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June
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Alzheimer's Awareness: Pat Mullins

and Christi Foust

On The Cover: Jordan Richardson
Photo By: Amy Reeves Photography



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From The **PUBLISHER...** DINA MASON

Well finally, summer is here. Even if the weather is still up and down since the kids are out of school ... it is officially summer in most worlds. This edition will give you some ideas on how to fill the kids' summer with interesting activities -- both free and for a fee -- from our advertisers ... camps and tips on where to occupy the time in between to keep them busy!

Teaching our kids to be active and productive ensures the likelihood that they will grow up to be contributing adults to our society. And speaking of upstanding adults, join us in celebrating the 30 Under 40 honorees and think about joining them as they volunteer to make our communities better places to live.

We have something for all age groups this month! The NEA Senior quarterly edition is on page 59 and we take on the awareness, coping and caring of those with Alzheimer's and for those who administer to them. We gathered lots of resources

and I am sure if you contact any of them there is even more help available to deal with your specific needs.

June is National Community Fitness Awareness Month so we are featuring Jordan Richardson of Peak Fitness in Downtown Paragould and Jonesboro's Jim Stearns of Stearns Racing and Running Threads as each play a role in bringing fitness to their communities with passion.

See pictures and read about lots of activities from the last few weeks, like the NEA Komen Race on page 12, where you will see some well-known AState macho men in Pink and Heels; and many awards -- the 4-H Banquet and scholarships like the Ted Rand Scholarship, representing the "R" in KDRS, our flagship station call letters and, as always, making us proud.

Enjoy, and thank you for doing your part in spreading the word of the "Good News and the People who are making it happen" by reading and passing around Premiere Magazine.



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PREMIERE

publisher/advertising sales

Dina Mason •
dina@mormediainc.com

contributing writers

Richard Brummett •
editor@mormediainc.com
Caitlin LaFarlette •
caitlin_lafarlette@hotmail.com
Anthony Childress •
tribalredwolf@hotmail.com
Chuck Long •
Charles.Long@agfc.ar.gov
Jared Pickney •
jared@fellowshipparagould.com
Joy Robinson •
joyrobinsonphotography@gmail.com

graphic designer — advertising

Calli Perkins •
graphics@mormediainc.com

advertising sales team

Dina Mason • dina@mormediainc.com
Perry Mason • perry@mormediainc.com
Brian Osborn • brian@mormediainc.com
Sarah Dawson • sarah@mormediainc.com

photographer

Amy Reeves •
amyreevesphotography@yahoo.com



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NEA ARcare Retired and Senior Volunteer Program (RSVP) is serving your community by focusing on HEALTHY FUTURES, DISASTER TRAINING, and OTHER COMMUNITY NEEDS.

Volunteering activities will include partnering with state and local programs to:

- Encourage healthy futures through education, and providing services
- Train volunteers to run volunteer reception stations during disasters
- Work in short term or specific projects to meet other community needs

ABOUT RSVP: AN ORGANIZATION LIKE NO OTHER

The Retired and Senior Volunteer Program (RSVP) is for people ages 55 and over who are excited about volunteering and giving back to the community. While there are many generous and willing volunteers eager to become involved in community service, often times there's a disconnect between those who need help and those willing to provide it. NEA ARcare RSVP bridges the gap. Our mission is to promote volunteer-ism throughout a thirteen county area in eastern Arkansas.

RSVP BENEFITS

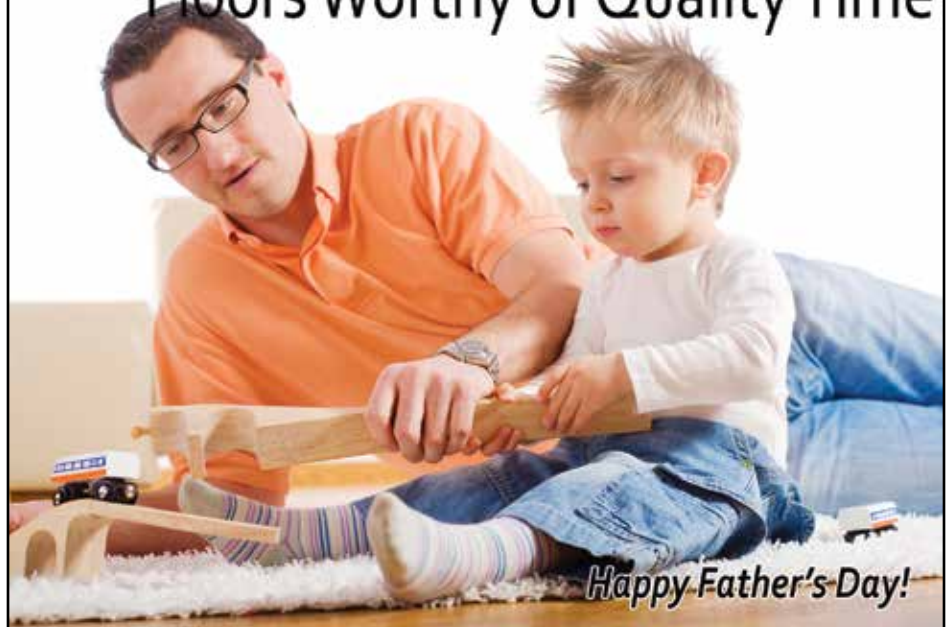
Our volunteers choose how, where and how often they want to serve. In return for their work within their community, volunteers will enjoy recognition events, group insurance and multiple health benefits associated with volunteering.

VOLUNTEER OPPORTUNITIES INCLUDE:

Arkansas Early Learning Head Start and Early Head Start and Crowley's Ridge Development Council

www.arcare.net/rsvp | 870-347-3457

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FESTIVAL SEASON

GET DOWN TOWN FESTIVAL

Family fun is in store at the 3rd Annual Get DownTown Festival, hosted by the Greene County Future Fund on June 9th in Downtown Paragould. The 13th annual Pedal The Ridge ride will start off the festivities at 8:00 a.m. in front of The Crossing. Pedal the Ridge is a family friendly ride with different levels of difficulty and various flats and challenging climbs.

Get Downtown and join the Future Fund for a fun evening of music and food. Food trucks will line the street to add to the already available variety of food choices for guests throughout the day. Get the kids involved with the 1 Mile Kids Fun Run at 6.

Enjoy live music from 7:00 p.m. to 10:00 p.m. featuring Cory Jackson, nominated by the Arkansas Country Music Awards committee in three categories: Entertainer of the Year; Country Artist of the Year; and Video of the Year for "Row by Row." Learn more about Cory by visiting his website: www.coryjacksonmusic.com.

To register for Pedal the Ridge and for more information about the festival, visit www.getdowntownfestival.com.



Alison Krauss: She's sold more than 12 million records to date, and her honors include 27 Grammys, making her the most awarded singer and most awarded female artist in Grammy history.



Jamey Johnson is acknowledged by many as country music's "north star." An 11-time Grammy-nominated singer-songwriter, he is "one of the greatest country singers of our time," according to The Washington Post.



John Carter Cash: Grammy Award-winning record producer, singer-songwriter and author, John Carter Cash has been involved in music all his life. Grandson of Maybelle Carter and son of Johnny Cash and June Carter Cash, he carries on the family tradition of creativity and music.



Ana Cristina Cash is an American singer-songwriter, raised in Miami, Fla., as the daughter of Cuban immigrants. Her recordings exhibit a broad vocal range, spanning from contralto to a high coloratura soprano known to some as a "whistle register."

The 2018 Johnny Cash Heritage Festival is pleased to announce a special featured presentation with performances by Grammy record-holder Alison Krauss, award-winning singer/songwriter Jamey Johnson, Grammy-winning producer/performer John Carter Cash, and pop/soul/country artist Ana Cristina Cash, with more to come.

The benefit concert presentation will take place Saturday afternoon, Oct. 20, as the highlight of the three-day festival from Oct. 18-20 in Dyess, Ark. Saturday afternoon events will be from noon to 5 p.m., with specific performance times to be announced.

The Johnny Cash Heritage Festival events take place in the cotton fields surrounding the Johnny Cash Boyhood Home, which was added to the National Register of Historic Places May 4, and in the Dyess Colony Circle. After music events in Arkansas State University's First National Bank Arena from 2011-14, a new festival format was established in 2017. The festival now extends beyond music to feature world-renowned artists on the main stage and local musicians on smaller stages in the colony center, as well as educational presentations, exhibits and local crafts. The academic theme for the festival is "The Ties That Bind."

To purchase online, visit the festival website, JohnnyCashHeritageFestival.com

NEA ARTS

BLACK ARROW TATTOO

FREDDIE BOWERS

1. How long have you been a tattoo artist?

I have been tattooing professionally for 11 years.

2. Why did you want to open Black Arrow?

I opened for multiple reasons: I had always wanted to own my own business, I was already tattooing, and I wanted to create the shop I always dreamed of. But I quickly found out that owning, operating, and managing your own business while trying to remain an artist was going to be a challenge!

3. What did you find challenging about opening your own business?

Finding a location that would be leased to me, pushing through the negativity inside and outside the local tattoo community, and being taken seriously.

4. Where do you see yourself/Black Arrow in the future?

In the future, I hope to grow more artistically, deeper personally, and become accomplished professionally. I dream of traveling, and bringing more attention to the North East of Arkansas. And lastly, helping to create a more inclusive community that is vibrant, filled with the arts, and an example of progress.

I would love to see Black Arrow remain a staple for years to come, and become a home shop for many. With time maybe we might add an art gallery, more artists, or more sites? Who knows? But for now, we're taking it one day at a time.



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WHAT'S COOKIN'?

THREE COURSE MEAL ON THE GRILL

APPETIZER

GRILLED STEAK KEBABS

Ingredients:

- 1/2 Cup Olive Oil
- 1/2 Cup Soy Sauce
- 3 Cloves Garlic, Minced
- 1 Tsp. Black Pepper
- 2 Lbs Sirloin Steak, Cut into 1-inch pieces
- 1 Red Bell Pepper, Seeded and cut in 1-inch pieces
- 1 Orange Bell Pepper, Seeded and cut in 1-inch pieces
- 1 Green Bell Pepper, Seeded and cut in 1-inch pieces
- 1 Red Onion, Cut in 1-inch pieces
- 8 (12-inch) Metal Skewers

Directions:

1. In a medium bowl, whisk together olive oil, soy sauce, garlic and pepper.
2. Add the cubed sirloin steak to marinade and toss to coat.
3. Cover with plastic wrap and let marinate for 30 minutes or up to 1 hour.
4. Once the meat has marinated, thread it onto the skewers alternating with pieces of bell pepper and red onion.
5. Grill kebabs over medium heat, turning often, until all sides of the meat is well brown and vegetables are tender. (About 12 to 15 minutes)

Recipe courtesy of www.lifeinthelofthouse.com.



MAIN COURSE

GRILLED LAMB CHOPS

Ingredients:

- 2 Large Garlic Cloves, Crushed
- 1 Tbsp Fresh Rosemary Leaves
- 1 Tsp Fresh Thyme Leaves
- Pinch of Cayenne Pepper
- Coarse Sea Salt
- 2 Tbs Extra Virgin Olive Oil
- 6 Lamb Chops, About 3/4" thick

Directions:

1. In a food processor fitted with a metal blade add the garlic, rosemary, thyme, cayenne, and salt. Pulse until combined.
2. Pour in olive oil and pulse into a paste.

3. Rub the paste on both sides of the lamb chops and let them marinate for at least 1 hour in the refrigerator.
4. Remove from refrigerator and allow the chops to come to room temperature; it will take about 20 minutes.
5. Place the lamb chops on the cooler side of your grill. Close the lid on your grill. When the center of your lamb hits about 120°F, move it to the hotter side of the grill to sear your lamb. 130°F for a medium-rare cut.

Recipe courtesy of www.foodnetwork.com.



DESSERT

GRILLED PEACHES & ICE CREAM

Ingredients:

- 4 Fresh Ripe Peaches
- Vegetable Oil, For brushing
- 8 Scoops of Vanilla Bean Ice-Cream
- Caramel Sauce is Optional

Directions:

1. Heat grill to medium-high. Cut peaches in half; remove pits. Brush cut sides with oil.
2. Place cut-sides down on grill. Grill 3 to 4

- minutes until grill marks appear.
3. Brush tops with oil, turn over and move to indirect heat.
4. Grill about 10 minutes longer until warm and tender.
5. Serve warm peach halves topped with ice cream.
6. Drizzle caramel sauce if desired.

Recipe courtesy of www.allrecipes.com





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SUSAN KOMEN NORTHEAST ARKANSAS RACE FOR THE CURE 2018

The 2018 Northeast Arkansas Komen Race for the Cure was held on the A-State campus in April and turned Centennial Stadium PINK!

The festivities kicked off on Friday night in downtown Jonesboro with the Pink Pasta Party and the Men's Walk a Mile in her Shoes, followed by the Pink Prowl. Saturday events started with a Survivor Breakfast and parade. The second annual race kicked off at 9 and was a huge success.

Coach Blake Anderson led the way and Chancellor Kelly Dampousse competed with some fancy shoes in the Walk a Mile event with a great Jonesboro Fire Department team.

The Race Day entertainment committee issued a PINK Greek Challenge and the Lambda Chi Alpha answered to receive the first PINK Wolf Traveling Trophy and a place on the Bill Joe Gammill Memorial plaque for Race Route Entertainment.

Start making plans to join the fun next year by volunteering, participating in Race Route Entertainment or by forming a team and fund raising to help find a cure!

For more information, like Komen Northeast Arkansas: Race for the Cure on Facebook.



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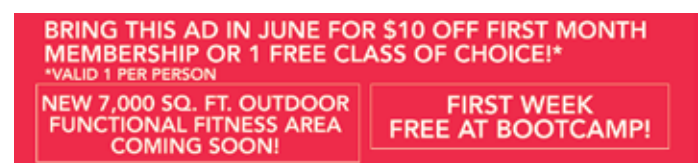
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June

EVENTS CALENDAR

01

What: Diabetes Glow Run

When: Friday, June 1st at 8:30 p.m.

