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COMPLIMENTARY ISSUE

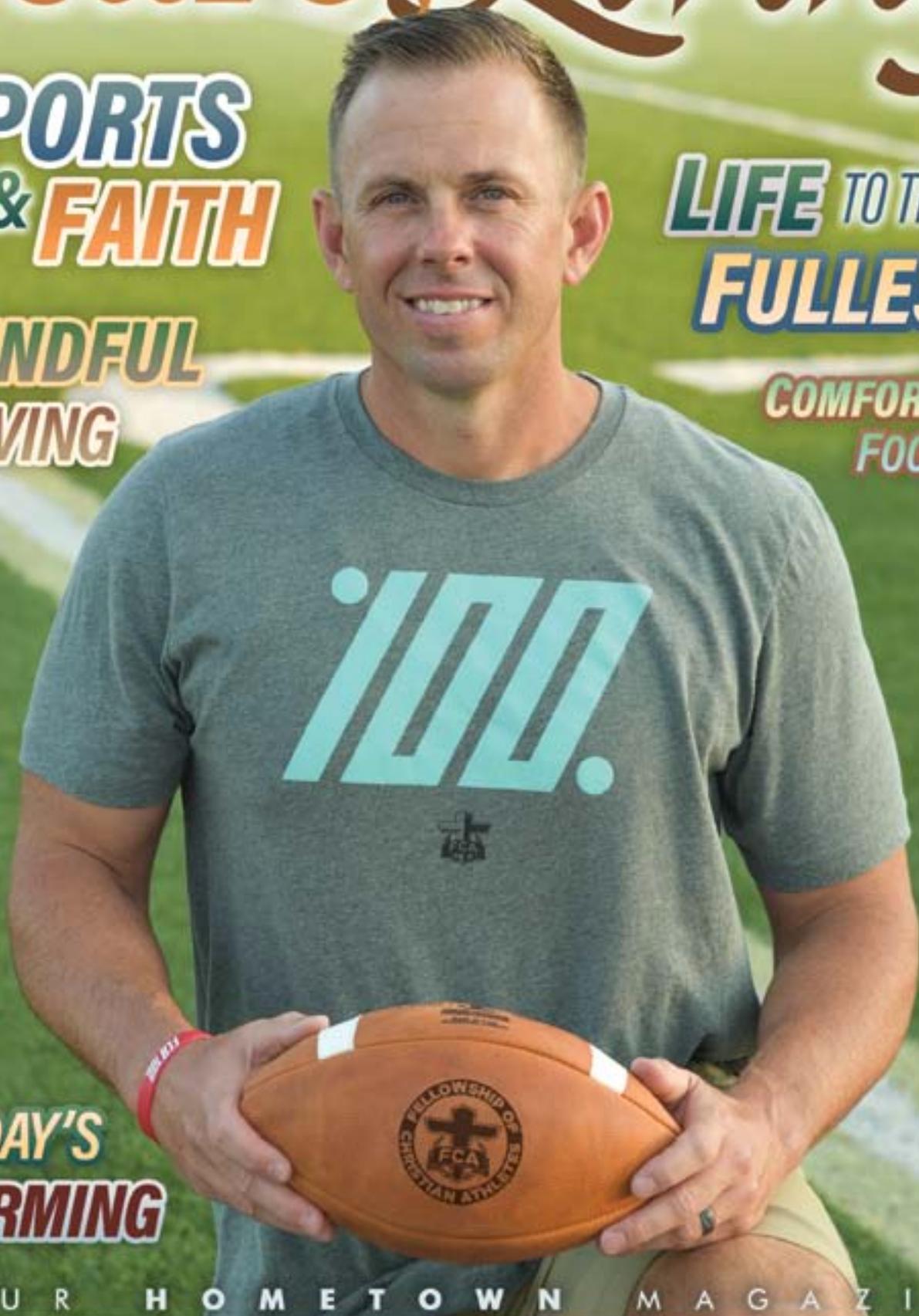
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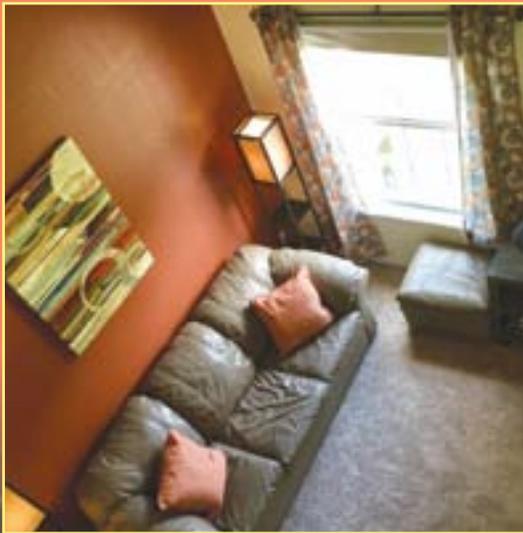
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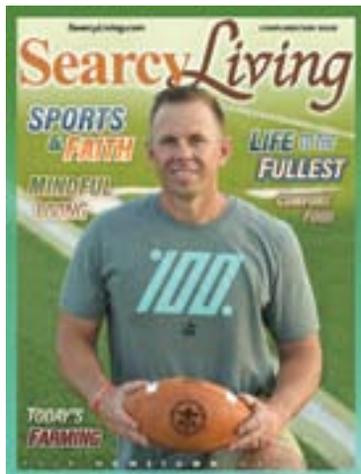
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On the Cover

Mike McCain

Photo by
Searcy Living



Publisher's Note



You Are In Control

OF COURSE you don't need it pointed out to you that we live in a much different world than we used to. Just like after 9/11, suddenly things are different everywhere and we can all probably agree that they will most likely never be the same again. With our faces covered it sometimes feels like we are living in a foreign country, but if there is even one life saved because we wear our masks it is so worth it. But still feels foreign. My heart hurts for the people who have been affected the most with the seclusion this turn of events has created. I challenge all of you to reach out of your comfort zone and remember that something as simple as a mailed card or a phone call can be someone's lifeline.

Several things happening this year have taught me that an awareness of what our kids listen to, watch, and read needs to be at the forefront in our lives. As the article on pg. 34 in this issue speaks about, "With freedom comes responsibility." How true that is.

This year my family has concentrated more on learning about not only world history, but our country's history. We are concentrating on using logic and facts to make logical sound decisions, not just believing someone else's opinions. For several years, our family has avoided TV shows where people just argue and present their opinions, sometimes raising their voices and behaving rudely to each other. It is our responsibility to find the facts [through history, voting records, written and verbal statements - in context and in entirety], search for truth, and make sound decisions.

I guess a lot of us are in the same boat, searching for truth and wanting our families that we dearly love to not go down any deceptive roads. But that is the beauty of the freedoms we do have in this country. We can seek truth, peace, and love, and go down the road of our choosing.

Recently, I was in a public place that had a TV on in the lobby. The program on was a cartoon, yet the content of it was so disturbing and graphic with drugs, violence and sex. I cannot even describe it in this publication. It was indescribably inappropriate and it was in a business that was very respectable. I pointed it out to the person manning the desk and they immediately turned it off and were appalled that it was on a channel geared towards children. Yes, you read that right... it was a network that was geared towards children.

Studies show that the mindset of the next generation can be changed with what children are taught by the age of six. If that is true, then we are in for a lot more trouble than we see our world in now with what our children are exposed to. We live in a world that pushes our children to be exposed to violence, porn, and other inappropriate content, and we wonder why so many children are struggling and why violence is at an all time high.

But. At the end of the day we still have the freedom to surround them with truth, knowledge, positivity, appropriate games and videos, and true joy. We have the choice to surround them with hope and direction to walk towards ways they can make the world a better place and make decisions based on truth that they seek, not what is fed to them by an agenda. Yes, with freedom does come great responsibility, or we will lose that freedom. I have hope that we can all find ways in our little corner of the world to move in that direction and to rise up to the challenge to take that responsibility. If we choose not to do so, we are only experiencing the start of a new world that I cannot imagine anyone truly wants.

Thank you as always for reading Searcy Living.

~Christine

A Few Quotes For Inspiration

“ **People often say** that motivation doesn't last. Well, neither does bathing – that's why we recommend it daily.”

- ZIG ZIGLAR

Educate yourself from reliable sources.

Find books and publications that speak truth and back up with facts and history. When a reporter asked Elon Musk, (the person behind Tesla and SpaceX) how he got the idea of building a rocket, he answered; “I read books.” Commit to reading 10 minutes a day, or more if you can.

“ Commit to reading **10 minutes** a day, **or more** if you can. ”

“ If you're going to **define me properly**, you must think in terms of my **failures** as well as my **successes**. ”

- HARRISON FORD

“ Your destiny is to **fulfill** those things upon which you **focus most intently**. So choose to keep your focus on that which is **truly magnificent, beautiful, uplifting and joyful**. Your life is always moving **toward something**. ”

- RALPH MARSTON

“Your attitude is like a box of crayons that **color your world**. Constantly color your picture gray, and your picture will always be bleak. Try adding some **bright colors** to the picture by **including humor**, and your picture begins to lighten up.”

- ALLEN KLEIN

“ The learner always begins by finding fault, but the **scholar sees the positive merit** in everything. ”

- GEORG WILHELM FRIEDRICH HEGEL

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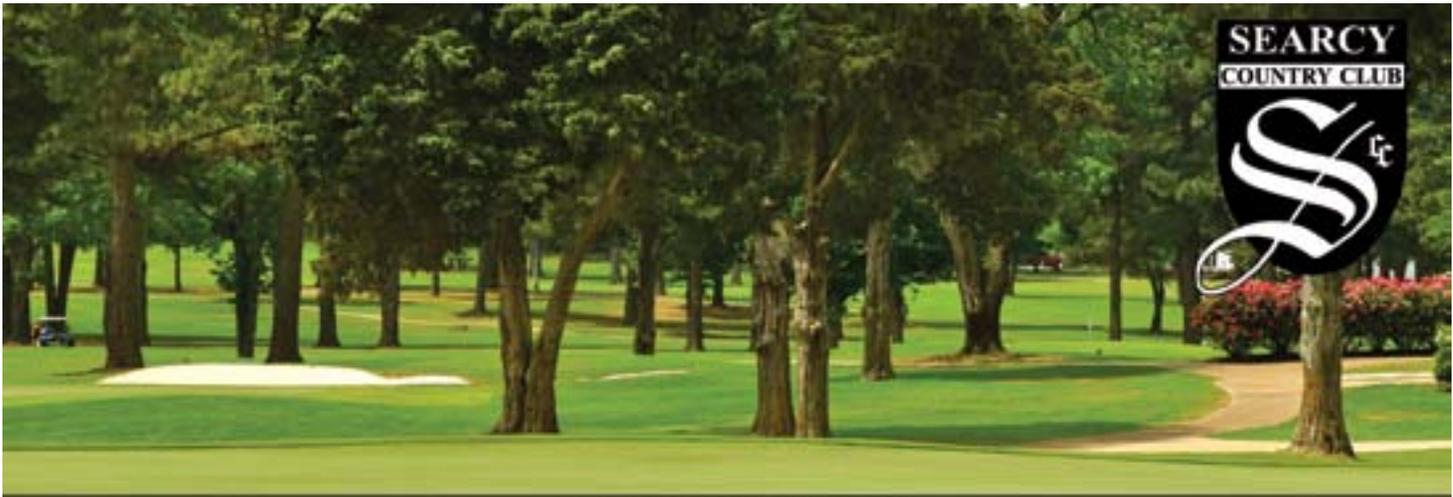
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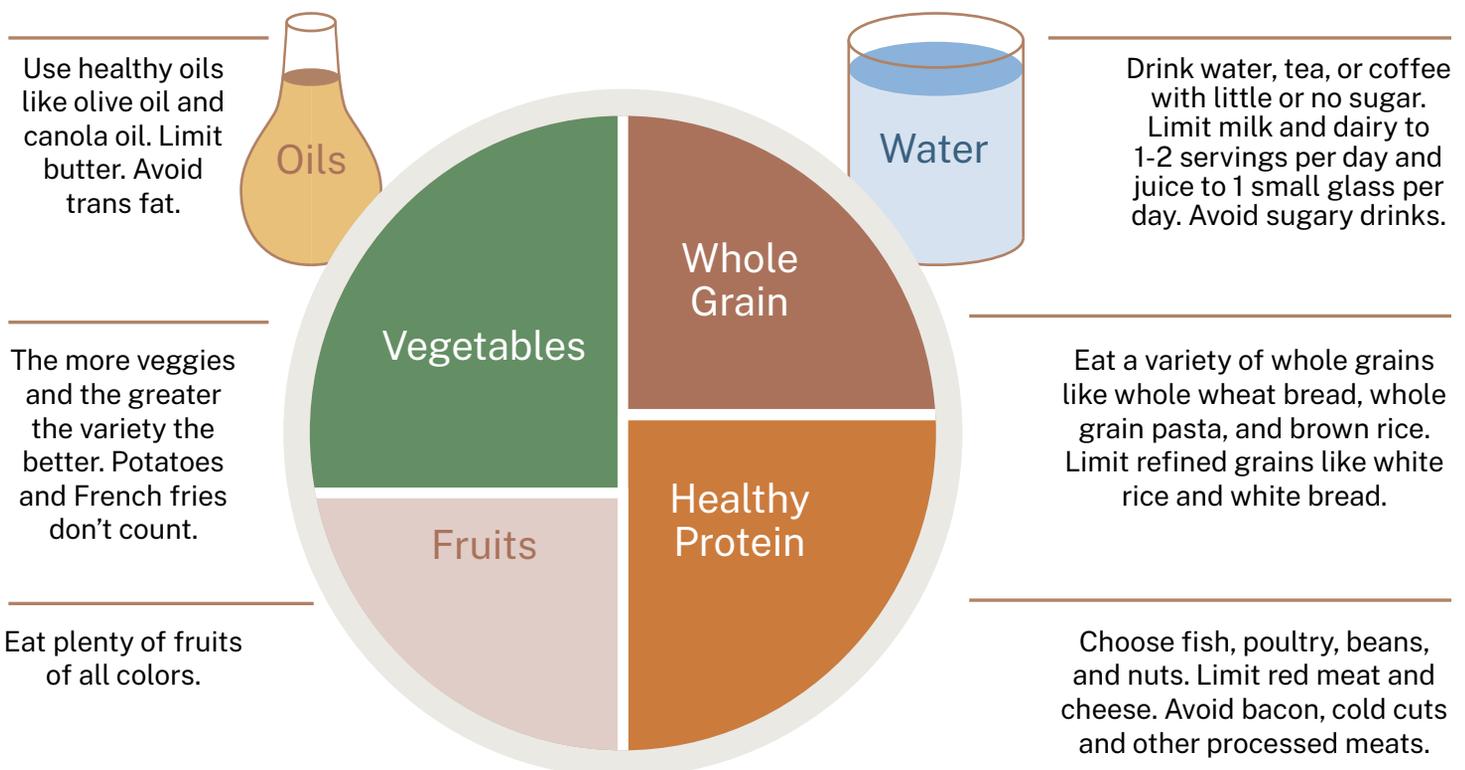
CRASH DIETS: What A Wreck!

