Murfreesboro Diamond

USPC 103-230

Serving South Pike County, Arkansas Since 1975

◆ ◆ ◆ Home of the Crater of Diamonds State Park ◆ ◆ ◆



Merchants asked to ring bell Wednesday

MURFREESBORO -- Local merchants in Murfreesboro are being asked to participate in a special event on Wednesday.

In honor of Constitution week, September 17-23, the local chapter of the Daughters of the American Revolution invite the town to join together in a special community tribute.

"On Wednesday, Sept. 17 at 3 p.m. please step outside in front of your business and ring a bell for one minute to celebrate the signing of the United States Constitution. This simple but meaningful gesture unites our community in remembrance of the freedoms and principles our Constitution guarantees," said Local DAR representative Judy Hile.

"We encourage you to invite customers and passerbys to join you in ringing Bells as well. Together the sound of Freedom will echo through our town. Thank you for helping keep our history alive and showing your patriotic spirit."

Pair of youth hunts announced locally

 \diamond

DIERKS -- The U.S. Army Corps of Engineers Dierks Lake Project Office is accepting applications for a special youth deer hunt at Dierks Lake Nov. 1-2, 2025.

Six permits will be issued to hunters ages 6-15. Applicants must submit a completed form by Oct. 10. Applications are available at the Dierks Lake Project Office located at 246 Jefferson Ridge Road, Dierks, AR or by calling 870-286-2346. A random drawing and hunter notification will occur on Oct. 13.

Participants must have guardian consent and be accompanied by an unarmed adult over 21 years old the day of the hunt. Youth hunters are limited to modern guns, must provide their own firearms and be skilled in their use. Access and hunting blinds will be provided.

This event promotes conservation, outdoor interest and ethical hunting while improving the local deer herd.

Recreation information can be found on the Internet at www.swl.usace.army.mil, on Facebook at www.facebook.com/littlerockusace and on the USACE Little Rock water level mobile app at www.swl.usace.army.mil/Home/ water-control-app/.

MILLWOOD LAKE

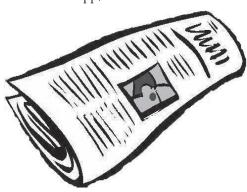
The U.S. Army Corps of Engineers Millwood Tri-Lakes Project Office is accepting applications for a special youth deer hunt at Millwood Lake Nov. 1-2, 2025.

Eight permits will be issued to hunters ages 6-15. Applicants must submit a completed form by Oct. 10. Forms are available at the Millwood Tri-Lakes Project Office located at 1528 Highway 32 E, Ashdown, AR or by calling 870-898-3343. A random drawing and hunter notification will occur on Oct. 13.

Participants must have guardian consent and be accompanied by an unarmed adult over 21 years old the day of the hunt. Youth hunters are limited to modern guns, must provide their own firearms and be skilled in their use. Access and hunting blinds will be provided.

This event promotes conservation, outdoor interest and ethical hunting while improving the local deer herd.

Recreation information can be found on the Internet at www.swl.usace.armv.mil, on Facebook at www.facebook.com/littlerockusace and on the USACE Little Rock water level mobile app at www.swl.usace.army.mil/Home/ water-control-app/.

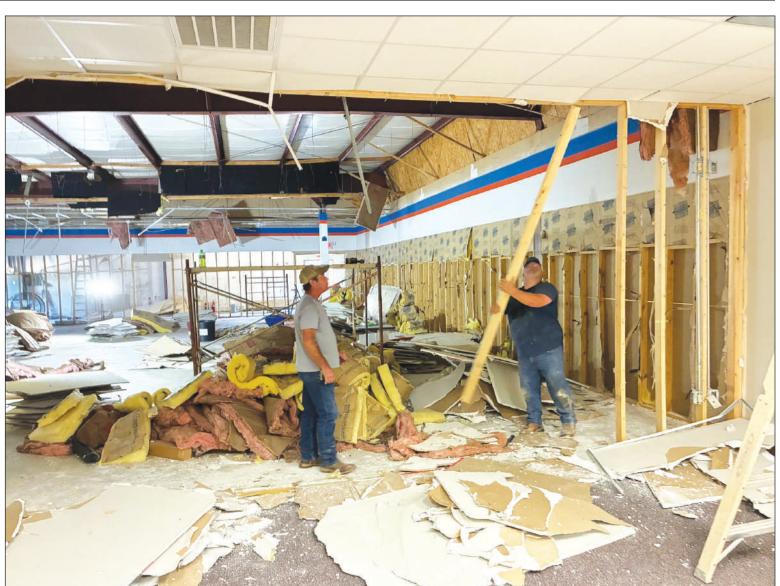


DO YOU KNOW **SOMETHING WORTH TELLING?**

Submit Your Local News to the Diamond!

mdiamond@windstream.net

Call (870) 285-2723 For More Information



PROGRESS ON GROCERY STORE ... Work on the future Chimney Rock Grocery has begun in Murfreesboro at the site of the old Piggly Wiggly building located at 298 Maple Street. Building owner Jack Bonds said the gutting of the building would be completed this week, with inside construction starting late this week or early next week. The planned site of the store changed after bids placed construction of a new building with frontage on South Washington Street returned prohibitively high.



Car show set for Murfreesboro this weekend

MURFREESBORO -- The Murfreesboro Advertising and Tourism Commission last week discussed the grant recently applied for by the City of Murfreesboro from the Arkansas Department of Parks, Tourism and Heritage to help fund local ATV route development from the city to Lake Greeson,

The grant awards can be up to \$500,000, but it was noted that was unlikely and the commission on hoped for half that amount.

Commission chairman Jamie Terrell credited commission secretary Jane Fugitt with "98% of the work" on the application. Fugitt said the application was complete and received by the

The commission also discussed their partnership with DNT Media of Benton, who currently produces content for the digmurfreesboro.com website designed to attract tourism to the area.

It was noted that some monthly filming sessions had been missed, but that one was scheduled for this month.

"There are other companies and we can change -- according to the original agreement with DNT Media [the City of Murfreesboro] owns the website and all of its content," said

It was agreed that some prices from other companies would be obtained and presented to the board. The commission pays DNT Media \$4,775 per month.

After a long discussion about the Parks, Tourism and Heritage board meeting scheduled for this week in Murfreesboro and the Crater of Diamonds State Park, and all of the individual details to be accomplished, the meeting has since been canceled for a lack of a quorum willing to be present at the meeting.

Boardmember Kirk Stone discussed the fourth annual Keith Stone Memorial Car Show set for Murfreesboro on this Friday and Saturday, Sept. 19-20.

Friday night will have a Show and Shine, Cruise and Poker Run starting at 6 p.m. on the Pike County Courthouse Square. The poker



run will encompass around 12-13 miles at start between 6:30-7 p.m. depending on the number of cars entered. The will also be oldies music played on the square that evening.

The car show is set for Saturday from 9 a.m.-3 p.m. on the square, with a \$20 entry fee. This year there will be two \$500 grand prize drawing winners at the event and a participant's choice award.

Other features of the event include door

prizes for those who enter cars, a 50/50 pot, DJ Matt Gunter playing classic tunes, Hotwheel races for kids and a coloring contest sponsored by Diamond Park Speedway. There will also be a few vendors set up at the event --- more were welcome to attend -- and a bounce house will be available for kids.

