOWERS

By Caitlin LaFarlette

Joy and love ... two simple yet deep concepts that a Woodrow Wilson fourth-grader has already grasped and tries to spread to others.

Ten-year-old Dalton Masters loves flowers; so much, in fact, his mother said he once picked dozens of her tulips from the garden and brought them inside because he loved the way they looked. As he got older and began to also love giving to others, Dalton went the extra mile.

"Flowers make people smile and I thought people in nursing homes and hospitals can't get outside sometimes to see how beautiful the flowers are," he said. "So I would take them inside for them to enjoy."

Dalton takes old water bottles and turns them into vases by painting and decorating them, places a flower or two inside, and then takes the centerpiece to places like Sunshine Manor for the residents.

"They hug me, they smile, and it makes them feel so happy that I took time to come by and see them," he said.

Dalton's mother, Stacy, said she wasn't surprised when he first came up with the idea for his project.

"He has always had a big heart and has always wanted to make people happy," she said. "If someone was feeling sad, he has always wanted to do something to put a smile on their face."

Stacy added Dalton can take a bundle of flowers to share with 10 people and make them each smile. It's a gift that makes his parents proud.

"Not very many kinds his age want to take their own birthday money to buy flowers to give to others," Stacy said. "But for Dalton, to see the smiles and to get the hugs have been priceless to him."

Dalton currently puts together his arrangements with donated flowers, or bouquets he finds on clearance. He said he would eventually like to take his pieces to patients at the hospital who may not have family around to see them each day.

"This would help brighten their day. Any way I can spread more love to others, I am willing to do so," he said.



Dalton has partnered with a couple getting married in May who agreed to donate flowers from the wedding to his cause. His goal is to receive more donated flowers from any type of event. Dalton said if the flowers are just going to be thrown away, he would want to make smaller arrangements from them and deliver to local nursing homes and hospitals. Those interested in donations can email Stacy at dsddmasters@yahoo.com.

"This is an example of how the community can get involved with my project and help make those who can't get out or those who are sick days a little bright, and help put a smile on someone's face," Dalton said. "I hope that it grows so big that I can brighten the day of people all over Northeast Arkansas and Southeast Missouri."



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810 Horse Drawn Carriage Rides from Centennial Park start at 10:00am.

Visit with Santa at Something Sweet 10am-2pm

To keep up with details find Main Street Paragould on Facebook!

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2017

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RECOMMENDED SHIPPING DATES



DIG FOR THE CURE

By Richard Brummett

The phrase “pretty in pink” takes on a whole new meaning when the volleyball teams from Greene County Tech and Paragould take the court in the annual Dig for the Cure matches.

Players, coaches and fans make the gymnasium a sea of pink in support of breast cancer research and cancer survivors, and they generally get to see some pretty good volleyball as an added bonus. The Paragould version of the annual fundraising match celebrated its 10th anniversary in October of this year and it has come to be a great way to unite the community in a common cause.

Sue Keel, a PHS volleyball mom at the time, and teacher Jill Gill came up with the idea on the local scale in support of Kim Smith, the mother of PHS volleyball player Kobi Smith. Gill said she had heard of similar events being held at the collegiate level and researched the Dig for the Cure idea and when the GCT coaching staff was agreeable the ball was soon rolling on local fundraising efforts for breast cancer awareness through an annual Tech-Paragould contest.

“That was in 2008 and we raised about \$4,000-5,000 the first year,” Jill recalled. “It was a good start. It was an emotional game that first year

because Kim was still alive. She passed away the following spring but Sue and I said we would continue doing it to her memory. Sue has since moved so now Kevin (her husband, and a PHS administrator) and I sort of co-chair it.”

As would be expected of such a good cause, the success rate has soared in the years that followed. Jill said the game has been raising \$7,000-8,000 on average each year and that “in 10 years we’ve raised over \$60,000. Around \$11,000 is the most we raised in one year.” The organizations targeted to receive the funds are area hospitals helping with early diagnosis and assistance to those who have breast cancer: Arkansas Methodist Medical Center’s Project Hope, NEA Baptist’s Hope Circle, and St. Bernards’ Imaging Center.

The Gills’ daughter Chandler, now a member of the PHS volleyball coaching staff herself, remembers the emotions attached to playing in the game when she was a Lady Ram. “We had lost the first two games and coach (Angie) Donner called us all in and said, ‘That woman is fighting for her life,’ and we took that to heart and really dug down for something extra. We came back from being down 0-2 to win.