Where: West Kingshighway Campus of
Greene County Tech School District

Info: AMMC Foundation is hosting the Diabetes Glow Run! It is an exciting event, for all ages, that you don't want to miss. The course is located at the West Kingshighway campus of Greene County Tech School District. Walkers and runners of all levels are welcome and encouraged to participate to help raise awareness about a disease that affects many. Packet Pick up is on Thursday, May 31st, 12:30-3:00 in the Herget Atrium inside AMMC.

02

What: National Trails Day

When: Saturday, June 2nd starting at 9 a.m.

Where: Craighead Forest Park & Crowley's Ridge Nature Center

Info: Join the Northeast Arkansas Master Naturalists to celebrate National Trails Day. Scheduled activities throughout the day include various hiking courses, outdoor activity ethics exploration, and discussion of the Jonesboro Beltway Project with the director of parks and recreation. Register for door prizes at the information booths! Bring your own water bottle, refill stations available. Information booths at Pavilion 2 in Craighead Forest Park and on the deck at Crowley's Ridge Nature Center. Sponsored by the American Hiking Society.

03

What: NEA Baptist Recognizes Cancer Survivors

When: Sunday, June 3rd at 1 p.m.-2:30 p.m.

Where: Valley View Church of Christ (4500
Southwest Drive, Jonesboro)

Info: As part of National Cancer Survivors Day, a celebration where survivors and their families will enjoy a fun afternoon of complimentary BBQ lunch, door prizes, and fellowship as they meet others who have also dealt with cancer in their lives. It is a great opportunity to celebrate the hurdles they have overcome and a resource for families to share milestones and experiences. No RSVPs are required. Call 870-936-7005 for more information.

05

What: Boating Education Course

When: Tuesday, June 5th at 9:00 a.m.-4:00 p.m.

Where: Lake Frierson State Park Pavilion

Info: Get your Boating Education just in time for the summer season free of charge. Registration is required and everyone is asked to bring a sack lunch. To register, visit www.agfc.com. The primary instructor for this course will be Elizabeth Kimble, Park Interpreter at Crowley's Ridge State Park. For questions on how to register or any information about the class, call 870-573-6751 or email crowleysridge@arkansas.com

05

What: Boss Baby Summer Showing

When: Tuesday, June 5th at 10:00 a.m.

Where: Malco Hollywood Cinema, Jonesboro

Info: Malco Theaters will be hosting special screenings of your children's favorite films throughout the summer as part of the Kids 2018 Summer Film Fest. Cost of admission is only \$2.00 per person, but seating is limited so arrive early with the family to be sure you will have a seat. A portion of the proceeds will benefit various children's hospitals throughout the Mid-South. For more information and a list of showings, visit www.malco.com.

09

What: Get Downtown Festival

When: Saturday, June 9th at 8:00 a.m.

Where: Pruet St., Paragould

Info: Family fun, fitness and food all in one weekend. Fill up your family with events that won't empty your wallet. Paragould's Get Downtown Festival has something for everyone. Ride a Century or Metric Century Cycling Event and then enjoy food and music in Downtown Paragould! For more information, visit www.getdowntownfestival.com or call 870.565.5979.

13

What: Summer Reading Program

When: Wednesday, June 13th at 10:30 a.m.

Where: Greene County Library

Info: Guest performance by comedian Tommy Terrific. No admission fee.

19

What: Alzheimer's Support Group

When: Tuesday, June 19th at 6:00 p.m.-8:00 p.m.

Where: UAMS Schmieding Home Caregiver
Training (2813 Forest Home Rd., Jonesboro)

Info: Providing a NEW Support Group for caregivers and others, especially families, dealing with Alzheimer's. Led by Pam Yates, LPN, Education Specialist & Certified by the Alzheimer's Association as a support group facilitator. Call 870-207-7600 to register or for more information.

23

What: Benefit Concert for Center
of Fathers and Families

When: Saturday, June 23rd at 7:00 p.m.

Where: The Collins Theatre, Paragould

Info: Benefit Concert for Center for Fathers and Families. Guest Performers: Heart's Desire and Tone Masters. No admission charge but a love offering will be taken. Visit www.collinstheatre.com for more information.

25

What: Triple Swing Golf Classic

When: Monday, June 25th

Where: Jonesboro Country Club

Info: The tournament features a four-player scramble format with your choice of either morning or afternoon flight. Tournament includes green and cart fees, tee gift, commemorative photo of your team, breakfast and luncheon, and on-course refreshments and snacks. Prizes for First, Second and Third place foursomes in both morning and afternoon golf groups and hole-in-one contest. All players are eligible for the Golf Ball Drop.

30

What: Chad Garrett and Friends

When: Saturday, June 30th at 7:00 p.m.

Where: The Collins Theatre, Paragould

Info: General Admission: \$8
10-years and under: \$4

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

graphics@mormediainc.com

LOLA

PREMIERE PET OF THE MONTH SPONSORED BY HOUNDS' HIDEAWAY

By Brandi Hodges




Lola is a one-year-old bunny who lives indoors. She is both kennel and litter trained which were both really easy to do. She is not a free range bunny because she tends to eat everything she can get her mouth on - walls, baseboards, towels and any electrical cord she sees dangling.

Lola became part of my family last March and since then has made such a big difference. She was a tiny little ball of fur when she came to live with me and now she is fully grown - 7-and-a-half pounds of sassy bunny! She has me on a schedule of when it is time for her breakfast and dinner. She will shake her kennel door to remind me that it is time. Bunnies are not diurnal or nocturnal - they are crepuscular, which means they are most active at dawn and dusk. So, Lola sleeps some during the day and some during the night.

Like most bunnies, she loves to hop, jump, binky, and flop. Unlike many bunnies, Lola is a little lover. She loves to snuggle, have her head and ears rubbed and lick those she loves with the occasional nibble. Her favorite toys are willow sticks, which she prefers to chew right where you are holding them. She eats a diet of Timothy Hay and Orchard Grass mix, pellets and some spinach and arugula. She loves pineapple, bananas and apples as treats.

My favorite thing about Lola is that when you pet her -- she melts. She flattens her little bunny body as close as she can to the ground. If you stop petting her head, she will bump your hand until you start again. Growing up, we had outside bunnies and I never knew they could be so sweet, so loving and such amazing little pets. I have really bad migraines -- sometimes I can have more than one in a week and since getting Lola, my migraines have greatly decreased in frequency!



Continue the momentum.

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\$446 | Farm Parts Co.
Paragould



PC SPORTS Straw Hat
\$24 | All Star Sporting Goods
Paragould

FATHER'S DAY



2014 Club Car Precedent
\$4,099.99 + Tax | NEA Golf Cars
Paragould



Baxter Safety Silver Razor
\$75 | Orville's Men's Store
Jonesboro



Big Green Egg Grills
Starting at \$350 | Aloha
Pools & Spas
Jonesboro



Patterson Recliner
\$899 | Gamble Home Express
Paragould



Under Armour Men's Polo
\$49.99 | All Star Sporting Goods
Paragould



Citizen Watch
\$425 | Orville's Men's Store
Jonesboro

Lifestyles

KIDS LEARN FROM RECYCLING PROJECTS

PARAGOULD RESIDENTS:

Who says recycling isn't fun? Because we sure think so! And we know that kids think so too!

In 2017, the Greene County Future Fund, in partnership with the City of Paragould, purchased and delivered a recycle bin to EVERY elementary school in Greene County. As members of the Future Fund, we believe you instill good habits at an early age and they will be habits as adults.

Recycling is a great lesson tool for parents to use with their kids. From picking up recyclables on a road trash pick up to gathering them at home and turning them in for vacation pocket cash, there are lessons to be learned at every turn.

In Paragould you can now sign up for curbside recycling at Paragould City Hall between 8:00 a.m. – 4:30 p.m. Cost of a bin is \$15.00.

The bins will be picked up at the same time as your regular trash on a weekly basis. The Greene County Future Fund members are very excited that the City of Paragould is now offering this as a service and now we need you to participate to make it a success!

GCFF is putting its money where its mouth is. If you are not able to afford a recycle bin, please contact the Greene County Future Fund and we will review your request for financial assistance.

JONESBORO RESIDENTS:

City of Jonesboro Collections will take orders for the brand new bins! Carts purchased before July 1st (limit 1 per residence): \$20 +fees
Additional residential carts and all carts purchased after June 30th: \$50 +fees.

Call 870.932.3042 to place your order
- Online: Visit www.jonesboro.org & select Recycling 2018 from the Home Page sidebar

Greene County Public Library Programs: at the Collins Theatre

- | | | |
|-----------|---------|---|
| June 6th | 10:30AM | Greene Co. Library Summer Reading Program
Guest Performers: Singer/Songwriters The Kinders |
| 13th | 10:30AM | Greene Co. Library Summer Reading Program
Guest Performer: Comedian Tommy Terrific |
| 20th | 10:30AM | Greene Co. Library Summer Reading Program
Guest Performer: Magician Rocky Clements |
| 27th | 10:30AM | Greene Co. Library Summer Reading Program
Guest Performer: Stevens Puppets |
| July 11th | 10:30AM | Greene Co. Library Summer Reading Program
Guest Performer: Rob Holladay |
| 18th | 10:30AM | Greene Co. Library Summer Reading Program
Guest Performer: Leonardo |
- For more information go online at mylibrarynow.org/greencounty or call 870.236.8711



SUMMER ART CAMP

THEMES: SAFARI | PRINCESS | MAGICAL CREATURE | HERO

For more information and to register go to:
www.pinotpalette.com/jonesboro/blog



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SUMMER *Kids' Activities*

For kids, summer doesn't have to mean doing nothing, waiting until school comes back around. Summer fun is all about being spontaneous, although it often still takes some planning for parents. Make this summer a breeze with fun, FREE activities right in your community that will keep your children engaged in social interaction and thinking creatively all while having a great time. Activities for any interests, from trying something new to rocking it at their favorite pastime, for kids of any age, and even events for teens and adults are out there.

All of this can be found in many places in our communities from our public libraries to our State Parks. The Greene County Library, Craighead County Jonesboro Public Library, as well as Parker Park Community Center and The Mall at Turtle Creek, throughout June and July have many events for the whole family to enjoy together, and events targeting certain age groups: K-3rd Grade, 4th-6th grade, 7th-12th grade, and adults.

Check with a library near you for details.

Jonesboro Programs: Summer Concerts

Summer concerts bring live outdoor music and free treats provided by Andy's Frozen Custard and Newk's Eatery every Tuesday in June at 6:30 p.m.

Performances by:

Electric Voodoo Explosion, June 5th
Vikki McGee, June 12th
Fullness of Joy Singers, June 19th
Common Time Quartet, June 26

The Kid's Reading Club

Kids can read on their own or have someone read with them for a chance to win prizes big and small this summer. Children who complete the summer reading program will receive a paperback book from the Friends of the Library to keep, a book placed in their honor in the Children's Library, and the first 350 kids to finish will receive a t-shirt. Registration for the reading program starts June 2nd. Register online at: libraryinjonesboro.org/src

FAMILY

June 5-26: Family Fun Night
June 15-July 27 Family Friday Movies
July 2-6: 4th of July Week
July 12: Rob Holladay's Balloon Show

K - 3rd Grade

June 12-July 24: Tuesdays Rock
June 14-July 26: Thursdays Roll
June 14-July 26: Move and Groove

4th - 6th Grade

June 28: Pancake Art
July 12: Scavenger Hunt
July 19: Tie-Dye

7th - 12th Grade

June 15: Masquerade Ball
June 27 & July 25: Henna Tattoos
July 13: Shibori Dyeing

Adults

June 21: Music Trivia Night
June 27: Henna Tattoos
July 11: Painting

For the full schedule of events in Summer 2018, visit:
www.libraryinjonesboro.org/events
Or call: 870.935.5133

TAKE A HIKE!



AllTrails/Brenda Orourke

Get the kids outdoors. It is FREE and Healthy!

Here is one close to home.

Spider Creek Trail is one of the shorter hikes within Crowley's Ridge State Park. The .9-mile loop has plenty of wildlife, including deer. Leashed dogs are welcome to join in.

There are many free or inexpensive activities available at your State Parks, Boys & Girls Clubs, Municipal Parks and Recreation programs and so much more! Keeping your kids

active and healthy is not as hard or expensive as it sounds. Pick camps and activities then plan some pool time, reading time, hiking time around those this summer. Teach kids to appreciate the arts with musical activities and arts and craft activities, museum visits and live music.

Did you know there is a FREE museum on the Jonesboro ASU campus?

Check out the Facebooks and websites of these organizations for details and plan your summer now.

SUMMER CLINICS

Gymnastics Clinic (Ages 5 & Up) | June 5

Strength & Fitness Clinic (Ages 7 & Up) | June 12

Backhandspring - Tumbling Clinic | June 19 (Ages 5 & Up)

CALL OR MESSAGE US ON FACEBOOK TO SIGN UP & RESERVE A SPOT. MUST PRE-REGISTER AND PAY BY THE WEDNESDAY BEFORE EACH CLINIC.



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GET RICH WITH RICHARD BRUMMETT



way when I found her.”

I took my turn with the recently born Roxie Jo and quickly handed her off, soft spot completely intact. Holding a baby always reminds me of my first non-sports related photo assignment in the newspaper business. I had planned for some time to become a sportswriter but did not realize that at a small town newspaper I would also be expected to carry a camera and produce photographs from the games I covered. I was given a crash course in sports photography and came to love it, learning to hit that shutter release at exactly the right moment to capture the action shot.

One day the only two people in the newsroom were my editor, George Smith, and me. He told me to get a camera and go to the Community Center and photograph some women who had won an award for quilting. I asked him why I had to go, since that didn't sound much like a sporting event, and he said because there were only the two of us there and he was the editor and he didn't want to do it. Thus, I was elected.

I went to the center, found the three women and couldn't have asked for more cooperative subjects but I had absolutely no idea how to take the picture. Here were the women standing there looking back at me, and holding a plaque, and that was it. I didn't know what to do. I needed them to form a pyramid or do monkey rolls or toss the plaque back and forth ... something that included movement. I lined them up and they stood there smiling and I clicked

off about 36 frames of the exact same shot, hoping I had somehow gotten it right.

That's how I feel when holding a baby. I'm there, it's there, and we're looking at each other but someone needs to do something. I fear losing my concentration about body angles and soft spots and tossing the baby from hand to hand, finger tip to finger tip, the way I saw Pete Maravich do a basketball in an instructional video. I can see myself spinning the little one on my finger or bouncing it to perfect a firm dribble before realizing what I've done. So I just held my granddaughter, smiled a little bit and then passed her on to someone who knew what they were doing.