He said shirts had been ordered from Henderson Graphics and Printing in Delight and would be sold at \$20 each. He also planned to

STONE CAR SHOW Continued on Page 2

STONE CAR SHOW Continued from Page 1

sell leftover shirts from last year's event at \$8-10.

Stone, who previously received a budget from the commission, will purchase door prizes from local vendors, stating he would have door prizes aimed specifically at women this year.

He also noted the grand opening of Flying S Barbecue at the event after Stone and his family purchased the former food truck from Lotta Bull Barbecue in Delight.

The square will be closed to traffic on Saturday during the event.

Stone said he expects car owners from the local area as well as from Hot Springs, Little Rock, Benton and Texarkana.

There is also planned for tractor clubs to be in attendance and

For more information about entering in the event, call Stone

at (870) 703-7365.

MHS Rattlers to dance with **Dragons in homecoming tilt**

MURFREESBOEO -- The Murfreesboro Rattlers (1-1) used an off week to shore up some deficiencies shown during their first two games of the season, and now are set to face off against Genoa Central this Friday night.

The game will also mark the 2025 homecoming contest for Murfreesboro High School.

The afternoon session of the homecoming ceremony will be from 2-3:15 at Rattler Stadium.

The annual homecoming parade will the start at 3:30 p.m.

The parade will accept participants in antique cars, pee wee football and cheer squads, business floats, pageant royalty and ATVs/side-by-sides. In order to participate in the parade a form at the school's

website, rattlers.org, must be completed by Thursday, Sept. 18 ATVs and side-by-sides must be driven by 16 years or older

and all participants must follow all traffic laws. From 10 a.m. to 1:30 p.m. floats may be parked in the desig-

nated area by the bus barn on Friday. The evening ceremonies will precede the game start at ap-

proximately 6:15 p.m. The Rattler coaching staff feels good about the week off – be-

ing able to fix some issues after two games and allowing players to regain some health. Genoa Central is 1-1 on the season, open-

ing with a 16-8 win over Spring Hill and a close 27-26 loss

at Fouke last week. Murfreesboro lost to Fouke 44-38 in their last action.

The Dragons are much-improved team over last year, boasting good size and an offense both capable of spreading the ball around the field or running a deceptive run game.



All letters to the editor must be signed, along with a phone number (that will not be published) provided for confirmation purposes. The Murfreesboro Diamond reserves the right to edit letters for length and clarity Letters must not be libelous or contain any profanities.

Send Letters to P.O. Box 550, Murfreesboro, AR 71958 or e-mail to mdiamond.editor@windstream.net

Murfreesboro Diamond

Your Hometown Newspaper since 1975

Located in the County Seat of Pike County • Murfreesboro, Arkansas Home of the Crater of Diamonds State Park Little Missouri River • Lake Greeson

• John Robert Schirmer, Publisher

• P.J. Tracy IV, Editor

• Christy Coccarelli, Office Manager/Photographer

Published by Nashville Leader Inc., 418 North Main Street Nashville, AR 71852

Periodical Class postage paid at Murfreesboro, AR

The Murfreesboro Diamond (USPC 103-230) is published every Wednesday. Subscription Rates: \$45 per year in area: Pike, Howard, Hempstead, Clark, Nevada & Montgomery counties; \$57 per year elsewhere.

\$35 for 6-months in area; \$37 for 6-months elsewhere. College Subscriptions-\$30 for 9-months.

Mailing Address: P.O. Box 550, Murfreesboro, AR 71958

Telephone: 870-285-2723

Business Hours: Monday, Tuesday & Thursday 9 a.m.-5 p.m. Wednesday 9:30 a.m.-12:30 p.m.

Friday 9:00 a.m.-4:00 p.m.

Please Send Change of Address Information to: Murfreesboro Diamond P.O. Box 550

Murfreesboro, AR 71958

Any erroneous statement published in the newspaper will be gladly and promptly corrected if called to the attention of the management.

SUBMISSION DEADLINE FRIDAYS AT 3:00 P.M.



AWARD WINNING ARTISTS ... Murfreesboro High School instructor Gail Wood's art students won three first place ribbons and one reserve Grand Champion in the 2025 Pike County Fair and Rodeo Exhibit. The girls also received monetary prizes for their entries. Pictured (L to R) is Hailey Sweney, Angeline Williams, Nicole Beaty and Chloe Gold.

Still no charges in murder case

MURFREESBORO -- As of Tuesday morning, Sept. 16, there has still been no charges filed, no pleas and now four court appearances for the Pike County man accused in the shooting death of another man in June.

Gage King, 23, is awaiting a decision on charges connected to

the shooting death of Daniel Cain Lamb, 44, of Delight.

King made his fourth court appearance Monday, Sept. 15 with attorney Clayton Tinkes. King's fifth court appearance is scheduled for Sept. 29 for arraignment.

Glenwood pharmacy sells to another

BY DEWAYNE HOLLOWAY Glenwood Herald Editor

GLENWOOD - Phil's Pharmacy, a longtime fixture in Glenwood, has announced that they have sold to Buck's Pharmacy after 51 years of service to the community. The owners of Phil's Pharmacy made the announcement in a statement posted to their Facebook page.

Phil's Pharmacy opened their doors in April 1974 in downtown Glenwood with Phil and Mary Buck at the helm. In their post they shared that Phil's Pharmacy was never "just a business," it was a calling rooted in family and community. Phil became a pharmacist when his children, Jimmie and Sandra, were young. With Mary working hard to ensure Phil was able to complete Pharmacy School.

Phil's Pharmacy later changed locations, moving to their current location on Highway 70 in 1997.

In their statement they announce that they felt it was time to pass the torch and the decision was made to sell to Buck's Pharmacy in Glenwood. They shared that all their customers' prescriptions have been transferred to Buck's Pharmacy located at 408 North First Street in Glenwood.

Buck's Pharmacy is closely related to Phil's Pharmacy with Phil's and Mary's son Jimmy founding Buck's Pharmacy after following his father's example as a pharmacist. Buck's Pharmacy is currently owned by Kyle Harvey who purchased the pharmacy upon Jimmy's retirement.

In their statement they share that, "In a very special way, it feels like things have come full circle. Kyle Harvey is a young, personable, and professional individual, in which we feel fully confident in continuing to serve you all and begin this new journey with you all."

They added, "The Buck family and Kyle are excited about this new chapter and Kyle and his staff are looking forward to serving each and everyone of you for years to come!! From the bottoms of our hearts, thank you to everyone who has trusted us through the years, and made this journey so meaningful."



PUBLIC NOTICE

The Pike County Election Commission will be meeting Monday, September 15th at 1pm at the Clerk's Office to approve the plan to alter voter precinct boundaries to coincide with JP district boundaries, school zone boundaries, and/or municipal boundaries. This will not change any voter's current JP, school zone, or municipal assignment. The commission will also approve the plan to rename the precincts with a numerical system recommended by the SOS and GIS offices. All are invited to attend.

This publication was paid for by Pike County Clerk. The amount paid for this publication is \$ 36.54. (p.c.c., 81w., 10,11)

JOB OPEN

The Murfreesboro Water and Sewer Department will be accepting applications for the position of Water Office Clerk.

Interested persons may obtain an application at the water office, located at 204 East Main, Murfreesboro, AR. 71958. Applications will be accepted until Friday, September 19, 2025.

Candidates desiring to be considered for the above position should apply in person, no phone calls please. The Murfreesboro Water and Sewer Department reserves the right to reject any and all applications. The Murfreesboro Water and Sewer Department is an equal opportunity employer.

