

NEA'S

# PREMIERE

MAGAZINE

January 2024

ALL THINGS  
NEW

BREAKING THE LIMITS  
HEALTHY HABITS  
WEDDING WISHES

HAPPY  
NEW  
YEAR

2024

A PUBLICATION OF MOR MEDIA, INCORPORATED

# WHAT'S INSIDE



**08** **Upcoming Event**  
*MLK Jr. Day at A-State*

**12** **Jill's Christmas Cash**  
*Grand Giveaway*

**20** **Jonesboro & Paragould**  
*Christmas Parades*

**24** **What's New**  
*in Healthcare?*

**29** **New Year, New Me**  
*by Stephanie Cooper*

**37** **NEA Talent**  
*Missed Directions Musical*

**38** **Holiday Events**  
*Joy Fest & Enchanting Nights*

**41** **Premiere Weddings**  
*Special Section*

**44** **Moore on Manners**  
*Wedding Guest Mishaps*

**56** **What's New:**  
*Economic Developments*



ON THE COVER -  
New Year's Baby  
Collins Tullos

Cover Photography by Knight Productions

# START SAVING NOW WITH A 2024 **CHRISTMAS CLUB** SAVINGS ACCOUNT

**6.00%**  
APY\*

**SWIPE  
& SAVE**

Link a checking account with your Christmas Club savings account through our **Swipe & Save** Program and watch your savings grow automatically every time you use your Mastercard® Debit Card!<sup>2</sup>

**FIRST COMMUNITY BANK**

Member FDIC

*Where community comes first.*

**1-870-932-5600 | firstcommunity.net**

\*APY= Annual Percentage Yield. Rate effective as of October 30, 2023. One withdrawal allowed during the year with no fee. Any additional withdrawals \$5.00 each. Maximum deposit amount in the Christmas Club is \$5,000 with a limit of two accounts per household. <sup>2</sup> See bank for more details.

**JANUARY 2024**

**PUBLISHER/ADVERTISING SALES**

Dina Mason [dina@mormediainc.com](mailto:dina@mormediainc.com)

**GRAPHICS/CONTENT CREATOR**

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

**EDITOR-AT-LARGE**

Richard Brummett [brummettr34@gmail.com](mailto:brummettr34@gmail.com)

**CONTRIBUTING WRITERS**

Richard Brummett  
Gabby Powell  
Caitlin LaFarlette  
Chuck Long  
Karan Summitt  
Linda Lou Moore  
Karoline Risker  
Katie Collins  
Hannah Risker  
Vicki McMillan  
Stephanie Cooper

**ADVERTISING SALES TEAM**

Dina Mason [dina@mormediainc.com](mailto:dina@mormediainc.com)  
Perry Mason [perry@mormediainc.com](mailto:perry@mormediainc.com)  
Brian Osborn [brian@mormediainc.com](mailto:brian@mormediainc.com)  
Judith Taylor-Wheelis [judith@mormediainc.com](mailto:judith@mormediainc.com)

**TO ADVERTISE:**

Call **870-236-7627**  
or email [dina@mormediainc.com](mailto:dina@mormediainc.com)

**SUBSCRIBE FREE ONLINE:**

[neapremiere.com/newsletter](http://neapremiere.com/newsletter)

**SUBMIT PRESS RELEASES  
& NEWS TO**

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

PREMIERE is a publication of MOR Media, Incorporated. Editorial, advertising and general business information can be obtained by calling (870) 236-7627, faxing to (870) 239-4583 or e-mailing to [dina@mormediainc.com](mailto:dina@mormediainc.com). Mailing address: 400 Tower Drive, Paragould, AR 72450.

Opinions expressed in articles or advertisements, unless otherwise noted, do not necessarily reflect the opinions of the Publisher, or the staff. Every effort has been made to ensure that all information presented in this issue is accurate and neither MOR Media, Incorporated, nor any of its staff, is responsible for omissions or information that has been misrepresented to the magazine. Copyright © 2024 MOR Media, Incorporated. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording or any information storage and retrieval system, without the permission in writing from the Publisher.

All pictorial material reproduced in this book has been accepted on the condition that it is reproduced with the knowledge and prior consent of the photographer concerned. As such, MOR Media, Incorporated, is not responsible for any infringement of copyright or otherwise arising out of publication thereof.

Please recycle this magazine. 

# From the Publisher



*Dina Mason*

Dina Mason  
General Manager & Publisher  
[dina@mormediainc.com](mailto:dina@mormediainc.com)

January seems to come around quickly; with the hustle and bustle of the holidays time flies by. I have always loved nostalgia and have envisioned our cover featuring a “New Year’s Baby.” We have had several babies over the years, but this cover is my vision come true!

Collins was picture perfect and we are so excited for her to kick off the New Year for Premiere readers! We hold a planning meeting for the monthly Premiere themes and discuss potential cover stories and as we considered the January cover I said, “We need a big bright-eyed New Year Baby with the sash and hat,” and in a few minutes of discussion I said I knew of the perfect one! Thank you to Noah and Shae, Knight Productions crew, Gabby Powell and, of course, “Thank you, Collins!”

Gathering information and ad copy in December is a bit stressful with everyone dealing with busy holiday sales and all the gatherings and events, so we thought we would make it even more hectic by having our wedding section in the January edition too. But it turned out wonderfully and we hope 2024 brides will benefit from the early information as they make their plans.

January is all things “NEW” and we are happy to have the newly graduated Gabby Powell on board as our Creative Content and Graphic Designer. She has many goals for Premiere Magazine, and I look forward to your enjoying her new touches.

As always, thank you to our staff, readers, and advertisers for supporting the “Good News and the People Making it Happen in NE Arkansas.” Be sure to let us know when you see someone going beyond the normal to make our communities a better place to live, work and play.



**FOLLOW US ONLINE:**



# VOTING IS OPEN

VOTE YOUR FAVORITE JONESBORO BUSINESSES!

**NEAPREMIERE.COM/AWARDS**

VOTING CLOSES ON FEBRUARY 15TH.



# HAPPY, HEALTHY New Year!

WITH DR. KRISTIN SULLIVAN



**H**appy New Year! 2024 is here and I wish everyone a healthy new year! Most people make a New Year's Resolution -- what if this year you made one for your pets? A New Year's Resolution to do your best to keep your furry babies happy and healthy. The happy part is easy- all of you I'm sure already do that by providing them with a loving, comforting home and a full belly every day. The healthy part is unfortunately not always as easy, but it can be made easier with routine check-ups and preventative medicine.

The healthy part is where your veterinarian steps in. As with people, many diseases and disease processes are detected early with routine wellness checks. For dogs and cats, wellness checks are recommended twice per calendar year, or every 6 months. I understand that this is not always easily feasible, especially with anxious or fractious feline friends that, in being so, make their owners also very anxious about the visit due to worry about their furbaby. If your pet is anxious or fear-aggressive, there are options (some medicinal) to help decrease their fear and anxiety, which will also make the visit easier and more worry-free for you. Another common issue in coming in for regular check-ups is the difficulty in actually getting them to the hospital or clinic. This can be due to the size of the pet, their inability to get around, or just difficulty getting them in the car! Again, there are options- always

contact your vet or vet's office for advice. There are even some travel vets that will come to your place to check out your pets. The wellness exam is important in order for a direct physical exam in order to help detect certain diseases before symptoms even develop! Wellness blood screens are also very important for this very same reason-- it helps us to establish a baseline for their normal blood values so that if they become sick we have a basis for comparison. This, in turn, allows for earlier treatment and /or management. When a disease process is caught early, the management process is implemented sooner and can oftentimes lead to a longer life with improved quality.

Next up is preventative medicine. Preventative medicine is just that- it is a medication or treatment that is given regularly to prevent disease or illness. In this area one of the most important forms of preventative medicine is parasite preventative, specifically for heartworms, intestinal parasites, fleas, and ticks. There are several options for preventatives; always best to discuss with your veterinarian the best one for your pet(s). I cannot emphasize enough how important parasite preventatives, specifically heartworm, are for this area. Arkansas, especially the Mississippi Delta, experiences some of the highest rates of heartworm disease than almost anywhere else in the country. Vaccinations are another one of the most important forms of

**ARPets Hospital**  
 "Where your pets are ARPets!"  
 Open M-F 7 A.M. - 6 P.M.  
 SAT 8 A.M. - 12 P.M.

**New Year, New Pets, New Responsibilities!**

We Make Boarding Fun With Our CATurday Suites & PAWliday Inn!

MAKE AN APPOINTMENT: (870) 336-1000 • 10215 Hwy 49 N Brookland, AR 72417 • arpetshospital.com



preventative medicine. Vaccinations are not a cure for a disease- they are prophylactic care to prevent the disease from occurring. It is a safe and effective way to stimulate an immune response where the immune system of the patient produces its own antibodies in order to fight off the infection if it is ever presented with it. I understand that vaccines are a hot topic button sometimes, but vaccinating your pet from common, contagious, and highly communicable diseases is imperative to a healthy pet. For example, Parvoviral Enteritis (commonly called "Parvo") is a highly contagious viral disease that attacks the stem cells of its victims. In dogs, it attacks the stem cells of the intestines called Crypt cells- these cells make absorption of nutrients possible - if they are wiped out, then the patient dies. In kittens, it attacks the bone marrow stem cells resulting in Pancytopenia, or



complete depletion in all blood cells, most of these kittens that do not receive care die as well. Since Parvovirus is an environmental pathogen, then vaccinations are the only effective way to prevent the disease- unless your pet stays in a bubble. Also, since it is a virus, the only treatment is supportive therapy through typically necessary hospitalization and allowing the virus to run its course. All that to say that vaccinating your pet is key for a happy and healthy future.

Christmas and New Year often bring new pets. Seeing puppies and kittens and getting them started off right is one of the best parts of my job! I always welcome questions, especially about vaccinations and other forms of preventative medicine! If you do have questions about how to best get your pet on the road to a bright and healthy future, always reach out to your local veterinarian! For an online source, Veterinary Partner.com is a trusted source! Happy New Year!

# PREMIERE

MAGAZINE

**THE GOOD NEWS DELIVERED STRAIGHT TO YOU**

Sign up for the FREE Online edition of Premiere Magazine! You'll receive a monthly peek of what's inside the latest issue and direction to the full edition!

Visit [neapremiere.com/newsletter](http://neapremiere.com/newsletter) to get started!



# MARTIN LUTHER KING JUNIOR 2024 EVENTS

BY STEPHANIE COOPER

When reflecting on Dr. Martin Luther King’s “I Have a Dream” speech, many understand its impact in the ‘60s but fail to see that it’s still what the world needs today. This is why the Northeast Arkansas MLK Jr. Planning Committee chose the 2024 theme, “A Dream: What the World Needs Now.” Dr. Lonnie R. Williams, a member of the NEA committee, says, “This is reflective of the dream by Dr. King for world peace and justice for all. With the turmoil in the world today, we need more people with his type of dream and working to achieve it, not afraid to advocate for it.”

The A-State and Jonesboro communities have been pitching in to make Dr. Martin Luther King Jr. Day memorable and free of charge to the public, marking the 22nd celebration. On the morning of January 15, participants will gather for the annual march starting at 10:30 a.m. The parade/march includes children with parents, high school marching band students, Jonesboro community leaders, A-State students, and faculty; the crowd is expected to reach three hundred.

After the march, everyone will gather at the Fowler Center to hear from this year’s guest speaker, Jannie M. Cotton. She is the first black woman in Arkansas to serve as Chief Executive Officer of a significant mental health organization in multiple counties. Jannie is a licensed professional counselor and has dedicated her life to serving people for thirty-seven years by developing shelters, outreach programs, and other services for families and children. Cotton’s accomplishments and awards, such as the Senator Erma Hunter Brown Leadership Award, Women of Excellence Award, and MLK Trailblazer Award, make her the perfect individual to speak at this celebration. Jannie has a passion for the community and those less fortunate because she has had her fair share of setbacks but used it all to be the change. She is the perfect woman to emphasize the black leadership the world needs now.



Jannie Cotton



Dr. Lonnie Williams



# MOR SPORTS

with Blaine Wood

Listen LIVE on iRock 103.7!

*Broadcast time around 6pm*

## Catch us at these NEA Basketball Games!

Crowley’s Ridge Academy vs. Hillcrest	1.5
Greene County Tech vs. Batesville	1.9
Paragould vs. Nettleton	1.16
Greene County Tech vs. Paragould	1.26
Paragould vs. Searcy	2.2
Greene County Tech vs. Valley View	2.9
Greene County Tech vs. Searcy	2.13
Paragould vs. Greene County Tech	2.23



# GET RICH WITH RICHARD BRUMMETT

Just as the swans return to Capistrano annually, the arrival of January signals a desire among most Americans to do better in the coming year ... especially in the areas of eating better, getting physically fit and finally fitting into those clothes that have been in the closet on hold since 1999.

As I was scrolling through news stories on that topic one morning recently I noticed a headline that said, "Why It's Important For Seniors To Listen To What Their Bodies Are Saying." I didn't feel it necessary to read the story, because I listen to my body daily and have been for a long time. Every time I try to stand or sit or change direction my body makes a series of snapping, popping, crunching sounds -- quite often accompanied by a loud grunt or even a shout -- and I always listen because I don't really have a choice.

I know the reason. Other than all these mushy moments related to family, the things I cherish from my life are mostly connected to sports. I've gotten to play on a team that fell one game short of the national championship, teams that won regional and state and league championships, teams that went undefeated -- you get it, I'm fortunate to have been on the winning side of an awful lot of games over the course of 60-plus years of competition. But the price paid for playing all those games is two shoulders that don't work correctly, a knee that needs surgery, breathing issues related to a broken nose, and arthritis that has taken up residence in most of my joints thanks to sprains, strains and pulls that came along with playing so hard. Until recently I didn't even know I had such a thing as a hip flexor until mine decided not to be hip and not to flex, and now I often find myself limping around and dragging a leg like Walter Brennan on the *The Real McCoys*.