“Coach Donner also saw the game as a way of doing community service. I make sure now

that I tell the kids that playing in this is bigger than ‘self.’ These people fought for their lives, or are fighting for them. Volleyball is just a game when you see the honorees on the floor.”

Jill said when organizing the event “we get with the community to see who is fighting breast cancer. We try to pick someone with Paragould or Greene County connections, or at least someone in the community, to honor. This year it’s Tina Russell and we brought back all the previous recipients for the last 10 years. Between games we will recognize them and share their stories. Only two have passed away in the 10 years we’ve been doing it.”

Tables in the gym lobby hold silent auction items and donation jars and corporate sponsorship helps with the T-shirt sales in order to bring in more money. This year’s goal was \$10,000, which was surpassed.

“We’re proud and pleased with the schools and the community,” Jill said. “The generosity of this community is overwhelming.”



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OUR WEDDING

Sarah Fiscus and Andrew Barber

Sarah Elizabeth Fiscus and Andrew William Barber became husband and wife in a lovely fall ceremony in Centerton, Arkansas, on October 1, 2016.

Sarah, the daughter of Libby and Martin Fiscus of Bentonville, and Andrew, the son of Selena and Brett Barber of Jonesboro, first met in the summer of 2014 when they were both serving in a beach ministry project with Student Mobilization in Destin, Florida. They started dating soon afterward and were eventually engaged on March 5, 2016.

Sarah and Andrew both attended The University of Arkansas. Sarah graduated with a bachelor's degree in marketing from the Sam M. Walton College of Business. Andrew earned bachelor's degrees in criminal justice and sociology from the J. William Fulbright College of Arts and Sciences.

The Ravington, a recently opened event space in Northwest Arkansas with over 100 years of history, served as the setting for the couple's wedding. With 18' high ceilings, exposed brick walls, reclaimed wood flooring, beautiful lighting, and handcrafted decor and furniture, the tone was set for a unique and beautiful ceremony.

The nuptials took place outdoors in the venue's courtyard and were officiated by a friend of the couple, Jeffrey Coffman. The music was presented by vocalist Molly Russ and guitarist Rob Looney.

Sarah was given in marriage by her father and wore an ivory deco beaded Thiea gown with a low back and fingertip length veil.

Matrons of honor were Claire Watson of Oklahoma City, Oklahoma, sister of the bride, and Lauren Brownlee of The Woodlands, Texas. Bridesmaids were Alex Coffman of Fayetteville, Kallie Day of Little Rock, Hayley Hall, Tyler Paxton and Kelsy Litchenburg of Tulsa, Oklahoma, Chelsea Danielson of Plano, Texas, Lauren Blanco of Shreveport, Louisiana and Alyssa Bennett of Wilson. They wore floor-length blush-colored gowns.

Flower girls were Avery Watson of Oklahoma City, niece of the bride, Blair Brownlee of The Woodlands and Layla Paxton of Tulsa. JD Brownlee of The Woodlands was the ring bearer.

Evan Barber of Jonesboro, brother of the groom, was best man. Groomsmen were Collin Day and Aaron Hildebrand, both of Keller, Texas, Calvin Godwin of Mountain

Home, Jesse Wray of Crawfordsville, Shane Braden, Preston Burton and Patrick Burton, all of Jonesboro, Grant Smith of Wynne and Jack Fiscus of Tulsa, Oklahoma.

Ushers were Tyler Miller of Dexter, Missouri, Hayden Stancer and Blake Freedman, both of Springfield, Missouri, Dave Edwards of Houston, Texas, David Sosna of Kansas City, Kansas, and Andrew Heffington of Little Rock.

The house party included Johnna Boone and Lauren Keszeg of Fayetteville, Allie Aguliar, Margaret Stall, Catherine Coyle and Tessa Hall of Tulsa, Oklahoma, and Valeria Banks of Heber Springs.

The wedding reception, hosted by the bride's parents, followed at The Ravington.

Following the wedding, Sarah and Andrew enjoyed a week-long honeymoon in Maui, Hawaii. They now reside in Springfield, Missouri, where they both work for Student Mobilization as campus ministers at Missouri State University.



WEDDINGS & ANNOUNCEMENTS



Shawnda James & Grant Weaver

Shawnda James and Grant Weaver of Paragould announce their plans for a spring wedding in April of 2018.