(m.w.d., 10,11)

PUBLIC NOT

IN THE CIRCUIT COURT OF PIKE COUNTY, ARKANSAS PROBATE DIVISION

IN THE MATTER OF THE ESTATE OF

WARNING ORDER

GORDON EUDEAN HINES, deceased 55PR-25-40

TO: ALL CONCERNED

You are hereby notified that DHOREA KENCAYD, Plaintiff/Petitioner, whose Attorney is Dustin Bissell, whose address is 306 E. Broadway, Glenwood, AR 71943, has filed a Petition for Appointment of Administrator for the Estate of GORDON EUDEAN HINES that will lawfully appoint DHOREA KENCAYD as Administrator of said estate, a copy of which Petition shall be delivered to you, or to your attorney upon request. You are also notified that you must appear and defend by filing your answer or other responsive pleading within thirty (30) days of the date of the first publication of this Warning Order; in the event of your failure to do so, an Order will be entered for the relief demanded in the Petition as circumscribed by the laws of this State.

IN WITNESS WHEREOF, I have hereunto set my hand and seal as Clerk of the Court on this day of August, 2025.

PIKE COUNTY

CIRCUIT CLERK

(d.b. 184w., 11,12)

TAX DEADLINE APPROACHING

OCTOBER 15, 2025

COLLECTOR'S OFFICE (070) 235-3121

PIKE COUNTRY TAX

WILL BE CLOSED MON. OCT. 13 **FOR COLUMBUS DAY HOLIDAY**

OFFICE HOURS - MONDAY-FRIDAY 8:00 A.M.-4:30 P.M.

YOU CAN MAKE PAYMENT ONLINE AT WWW.COUNTYSERVICE.NET This publication was paid for by Pike County, office of the Tax Collector. The amount paid for this publication is \$ 54.00.

Chamber announces fall festival, haunted house plans

MURFREESBORO -- At their September meeting the Murfreesboro Chamber of Commerce announced that they collected right at \$1,200 at their barbeque sandwich fundraiser in July. The event replaced the "Christmas in July" event that used to offer Christmas holiday selections such as ham and dressing. Proceeds from the event will go toward Christmas decorations around town.

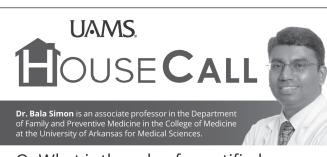
The board mentioned getting pole numbers for SWEPCO light poles without electrical receptacles, so the company can





Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.





Q: What is the role of a certified nursing assistant?

A: A certified nursing assistant (CNA) works under the supervision of a licensed nursing professional. CNAs provide basic care and support with daily activities such as helping patients with comfort and hygiene, cleaning rooms, gathering and stocking supplies, monitoring vital signs, and serving meals. CNAs also aid in setting up and assisting with some medical procedures.

CNAs also aid in setting up and assisting with some medical procedures.

CNAs work in a variety of settings including community care clinics, hospitals, nursing homes or assisted living facilities, private doctors' offices and urgent care centers. CNAs may also be utilized as home health aides, in hospice care, in rehabilitation

centers assisting patients with

recovery from injuries or

surgeries, or in mental health facilities.

Educational requirements for CNAs include completion of a state-approved training program and the passing of a competency exam. A high school diploma or GED is normally required to enroll in a CNA program. A CPR certification and criminal background check may be a requirement depending upon the work location.

CNAs are an important part of the health care process. Depending upon the setting, the CNA may have the most day-to-day contact with patients. Working as a CNA offers an opportunity to gain hands-on experience in health care without obtaining a college degree.

add them. This will allow for the hanging of more décor this December.

The group also discussed purchasing more of the snowflake decorations that hang on the poles at the Pike County Courthouse to go further down Washington Street.

The Chamber will again take an ad in the annual Diamond Lakes Regional Tourism Guide, with a better presence and revamped ad for \$425.

Constitution Day will be celebrated on Wednesday, Sept. 17 at 3 p.m. when businesses across town are being asked to ring a bell for one minute by the local chapter of the Daughters of the American Revolution.

FALL FESTIVAL

The Fall Festival will be held on Saturday, October 25, and Robin Cox will be the vendor coordinator.

A flyer is available at the Gypsy Underground Flea Market or at Harvill Insurance for vendors that wish to participate. A parking spot location will cost \$25, with a \$5 additional charge for

electricity. Vendors may prepay to the Chamber of Commerce at P.O. Box 166, Murfreesboro, AR 71958 or drop off at either the Gypsy Underground or Harvill Insurance. Vendors of any type are welcome, but limited to one each for items such as Tupperware, Pampered Chef or Sentsy. Vendors may set up between 1-2 p.m. Vendor applications are due by October 20.

The festival will close down the square around noon on Oct. 25 to traffic and will officially take place from 2-6 p.m. with a costume contest for both kids and animals, a weenie dog race and conclude with the Trunk or Treat event.

HAUNTED HOUSE

The Chamber's third annual Haunted House at the old hospital is in full planning mode, with a new, longer route being planned that will differ from last year.

This year the Haunted House will be held on three weekends – Friday and Saturday, Oct. 17-18, Oct. 24-25 and Oct. 31-Nov. 1. Kid's hour will be 6-7 p.m. nightly with no actors, while the

ocation will cost \$25, with a \$5 additional charge for full house will be open from 7:30-11 p.m.

Building support and hope for suicide prevention

BY JOHN BOOZMAN

U.S. Senator, Arkansas

MURFREESBORO -- Suicide is a leading cause of death in Arkansas.

This emphasizes the reality that many of our family, friends and neighbors struggle with their mental health. It affects people from all walks of life. Between 2020 and 2023, an estimated 13.2 million Americans seriously contemplated taking their own lives, and 1.6 million attempted to do so.

September is Suicide Prevention Awareness Month, reminding us that behind each of these numbers is a face and story.

Certain groups are especially at risk in this battle, including rural residents, servicemembers and veterans, and our nation's youth.

Farmers are at the heart of rural America and face unique challenges out of their control such as unpredictable weather, market volatility and even isolation that create hardships for mental well-being. We have a responsibility to ensure that the men and women who feed, fuel and clothe the world are not facing these burdens alone.

As Chairman of the Senate Agriculture Committee, I was proud to join my colleagues Senators Tammy Baldwin (D-WI) and Joni Ernst (R-IA) to introduce the bipartisan Farmers First Act of 2025 that would authorize \$15 million annually for the Farm and Ranch Stress Assistance Network (FRSAN), which connects agricultural workers to critical stress assistance and mental health services. This measure builds upon previous efforts I championed to establish FRSAN in the 2018 Farm Bill, ensuring our farmers and rural populations can access meaningful support and mental health care.

4 FAMILY YARD SALE SAT. SEPT. 20 ONLY!
• OLD JAPANY CHURCH •

4 MILES SOUTH OF MBORO ON HWY 301 SO., 2 MILES PAST DIAMOND MINE ENTRANCE.

SOME ANTIQUE DISHES, DINING CHAIRS, BOOKS, TOYS, TOO MUCH to mention! everything must go. come make an offer

Affordable health insurance for Arkansans

individual • family • health • dental

Lisa Chandler, agent Lisa Chandler Insurance

Nashville office: 870-845-5930 cell: 870-845-7728

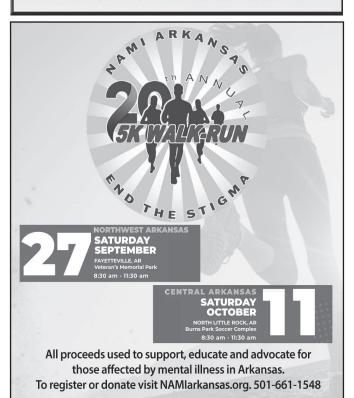
Arkansas BlueCross BlueShield

Insurance #38194

Antheproduction and the Bio Cross and Bios Shield Association

Soliciting agent only. Not authorized to issue policies. Available only to residents in Arkansas





The increased suicide risk among those who have worn our nation's uniform is well known, and I have also dedicated much work to find solutions that meet their needs.