I am certain Roxie Jo will know I love her, just as my daughters Kelly and Lindsay eventually figured that out, but I will always be more comfortable behind the camera photographing her precious face up until the time we can work on crossover dribbles and line drives. And I'm going to need her to do a forward roll or something in the meantime.



One day last month I held our newborn granddaughter for the first time and, as most of the women in the family can tell you, I am not a very good baby holder.

I love her, no doubt, but holding a baby is a scary and stressful activity for me, dating back to the time when Cindy and I had our first daughter. Every time she was handed to me, a bunch of women cautioned me to support her head and hold her gently and watch out for the soft spot (soft spot!??) and keep her head on my chest and put her head in the crook of my arm and ... I was in a constant state of panic.

My biggest fear was poking a hole through the newly-introduced-to-me soft spot with my thumb and then trying to decide if I should tell someone or just put her back in the crib and later on say, "No. She was that

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2018 Kids' Events

June

6, 13, 20, 27

Story Time

When: Wednesdays, 10:30 AM
Where: Greene County Public Library
120 North 12th Street, Paragould
Info: www.mylibrarynow.org

2, 9, 16, 23, 30

Creature Feature

When: Saturdays 10:00 AM
Where: Crowley's Ridge Nature Center
600 E. Lawson Rd., Jonesboro, AR
Info: www.crowleysridge.org

ASTATE Museum

Family Reading Castle

When: Mon 9-5 Tues 9-7 Wed-Sat 9-5
Where: ASTATE Campus
Info: (870) 972.2074
astate.edu/museum or FB

Garrett Mace gave a big "thumbs up" to the great weather and fun activities at Lafe Baptist Church's fishing rodeo in May. Garrett is the son of Jason and Courtney Mace of Paragould.





JORDAN RICHARDSON
PEAK FITNESS
OWNER/PERSONAL TRAINER

JORDAN RICHARDSON FAMILY HEALTH & FITNESS *Downtown Paragould*

By Caitlin LaFarlette

A life of competitive sports is what drove Jordan Richardson to a career in fitness. A life of competitive sports with an interest in not just coaching, but training and therapy as well.

Richardson graduated from Greene County Tech High School in 2006 and found her way to Arkansas State University while trying to decide between the three exercise paths. In 2010 she received her Bachelor of Science in Exercise Science and continued on to a position as the Health Club Coordinator at Hytrol Conveyor Company.

"After three years of managing their health club, I knew it was my calling to help make fitness enjoyable to all ages," she said, "but I wanted to be in my hometown helping the community that I grew up in."

Richardson was soon contacted about the long-time Paragould bootcamp instructor's retirement, and in November of 2013, she and her husband opened PEAK Fitness Bootcamp. "We started in a 1,200 square foot building with only dreams in our heads but quickly realized we wanted it to be more, and a family atmosphere where everyone can come work out and find something that fits their needs," she said.

PEAK continued to grow and opened its third location in February of 2017. In addition to the 10,000 square foot main location and 1,000 square foot second location, Richardson is currently building an outdoor fitness area. PEAK offers 24-hour access and a variety of classes including spin, kickboxing, Jiu Jitsu, yoga and PiYo, ensuring there is something for everybody.

"I am always trying to add more fitness options so no one has to feel 'fitness isn't for them,'" Richardson added. "Fitness doesn't have to consist of a gym and weight lifting."

She explained there are so many options for individuals wanting to get into shape: walking, hiking, and even playing sports.

"The ultimate goal is to just get active doing what you enjoy," she said.

Richardson's love for fitness doesn't stop at the gym. Her family enjoys being outside and her children participate in soccer and gymnastics. Richardson has also competed in Mud Runs and Tough Mudder events, which others can prepare for at PEAK.

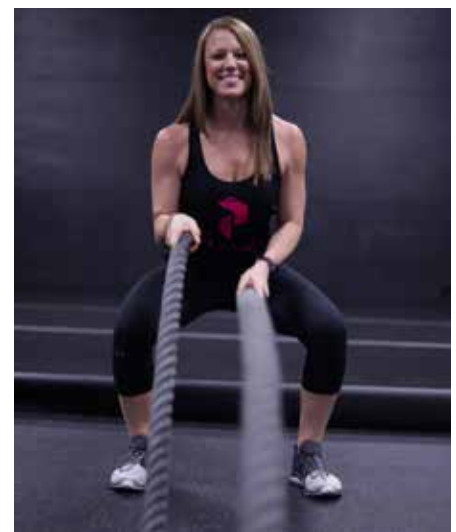
"We utilize the downtown area to run laps and sprints, we take the class completely outdoors some days and even have monkey bars in our bootcamp area," she added.

For other fitness lovers looking to make a career out of the lifestyle, Richardson suggests finding the aspect that is most enjoyable. She said it isn't about what a person has done, but what they give back and who they lift up.

"As a gym owner and personal trainer we spend countless hours 'off the clock,' we put in the extra time to see you succeed," she said. "No one is motivated every single day for us and it is more than just a workout. It's teaching someone to leave their ego at the door."

Richardson also stresses the importance of not allowing fear to stop anyone from getting into the gym. Everybody has goals, weaknesses and a "day one," she said.

"Paragould has blessed my family with making our fitness dreams a reality," Richardson said. "I am honored to put my time and effort back into getting the community healthy."



RAM RUN 2018

HEALTH & FITNESS FUN



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'10 Ford Mustang
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Summer Day Camp

Mon. - Fri. 8am to 1pm

★ ★ ★ \$99
a week

10 weeks - 10 themes

- ★ ages 5 and up!
- ★ aftercare available 1-5pm
(aftercare kids must bring own lunch)
- ★ pre-registration required
- ★ snacks and supplies provided

 **Just Pretend**
PLAY AND PARTY
Downtown Paragould



June

(4-8) Around the World
(11-15) Mission Impossible
(18-22) Art
(25-29) Happy Campers

July

(2-6) Down the Rabbit Hole
(9-13) I Love the 80's
(16-20) Science
(23-27) Game Shows
(30 - August 3rd) Art

August

(6-10) Sword Making

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

Alice in Wonderland, A Dance Production

The Very Important Date:

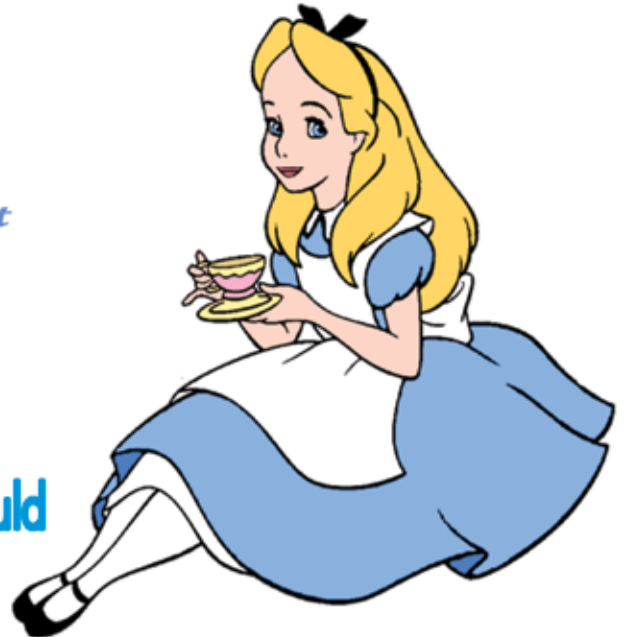
*Saturday, July 14, 2018 at
2:00pm & 7:00pm*

WHERE?

**The Historic Collins Theatre
120 W Emerson St,
In the One and Only Downtown Paragould**

\$5 for kids 12 and under.
\$10 for adults.
children under 2 are free.

You can purchase advance tickets at Just Pretend or at the door!





PREMIERE
MAGAZINE

30

UNDER 40

congratulations to our winners

Alexis Horner
Amanda Minear
Amber Williams
Amy Wills
Angila Beamon
Ben Malone
Beverly DePew
Blair Cook
Blake Deck
Chandra McGowan

Cody Davis
Danial Reed
Erica Tait
Jamie St. Pierre
Jeff Chastain
Jessica Gazaway
Jilayna Hammon
Joshua Moss
Katey Provence
Lyndsey Bell

Lindsey Coffman
Mitch Hovis
Robert "Buster" Sexton
Samantha Hollis
Seth Dearing
Shae Murphy
Stephanie Cooper
TJ Thompson
Ty Sims
Whitney Pardew

Enjoy reading the profiles and take any opportunity to thank and encourage these committed citizens and their companies as they volunteer and work toward making your community a better place to LIVE, WORK, and PLAY. If you are interested in getting involved, ask the individuals or contact the organizations directly. Everyone can offer their talents and contribute!

NOW GO VOLUNTEER!



Seth Dearing is a Loan Assistant at Centennial Bank and is also active in a number of community endeavors. He is an active member of the Greene County Future Fund, a CASA advocate, participates in the Lunch Buddy with OGMS, is a volunteer for the Greene County Boys & Girls Club, participates in Chamber of Commerce events, and is a member of Brown's Chapel Baptist Church.

Seth is a 2016 graduate from ASU with a Bachelor of Science in Finance with emphasis in Banking and was a 2016 Finance Departmental Award recipient.

"It's an honor to be associated with such a selfless group and to also share this award with my fiancée," Seth says. "I cannot give Alexis enough credit for all she does for me as we prepare to begin our lives together. Paragould has always been our home and we have made it a priority to be the best citizens we can. With that, we volunteer and dedicate ourselves at any opportunity to help and better the community, the youth, ourselves, and our workplaces. I encourage everyone to develop a habit of giving back. You never know just how beneficial your actions may be to your community."

Seth Dearing

Centennial Bank

Lyndsey Bell is a Buyer for American Railcar Industries and takes part in numerous projects throughout the Northeast Arkansas area.

Some of her activities include participation in the Chamber of Commerce's Leadership Paragould (class XXI); a member of the Paragould Young Professionals; a Rector Sports Complex Committee Member; Project Clean Sweep Paragould participant; Ring the Bell, Mission Outreach program; helping with Operation Christmas Child - Emmanuel Baptist Church, Piggott; PYP Adopt-A-Family program; serving with the Senior B.E.E.S. Deliveries Project; and being a Farmer's Market volunteer.

"I was surprised and delighted to be selected for 30 under 40," Lyndsey says. "It is an amazing feeling to be recognized for my efforts."

Lyndsey Bell

American Railcar Industries



Ben Malone is the Operations Manager at Axis and, along with his wife Jennifer and twin sons Brock and Bryant, attends the Valley View Church of Christ. His favorite volunteer activities involve his sons -- coaching baseball and football and also being a Watch Dog Dad at their school.

"I am also privileged to serve on the ASU Newport Applied Science Advisory Committee," Ben says, adding that the Paragould Chamber of Commerce has provided many opportunities to stay informed and serve the community. Ben has served the Chamber as the Axis representative for High School Industry Education Presentations; Industry Leaders meetings; Paint the Town Red Judge; Paragould Leadership Class 17

"I am honored to be nominated as one of Premiere Magazine's 30 under 40," he said. "I am an Arkansas State University alumni and am proud to call Northeast Arkansas my home. This community has been so great to me and my family and I want to do whatever I can to help it succeed."

Ben Malone

Axis Worldwide

Beverly Ann DePew is a real estate Broker with Image Realty and is a familiar face around community events.

In addition to being a Greene County Community Fund board member, she also lists the following activities: 2018 President of Paragould Business and Professional Women (where she chaired the Choices program the last three years, helping high school age girls become successful); Rotary Club; Pay it Forward board member; Chamber Leadership Paragould Class XXI; Paragould Board of Realtors Executive board member and Fair Housing Committee Chair; National Association of Realtors board member; Arkansas Realtor Association member and committee member for Public Relations; volunteer for City Wide Cleanup; and parent volunteer at Greene County Tech Elementary School.

"Being nominated is such an extraordinary honor," Beverly Ann said. "I have experienced many struggles in my life and every day I wake up with the gratification of living another day, making it successful and making an impact on others' lives. This community has done so much for my life and I strive to give back in any way possible, whether that is making house-buying dreams come true, motivating in the gym, or volunteering wherever needed."

She attends church at The Rock of Northeast Arkansas.

Beverly DePew

Image Realty



Congratulations Lyndsey Bell

*We are proud of your commitment
to making the community a better
place for all of us to live. Keep up
the good work!*



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Chandra McGowan is a Controller at United Home Insurance Company. She serves on the Greene County Community Foundation board, is a member of Future Fund, a member of WCE, and is a past member of Paragould's Junior Auxiliary.

She and her husband Matt have two sons; Paxton is 6 and Kennedy is 2.

"I am honored to be recognized as a 30 under 40 member," Chandra says. "I was born and raised in Northeast Arkansas and enjoy seeing the community grow!"

Chandra McGowan

United Home Insurance Company

Mitch Hovis holds down the position of Vice President, Lending for First National Bank in Jonesboro.

He says he has always enjoyed participating in United Way Day of Caring, the March of Dimes Walk for Babies and he attends Central Baptist Church with his family.

"I'm honored to be selected for Premiere Magazine's 30 Under 40," Mitch says. "There are so many great professionals in Northeast Arkansas and I'm fortunate to be able to work for an organization like First National Bank that helps me achieve success and invests in our communities."

Mitch Hovis

1st National Bank



Stephanie Cooper is an Art teacher at Paragould Junior High School and feels she serves the community as an educator both by teaching young people and through volunteering for school events.

"I lend my baking and painting skills to school clubs or local businesses for charity," Stephanie says. "Some of my painting donations include Arkansas Methodist Medical Center, the local Civitan auction, and Buzzkill Magazine in honor of an ASU event to raise scholarship money. A large part of serving my community is supporting my husband while he has been deployed for the last year. I am the mother of two special needs children who require a lot of care, and I care for them alone to support my soldier, even when it is hard."

Stephanie also said she wants to note the fact that she is proud to have lost 100 pounds in the last five years, and considers herself a dedicated member of Anytime Fitness.

"I am so proud to be nominated. Challenges in life can be overwhelming, but it is nice to be recognized for overcoming everything. I have worked hard and prayed a lot to be where I am with my family and career," she said.