The need to listen to my body was driven home last month when I was given permission to hunt in some woods I had never visited. After parking the truck and finally getting my hunting vest on (actually the most difficult part of the entire experience) I prepared to enter the woods but realized I would first need to cross over a small ditch full of water. It was only about two feet wide and maybe a foot-and-a-half deep, but I didn't want to step

down into water on a cold morning; so instead of walking on down the road and finding an easier entrance, I decided to just hop over the ditch. No big deal, just leap from one side to the other like I used to do all the time, then start the squirrel hunting adventure.

I jumped off my right foot and soared through the air, feeling very much, I expect, like Bob Beamon felt in 1968 when he set the world long jump record in the Olympic Games in Mexico City. I sailed for at least two seconds, plopping down on dry land as I had hoped, only at that moment my left knee decided not to play anymore and as the load shifted and I looked like a running back trying to gain just one more yard before being tackled, I crumbled to the ground as I touched down. Just as the article advised, I listened to my body and I'm pretty sure I heard it yell, "Timber!" as I toppled over, much like I expect Goliath did after getting hit in the head by David's rock.

I was more disappointed than hurt, realizing I have become the guy my friends and I used to make fun of. I'm old, bald, overweight and out of shape, I carry so many keys and so much loose change in my pockets that I jingle when I walk and I most certainly cannot do things the young guys can still do ... like jump over small ditches. Once I took inventory and decided I was still alive, I managed to get to my feet and learned I would have to cut a small twig from a nearby tree to poke the mud out of my gun barrel. I picked up some shells that fallen out of my jacket, shook my head at how pitiful I've become and finally headed into the deep part of the woods. I heard two squirrels laughing at me, so I killed them immediately. That was the mood.

By the time I finished my hunt and made the half-hour drive back home, I was stiff and sore and disgusted and feared I might have to roll out of my truck in order to exit. I made it into the house and related the story to my wife, who found it a lot funnier than I did. As she imagined me stumbling and bumbling through the woods, she laughed so hard she snorted. That made me sit down -- sorely -- and take stock of just how I plan to address the issue in the coming year. I could lose some weight and work out enough to get my legs in shape, or I could do exactly what I decided on: Next time, I'm just stepping in the water.



# PET *of the* MONTH

SPONSORED BY ARPETS HOSPITAL

BY TRACI COLLINS CRAFT



**W**e got Layla when she was 8 weeks old. She was a Covid purchase dog and got us through all that mess! I had been wanting a dog, and being shut indoors during Covid just confirmed how badly I wanted one.

I had never had a dog that I (meaning me - MOM) got to pick. As a child, my dad always picked dogs based on their best duck hunting ability, and we had no input. Then after having children, they always picked. This time MOM did her research and found that Standard Poodles are great with kids. I have a special needs adult daughter, so this was important to my decision. Poodles do not shed, and they are beautiful. So, that's all it took for me to decide she was the dog for me.

Layla's favorite things to do are chase squirrels, go uptown, ride the golf cart, and hang out on the couch with me and the family. She has been one of the best things that has ever happened to our family. She is literally one of us!

## Bring in the New Year with a New Home Loan!



Jennifer Rollings

No matter what kind of mortgage loan you need, we're here to help. We offer Fixed and Adjustable rate loans, FHA, Conventional loans and Rural loans, and VA loans. All with rapid loan approvals and closings!

Call us at **870-586-7433** and we'll help put you in the home of your dreams!



Delivering experience, service and technology since 1931.



© 2024 Focus Bank. Terms and Conditions apply. See website for details. \*Subject to credit approval. Jennifer Rollings NMLS 728656. Focus Bank NMLS 403606.





Want to see your pet featured in Premiere? Submit your pet via our Facebook post each month! Follow NEA Premiere Magazine to stay in the know.

**Surprisingly great rates right around the corner.**

*Happy New Year!*

**Virginia Walls Ins Agcy Inc**  
 Virginia Walls, Agent  
 2305 Linwood Drive  
 Paragould, AR 72450  
 Bus: 870-236-9544

[www.virginiawalls.com](http://www.virginiawalls.com)  
[vw@virginiawalls.com](mailto:vw@virginiawalls.com)

Call us for a quote.

**Like a good neighbor, State Farm is there.®**

I'm your one-stop shop for the service you deserve at a price you want. Call me for surprisingly great rates and Good Neighbor service right in your neighborhood.



# THANK YOU PARAGOULD

We are proud to have served the Paragould community and its families for over 100 years.



**MITCHELL FUNERAL HOME**  
 "OUR FAMILY SERVING YOURS SINCE 1923"

# 2023 JILL'S CHRISTMAS CASH GIVEAWAY

Jingle bells, jingle bells, jingle all the way! We had fun at Unico Bank on a dreary, rainy day, hey! Jingle bells, jingle bells, jingle all the way! Taylor Willis walked away with a "one grand" fun payday!

Unico Bank, MOR Media, and numerous weekly \$99 sponsors paired up once again this holiday season with the 2023 Jill's Christmas Cash Giveaway. The final celebration of the season took place on Saturday, December 16, where winners were selected for various door prizes, a Blackstone Griddle donated by Ditta Ace Hardware, \$1,000 to the grand prize winner, and \$1,000 to a select charity.

Taylor Willis was the last standing during the "patented reverse drawing," drawn by Brian Osborn and Cara Chadwick. When asked what she

would do with the prize money she stated, "I'll probably pay off my car!" As the winner of the Ditta Ace \$99 cash giveaway also, she's had quite the luck to help meet that goal soon.

Taylor chose the NEA Humane Society to receive \$1,000, in honor of her past pets and her love for all animals. As an active supporter of their mission, she seemed more excited to choose this charity than to take the prize money herself.

Pam Pry was the \$99 runner-up winner. Michelle Morrow was drawn as the lucky winner of the Blackstone Griddle.

Thank you to Unico Bank, our 2023 Jill's Christmas Cash winners and weekly sponsors. Stay tuned next year to see how you can win more Christmas Cash!



Pam Pry, \$99 Winner



Brian Osborn, Taylor Willis, & Chad Chadwick



Dina Mason & Judith Taylor-Wheelis



Allison Smith, 99th Drawee



Jill's Christmas Cash Winner, Taylor Willis, with Unico Bank VP & Branch Manager Chad Chadwick and daughter, Cara Chadwick



Michelle Morrow, Griddle Winner

# LOCAL HISTORICAL SOCIETY OFFICIALLY REOPENS

BY RICHARD BRUMMETT

The Greene County Historical & Genealogical Society has officially opened its new building at 320 W. Main Street in Paragould and welcomes one and all to come in and take a look at the new surroundings.

Incoming president Melinda Dixon said just as with homeowners moving to a new location the organization is still trying to decide where some items will wind up but all in all the new home is more modern-looking, more spacious and a bit “homier” than the previous site. An official ribbon cutting ceremony directed by the local Chamber of Commerce is set for January 17 at 2 p.m., followed by an Open House lasting until 6:00.

“For researchers, especially, this is more spacious,” Melinda said, “and we expect an increase in ‘people traffic’ coming in because of the location. There’s lots of stuff people don’t know about, don’t know we have. The family research that’s available on the computer is connected directly to Salt Lake City and the Mormons. But we also have tons of information on wars, battles, stuff from other states and lots about Clay County. People just need to come by and see it ... and use it.”

One thing the group would like to have is more volunteer workers skilled in helping the public find the items it is seeking. Right now there is “a team of seven-ish of us, I would say, but hopefully we can add to that,” Melinda explained. “We’d like to have at least two here all the time and we think we’ll be more noticeable here and will generate more foot traffic. It takes a lot to do this right and we could really use more people willing to help.”

The building is open to the public Tuesday through Thursday from 9 a.m. to 4 p.m., and appointments can be made for other days and times if necessary. To find out more about the Society and the many things the new building offers, call 870-335-6961; email gchgs87@gmail.com; or check out the website at gchgs.org.



Now Hiring!  
Voted Best Place to Work  
Let us show you why!

We accept ALL PASSE

<b>Paragould:</b> 870.222.0088	<b>Mtn. Home:</b> 870.300.2122
<b>Jonesboro:</b> 870.222.0677	<b>Bentonville:</b> 479.335.0399
<b>Blytheville:</b> 870.565.9595	<b>Forrest City:</b> 870.594.7727
<b>Hoxie:</b> 870.300.2110	<b>Marshall:</b> 870.218.0620
<b>DeWitt:</b> 870.218.0606	<b>Newport:</b> 870.277.0055
<b>Trumann:</b> 870.805.3080	<b>Corning:</b> 870.300.2118

Respite Care

### AR Choices

We're proud to work with ARchoices - a public Medicaid program waiver that offers home care services for disabled adults who require assistance in their home.

### Personal Care

Our personal care services provide Senior and disabled individuals with caring assistance for daily activities that range from dressing to meal preparation.

Attendant Care

Home Care For Veterans

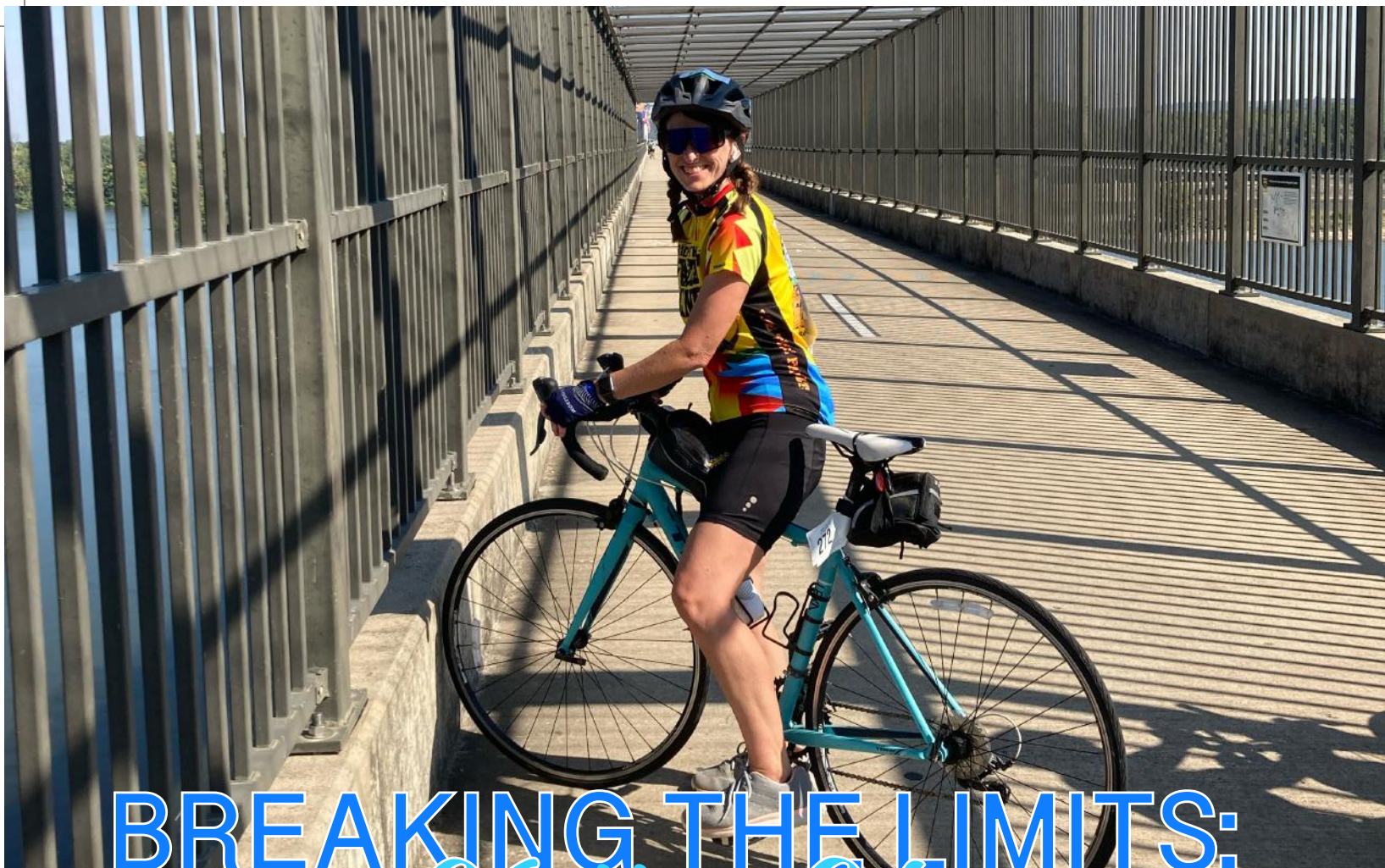
### Targeted Case Management

Targeted case management (AKA TCM) refers to a Medicaid program that provides care and assistance for Medicaid beneficiaries who reside within certain geographical areas.

## AWARD WINNING CARE

BEST BEST BEST  
OF NORTHEAST ARKANSAS OF NORTHEAST ARKANSAS OF NORTHEAST ARKANSAS  
2020 WINNER 2021 WINNER 2022 WINNER

1stchoicehomecare.net • 870.222.0088



# BREAKING THE LIMITS:

## Kelley Huffman

BY KAROLINE RISKER

**K**elley Huffman is that law of physics: A body in motion tends to stay in motion. She just keeps going and that translates to everything. That extra energy has led to her finishing a college degree, raising four kids, obtaining a red belt in Tae Kwon Do, being the editor of a newspaper, and now, her latest passion: Competing in triathlons. She has completed three, finishing her latest race, consisting of a 500-yard swim, a 13.5-mile bike ride, and a 5k run, in under two hours. Not bad for a woman in her early 50s; in fact, she's beating women two decades younger than she is. Competing in triathlons was the natural progression for a person who ran 13 marathons in her 30s and 40s, then turned to biking in her 50s. Kelley and her oldest son, Noah, competed in the Ride the Fault Line, riding 30-65 miles a day through Missouri, Kentucky, and Tennessee in spring 2023. It took a week and Noah turned 20 about halfway through it. At the end, she threw in a 100-mile bike race before heading home, pretty much because the opportunity presented itself and she knew she could do it.