I authored legislation alongside Senator Mark Warner (D-VA) that created the Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program that provides essential funding for mental health outreach and suicide prevention in veteran communities. This initiative, which we are currently seeking to extend and enhance, is a critical effort to save the lives of veterans who battle mental health challenges. I look forward to Senate passage of our bill after it successfully passed out of committee earlier this year.

At the same time, we're working to ensure the VA considers a range of factors involving veteran suicide and implements stronger, data-driven policy decisions that can translate into real-world success preventing that outcome. That's why I am championing the Not Just A Number Act.

am championing the Not Just A Number Act.

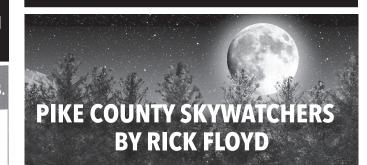
Investing in mental health care for all Americans is more important than ever.

We have made great strides in expanding access to reliable, empathetic help during a crisis. Congress enacted the 988 National Suicide Prevention Hotline that launched three years ago. This toll-free number connects callers to trained counselors for free, confidential care for those confronting a mental health emergency or in need of resources for a loved one.

Arkansas has made significant efforts to further its impact by adding a 988 text-to-chat feature. According to the Arkansas Crisis Center, suicide is the second-most common cause of fatalities among those 10-14 years old. Given young people's communication preferences, the state launched the chat feature to improve access to support.

Combating suicide is a complex problem with no single solution, but identifying and connecting those struggling with the resources they need is vital. I will continue working with my colleagues on bipartisan efforts to deliver tools and resources that spread hope and result in better mental health.

SMALL ADS DO WORK ...
YOU JUST READ ONE!



Solar fall starts Monday

The big planetary event of the month is the one when our planet reaches a point in its orbit around the Sun called equinox. The word is Latin for equal (equi) and night (nox), and the event happens twice a year, in September and March.

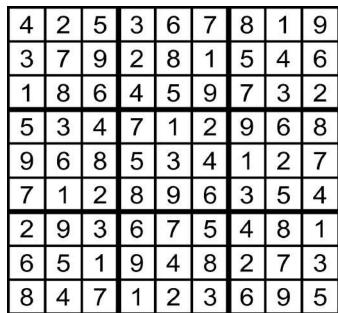
The equinox in September and Match.

The equinox in September is the autumn equinox, and this year it will be on Monday, Sept. 22 at 1: 19 p.m. CDT. This is the precise moment when the center of the Sun crosses the plane of the Earth's equator. Observers in Pike County will see a sunrise due east and a sunset due west on that day. Where the Sun was on the horizon was a very significant issue for our ancestors, and the mid-point of the Sun's trip across the horizon signaled, for one, time for harvest and for the corresponding ceremonies. The Sun will continue from equinox southward along the sunrise horizon until it reaches winter solstice in December at which time it starts back. The length of day and of night are not quite equal at equinox but almost.

We obviously do not celebrate the equinoxes the same way our ancestors did, but many people these days have rituals associated with this time of year. These include making a list of all the things to be grateful for, a time to unclutter (spring cleaning is well known, but there is also fall cleaning), incorporating elements from nature, particularly with a seasonal theme, into your home or personal space, and making it a time to reconnect with nature by taking walks or sitting out under the stars by a warm fire.

A comet was discovered in our cosmic neighborhood on Sept, 12 by one of the eyes-in-sky telescopes. It is called SWAN 25 B for now, and is not a naked eye sight as yet. With binoculars or telescope you might see it, but currently it is a bit lost in the sunset glow.

Hummingbirds are now in their annual migrations from Canada and the U.S. Headed to Mexico and Central America. The migrations started in late August and continue to early October, so it is a good time to have feeders out.



Email your health questions to housecall@uams.edu.

Beauty queen seeks donations of cereal



Hi, I'm Carsyn Ballard, your Junior Miss Pike County, and I am collecting cereal that will be donated to support the Arkansas Food Bank's mission to feed Arkansas children. Please join me in the fight against hunger in Arkansas by dropping off cereal at the following businesses through September 30.

MURFREESBORO

- Gypsy-Underground Flea Market
- KMB Fuel Stop/Nanny's Kitchen
- Nails by Nicky
- Pike County Extension Office
- Tannergy Nutrition
- Jackson Title Company
- Peoples Pharmacy

DELIGHT

- Eoff's Market & Deli
- The Tiny Bouquet- Flowers, Gifts, & More
- Tjax Cafe

PRESCOTT

• Haney's Truck and Auto

Legislature seeks to improve maternal health care

STATE CAPITOL WEEK IN REVIEW Senator Steve Crowell

LITTLE ROCK -- Earlier this year the legislature enacted broad measures to improve maternal health care in Arkansas, and progress is already being made.

Act 140 of 2025, also known as the Healthy Moms, Healthy Babies Act, makes maternal care more available for women of all ages and socio-economic categories.

Act 140 has an important provision known as "presumptive eligibility," which means that whenever a woman is pregnant she automatically becomes eligible for Medicaid. That provision provides immediate prenatal care for women during an important period of their pregnancy, especially considering that it takes about 45 days for an ordinary Medicaid application to be processed.

The provision took effect on June 1 and since then more than 2,230 women have been classified as presumable eligible for Medicaid.

Another provision in Act 140 is called "global unbundling." It reverses a Medicaid regulation that reimbursed physicians, clinics, hospitals and other medical providers under a so-called "global payment" system. The state Medicaid program would reimburse providers with a large check for a bundle of services pro-

Now, thanks to Act 140, Medicaid reimburses physicians with separate payments for prenatal care, postnatal visits and other services related to the healthy delivery of newborn babies. Pregnant women are covered for up to 14 prenatal and postnatal visits.

Global unbundling began July1, according to a report by the state Human Services Department presented to the Joint Senate and House Committees on Public Health.

Another change increases reimbursements by 70 percent to physicians who deliver babies and provide prenatal and postnatal care.

The increase is significant, considering that in some years, almost half of the births in Arkansas are covered by Medicaid. The rule change means that Arkansas Medicaid will spend an additional \$38 million on maternal health care.

Act 140 will allow midwives, doulas and community health workers to be reimbursed by Medicaid, but those changes will not take effect until 2027.

Elected officials knew that changes

were necessary, because Arkansas was consistently near the bottom in numerous rankings of maternal health and infant mortality.

It was proposed by the governor and originally introduced as Senate Bill 213. Its two Senate co-sponsors were the chair of the Senate Committee on Public Health, Welfare and Labor and the chair of the Senate Rules Committee. The governor and both Senate co-sponsors are women, although three of the five House co-sponsors are men.

Arkansas is also improving maternal health care through a program called the Maternal Life360 Home Program, in which the state contracts with hospitals to care for pregnant women with high medical risks. So far, four hospitals have

Since the first of August 114 women have received maternal health services through the Maternal Life360 program.