Stephanie Cooper

Paragould School District



Katey Provence is Coordinator of Student Services at Arkansas State University. She is well-known when it comes to community involvement, taking part in a number of worthy causes.

Some of Katey's efforts include:

- United Way of Northeast Arkansas Board of Directors -- A-State campaign committee, Live United with the Stars committee, A-State United Way adviser; aided in the creation of the student United Way program at Arkansas State, the first of its kind in the state
- St. Jude Up 'til Dawn adviser -- Helped A-State to a top-10 national ranking, three consecutive years, among colleges and universities in funds raised for St. Jude Children's Research Hospital
- Volunteer A-State adviser -- Aided in creation and daily operation of A-State Food Pantry; assist students in facilitating blood drives, annual Volunteer Fair, the A-State Polar Plunge for Special Olympics and other service opportunities
- Susan G. Komen Race for the Cure -- Race Route Entertainment Committee
- Member of Central Baptist Church -- Active in Bible Study Fellowship Women's Evening class

"I am certainly honored to be included on this list," she says. "It's something I did not expect, and much of the credit goes to our outstanding students at Arkansas State University who work so hard outside of the classroom giving back to the community. I am blessed my position allows me to be involved firsthand with both our students and the community, and I hope to be able to continue cultivating the relationship between A-State and Northeast Arkansas for years to come."

Katey Provence

Arkansas State University



Congrats Beverly

On being nominated for
30 under 40!

Everyone at Image Realty
is proud of you and all
you do for the community.





Amanda Minear is a Loan Assistant at Focus Bank and takes part in a variety of efforts that help make her community a better place to live.

As a member of the Bono Church of Christ she enjoys volunteering at church events such as Women's Worship, VBS, and Trunk or Treat. Amanda is also active as a volunteer and supporter for United Way of NEA. "I love volunteering at the annual Day of Caring event," she says. "Each year the volunteers complete service projects, making a difference in our community. Whether I'm assigned to the Food Bank, painting, landscaping or making paper crafts it's always a rewarding experience."

She is a part of the Chamber of Commerce: Jonesboro Young Professionals Network and loves going to the Food Bank and working with her team to pack meals for senior citizens. Also, she has worked Make-A-Wish Mid-South's annual bucket brigade for the Have a Heart Wish-a-thon for many years. "I have family and friends that are volunteers and we enjoy giving back and working this event each year," Amanda says. "It's obviously a great cause but in 2016 I had the opportunity to see the power of a wish when someone I know had their wish granted! I was able to help out with the enhancement and celebration when Josie Cullen had her wish granted. I've known Josie's parents a long time so it was extra special when our church had the chance to help with this surprise."

She also works with the Junior Auxiliary of Jonesboro, looking for ways to improve the lives of children by developing and implementing programs to meet emotional, physical, and educational needs, accomplished through community service projects. This year she will be working on the Kick-Start Kindergarten and Literacy & More committees.

"I am honored to be included in the 2018 nominations for "30 Under 40," Amanda says. "Just like many others that are involved in these great organizations, I enjoy giving back and finding ways to help make our community a better place. My husband, Wes Minear, is from California and we have been married for nine years. We have a 3-year-old daughter, Harper, who already keeps us busy. We love to travel, go fishing, swimming or pretty much anything outside as well as spending time with our family and friends."

Amanda Minear
Focus Bank

Blake Deck is an insurance producer with Lennox Insurance and serves as a member of the PYP (Paragould Young Professionals) "although this is something that I'm very new to," he says. "I'm very excited about learning with this group."

He recently had the opportunity to volunteer at the Special Olympics held at Paragould High School, his first time to do so, and said he "can't explain how much fun it was to see these athletes enjoying the day, competing with friends. Unfortunately, this is an area that because I have taken so much time on my own, not working or even being in public often, I haven't contributed near as often as I should. With that being said, after the way this community has supported my family throughout times that we truly didn't know if we would survive, I have never been more driven to give back to the city of Paragould."

Blake said he is extremely honored to be named as a member of the 30 Under 40 honorees. "First off, I am blown away that someone ever thought to nominate me," he says. "I'm very honored to be selected by Premiere and those in our community. This community truly means more to me than anyone could ever know. When situations are at their absolute worst, this community comes together in a way that is truly hard to imagine until you see it for yourself."

Blake Deck
Lennox Insurance





Cody Davis is a Loan Officer at Focus Bank. He is an alumnus of the Paragould Leadership Program class XX, where they completed several volunteer activities such as painting fences for the Paragould Youth Baseball program and helping raise food for Mission Outreach.

He is also a member of the Paragould Leadership Alumni Program, is involved in the Paragould Young Professionals Association, has helped with the Make a Wish bucket brigade in Jonesboro, participated in the Clean Sweep Paragould Day, and through Focus Bank, is an active participant in its local Relay for Life event. Cody also helps with charitable events that donate to Relay for Life throughout the year.

"It is an honor to be nominated for the 30 under 40," Cody says, "being in a classification of people with so much dedication and passion for their community. I am grateful to live in a community where there is neither a shortage of opportunities to serve others nor a shortage of those willing to serve."

Cody Davis Focus Bank

Jamie St. Pierre, CSP, is an Account Executive at Staffmark. She currently serves on the board for Jonesboro Young Professionals Network and on the board for the NEA Society for Human Resource Management. In addition, Jamie is on the Green Business Committee, Membership Development Committee and Business Network Committee, and recently chaired the sub-committee for Premier Showcase (night before the Business Expo).

"I am actively involved in the community and my Chamber, and I try to be present as much as possible," she said. "I volunteer at the Jonesboro Food Bank, Make-A-Wish and others as the opportunities arise."

She is also the Assistant Leader for her daughter's Girl Scout Troop 3485 in Brookland and said, "We regularly contribute, or have contributed, our time and efforts at Mission Outreach, Veteran's Memorial Garden, Lexington Place Nursing Home, a local community garden, Crowley's Ridge State Park and more whenever we can. I am humbled and honored to have been nominated for the 30 under 40 in Jonesboro. I couldn't be more proud of our community, the opportunities for professional and personal growth and the family atmosphere here in the Greater Jonesboro Area."

Jamie St. Pierre Staffmark



Robert "Buster" Sexton is a Detective Sergeant with the Paragould Police Department and gives back to his community in a number of ways.

A police officer for 5 years and a U.S. Army veteran with 12 years of service, he is also the Vice President of the Fraternal Order of Police Lodge #87 and has helped to organize, and participated in, multiple local charity events over the past few years. He is an active supporter of Relay for Life and helped to make donations to entities such as Area 1 Special Olympics. "I am also very proud of the ways in which the Lodge has been able to help local police officers in need by conducting events and working with the local community to raise money to offset their financial burdens during tough times," he said.

"I am very humbled to have been nominated and selected," Buster said of his honor. "As a member of the Paragould Police force, I have always tried to place the community and the individuals living in it first and do everything within my power to assist them in their time of need. I would also like to recognize every member of the Fraternal Order of Police Lodge #87, because of the amazing things we have been able to accomplish for not only local officers, but for the community as a whole. I am blessed to work with an amazing group of fellow officers as well, who go above and beyond daily in their duties to make the city a great place to live."

Robert "Buster" Sexton Paragould Police Department



Danial Reed serves NEA Baptist Health System as its Director of Marketing. She is also an Adjunct Professor for the Arkansas State University Neil Griffin College of Business Graduate (MBA) program.

Hers is a face familiar to many in the Northeast Arkansas area. Some of her community involvement includes:

*Junior Auxiliary of Jonesboro – President for the 2018-2019 year and Scholarship Project co-chair; 1st Vice President (2017-2018), Public Relations Co-Chair (2017), Charity Ball PR, Programs & Multi-Media Committee Co-Chair (2016) and Chair (2017); Kick Start Kindergarten Project Co-Chair (2015-2016) and Chair (2016-2017) United Way Board of Directors: Serving on the Regional Impact Committee and the Board Development Committee for 2018

My Healthy Jonesboro Coalition Steering Committee Member
Jonesboro Chamber of Commerce Leadership Jonesboro Graduate – 2016
Community Health Education Foundation (CHEF) – involved as an Education Committee member from 2011-2017 and chaired the Women’s Health Conference and the Red Dress Gala; still involved with various CHEF initiatives in the community.

Member of Jonesboro Young Professionals Network and the Northeast Arkansas American Advertising Federation; member of the Arkansas Society for Healthcare Marketing & PR (of the Arkansas Hospital Association); member of the Society for Healthcare Strategy & Market Development (of the American Hospital Association)

NEA Baptist Charitable Foundation
Served on the committee and chaired the March for Babies event with the March of Dimes; Heart Guild for American Heart Association

“I am honored to have been nominated and selected for the Premiere Magazine 30 under 40. I feel lucky to work and volunteer for organizations that impact so many lives in our community,” Danial says. “I love what I do and each of my experiences have introduced me to truly amazing people who also want to better our community and it is a privilege to serve alongside them toward a common goal.”

Danial Reed

NEA Baptist Health Systems

*Congratulations
Danial!*



Congratulations Danial Reed,
Director of Marketing for
NEA Baptist, on being selected
as one of the 30 Under 40!

We are proud of your
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NEA BAPTIST

Get Better.

Whitney Pardew is Project Manager for Olympus Construction Inc. She has a long list of volunteer efforts and community projects, including Chamber of Commerce, clubs and organizations.

For the Jonesboro Junior Auxiliary Whitney is a board member and Charity Ball Chairperson 2018, currently serving on Consolidated Youth Services (mentoring "at risk" junior high girls) and Literacy and More (meeting weekly with her group of 4th grade boys for lunch and reading) committees.

She has been a member of the Jonesboro Young Professionals Network since 2013. She served on the board of directors for three years and as president of the board in 2015-2016. Whitney also was on the Chamber of Commerce Board of Directors during 2015-2016 and was nominated as "Young Professional of the Year" in 2014. A year later she was a member of the Leadership Jonesboro Class and currently serves on the membership development committee, quality of life committee, and as a goodwill ambassador.

Whitney is treasurer of the Jonesboro University Rotary Club and earned the newcomer award in 2013-2014. She is on the board of directors at The Learning Center and has been an active volunteer with the American Heart Association.

"This nomination was truly a heartwarming surprise and I will forever be grateful for the recognition I have received," Whitney says. "It is an enormous honor to represent Premiere Magazine among the other 30 under 40 nominees and I'm sincerely thankful for the confidence they have shown in me."

Whitney Pardew

Olympus Construction, Inc.



CONGRATULATIONS *Blair Cook!*

For being
nominated for
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Samantha Hollis, BSN, RN, CDP, is the Education Outreach Specialist for UAMS Center on Aging Northeast. She said from a very young age, it was instilled in her to be involved in volunteer efforts.

"I began at age fifteen volunteering with the Jr. Volunteer program at St. Bernards Medical Center," Samantha said. "This was my gateway into the healthcare profession, with the geriatric patient population in particular. My volunteer experience has opened doors for me throughout my adult life and career path."

She traveled to Guaimaca, Honduras, with the Medical/Surgical Mission Team from her church and served by recovering patients from surgery in the PACU as well as going out into the villages administering B12 injections. Now she is the Health Ministry liaison for Nettleton Baptist Church and coordinates classes on chronic disease, nutrition, exercise, and screenings for its members.

"My heart lies in Geriatric nursing," she said. "Elderly are the backbone of our society, and have worked hard their entire lives to provide what we have to be thankful for today. Last February, I organized an event called 'Sweethearts for Seniors.' We gathered community donations for necessity items such as soaps, shampoos, deodorant, socks, and chapstick to provide to local nursing home residents as a surprise for Valentine's Day. The residents were thrilled to receive these very basic items that we often take for granted. The best part of this experience was having a 9-and-under baseball team present to assist with the delivery of the gifts. The residents lit up when they saw the young gentlemen and it was a true intergenerational experience."

Samantha was recently nominated to serve as the Philanthropy Advisor for the Epsilon Zeta of Alpha Gamma Delta at Arkansas State University and will be inducted at National Convention in San Antonio in June and is very involved in the Jonesboro Young Professionals Network (JYPN), the Arkansas Chapter of the Alzheimer's Association, Alzheimer's Arkansas, and serves as a co-chair for the Arkansas Care Transitions East Chronic Disease sub-committee.

"I feel blessed to be nominated for this recognition," she says. "It was unexpected, and I am extremely honored. I truly strive to work hard and provide for others in need. I believe that the trueness of giving is when you don't expect anything in return for your service. I dedicate myself by donating my time and service to my community helping any way possible."

Samantha Hollis
UAMS Center for Aging

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Amanda Minear
& Cody Davis!

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30
UNDER 40

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Lindsey (Branch) Coffman is the Branch Operations Manager for Lilly Toyota Forklifts of Jonesboro.

She has been actively involved in fundraising and event coordination for the American Cancer Society since her grandmother passed away of ovarian cancer in 2013, and said she has recently become more focused on fundraising for cancer research in women “after I also lost my other grandmother to pancreatic cancer in December of 2017. I work directly with them on regional events in the Mid-South such as Relay for Life, Making Strides Against Breast Cancer, Real Men Wear Pink, and most recently their Colors of Cancer campaign. Personally, I have raised over \$6,000 for the American Cancer Society since 2013.”

Lindsey recently joined Fellowship Bible Church of Paragould and is excited to get involved in the Missional Community there and help spread the joy of her community. She is a member of the Council of Supply Chain Management Professionals and enjoys attending monthly roundtables with them regarding the future of women in the Transportation, Machinery, and Supply Chain industries.

“What an honor it is to be chosen as one of the Top 30 Under 40!” she said. “I went back to college as a young mother with aspirations to break the barrier of women in the transportation and supply chain industry. I graduated with my BBA in Logistics and Supply Chain Management and have stayed actively involved in leadership programs for other young women who want to pursue a career in this industry. I am a wife to my husband Christopher for the last eight years, a mom to my two girls -- Ava who attends GCT Elementary, and Kynlee who attends Look What I Can Do in Brookland. My mother is my inspiration; she is a strong woman who has always set the example that I can do anything I set my mind to! I believe our community has unlimited growth potential and I am so excited to be a part of what the future is going to hold for young professionals.”