Kelley emphasizes, she's a very average person who went from a benchwarmer to a

medal winner because she just kept going. "Growing up I very much wanted to be good at team sports," said Kelley. "When I ran track I was a slow runner. I couldn't help but feel, though, that there was something there for me. My kids (Noah, Jacob, Alex, and Emma) are all very athletic but I'm just now finding my stride. But better late than never."

The running really began for her while in her 20s. "I ran track in high school, and I was the slowest one," she said. "I was a distance runner, but I went years without running. One day in my early 20s my sister Karoline said we should do a 5k that was coming up. We started training and I struggled to finish a mile. But it got easier, we did the 5k, and I was hooked." Kelley then became an avid runner, running about six miles a day on weekdays and 9-10 on weekends. "Around this time I did a half marathon and decided I may as well do a full marathon. I had planned to run the Chicago Marathon, so I cut out a picture of the skyline and taped it to my Walkman as my motivation. The race was exhilarating!" That one is still her favorite, mostly because Chicago is a favorite destination, but also because she favors the flat terrain, the people

cheering along most of the course, and the energy. Her least favorite: "The Hog Eye Marathon in Fayetteville. It's a down and back course on very hilly farm roads. It was 13 miles of cows and then back past the same cows."

Her next passion was cycling, a sport she came to rather unexpectedly. When her children were small, they went to the community center for swim lessons and there were tents and bicycles everywhere so she inquired about it inside. "They explained it was the Ride the Fault Line Cycling Tour," she said. "We looked it up and I was fascinated. It was about eight years later that I finally got to ride it myself. I did it with my oldest son, Noah. He's not an avid cyclist but did the tour so we could do it together. Noah is a lot of fun and made the experience better." Kelley especially enjoyed the camaraderie among the riders and noted that since it's a tour and not a race, you simply enjoy the ride.

Mastering running and cycling, Kelley decided to add one more challenge -- swimming -- enabling her to start competing in triathlons. "My first triathlon was tough



but fun," she said. "I ended up hanging on to more than one life boat. I panicked early on in the swim and had get to a boat until I calmed down and could breathe well enough to swim." But it was worth it. "Finishing that race was an amazing experience," she said. Kelley even coaxed her daughter Emma, 10, to compete in one.

With three kids in the house and working a full-time job, Kelley has to make time to train. "I usually get up around 5:30 and hit the road by first light," she said. "I alternate between cycling and running, mostly depending on the weather or what events I have coming up."

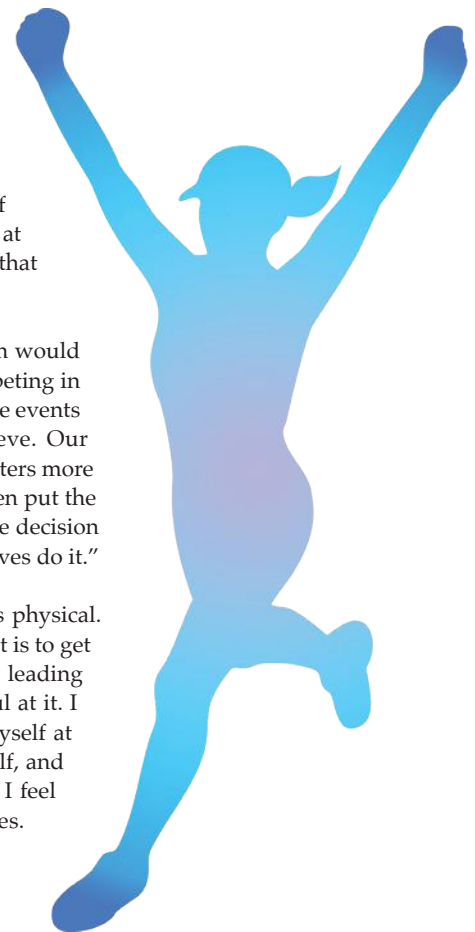
Kelley stresses athletics are a great thing to do from a physical perspective as you age but help in other ways, too. "Sports make you more disciplined," she said. "You're more intentional about getting sleep and taking care of yourself outside of your training because you know it will affect your performance. I tell my kids to do something every day that will benefit them tomorrow, and I think taking care of your body is one of those things. Also, because I had my kids later in life, I've always been motivated to take care of myself and never let age hold me back from an experience with my family."

She said you don't have to be athletic to excel. "The hardest part is simply getting started," she said. "Once you've begun a habit you'll have created

neural pathways in your brain and your default will be to bike or run because it's your routine. The time is going to pass; you may as well accomplish something while it's going by. It doesn't matter how you look or if you're slow or don't feel like you're good at it; it only matters that you're trying and that you decide beforehand not to quit.

"No one from my high school track team would have ever believed I'd be someday competing in triathlons. But to be honest, many of these events aren't as difficult as most people believe. Our body can do more than we realize. It matters more whether we believe we can do it, and then put the requisite training in. We simply make the decision to do the thing and then we make ourselves do it."

She said athletics are as much mental as physical. Her advice for people pursuing any sport is to get in the right headspace: "For the months leading up to a race I see myself being successful at it. I imagine crossing the finish line, I see myself at each portion of each race, pushing myself, and so by the time I actually get to the race I feel like I've already finished it several times. My mind believes I'm successful at it and I think our mindset matters. I'll never be fast, but I am persistent, and that has to count for something."



# ALS ASSOCIATION 2ND ANNUAL WALK TO DEFEAT ALS

On September 16, 2023, The ALS Association held its 2nd Annual Walk to Defeat ALS Jonesboro. In its inaugural year, the event far surpassed its goal, recognizing the need and driving force in the Jonesboro area. An event formerly held only in close proximity in Little Rock and Memphis is now quickly becoming a community staple for people living with ALS and for their families in the area.

This year's goal was an astounding \$100,000, and to no surprise to the Jonesboro ALS community, they surpassed it, largely in part to one of the most unique parts of this year's event. The Walk to Defeat ALS celebrated its kick-off by holding a Kick-Off Concert during the summer, Jammin' for Philzo. Philip Jackson, affectionately known by loved ones as "Philzo," has a fighting spirit despite the odds against him and has been such a sounding board for the local ALS community, never shying away from raising awareness for this terrible disease.

ALS, or Amyotrophic Lateral Sclerosis, is an always fatal neurodegenerative disease in which a person's brain loses connection with the muscles. People with ALS lose their ability to walk, talk, eat, and eventually breathe. While there is currently no cure, The ALS Association has made its goal to make ALS a livable disease until it can be cured for everyone, everywhere. People who participate in the Walk to Defeat ALS are helping the organization move closer toward that goal through vital fundraising and spreading awareness of the disease.

You can learn more about The ALS Association and ALS at [als.org](http://als.org).



Pay-  
Less

furniture  
&  
appliances

**870.215.5377**

**2901 W. KINGSHIGHWAY,  
PARAGOULD**



WAREHOUSE  
BLOWOUT  
SALE

**UP TO  
75% OFF  
YOUR  
FAVORITE  
BRANDS**

**SEALY MATTRESS,  
ASHLEY FURNITURE,  
WHIRLPOOL APPLIANCES,  
& MORE!**



shoppaylessfurniture.com

6 MONTHS NO INTEREST

10 YEARS

**LOCALLY OWNED & OPERATED  
SERVING PARAGOULD!**







# JONESBORO FOUNDATION OF ARTS CHARLOTTE'S WEB



The Foundation of Arts in Downtown Jonesboro will be showing a timeless classic this month! CHARLOTTE'S WEB is based on E.B. White's loving story of the friendship between a pig named Wilbur and a little gray spider named Charlotte. Wilbur has a problem: how to avoid winding up as pork chops! Charlotte, a fine writer and true friend, hits on a plan to fool Farmer Zuckerman.

Charlotte's Webb will be featured on January 27th, 28th, and 29th. For ticket information and more details, visit foajonesboro.org.



The Foundation  
Of Arts



**LANCE  
BEASLEY  
ROOFING**  
COMMERCIAL & RESIDENTIAL

**CALL  
TODAY!**

**870-476-1919** 



## NEA BAPTIST TO UNVEIL NEW MOBILE HEALTH UNIT

The Chris Fowler Family made mobile community healthcare possible with a donation to the NEA Baptist Foundation and the day came in December for the NEA Baptist to unveil its new Mobile Health Unit. The unit will provide care to underinsured and uninsured patients in underserved communities around Northeast

Arkansas. The healthcare services will include mammography and lab testing at various locations in the community.

For more information about the NEA Baptist Charitable Foundation, visit [NEABaptistFoundation.org](http://NEABaptistFoundation.org)

*Jill's*  
**TUESDAY MORNING DISH**  
live from  *on Jill @ 99.3*

**IV KINGS COFFEE**  
2611 East Nettleton

*Jill*  
@99.3  
less talk more music

Drop by to talk about your non-profit and charitable events.  
No appointments necessary!

**Every Tuesday**  
7am - 10am

SPONSORED BY:









**Junior Auxiliary of  
Jonesboro presents  
Charity Ball 2024**



**March 9, 2024**

**Follow jajonesboro on social media  
for more details and ticket info!**



**best of you**  
counseling

**ANXIETY**  
**DEPRESSION**  
**MATERNAL**  
**MENTAL**  
**HEALTH**  
**LGBTQIA+**  
**AFFIRMING**

211 N. 23rd St.  
Suite 6  
Paragould, AR 72450

870.573.8037

bestofyounea.com  
admin@bestofyounea.com

## 2023 JONESBORO CHRISTMAS PARADE

The 2023 Jonesboro Christmas Parade could not have been any more magical! With a little nip in the air on the first December night, the floats meandered by with all of their festive feels. From Anna and Elsa's snowy scene to a makeshift gingerbread house, the Foundation of Arts hosted another amazing night! Thank you to everyone who participated and enjoyed the parade!

For more Downtown Jonesboro events, visit [downtownjonesboro.com](http://downtownjonesboro.com) or follow the Downtown Jonesboro Alliance on Facebook and Instagram.



## 2023 PARAGOULD CHRISTMAS PARADE

The 2023 Paragould Christmas Parade was as merry as merry could be! People from all over the area filled the sidewalks of downtown to view one of the most anticipated Christmas parades in NEA. Appearances were made by local schools, numerous businesses, and city officials. Some guest stars even came through, including Bluey, the Grinch and, of course, Santa!

For more Downtown Paragould events, visit [downtownparagould.com](http://downtownparagould.com) or follow the Main Street - Downtown Paragould Facebook page.





# AJAX FLOOR CENTER

VOTED YOUR PREMIERE FLOORING DEALER





*Happy New Year!*



Waterproof Laminate, Luxury Vinyl Plank, Carpet, Natural Stone, Laminate, Hardwood, Tile, Custom Blinds, Shutters, Shades, Cabinets, Counter Tops

## FREE ESTIMATES

870-236-4000  
6481 HWY 49 South | [www.ajaxfloorcenterar.com](http://www.ajaxfloorcenterar.com)

# Put your passion where your money is.

Ask your teller about Instant Issue Debit Cards!




## MY100BANK.COM

Available at most locations. Must have Centennial checking account to receive debit card. Replacement fees and restrictions may apply. See Bank for details.



# THE ADVENTURES OF

BY VICKI McMILLAN



Hello, all! Lester here with Happy New Year greetings!

I love the start of a new year. Whoever made it just after the Christmas holidays knew exactly what they were doing! I need a new start on many things—diets, budgets, naps and the continued effort to stop treats from being broken in half. New beginnings and second chances — a mulligan, if you will -- that's what 2024 will offer us. Side note: I have a good friend who was a shelter dog and adopted by a great young woman. She named him Mulligan (how perfect for a scrappy rescue in his position!) Me, well, as you know, I am stuck with the name Lester. Mulligan has gone from the shelter to hobnobbing with the famous and furry in Manhattan!

I'll get to make my annual January trip to Tybee Island! I've been often, and the islanders know me by name -- except my first name isn't NO. Tybee Island is a sea island off the coast of Savannah, GA., that has flown many flags over the past 500 years. Even pirates ruled the island for a while! Argg! In the Civil War the Union Army sneaked in and built batteries along the island's north shore. Then they sneaked over to Fort Pulaski (which was built after the War of 1812 to keep Savannah safe) and captured the fort after a 50-day siege. Confederate soldiers were held as POWs and probably treated badly -- similar to Andersonville Prison. Now you can see ghosts of the Confederates at the right time of the day, AND the largest fig tree in existence. You can harvest figs when they ripen. The ghosts, well, better leave them there to walk the bastions at night. The Spanish also ruled the island at one time, and before them and the pirates, it was property of Indigenous Peoples.

One cool thing about Tybee is all the businesses are locally owned -- no chains. No McDonald's, no Walmart! Lots of good restaurants and bars, though, and a heck of a good breakfast place. Also the world's best pizza place is here -- \$5 for a quarter of an 18-inch pie. Mac the Frugal highly approves of Huckapoo's!

North Beach is where the Savannah River runs into the Atlantic Ocean and that's where I like to roam. Especially in January -- not too many folks screaming about the beach not allowing dogs. I can watch the container ships from the port at Savannah, heading to the ocean, and then to parts unknown. The ships are huge and with all the different containers on them, they look like patch-work quilts! Sharks are occasionally seen, but don't tell anyone! The island's main industry is tourism, and that Jaws music is not very popular. I can shell and metal detect with Vicki. We have unearthed a fleet of Matchbox cars, but no jewelry. Sandra Bullock had a house near here, and it was one of my favorite potty stops. I heard she had sold it ... something about the grass turning yellow.