Arkansas is promoting a smart phone app, called Pregnancy +, for expectant mothers. It's free and it has links to local health care sources, hundreds of articles with advice on motherhood and tools for keeping track of doctor appointments.

Group seeks to expand healthcare coverage for children

LITTLE ROCK -- Arkansas Foundation for Medical Care (AFMC) has been awarded funding from the Centers for Medicare & Medicaid Services (CMS) to help children in Arkansas gain access to affordable health coverage. The initiative focuses on connecting eligible children, pregnant women, and families to Medicaid and the Children's Health Insurance Program (CHIP) and improving program retention to ensure children grow up healthy and thrive. AFMC will work closely

with the Arkansas Department of Human Services (DHS) and other statewide partners to provide community outreach and education to families to increase awareness and understanding of health care coverage options. This initiative emphasizes reaching Arkansas families in rural and underserved communities.

"Every child deserves the chance to grow up healthy, and we know that health care coverage is a fundamental part of making that happen," said John Selig, president and CEO. "This federal grant allows us to work with DHS, families, schools, and community partners to make sure kids, parents, and expectant mothers get the coverage they need. Helping eligible families apply for and renew coverage is one of the most important steps we can take toward building healthier communities in our state."

Free or low-cost health cov-

erage gives children the foundation to grow up healthy by ensuring they receive preventive care like checkups, immunizations, and screenings, as well as the treatment they need. Without coverage, kids are more likely to miss school, struggle academically, and face lifelong health challenges. By expanding education and outreach and utilizing community-based resources, AFMC and its partners will empower families, strengthen communities, and help build a healthier future for Arkansas.

ABOUT AFMC AFMC is an Arkansasbased nonprofit organization committed to improving access to quality health care for individuals, businesses, and communities. For over 50 years, AFMC has worked with state and federal partners to improve health outcomes and deliver cost-effective solutions to the communities we serve.

This project is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of financial assistance totaling \$612,718 with 100% funded by CMS/HHS.

SOUTH PIKE COUNTY SCHOOL MENU

MURFREESBORO SENIOR ADULT CENTER LUNCH MENU

THURSDAY, SEPTEMBER 18

Breakfast: Mini blueberry loaf w/cheese sticks or cereal, fruit, juice, milk

Lunch: BBQ pork sanwich, baked beans, cole slaw, 7-12 baked chips, mixed fruit, milk

7-12 line 2 option- Hot ham & cheese sand-

FRIDAY, SEPTEMBER 19 Breakfast: Pancake on stick or cereal, fruit,

juice, milk Lunch: Cheeseburger, sidewinder fries, lettuce, tomato, 7-12 onion & pickle slices, apple-

sauce,, milk 7-12 line 2 option- Steak sandwich

MONDAY, SEPTEMBER 22

Breakfast: Mini blueberry waffels on stick or cereal, fruit, juice, milk

Hamburger on bun, lettuce, tomato, pickle,

Ham & beans, canned yams, turnip greens,

onion, potato chips & salsa, carrot cake

Lunch: Beef fingers, mashed potatoes, sweet peas, whole grain roll, mixed fruit, milk

MONDAY, SEPT. 22

TUESDAY, SEPT. 23

cornbread, fruit

7-12 line 2 option- Chicken tenders **TUESDAY, SEPTEMBER 23**

Breakfast: Chicken biscuit or cereal, fruit, juice, milk

Lunch: Spaghetti w/meat sauce, Italian vegetable blend, seasoned carrots, garlic toast, peaches, milk

7-12 line 2 option- Big Daddy cheese pizza **WEDNESDAY, SEPTEMBER 24**

Breakfast: Super donut sticks w/cheese sticks or cereal, fruit, juice, milk

Lunch: Breakfast for lunch- Dutch waffles w/syryp, sausage patty, cheese stick, hashbrowns, carrot & celery sticks, apple slices, milk

7-12 line 2 option - No line 2*Due to food item

Cajun chicken & pasta, squash, glazed car-

Lunch served at 11:30 a.m. For more information

shortages menus are subject to change without notice. Any changes to the menu will be posted on the website at www.rattlers.org

WEDNESDAY, SEPT. 24

rots, brownie

Holiday nut orders now being accepted

MURFREESBORO -- The Pike County Conservation District is now taking orders for Fresh Mammoth Pecans, assorted flavors of Fudge and Raw Peanuts.

The last day to order is Friday, Oct. 24. Payment required when order is placed.

For more information or to place an order

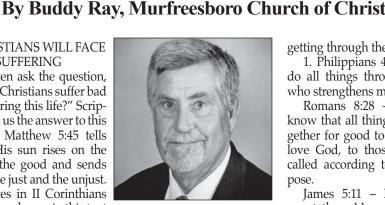
call Monday thru Wednesday at (870) 285-2424 or drop by the office at 131 N. Kelly St. Suite C. Orders should arrived the second week in November.

ALL (870) 285-2723 FOR PRICING

'Dear Preacher'

CHRISTIANS WILL FACE **SUFFERING**

We often ask the question, "Why do Christians suffer bad things during this life?" Scripture gives us the answer to this question. Matthew 5:45 tells us that His sun rises on the evil and the good and sends rain on the just and the unjust. Paul writes in II Corinthians 5:4 that we who are in this tent groan, being burdened. We realize that persecution and suffering are often a part of our lives. When we face these things, we must realize that Romans 12:12 instructs us that we are to be patient in tribulation. When this life weights us down we must turn to God for



courage you this week to turn to the following scriptures to see that Christians are not immune to suffering: II Timothy 3:12; II Corinthians 12:7; 1 Peter 4:14.

Even as these verses tell us that we will face hard times God's word also give us encouragement and comfort for

getting through these trials.
1. Philippians 4:13 – I can

do all things through Christ who strengthens me.

Romans 8:28 - And we know that all things work together for good to those who love God, to those who are called according to His pur-

James 5:11 - Indeed we count them blessed who endure. You have heard of the perseverance of Job and seen the end intended by the Lord - that the Lord is very compassionate and merciful.

As we serve the Lord this week, let us walk close to Him and allow Him to carry us through difficult times.

Paid Advertisement

Trinity Missionary Baptist Church

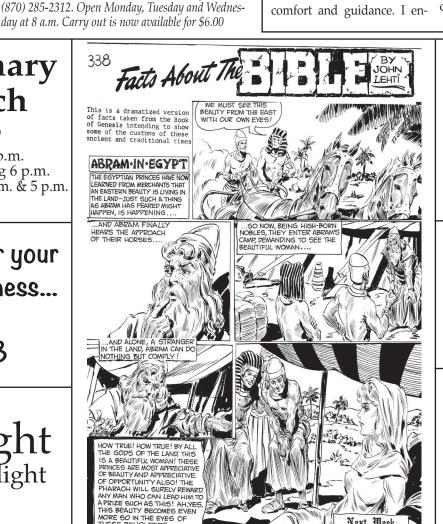
Hwy 27 N. Murfreesboro

Worship 11 a.m.
Sun. Eve. 5 p.m.
Wed. Bible study & Prayer Meeting 6 p.m. Facebook services on Sunday at 10:45 a.m. & 5 p.m.