IN THE WORLD WE LIVE IN TODAY, instant satisfaction is the key to success. When it comes to losing weight, people want to shed those last few pounds as quickly as possible. Whether it be through fasting or cutting carbs, calories, or food groups, people have resorted to trying anything to rid their unwanted body fat. Due to the want of shedding the pounds rapidly, “crash” diets have become a trend in media. These types of diets claim to help individuals lose weight quickly but are often times not sustainable. Not only do most individuals gain back the weight they lose, but “crash” dieting can also put an individual’s health at risk, potentially disrupting their metabolism. The key to shedding the unwanted pounds is making lifestyle modifications that promote long-term healthy weight loss.

Why don’t “crash” diets work? “Crash” diets often restrict certain food groups. The restriction of these food groups can put stress on the body and slow weight loss down over time. When the

body is stressed, it produces stress hormones called cortisol and adrenaline. When these hormones are increased, they can cause the body to store fat, resulting in weight gain. Increased levels of cortisol also leads to increased insulin levels which results in blood sugar dropping, causing an individual to crave sugary foods. Sound like a downward spiral? Well that’s because it is!

The key to losing weight isn’t “crash” dieting or restricting food groups, but rather healthy weight loss. Healthy weight loss comes from making lifestyle changes that include eating a well-balanced diet of fruits and vegetables, drinking adequate amounts of water, and exercising 60 to 90 minutes most days of the week. The journey to weight loss is not an instantaneous process that we wish it would be, but rather it is an investment into your overall health and well being. Take the time to make healthy food choices and exercise; it will all be worth it in the end! ✱



Information adapted from <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>



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ASU-BEEBE STUDENTS EXTEND THANKS to all those who have donated to the Student Hope Emergency Fund, which was created to help students with financial emergencies. ASU-Beebe students pictured, from left, are: Sarah Gaskin, Tyler Jones, Bailey Pendergrass, Roman Maciel, and Matthew Sparks.

ASU-Beebe Student Hope Emergency Fund Achieves Goal

Provides Financial Assistance for Student Emergencies

THE STUDENT GOVERNMENT ASSOCIATION at Arkansas State University-Beebe recently announced that the Student Hope Emergency Fund has met the initial goal of \$5,000.

“Unexpected expenses can greatly affect a student’s academic success,” said Bailey Pendergrass, president of the ASU-Beebe Student Government Association. “The student leadership created the fund to directly provide much needed financial support for students in immediate need of assistance.”

Each year, many students experience at least one unexpected financial crisis, such as a house fire, death in the family or a loss of income. The Student Hope Emergency Fund was established to offer timely relief to help ease the burden through a one-time award.

“We are so grateful to those who continue to support and donate to the student emergency fund,” said Andrea Cole, ASU-Beebe Development Officer/Major Gifts.

The Student Hope Emergency Fund was adopted this past spring, with several fundraising events planned, such as A Dish

of Hope and a Silent Art Auction, which were cancelled due to the COVID-19 health crisis.

“Even though the first fundraising goal has been met, the student need is continuous. Donations will always be accepted for this fund,” said Cole. For more information about donating to the Student Hope Emergency Fund, contact Institutional Advancement at 501-882-8855 or online at <https://www.giveasub.com/emergencyfund>.

For information about ASU-Beebe degrees or certificate programs, call (501) 882-3600 or view the website at www.asub.edu.

Founded in 1927, Arkansas State University-Beebe is an operationally separate, two-year institution of the Arkansas State University System. With campuses located at Beebe, Heber Springs, Searcy, Little Rock Air Force Base and online, the college offers associate degrees, certificates and non-credit training for business and industry.

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“I personally believe that you cannot have **societal transformation** or organizational transformation or any type of collective transformation without **personal responsibility**.

– DR. ALEX PATTAKOS, PH.D.

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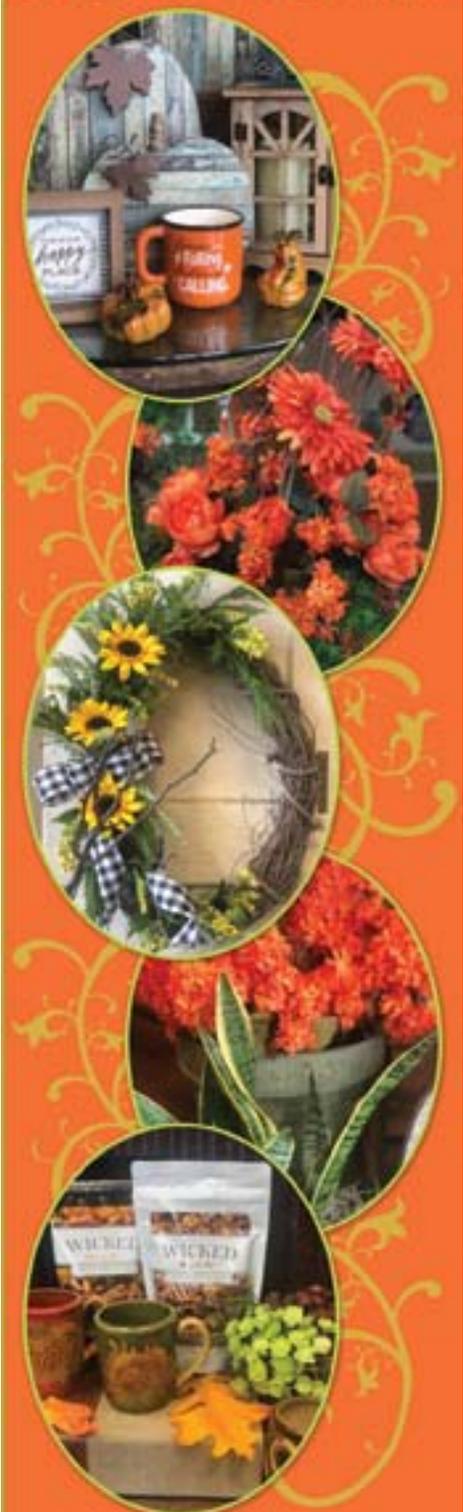
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UNITY HEALTH recently held its 24th annual **A Day of Caring**, renamed to **Community of Caring** due to **COVID-19**. 754 participants received assistance through the medical mission, which helps uninsured and underinsured residents of White County and the surrounding areas.

This year, Community of Caring medical services took place at Unity Health – Searcy Medical Center Continuity Clinic while non-medical goods and services were handed out at the Carder building across from the ER entrance.

“We are so glad we were able to still serve our community despite the current climate,” Interim Foundation Lead & Marketing, Anna Brumfield said. “We look forward to this mission every year and are so blessed by everyone who volunteers and participates.”

Due to the current circumstances, 60 volunteers from Unity Health and the community helped hand out school supplies, bags of groceries, bags of personal care items and Bibles at a no contact drive-thru; and medical exams were done at the clinic. Each exam room was cleaned after every participant and volunteers wore masks and sanitized between each vehicle.

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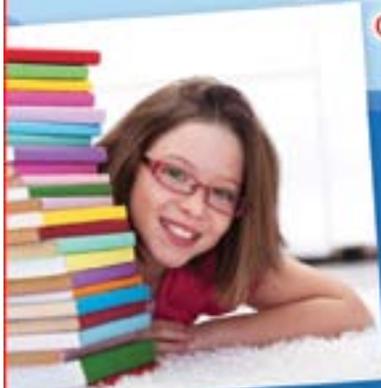
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SAWYER JACKSON from Searcy High School.
Photos Leisa Marie Photography. Photographed
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“ Therefore *encourage one another* and *build up one another*, just as you also are doing.

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VFW-ARKANSAS State Scout of the Year

ON AUGUST 7TH at the Bald Knob Post 10007 at 7:00 pm Ryan Christiansen was announced as the VFW-Arkansas State Scout of the Year! He was selected from all applicants submitted from both Boy and Girl Scout programs in Arkansas.

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Unity Health Foundation Presents Spirit Of Unity Award



THE UNITY HEALTH FOUNDATION PRESENTED JAMIE LAUGHLIN, Director of Volunteer Services, with the Spirit of Unity Award on Wednesday, Aug. 19.

A gift to the foundation was donated in Laughlin’s name by Unity Health Auxiliary member, June Tripp.

“[Jamie] exemplifies the spirit by her devotion and support for the volunteers,” Tripp said. “She was, and is, an invaluable help, especially since [my husband’s] cancer diagnosis, surgeries and treatments. Any questions I may have had, she tried to answer honestly. She made a difficult time a whole lot easier to deal with.”

The Spirit of Unity Award is a way for patients, or family members of patients, to show their gratitude by giving a gift in an associate’s honor to the Unity Health Foundation. These gifts go toward health-related programs and services that will help ensure that Unity Health is here to care for patients for generations to come.

For more information about the Spirit of Unity Award, or to honor a Unity Health associate, visit www.unity-health.org/foundation/donate-now or call (501) 278-3184.

ABOUT THE UNITY HEALTH FOUNDATION

The Unity Health Foundation is a charitable, not-for-profit corporation that serves to provide support for Unity Health. Donations to the Unity Health Foundation provide Unity Health with funding for renovations, state-of-the-art equipment and special projects to enhance patient care. The foundation extends the mission of Unity Health to create a healthy community through medical excellence and compassionate care.

June Tripp (right) presents the Spirit of Unity Award to Unity Health Director of Volunteer Services Jamie Laughlin Thursday, Aug. 19, 2020.



Congratulations!

Searcy School District was informed that Searcy High School senior **SETH BROWN** has signed a letter of intent to play on the **Lyon College Men's Basketball Team**. We offer Seth a huge congratulations for his academic and athletic achievements as he starts his post high school career in Batesville, Arkansas, at Lyon College.



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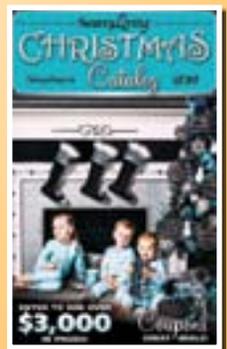
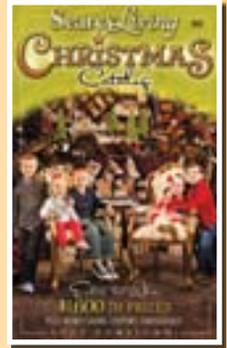
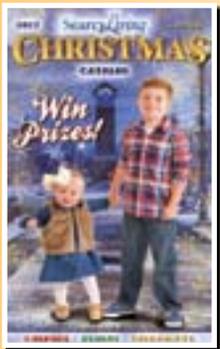
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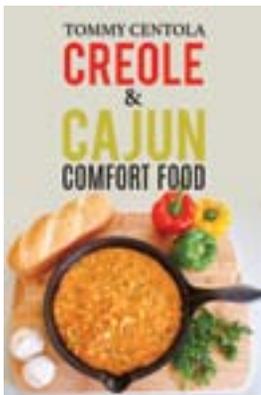


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AN ART OF COMFORT FOOD

BY TOMMY CENTOLA



I'M TOMMY CENTOLA. My wife and I moved to Searcy from New Orleans following Hurricane Katrina. Having been around great Creole and Cajun food all my life, I found myself missing my hometown cooking. I started recording my collection of recipes in the hopes of publishing them. Here is my journey on getting my second cookbook, *Creole and Cajun Comfort Food*, published.

I published my first cookbook in 2011. Unable to find a publisher willing to take a chance on a new author, I came across Publish America. They agreed to publish

You Can't Keep New Orleans Out Of The Cook. Excited about the opportunity, I signed the contract. They did publish the book, but nothing else. From editing to marketing, my wife and I did all the work. When I decided to do another book, this time I wanted a publisher who would help me achieve my dream.

Eight years ago, I started developing and testing recipes for my second book. Looking back, that was the easiest part of getting this book published. I started sending letters to Louisiana publishers to sell my book, *Creole and Cajun Comfort Food*. Unlike the first book, which received some interest, I quickly received rejection letters.

I then decided to put the book aside and concentrate on building my audience. I have been posting two recipes weekly on my

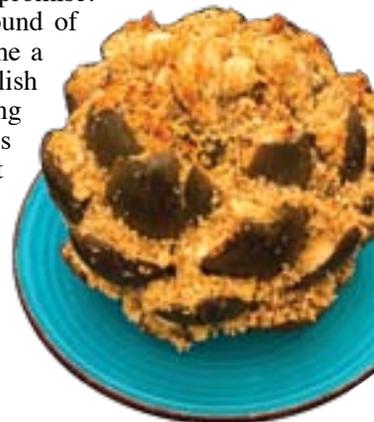
website, www.creolecajunchef.com. My Facebook page then started getting 'liked' by friends of friends. In 2017, I started writing a regular food column in the *Daily Citizen* and the desire to get my book published intensified.

I made a list of all of the publishers I could find and started sending out submission letters to any publisher who published cookbooks. Some sent rejection letters quickly; others took a few months. I did find a couple of vanity publishers who were interested, however a vanity publisher is one where the author pays for the right to publish the book. The range that I was given was between \$3,000 to \$6,000.

In June of 2019, I received an email from Ladero Press. At no cost to me, they were interested in my book becoming their first published cookbook. I sent them my manuscript and waited. Then in mid-August I received a questionnaire on the contents of my book. I then knew this was showing promise.

On the 21st of August, after a round of phone tag, L.D. Robinson offered me a two book deal. She wanted to publish my new book, along with republishing my first book. After a few emails back and forth, I signed the contract to bring my book to life. The first thing that was suggested was a new website, to bring it up to date. I wish I had done that earlier.

The original release date was for Father's Day, June 21, 2020. In



“I AM GLAD I NEVER GAVE UP
ON MY DREAM.”