Well, I've got to pack my bags for my trip, and make some calls about this breaking treats in half dilemma.

Best wishes for a peaceful new year. Remember, 2024 is the year to consider bringing home a shelter dog!

Cheers,  
~Lester

*Glen Sain*  
God Bless Our Troops

CHEVROLET

**BEST PRICE**  
870.565.4352 | 6345 US 49 | [GLENSAINPARAGOULD.COM](http://GLENSAINPARAGOULD.COM)

**BEST SERVICE**

Try our  
5 layer peel!



Before & After



This peel aids in treating fine lines,  
dark spots, and texture. The best  
part is there is NO down time!  
Seriously, this is our new favorite  
here at Rouge!



Schedule an appointment  
with us today!

Try this out in ANY Hungarian facial! Call or  
message for more information!



870.215.0663 | 110 W Court St | Paragould, AR 72450  
rougespaandsalon.com



# WHAT'S NEW *in Healthcare?*

BY KARAN SUMMITT



NEA Baptist Urgent Care Plus Opening Soon

In a modern world that tends to do more reporting on disasters, diseases and political discord, good stories can get lost or shoved to the bottom of the newscast. The consistent exceptions are updates from the world of medicine and medical research. Technology breakthroughs, new medications and ground-breaking procedures are welcome information for everyone, not just those battling disease.

On the national scene, 2023 brought promising treatments for sickle cell disease, non-invasive prenatal DNA testing and early cancer detection using protein biomarker analysis. The FDA approved a new medication to slow the progression of Alzheimer's, and telehealth, introduced during the COVID-19 pandemic, saw wider usage on its way to becoming the norm for staying in touch with patients, especially the elderly.

Northeast Arkansas had its own share of good news from area healthcare providers. Below is a quick look at some of the advancements, expansions and changes at Arkansas Methodist Medical Center, St. Bernards Healthcare and NEA Baptist Memorial Hospital.

## AMMC

In 2024 Arkansas Methodist Medical Center will celebrate its 75th Anniversary. Recent 2023 changes in leadership included Brad Bloemer, appointed Chief Executive Officer, Candice Wicker as Chief Nursing Officer and Staci Williams in the position of Chief Financial Officer. The hospital's service lines expanded to offer dermatology within the Paragould Plastic Surgery Clinic, infusion services in the medical center and growth in women's services with four staff obstetricians now delivering babies at AMMC.

AMMC is excited to announce the availability of Leqembi, a newly approved drug that dramatically slows the progression of Alzheimer's. Under the oversight of Dr. Ron South, a neurological specialist, AMMC will be the only medical center in NEA approved to administer Leqembi and is currently only one of three such medical centers in the state of Arkansas.

Dr. Charbel Maroun, an orthopaedic and spine specialist, was added to the AMMC team of providers in 2023. Dr. Maroun's depth of education and extensive training allow him to perform complicated procedures previously not available at AMMC. Dr. Henry Stroope joined Dr. Maroun at AMMC Orthopaedic Associates.

AMMC projects a February opening of the AMMC Regional Pain Management Clinic with Mark Clark, a CRNA board-certified in non-surgical pain management. The clinic will provide quality comprehensive pain management closer to home for many residents in the area.

## St. Bernards Healthcare

In 2023 St. Bernards continued staying focused on making healthcare services more available to patients. Through a partnership with Lawrence Memorial Hospital in Walnut Ridge a specialty clinic was opened in the hospital for obstetrics, behavioral health, heart and vascular, wound healing and pre-admission testing. In-house dialysis treatments became available to local residents at Lawrence Hall Health and Rehabilitation.

Partnership with Five Rivers Medical Center in Pochahontas led to the local opening of St. Bernards Heart and Vascular Clinic and St.





Ron D. Smith, Jr., MD



CHARBEL MAROUN, M.D.

ORTHOPAEDIC SURGERY



Arkansas Methodist  
ORTHOPAEDIC ASSOCIATES



St. Bernard Wireless Fetal Monitors



RON SOUTH  
M.D. NEUROLOGY



Dustin & Callie Kellums

Bernards Nephrology Clinic as well as an infusion center within the Five Rivers hospital.

Due to the generosity of Dustin and Callie Kellums and the Luke Kellums NICU Fund, St Bernards Medical Center saw a much-needed three bed expansion to their NICU unit. A new non-chemo infusion center was opened within the wound center, and Dr. Soumyasri Kambhatla opened a practice specializing in rheumatology treatments. In 2023, robotic surgery, a more accurate, less invasive procedure with better and quicker recovery, was utilized by more physician specialties. Wireless fetal monitoring was also introduced in 2023.

Heartcare advancements in 2023 included the availability of Cardiac PET MPIs at St. Bernards, a first for northeast Arkansas. Cardiac PET imaging is a non-invasive way to detect blood flow issues, potential blockages in the heart's arteries and heart damage to determine if additional procedures are needed. In November Dr. Devi Nair and team were one of four in the world to successfully implant the first AVEIR DR device. The device is smaller than a AAA battery and will be a new option for patients who experience cardiac arrhythmias. Drs. Barry Tedder, Lena Awar and Jay K. Bhama and the Heart Care and ICU teams were successful in introducing ECMO, a life-support system that pumps and supplies oxygen to a patient's blood from outside the body, allowing organs, like the brain, kidney and liver, time to recover following a serious health event.

For the 2023 year, St. Bernards added 24 new physicians to the system's team of providers.

## NEA Baptist Memorial Hospital

NEA Baptist Memorial Hospital moved into 2024 celebrating two national awards. In 2023 the medical center was the only hospital in NEA to receive an "A" Leapfrog rating for hospital safety. They also were featured on the Best Hospital list by US News & World Report, earning second place among all hospitals in Arkansas.

In early 2024, NEA Baptist will open Urgent Care Plus on Red Wolf Boulevard. The facility will provide a bridge of care between standard urgent care and emergency rooms for treatment of non-life-threatening injuries such as deeper lacerations and broken bones. An imaging center, located inside Urgent Care Plus, will be able to provide diagnostic services that are typically only available in emergency rooms. The facility will offer extended hours and be staffed by ER trained providers.

NEA Baptist is pleased to introduce a mobile health unit designed to reach uninsured, under-insured and under-served communities in NEA Arkansas. The unit, funded by Chris Fowler, contains on-site mammography, a laboratory, and full-exam space for hosting vaccine clinics, wellness visits and routine care in rural areas.

In 2023 Baptist introduced an obstetrics hospitalist service. The move secures round-the-clock obstetrical physicians for emergency OB cases and allows current obstetricians to see more patients in the clinic setting. Expansion of service lines included the addition of Dr. Ron Smith, a cardiothoracic surgeon originally from Blytheville, AR. In November Dr. Mark Wright and team completed their 100th TCAR procedure. TransCarotid Artery Revascularization (TCAR) is a minimally invasive procedure for treatment of carotid artery stenosis.

January 2024 Premiere | 25

# Lessons LEARNED IN Motherhood

BY CAITLIN LAFARLETTE



I'm not sure if time stood still or launched forward into impossible speeds when my second daughter was born in December. Can two impossible things be true at once?

Aubrey came into this world so quickly. It was an indescribable pain I was sure would last forever but when it ended, I was left staring speechlessly at everyone around me, nearly unaware of what had just happened.

She seemed just as stunned at her speedy arrival. It took quite some time before we could get those beautiful cries out of

her. Even those were short lived -- she bleated them out seemingly because it was expected of her and then fell back into a silence matching my own. All I could do was look up at my husband and try to telepathically ask him, "Is this real?"

Thirty-seven minutes had passed from the time we arrived at the hospital to when I had my second daughter in my arms. I was frightened, exhilarated, and relieved all at once. My throat was raw from screaming. I was too scared to stand. And there in the middle of it all was my 6 pound, 14 ounce baby showing me what a warrior I was.

As I write this article I am tucked into my hospital bed with Aubrey at my side. We are just at the beginning. There are many sleepless nights ahead, more pain, lots of tears. For now, though, I think we are both reveling in the magic of our start together as mother and daughter. Maybe we are the ones standing still in time as everything else rushes on around us.



Dr. Calixto Cazano



Abbey Taber, APRN



Dr. Justin Yancey  
Pediatrician



Charrae Burdin, APRN



**Scheduled Appointments  
& Walk-ins Welcome!**

- Sick Visits/Wellness Check-ups
- Diagnostic Laboratory & X-Ray (in house)
- Pediatric (newborn, infant to adolescent)
- Diabetic Screening and Care
- Immunizations (child and adult)
- DOT Physicals & Drug Screens
- Podiatry (foot care)
- Pre-Employment Physicals
- Behavioral Health
- Insurance Eligibility Services & More

**Accepting new patients!**

**Regular Hours:**  
Monday - Friday  
8 am - 5 pm

#1 Medical Drive - Paragould  
**870.236.2000**  
Visit us at: [www.1stchoice-ar.org](http://www.1stchoice-ar.org)

# NEA BAPTIST CHARITABLE FOUNDATION 21ST ANNUAL DUCK CLASSIC

The 21st annual Duck Classic once again proved why it has been named a Premiere Award winning fundraising event. Every year, this event seems to get bigger and better than it has ever been. This year the NEA Baptist Charitable Foundation raised \$825,000 through sponsorships, auction donations, and of course, the duck hunting competitions.

Duck Classic is a charity duck hunting competition and banquet. The tournament style hunt consists of points awarded to various species and gender of ducks. Hunters come from across the country to participate, and corporate sponsors from worldwide leaders in the hunting industry support this cause.

The Duck Classic Banquet took place on December 8th to host duck hunters, business owners, and numerous people with open wallets to bid in the live and silent auctions and donate to the six programs of the NEA Baptist Charitable Foundation. The Foundation

currently supports: the Center for Good Grief, Center for Healthy Children, Medicine Assistance program, HopeCircle, Wellness Works, and ShareHope.

NEA Baptist Charitable Foundation is a 501c (3)

non-profit organization that is committed to enhancing the lives of those it serves in Northeast Arkansas through the six free programs it supports. For more information about the NEA Baptist Charitable Foundation, visit [neabaptistfoundation.org](http://neabaptistfoundation.org).



1st Place Team - Dr. Dawson Irvin. Pictured L-R: Kim Provost, Bo Huggins, Hennelly Irvin, Missy Irvin, Ike Irvin, JD Irvin, Dawson Irvin, Lindsey and Cody Parish



**DIAMOND DIGGER PACKAGE**

## 1025R

# DIAMOND DIGGER PACKAGE

1025R + LOADER + BACKHOE



# \$354

/MONTH AT 0% APR FOR 84 MONTHS!



JOHN DEERE



**SCAN TO SHOP ONLINE**



# THE GREENBRIER COMPANIES

MFG DAY

MANUFACTURING Institute



## GREENBRIER FAMILY DAY 2023

Greenbrier's success starts and ends with our employees. Our workplace culture encourages our core value of 'Respect for People.' We ensure that people from all backgrounds can do their best work and are empowered to navigate Greenbrier as their authentic selves.

If you would like to join our family, give us a call or visit our website today!

APPLY ONLINE AT  
[WWW.CAREERS.GBRX.COM!](http://WWW.CAREERS.GBRX.COM!)

MARMADUKE:  
7755 AR-34, Marmaduke, AR 72443

PARAGOULD:  
901 Jones Rd, Paragould, AR 72450

# NEW YEAR, *New Me*

BY STEPHANIE COOPER

New Year's resolutions have a rough reputation for being pointless and frustrating. Newcomers are often prodded and picked on for flooding gyms and the produce section come January 1st. The truth is that a healthy goal is never a mistake, even if it leads to failure. When it comes to changing habits that have held on for decades, it takes multiple failures to succeed. The beginning of the year is often the best place to start for those who need a goal-oriented health journey.

The American Heart Association states that cardiovascular disease killed nearly one million Americans in 2020. Don't blame COVID or decreased access to activity for this rate; that would be incorrect. Just before COVID hit our shores, the rates were dangerously similar. Additionally, coronary heart disease and stroke are also leading causes of death in America. Contributors are obesity, smoking, nutrition, and a sedentary lifestyle.

NEA is home to many New Year's success stories, including weight loss, smoking cessation, and financial improvements. I have my own resolution story that began in 2011. I was pre-hypertensive and pre-diabetic with a chronically ill two-year-old who was frequently at Arkansas Children's Hospital. The journey through his illness inspired me

to set a health goal so I could live as long as possible. He would always need me. I promised myself that even with multiple failures, I would start again, and I did just that. I had to change my sedentary lifestyle and eating habits completely. I have been consistent for over a decade now.

A close friend of mine, Nicole Babcock, was inspired by my story and made the ironclad decision to change her life. Nicole started her health journey last year: "I am a registered nurse and have spent my entire career taking care of others and educating them on living healthier, all the while putting myself and my own health last. It was way past time for me to practice what I preach." Nicole, like me, had many failures on the way to consistency, and she credits her permanent success to hiring a gym trainer. "I went in for a complimentary evaluation with a trainer who helped me change my perspective and ultimately became a great friend." Nicole now works as a community health nurse specialist for the Arkansas Department of Health, traveling to public schools and other businesses. She is now the definition of practicing what you preach.

Where I work, at Paragould High School, I am blessed with humble, Christian leadership. Over the course of this year, I have realized that my assistant principal, Dr. Anmity

Bruton, has a new glow. She and her husband, Adam Bruton, decided to set a goal to lose one hundred pounds cumulatively in ten months. That time has passed, and they have exceeded that goal! Anmity stressed that the couple's biggest hurdle in the past was timing: "My husband and I had tried fad diets before and had our cycles of exercising and losing weight, but we never became serious about losing weight at the same time." The biggest reward for Adam is his heart health. "Within six months, I had lost 30 pounds, and my A1c was down from 6.7 to 4.7." The Brutons made a pact with each other that paid off. "We set a goal to lose 100 pounds cumulatively in 2023. Being pre-diabetic, we decided to eat low-carb foods, commit to working out at least 4 times a week, and try to drink a gallon of water a day."