Lindsey Coffman

Lilly Toyota Forklifts





Jeff Chastain is the Public Relations Director for E.C. Barton & Company and he is no stranger to volunteer efforts in the Jonesboro area.

Jeff is very active in Jonesboro Regional Chamber of Commerce activities, including:

- Founding member of Jonesboro Young Professionals Network (“Important to me because it helps replenish the talent base for our community through our Chamber of Commerce”)
- Board of Directors (2017-2019)
- Goodwill Ambassador 2017-Present
- Leadership Jonesboro Graduate - 2003
- Leadership Link President – 2016-Present
- Jonesboro Unlimited Marketing Taskforce Chairman - 2017

He can also list participation as a Jonesboro Police Department Citizen’s Police Academy graduate; former Board of Directors/ Treasurer – AAFNEA; and former Board of Directors/ Treasurer for Jonesboro Crimestoppers.

“Surprise would be the single-word reaction to my nomination and selection,” Jeff said of his being named to the 30 Under 40 list. “We have a remarkable wealth of talented, young persons in this community and I’m flattered to be considered. I’ve made it my focus, since arriving in Jonesboro to attend Arkansas State University, to aid in the development of a talent pool and facilitate opportunities for young professionals to assume leadership roles. This is a key to the future for our committee, ensuring that the next generation is able to take the baton and continue achieving the successes of our current leaders. I am also 39 years old, so this was my last shot!”

Jeff Chastain

E.C. Barton & Company

Congratulations Stephanie Cooper!

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CONGRATULATIONS Alexis Horner & Seth Dearing

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Amy Wills is a Pre-K teacher at St. Marks Day School. She participates in a number of community and church activities, many designed to make a better life for the young people in the area.

Among her efforts are:

- Junior Auxiliary of Jonesboro 2018 provisional class
- Event chair for the 2018 March of Dimes Signature Chefs Auction
- March of Dimes market board member
- UAMS NICU family advisory board member
- NEA child advocacy center volunteer
- Blessed Sacrament Church moms ministry

"It is such an honor to be nominated for the 30 under 40," Amy says. "I'm fortunate to have the opportunity to work with several different organizations in our community whose common goal is to positively impact the lives of children. It is incredible to play a role creating a better future for my own children as well as so many others in this area."

Amy Wills

St. Marks Day School

Angila Beamon serves as Loan Assistant II at Centennial Bank. She is a member of Paragould Young Professionals and attends Cornerstone Baptist Church, and has a long list of volunteer contributions.

She has participated in the Leadership Program Class XVII through the Chamber of Commerce and is currently on the Business Development Committee for the Chamber. Angila has helped with delivering lunches with the Greene County Senior B.E.E.S. and currently holds the title of Online Chair for Relay for Life.

"I have served as a member of Centennial Bank's Relay for Life team for three years as well as volunteering for other activities with Relay," she says. "For the past three years I have volunteered time at Oak Grove Middle School as part of the Lunch Buddy program.

"I have been married to Terry Beamon for 13 years and we have five wonderful children and are welcoming a grandson at the end of May. I have lived in Greene County since I was in the second grade, graduated from Delaplaine High School in 2000 and shortly after graduation I started my career in banking. I have been with Centennial Bank for 11 years and I am truly blessed to work for a company that encourages me to be involved in our community. I am honored to be selected for this recognition and would also like to congratulate the other 29 professionals."

Angila Beamon

Centennial Bank



Blair Cook is a Realtor with Coldwell Banker Village Communities. She has several areas in which she volunteers her time and services to help make her community a better place to live.

She is a member of Junior Auxiliary of Jonesboro, of the Jonesboro Young Professional Network, is a Leadership Jonesboro Graduate 2014, a St. Bernards Advocate Board Member, a United Way of Northeast Arkansas Board Member, is a Northeast Arkansas Board of Realtors ARPAC Committee Member, a volunteer at The Learning Center, and a member of Central Baptist Church, where she volunteers on the Guest Services Committee.

"I am so happy to be selected as a Premiere Magazine 30 Under 40 Honoree," Blair says. "I am completely humbled to have been chosen, and I'm deeply grateful for this huge honor. Congratulations to all this year's nominees who have made incredible contributions to the Jonesboro community."

Blair Cook

Coldwell Banker Realty



Shae Murphy is a Hair Stylist at Rouge Spa and Salon and has taken part in a number of community-minded activities.

She is a member of Fellowship Bible Church in Paragould and serves in the Fellowship Kids area, helping parents get their children checked in and to their classes before the service starts. Over the past two years the Missional Community has partnered with Belle Meade Nursing and Rehabilitation Center to provide special events, regular visits and build special bonds with the elderly living there

"I am also a member of the Paragould Rotary Club, which provides me with many opportunities to give back to our community," Shae says. "I have served on many committees, organized and participated in many events such as the Highway Trash Pick Up, the Annual Rotary Auction, Paws for A Cause and many other community events. I have recently started donating my time as a hair stylist to the Arkansas Baptist Children's home here in Paragould with hair appointments to help these kids feel special even if it is just for a moment while they are in my chair.

"I am extremely honored to have been nominated for 30 under 40," Shae says. "I feel privileged to have been born and raised in Paragould and to now be able to raise my two children in the city that helped raise me. My husband Jeff and I feel it is our duty to make our world a better place in any way that we can. My parents, Franklin and Pam Diggs, raised me to love others and help those in need in any way that I can. They taught me that to do something without the desire for recognition or praise is a true testament of someone's integrity and happiness. I try every day to remember these life lessons in everything that I do. My contributions to this community are only a small way for me to say thank you for the many blessings I have received while living in this great city."

Shae Murphy
ROUGE SPA AND SALON



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Amber M. Williams is an Accountant for Optus Inc. She is also a co-founder, Secretary/Treasurer of The Children's Home for Life Foundation, a residential treatment facility for juveniles, located in Finch.

"I have volunteered my time to the Fraternal Order of Police to help with community events such as the Annual Fishing Derby and Easter Egg Hunt," Amber says, "and I organized an 'Elf Attack' which provided underprivileged families in NEA with clothing, food and toys for Christmas. I am also extremely active in our church, H4L Ministries, planning fundraising events to support our Mission efforts both at home and throughout the U.S."

"I am beyond honored to have been nominated this year as one of NEA's 30 under 40," she said. "When I moved to Jonesboro five years ago, I had no idea of what God would have in store for me and am constantly blown away by the amount of heart and compassion that pours out of this wonderful community. For someone to strive for better in their surroundings is a wonderful thing, but to be surrounded by so many who have the same goal, is a blessing. Thank you, to all who help make NEA an amazing thing to be a part of."

Amber Williams

Optus Inc.



T.J. Thompson is the HR and Brand Manager for Valley View Agri-Systems. His volunteer efforts include both church and community in and around Jonesboro.

A member of the SW Church Praise Team and its Global Leadership Summit host site committee, T.J. also served the Foodbank of Northeast Arkansas as its Acre of Hope planning committee chairman for 2017 and 2018 events; as a member of the St. Jude S'travaganza planning committee; as Jonesboro Unlimited's Quality of Life Taskforce chairman; and is on the Jonesboro Regional Chamber of Commerce Board of Directors.

"It is an honor to be nominated and selected as one of Premiere Magazine's 30 under 40," T.J. said. "I believe in community involvement, but a person cannot be involved alone. I would like to thank my wife, Christen, my son, Maddox, and my family at Valley View Agri-Systems for giving me the margin in my life to fill with community service. I would also like to thank everyone in Jonesboro and the surrounding communities for the relationships that I've been so fortunate to have built thus far in my life. Servitude and quality relationships make for a great life!"

T.J. Thompson

Valley View Agri-Systems

Congratulations!



30 UNDER 40



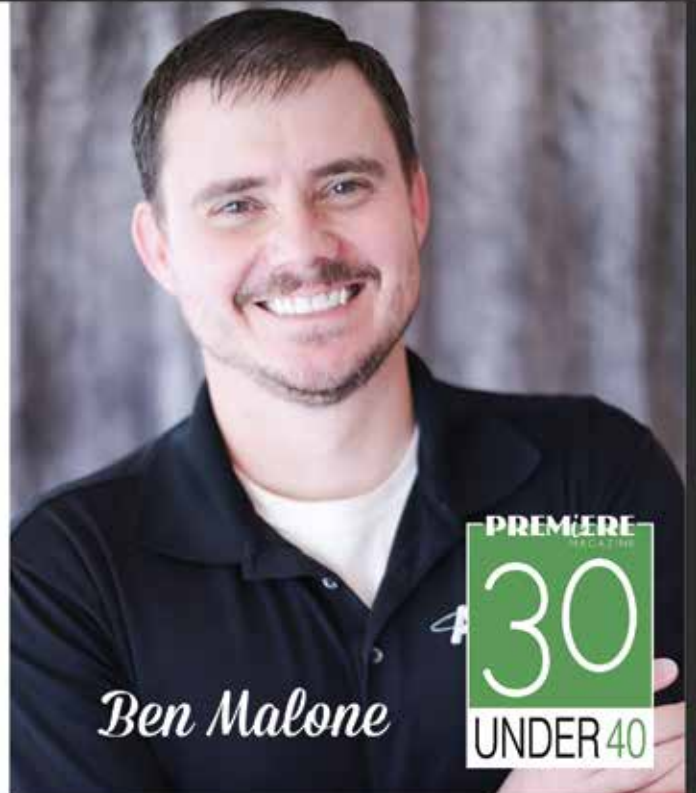
Congratulations Angila Beamon, Loan Assistant, 870-215-4867 and Seth Dearing, Loan Assistant, 870-215-4870 for being honored in the 30 under 40.

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**Best wishes to you for
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Ben Malone



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Joshua Moss is the owner of Moss Fencing LLC, and at RE/MAX Real Estate Centre is a Commercial Sales Specialist. He has given both time and money to charities like St. Jude's, Miracle League and The March of Dimes, just to name a few.

"I try to focus my efforts more on those areas of the community that seem to be overlooked," Joshua says. "My company spends a considerable amount of time looking for individuals or families whom are in need of a service that we can provide. In 2017 we built/repared, at no cost to them, more than fifty fence/gates for the elderly or families with disabled children who cannot otherwise afford to have these items taken care of. We also try to recycle as much used fencing as possible by donating it to anyone in need. It is amazing at how many people in the community are in need of fencing and how much life is left in a used fence.

"To be honest, I am humbled to be nominated for anything that recognizes a need to help people," he said. "I spend countless hours in our community driving around working out of my truck. On a regular basis I am given opportunities to help the people of NEA, and I am always blessed when I do. I feel like God puts me in a path to come upon these individuals, and I am blessed to be able to help them and then just move on with my day feeling great about being able to have helped, especially when myself and the person helped are the only ones who know about it. It just feels good to do it for them, not for the world. I don't want anything in return, although I do hope that they feel the connection and want to do for someone as well. I am blessed to be a part of NEA and everything that it has to offer."

Joshua Moss

Moss Fence



Jessica Gazaway is a Gifted and Talented teacher for High School and Jr. High and an Art teacher for Jr. High in the Greene County Tech School District.

She is the Odyssey of the Mind coach and coordinator for both the GCT Jr. High and High School teams, is a member of the Junior Auxiliary of Paragould, serving as Vice President, and is a member of 1st United Methodist Church.

"I am deeply honored that my fellow community members have nominated me for this recognition," Jessica says. "It is a compliment to be a part of this group of accomplished individuals. Paragould is a wonderful place to live, work, raise your children and serve. I am thankful to have the opportunity to volunteer in organizations that further the community and family values of Greene County."

Jessica Gazaway

Greene County Tech School District



Jilayna Hammon is the Girls Team Coach at Champions Gymnastics Center in Paragould and has contributed to several causes that benefit children.

She has been a member of the Paragould Civitan Club for 15 years and is a past-president, having served in every office of the club. Civitan focuses on the special needs children in the area. Jilayna was the chairperson in charge of the fundraising efforts, planning, and the design and construction for the handicap accessible playground at Harmon Park and during her presidency the club was awarded International Club of the Year out of over 830 clubs in the world.

"I also received the President of the Year award," she said. "I have shared my passion for Civitan by helping to build other Civitan clubs in St. Louis, Poplar Bluff, and Kennett. I also volunteer as a coach for Special Olympics. We are currently in the beginning stages of starting a Special Olympics gymnastics team, which I am very excited about because it blends together the two things I am most passionate about - gymnastics and helping children with special needs."

Jilayna says she loves working with children and seeing how local projects bring joy to the children in Paragould. "On the international level, I have been able to watch how the money we raise is used at the Civitan International Research Center where they are changing the lives of people with Autism, Down Syndrome, Cerebral Palsy, and other developmental disabilities," she said. "My heart has grown five times in size since becoming a Civitan. It is truly an honor to be chosen as one of the 30 Under 40. I have immense pride in our community and there is so much value in giving back. I would like to thank my husband and my son for always supporting me in all of my endeavors. In a world that is so consumed with self, my husband and I want to show our son that life is about giving. Giving time, hope, joy, and kindness can change the world."

Jilayna Hammon
Champions Gymnastics Center

Linda Truong Alexis Horner Brooke Dowler
 Bridgette Horner Lucille Harvey

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CONGRATULATIONS

Jeff Chastain

For being honored in the 30 under 40 list

Jeff has been with the company for just over 11 years and handles event coordination, public relations, special projects for management and is the resident bicycle geek.

EC Barton & Company thanks Jeff for his commitment to building a better community!

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Erica Tait is the Director of the Northeast Arkansas Regional Transportation Planning Commission (MPO), responsible for implementing the regional transportation planning process and directing the daily operations of the organization.

Erica aims to “be the change [she] wants to see” and values community service, currently serving the Jonesboro community as a member of the Board of Altrusa International of Jonesboro and as the Board Vice President for the Jonesboro Young Professionals Network (JYPN). She also is the Director of the Board of Christian Education at her church, Carter Temple C.M.E., and is an active member of the St. Bernards Advocates and the Downtown Jonesboro Association.

She is a graduate of Leadership Jonesboro, and is a fellow in the FY2017-2018 Delta Leadership Executive Academy. Erica represents the MPO and the greater Jonesboro area through her involvement in the Association of Metropolitan Planning Organizations (AMPO), the American Planning Association (APA), the Transportation Research Board (TRB) and the Arkansas State Transportation Innovation Council (STIC). She and her husband, Dr. Gabriel Tait, have two sons, Devon and Galen, and a rescue dog named Boots.