Shawnda's parents, Terry and Angela James, and Grant's parents, Gary and Mala Weaver, are excited for the matrimony of the two.

Photographer: Cobi Murdock



Morgan Todd & Eric Wilcoxson

Morgan Lynn Todd and Eric Andrew Wilcoxson announce their plans to be married. The bride is the daughter of Michael and Holly Todd of Paragould. The groom is the son of Bill and Pam Wilcoxson of Walnut Ridge.

The couple will exchange vows on Saturday, December 16th, 2017, at East Side Baptist Church in Paragould. A reception will follow at The Crossing in Downtown Paragould.

LOVE, SMILES & MATRIMONY



In October's issue of Premiere Magazine, an essential photo from the Roberts wedding was left out. Here are the Jetton and Worley families from the bride, Lauren's side.

BIRTHS

Warner Nathaniel Davis

Justin and Meg Davis of Paragould welcome their healthy baby boy, Warner Nathaniel Davis, into their family.

Born September 21st, 2017, at St. Bernards Medical Center, Warner Nathaniel weighed 7 pounds, 5 ounces and measured 20.5 inches long.

Warner's older sister, Evelyn, and grandparents, Jack and Rhonda Davis, Ralph and Denise Cheshier, and Rust and Janet Bradley all welcomed their new member of the family.



Linnik Jameson Hedge

Linnik Jameson Hedge was welcomed into the world on August 31st, 2017. His parents, Dustin & Jennifer Hedge, delivered Linnik at the NEA Baptist Hospital.

Linnik weighed 7 pounds, 14 ounces and measured 20 1/4 inches long. His older sister, Macklyn Hedge, is excited for her new baby brother.

Photographer: CoHo Creative



Jovie Lynne Abbott

On August 24th, 2017, proud parents Nick and Kelsey Abbott welcomed their baby girl, Jovie Lynne Abbott, into their world. Jovie was born at St. Bernards Medical Center.

She weighed just over 6 pounds and measured 20 1/4 inches long. Jovie's new big brother, Alex Abbot, is ecstatic for his new baby sister.



Maddox Leon Brinkley

On August 25th, 2017, Maddox Leon Brinkley was born into parents Derrick and Nicole Brinkley and sister Becca's lives.

Maddox weighed 6 pounds, 9 ounces and measured 20 inches long after being born at St. Bernards Medical Center.

The proud grandparents are: Jack White, Kevin and Becky Clement, Sherrie Robart, James and Anne Robart, Deron Mansfield, Barbara and the late Leon Brinkley, Joe Brinkley, Judy Booker, and Mary Carpenter.



HAPPENINGS

PARAGOULD CHAMBER OF COMMERCE EVENTS

BRANCH, THOMPSON, WARMATH, AND DALE BUSINESS AFTER HOURS



GENERAL MEMBERSHIP LUNCHEON



BBQ ON THE LAWN



JONESBORO CHAMBER'S ANNUAL MEETING



The Jonesboro Chamber of Commerce held its 102nd Annual Meeting on October 6th to recognize esteemed members of the Chamber Committee. The pictured award winners are: The Coy Family - Coy's Honey Farm for Farmers of the Year; David Hundley for Ag Business Person of the Year Award; Bethany Noto for Edy Way Outstanding Young Professional of the Year; Hailey Knight for the Betty Sloan Promotion Award; Yvonne Sutton for the Ambassador of the Year Award; and John Freeman for the Roy H. Jolly Volunteer Award.

MIRACLE RODEO



The 2017 Travis Hedge Children's Miracle Rodeo, sponsored by the Greene Country Fair Board, was held on Thursday, October 6th, at the B.C. Lloyd Entertainment Center on the Greene County Fairgrounds.

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Stay Tuned

What's in store next month?

Santa is Coming to Town!



Christmas is almost here! And Santa Claus is coming to town to listen to what you want for the holidays! Mr. Claus will be our cover story for the December edition of Premiere Magazine.

Christmas Parades!



Christmas time means Christmas Parades! Check out when and where all the Christmas Parades are happening in your area!

NEA Seniors



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

Happy Thanksgiving!

Thank you to our loyal customers!



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NOVEMBER 13 - NOVEMBER 16

8:00 AM - 4:00 PM

The Herget Atrium

All items must be paid for and picked up by
Friday, November 17 at 12 PM.



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