The mindset of "New Year, New Me" doesn't always work out for everyone, but it does for some. Does it mean your journey will be perfect and won't come with temptation and hiccups? No. It will likely be very difficult, but life can change if you commit to yourself, your kids, or your spouse. No matter your motivation, there is no denying that healthy individuals have less pain, more energy, and live longer. The success of New Year resolutions isn't a myth. It's a choice.



Nicole Babcock & Family



Stephanie & Donald Cooper



Bruton Family

# Downtown Paragould

## SHOP LOCAL BUSINESSES

*New Year  
New Accessories*



Still the place to put  
the dazzle on your  
Prom, Pageant, or  
Formal Affair!

gracefullysoutherngift.com | 870-395-5274 | 208 N. Pruett St.

**SMOOTHIES | JUICE | TEAS | & MORE**



**DOWNTOWN  
NUTRITION**

225 S. Pruett St.

**1 YEAR ANNIVERSARY**

**HOURS: MON. 6:30-1 | TUES.-FRI. 6:30-5 | SAT. 8-2**

**CHAMPIONS  
CGC  
GYMNASTICS**

WANT TO  
JOIN OUR  
CLASSES?

WANT TO  
BOOK A  
BIRTHDAY  
PARTY?

**Call or Check Facebook for Details**

Like us on Facebook to stay updated!

870-236-3286 | championsgymnasticscenter.net

*Perfect Touch*

Gifts & Home Decor | Bridal Registries:

**Kyla Kelley & Will Camp  
May 11, 2024**

**Zoe Russell & Jayden Carter  
June 9, 2024**

**Kendall Key & Matthew Exum  
October 5, 2024**

Mon - Fri: 10AM - 6PM Sat: 9AM - 4PM | 870-236-6322 | 314 W. Garland

**HISTORIC COLLINS THEATRE**

CONCERTS, COMEDIANS, MAGICIANS,  
DANCE RECITALS, THEATRICAL  
PRODUCTIONS, WEDDINGS,  
PAGEANTS, AND MUCH MORE!

**BOOK YOUR EVENT NOW!**

870-236-6252

**COLLINSTHEATREMANAGER@GMAIL.COM**

*Find it all,  
Downtown!*

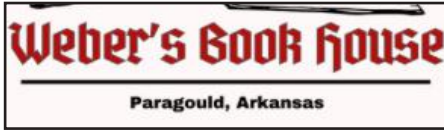


**main street  
DOWNTOWN PARAGOULD**

downtownparagould.com | 870-240-0544

# SAVE THE DATE

## DOWNTOWN PARAGOULD EVENTS



*Jan. 6th*

12:00 p.m.

"A Harvest of Innocence"

Book Signing with  
Judge Dan Stidham

Weber's Book House



*Jan. 15th*

7:00 p.m.

Greene County Spelling BEE  
Downtown Collins Theatre



*Jan. 27th*

4:00 p.m. - 8:00 p.m.

Girl's Night Out!

Main Street Paragould Event

Downtown Paragould

*A complete listing of all Downtown events can be found under "Events" at [downtownparagould.com](http://downtownparagould.com) or [facebook.com/oneandonlydowntown/events](https://facebook.com/oneandonlydowntown/events).*



# Paragould

smile doctor

## Garrett H. Webb, DDS, PA



smileparagould.com | 870.239.3141
1900 Chateau Blvd, Paragould, AR




**NOW SEEING NEW PATIENTS AT OUR NEW LOCATION!**

# HEALTH *Matters*

**KARAN SUMMITT**  
Retired Health Educator  
25 years educating people of all ages on the benefits of a healthy lifestyle. She teaches and writes with a passion for sharing simple, doable strategies that make better health possible for almost everyone.

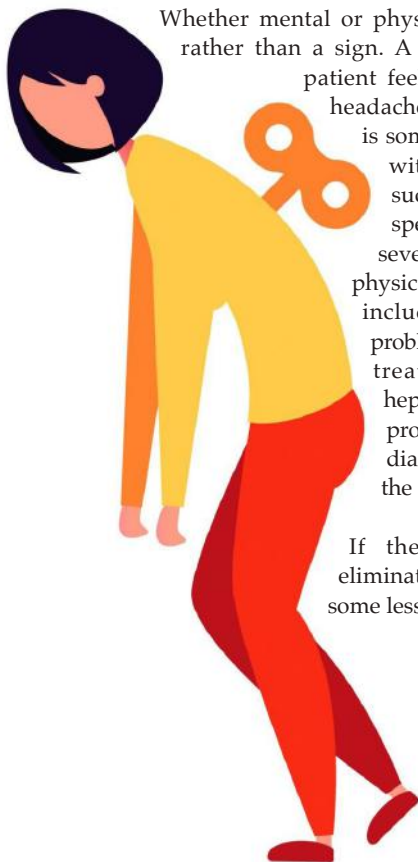


You may hear it described as “dog-tired,” “worn out,” “dragging my tail” or “dead on my feet.” Whatever the word or phrase, we know what it means. Someone has had an exhausting day. Days that drain us are a part of life. A weariness that gets no relief should not be.

Fatigue is a more chronic (long-term) condition than sleepiness or tiredness. Sleepiness is generally caused by not enough proper, restful sleep. Tiredness is due to overexertion. While these are different from fatigue, both can be common symptoms that accompany fatigue. Fatigue, especially chronic fatigue, is usually linked to a greater problem.

The main symptom of fatigue is exhaustion that does not go away after resting or sleeping. People who suffer from fatigue feel they lack motivation and energy and may be unable to carry out their usual activities. Apathy also can be a symptom of fatigue.

Although physical fatigue and mental fatigue are different, the two can co-exist. If a person is physically exhausted for long enough, he or she will be mentally tired. Prolonged mental tiredness can lead to physical fatigue.



Whether mental or physical, fatigue is a symptom, rather than a sign. A symptom is something the patient feels and describes, such as a headache or dizziness, while a sign is something the doctor can detect without talking to the patient, such as a rash. Fatigue is a non-specific symptom and may have several possible causes. Common physical causes for extreme fatigue include anemia, heart or lung problems, certain cancers or cancer treatments, hypothyroidism, hepatitis C or diabetes. With the proper tests, most of these can be diagnosed and treated, relieving the fatigue.

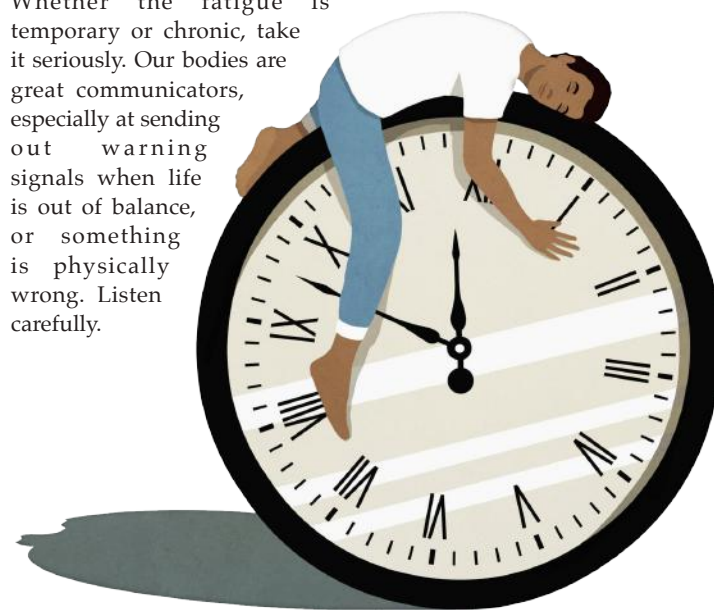
If these physical reasons are eliminated and the fatigue remains, some less obvious reasons for extreme

tiredness include:

- » **Medications:** Tiredness can be a side effect of several medications and may not be listed with other side effects.
- » **Caffeine:** While caffeine provides an initial boost of energy, too much has a free-fall effect on the senses, leaving a feeling that mimics fatigue.
- » **Junk Food Diets:** Diets that are high in trans fats, saturated fats, processed foods and added sugars can sap your energy.
- » **Diet Deficiencies:** A shortage of some specific nutrients can contribute to fatigue. These include selenium, iodine, vitamin D, omega 3 and magnesium.
- » **Poor Sleep:** Whether it is an overall lack of sleep or problems sleeping, such as sleep apnea, our bodies need adequate rest. The recommended amount is still eight hours per night.
- » **Chronic Pain:** Even when it is managed, chronic pain exacts a toll on the body, depleting our energies. It can be a double whammy if sleep is interrupted.
- » **Stress, Anxiety, Depression or Worry:** Any one of these emotions is draining and will eventually cause fatigue if it is present for long enough. The problem is often magnified because these emotions tend to occur simultaneously.
- » **Sedentary Life:** Ironically, not getting enough exercise can make you feel tired. Regular exercise will boost your energy as well as lift your mood and fitness level.

Chronic fatigue is a nearly constant state of weariness that develops over time and diminishes your energy and mental capacity. Fatigue at this level impacts your emotional and psychological well-being, too. It can steal joy from everyday blessings and make routine tasks seem overwhelming.

Whether the fatigue is temporary or chronic, take it seriously. Our bodies are great communicators, especially at sending out warning signals when life is out of balance, or something is physically wrong. Listen carefully.







**Gracefully Southern  
is transitioning to...**



**SHOP LOCAL  
online or in store.**

**ACCESSORIES**



**GIFTS**



**HOME DECOR**



**gracefullysoutherngift.com | 870.335.5274 | 203 N. Pruett St.**

# A "Pop" of Versatility for the New Year

BY KATIE COLLINS

There are times when you want to follow a recipe exactly (because, you know, science), but there are also times when a little versatility in a recipe is appreciated. This month I found a recipe that allows for you to throw a little bit of creativity or personal preference in, while still following the part of the recipe that needs to be exact. When I came across this one and it called for garlic and onion powder, I knew I had neither in the pantry and didn't really want to buy

any for one recipe. What I did have was dried minced onion and freeze-dried garlic, so that's what I added, and I didn't really measure either, I just sprinkled until it looked good! If you're not a garlic and/or onion fan, you could substitute those for something you like better – maybe a pre-made powdered ranch seasoning or something with a little more spice. I also added some freeze-dried chives to mine for a little extra pop of color. The cheese in the recipe is also something you can personalize. If you like sharp cheddar, it works really well. If you're more of a pepper jack person, you could try that too. Tailor this one to your personal preferences and see how it works for you. You can also eat these perfectly poppable bites for breakfast, lunch, or dinner – they're perfect with any meal!

## Cheesy Bacon Bites



### Ingredients:

- 1 ½ cups all-purpose flour
- 1 Tablespoon granulated sugar
- 2 teaspoons baking powder
- ½ teaspoon garlic powder (or similar)
- ½ teaspoon onion powder (or similar)
- ½ teaspoon salt
- ¾ cup whole milk
- 1/3 cup sour cream
- ¼ cup (4 Tablespoons) unsalted butter, melted
- 1 large egg
- 1 ½ cups shredded cheese (I used sharp cheddar, use your favorite)
- ¾ cup crumbled cooked bacon (you can freshly fry or bake some, but I just used packaged bacon bits)

### Directions:

Preheat oven to 400 degrees. Whisk together the flour, sugar, baking powder, garlic, onion, and salt. In another bowl, whisk together the milk, sour cream, melted butter, and egg until well combined. Pour the dry ingredients into the wet ingredients and stir together until most of the flour is combined. Stir in the cheese and bacon until just combined. Spray a 24-count mini muffin pan with non-stick spray; fill each muffin cup to the top. There should be enough batter to fill all 24 cups. Bake for 12-15 minutes or until lightly browned. Let cool in the pan on a wire rack for 5-10 minutes. They taste best when warm, but they're also good at room temperature!



# Miss AMMC Foundation Beauty Pageant

SATURDAY, FEBRUARY 3, 2024  
GREENE COUNTY TECH HIGH SCHOOL



**The Foundation**  
Arkansas Methodist Medical Center

SCAN CODE  
TO REGISTER





# HAPPY NEW YEAR 2024



**A fresh start to start a change for the new year.**

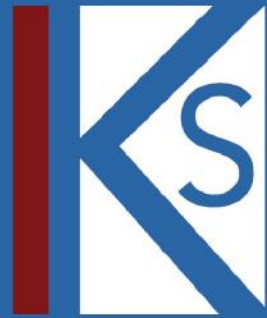
**FREE CHECKING**

**MOBILE DEPOSIT**

**INSTANT ISSUE CARDS**

**NO MINIMUM BALANCE**





# KALMER SOLUTIONS

IT SERVICES FOR THE MODERN WORKFORCE

*To Help You Measure Efficiency And Promote Accountability.*



COMPLIANCE SUPPORT

UPDATING YOUR IT INFRASTRUCTURE

MODERN WORKFORCE TRENDS

HELP DESK SUPPORT

CYBER RISK MANAGEMENT

CLOUD SOLUTIONS

BUSINESS CONTINUITY SUPPORT

IT TALENT AND STAFFING

CIO AND OPERATIONS

Whether you're looking to outsource some or all of your IT needs, secure your company from internal and external threats, go to the Cloud or get a second opinion on an IT situation — we're here to help.

[info@kalmersolutions.com](mailto:info@kalmersolutions.com)

3104 Apache Drive, Jonesboro, AR 72401

[www.kalmersolutions.com](http://www.kalmersolutions.com)

# MISSED DIRECTIONS

A NEW MUSICAL STORY **PLAY BY JENNA BOLING**

BY KAROLINE RISKER

In a few short years Jenna Boling went from being cast in a play in a supporting role, to writing, directing, and acting in her own show at the Collins Theatre.