January 2020, we started discussing pictures for the cookbook. This was something that was new to me, as there were not pictures in my first book. When asked if I had any recent pictures of myself, I turned to a family member who had taken the back cover picture of my first cookbook. He did a wonderful job and the publisher agreed. I then started sending in pictures of dishes I had already taken.

Next I was sent a cover design to look at, which reminded me of another New Orleans cookbook. I had also started working on taking a picture worthy of the cover. The dish is Crawfish Étouffée and that photo is my first real attempt at becoming a food photographer. In March, I approved the cover that now appears on the book.

By the end of April, Ladero Press decided to delay the publish date to Labor Day, September 7th. I was a little disappointed but totally understood. I have waited eight years, what's a couple more months? It also gave me more time to retest the recipes and get better at photography. By July, the edits were complete and the draft was sent to me... The excitement and sense of accomplishment was overwhelming.

It's been a long journey, but the end result was worth the wait and I was more excited about the second book than the first. I am very glad I never gave up on my dream. ✱



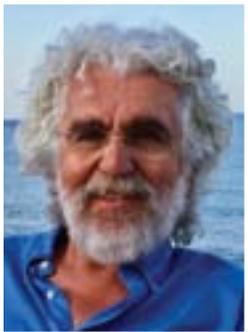
“Looking back, [developing and testing recipes] was the easiest part of getting this book published.”



A GUIDE FOR

Life & Freedom

By Cecelia Wilson



Alex Pattakos, Ph.D.



BECAUSE WE LIVE IN THE UNITED STATES, we hear the word “freedom” uttered quite often. Its usage actually increases each July 4th and in the weeks and months leading up to each election. Most of us are in agreement that freedom is valuable and, like so many other things in life we esteem (a nice house, a fast car, a great spouse), we will go to differing lengths to hold onto it. But, along with each tangible and intangible thing we hold dear, there is another term we must put into practice: responsibility.

Freedom and responsibility, living a meaningful life, love of honor. Though Alex Pattakos, Ph.D. has studied, lectured and written extensively on each of these concepts for decades, it seems our current society is in an ever-increasing need of his services. “One of the challenges we’re facing now is we’re erasing a lot and trying to rewrite a lot of history, and that’s bothersome,” Pattakos says. Born in New York City with family roots in Greece, he received his Ph.D. in Political Science before becoming a full-time professor of public and business administration. He has been an advisor to governments to affect innovation policy change, serving under three U.S. presidents and the U.S. Food and Drug Administration commissioner. He is also a U.S. Army veteran and unapologetic patriot. “One of the reasons I got into the freedom and responsibility theme is because I do strongly believe we’ve created such an entitlement culture that people are forgetting the

whole idea of ‘don’t ask what the country can do for you, but what can you do for the country.’”

With freedom comes responsibility. The Gospel of Luke 12:48 states: “For to whom much is given, much shall be required.” Pattakos agrees and is adamant that personal responsibility is a must. “I personally believe that you cannot have societal transformation or organizational transformation or any type of collective transformation without personal responsibility. If you’re not even willing to take personal responsibility, you can’t really extend into a collective conscience where everybody is responsible.”

“The guiding value of the Greeks was ‘love of honor,’” he explains. “The basic concept is that there’s something in the DNA, something inbred in the culture, that you don’t want to do harm, you don’t want to steal, you don’t want to destroy

“...We’ve created such an **ENTITLEMENT CULTURE** that people are forgetting the whole idea of *‘don’t ask what the country can do for you, but what can you do for the country.’*”

someone’s property. You want to take care of each other like a village.” He co-authored an international best-selling book with his wife Elaine Dundon entitled, *The OPA! Way* (a Greek-inspired manuscript that focuses on how people find meaning in their lives and work despite economic and social crises). What they discovered during their research for the book was that in a real village one could count on neighbors. The village had a sense of collective responsibility, but that mindset was bred because each individual in that village accepted personal responsibility first. Personal honor has meaning and inevitably spills over to a respect one feels for oneself and for others.

He and Elaine even encountered that sense of honor during their travels. While at a hotel, they had asked the hotel owner whether it was safe to venture into a nearby neighborhood after hours. The gentleman simply shook his head, “No worry; we have no crime here.” Why? Because to cause harm to another would be dishonoring your own name, your own village. It is, quite literally, an internal governor on morals that reigns in most thoughts of wrongdoing.

IN AMERICA, as much or more than the rest of the world, we are consumed with living the “good life.” Over time that “good life” has come to mean accumulating stuff, seeking pleasure, spending as fast as we earn, and constantly wanting more. In contrast, Dr. Pattakos points out that when the Greek philosophers espoused living the “good life,” they meant living a complete, meaningful life. One can have a meaningful life independent of wealth and power. In his article, *“Life, Liberty and the Pursuit of Meaning,”* (Psychology Today, posted Feb. 03, 2018), Pattakos elaborates: “[The Greek philosophers] suggested, among other things, that we strive to build our character, virtues, or excellences. Importantly, they encouraged us to do so not only to benefit ourselves, but also to benefit all of society. Aristotle, for instance, believed that the greatest virtues are those that are most useful to others. The commonly heard phrase ‘living the good life,’ in this context, means that we are acting well and living for society, not just for ourselves.”

The COVID-19 pandemic has many people pausing and asking themselves what is most important in life. “We don’t usually understand it in the good times because everything seems to be going so well for us,” Dr. Pattakos shares, “[but] it is meaning that fuels us and that keeps us sustained through the good times as well as the bad times.”

In 2018, Dr. Pattakos was named an honorary professor at the Moscow Institute of Psychoanalysis in Russia, expanding his already far-reaching seminars from the U.S., Canada, and Greece to the former USSR. As the co-founder of The Global Meaning Institute, Pattakos teaches about the human quest for meaning, based on the work he has done with the late Dr. Viktor Frankl, a world-renowned psychiatrist, existential philosopher and Holocaust survivor. Dr. Frankl, whose book *Man’s Search for Meaning* is listed by The Library of Congress as “one of the ten most influential books in America,” was greatly concerned about the balance between freedom and responsibility. Instead of using freedom as a license to do anything one wants, he argued that



“Personal honor has meaning and inevitably spills over to a respect one feels for oneself and for others.”



“...You cannot have societal transformation or organizational transformation or any type of collective transformation without personal responsibility.”

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“...**IT IS MEANING** that fuels us and that keeps us sustained through the *good times as well as the bad times.*”

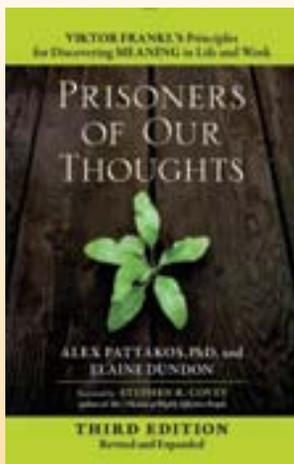
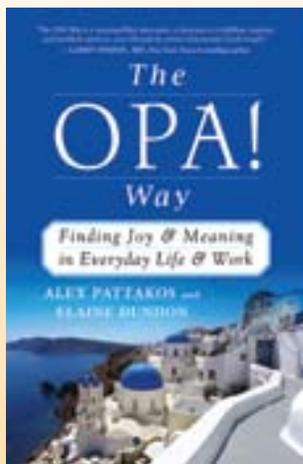
DR. ALEX PATTAKOS

freedom must be lived in terms of responsibility, else it would simply be arbitrary.

Dr. Pattakos echoes Frankl’s concerns. “We have to balance extrinsic motivators with our sense of intrinsic motivation. And so the issue that’s happening is that when people don’t have the intrinsic motivation to pursue something that’s meaningful, something that is based on mutual respect, on patriotism, on faith, and all of the things I that grew up with, and my father and my grandparents, and so forth...[those people] start looking for extrinsic motivations.” Unfortunately, for individuals not grounded with good role models in life, they end up catching onto whatever wave happens to be coming, whatever direction the wind is blowing. That village, that love of honor is lacking in that individual and, as a result, the community is affected by that lack of purpose and lack of personal responsibility.

“There are so many things we are blessed with in the United States,” Alex Pattakos muses, “and we just take it for granted.” Our country and our freedom are priceless. As such, we shouldn’t take them lightly. Shouldering the responsibility to make ourselves and our nation better will not only improve and retain that liberty, but make for a life full of meaning and purpose. ✱

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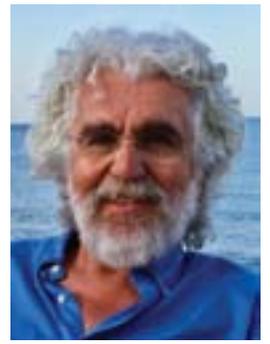
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ABOUT

Alex Pattakos Ph.D.



From his website (www.GlobalMeaningInstitute.com)

ALEX PATTAKOS is the author of 2 international best-selling books on Meaning, available in 20+ languages: *Prisoners of Our Thoughts* (written at the personal urging of world-renowned psychiatrist Viktor E. Frankl, M.D., Ph.D.), and Greek-inspired *The OPA! Way* (outlining how people find meaning in their everyday lives & work despite being surrounded by economic and social crises). He is a subject matter expert and columnist on the Search for Meaning for *Psychology Today*, and a columnist for the Public Administration Times on the topic of "Meaning in Government." He is currently writing a new book, entitled *Public Administration and the Search for Meaning: Rediscovering the Soul of Government*, that will be published by Routledge, the global leader in academic book publishing in the Humanities and Social Sciences. Dr. Pattakos was awarded the title of Honorary Professor by the Moscow

Institute of Psychoanalysis in Russia, for his contributions to the development of Viktor Frankl's System of Logotherapy & Existential Analysis and for advancing the search for meaning in life, work, and society.

Today, Alex splits his time between Greece, Canada, and the USA, focused on writing, speaking, and advising about the human quest for Meaning and the discipline of MEANINGology®, with a particular interest in the application of Meaning to social transformation and political thought. ✨



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TODAY'S FARMING COMMUNITY

White County Farm Bureau Women's Leadership Committee

By Martha Duncan Overby



RICE DEMO: *Jan Yingling, committee member and White County Cooperative Extension Agent, shows students the anatomy of a rice plant and discusses the plant's life cycle during a farm tour.*

"It's an industry that is family driven, usually with multiple generations of a family working side by side."

For those of us who live in town, we tend to forget a major industry right here in White County is agriculture. It's an industry that is family driven, usually with multiple generations of a family working side by side. If you are like me before I began writing these articles, I thought of Farm Bureau as just another insurance company. Absolutely not so. It is an organization created to provide advocacy for the agriculture (AG) industry.

My subject for this article is the White County Farm Bureau Women's Committee. Some of what this group does is: **1) educate our local youth about agriculture throughout the year, 2) arrange and work at farm tours, 3) create and man the WC Farm Bureau booth at our county fair, 4) participate at Harding University's annual Day of Caring, 5) see that their backpack program is carried out each year, and 6) manage the WC Farm Bureau Facebook page.**

White County Farm Bureau Board members who also serve on the White County Farm Bureau Women's Leadership Committee are: Dana Stewart, Fredese Wheatley, Judy Riley, Danna Cofer, and Amanda Mathis. I had a chance to speak with each of them.

Dana Martin Stewart

YOU MAY REMEMBER Dana Martin Stewart, as my first article was about her family business, the Martin Cattle Company. Next year she will serve as the President of White County Farm Bureau. She shared, "All the board members of the Women's Committee are either Board members of the White County Farm Bureau, wives of board members or members in our local AG community. They all have a passion to advocate for AG and that is what we need. The heart of the committee is based in education. All our efforts come back to educating about where our food comes from, how it is produced safely, and why farmers do the things they do. The Women's Committee usually has one event or another going on throughout the year. With Covid-19, that has been slowed down from what we usually do."

One way Farm Bureau advocates for the local AG industry is to name a Farm Family of the Year for each county group. It reminds us of the food producers living here in our community. Dana shared about working with the current Farm Family of the Year (my second article in our last issue told their story): "Tara and Brad Peacock are a great couple, wonderful advocates for AG and a joy to work with. Tara volunteers her time to handle anything media or media design related." Brad also serves on the County Board.

Judy Riley

JUDY RILEY'S FAMILY owns Riley Farm in El Paso, AR. They raise beef cattle and sell frozen boxed beef. She has been involved with the Board and the Women's Board on and off since 1982. She took the time to explain to me

more about how Farm Bureau works. The organization did not start out as an insurance company, but as an advocacy group for agriculture. Each county in Arkansas has a Farm Bureau Board made up of county members. Most industries have some type of union or trade organization to represent them in the area of influencing public policy and legislation for their occupation. Farm Bureau fulfills that need for rural farmers. Issues that affect farmers are discussed and solutions sought on the county level with the Policy Board. Policy solutions are then sent to the state level of the organization. At the state level, these issues are voted on and may be presented to our state legislators for possible legislation.

Farm Bureau spotlights different farming practices on their Facebook page and in school educational programs. When it comes to knowing where our food comes from, many children don't know anything other than Kroger or Walmart.

All the county Farm Bureau Boards are made up of members that serve as volunteers. The state offices have paid employees. The insurance side of Farm Bureau came about as members found many times they were not able to find an insurer for their farm and home. It was not until volunteer fire departments were created in rural areas that it became easier to get coverage. But not every company can offer you liability coverage for your cattle, your barns, or your crop. For instance, if your cow gets out of the pasture on the road and is hit by a car, the farmer is liable to pay for that car's repairs. This expense would be also increased by the fact that you have lost a cow. Farm Bureau was able to create policies to meet these kinds of needs.

One of the favorite things this group does is the grade school children's field trips to the farm of Michael and Sarah Oxner in Bald Knob. This trip is a lesson in growing rice. In our local third and fourth grade classes, teachers have a planned unit on rice as a worldwide commodity and food source, hence the phrase "Rice is Life".

On the Oxner farm, there are various stations for the students to experience. One of those stations is to plant their own rice seed to be taken back to their classroom so they can watch them germinate and grow. While on the farm, the class goes out into a rice field. They learn about the harvest process. There is a mobile unit with a virtual harvester simulator that each child can experience, along with getting to sit on a farm tractor. The children see how rice is stored, and how a rice miller works to remove the outside hull. Lastly the class gets a rice crispy treat, having seen and been taught about rice from planted seed to sweet treat.