“I am truly honored to be acknowledged among other professionals who have received this recognition,” Erica says. “I thank God for the opportunity to live, work, and serve in Jonesboro. It is truly a blessing and privilege to serve alongside so many wonderful people in the Jonesboro community and to be part of the change and growth happening in this area.”

Erica Tate

MPO



•••
Congratulations Chandra McGowan
for being honored in the 30 under 40!

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Ty Sims is Owner/Agent of Shelter Insurance in Paragould and is well known in the community for the many causes he supports, particularly through the Chamber of Commerce and the Greene County Community Fund.

His participation list is a long one and includes President of the Greene County Community Fund; current Paragould Chamber Member of the Year; Chamber Ambassador; Paragould Young Professionals member; graduate of Leadership Paragould; and Kiwanis Club member.

"I have also served previously on the Chamber Board of Directors and previously been Paragould Young Professional of the year," he added. "I also coach youth baseball and basketball and am a member of Brown's Chapel Baptist Church. I am married to Sarah Sims and have two children, Jett and Kensington.

"I would first like to congratulate all of the other nominees and thank them for making NEA such a great place to work and live," Ty said. "I am very honored and blessed to have been selected for this award. I am dedicated to serving NEA through my insurance company as well as through community involvement, and hope to do so for years to come!"

Ty Sims

Shelter Insurance



CONGRATULATIONS
JESSICA GAZAWAY!

For being selected for
Premiere Magazine's
30 under 40



CONGRATULATIONS
T.J. Thompson!

**Valley View Agri-Systems
is very proud of T.J. Thompson
for being selected as one of the
Top 30 under 40.**

**We are grateful for T.J.'s commitment
to our team and our community!**

Alexis Horner is a Cosmetologist at Lucille's Generations Salon. She is a member of Junior Auxiliary of Paragould, an advocate for CASA, volunteers for the Greene County Boys and Girls Club programs, and is member of First United Methodist Church of Paragould.

"To be nominated is such an incredible honor," Alexis says. "I was nominated alongside my fiance, which makes it even more meaningful! He encourages me, and is usually right beside me in any effort. It has always been so important to us to give back to the community that we were raised in. I love to work with other members of the community that feel the same way."

Alexis Horner

Generations Hair Salon



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FAMILY HEALTH & FITNESS

A Heart for Running

By Richard Brummett

Shortly into a conversation with Jonesboro's Jim Stearns it becomes apparent he loves discussing, health, exercise and fitness. In fact, he has combined work and play to help area residents find a fun and practical way to get themselves into better shape.

"I went to college intent on coaching, but got into exercise science," Stearns explained. "I had always been a runner, all my life. My dad was in the Army and, of course, they made him run and I wanted to be like Dad so I got into running. In the '80s in high school the coaches would punish us with running, but it was okay with me. I had the ability and liked to run."

Once he got into Cardiac Physiology he said he "was hooked." Running had not reached its high point of popularity in the '80s and early '90s so Stearns ventured into personal training. A lot of what was known about that industry at the time was based on trial and error and the "no pain, no gain" theory, but as a runner Stearns felt he "had the science to back it up. Running got popular in the late '90s and I joined a running club and then I was hired at Cardiac Rehab at St. Bernards. I'm still there four days a week, doing rehab and stress testing."

Through work, Stearns can suggest ways for people to adopt a better lifestyle in order to overcome physical issues. If they're interested, his second vocation -- Stearns Race Management -- provides opportunities for them to further their physical improvement in a relaxed atmosphere.

Runners and race promoters can learn all they need to know about Stearns Racing at www.stearnsracetiming.com, where the website explains options related to "sound race planning, advice and affordable, accurate and timely results for a great race day experience." They plan a racing event down to the finest detail, from start to finish.

The site also lists upcoming area races and walks and keeps up with race results for entrants to check on their times compared to others in their age groups.

"In the running events, the running series, people are there because they want to be more active," Stearns said. "No matter your age or body type, we all have some of the same goals. Ten percent are there

because they want to win, to kick your butt; about 25 percent wish they were faster but they're not, so they get frustrated; another 60 percent just want to be healthy, active.

"If you go to a race you are going to meet someone your age. You're going to find that it's fun, do-able. No one is going to stare at you. In fact, they're going to admire you for coming out and doing what you're doing. Regardless of age or ability, you can be fit. Keep your goals realistic, have a lot of fun with it. When you make your racing goals vs. the clock instead of vs. everybody out there, you'll have a lot more fun with the sport, and the positive energy at the events is contagious.

"Do one or two, you'll want to do another. The series is good for the community, good for the quality of life."

As far as the work side of presenting his fitness sermon, Stearns said he deals with people who fall into a number of different categories. "There are two types of heart patients: One, they think they're probably fixed, there are no need for changes; others realize they just endured a life or death event and say, 'Anything that helps me get better, I'm good with.' They have a high amount of motivation to join a program and to join a gym. Then there are those with what I call the 10-Year Class Reunion Syndrome. They've got six months to get themselves in shape so no one will see what they look like now.

"I continue to preach, 'Exercise is the best investment you can do for yourself.' You will have more control over health issues but do it with some guidance. I say, if I can get you there one time, I'll get you there again. I will ease you along. Don't come see me at work. Come see me when you're having fun."

GREENE COUNTY 4-H AWARDS CELEBRATION

Greene County 4-H roots grow deep.

4-H is the youth development program conducted by the University of Arkansas, Division of Agriculture, Cooperative Extension Service and is conducted in cooperation with County governments and the U.S. Department of Agriculture.

The Greene County 4-H Youth Development Program's mission is to provide opportunities for youth to acquire knowledge, develop life skills, form attitudes, and practice behavior that will enable them to become self directing, productive, and contributing members of society. 4-H teaches leadership, citizenship, and skills children will use throughout their lives. Volunteer leaders are the backbone of our county 4-H program. County extension agents provide training for leaders and they, in turn, teach youth groups. The 4-H program is for all youth between ages 5-19, from all racial, cultural, economic, and social backgrounds.

4-H project work is an informal "learn by doing" educational program with many and varied projects and activities. There are more than 80 projects to choose from in Arkansas. 4-H project work promotes lifelong skills in leadership, citizenship and decision making, helping youth achieve their fullest potential. 4-H is known for teaching life skills through project work, public speaking, record keeping and other educational activities.

4-H clubs are managed by trained volunteer leaders. Each club has regularly scheduled meetings or other planned activities. Club meetings teach social skills, parliamentary procedure and usually consist of hands-on activities and educational programs. Opportunities are available for conducting community service projects and allow for developing leadership skills.

Each year an annual banquet is held and participants receive awards for their work. This year's banquet was held in April.

For more information, contact Lance Blythe at (870) 236-6921.



Jr. County Champion Award- Colter Hunt and Dave Freeze (County Extension Agent- Agriculture)



Sr. County Champion Award- Lindsay Waldon and Dave Freeze



Advanced Record Book Winners (16-19 yrs. old)- Callie Newsom, Jessica Griffin, Taylor Copeland, Olivia Gardner, Maggie Malone, Layne Kelley, Grace Thompson, Lindsay Waldon



Cloverbud (5-8 yrs. old) Record Book Winners- Olivia Warnick, Reesie Tritch, Jackson Rogers, Abbie Phongsas, Karie Belle Head, Tate Gray, Fisher Tritch, Gracie Elkins, Judge Rusty McMillon, Dawson Hamilton, Cooper Glover, Joseph Haywood

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Jenny Payne
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Tammy Farmer
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Craighead Electric Awards Winners- (L to R) Brad Nelson (Craighead Electric- Banquet Sponsors), Conley Hunt, Jasa Reed and Colter Hunt



Beginner Record Book Winners (9-12 yrs. old)- Wil Exum, Colter Hunt, Anna Osborne, Hudson Tritch, Ellisa Vaughn, Judge McMillon



Greene County 4-H Foundation Scholarship Winners- Callie Newsom, Paula Norman (4-H Foundation Board), Layne Kelley, Debbie Copeland (4-H Foundation Board), Jessica Griffin



Intermediate Record Book Winners (13-15 yrs. old) - Matthew Exum, Kristian Glover, Michael Haywood, Conley Hunt, Jasa Reed, Aaryon Vaughn, Wesley Watkins, Judge McMillon



County Record Book Winners (9-19 yrs. old)- Emma Kelley, Hannah Phongsa, Jessie Rawls, Anthony Drew, Judge McMillon

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SWIMMING WITH SHARKS

BY CHUCK LONG

The dark object moved in a random, persistent pattern through the thigh-deep water. It looked like one large object, but it soon became obvious it was a school of fish moving in unison. I patiently waited for the fish to get close enough and I was able to carefully cast a silver jerkbait in front of the school. One of the fish slammed the lure and the spinning reel screamed with glee. The fish made a run to try to break free, but the drag kept the line from snapping. I headed toward the shallow water of the beach and a few minutes later was holding a beautiful copper colored redfish. He barely missed the legal slot so he had to be released, but I waded back out and the school made another pass and the next cast yielded a fish that was legal

and provided a great supper.

I am all about fishing in Arkansas. Our lakes and rivers provide a great resource and I thoroughly enjoy the variety they offer. But our family often ventures to the beach for vacation and I enjoy the many opportunities available along the Gulf Coast.

A license is required to fish in almost all areas along the coast so check with the state you will be fishing to verify what is needed. Most rods and reels used in Arkansas for catfish or bass will suffice for beach fishing. I prefer a 7 to 7 1/2 foot medium action spinning rod and a reel spooled with eight to ten pound mono for casting lures. This setup will also work for bottom fishing with some smaller baits. To make long casts and soak bigger baits, I prefer a longer rod, in the 8 foot range, and a high capacity spinning reel spooled with 25 lb braided line. The same applies for baitcasting outfits as many of the combos used to cast crankbaits and spinnerbaits are great for fishing the surf. One note on equipment: Rinse the reels with freshwater each evening as the saltwater is very corrosive.

Lures to fish the surf are often the same we use for bass fishing in Arkansas. Think silver, white or any other color that resembles a baitfish or shrimp. Topwaters can provide fun action, while jerkbaits and swimbaits will often be productive as well. Soft plastics like 3" inch twist tail grubs, shad bodied baits and Gulp shrimp fished on a 1/4 ounce jighead will produce a wide variety of species.

Fresh bait is a great option for surf fishing with shrimp at the top of the list. Fresh peeled shrimp are a great option for a variety of species. One of my favorite baits are sand fleas. A quick search on Youtube can give tips on what they are and where to find them. Fresh fish also works, either whole or as cut bait. Many types of frozen fish are available and provide a convenient option. Depending on surf conditions, a one to three ounce sinker will hold the bait in place while a hook matching the bait size will catch likely customers. Baithold type hooks in the 2 to 2/0 range will catch most anything, but if bigger quarry like sharks are on the list, hooks in the 4-6/0 range will be a better choice.

Many of the fish have either teeth or sharp spines, or both, so pliers to remove hooks and gloves to handle the fish are a must. A wagon to haul gear is a great addition to access more remote areas. I like to fish early in the morning or late in the evening and avoid the beachgoers. Redfish, pompano, ladyfish, flounder, bluefish and a variety of small sharks can be caught along the beach. Some make great tablefare but there are a variety of restrictions, so check the rules of possession carefully. If you get to the coast this year, I hope you can take just a while and try to catch some fish. If not, good luck in here in Arkansas and I hope to see you out there. God bless!



CHUCK LONG

Regional Education Coordinator Northeast Education Division Arkansas Game and Fish Commission



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4-H SHOOTING SPORTS EAST REGIONALS



Junior Chase Richardson, the youngster among four other seniors making up Greene County 4-H Shooting Sports Team No. 2, had one of six perfect 50-for-50 shooting days at the Arkansas Game and Fish Foundation Shooting Sports Complex and led his squad to the Arkansas Youth Shooting Sports Program's East Senior Region championship May 12.

The 16th and last qualifier to move into the June 2 ASSYP State Championship, Pulaski Academy Bruin Gold, had a solid 223-point day, 17 points shy of Greene County 4-H's winning total of 240. The top eight teams were separated by 10 targets.

It takes more than one hot shooter to lead a team to a championship and Richardson had plenty of help. Bryce Ratliff missed just one target while Garret Groves and Callie Newsom missed just two of their 50 shots.

try not to expect (a perfect score) ... I've done it before, but not all the time. No one on our team is our No. 1 shooter, it's all just a combination. It's a team. We're not always the top team (among Greene County 4-H's five teams), but we were today. We were nervous after we posted our score. We're happy now."

Second place was decided by a card-off with two teams, Five Rivers Shooting Club Elevenpoint of Pocahontas and the Corning Trap Team Senior Squad Black, both finishing with 235 out of 250. But because Five Rivers had two perfect shooters, Bradley Baltz and Rhet Baxley, while Corning's best score was a 49, the second-place trophy went to Five Rivers.

Richardson, Baltz, Baxley, Chance Welch of Jonesboro Westside Red, Coby Hollis of



Zach Williams contributed a respectable 45 of 50 to round out the winning total. Richardson said it was just his day in leading the way. "I

Big Lake Clay Breakers Busted and Dusted and Chandler Conyers of Corning Senior Squad Gold were part of the best day of perfect scoring so far in AYSSP senior regional competition. They will join four other perfect shooters from the West and South regions in the June 2 Tournament of Champions.

Greene County 4-H seniors and coaches deferred to their younger teammate, Richardson, to do the talking for his team, saying that they have been participating in the AYSSP for going on five years. They had reached as high as No. 3 in the region tourney, but had never won that level or state.

As with many AYSSP programs that don't have close access to facilities like the AGFF Shooting Sports Complex (Jonesboro is building a shooting sports facility), Richardson says up to 27 4-H shooters from towns such as Paragould and Rector meet two or three times a week at a family farm where the owners allow them to set up trap stands.

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JONESBORO JR. AUXILIARY



The new slate of Junior Auxiliary officers were also introduced at their luncheon. Officers include (left to right): Amanda Windmeyer, treasurer; Mandy Folden, second vice president; Deania Vanhoozer, first vice president; Danial Reed, president; Kristy McDaniel, past president; Ginger Hyneman, recording secretary; Michelle Boots, membership chair.