The show “Missed Directions” was the final result of a course she took at the American Musical and Dramatic Academy in New York City, a private two-year conservatory for the performing arts where Jenna went after her graduation from Greene County Tech High School in 2020. It was a natural fit. “I knew I wanted to study in New York and be trained there,” Jenna said.

She was in good company. Not only do notable alumni of AMDA include Jessie Tyler Ferguson, Tyne Daly, and Sasha Calle, but her instructors were also of an impressive caliber. Jenna trained with a woman who is a Rockette, an accompanist she worked with was the pianist from “Phantom of the Opera,” one of her teachers taught by day and appeared in “Aladdin” at night, and her tap teacher was in “Wicked.”

While at the academy, Jenna received an Integrated Certificate, which she describes this way: “It is like for the completion of the training. When it comes to studying theatre — you don’t really need a degree, because no one is going to ask you for one, but they do offer a degree program if I decided to do two more years. I decided to just fast track the program.”

Jenna lived in New Jersey when she went to the AMDA and took the bus every day, mentioning she needed a break from the bustle of NYC. She loved being in the New York area and worked at a gift shop in Times Square. Her favorite parts were the people, who, she said, were from everywhere, and the Broadway Shows. A favorite moment was meeting Andrew Lloyd Webber (who writes many of the shows that appear on Broadway). Jenna happened to see him in an elevator during final call backs for his show “Bad Cinderella.” She remembers his being

very funny. “I didn’t know what to say,” she said. “I was star struck.”

So Jenna has come a long way in a short time. In 2015 she was cast as Helen Weathers during a Greene County Fine Arts Council production and, as she said, that started everything. She then did high school and more community theater and decided it was what she wanted to do. Finding her love of theater and nearing high school graduation, Jenna went to the Arkansas Thespian State Festival in Russellville and did a blanket college audition. You go in (like the NFL draft, Jenna jokes), and they watch as you audition. If they like what they see they contact you. The AMDA had a representative there who liked Jenna and accepted her into the program on the spot. “I was unique,” she said. Jenna explained that most people do an online audition after workshop training. The process is difficult and the conservatory has a low acceptance rate. Jenna was hoping to be picked by one of the universities there and was instead picked up by the AMDA, a place she was simply hoping to go for a summer workshop. “I knew who they were and was excited about it,” she said, but adds she never expected them to pick her up at the audition.

In her last semester at AMDA she did a musical theater showcase, during which her assignment was to create a 45-minute show of songs from musicals with a plot around it. In the end, she ended up with a 2-hour show comprised of an original script and songs from familiar musicals. Some day she would like to replace the music with original pieces. The play had its premiere on November 25 and included a cast of four characters, one of which Jenna herself played. The story centered around two couples navigating life and relationships and everything gets upside down when one gets a job offer in Chicago. “It was pretty fun,” she said. “I think it went really well. If I had the opportunity to do it again I would do more shows, but it was great and I also did master classes, acting through workshops that used my education

at AMDA . It was the kind of theater I wish I had had here. I just feel like in community theater it’s expected that you come in and put on a certain level of work on your own so when you come in, you just concentrate on choreography and things like that. We spent more time of really diving in to text, character backstory, mannerisms, active listening, and acting is reacting. It’s like a crash course in how scene work is supposed to be.” Jenna was thrilled to see her show on the marquee. “It was so great,” she said of seeing it for the first time. “It was such a good feeling.”

What’s next? “I would love to be on Broadway,” said Jenna. “I’ll be going back to New York to continue to audition for Broadway shows.” She would also like to travel abroad to West End shows in London or join a cruise line as an entertainer. Jenna has a background in music, acting and dance, taking several years of dance classes with Cue the Applause dance studio. She was in the GCT choir, as well. Jenna actually had a fear of singing in public but made herself try it to audition for a part in “Beauty and the Beast,” an experience that put an end to her fear. “I did it once and that was it,” she said. Jenna would also like to continue writing, adding that she would like to write a straight play (a play without musical pieces). Jenna describes her style as serious with an aspect of comedy. “I love to laugh and make people laugh, but I tend to write more serious stuff,” she said.

Jenna came back to Paragould after finishing a national tour with Star Quest Dance International where she was the sound operator and announcer. She will soon go back, this time as the emcee.

Jenna also enjoys working on a vintage van and spending time with Piper, a rescue cat she picked up in New Jersey. She would like to thank the community for the support she received. “Everybody’s been great throughout this process,” she said.



January 2024 Premiere | 37

# 2023 DOWNTOWN JONESBORO ALLIANCE JOY FEST

Live music, local vendors, food trucks, and more were all at 2023 Downtown Jonesboro Joy Fest. And of course, the bright Ferris wheel and tree lighting were hits to all event goers. Joy Fest continued the joyful spirits that were created at the downtown parade the night before, and it grew them into so much more. "It's really special and humbling," said event leader Sarah Rickert. It has been her dream come true to help create a holiday hotspot in NEA.

Downtown Jonesboro Joy Fest always takes place on the first Saturday in December, so be sure to mark the calendar for next year!



Miss Greater Jonesboro's Teen

Rickert Kids



**Lindsey Hagood**  
Owner/Founder

## Elite Senior Care, LLC

### "Our Name Says It ALL"

*Our Family Is Here For Yours.*  
Elite Senior Care LLC strives to bring the best in home health care services to every individual in need.

We provide a compassionate hand in finding a caregiver fit for you and your family's needs. We provide caring professionals with specialized knowledge to assist in the comfort of your home. Aides are all certified with background checks, drug screenings, and continued education. It is our goal to make sure our clients are put first.



**Arnesa Joplin**  
Regional Supervisor

**We accept the following:**

- AR Choice Waiver
- Medicaid
- Home Care for Veterans
- Passes: Empower
- Arkansas Total Care
- Summitt
- Care Source
- Target Case Management
- Private Pay



**CALL US TODAY!**

**Manila:** Corporate Office  
870.570.0340

**Jonesboro:** 870.351.0125

**Paragould:** 870.240.0559

**Blytheville/Osceola:** 870.822.2120

**Marked Tree:** 870.358.1340

**West Memphis:** 870.629.5200

**Mountain Home:** 870.580.0256

**Carlisle/North Little Rock:**  
870.822.2120

**online at [myeliteseniorcare.com](http://myeliteseniorcare.com)**

# 2023 MAIN STREET PARAGOULD ENCHANTING NIGHTS



2011 - Sarena Tucker & Kids



2023 - Sarena Tucker & Kids

**H**ow do you experience the magic of Christmas? In Downtown Paragould, people sipping on cocoa are riding under the twinkling lights on Pruett Street. And the best part is cozying up in their very own horse drawn carriage!

Since the rides are first-come, first-serve, numerous people meandered the streets where they participated in the Cocoa Crawl and maybe even met with Santa Claus!

One of the most magical things about the holidays is the memories that are made with family and friends. One downtown memory came from Sondra Layer Lowe, who said this about her experience: "We made a new memory last night. When my grandchildren were very [little] their mother and I took them to ride the carriage downtown. We reenacted the picture of them from 12 years ago. We had a blast."

If you and your family would like to make new memories and traditions downtown, visit [downtownparagould.com/events](http://downtownparagould.com/events).

**BREATHE BETTER, WORRY LESS**

**WITH ARKANSAS CHILDREN'S PULMONOLOGY**

There's nothing more important than your child breathing easily. Arkansas Children's Pulmonary Clinic provides expert care to infants and children with complete diagnosis and treatment of acute and chronic lung disease. We treat pediatric asthma, with over 25 nationally certified asthma educators throughout Arkansas Children's health system, including a new provider in Jonesboro. Our sleep disorders lab helps children suffering from sleep apnea and other sleep-related conditions. Schedule your child's appointment today.

**BEST CHILDREN'S HOSPITALS**  
A WORLD REPORT  
**U.S. News**  
**PULMONOLOGY**  
**2023-2024**

LITTLE ROCK  
 SPRINGDALE  
 JONESBORO

Arkansas Children's Hospital | Jonesboro Clinic

**870-606-2010**  
[archildren.org/pulmcare](http://archildren.org/pulmcare)



# Your Home for Caring.



Your Home For Caring.

***Ridgecrest Health and Rehabilitation specializes in providing short-term transitional services and long-term care services.***  
If you or a loved one needs short-term rehabilitation to accelerate recovery and get back on your feet or needs a long-term care setting, then Ridgecrest Health and Rehabilitation is here to help.



**5504 East Johnson Avenue • Jonesboro • 870.932.3271**





**PREMIERE**  
*Weddings*  
2024



Daughter's  
FORMAL

Wedding, Prom,  
Pageants, & More.



870.476.7490 | 4500 W. Kingshighway



Open Mon-Fri 10:00am-5:00pm  
Sat 10:00am-4:00pm

# Wedding Day TIPS

The day is here! You are finally going to marry the love of your life, but oh no! A bridesmaid's dress strap breaks. Oh no, a groomsman forgot to finalize his speech. Oh no, oh no, oh no!

Things are bound to pop up, but here are ways to avoid some stress and prepare beforehand.

1. Have some downtime in your schedule. It's always wise to have a bit of buffer space in both your prep schedule and the actual schedule of events. More times than not, you are going to need more time, not less.
2. Assign someone to be in charge. On the day of your wedding, all of your work should be done. Your mind will be racing and the butterflies will be racing, so you won't be in the headspace to make any decisions if a problem arises. Assign a wedding party member or someone else to be in charge of sending out reminders, taking on those unexpected incidents, and being the buffer between you and the real world. Enjoy your fairy tale!
3. Have a day-of bag. Put everything in here. Vows, marriage license, rings, deodorant, lip gloss, sewing kit, wedding day timeline, change of clothes, slippers, ibuprofen, safety pins, snacks, maybe even the kitchen sink. Literally, if you think you may need it, put it in the bag. It's always better to be over prepared than under!
4. Don't change your care routine. Thinking of trying a new face mask to give yourself a dewy glow? Don't! Keep your routine the same! You don't want an unexpected reaction to a new product on the day of. It's best to play it safe here.
5. Drink and Eat! Now this is a big one. How are you going to dance the night away if you are weak from not eating and drinking anything throughout the day! Go to a local bakery and grab a snack basket. Get a case of WATER! Stay hydrated and get ready to party!
6. Photographer Checklist. Whether you've had consultations with the photographer or not, have a printed list of every moment you want captured. If you want a picture with Uncle Bob, be sure the photographer knows from the list that they need to capture that. Get your money's worth and have no regrets! No memory is too small!
7. Have realistic expectations. We know this is your dream day, and it is supposed to be perfect. Unfortunately, we are in the real world and sometimes rain clouds appear and things happen. Just keep your mind on the reason for the day. You're getting married! Be calm and be present!





**KNIGHT**  
PRODUCTIONS

**THE BEST  
WEDDING PHOTO & VIDEO  
ALL IN ONE PLACE!**

Call or Text: (870) 450-3218  
Visit: KnightProductions.info

Paragould PREMIERE  
Voted Premiere  
Photographer  
Videographer  
2020 • 2021 • 2022 • 2023

f i y



**PAGAN'S**  
**JEWELRY**

*Perfect, for Every Occasion*

[pagansjewelry.com](http://pagansjewelry.com) | 870.932.6256 | 624 Southwest Dr, Jonesboro, AR



# MOORE on MANNERS

WITH LINDA LOU MOORE

Space for the wedding and food for the reception are often based on a head count. It makes it much more difficult for the bride and groom to plan their "big day" when they don't know the number of people who will be attending.

### ARRIVE ON TIME

When the service begins, the bride should be walking down the aisle, not you. If you are late, try to wait until the bride has walked down the aisle. Then you can quietly walk down an outside aisle and find a seat. Usually finding a seat in the back of the church or in the balcony is the least disruptive.

### WEDDING GUEST MISHAPS

Whether a wedding is formal or casual, large or small, brides often tell stories of wedding guest mishaps. If you've been invited to a wedding here are some quick tips from distraught brides.

### READ YOUR INVITATION

Check your wedding invitation to see how it is addressed. The invitation will be addressed to the people who are invited. Bringing extra guests may place the bride in an awkward situation. Space limitations and budget considerations will often dictate the number of guests that are invited.

### TURN OFF YOUR CELL PHONE

Check to make sure your cell phone is either turned off, or turned to the silent mode, during the ceremony. The only people speaking during the ceremony should be those in the wedding party.

To help the wedding run smoothly and to be a great wedding guest:

### PLEASE RESPOND

If you receive a wedding invitation and a response is requested, please do so. The bride needs to know how many people will be attending the wedding and the reception.

### CHECK THE WEDDING WEBSITE

Find out if the bride and groom have a website. A wedding website is a great way keep guests informed of wedding plans. A couple's website will usually post dates, directions, RSVP's, gift registries, events, updates and photos.

### RESPECT THE WEDDING PHOTOGRAPHER

If a wedding photographer has been hired to take pictures of the wedding ceremony, let them do their job. Getting out of your seat and trying to take your own photographs can be distracting during the service.

*Register Local  
so they can Shop Local!*



**PREMIERE WEDDING GIFTS**



*Perfect Touch*  
Gifts & Home Decor

Mon - Fri: 10AM - 6PM Sat: 9AM - 4PM | 870-236-6322 | 314 W. Garland, Downtown Paragould

**DRESS APPROPRIATELY**

If you're unsure as to what to wear, check the invitation for the following information: (1.) The type of ceremony; (2.) The location of the ceremony; (3.) The time of the ceremony. If you're uncertain as to what to wear to the wedding, don't hesitate to ask the host. If the bride and groom have a wedding website, this type of information is often listed.

**VISIT AT THE RECEPTION**

The wedding reception is the perfect place to visit with the bride and groom, members of the wedding party and other guests. Be aware, however, that the couple will want to visit with others, so try not to monopolize their time. And before you leave the reception don't forget to thank your host for inviting you!