Back in the classroom, the teachers have handouts about rice production along with opportunity for questions and discussion, and then a test. Farm Bureau members' annual fees go to help pay for these curriculums used in our local schools.

Fredese Wheatley

I WAS SURPRISED TO FIND that Fredese Wheatley and her husband not only raise beef cattle on their family farm, but she also assists him in his work as a self-employed AG Consultant. Mr. Wheatley was employed as a County Extension Agent right out of college. Working as a County Agent, you are given a territory as your responsibility, which means your efforts and energy must cover all the farmers in your territory. Being spread so thin made it difficult to give any one specific farmer all the help that he needed. He had farmers asking him to start his own consulting business to enable him to provide more assistance to the farmers he worked with.

The Wheatley's live in White County, but most of his clients are in Poinsett County. Mr. Wheatley's job is to visit the fields of his clients every week (that's over 100 fields a week), helping



PIONEER VILLAGE: *Judy Riley shares facts about dairy cows with visitors during an event at Pioneer Village.*



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FOOD DONATION: *Fredese Wheatly is pictured make a donation to the Searcy School District as part of the committee's hunger project.*

"Each person brings a perspective and skill to the group, helping us reach a larger audience for our advocacy efforts. Everyone has their specific experience and expertise. The group members all have diverse backgrounds, but have that common link of involvement in the AG industry."

farmers to determine how to get the most yield out of their crops. Once his client's harvests are in, his job changes. It is time to take soil samples and send them off to the University of Arkansas soils lab. From the lab reports, he can his counsel the farmer as to what nutrients are needed to insure his field soils will be productive for the next season. Fredese prepares all the reports given to the farmer clients.

The Wheatleys also work in the education programs, visiting classrooms to teach about farming. Fredese tells me many times there are parents educated along with their children. Mr. Wheatley has been labeled "the Rice Doctor" for his expertise in growing rice crops. His job can be a very intense and demanding position. Who knew that farmers needed help from "the Rice Doctor"?

In speaking about Farm Bureau, Fredese tells me, "Each person brings a perspective and skill to the group, helping us reach a larger audience for our advocacy efforts. Everyone has their specific experience and expertise. The group members all have diverse backgrounds, but have that common link of involvement in the AG industry."

Danna Cofer

DANNA COFER AND HER HUSBAND have been members of Farm Bureau and have volunteered on the White County Board since the 1970s. Danna and her husband were recognized as a Farm Bureau Young Farmers and Ranchers Family in 1973, the first year this recognition began. Her husband is the second generation in his family to serve on the White County Board. He is partially retired now. As a farmer he grew hay and silage, which is a high moisture grass used for feed. It can be stored in silos or in plastic bags to allow for fermentation. In the early years Danna worked side by side with her husband in the fields. Later on she taught school, then worked as a school counselor. These days Mr. Cofer no longer farms row crops, only hay. He works hauling hay for other farmers.

Danna is a wealth of information about what Farm Bureau has done for the rural farm community over the years, like fighting for electricity and WiFi for these areas. She tells me the organization has become so much more than it was initially envisioned. The number of companies offering discounts to Farm Bureau members has grown and now the organization even has its own bank.

For many years Danna served as Chairman on the Policy Committee and has been involved in seeing some issues regarding the AG industry develop into state and federal laws, and even amendments to the Arkansas Constitution. Years ago, when family farms were almost the norm in White County, Farm Bureau was very well known amongst the public as the voice and representation for farmers. Today the public is not as aware of this role.

Amanda Mathis

AMANDA MATHIS was kind enough to take my call and talk about Farm Bureau even though she was on vacation. She works as an Assistant State Conservationist for the Natural Resources Conservation Service, a department of the United States Department of Agriculture. This department works with private landowners to promote conservation efforts in Arkansas farming. Once again, here is an occupation in AG that I did not know existed. The expertise of this department is varied. There are engineers, soil scientists, and experts in field operations, state public affairs and management and strategy. Amanda works in Partnership Coordination.

This department presents various conservation programs to farmers and administrates the provisions to offset the cost of these conservation programs. Farmers are given a "Site Prescriptive Plan" created for just the needs of their farm and then they are informed of the provisions available through the Federal Farm Bill to help pay for the plan. For a cattle rancher, that may mean instituting a rotation grazing plan, which

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may cut down on the amount of feed needed for the winter season and help to increase profits. For a farmer, a plan may be a pipeline to increase the watering capability to their fields. That would be drawn up by one of the departments' engineers. What we would install in our yards for consistent watering of our lawn, they can design on a large scale to meet the specific need of the farmer.

Amanda also shares that passion to educate our youth on what the AG industry is and what it means to our county and state.

In speaking with these accomplished women, two points were expressed by everyone: the need for advocacy for the farmer/rancher, and how important it is to educate others on the very active food production going on around us right here in White County. What I thought would be an article on a group of women involved in community events has turned into an education in various occupations involved in the AG industry.

My grandfather's farm was right on the top of Joy mountain, which is nine miles west of Searcy. The farm family of today is not the same as in my grandfather's day. Today the term "family farm" does not mean that you farm to feed your own family, it means family working together to feed our nation. Farming has evolved into a much more high-tech opportunity and operation. Technology has opened up occupations that were not an option in past generations. The expertise and responsibilities of those working in this industry are varied and specific. After writing this three article series on the dedicated members of White County Farm Bureau, I feel schooled. I hope you do too. ✱



FARM TOUR: Shirley Powell and Dana Stewart, committee members, talk about rice products and by-products during a farm tour with local students.

"Speaking with these accomplished women, two points were expressed by everyone, the need for advocacy for the farmer/rancher, and how important it is to educate others on the very active food production going on around us right here in White County."

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Singing In ANOTHER WORLD

Author Unknown

THOSE OF US OLD ENOUGH to remember when the phone was wired to the wall, usually in the kitchen, can relate to this story. I loved this read.

When I was a young boy, my father had one of the first telephones in our neighborhood. I remember the polished, old case fastened to the wall. The shiny receiver hung on the side of the box. I was too little to reach the telephone, but used to listen with fascination when my mother talked to it.

Then I discovered that somewhere inside the wonderful device lived an amazing person. Her name was “**Information Please**” and there was nothing she did not know. **Information Please** could supply anyone’s number and the correct time.

My personal experience with the genie-in-a-bottle came one day while my mother was visiting a neighbor. Amusing myself at the tool bench in the basement, I whacked my finger with a hammer, the pain was terrible, but there seemed no point in crying because there was no one home to give sympathy. I walked around the house sucking my throbbing finger, finally arriving at the stairway.

The telephone! Quickly, I ran for the footstool in the parlor and dragged it to the landing. Climbing up, I unhooked the receiver in the parlor and held it to my ear. “**Information, please,**” I said into the mouthpiece just above my head.

A click or two and a small clear voice spoke into my ear. “**Information.**”

“I hurt my finger...” I wailed into the phone, the tears came readily enough now that I had an audience.

“Isn’t your mother home?” came the question.

“Nobody’s home but me,” I blubbered.

“Are you bleeding?” the voice asked.

“No,” I replied. “I hit my finger with the hammer and it hurts.”

“Can you open the icebox?” she asked.

I said I could.

“Then chip off a little bit of ice and hold it to your finger,” said the voice.

After that, I called “**Information Please**” for everything. I asked her for help with my geography, and she told me where Philadelphia was. She helped me with my math.

She told me my pet chipmunk that I had caught in the park just the day before, would eat fruit and nuts.

Then, there was the time Petey, our pet canary, died. I called, “**Information Please,**” and told her the sad story. She listened, and then said things grown-ups say to soothe a child. But I was not consoled. I asked her, “Why is it that birds should sing so beautifully and bring joy to all families, only to end up as a heap of feathers on the bottom of a cage?”

She must have sensed my deep concern, for she said quietly, “Wayne, always remember that there are other worlds to sing in.” Somehow I felt better.

Another day I was on the telephone, “**Information Please.**”

“Information,” said in the now familiar voice.

“How do I spell fix?” I asked.

All this took place in a small town in the Pacific Northwest. When I was nine years old, we moved across the country to Boston. I missed my friend very much.

“Information Please” belonged in that old wooden box back home and I somehow never thought of trying the shiny new phone that sat on the table in the hall. As I grew into my teens, the memories of those childhood conversations never really left me. Often, in moments of doubt and perplexity I would recall the serene sense of security I had then. I appreciated now how patient, understanding, and kind she was to have spent her time on a little boy.

A few years later, on my way west to college, my plane put down in Seattle. I had about a half-hour or so between planes. I spent 15 minutes or so on the phone with my sister, who lived there now. Then without thinking what I was doing, I dialed my hometown operator and said, **“Information Please.”**

Miraculously, I heard the small, clear voice I knew so well.

“Information.”

I hadn't planned this, but I heard myself saying, “Could you please tell me how to spell fix?”

There was a long pause. Then came the soft spoken answer, *“I guess your finger must have healed by now.”*

I laughed, “So it's really you,” I said. “I wonder if you have any idea how much you meant to me during that time?”

“I wonder,” she said, “if you know how much your calls meant to me. I never had any children and I used to look forward to your calls.”

I told her how often I had thought of her over the years and I asked if I could call her again when I came back to visit my sister.

“Please do,” she said. “Just ask for Sally.”

Three months later I was back in Seattle.

A different voice answered, **“Information.”**

I asked for Sally.

“Are you a friend?” she said.

“Yes, a very old friend,” I answered.

“I'm sorry to have to tell you this,” She said. “Sally had been working part time the last few years because she was sick. She died five weeks ago.”

Before I could hang up, she said, “Wait a minute, did you say your name was Wayne?”

“Yes.” I answered.

Well, Sally left a message for you. She wrote it down in case you called. Let me read it to you. *The note said, “Tell him there are other worlds to sing in. He'll know what I mean.”*

I thanked her and hung up. I knew what Sally meant.

Never underestimate the impression you may make on others. Whose life have you touched today? ❄



“NEVER UNDERESTIMATE THE IMPRESSION YOU MAY MAKE ON OTHERS. WHOSE LIFE HAVE YOU TOUCHED TODAY?”

Anxiety, Stress, & Mindful Living



BY KATIE TANKERSLEY, LMSW – Behavioral Health Therapist
Unity Health – Compass, Newport

*“Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present.”
(Keane, 1994)*

It's not uncommon these days to see quotes like this displayed in homes or shared on social media. While the message of these quotes may be a beautiful sentiment, for those with anxiety, statements like these often come across as irritating platitudes rather than mottos that are easily implemented into daily life.

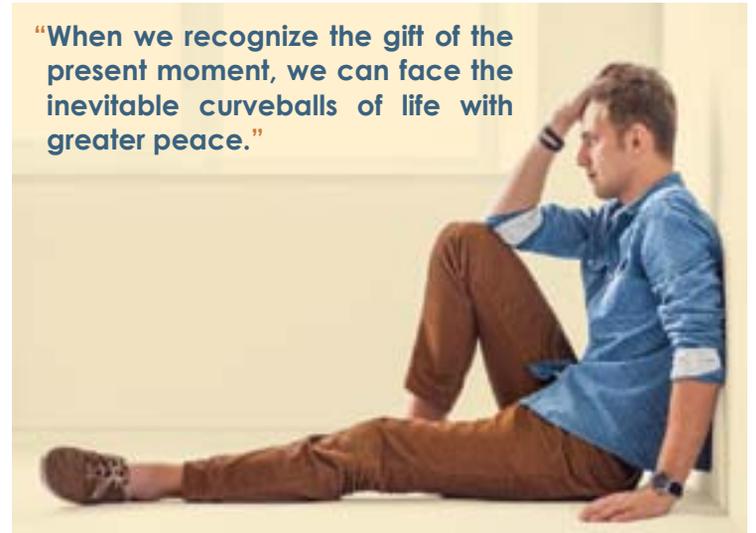
Anxiety is such a prevalent obstacle in the lives of many people, especially at this point in our world. Whether we're dealing with stress related to family, finances, a never-ending to-do list, illness, or global chaos, we all experience anxiety on some level. Which raises the question: do the messages of these proverbs have any real substance when it comes to practically coping with anxiety, or are they simply charming decorations taking up space on the mantle?

At some point in each of our lives, we have all come face to face with anxiety. According to the National Institute on Mental Health, “An estimated 31.1% of U.S. adults experience an anxiety disorder at some time in their lives” (National Institute on Mental Health, 2017). For some, it's an infrequent occurrence that flares up around the holidays. For others, it's a daily battle. As someone who sees the different faces of anxiety on a daily basis, I can tell you that they come in many different forms. During a time when anxiety levels seem higher than ever before, it is crucial to find effective ways of managing it. This can be exceptionally challenging when many of us live in seemingly constant chaos with comparison and impossible expectations smothering our day to day. While anxiety keeps us stuck in the past or fearing about the future, some of the most effective ways of coping with anxiety really do focus

on changing our perspective. When we recognize the gift of the present moment, we can face the inevitable curveballs of life with greater peace. As with anything in life, change is work. Anxiety reducing techniques are not a quick fix. Even though they take practice and persistence in order to see lasting effect, I have seen firsthand how hard work and striving towards mental wellness changes lives for the better. My hope is that the suggestions listed here will be a good start. I hope we can all realize we are not alone in the battle against anxiety and that we can all be a little kinder and gentler with ourselves and those around us as we all strive towards more mindful living.



“When we recognize the gift of the present moment, we can face the inevitable curveballs of life with greater peace.”



“I have seen firsthand how hard work and striving towards mental wellness changes lives for the better.”

FIVE SENSES

Mindfulness Exercise

- ▶ Take three slow deep breaths.
- ▶ List five things you see.
- ▶ List four things you hear.
- ▶ List three things you feel.
- ▶ List two things you smell.
- ▶ List one thing you taste.
- ▶ List one thing good about yourself.
- ▶ List one thing you are grateful for today.



About Therapy

I THINK EVERYONE COULD BENEFIT from trying therapy. Therapy is a wonderful journey of self-discovery where we learn how to manage our most challenging emotions. Each emotion tells a story, and part of therapy is discovering how that story continues to affect our lives today. Therapy may expose our vulnerabilities, but it also helps us discover the strengths within ourselves that we never knew existed.

Coping Tips

PRACTICE RELAXATION AND MINDFULNESS: Relaxation exercises can be extremely effective in re-orienting to the present and reversing the negative effects of anxiety. It's important to remember that these exercises may not have an instant effect. For those that live with chronic anxiety, these techniques take time and practice to re-train the mind and body.