The Junior Auxiliary of Jonesboro Provisional Class of 2018 was recently introduced during the Passing of the Crown tea held May 8 at Cooper Alumni Center. The Provisional Class includes:

First row (l to r): Natalie Hinton, Laura Bisogni, Lea Russell, Kelcee Sitzer, Natalie Carter

Second row: Brandi Snell, Amy Wills, Kelsey Schmidt, Hannah McGinnis

Third row: Chelsea Rupard, Lacey Harris, Brittani Nash, Andrea Holman, Jennifer Smith

Fourth row: Ashley Snider, Lauren Nunnally, Laura Bean, Mary Pat Sinclair

Fifth row: Shea Wilson, Angie York, Kirby Smith

Not pictured: Breanna Walton

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LIVING A BETTER STORY

By Jared Pickney

In Scripture the word “father” is found more than 1,100 times. Yet in America it’s increasingly harder to find a father in the home. In 1960, only 10 percent of children were raised without a father in the home. Today, 40 percent are.

This is tragic when you consider that children with strong fathers are less likely to model defiant behavior, live in poverty, engage in sexual immorality or abuse alcohol/drugs. Children with a father in the home typically perform better in school, take more healthy risks and experience a healthier psychological well being.

Needless to say, dads play a significant role in the lives of their kids.

In light of this reality, we should take time on

Father’s Day to celebrate what is good about our own fathers. However, we should also take time to grieve the places our imperfect fathers have wounded us. These wounds distort and diminish our ability to relate well to others. If we will take time to acknowledge and share our hurt with others we can begin to heal.

For fathers reading this article, take this time of year to evaluate how well you are leading/ loving your children. If you need help, ask your kids for honest feedback. Let them know that if they tell the truth about you that they are honoring, not dishonoring you.

Seek to implement the following three goals.

1. Be Present. For some, your dad was like a hologram. When your hand reached to touch

your father your hand went right through him. He was there, but he wasn’t there. The most important thing you can give your child is your presence. Nothing matters more.

2. Be Dependable. We don’t need to be super dads. We need to be a clumsy dad who is willing to struggle towards the right things over the long haul. Do the best you can to keep showing up. To keep pressing forward with integrity.

3. Look To The Heavenly Father. God continually reminds us in the Scriptures that He will never leave us nor forsake us. Only when we receive the Perfect Father’s unconditional, never giving up love for us poured out in Christ can we increasingly love as we have been loved.

Skin cancer is the most common form of cancer

Now is the perfect time to start practicing sun-safe behaviors and to get your skin checked for suspicious moles and lesions. PCA sunscreen is recommended by the Skin Cancer Foundation.

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Pat Mullins

ALWAYS MOM

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Pat Mullins
Christi Foust

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What is
Alzheimer's?

Alzheimer's Caregiver
Support

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GENEALOGY IN THE INFORMATION AGE

By Brandi Hodges

From personal DNA tests you can use to swab your cheek and find out where your bloodline originates to television shows like those helping track the heritage of guests, more and more people have been jumping into the genealogy game. For many, the word genealogy may sound a little boring -- but when compared to the huge number of people who are interested in tracing their heritage, which is what genealogy is, it is very popular. So, we have a few tips to help you get started.

One of the first places you should start is with yourself. Where did you come from? Once you have your parents' names, grandparents' names, even your great-grandparents' names you are off to a great start. You can use your local courthouse to search marriage records, death records and even online resources where you can look at cemetery records like www.findagrave.com. Something very beneficial when you

are getting started is a genealogy chart. These are easy to find online. Website www.ancestry.com has a terrific page of resources you can download for free and then just add your family's information. Doing this helps keep all of the names, dates and family branches straight.

Speaking of helpful websites, there are some free resources and some paid resources. You can do some research online for free. You can check out obituaries from the Jonesboro Sun back as far as 1896! There are also many other national websites you can use to research -- but many of them are limited as to what you can actually find out. One of these resources is www.accessgenealogy.com. Many communities including Greene County, Craighead County and many others have local genealogy societies. These groups are a wealth of information -- not only do they know people who are from the area you are researching and may have first-hand knowledge, they can help you get started. Some of these groups or individuals associated with the groups will offer beginning genealogy classes. These

classes usually come at a cost -- but are well worth the investment if this is a path you are ready to travel. Now we'll talk about paid resources -- one of the best resources is www.ancestry.com. However, this website does come with a price tag. A basic membership will cost around \$20 a month; depending on what you're looking for that price can go up to \$45 a month. Some local libraries will offer access to this site for free as long as you are in their building to do your research. Getting information via this source is fast and easy.

In all, if you have the opportunity to do so, getting personal stories is the best thing you can do. A personal account of your family's history will tell you far more than census records ever can. However, many of us do not have this option and have to turn to the next best thing -- our research. In this day and age most people have smart phones where you can record video of a grandparent or a great-grandparent telling a story about their childhood, their parents, jobs they had starting out in life and about their children. That is a memory you will cherish and first-hand knowledge you can share with other members of your family.

Do you want to get started researching your family tree? On Saturday, July 21, the Craighead County Jonesboro Public Library will host its annual Genealogy Night Lock-In from 6:00 p.m. until midnight. The event is free and open to the public.



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Come join a center near you for great fun!!!!

LEFT: Mayor Mike Gaskill signing a proclamation declaring May as Older Americans Month.

RIGHT: The BEES Bean Bag Baseball team placed 3rd in its Regional tournament and won 2nd place in the State Tournament.



The BEES partnered with Jonesboro Travel and went to Oklahoma to tour the Pioneer Woman's lodge and enjoyed shopping at the Mercantile.



life begins at 60!

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PAT MULLINS ALWAYS MOM

By Richard Brummett



Christi Foust visits her mother faithfully, making the short trip to Greene Acres Nursing Home in Paragould at least four or five times a week without hesitation. The difficult part of the story, however, is that her mother often doesn't make the connection.

Her mom, Pat Mullins, is one of an estimated 5.7 million Americans of all ages living with Alzheimer's dementia in 2018. Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior, with symptoms usually developing slowly and then getting worse over time.

Pat has been at Greene Acres since August of 2013 but Christi picked up on noticeable changes long before that. "At first, it was lots of little mistakes with her bank account,

her check book," she said. "She was always a stickler about that; it had to be exact down to the penny. I began to notice lots of times where she completely had messed things up and I thought, 'Something's not right.'

"Then there were personality changes," Christi added. "She would go off the deep end over nothing, over something small and insignificant and over time I just thought I knew." She and her husband Alan moved in with Pat to better watch over her but after about six months she realized the job was not one they were able to perform.

"I would love to have been able to keep her at home," she said, "but it was one of those situations where we had to realize we just can't. We had home care for about a year-and-a-half but we got absolutely no sleep. I was afraid she would get out of the house

during the night and wind up in the ditch or just find out that she was gone in the middle of the night to who knows where? By the time we got her to Greene Acres she really didn't know much of what was going on. For about two years she had gotten gradually worse. She would get up in the night and say she wanted to go home and we'd tell her she was home but she wouldn't hear of it. We had to put alarms on the doors and we were so exhausted, listening for her instead of sleeping"

Alzheimer's worsens over time. In its early stages, memory loss is mild, but with late-stage Alzheimer's individuals lose the ability to carry on a conversation and respond to their environment. It is the most common form of dementia, but there is nothing common about the effect it hands out to family members.

"Sometimes I would show up to visit and she would say, 'Who are you?' I'd tell her I was her daughter and she'd say, 'No, you're not.' That was hard for a long time," Christi said. "I would try to get her reoriented to who I was but I learned that was the wrong thing to do. If I tried to convince her I was her daughter, she believed she must have done something to make them take her daughter away from her. So I just began to tell her my name and that I was there to take care of her when she asked me who I was. We went through a period where she constantly said she wanted to go home and I would have to explain to her that 'this is your home, this is your bed, this is where you live now' and she'd be okay."

For a while, Pat was placed in the Special Needs Unit because she was a flight risk but now she has been moved into the main area and seems to thrive while observing others daily. "Moving her back out front was a plus for her," Christi said, "and a blessing. She's more active and talks to people, and likes to get her hair done. Some days she doesn't want to visit, she just wants to stay in bed."

"In the beginning, I cried every day for six months, feeling like I was leaving her behind every time I left here. It was hard to convince myself it was the right thing to do. But the staff here is so wonderful that they have made it so much better for me and for her. They are just like family to her, and to me. I know this is the best place for her, and the safest place for her. Sometimes I think she knows who I am but then she'll say, 'Now, who are you?' I'm used to that now. Some days I just tell her, 'I spent a lot of time at your home when I was little.'"





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WHAT IS ALZHEIMER'S?

What is a degenerative brain disease and the most common cause of dementia? Dementia is a syndrome -- a group of symptoms -- that has a number of causes.

The characteristic symptoms of dementia are difficulties with memory, language, problem-solving and other cognitive skills that affect a person's ability to perform everyday activities. These difficulties occur because nerve cells (neurons) in parts of the brain involved in cognitive function have been damaged or destroyed. In Alzheimer's disease, neurons in other parts of the brain are eventually damaged or destroyed as well, including those that enable a person to carry out basic bodily functions such as walking and swallowing. People in the final stages of the disease are bed-bound and require around-the-clock care. Alzheimer's

disease is ultimately fatal. Causes of Dementia:

- Alzheimer's Disease - most common cause of dementia; accounts for an estimated 60 percent to 80 percent of cases.
- Vascular - The brain changes of vascular dementia are found in about 40 percent of brains from individuals with dementia.
- Dementia with Lewy bodies (DLB)
- Mixed Dementia
- Fronto-temporal lobar degeneration (FTLD)
- Parkinson's disease (PD)
- Creutzfeldt Jakob disease
- Normal pressure hydrocephalus



- Every 65 seconds someone in the United States develops Alzheimer's disease.
- One in 10 people (10 percent) age 65 and older has Alzheimer's dementia.
- The percentage of people with Alzheimer's dementia increases with age: 3 percent of



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people age 65-74, 17 percent of people age 75-84, and 32 percent of people age 85 and older have Alzheimer's dementia.

- Of people who have Alzheimer's dementia, 81 percent are age 75 or older.
- Almost 2/3 of Americans with Alzheimer's are women. Of the 5.5 million people age 65 and older with Alzheimer's in the United States, 3.4 million are women and 2.0 million are men.
- In 2018, about 2.1 million people who have Alzheimer's dementia are age 85 or older, accounting for 37 percent of all people with Alzheimer's dementia.
- When the first wave of baby boomers reaches 85 (in 2031), it is projected that more than 3 million people age 85 and older will have Alzheimer's dementia.
- By 2050, 7 million people age 85 and older are projected to have Alzheimer's dementia, accounting for half (51 percent) of all people 65 and older with Alzheimer's Dementia.
- 18.4 billion hours of care, valued at over \$232 billion, are provided by family and other unpaid caregivers.
- \$341,840 is the estimated lifetime cost of care for an individual living with dementia.

Some great online resources can be found at: <https://www.communityresourcefinder.org/>

<https://www.alzconnected.org/>
<http://www.alzark.org/#> - Alzheimer's Arkansas provides Respite Grants for families who need assistance with outside caregivers for a time of respite.
<http://www.alzark.org/wp-content/uploads/2015/03/Educational-Opportunities-17-002.pdf>

Information provided by the Center on Aging-Northeast.
 The Center on Aging-Northeast's mission is to improve health outcomes of older Arkansans through interdisciplinary clinical care and innovative educational programs. This is accomplished through health care professionals with geriatric expertise working together as a team to serve the whole continuum of needs of older adults and funding through philanthropic gifts, with a portion of Arkansas' share of the national Tobacco Settlement.

The UAMS Center on Aging Northeast is a program of the UAMS Donald W. Reynolds Institute on Aging. One of seven centers around the state, it serves 17 counties in the Northeast Arkansas region and is partnered with St. Bernards Senior Health Clinic and also provides the Schmieding Home

Caregiver Training program. UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; hospital; Northwest Arkansas regional campus; statewide network of regional centers - of which include the Centers on Aging.



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ALZHEIMER'S SUPPORT FOR CAREGIVERS

By Richard Brummett

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Alzheimer's Disease is the most common form of dementia, accounting for 60 to 80 percent of all cases and touching one of every 10 Americans 65 or older.

Samantha Hollis BSN, RN, CDP, and an Education Outreach Specialist for the UAMS Center on Aging-Northeast, provides the following links and information, designed to help with much-needed education and information regarding the disease.

1. For Caregiver Stress: <https://www.alz.org/care/alzheimers-dementia-caregiver-stress-burnout.asp#manage>
2. For Alzheimer's dementia resources: <https://www.communityresourcefinder.org/>
3. Message Boards: <https://www.alzconnected.org/>
4. Information from Alzheimer's Arkansas: <http://www.alzark.org/#>
5. 2018 Jonesboro Hope for the Future Caregiver Conference, Friday, August 24th, 8:30 a.m.- 2:15 p.m. St. Bernards Auditorium in Jonesboro, hosted by Alzheimer's Arkansas.

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6. More from Alzheimer's Arkansas: <http://www.alzark.org/wp-content/uploads/2015/03/Educational-Opportunities-17-002.pdf>

The mission of the UAMS Center on Aging-Northeast is to improve the health outcomes of older Arkansans through interdisciplinary clinical care and innovative education programs.

For the COMMUNITY:

Health education programs, support groups, individualized services and resources such as: Medicare assistance; Exercise programs; Cooking Classes; Diabetes Empowerment Education Program

For HEALTHCARE PROFESSIONALS

The Center on Aging-Northeast provides free education programs for healthcare practitioners and students to provide specialized training in geriatrics.

Vital statistics regarding Alzheimer's can be found at numerous websites available to the public, but some of note include the fact that 18.4 billion hours of care, valued at over \$232 billion, are provided by family and other unpaid caregivers for Alzheimer's sufferers; and \$341,840 is the estimated lifetime cost of care for an individual living with dementia, according to information from the UAMS Center on Aging-Northeast.

The UAMS Schmieding Home Caregiver Training Program also offers the following programs pertaining to Alzheimer's, according to Valerie Fielder, BS, CDP and Administrative Coordinator for UAMS Schmieding Home Caregiver Training and Center on Aging-Northeast.