Linda Lou Moore is a certified etiquette consultant. She offers business professionalism and dining seminars for adults, and etiquette and dining programs for children and teens. Contact via Post Office Box 726, Paragould 72451 or at manners@paragould.net.

# EMMA & KAIT'S

*bridal and formal boutique*

THE PERFECT PLACE TO FIND THE PERFECT DRESS



Find us on Instagram!

Whether you are the Mother of the Bride, Mother of the Groom, a Flower Girl, or the Bride, we have the perfect dress for you!

Our Mothers Collection even receives 20% when the bride also purchases from our amazing collections!

870.206.7648 | emmaandkaits.com  
2003 East Nettleton Ave, Jonesboro






Planning your big day involves many things. Let Chow handle the food.



Our priorities:  
Staying within your budget  
Adding creativity to your choices  
Ensuring your event is **unforgettable**

118 N Pruettt Street Downtown Paragould  
(870)573-8111 • chow118.com

# WANT TO ADD A BIRTH, ENGAGEMENT, OR WEDDING ANNOUNCEMENT?

SCAN TO GO TO FORM



BIRTH



ENGAGEMENT



WEDDING



  
*Crown Limousine*

[www.crownlimo1.com](http://www.crownlimo1.com)  
5444 Highway 49 S. • Paragould  
[crownlimousine@gmail.com](mailto:crownlimousine@gmail.com)

*Reserve Your Next Memory In Motion*



**870-930-0517 • Serving Northeast Arkansas • 870-215-0077**



## TIPS FOR A PERFECT WEDDING CAKE

- choose a reputable baker
- book a consult
- look at inspiration photos
- consider your budget
- lastly think about your guests & servings

open tues - fri 7am - 6pm  
sat 9am - 4pm

870.565.5169  
paragouldsweets.com  
located at 221 s. pruet st.  
in downtown paragould



# HOME SWEET HOME



MJ'S SOUTHERN CHIC

202 S. Pruet St. Paragould, AR

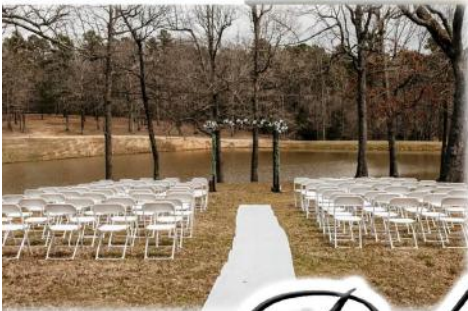


HOME DECOR, GIFTS, & MORE!

visit: [MJSSOUTHERNCHIC.com](http://MJSSOUTHERNCHIC.com)



# BOOK YOUR DREAM VENUE TODAY!



*B/R*  
EST. 2022



*Bayird Ranch*



VISIT OUR WEBSITE FOR MORE!  
[BAYIRDANCH.COM](http://BAYIRDANCH.COM)

8315 US ROUTE 412,  
PARAGOULD, AR

January 2024 Premiere | 49

# A Wedding COSTS WHAT!?

BY GABBY POWELL

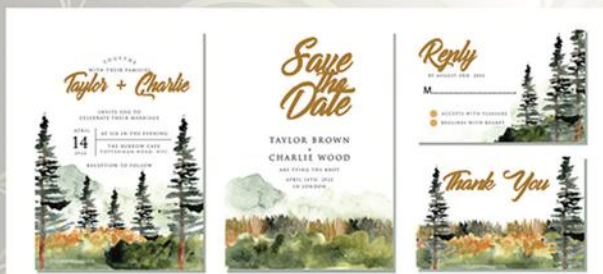
**W**eddings are exciting, exhausting, and can be EXPENSIVE! Is it even possible to have the perfect day without breaking the bank? It is! Your big day does not have to cost the average 20-30 THOUSAND dollars to be perfect, and here's how!

Sit down and talk with your new fiance about what you want the day to look like. More than likely, one party is not going to care a bit about the flowers or who walks Grandma Sue down the aisle. But it is important for you both to be on the same page about the feel of the day. Do you want a small, intimate wedding with family, or maybe a large day of celebration with friends, family, and everyone in between? Are guests



going to be inside, outside, or maybe both? Maybe you just want to go down to the courthouse and take a few pictures. Whatever the case, make sure the picture is clear before making big decisions like venue, guest list, catering, etc. Creating a physical mood board will help you make realistic decisions about each detail of the day!

Once the picture of your big day in mind, think realistically about the budget you have to get there. Whether that is \$500, \$5,000, \$15,000, or more, you can begin to separate your grand total into sections. Set limits and stick to them! You can start to make decisions on real or faux florals, event venue or local church, to cater or to have a potluck.



Elegant.....  
Simple.....  
Rustic.....

WEDDING PRINT!!

We do it ALL.



**POSTNET**

870.240.0569 | ar113@postnet.com

And when thinking of the budget, don't be afraid to have that awkward conversation with the in-laws about if they are helping out or not. In this 20th century, lots of people don't follow the traditional "bride's side covers the wedding and the groom's covers the honeymoon." More often, couples cover it all and parents pitch in what they can. Be sure to thank them for whatever they offer, whether it's cash, their time to help prepare, or just well wishes.

While you are on your planning journey, there are bound to be a few unexpected expenses popping up along the way. Give those a category when you first start preparing your budget! Whether it's the stamps for the invitations, tips for the band and servers, or snacks for the wedding party on the day of, there is bound to be a few things you don't put as a line item in the budget! Proactive thinking will save you a big headache!

Mood board, check. Budget, check. Now how do we actually implement our ideas? The first thing to do is ask for help! Ask your wedding party, family members, and any friends who may be willing to help out with some of the

**Continued on Page 48**

**YOUR BEST FACE FOR YOUR BEST DAY!**

**SKIN**  
DERMATOLOGY PRACTITIONER

**NANCY PEMBERTON, APRN, DCNP**  
**870-641-SKIN | 3106 Southwest Dr. Suite 103, Jonesboro**

**Georgeous**  
Custom Jewelry Designs  
*Custom Jewelry Built Just For You!*

**Making your dream a reality.**  
**Custom jewelry designed to fit your style.**  
**Call For An Exclusive Appointment at our new location!**

308 S Main Street in Downtown Jonesboro  
GeorgeousCustomJewelryDesigns@gmail.com • 870.316.3159  
georgeouscustomjewelrydesigns.com

...BECAUSE OR JUST BECAUSE...

**BEARDED BOUQUET**

FLOWERS & GIFTS

3410 E. Johnson, Jonesboro | 870.333.1661  
beardedbouquet.com

# A Wedding COSTS WHAT?

CONTINUED...

heavy lifting. If you're trying to save on florals, buy all of your florals and greenery in bushels and have a bouquet bar with the girls! You're still needing some unique decor for the reception? Ask your parents and grandparents if they'd like to go flea market shopping with you! Maybe you want to shave off that catering cost, ask a few good cooks in your life if they'd like to help make a DIY charcuterie table. The worst they can do is tell you no!

While these are just a few ways to cut some costs out of your big day, the biggest piece of advice when planning a wedding is to just be content. At the end of the day, you will be married to the one you love. Your new life of adventure will be starting, and all you will have from that day are some photos and a few mementos. But the memories will last forever, so be sure that you create some intentional ways to remember the day and all of its excitement.



**WILDFLOWER**  
EVENT VENUE

Small Weddings

Wedding Rehearsal Dinners

Wedding Receptions

*Your dream day is our priority!*

3410 E Johnson, Suite M&N, Jonesboro, AR 72401  
wildflowereventvenue.com | 870.974.1018

ROTO-ROOTER

ROTO-ROOTER

ROTO-ROOTER

ROTO-ROOTER



ROTO-ROOTER

ROTO-ROOTER

ROTO-ROOTER

ROTO-ROOTER

ROTO-ROOTER

*Making all of your special occasions more comfortable.*

Hedge's luxury portable restroom trailers are great for outdoor weddings, family reunions, and all of your outdoor activities.

**WE OFFER**

- Luxury Restroom Trailers
- Industrial/Commercial Restroom Trailers
- Pink & Blue Flushable Upgrade Portable Toilets
- Standard Portable Toilets
- Construction Standard Portable Toilets

**LUXURY PORTABLE RESTROOM AMENITIES**

- Running Water
- Electricity
- Private, Locking Rooms
- Porcelain Fixtures
- Hands-free Flushing
- Heating & Air Conditioning
- Indoor & Outdoor Lighting



**FREE DELIVERY • FREE SET-UP • FREE PICK-UP**

*All units are cleaned weekly, odor controlled, and available year-round!*

**Contact us today about our affordable monthly rates!**

**JONESBORO 935.0300 PARAGOULD 236.8966 BLYTHEVILLE 763.4708**

**1.800.284.1311 [hedgesinc.net](http://hedgesinc.net)**

ROTO-ROOTER

ROTO-ROOTER

ROTO-ROOTER

ROTO-ROOTER

**30 Years in Business Serving Northeast Arkansas**

ROTO-ROOTER

ROTO-ROOTER

ROTO-ROOTER

ROTO-ROOTER

ROTO-ROOTER

# Outdoor HEALING

I had a plan for this month's column. It was going to be all about duck calls, duck calling and the interesting stories of some local folks that have a passion to build calls, work a call and pursue waterfowl. But then life happened. In the space of a few short days a good friend of mine passed away and just a few days later my father-in-law passed away. Life often throws us curveballs, and I can usually at least get a bat on them, but this one went by me and left me standing in disbelief.

It has been a tough few days on our family, and thankfully the folks that handle this magazine were very understanding and allowed me some grace in getting this article in. Usually when writing for this column I have an idea, put the idea on paper and then tweak and change a few things over a few days and then submit the final product. But I am still at a loss for exactly what to say or write about, so this might seem like some random thoughts, but my brain is pretty scattered right now.

Jason Moore and his family have been friends of mine for several years, with a relationship built on the enjoyment of the outdoors. Like many relationships built with that foundation, we did not talk that often, but there was always the knowledge that Jason was someone I could call on at any time if I needed help or just to talk about some of our outdoor experiences.

I have mentioned many times in this column the importance and uniqueness of these types of relationships. My outdoor friends have been there when there was a death in the family, loss due to natural disaster and to help get through the basic trials of life. If you spend a few days in deer camp, a few hours in a duck blind or some time in a fishing boat with someone, the relationship begins and most of those relationships have no constraints of time or place. It is a great network of friends for which I am truly thankful.

My father-in-law, Jerry Don McIntosh, had a stroke several years ago and had battled through several health issues over the last sixteen years. He was a fighter, overcoming long odds time and again to regain his health to a level where he could function at a competent level. But recent issues dealt a more serious blow, and he was not able to recover and passed to his heavenly home.



54 | January Premiere 2024



**CHUCK LONG**

Avid Outdoorsman

Retired Outdoor Educator

Jerry Don was not a hunter, but I had spent several days with his dad, Wendell, chasing quail across Northeast Arkansas. Even though he did not hunt, he understood hunters and he and I occasionally had conversations about the outdoors, but I will miss our conversations about basketball and the Cardinals.

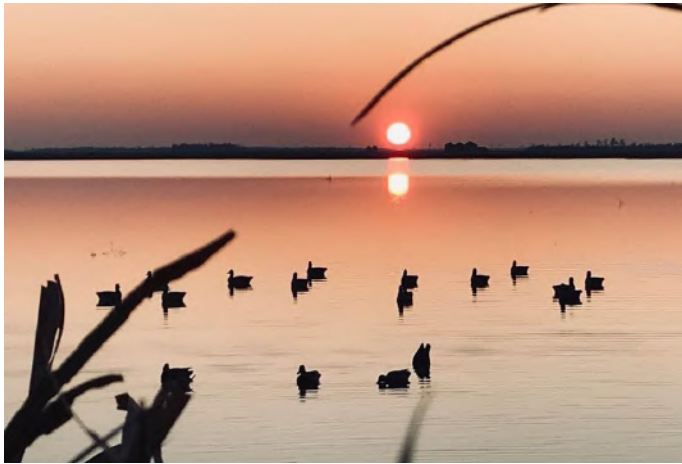
Through these losses, I have seen the importance of those outdoor relationships come to life. My outdoor friends have been there for our family, providing food and friendship to get us through these times. That was also evident at the funeral of Jason Moore, as many folks he had spent time hunting, scuba diving or fishing with ministered to their family in many ways.

The outdoors is my healing place. The woods, the water, the wildlife, the friends and the adventures renew my mind in a way that cannot be found in any other realm. Ralph Waldo Emerson said "In the presence of nature, a wild delight runs through the man, in spite of real sorrows." I could not agree more. The outdoors offers a great place to reset the mind and body, no matter what is going on in the world.

As we dive off into 2024, I hope to do a much better job of cultivating those outdoor relationships. I also hope to be able to build new relationships as well. If you are an outdoors person, I hope you will do the same. For those who might be contemplating a move to the outdoors, there is no time like the present. There are ample outdoor opportunities in the Northeast Arkansas area to enjoy, whether it is hunting, fishing, hiking or bird watching. If you need some ideas, check in with the folks at the Forrest L Wood Crowley's Ridge Nature Center in Jonesboro. I will be happy to help as well if you would like to reach out to me.

I realize this month's column was a little different, but sometimes circumstances dictate such. I am looking forward to getting back on track with outdoor stuff over the next few months. If you have an idea of a person or a place or an outdoor related activity you would like to see featured, please reach out and will see what we can do. I hope you are looking forward to spending time in the outdoors in 2024 and I hope to see you out there!