Things to practice: Deep breathing, meditation, progressive muscle relaxation.

Resources to help: YouTube meditation videos, Calm and Headspace apps, Yoga with Adriene YouTube channel.

DEVELOP A SELF-CARE ROUTINE: Chronic anxiety can often build up to an exhausting and frustrating daily routine, leading to further mental and physical difficulties. Developing a self-care routine of healthy exercise, diet, sleep, hobbies, and self-compassion can improve mood, relieve anxious energy, and support mindful living.

Things to practice: Goal setting, time management, journaling, developing new hobbies, taking time for yourself.

Resources to help: MyFitnessPal app, Yoga with Adriene YouTube channel, SMART goal setting app.

PRACTICE CHANGING PERSPECTIVE: Many of our anxious thoughts are based on faulty perceptions we have developed from a painful past. As with every new skill, changing perspective also takes time and practice to recognize irrational worries and develop an appreciation of living in the present.

Things to practice: Gratitude journaling, challenge irrational thoughts, Cognitive-Behavioral Therapy.

Resources to help: MoodKit app, Gratitude Journal app. ✳

“During a time when anxiety levels seem higher than ever before, it is crucial to find effective ways of managing it.”



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PROTECT YOURSELF

Against Financial Scammers

IT'S UNFORTUNATE BUT TRUE: During this period of economic uncertainty, one of the busiest “industries” has been financial scamming. But it goes on even during normal times, so you’ll want to know what to look for and how to defend yourself.

For starters, just how widespread is financial fraud? Consider this: In 2019, more than 3.2 million fraud cases were reported to the Federal Trade Commission, with identity theft being the most common type of fraud, accounting for about one-fifth of the overall cases. And fraudulent new accounts (mortgages, student loans, car loans and credit cards) amounted to about \$3.4 billion in 2018, according to a study by Javelin Strategy & Research.

To prevent yourself from being victimized, consider the following suggestions. They are certainly not exhaustive, but they should prove useful.

- **WATCH OUT FOR UNSECURE WEBSITES.** Make sure a website is secure before entering any payment or personal information. Look for sites that start with HTTPS, rather than those with just HTTP, which are not secure and can be hacked. But even a site with HTTPS can still be used by scammers, so, if you don’t recognize the name of the company or group that’s requesting your information, do some research to make sure it’s legitimate.
- **REVIEW YOUR CREDIT REPORTS.** As mentioned above, the fraudulent opening of new accounts is a big source of financial scams. To be sure nobody has opened new accounts under your name, try to review your credit reports at least once a year. You can get them for free at AnnualCreditReport.com.
- **FOLLOW UP ON FRAUD.** If you’ve already been victimized by having new accounts opened in your name, contact one of the three major credit reporting agencies (Experian, Equifax or TransUnion) and place a 90-day fraud alert on your credit

file. You might also want to file a complaint with the Federal Trade Commission, print it out and file it with your local law enforcement agency. And it’s also a good idea to contact the fraud department of the financial companies where the thief has opened a fraudulent account in your name.

- **BE ALERT FOR SUSPICIOUS LINKS.** “Phishers” have gotten quite good at sending out messages that look like they’re from reputable businesses. But if you examine these messages carefully, you can usually determine if there’s something off about them. For example, no legitimate business will tell you, via this type of message, that you have to “correct your account” by providing additional information. And if you do hit the link provided and it takes you to a third-party site, you can be pretty sure it’s bogus.
- **RESIST “ACT NOW” OFFERS.** If you get an offer via phone or online urging you to “act immediately” on an investment opportunity, discontinue the communication. No reputable financial advisor will ever try to force you to take such swift action, and if an investment is legitimate, it will be available tomorrow, next week and next year.
- **USE YOUR SHREDDER.** You probably have the option to “go paperless” with all your financial services providers, but, if you still do receive paper documents, be sure to shred them when they’re no longer needed.

You save and invest for years to help achieve your long-term goals. Don’t let any of your efforts be undone by financial fraudsters. ❄

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC



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MIXING SPORTS & FAITH

MIKE
McCAIN





FELLOWSHIP OF CHRISTIAN ATHLETES



By Martha Duncan Overby

MIKE MCCAIN has had a sixteen year coaching career in White County. He coached at Searcy High, then held the position of Head Football coach at Riverview High School for six years. Mike is a Harding Alumni. Playing football for the Bisons, he was named All-Time Bison Letterman for 2001-02. He is now a full time staff member of Fellowship of Christian Athletes as Area Representative for North Central Arkansas. His area of responsibility is White County and Heber Springs in Cleburne County. The organization is a mix of two prominent aspects of Mike's life: faith and sports.

Fellowship of Christian Athletes, founded by Eastern Oklahoma A&M basketball coach Don McClanen in 1954, is an international Christian sports ministry based in Kansas City, Missouri that reaches into 92 countries. Here in the USA, FCA is the only Christian organization that can go into public schools, because it is student led.

Mike has been on staff at FCA for 1 year. He has been serving for 16 years as a volunteer, working with Huddle groups. As a staff member you must raise the funds to support your salary, benefits and supplies needed (such as Bibles and study materials) just as a missionary who goes abroad. He had to find these sponsors and funding before he could represent FCA on school campuses. His support has come from businesses and churches. There are a lot of people who care about ministry to the schools in our area.

So, Mike is actually a missionary and his mission field is White County. It helps that his coaching career was here in White County, as he knows the local coaches. He ministers to and through coaches, who in turn are able to reach the students who want to become involved with FCA and start a Huddle team study. At this time, there are Huddle groups established at Searcy High, Riverview, Beebe, Bald Knob, Rose Bud and White County Central Schools.

► *Continued on next page*

Their Vision: To see the world transformed by Jesus Christ through the influence of coaches and athletes.

Their Mission: To lead every coach and athlete into a growing relationship with Jesus Christ and His church.

Promoted Values: Our relationships will demonstrate steadfast commitment to Jesus Christ and His Word through Integrity, Serving, Teamwork and Excellence.

These values are promoted by way of: **1)** small group Bible studies for coaches and athletes, called Huddles; **2)** camps that promote spiritual growth along with athletic skills; **3)** the FCA Coaches Ministry, aimed at supporting Christian coaches and **4)** partnering with other like organizations with a variety of trips internationally.



The McCains

Left to Right: Troy, Mike, Summer, Victoria and Sara.



▲ Mike McCain speaking to students at Fields of Faith event 2019.

“So, Mike is actually a missionary and his mission field is White County.”



▲ Rose Bud High School FCA Huddle, last February.



“It’s a perfect job for me. It involves sports, and I get to share the gospel with coaches and kids.”

— MIKE MCCAIN

Mike shared, “It’s a perfect job for me. It involves sports, and I get to share the gospel with coaches and kids.” Besides working with the high schools, through FCA, Mike also partners with Searcy Youth Baseball, AAU basketball teams and travel baseball clubs. This summer, FCA partnered with the College Church of Christ to help provide 500 FCA Sports New Testament Bibles to each player in the Searcy Youth Baseball League.

Since FCA is a non-profit, fundraising is an important part of the organization. This year, there will be a golf tournament fundraiser at our local Searcy Country Club to support FCA on September 4th. For information on participating, go to their website, ncafca.org, and check “Events.”

One of the local ministry events FCA sponsors each year is in October in Searcy at Lion Stadium, called “Fields of Faith.” It’s an opportunity for students and community to come together. These events are held all around the state. There is always a praise team to lead worship, student testimonies, and usually a speaker. Last year there were 700 people in attendance, 500 of them being students. It is a great time of ministry. However, because of the Covid-19 virus, they will have to wait and see if this event can be held this year.

A really popular event FCA sponsors are College Game Days. Each individual Huddle group decides if they will get a group together to participate by attending an FCA Rally and then the college game. FCA high school athletes all around the state come to attend the Rally, hours before the football game. These Rallies are held on campus, include a Praise and Worship Team, speakers are former Razorback football or basketball athletes, or even field and track athletes who share their testimony, and an altar call is given. Last year the speaker was former Razorback Jeb Huckeba. Jeb is now affiliated with the North West Arkansas FCA group.

Last year, Mike took a group of 55 Riverview students to College Game Day, and there were 20 professions of faith made within the group. The next FCA Razorback Game Day is scheduled for October 3rd at Razorback Stadium in Fayetteville, with the Arkansas Razorbacks against the Charleston Southern Buccaneers.

Mike talked about the importance of the FCA events, saying, “For a student whose family does not attend church anywhere, this is an opportunity to hear the gospel. We try to take Jesus to these students. We want to reach coaches and athletes, empowering them to know Jesus Christ and what He can do in their lives.”

If you or your church would like to help support Mike McCain as he ministers to our local high school athletes, you can do so at his personal FCA page: <https://my.fca.org/mikemccain> ✳

TO CONTACT MIKE:

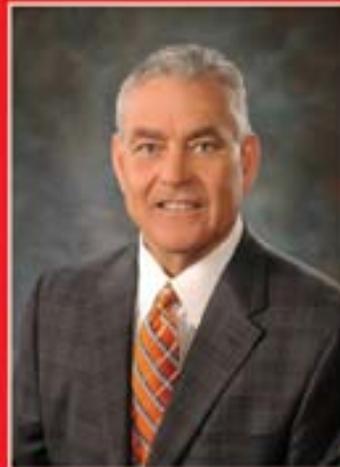
mmccain@fca.org or (501) 412-6111

▼ Riverview FCA at 2019 Razorback FCA Game Day.
FCA coaches are Jessica Wilson and Nathan Claxton.



▲ Fellowship of Christian Athletes, founded by Eastern Oklahoma A&M basketball coach Don McClanen in 1954, is an international Christian sports ministry based in Kansas City, Missouri that reaches into 92 countries.

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“Besides working with the high schools, through FCA, Mike also partners with Searcy Youth Baseball, AAU basketball teams and travel baseball clubs.”

▲ Rigel Page, Searcy Youth Baseball Director with Troy McCain, 10U Baseball player with FCA Sports New Testament Bible, this summer.

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WE RAN ACROSS THIS COMMENTARY ON FACEBOOK and, with permission, we've reprinted this point of view - with names removed - as it fits in with the theme of several stories in this issue of the magazine, that of taking responsibility. We want to make it very clear that we realize there are people who have almost perfect childhoods and great parents, yet still choose to make mistakes and commit crimes that hurt others. But so much of our society is geared towards violence, pornography and the minimizing of human value that we felt it was important to share the following with you.

The HEART OF THE MATTER

But actually...

A lot of people shared my post about the late (young lady who was jogging and was killed) and included their own thoughts. I started seeing a common thread through many of them.

They included things like, "We need to teach women to always run with a gun or a weapon." "Women should learn not to run alone." "Women should wear certain kinds of clothes that cover more." "We need to teach women self-defense!"

I understand the heart behind these suggestions. There's nothing wrong with teaching our girls to be wise and shrewd and know their way around a weapon.

However...

Aren't we forgetting something a little more important?

I didn't hear anybody address the simplest of answers.

Shouldn't we be teaching our young men not to be rapists and murderers? Shouldn't we teach them how to curb their sexual appetite? How to control their anger? Shouldn't we teach them the benefits of self-discipline and self-control? Shouldn't we take preventative measures so that porn will not be easily accessible inside the home as they're growing into young men? Shouldn't we openly talk to our sons about how easy it is to give in to the lascivious side of sexual desire and give them tools to defend themselves against that temptation? Shouldn't we teach them not to be predators?

Instead, shouldn't we be teaching them how to be gentlemen? How to deal with both life's triumphs and rejections with Honor? How to submit to the good and moral teachings of God?

Should we not implement them with [a] conscience to know right from wrong, and to willingly choose what's right over wrong?

It's good that we teach our daughters to be wise and shrewd; they will need that. But should we not also teach our sons to be kind and good? Let's place our societal emphasis on fixing the problem at the root of the disease.

Let's cut to the very heart of the matter.

That young lady did nothing wrong.

Her rapist / murderer did everything wrong.

Men, we need to step up and be the example. Boys are always watching their fathers for cues on how to be a man. What you ogle, they will ogle. What you divert your eyes from, they will divert their eyes from.

What you joke cavalierly about, they will joke cavalierly about. What you honor, they will honor.



"Men, we need to step up and be the example."



Be Wonderful, we only get one shot at this. ✖

Robb McCormick

"Be Wonderful, we only get one shot at this."



Do your children know where these words originated?

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness.”

Freedom without responsibility is an oxymoron

“Viktor Frankl was very much concerned about the balance between freedom and responsibility. He warned that freedom threatens to degenerate into mere license and arbitrariness unless it is lived in terms of responsibility. Although he enjoyed his time in America and admired much about it, Frankl was not shy about criticizing the popular understanding of some cherished American values, such as the notion of freedom. He took exception, for instance, to what appeared to be a commonly accepted view of equating freedom with a license to do virtually anything one wants. To Frankl, freedom without responsibility was an oxymoron.”

~ Alex Pattakos, Ph.D



“I just love Searcy Living. I can’t wait for the next issue to come. The articles are great and personal to Searcy residents. I read them from cover to cover more than once. The advertisements catch my eye and I love to see our local businesses.”

~ Kay Williams





JAMES SHEFFER:

Gardener & Renaissance Man



By Martha Duncan Overby

JAMES SHEFFER IS KNOWN for his garden; it is the reason I was assigned to interview him. What I found was, his gardening skills are just part of his story. He is a man of many interests and talents.

James' 160 acres are located half way between Bald Knob and Judsonia. His property is on a hill, originally purchased by his father about a hundred years ago. James' father, described by James as "an old German farmer", came from Bald Knob, his mother from Judsonia, so it is fitting that the location of the original farm was between both towns. His parents continued purchasing surrounding acreage until the farm reached 400 acres at one point. James was born on this hill. It's a very scenic spot with diverse kinds of trees and 3 running creeks.

James learned about gardening and farming from his parents. His father always kept Hereford cattle. His mother enjoyed flowers, but did not want to labor to grow them. Of course, being on a farm,

vegetables were grown and canned by his mother and sister. So James started at an early age to work in the family garden and put out the effort to grow those flowers for his mother.

Because he has been working on this current garden for over 20 years, and because he is just a creative guy, you will find many statuarys and decorative items in his garden. One section of his garden has rabbit statuarys, another has pigs, and still another has dinosaurs. He spends time perusing garage sales, flea markets, and thrift stores for garden enhancements. His garden covers over two acres. We are not the first publication to showcase his garden efforts.