- A 3-day certification program for Alzheimer's/Dementia Caregivers, \$100
- A First Responder training program 3 hours - FREE
- An Alzheimer's and Dementia Training Seminar for those wishing to become Certified Dementia Practitioners (CDP) 8 CEU hours – Offered several times a year or can be scheduled in your location. This requires a training fee.
- A Family Caregiver Workshop (4 hours) Offered FREE 4 times a year or can be scheduled for church groups, community programs etc in the region.
- A NEW Alzheimer's Support Group starts June 19. FREE; 6–8 pm at Schmieding Home Caregiver Training Center, 2813 Forest Home Road in Jonesboro. Register by calling 870-207-7600



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SENIOR CARE EMOTIONAL SUPPORT

When loved ones are looking for a facility to meet their aging family members' needs, Unity Health – Harris Medical Center is home to the Senior Care program fit for an array of seniors in need of specialty care.

The Senior Care program at Unity Health - Harris Medical Center addresses the emotional and behavioral health needs of adults above the age of 55. Through a combination of therapies, education, and wellness programs, senior care assists older adults in redeveloping the skills necessary to help them cope with aging.

Emotional areas that are addressed through the program include agitation, combativeness, confusion, depression, hallucinations, paranoia and suicidal

thoughts.

Each person entering the senior care program has his or her own unique set of circumstances, which is why care is given through an individualized treatment plan for each patient, through a number of therapies for physical, mental, emotional and spiritual healing. These include, but are not limited to continued care planning, dietary consults, family therapy, group therapy, individual therapy, medication management, physical therapy, and activity therapy.

With a staff of trained professionals and associates, Unity Health – Harris Medical Center strives to provide a superior standard of care for each patient in the senior care program. Referrals may be made to senior care by contacting (870) 512-3002 or (800) 360-2561. A confidential consultation is available at no charge and can be completed at the hospital or at the physician's office.

CAREGIVER STRESS 10 SYMPTOMS

Caregiver Stress Check

1. Denial about the disease and its effect on the person who has been diagnosed.
I know Mom is going to get better.
2. Anger at the person with Alzheimer's or frustration that he or she can't do the things they used to be able to do.
He knows how to get dressed — he's just being stubborn.
3. Social withdrawal from friends and activities that used to make you feel good.
I don't care about visiting with the neighbors anymore.
4. Anxiety about the future and facing another day.
What happens when he needs more care than I can provide?

SENIOR CARE Geriatric Behavior Health

Unity Health - Senior Care attends to the emotional and behavioral health needs of adults ages 55 and older.

Many older adults suffer from changes in behavior and emotions that require specialized treatment.

Senior Care offers solutions for:

Memory loss • Confusion • Sadness • Agitation
Combativeness • Hallucinations • Paranoia • Suicidal Thoughts

For referrals call (870) 512-3002 or (800) 360-2561

A confidential consultation is available at no charge and may be done at the hospital or at the physician's office.



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(870) 523-8911 | Unity-Health.org/senior-care
1205 McLain St. | Newport, AR 72112

5. Depression that breaks your spirit and affects your ability to cope.
I just don't care anymore.

6. Exhaustion that makes it nearly impossible to complete necessary daily tasks.
I'm too tired for this.

7. Sleeplessness caused by a never-ending list of concerns.
What if she wanders out of the house or falls and hurts herself?

8. Irritability that leads to moodiness and triggers negative responses and actions.
Leave me alone!

9. Lack of concentration that makes it difficult to perform familiar tasks.
I was so busy, I forgot my appointment.

10. Health problems that begin to take a mental and physical toll.
I can't remember the last time I felt good.

If you experience any of these signs of stress on a regular basis, make time to talk to your doctor.

Provided by the UAMS Center on Aging-Northeast in Jonesboro.

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Pansy Davidson had one goal in mind when she came to Ridgecrest Health and Rehab for a short term rehabilitation stay: She wanted to be able to go home.

Ms. Davidson fell and fractured her hip and left arm and needed help to get her strength back to return home. She needed to get back to what she loves to do, and that is cooking for her family.

During her stay, she even cooked a delicious pecan cobbler for the therapy staff to prove to them that she was getting stronger!

After staying almost two months, Ms. Davidson returned home and back to her kitchen.

And she cooks breakfast every morning so her grandkids can stop by and grab a bite.

The staff at Ridgecrest Health & Rehabilitation is proud to have played a part in this.

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2 MILE GLOW RUN

Friday, June 1 at 8:30 PM
Greene County Tech Old High School Campus ("Eagle Mile" course)
 The 4,000 Steps GLOW RUN for Diabetes is an opportunity to raise awareness about diabetes, a disease that touches every family. Through a donation, individuals can honor persons currently managing the disease or remember those who succumbed to diabetes-related complications. Race-day registration is \$25.00 and begins at Greene County Tech Middle School at 7:00 PM. All children must be accompanied by an adult. Proceeds from this event will benefit the Juvenile Diabetes Research Foundation (JDRF), the American Diabetes Association and local diabetes prevention efforts. For more information, please call 870-239-7467 or email: allison.hitt@arkansasmethodist.org.

BLOOD DRIVE WITH THE AMERICAN RED CROSS

Thursday, June 14 at 11 AM - 5:30 PM
Auditorium in the Professional Office Building at Arkansas Methodist Medical Center

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

BREASTFEEDING CLASS

Monday, June 25 from 6 PM - 8 PM
Education Computer Lab in the Professional Office Building at AMMC
 This class discusses the importance

of breastfeeding, breast preparation, feeding techniques and positioning options for mother and baby. Tips on hand expression, breast pumps, collecting and storing milk and breastfeeding after returning to work are taught. This class is offered to moms who plan to breastfeed, dads and other support persons. Registration is required one week in advance of the class. Call the AMMC Lactation Services Department at 870-239-7013 or e-mail: baby@arkansasmethodist.org to register.

CHILDBIRTH PREPARATION CLASS SERIES

Monday, June 4, 11, & 18 from 6 PM - 8 PM
Professional Office Building at Arkansas Methodist Medical Center
 This class provides detailed information about late pregnancy, preparing for labor and birth, comfort measures, importance of early skin-to-skin contact, medications, anesthesia (including cesarean delivery), newborn characteristics and postpartum care while rooming in with your baby. A tour of labor and delivery and the mother/baby unit is included. This three-week class is offered to anyone

who is expecting. It is recommended to take the class when you are 5-8 weeks from your due date. Registration is required one week in advance of the class. Call the AMMC Lactation Services Department at 870-239-7013 or e-mail baby@arkansasmethodist.org for classroom location, pricing and to register.

HEALTHY PREGNANCY CLASS

Tuesday, June 26 from 6 PM - 8 PM
Education Computer Lab in the Professional Office Building at AMMC
 This class can help ease the transition to parenthood for expectant mothers, their partners, 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. Registration one week in advance of the class is required. Call the AMMC Education Department at 870-239-7013 or e-mail baby@arkansasmethodist.org to register.

AMMC WELCOMES THIRD SURGEON



David Brotman, M.D.

Dr. David Brotman is a graduate of Thomas Jefferson University Medical School in Philadelphia, Pennsylvania. He completed his Surgical Residency at Robert Wood Johnson University Hospital in New Brunswick, New Jersey. Brotman is a Fellow of the American College of Surgeons; a Fellow and Founding Member of the American Professional Wound Care Association and a member of the American Medical Association. He will join fellow surgeons Doctors Jennifer Susoreny-Velgos and Bob Warner at the AMMC Surgery Clinic. Arkansas Methodist Medical Center is proud to have Dr. David Brotman join its medical staff.



AMMC Surgery Clinic

(870) 239 - 8107 | 1000 W. Kingshighway, Suite 13 | Paragould, AR | www.myammc.org

HAPPENINGS

PERFORMING ARTS STUDENTS REWARDED



Greene County Tech High School held a signing day for two Performing Arts students to perform and attend at Arkansas State University. Tim Rowland recently received the Ted Rand Scholarship from ASU's Media and Communications Department. This scholarship is in the amount of \$9,000 and is the largest scholarship given in the Media Department. Tim was selected from students all over Arkansas in a two-part application process. Dr. Mary Jackson-Pitts presented Tim with the scholarship during a reception for him on May 2 at the high school. Grace Dial received a Theatre Department scholarship in the amount of \$5,600 for her commitment to the university.



ANGEL RUN DT PARAGOULD

The annual Saints & Sinners Angel Run is now home in Downtown Paragould. Next year the Arkansas Children's Hospital fundraiser will be held on March 30. Find them on Facebook for more information.



OGE AWARD FUTURE

Arkansas State Treasurer Dennis Milligan presented awards to Oak Grove Middle School 6th grade students who completed the AR Finance AR Future program. The program was held April 26 and OGMS rewarded 126 students.

Theirs is the largest group to complete the program in Arkansas.

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ENGAGEMENTS & WEDDINGS



Kelsey Shavalia & Blake Bishop

Engaged couple Kelsey Shavalia and Blake Bishop have announced their plans to marry on July 14th of this year in Paragould.

The bride's parents are Quentin and Renae Shavalia of Rector. The groom's parents are Steve Bishop and Phyliss Matthews of Paragould.

Photography by Mallory Smothers of Mallory Smothers Photography.

BIRTHS



Waylon Deke Wilson

Proud parents, Zachery and Janell Wilson of Paragould welcomed their second child, Waylon Deke Wilson, into the world on May 4th, 2018.

Waylon was delivered at St. Bernards Hospital, weighed 5 pounds, 1 ounce and measured 18 inches tall. Waylon's older sister Lakin Chey is excited about the new addition to the family.



Roxie Jo Rippy

Kelly and Lindsay Rippy of Paragould announce the birth of their first child, a daughter, Roxie Jo.

Born May 10 at Methodist Le Bonheur Germantown Hospital, Roxie Jo weighed 6 pounds, 10 ounces and was 18 inches long.

Grandparents are Sharon and Ed Deffendall of Rives, Missouri; the late Bobby Joe Rippy; and Richard and Cindy Brummett of Paragould.



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American Pride at its Finest



Chad Overman is the epitome of American Pride: Desert Storm veteran, local manufacturer and now a retail store with 100% American Made products for sale. Get all the details in the July issue of Premiere Magazine.

Look for Lots of Fun Activities Like the AMMC Diabetes Fun Run



Hope to see you at the Glow Run June 1st! Maybe you will be in the July edition of Premiere! Get out to local events and if you see a camera SMILE big then look in the next edition of Premiere to see if you made it in!

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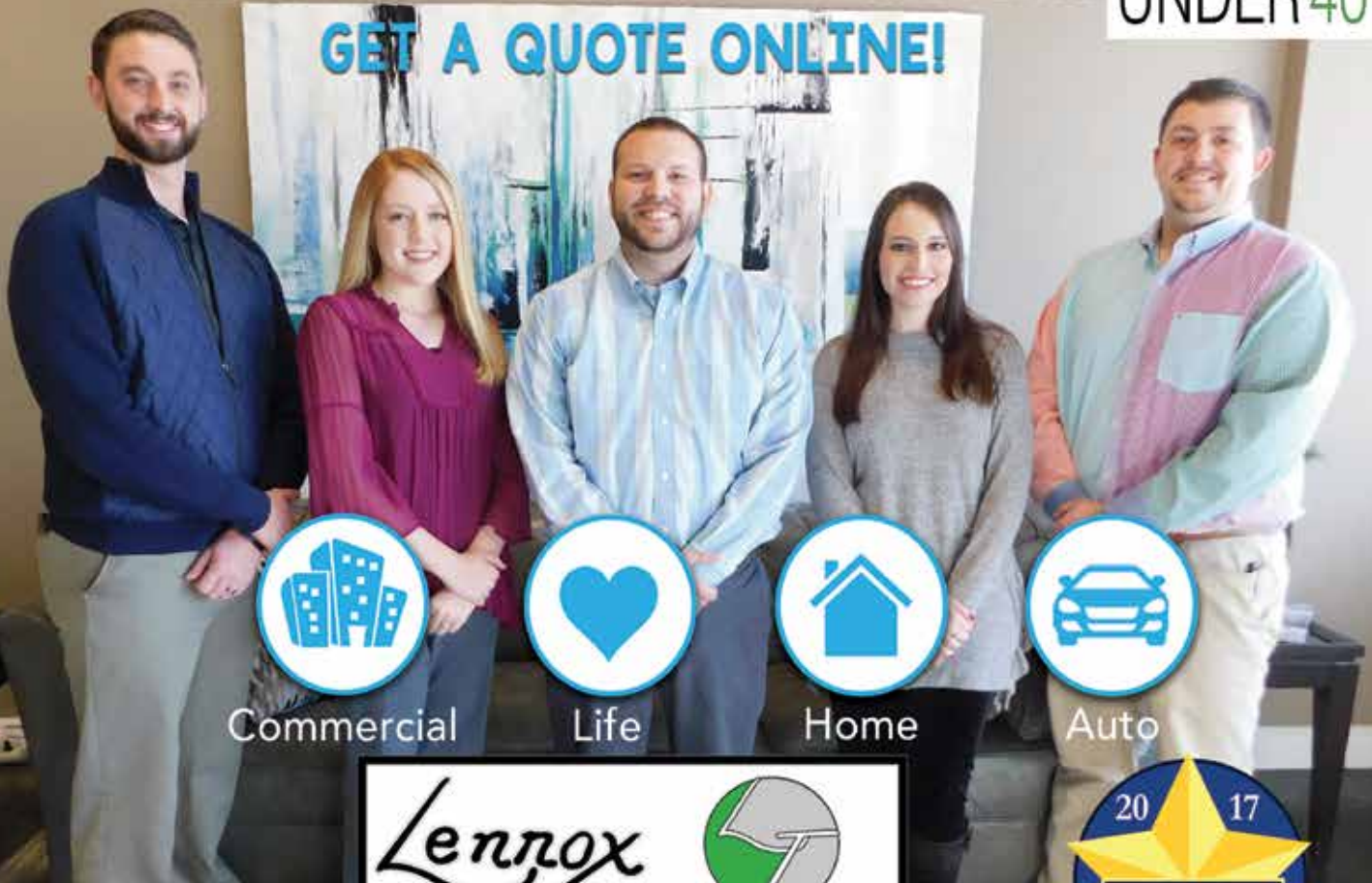
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