# LISTEN TO YOUR FAVORITES ANYWHERE



# DOWNLOAD OUR APPS



# Economic Developments

BY KAROLINE RISKER & HANNAH RISKER

Paragould grew from 18,719 people in 1990 to 29,906 in 2021 in a steady rise, today making it the 15th most populated city out of 617 in the state of Arkansas. That same steady growth can be seen in the neighboring city of Jonesboro, which had a population of 79,325 in 2021, making it the 5th most populous city in the state. With such growing populations comes the need for economic growth and development, things the two cities have in spades.

Anyone who has simply driven through Downtown Paragould in the last few months can see the growth through new buildings and venues, from the Farmers Market to the new City Hall, in addition to the restoration of the old Paragould Light Water and Cable pump house that will soon be an event venue able to accommodate up to 700 people, complete with an amphitheater. It will be called The Station powered by First National Bank and is expected to be completed by November 2024. "The building is 100 years old this year and we will now see another 100," said Allison Hestand, Director of Economic Development and CEO of the Paragould Regional Chamber of Commerce. Paragould Mayor Josh Agee remembers handing out stickers in 2019 at the Get Downtown Festival that said, "Save the Power Plant," at the time thinking it was a pipe dream to save it. Saving the building was an effort of people who loved the historical structure located at the back of the downtown area and of First National Bank, which gave \$2 million, half the cost of construction, to the project. The donation is the largest private charitable investment in the city's history. The new City Hall will mimic the architecture of this building, which is also found in the Farmers Market pavilion.

The new City Hall is a project long in coming. Paragould has not had a structure built designated as a

city hall or a police station since the 1970s, according to Agee. The offices have been housed in the old Dickson Hospital and then the old Paragould Light Water Cable building. He added that former mayor Mike Gaskill had been looking into building or adding on to City Hall for years and stressed to Agee that it needed to be the next project in line. During Covid, the city received \$7 million in funding; \$6 million was allocated for this project. "There is no debt to the city, nothing came out of the budget and the reserves are strong," Agee said. "At the end of the day it didn't cost us anything.

"We took about 18 months (to plan) and let everyone in the building have a say," said Agee. He wanted to provide for present needs, but with an eye for the future, allowing for growth. "We're going to build this so we don't have to do this again for 50 years," he said.

"In five years our community is going to change so much because of City Hall and because of the services we can provide that we can't now," Agee said. He mentioned the ability to hire a grant writer and a city planner, two positions that will allow even more future growth once they have the space to accommodate them. "It's going to open up possibilities," he said. The building isn't just an opportunity for space, but a needed structure to replace the current building. "We have people crammed. When it rains the basement fills up with water and we put buckets out to catch water," said Agee. "We have two people building the camera systems we have working in a closet." He added: "We're going to modernize our processes with this new facility and be



Paragould Powerplant Renovation



able to expedite things. We're a first-class city. This building is going to allow us to start operating in a first-class way." The new 20,000 feet structure, located on Court Street, will house, among other things, an evidence room, armory, interview rooms, a holding cell, safe room, kitchenette, and offices for the city attorney, Criminal Investigation Department, city planner, city inspector, Human Resources, and others.

Another building project coming to downtown is located on North Pruet Street and takes up an entire city block, utilizing 7,000 square feet of space. It is known as the Generating Innovative Network (G.I.N.). It will offer spaces, including an event space, a food incubator kitchen, and four small start-up spaces for small businesses. The G.I.N. will include 3-D printers, a pottery studio, glow forges, power tools, lasers, welders, computers, and more. This building will be open to the public for cost-affordable fees. "It's encouraging entrepreneurship, it's lowering those barriers," said Agee. Black River Technical College is already planning to facilitate educational opportunities there. The center will open the door to skill sets such as pottery, wood working, and resume building. The kitchen will be available in hopes of cultivating specialty-to-Paragould type of restaurants in the community. The upstairs will be a co-working space where "we can cultivate a work environment of mentorship, networking, young professionals" to generate ideas for business growth, according to Hestand. The project will be done in phases. The idea for the building came from the Economic Development Corporation. A look into similar models was done and adaptations made specifically for Paragould. The Grand Delta Regional Authority awarded the city \$397,000 to operate it, hire a full-time and a part-time operator for two years and to buy 90 percent of the equipment needed. "The biggest piece of the puzzle is making sure that we take care of what we have," said Agee. "This is going to be a direct pipeline for individuals who are out of work who are looking to upskill, individuals that are coming out of high school who aren't quite sure what they're ready to do with their lives. This opens up opportunities for them, shows them what's available and it is a direct pipeline to our industries. So we're making sure that we're taking care of those that have gotten us to where we are today."

Up and coming in Jonesboro are plans for a \$50 million, multi-faceted sports complex that have been in the works for years; the projected completion is summer 2024. The complex, located at the crossing of Race and McLellan streets, is anticipated to generate impressive economic developments due to its 36-acre size consisting of a competition level pool, basketball courts, a pickle ball center, volleyball nets, and an outdoor aquatic center. In addition, it will have meeting rooms, offices, and a kitchen. The project broke ground in the summer of 2023. It is estimated to generate more than \$740 million worth of economic activity during its lifetime, from using the facilities to eating at nearby restaurants and staying at local hotels, leading to a major impact on Northeast Arkansas.

Construction for expansion of the Courthouse annex in Downtown Jonesboro, on the corner of West Washington Avenue and South Madison Street, has taken place this year, as well. One side of three-story building will house two court rooms large enough to contain jury seating. The second half of the building will serve as a tornado and extreme weather safe place for the public. It is anticipated to have a February 2025 completion date.

Jonesboro continues to move forward on improvements like the Pool at Parker, kayak rentals at Craighead Forest Park, artificial turf at Joe Mac Campbell Park, and more!



Paragould City Hall



Craighead Forest Park Kayak Rentals



Paragould Mayor, Josh Agee



Jonesboro Sports Complex Concept Drawing

# VOTING IS OPEN

VOTE YOUR FAVORITE JONESBORO BUSINESSES!

**NEAPREMIERE.COM/AWARDS**

VOTING CLOSES ON FEBRUARY 15TH.



# ARKANSAS PROGRESSIVE MEDICINE



BASELINE

POST 1 TX

**ERASE WRINKLES  
MORE YOUTHFUL SKIN**

**CALL NOW**

**(870)520-6007**

1000 E Matthews Ave. Suite E. Jonesboro, AR 72401

# HAPPENINGS

## AHA ANNOUNCES BARRY DAVIS AS AWARD WINNER



The Arkansas Hospital Association (AHA) is pleased to announce Barry Davis, FACHE, as the 2023 recipient of the prestigious A. Allen Weintraub Memorial Award, a distinction that stands as a testament to the legacy of the much beloved Allen Weintraub and his dedication to health care and community service.

Barry Davis has been selected as this year's recipient of the A. Allen Weintraub Memorial Award for his noteworthy contributions to health care in Arkansas. He is a shining example of excellence in hospital administration, with 42 years of service at Arkansas Methodist Medical Center (AMMC) in Paragould. He began his career there as plant manager, with a newly minted degree in public administration from Lyon College, and he retired as CEO earlier this year after 11 years in that role.

## BELO GLO BOUTIQUE'S GENEROUS DONATION TO AMMC PROJECT HOPE



Belo Glo Boutique in Marmaduke recently made a generous donation to the AMMC Project Hope breast cancer support program. The boutique sold breast cancer awareness t-shirts, and the funds raised were donated to Project Hope. This contribution will go a long way in supporting breast cancer awareness and providing free mammograms to those in need. To learn more about AMMC Project Hope, please call 870-239-7077 or email [foundation@arkansasmethodist.org](mailto:foundation@arkansasmethodist.org).

**Voted Premiere Fitness Center!**

**18,000 SQ. FT. OF FITNESS OPTIONS**  
**170+ GROUP CLASSES PER MONTH**  
**FIRST WEEK AT BOOTCAMP IS FREE**

We offer:

- 24/7 Gym Access and Outdoor Fitness Area
- Group Classes offered: Bootcamp, Spin, Kickboxing, Hot Yoga, Seniors Yoga, Kids & Youth Yoga, Dance2Fit, Hot Cycle, HIIT Hot Yoga
- Personal Training and Small Group Training

Paragould PREMIERE AWARDS WINNER 2021  
 Paragould PREMIERE AWARDS WINNER 2022  
 Paragould PREMIERE AWARDS WINNER 2023  
 Paragould PREMIERE AWARDS WINNER 2019  
 Paragould PREMIERE AWARDS WINNER 2020

# PEAK FITNESS

**24 HOUR GYM · BOOTCAMP · SPIN · GROUP CLASSES**  
**YOGA · KICKBOXING · OUTDOOR FITNESS AREA**  
**(870)450-6267**  
**216 S. PRUETT STREET WWW.PEAKFITNESSPARAGOULD.COM**

**Voted Premiere Boot Camp!**

**Voted Premiere Yoga Studio!**

**ADULTS & KIDS BRAZILIAN JIU JITSU**

**COME GLOW SPIN WITH LAURA!**

**PINK OUT AT PEAK!**

**SENIOR YOGA**

## JA JONESBORO HELPS LOCAL SENIORS BECOME "FIT FOR THE FUTURE"



Members of the Junior Auxiliary of Jonesboro 2023 Provisional Class are working together to make a difference in the lives of area high school seniors who are directly entering the workforce after graduation. Realizing that not every high school graduate will go on to college, this year's provisional class took it upon themselves to sponsor five seniors from each high school in Craighead County, helping them become "Fit for the Future."

So far, the ladies have been able to serve 24 seniors and are looking to add more. Their first "Fit for the Future" workshop was held Wednesday, November 8 at Valley View High School. Valley View counselor Jordan Loebach said, "We are so grateful to be given this opportunity. It is such a critical time in these students' lives, and they are very appreciative for the support."

## AHA ANNOUNCES 2023 DIAMOND AWARD WINNERS



The Arkansas Hospital Association 2023 Diamond Awards recognize excellence and encourage improvement in the quality, effectiveness, and impact of health care marketing and public relations in the state of Arkansas. Arkansas Methodist Medical Center (AMMC) received a Diamond Award in the category of Television/Public Service Announcements for 100-249 beds division. AMMC also received a 2023 Certificate of Excellence for the 2022 Annual Report.

"Thank you to the Arkansas Hospital Association and the Arkansas Society for Healthcare Marketing and Public Relations for recognizing Arkansas Methodist Medical Center. It is an honor to be chosen amongst some of the top hospitals in the state. The AMMC marketing team is honored to receive this award," stated Tori Thompson, AMMC Foundation and Marketing Director.

**FREE LUNCH from**

Look for the current post on Facebook and like, share, comment to be entered to win.

**Jill @99.3**  
less talk. more music

**Sponsored by:**

**avocado's GRILL**

**GOURMET Smiles**

**Annie's PANCAKE HOUSE FAMILY BUFFET**

**FREE LUNCH from**

**107.1 JACK fm**  
playing what we want

**ENTER TO WIN**

Look for the current post on Facebook and like, share, comment to be entered to win.

**IRONHORSE STEAKHOUSE**

**Smokin' Hurricanes Deli & Cafe**

**Legendary 7TH STREET MARKET**

**Twisted Goose**



# ANCHOR PACKAGING

## WHY WORK FOR US?

- Vacation Time
- Paid Holidays
- Weekly Pay
- Bereavement
- Tuition Assistance
- Scholarship Program
- Advancement Opportunities

- Medical Insurance
- HSA Alternative
- Prescription Drug Program
- Vision Plan
- Dental Plan
- 401(k) Retirement Savings Plan
- Basic Life Insurance
- Supplemental Life Insurance
- Short & Long Term Disability
- Flex Savings
- Credit Union



Anchor Packaging started here in NE Arkansas as a family-owned company out of St. Louis. Our current plant locations in NE Arkansas include Paragould, Jonesboro, and Marmaduke.

We encourage our team members to get involved in their communities and we support them when they do.



**Paragould  
Marmaduke  
Jonesboro**

Finding, Connecting, & Building a Future  
[anchorpackaging.com/careers](https://anchorpackaging.com/careers)

# Next Month

## Community Resources



We LOVE our communities, and we want to share the organizations and non-profits that share their love through acts of service!

## Valentine Gift Guide



Need a gift for that special someone? Look no further because Premiere is here for you!

## Special Section



Our quarterly Kids Play special section is back! You won't want to miss it!

Equal Housing Lender | Member FDIC

## Banking for wherever the *new year* takes you.

Stay connected with banking that keeps you and your plans in mind - wherever they may take you.

 **Southern**  
BANK | [BANKWITHSOUTHERN.COM](https://www.bankwithsouthern.com)

## *New Year, New Floors, & More!*

## *Warehouse Flooring*

WOOD | TILE | CARPET | VINYL | WATERPROOF FLOORING

*"Make your house new again with floors from Warehouse Flooring"*

1709 N. Campground Road | Paragould, AR | 870.236.1754 

NEA BAPTIST CHARITABLE FOUNDATION

# DUCK CLASSIC

## \$825,000 RAISED

THE CAUSE | NEA BAPTIST CHARITABLE FOUNDATION

Center for Good Grief • ShareHope • Medicine Assistance Program  
HopeCircle • Center For Healthy Children • Wellness Works

# THANK YOU!

TO ALL WHO MADE DUCK CLASSIC A SUCCESS!

- SPONSORS • VOLUNTEERS • HUNTERS • ATTENDEES -

# DUCK YOUTH CLASSIC OPEN

SAT • FEB 3, 2024  
1st Prize - 4 Lifetime Hunting Licenses provided by the AGFC Foundation  
Open Format - hunt your own land or WMA  
Same scoring system as Duck Classic



Entry fee \$500 • Teams of 4

Rules & more information at [DuckClassic.com](http://DuckClassic.com)

Hunters under the age of 15 do not need a hunting license to hunt in the state of Arkansas, but each hunter under 15 must possess a customer identification number (CID) through the Arkansas Game & Fish Commission.

## REGISTER @ [DUCKCLASSIC.COM](http://DUCKCLASSIC.COM)