This being summer, he described the garden as hot, humid and buggy. At age 71, he must pace himself these days to spend time outside in the heat. He follows 3 weather channels on TV and an app on his phone to know when to plan various gardening chores. Early mornings are the best for time in the garden to avoid the

"It's a very scenic spot with diverse kinds of trees and 3 running creeks."





worst heat of the day. There is a beauty to each season of the garden. Even in the heat of summer the crepe myrtles are blooming and the purple cleomes bloom each morning only to close up by 10 a.m. due to the heat. The flowers grow right alongside the vegetables - tomatoes, okra, squash and peas.

James must fight the wildlife at times for his vegetable harvest. His place borders the 15,000 acre Bald Knob Wildlife Refuge Center, which is next to the Hurricane Lake Wildlife Management Area. He eventually gave up on growing sweet corn, as the raccoons ate it all.

At age 17, James attended Phillips University in Enid Oklahoma, which is no longer in existence. One summer, a schoolmate arranged for the two of them to be employed at a very high-end restaurant in the mountains of Colorado. That job opened the door for him to be able to work in any location he resided in as a waiter.

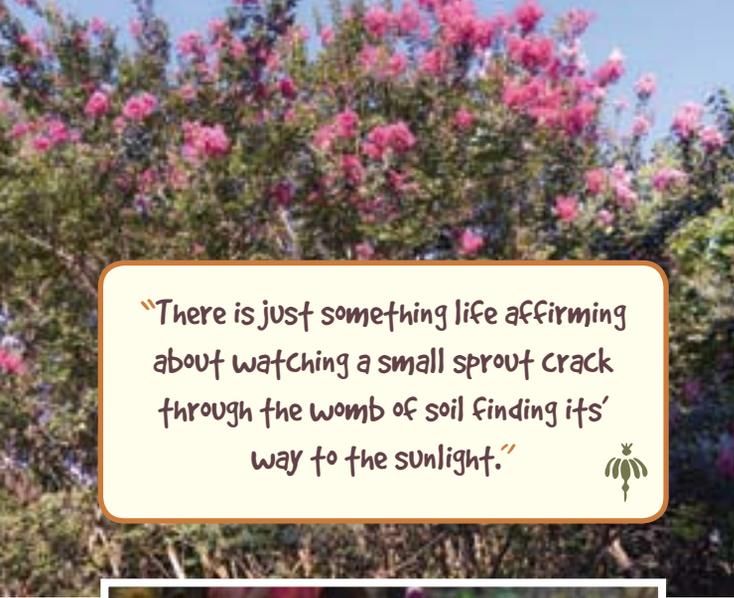
Next, James attended college in Stillwater, Oklahoma. He loved college so much it took him 6 years to graduate. That's not a joke. He really enjoyed the college life! He tells me Stillwater is unique, as the town's 20,000 residents are matched by the 20,000 students attending Oklahoma State University there. After graduation, he spent at least 10 years traveling and rented a room from a friend in Stillwater, where he spent his summers. January through Mardi Gras, he would be in Louisiana, also staying with friends. He had another friend in Arlington, Texas that he visited often. So for years he made a loop of these states annually, sometimes adding Florida to his travels, coming home to help Mom with the garden in the spring.

"...He has been working on this current garden for over 20 years..."



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“There is just something life affirming about watching a small sprout crack through the womb of soil finding its way to the sunlight.”



On the family farm he had his own smaller dwelling for himself. On these trips home, sometime in his twenties, he began writing. He is a poet. With his travels and varied experience, he had plenty to write about. He has participated in local writers’ groups, and eventually became part of a Poets Roundtable. His poetry received recognition and won competitions. In 1980, when he had over 100 poems written, he published a book of his poetry. At that time, he had taken a job working for the city of Stillwater, Oklahoma. He self-published his book and, except for the few copies he chose to keep and give away, they all sold. He still writes and journalizes each day.

When his father passed away, it was time to come home for good, as his mother did not need to live alone. She passed away ten years ago, at age 90. He has stayed here since.

To add to his repertoire of artistic endeavors, in the last few years James started painting. Using acrylics, he paints trees and abstracts.

But of all his interests, gardening has remained his number one enjoyment. Besides the vegetables he shares with the local wildlife, he grows zinnias, daffodils, irises, red turbines, cockscomb and many unusual flora and fauna other gardeners have shared with him over the years. Currently he is working on developing a more natural section of his garden, a wildflower meadow. It’s a trend now. Most of his flowers reseed themselves annually. He used to buy up to 12 - 14 flats of ground

“To add to his repertoire of artistic endeavors, in the last few years James started painting. Using acrylics, he paints trees and abstracts.”



cover each year. That is no longer necessary now, due to the natural reseeding process.

I asked James how he would council someone starting a garden from scratch. He shared, "It's easy to just cover the ground with something like an old rug to kill off the grass. Till up the soil and plant your seeds. Use a little fertilizer, lime and coffee grounds. You will find what works well in your soil and what does not. If you have an interest, you make a way. There is always a trial and error to it."

He believes in the power of flowers. "There have been studies proving flowers cheer us up, and they fight depression. How many American traditions are centered around the giving and receiving of flowers?" James asked. I agree with him. And I also believe in the power of gardening. There is just something life affirming about watching a small sprout crack through the womb of soil finding its way to the sunlight.

There are many quotes you can find about gardening, feeding and nurturing the soul. Here are a few:

"Whenever you are creating beauty around you, you are restoring your own soul." ~Alice Walker

"A garden is delight to the eye and a solace for the soul." ~Saadi

"You can bury a lot of troubles by digging in the dirt." ~Author Unknown

All I can say in response is, "Yes, and amen." ❀



"If you have an interest, you make a way."



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The Light At Dawn

By James Sheffer

Daybreak
over forests
that hold the key to man,
ignites in red swirls and orange streaks,
one chance.

One chance
to see beauty
from dawn to flaming dusk
on horizons of creations,
look up.

Look up
at changing skies
and out at living earth
then inward so you realize
the love.

The love
is all around
and part of it is you
because all life stems from the source,
the light.

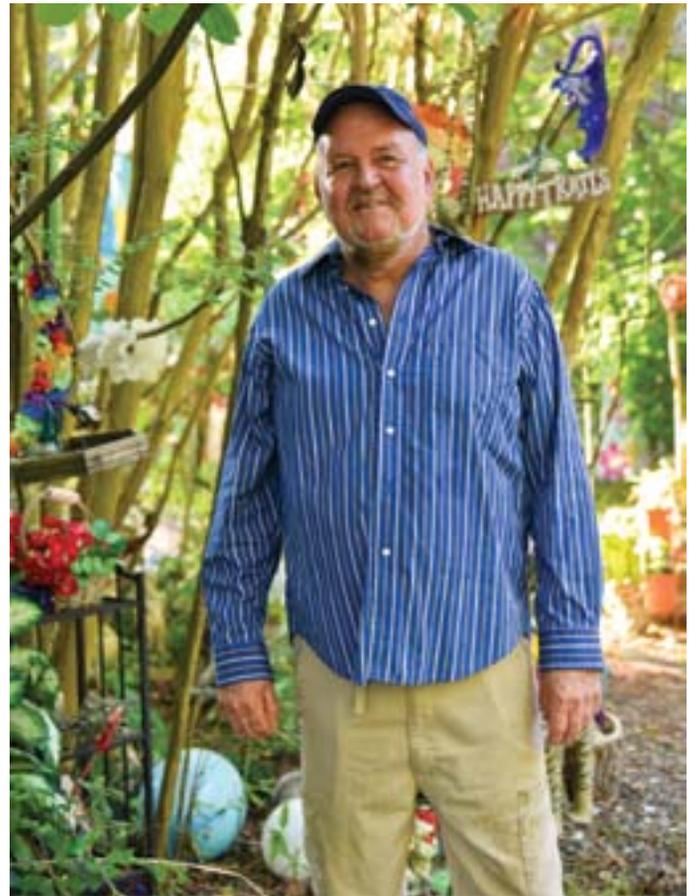


Enduring Growth

By James Sheffer

The depths
of joy and pain
we know as being on this earth
are for the growth we need to gain
the wisdom for rebirth.

The heights
of ecstasy
my spirit can at times attain
suggests much more than I can see
which helps to ease
the pain.



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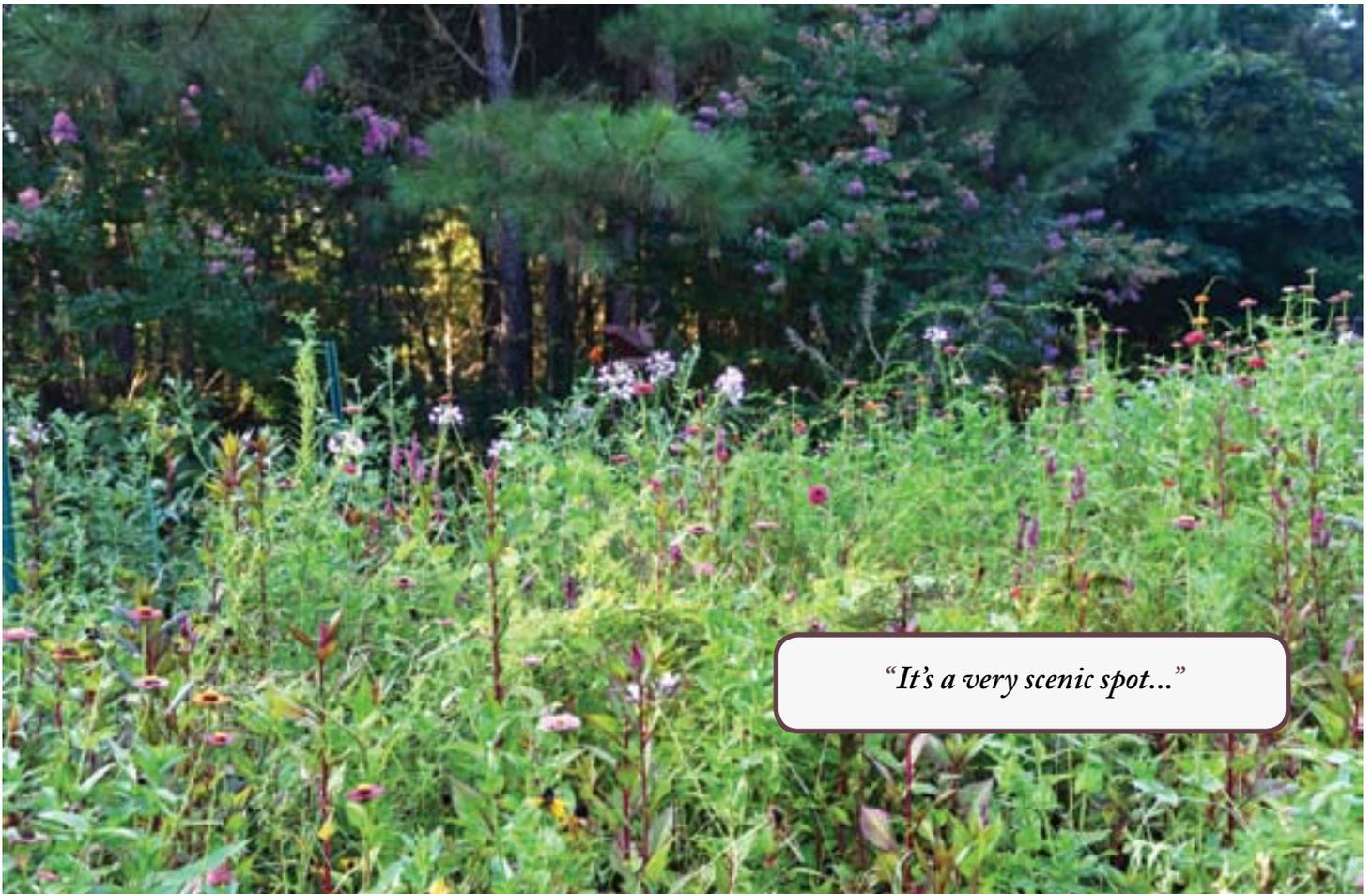
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"To plant a garden is to believe in tomorrow."

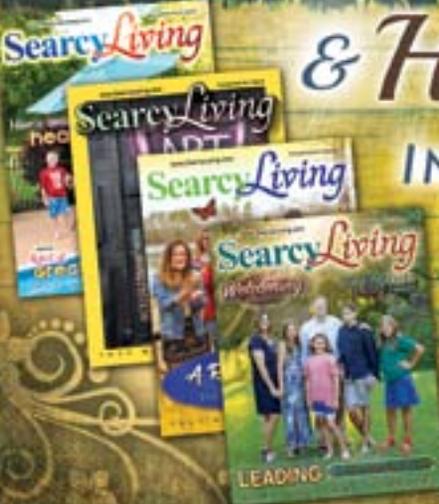
~Audrey Hepburn



"It's a very scenic spot..."

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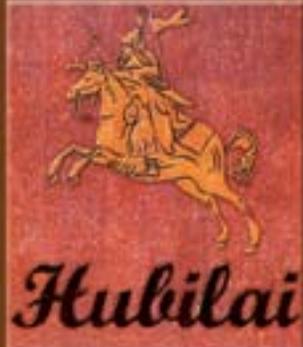
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TWO SEARCY GRADUATES

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BY MARTHA DUNCAN OVERBY



Hayden

LAST DECEMBER we practically had to “stop the presses” and write about two of our local football teams winning state championships; that would be Harding Academy and Searcy High School. We wrote about two sets of two brothers on the Searcy High School Championship team who had played football together for many years. Well, the older brothers in each family, Sawyer Jackson and Hayden Miles, graduated this year and we wanted to give you an update on these young men.

Sawyer’s mother, Chereese Jackson Passmore, took the time to share their plans with us.

“Searcy seniors Sawyer Jackson and Hayden Miles finally got to experience graduation along with the rest of the 2020 class on July 25th, after several delays due to the COVID-19 pandemic. The two friends have played football together since third grade and after an unprecedented senior year, they are now headed off in different directions to pursue degrees that will ultimately lead them back to the football fields they grew up playing on.

Hayden Miles will be attending ASU Beebe and begin seeking a degree as a strength and conditioning coach.

Sawyer Jackson will be attending Southwest Baptist University in Missouri and playing outside linebacker as a physical education major in order to pursue his dream of coaching football.”