Bro. Curtis Abernathy

To reserve this space for your church services or business... Call Christy at 870-285-2723

Bank of Delight 503 E. Antioch St. Delight (870) 379-2293



Murfreesboro church of Christ

305 S. Second Ave.

Sun. Bible Study 9:30 • Worship 10:20 Sun. eve. 6 p.m. • Wed. Bible Study 7 p.m. Radio Broadcast B99.5 @ 8:30 a.m.

Bro. Buddy Ray

Attend Church This Sunday!

OT TIME OF THE RAPINATE TO STE INCLUDED?

and wat malamond@windstream.net

AUTUMN VIBES

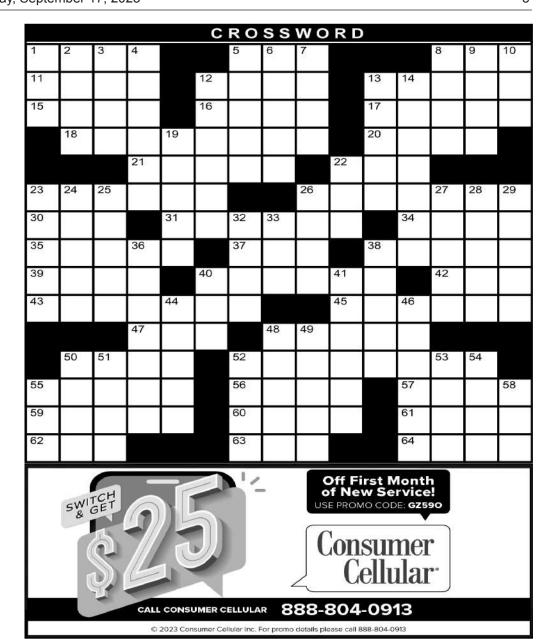
* -- Theme Related Clue

ACROSS

- 1. *Maze plant
- 5. Wharton degree, acr.
- 8. Special effects in "Avatar," acr.
- 11. Dwarf buffalo
- 12. "On Golden Pond" bird 13. Isolated
- 15. Atomizer output
- 16. Enthusiasm
- 17. Pueblo people, pl. 18. *Pre-game party (2 words)
- 20. Doomsayer's sign
- 21. Perfume bottles
- 22. Tombstone acronym
- 23. Construction binder
- 26. "___: The Movie," 2002 slapstick com-
 - 30. Genetic info carrier, acr.
 - 31. Dorsa, sing.
 - 34. "He's Just Not That ____ You"
- 35. *Like some sweaters
- 37. Earth Day mo.
- 38. Opposite of cation
- 39. "Que Sera
- 40. Approved
- 42. Denotes middle
- 43. Assess pro rata 45. Lorraine's neighbor
- 47. Doctor Dolittle, e.g.
- 48. Temporary stay
- 50. Chicago's Navy _ _, tourist destination
- 52. *Popular fall spectator sport
- 55. Hutu's opponents, 1994
- 56. Quinceanera or bat mitzvah 57. Biblical captain
- 59. Rocky ridge 60. Having wings
- 61. Russian parliament
- 62. Diamond or ruby
- 63. An affirmative

64. Dog command

- 1. Cameron, to friends
- 2. The Fonz: "Sit 3. Civil rights icon Parks
- 4. Richard Wright's "_
- 5. Relating to mole
- 6. Whatever rocks them!
- 7. "Green Gables" protagonist
- 8. Walking helper 9. Smiley face
- 10. "____ Now or Never"
- 12. Smooth, in music
- 13. Before appearance of life, geology
- 14. *Patch purchase Hop dance
- 22. Ewe's mate
- 23. *Like air in fall
- 24. Keyboard key 25. Introduction to economics
- 26. Twelve angry men, e.g.
- 27. Carl Jung's inner self
- 28. Indifferent to emotions
- 29. Type of probe
- 32. *Leaf collector 33. R&R stop
- 36. *Bushels of apples, e.g.
- 38. Impromptu
- 40. Over the top, in text
- 41. Time for an egg hunt 44. Falcon's home
- 46. Uses two feet 48. Bridal veil fabric
- 49. Smidgins
- 50. Unadulterated
- 51. Individual unit 52. Brawl
- 53. Clod
- 54. Tibetan priest
- 55. Chasing game 58. *Cushion on a fall ride



© StatePoint Media

Ground beef is a nutritional powerhouse as well as versatile

Ground beef has long been a staple in kitchens across America. Not only is it affordable and versatile, it's also packed with essential nutrients that fuel your body and support overall health. Whether it's featured in classic comfort dishes like chili and meatloaf or modern recipes like lettuce wraps and power bowls, ground beef delivers a nutritional punch that's hard to beat.

Beef is considered a nutrient-dense food, meaning it provides a significant amount of essential nutrients for relatively few calories. Ground beef contains complete protein. It offers all eight essential amino acids in ideal proportions to help the body build and maintain tissues and to provide energy. It is also an excellent source of iron, specifically heme iron,

which makes up about 60 percent of the iron in beef and is the most easily absorbed form for the human body. In addition, ground beef contributes phosphorus for strong bone maintenance, riboflavin and thiamin which help release energy from food, and niacin, which supports a healthy nervous system.

Vitamin B6, a coenzyme for protein utilization, and vitamin B12, which is found only in animal-based foods and helps prevent anemia, are also abundant in beef. Zinc, a trace mineral that supports wound healing and enhances taste, is another benefit, along with naturally occurring fats that provide energy and help you feel full and satisfied.

While plant-based proteins are often part of a healthy diet, they tend to come with a much higher calorie and carbohydrate cost compared to lean beef. For instance, just three ounces of cooked lean ground beef delivers 25 grams of high-quality protein for only 154 calories and virtually no carbohydrates.

To get the same 25 grams of protein from peanut butter, you would need to eat six tablespoons, which would amount to 564 calories and about 21 grams of carbohydrates. Achieving the same protein amount from black beans would require approximately one and three-quarter cups, totaling 382 calories and 58 grams of carbohydrates.

Quinoa, though often praised as a protein-rich grain, would

PIKE COUNTY EXTENSION

EVA LANGLEY, FAMILY AND CONSUMER SCIENCES AGENT FAMILY • NUTRITION • FOOD SAFETY • FINANCE • FITNESS & HEALTH

minutes.

require three full cups to provide 25 grams of protein. That comes with 666 calories and a hefty 117 grams of carbohydrates. While these plant foods can certainly contribute to a balanced diet, it's clear that lean ground beef is one of the most efficient ways to boost protein intake without consuming unnecessary calories or excess carbs.

At the grocery store meat counter, ground beef is available in several forms, most often labeled by leanness, which is the ratio of lean meat to fat. The amount of fat in your ground beef determines how well it will perform in different recipes. Beef that is 73 percent lean and 27 percent fat is ideal for dishes

where fat is drained after cooking, such as chili, tacos, sloppy joes, or spaghetti sauce. Ground beef that is 80 percent lean is slightly leaner and works well in recipes like meatloaf, casseroles, and meatballs. For meals requiring lower fat or fewer calories, such as stuffed peppers or combination dishes with grains and vegetables, 85 percent lean or higher is a better choice.

while chopped sirioin and ground round are sometimes available at higher price points, most recipes can be successfully made with standard, high-quality ground beef. This makes it a practical and economical option.

Ground beef remains one of the most versatile and cost-effective proteins available. In a time when families are seeking meal options that are both nutritious and budget-friendly, ground beef delivers on all fronts. It can be used in everything from traditional dishes to creative new recipes, all while contributing essential nutrients that support a healthy lifestyle.