We are proud of these two Searcy native sons and excited for them as they launch out into this next season in their lives. We wish them much success. ✨



Sawyer ▶

“We are proud of these two Searcy native sons and excited for them as they launch out into this next season in their lives.”



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Living Life

TO THE FULLEST

By Jennifer Webb

"What matters is how we live and love and how we spend our dash." - LINDA ELLIS

WE ALL WANT TO LIVE OUR LIVES to the fullest and for our time on earth to leave an impact beyond ourselves. At the age of 93, Frank Osborne knows quite a bit about that subject. In fact, he's a living example.

When Frank was 17, the world was in uncertain times. He may have only been a teen from Garner, AR, but he was determined to follow in the footsteps of his 3 older brothers to personally do something about that uncertainty. The year was 1944 - three years after Japan bombed Pearl Harbor. The United States was heavily involved in World War II.

Frank walked into the recruiting office at Little Rock and joined the Navy. Before he knew it, he found himself at training camp in Farragut, Idaho, which at the time was the second-largest training center in the world.

After graduating from boot camp, Frank rode a train home to visit with his family for 3 days on leave before he went to a naval base in California, close to a shipyard where they built the ships. It was there that he got his first glimpse of the craft that he would serve on: LCT #1339.

LCT stands for Landing Craft Tank. It was not a tank, as the name implies, but an amphibious assault craft. It was designed to carry supplies and troops to the beach. A crane was lowering it onto a larger Liberty ship - in three separate pieces.

Frank, along with a crew of 15 others, assembled those three pieces into a working craft at Ford Island, Hawaii. After filling the LCT with supplies, it was lowered by crane onto another LCM, which was a bigger landing craft. After a short stop at Guam, it was on to Okinawa.

Okinawa island is about 350 miles to the south of mainland Japan. It is also the site of the last major battle of World War II. At the time, the plan was to take Okinawa and then invade mainland Japan.

Frank and the rest of the crew of LCT #1339 were busy running supplies from the bigger ships to the island. They mainly carried food and some troops. Despite the fact that they carried loads of food, they had relatively little for themselves.

"You had to go to one of the big ships for food," Frank recalls, with a chuckle. "Then you weren't eating out of a can."



The battle raged for 82 days. The Allies won, but at a high price. At one point, Frank recalls loading up after Okinawa, intending to head to mainland Japan. An officer informed them that some might survive the days ahead and some might not.

(As we know from history, the invasion of mainland Japan never happened. Instead, the US decided in favor of dropping atomic bombs.)

Since Frank was in the regular navy, he didn't get to come home after the battle of Okinawa. He had to stay on the island. He served as a motor machinist, 3rd class, and found himself on generator watch, making sure the lights for the tents had power.

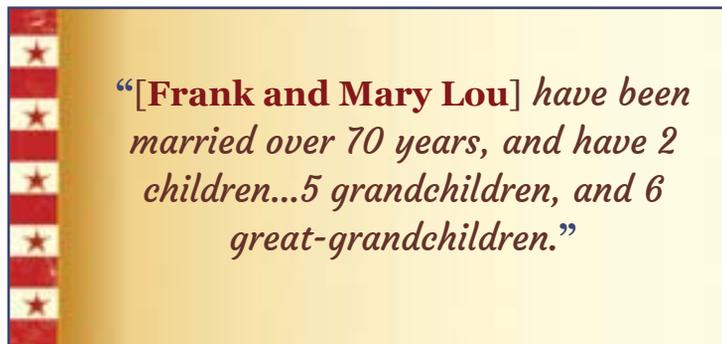
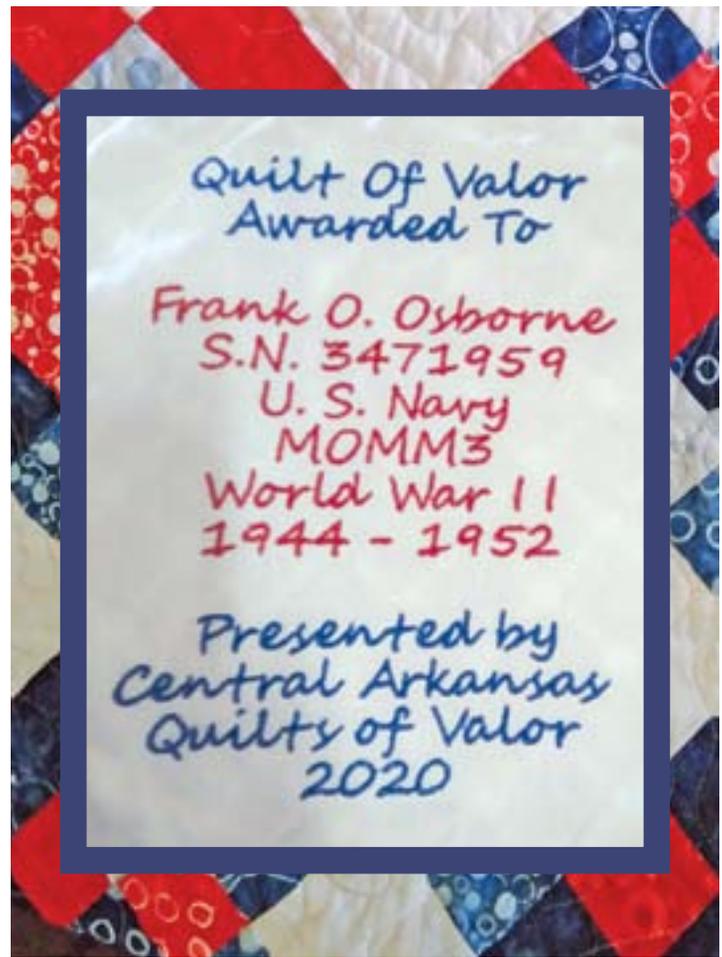
But it wasn't all work for Frank in the days after the Battle of Okinawa. He made friends with an officer that had a jeep. "We ran all over the island in that thing," he recalls with a smile.

Though not in battle, there were still challenges to be dealt with, like the time a typhoon hit, and Frank and his comrades had to drive their LCT into a cove in 2 ft of water to shelter it from the storm.

When the time came to come home to the US, Frank found himself assigned to a tugboat that was pulling a dry dock. The tow cable ran right through his quarters.

He ended up in San Francisco and pulled shore patrol duty. In all, he spent 8 years serving our country in the Navy. He was recently awarded a Quilt of Valor for his service.

After his time in the navy, Frank intended to go to Washington, DC. Instead, his plans changed and he enrolled at ASU Beebe, followed by Harding University.



WHILE REFEREEING A BALL GAME, he met his wife, Mary Lou. She hit a home run. He called that she had failed to touch 3rd base.

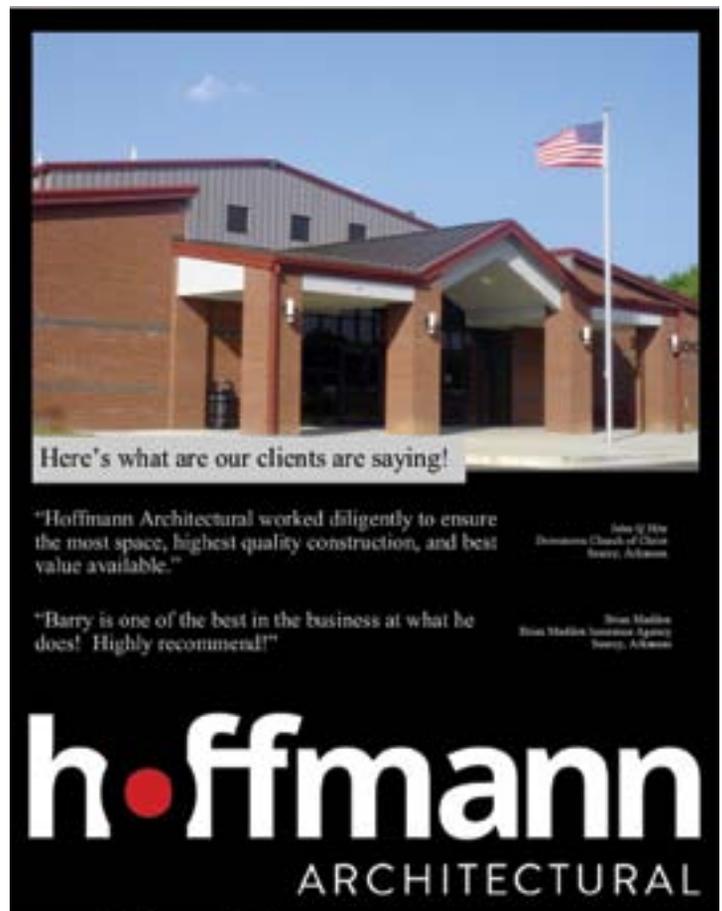
Mary Lou might have been called out in the ballgame, but both of them hit a home run when it came to life. They have been married over 70 years and have two children, Gary Osborne and Kay Zuber, as well as 5 grandchildren and 6 great-grandchildren. Frank worked for AP&L (now Entergy) for 40 years. They have been active members of First Baptist Church, where Frank has been a deacon for 60 years. They have traveled from one end of the US to the other on mission trips with busloads of young people.

On one mission trip, Mary Lou had the opportunity to share her expert sewing knowledge. She retired from Singer as a sewing consultant after 40 years, so she was well-suited to the task of conducting classes for the Navajo Indians. The class was only supposed to be a morning class, but the Navajo ladies were so eager to learn that it lasted all day.

They are also retired hunters and fishers. This active pastime has led to many adventures, including placing 3rd in the crappie-thon in San Carlos, AZ. Their prize was a trip to Lake Hartwell in South Carolina.

"I've had a good life," Frank told me. At 93, he and Mary Lou have both slowed down a bit, but they garden and Frank still mows his 5-acre property himself. Their kids and grandkids visit frequently - and it's easy to see why.

▶ *Continued on next page*



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They are also retired hunters and fishers. This active pastime has led to many adventures including placing 3rd in the crappie-thon in San Carlos, AZ. Their prize was a trip to Lake Hartwell in South Carolina.

I pulled up a stranger, but as I left with my bag of squash and bell peppers from their garden I felt like I had been blessed with the opportunity to sit down with people like my own grandparents again.

Frank and Mary Lou are living examples of living life to the fullest and making that dash between our birth dates and our death dates matter. They have lived and loved and are spending every bit of their dashes well.

What are you doing with your dash? ❁

“Frank and Mary Lou are living examples of living life to the fullest...”



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“What great parents, and grandparents! We love you!”

- Gary Osborne and Kay Zuber (Children)

“If I had to do it all over again, I’d do it with you.”

- Roy Clark



“In all, [Frank] spent 8 years serving our country in the Navy. He was recently awarded a Quilt of Valor for his service.”

About the Writer



Jennifer Webb is the author of “*Self-Discipline in 6 Weeks: How to Set Goals with Soul and Make Your Habits Work for You*” and “*The Pearl Perspective: How Changing Your Perspective Can Change Your Life.*” She founded the personal development blog contentmentquesting.com where she's committed to helping people find the joy in their lives.

“I pulled up a stranger, but as I left with my bag of squash and bell peppers from their garden I felt like I had been blessed...”

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Frank Osborne was recently awarded a Quilt of Valor for his service in the Navy.



▲ An honorary flag given to Frank in 2016.

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ARKANSAS COUNTRY MUSIC AWARDS

Entertainer of the Year

BONNIE MONTGOMERY

By Jennifer Webb

“AND THE WINNER for Arkansas Country Music Awards Entertainer of the year is....Bonnie Montgomery!”



Emotions washed over Bonnie in waves - excitement, exhilaration, gratitude, relief. She screamed and jumped up and down, unable to contain herself. She was watching a live stream, alone in her Austin home. This was the culmination of years of hard work and dedication mixed with an entire life immersed in music.

If the name Bonnie Montgomery sounds familiar, it's because she's a Searcy native-Lion class of '97. Even if you don't know Bonnie, you probably know her family's music store, Quattlebaum Music, located on the square in downtown Searcy.

When her grandfather, Ivan Quattlebaum, started the store in 1965, his goal was to promote an outlet for good, clean, family fun. He believed that music was medicine for the soul. He also started the White County Jubilee that met at White County Merchant's Center on Saturday nights. Anyone of any age could get up and play.

Bonnie's family placed a strong value on community. For them, music was a central part of that sense of community. In fact, it was the thread that held everything else together. Family gatherings were synonymous with pick and grin parties, jam sessions, and hoe-downs attended not only by family but also by friends from Sun Records in Memphis.

Bonnie's first performance that her mom recalls was singing for the Kiwanis club with her older sister when she was two and a half. Ivan Quattlebaum proudly bought his granddaughters an amplifier and mic. In the background, her mom was always playing the piano and singing. Her grandmother, Fran, delighted in hosting bunking parties for Bonnie and her friends as well as listening to Bonnie sing.



Bonnie & Holly singing in 1982 for the Kiwanis Club.

Continued ▶

“Bonnie's family placed a strong value on community. For them, music was a central part of that sense of community.”



“WHEN EVERYONE GOT TOGETHER someone always got an instrument out and started playing and singing. I’m so thankful for that.” - *Bonnie Montgomery*

Bonnie recalls caroling with friends once and asking to do a grand finale of “*Your Cheatin Heart*” by Hank Williams, Jr. She thought it was a Christmas carol until she was 11, because it was always sung at the end of their family Christmas.

Her Mom, Vana Geroy, kept her in piano lessons early - and was strict about them! Voice lessons soon followed. Bonnie showed that she had a skill early in life and her family gathered around her and fostered it. She now says she is incredibly thankful for her mother keeping her in lessons. In fact, she does not know who she would have been without their influences. She thinks of her family every single day.

Bonnie has exceeded all expectations and more as far as her mother is concerned.

“I’M JUST SO PROUD! I’ve popped all the buttons off all of my shirts.” - *Vana Geroy, Bonnie’s Mom*

Bonnie says that her mom “believed in the power of music to bring people together and to heal things.” She is extremely grateful for that and that feeling is still a driving force in her life today.

Bonnie is also quick to credit not just her family but other local musicians who influenced her. These include her high school choir teachers, **Tina Niederbrach** and **Nona Cheatham**, the late **Teddy Riedel** who was a session player at Sun Records and an amazing pianist, **Jason Coleman**, owner of Beautiful Noise Music, who gave her guitar

“My love of [music] is just all tied into how they taught me to be. It’s just been a beautiful thing.”



Bonnie Montgomery

Photograph by Michelle Waggoner



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"In addition to her success in the country music field, Bonnie is also still involved in classical music."

Photograph by Michelle Waggoner

"Look at this as a light for all of us - for all the hard work we've done and for what's coming in the future."



lessons, and the members of the **Screaming Mimes** band, Rob Bell, Isaac Alexander, Aaron Bristor, and David Shed. "They were like the Beatles when I was in jr. high and they were in high school," Bonnie recalls.

Bonnie left Searcy to go to Ouachita University where she earned a degree in music, and then went on to get her masters in music at the Conservatory of Music in Kansas City. It was then that she started to write and sing her own songs. Somewhat surprisingly, she got her start not in country music, but in classical. In fact, the first area where she started to get national recognition was in Opera.

She wrote a short opera in 2010 entitled "Billy Blythe" that was based on Bill Clinton's life as a boy in Hot Springs, 1959. It's a story of a coming of age based on Bill Clinton's book. It soon got traction as far as New York City. Bonnie found herself featured on live television on MSNBC with no publicity team - just her! The opera came back to Opera in Little Rock and to Ouachita University in 2016. In fact, Bonnie says that people still do excerpts from it.

After that, she got in the studio with Nathan Howdelshell and recorded her first self-titled album, "Bonnie Montgomery." Then, she started opening for the band Gossip and went on tour with them. She did two different USA tours as well as tours that went through Europe and Asia. She made it her full-time career and started making connections in Austin, Texas. Most notably with well known Texas musician, Dale Watson.

In 2017 she recorded her second album entitled "Forever." In addition to her success in the country music field, Bonnie is also still involved in classical music. She was scheduled for a classical music debut in Carnegie Hall on November 30th, but it has since been canceled because of COVID, however, they are reimagining the event.

When Bonnie received her Entertainer of the Year award she said, "I want to dedicate this to all the nominees and all the musicians out there right now who feel so off. Look at this as a light for all of us - for all the hard work we've done and for what's coming in the future." She felt so positive and wanted to spread that positivity around. She is convinced that better times are ahead - for all of us. ✨



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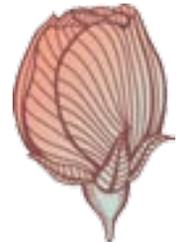
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JENNIFER WEBB is the author of *“Self-Discipline in 6 Weeks: How to Set Goals with Soul and Make Your Habits Work for You”* and *“The Pearl Perspective: How Changing Your Perspective Can Change Your Life.”* She founded the personal development blog contentmentquesting.com where she's committed to helping people find the joy in their lives.



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“Bonnie is also quick to credit not just her family but other local musicians who influenced her.”

“She is convinced that better times are ahead - for all of us.”



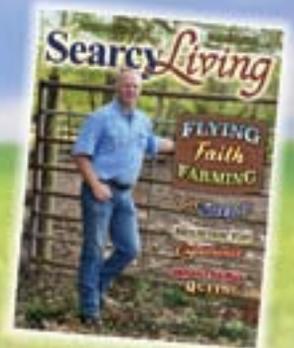
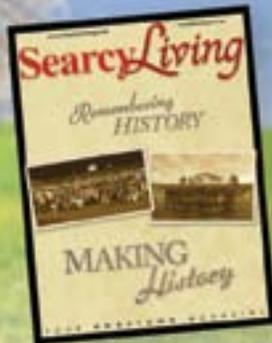
◀ *Bonnie Montgomery is the Arkansas Country Music Awards Entertainer of the Year*

Photograph by Michelle Waggoner

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SHIANNA'S CLEANING is
blessed to announce the arrival of baby
boy **Conlee Chase Graham**.

Conlee is the grandson of owner
Shianna Cowell and son of manager
Cesilee Graham.

He was born on June 20, 2020 weighing
7 lbs 8 oz and is already such a joy
to us all!



"Whatever you do in word or deed, do all in the
name of the Lord JESUS..." - Col. 3:17

Shianna 501-305-9106 Cesilee 501-270-1399

DIY Floating Shelf



IN PREVIOUS ISSUES I showed how I made a DIY headboard and nightstand for my daughter Ashlynn's Boho/Mid Century Modern bedroom. To complete the look, she asked for a floating shelf above her bed.

Floating shelves are not only functional and pretty, they are super versatile. They are great to use not only in bedrooms but offices, bathrooms, and kitchens as well!

BY AMANDA LUTRELL



1 I began by choosing the size of board I wanted to use for the shelf. I chose a 2x6x8 and cut it down to just over 6ft for my space. After cutting, I sanded the entire board with a fine grit sandpaper to remove any splinters or rough areas.

2 I painted the board with flat black paint. I chose to paint the shelf instead of staining it like the headboard and nightstand to give contrast and not be so “matchy-matchy”.

3 While the paint on the board was drying I used a level and marked a straight and level line where I wanted the shelf hardware to be hung. **Floating shelf hardware can be purchased at a number of places including online. Make sure that the hardware that you choose is strong enough and an appropriate size to support the shelf you will be using along with anything you will be placing on it. Also be sure to purchase enough to distribute the weight. I used 4 brackets for my shelf.*



4 Holding one of the brackets in place against my straight line, I marked the holes where the screws will go on the wall.

5 I drilled in wall anchors on my marks in any place that wall studs were not available. I recommend Toggler self-drilling SnapSku anchors. They are very sturdy and simple to use.

6 I screwed the bracket into place in the wall anchors.



7 I repeated steps 4-6 for the remaining 3 brackets.

8 Once the paint on my shelf board had completely dried, I placed it on top of the brackets exactly how I wanted it. Once installed, I marked the centerpoint over each bracket where the holes will be drilled.

9 Using a 1/2 inch drill bit I drilled the holes for the brackets, making sure that the drill was always level to ensure a proper fit with the brackets.



10 I carefully slid the shelf board onto the wall brackets making sure to push evenly at each bracket so as not to put the shelf in a bind.



After adding a few accessories, this shelf perfectly compliments Ashlynn's room and style!



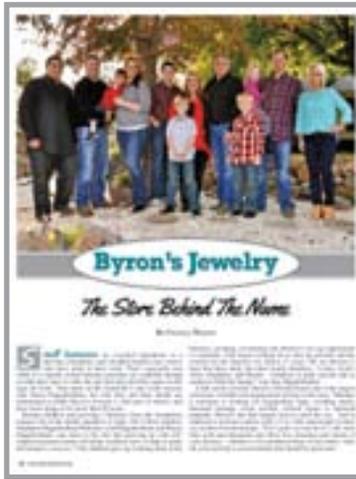
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Clara Devore





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THE **IMAGINE & BELIEVE Foster Care and Adoption Boutique** is simply a place dedicated for use in helping foster & adoptive families, and sometimes emergency situations. Our awesome Searcy Living readers bring in donations, enabling foster parents to be able to ‘shop’ for what they need for foster and adopted children at no cost.

Our office is located at 812 S. Main Street in Searcy. We welcome gently used or new items. Thank you, Searcy, for your generosity and time spent to support the Foster Care Boutique!

TO ALL WHO generously donate to **The Imagine & Believe Foundation**, we thank you for your continued support and the impact you make in the lives of foster, adopted, and disadvantaged children.

IMAGINE *a world where every child has a safe, loving home.*

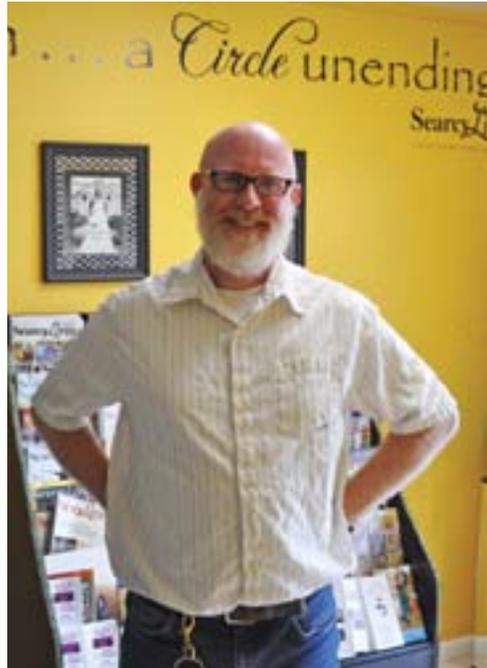
BELIEVE *it can happen!*





Thank You! 

The Imagine & Believe Foundation
gives you a way to let foster and adoptive
families know they are not alone.



THANK YOU
Searcy Church of the Nazarene

What is the Purpose of the *Imagine & Believe Foundation* ?

- ▶ **We provide** the Foster Care Boutique, which is where your donations of clothing and diapers are connected to foster parents.
- ▶ **We connect** seasoned mentors (former foster parents) to new foster and adoptive parents, giving them a resource to ask questions and glean wisdom from someone who truly understands their journey.
- ▶ **We help** new foster homes get set up with things such as play pens and child safety gates. We help fill in the gaps. There are so many things to get and do to prepare to be a new parent of a child or children of varying ages.
- ▶ **We know** the journey of fostering and adopting is very rewarding, but it can also have great times of discouragement and loss. We try to be an encouragement system and reminder that this community really does care about the orphans and the caretakers of the orphan ministry.
- ▶ **If a foster family** does not have the time to come by the Foster Care Boutique, we deliver the clothing and diapers to them. This service is needed, for instance, when a foster family takes in a foster child at 3AM and has to be at work by 8AM the next morning.



We need your financial support to keep this ministry going. 

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BY TANYA LECKIE



FRESH TOMATOES
Sliced



COOKED BACON
*1 Pound, crumbled
(I use nitrite free bacon)*



MAYONNAISE
3/4 Cup good quality



GREEN ONIONS
3 Chopped

PLUS

FRESH PARMESAN
3 Tbsp, grated

PARSLEY FLAKES
2 Tsp dried

Can I just make a confession? I almost cannot resist bacon. Seriously. I once heard a story of a family who had several children but were SO poor they attached a long string to the top of the doorframe and tied a piece of bacon to the lowest part of it (just about shoulder height) in hopes that when each child left for school the bacon would rub against their clothes and leave a smoky fragrance, making folks at school believe the kids had actually eaten breakfast. In all seriousness, I love bacon covered in dark chocolate as much as I love bacon on a hot biscuit. Tomatoes are my second true food love, so this recipe naturally is a favorite. Kroger has organic Roma tomatoes year

round, but if you have some fresh from your garden tomatoes I'd almost insist you use them for this. Enjoy!

1. In a mixing bowl combine the bacon, mayo, onions, Parmesan and parsley flakes and mix well.

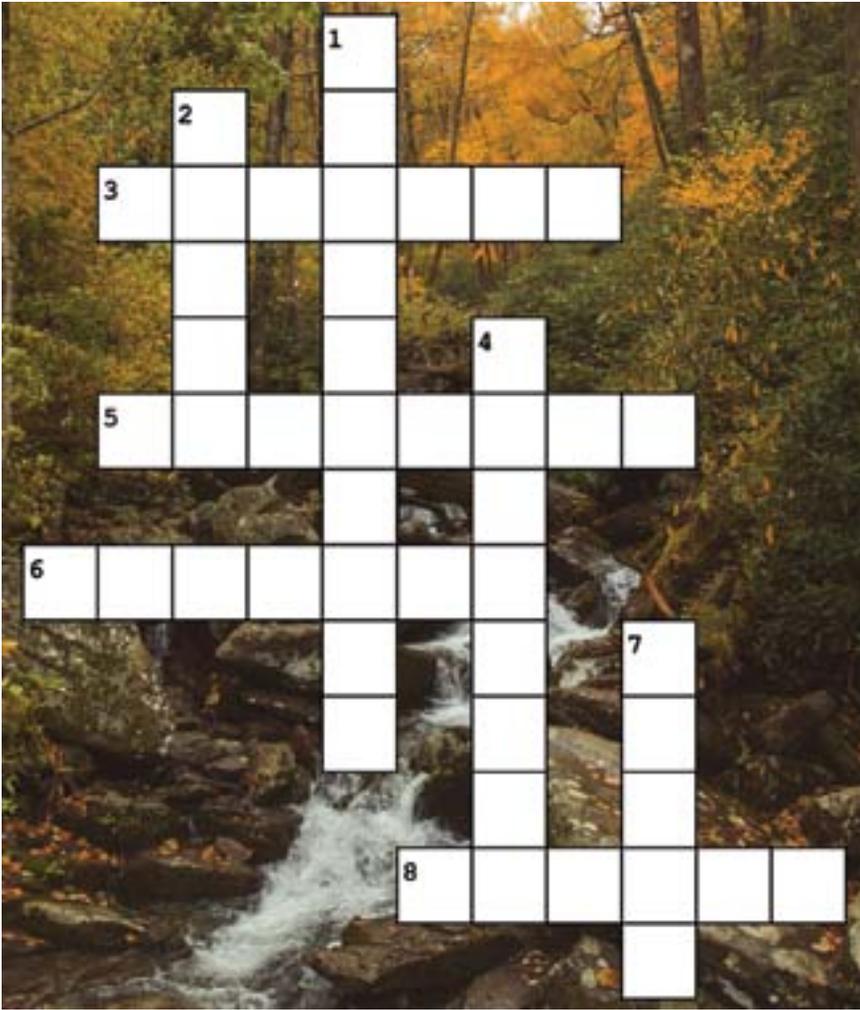
2. Spoon a dollop of the bacon mixture onto slices of fresh tomatoes and chill until ready to serve. These go quick; you've been warned.

TANYA TURNER LECKIE'S

cookbook, *Cartwheels In The Kitchen*, is available by e-mailing her at lazydaygourmet@sbcglobal.net.

Partial proceeds through sales benefit the Makonde Team mission work in Tanzania, Africa.





ACROSS

- 3. When we recognize the gift of the _____, we can face the inevitable curveballs with greater peace.
- 5. Farm Bureau is an organization created to provide _____ for the agriculture industry.
- 6. The journey to weight loss is an investment into your _____ health and well being.
- 8. To Tommy, the end _____ was worth the wait of the long journey.

DOWN

- 1. Mike can be considered a _____ in White County.
- 2. Wildflower meadows are a current _____.
- 4. Frank and Mary Lou met at a _____ _____.
- 7. Unfortunately, financial _____ is widespread.

FIND THE ANSWERS
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Riddles

Can you guess the word or phrase?

1. **sta4nce**

2. **PAS**

3. **in vaders**

4.  **3.1415**

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