Overworking the meat or pressing it too hard when forming patties can result in a dense, dry texture, so try to handle ground beef as little as possible. Also, avoid baking burgers or hamburger steaks in the oven, as this can lead to drying. Quick cooking over high heat is best to retain moisture and flavor.

With its unbeatable combination of taste, value, and nutrition, ground beef is more than just what's for dinner. It's a smart and satisfying way to support your family's health. Enjoy!

RECIPE OF THE WEEK:

Taco Salad Bowl – makes 4 servings

Ingredients:

- 1½ pounds ground beef
- 1 onion, diced
- ½ (4 ounce) can diced jalapeno peppers
- 1 (1 ounce) package taco seasoning mix 2 cups shredded lettuce
- 1 tomato, chopped
- ½ cup shredded reduced-fat Cheddar cheese

(gs:4-tf)

¼ cup salsa

boro. 870-845-6304.

- ¼ cup low-fat sour cream 1 avocado - peeled, pitted, and sliced
- Classifieds MINI STORAGE in Murfrees-

SMALL ADS WORK YOU' JUST NOTICED ONE

ALL TYPES OF ROOFING

We are insured! Quality work, Free Estimates In Business Since 1992!

Greg (870) 356-8934

MILLWOOD CORPORATION BUYER OF TIMBER & TIMBERLAND



Matt Tollett (870) 703-6939 Jason Porter (870) 703-1039 Johnny Porter (870) 703-1628

P.O. Box 1316 Hope, AR 71802

AGFC recruiting next class of game warden cadets

Cook and stir ground beef, onion, and jalapeno peppers to-

gether in a skillet over medium-high heat until meat is browned

and crumbly, 7 to 10 minutes. Drain excess grease. Stir taco sea-

soning into meat mixture; cook until flavors combine, about 5

In a large bowl, stir together meat mixture, shredded lettuce,

tomato, Cheddar cheese, salsa, and sour cream. Divide into 4

bowls and top each with avocado slices.

LITTLE ROCK - The Arkansas Game and Fish Commission is accepting applications for its next class of game warden cadets. Applications will be accepted until Sept. 30.

Applicants must be U.S. citizens who are at least 21 years old. They must have a high school diploma or the equivalent and a valid driver's license with a good driving record. They must be able to swim, must pass physical, psychological, vision and hearing exams. Thorough background inspections are also conducted before a candidate is admitted into the cadet program.

Game warden applicants come from many backgrounds, including state and local law enforcement and military law enforcement. Many wardens have also come from other backgrounds, such as firemen, EMTs and wildlife biologists because of the skills required in those professions.

If selected, cadets will embark on an 18-week training course at the AGFC's H.C. "Red" Morris Enforcement Training Center in Mayflower. They will be trained in self-defense, physical fitness, wildlife forensics and law enforcement as well as state law. Upon graduation from the center, each new game warden will be assigned to a duty station for an additional 16 weeks of field training with a superior officer.

Game wardens are assigned their duty station based on the agency's need, but some accommodations for location can be made if available in the cadet's preferred hometown.

"As positions open up, some game wardens will transfer to be closer to family, but we actually have quite a few that stay put because they've become such a fixture in their local community where they were first assigned," Maj. Brian Aston, assistant chief of enforcement for the AGFC said. "Some of the smaller towns can actually be the most fulfilling for some wardens, because they do so much to support local law enforcement needs."

Visit jobs.agfc.com for a list of requirements, preferred skills and abilities and an electronic application form. Visit www.agfc. com/en/enforcement/becoming-game-warden for more information.



STATEWIDE CLASSIFIEDS

Call Neil McConnell at (501) 374-1500 to place your ad here!

SERVICES

MATTORNEY SOCIAL SECURITY DISABILITY BENEFITS. Unable to work?

Denied benefits?

We Can Help!

WIN or Pay Nothing! Former SSA Attorney

CASH PAID FOR HIGH-END MEN'S SPORT WATCHES. Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaste These brands only! Call for a quote: 1-833-641-7044

Office: (501)374-6800

We Buy Houses for Cash AS IS! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-866-613-1845 STOP OVERPAYING FOR

Reduce premiums and out-of-pocket costs while getting the coverage you need! Call now for a competitive free quote. 1-833 879-1438. Plus... Income based government subsidies a. available for those that qualify! subsidies INJURED IN AN ACCIDENT?

Don't Accept the insurance company's first offer. Many injured parties are entitled to major cash settlements. Get a free evaluation to see what your case is really worth 100% Free. case is really worth. 100% Free Evaluation. Call Now: 1-833-422-2471. Be ready with your zip code to connect with the closest provider. AGING ROOF? HOMEOWNER?

DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-833-889-0049. Have zip code of property ready

STORM

YOU MAY QUALIFY for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-833-641-6953

EVENTS

Stigma 5K Run/Walk NORTHWEST LOCATION Saturday, September 27, 2025 Fayetteville

> Veterans Memorial Park Lake Fayetteville 8:30 am 4451 N Vantage Dr Fayetteville, AR 72703

The NAMI Arkansas 5K Run/Walk to End the Stigma raises funds for NAMI Arkansas programs that support, educate, and advocate fo those affected by mental illness. It also provides a place to celebrate and honor those living with mental health issues and remember those with a mental health condition who

have passed on. This event is the single fundraising event hosted by NAMI Arkansas ea year - consider adding a donation your race registration. NAMI Arkansas is a private, nonprofit organization whose mission is to help people living with mental illness, families, and the

a statewide organization providing and coordinating a network of local support groups providing support, ducation, and advocacy throughou

ommunity. NAMI Arkansas operat

To learn more about NAMI Arkansa visit NAMIarkansas.org. Get a break on your taxes Donate your car, truck, or SUV to assist the blind and visually to assist the bilind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-866-587-0119 today!

with Briggs & Stratton®
PowerProtect(TM) standby
generators - the most powerful
home standby generators
available. Industry-leading comprehensive warranty - 7 years (\$849 value.) Proudly made in the U.S.A. Call Briggs &

Stratton 1-855-554-0140. Replace your roof with the best looking and longest lasting material — steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer + up to 50% off installation Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-866-861-2447

Week of September 15, 2025

No more cleaning out gutters Guaranteed! LeafFilter is backet by a no-clog guarantee and lifetime transferrable warranty lifetime transferrable warranty. Call today 1-855-977-9614 to schedule a FREE inspection and no obligation estimate. Plus get 75% off installation and a bonus \$250 discount! Limited

time only. Restrictions apply, see representative for warranty and offer details. DENTAL INSURANCE from Company Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-844-210.6510.

210-6510 www.dental50plus.com/arpress #6258 Olshan Foundation Solutions Your trusted foundation repair experts since 1933. Foundation repair. Crawl space recovery. Basement waterproofing. Water management and more. Free evaluation. Limited time up to \$250 off foundation repair. Cal Olshan 1-833-436-1947

Consumer Cellular - the same consumer ceiliair - the same reliable, nationwide coverage as the largest carriers. No long term contract, no hidden fees and activation is free. All plans feature unlimited talk and text that it is a feet that the same reliable to the same starting at just \$20/month. information, call 1-844 more info 868-3831

Prepare for power outages today Prepare for power outages took with a Generate Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-877-319-0598 today to schedule a free quote. It's not just a generate. It's a power move. generator. It's a power move.

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-877 313-1596 today! SunSetter. America's Numbe SunSetter. America's Number One Awning! Instant shade at the touch of a button. Transform your deck or patio into an outdoor oasis. Up to 10-yea limited warranty. Call now and SAVE \$350 today! 1-888-497-7510

DIRECTVentertainment. Nothing on your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-855-400-3297

'How to talk to your doctor' program prepares Arkansans for health visits

BY REBEKAH HALL *U of A System Division of Agriculture*

LITTLE ROCK — It can be easy to get overwhelmed or intimidated during visits to the doctor. To help Arkansans feel prepared for these conversations, the Cooperative Extension Service's How to Talk to Your Doctor program equips participants with tools to build confidence for healthcare visits.

Heather Wingo, extension immunization educator for the University of Arkansas System Division of Agriculture, said the How to Talk to Your Doctor program was designed to educate Arkansans with limited resources and low health literacy. The program was developed in collaboration by the Cooperative Extension Service and the University of Arkansas for Medical Sciences Center for Health Literacy.

When people show up to healthcare visits feeling empowered and equipped for the conversation, that "benefits their overall health and wellbeing," Wingo said. "Being confident in your doctor's appoint-

ment and establishing that trust with your doctor is something that a lot of people don't have," Wingo said. "People being able to make informed decisions with their doctor about their own health is crucial to their wellbeing, and to their health outcomes overall."

Wingo said the program has helped Arkansans with low health literacy better communicate their needs with their doctor, and it has also increased medication adherence among past participants.

"This means more Arkansans are taking their medicine as it is prescribed," Wingo said.

FIVE STEPS TO EFFECTIVE CONVERSATIONS

How to Talk to Your Doctor is delivered by extension family and consumer sciences agents, who walk participants through a handbook with five steps to prepare for their health visits. The program uses the fingers on one's hand as an easy way to remember each of the

- Index finger: Remember to bring what you need to take with you to the visit.
- Two fingers: Practice telling your doctor what you need to say in just two minutes.
- Three fingers: As this hand symbol looks like a "W," the third step stands for "words." After listening to your healthcare provider, repeat instructions and information back in your own words. This could sound like:
 - · So, here's how I understood you...
 - -- So, when I go home, I will...
- -- You just told me a lot of information. Let me be sure I got it all...
- Four fingers: This step stands for Forms. Don't forget to fill out forms completely and ask for help if forms are hard to fill out. Take a list of things that may be required in the forms, such as past health problems and contact information for other doctors.
- Five fingers: Remembering that your medications can fit in the palm of your hand, take all your medications to your visit, including overthe-counter medicines, vitamins, and herbal supplements. Your doctor can make sure it is safe to take them all together.

VACCINE HESITANCY

AND 'EARNED MISTRUST'

Wingo said that through her work as extension immunization educator, she has found that "there's a lot of fear around healthcare in

"It's an earned mistrust," Wingo said. "Mis-

information thrives on mistrust. People have had a lot of facts pushed on them, and health literacy ties right into that. When a doctor says, 'For every 100,000 people,' that isn't something that the everyday layperson can relate to. Sharing facts alone is not enough to increase vaccine confidence because people make health decisions through the lens of values, beliefs, fears and lived experiences.

"Healthcare providers need to be more empathetic in how they communicate with patients, but patients also need to understand that healthcare providers don't have time to have long, deep conversations," Wingo said.

Part of this mistrust includes vaccine hesitancy, which Wingo said is a multipronged term that is "not just the delay or refusal to receive a vaccine."

"It's more about root causes," Wingo said. "When people talk about social determinants of health, it's all interrelated and vaccine hesitancy is a part of that. These are not just concerns about safety and efficacy. Cultural norms, religious beliefs or philosophical beliefs also

Wingo is in the process of training more extension family and consumer sciences agents in Arkansas and Oklahoma to deliver vaccine education and materials. In her regional position, Wingo serves Arkansans and collaborates with Oklahoma University Extension to provide immunization education to counties in eastern areas of the state.

"We're working on training everybody and getting them comfortable talking about vaccines, and helping them understand that it's not a debate," Wingo said. "It's an empathic conversation about listening deeply to concerns and building trust in their community.

"Agents are a trusted messenger, and if people want non-biased research to help inform their decision, then talking to their agent is the way to go," she said.

To learn more about the How to Talk to Your Doctor program, visit Health Literacy Resources for Arkansans on the Cooperative Extension Service website or contact the Pike County Extension office at (870) 285-2161.

How to Talk to Your Doctor

Learn more about

- · Communicating with your health care provider
- · Taking medicines as prescribed
- Filling out medical forms at your next doctor visit



Make informed vaccine choices with your healthcare provider so you can vaccinate with confidence.



FAST FACT AT A GLANCE:

· Over 1/3 of U.S. adults have difficulty with common health tasks, such as following directions on a prescription drug label or adhering to an immunization schedule using a standard chart.



Application time makes biggest effect in hand sanitizer efficacy

BY JOHN LOVETT

University of Arkansas System Division of Ag-

Arkansas Agricultural Experiment Station

FAYETTEVILLE -- Hand sanitizers became ubiquitous during the COVID-19 pandemic, but scientists are still finding answers to questions about their efficacy.

While hand sanitizers are considered a reliable alternative to soap and water when hands are not visibly dirty or greasy, the application time of hand sanitizer remained a question, according to a recently published study from researchers with the Arkansas Center for Food Safety, a part of the University of Arkansas System Division of Agriculture's research arm, the Arkansas Agricultural Experiment Station.

Francis Torko, a Ph.D. student and research assistant in the food science department, worked with Kristen Gibson, a professor of food safety and microbiology and director of the center, to put five commercially available foam hand sanitizers to the test. They found olication time made a big difference.

In their evaluation of hand sanitizers with 30 volunteers, tests revealed that those who rubbed their hands with sanitizer until it was dry saw a greater reduction of viruses than those who rubbed their hands for the typical

Four of the hand sanitizers were alcoholbased, and one had benzalkonium chloride as its active ingredient. Surrogate viruses representing those that cause respiratory and gastrointestinal illnesses were applied on the palm area of the volunteers' hands before the hand sanitizer was used.

The study also supported other research that found product formulation, rather than just active ingredient concentration, impacted product efficacy.

"The study simulated real-world conditions and provides valuable evidence to inform future hand sanitizer practices aimed at maximizing the reduction of infectious viral pathogens on the hands," said Gibson, who is also the Donald "Buddy" Wray Endowed Chair in Food Safety for the experiment station and the Dale Bumpers College of Agricultural, Food and Life Sciences.

The study, titled Product formulation and rubbing time impact the inactivation of enveloped and non-enveloped virus surrogates by foam-based hand sanitizers," was published in the journal Applied and Environmental Microbiology in March.

Torko also presented the results of the study at the 2025 International Association for Food Protection conference in Cleveland.

Filling the gaps

Differences between this study and past research on hand sanitizers include the use of commercially available hand sanitizers, rather than lab-based solutions, and evaluation of the whole palm area of the hand, rather than just the fingers.

The Center for Food Safety study also used direct comparisons between different rubbing times and the volume of sanitizer applied to

hands for "enveloped" and "non-enveloped" viruses. Examples of enveloped viruses include those that cause respiratory diseases like influenza and coronaviruses. Non-enveloped viruses include human noroviruses that cause gastrointestinal illnesses.

Enveloped and non-enveloped viruses can potentially be transmitted by contaminated surfaces, according to Gibson.

In environments with high contact rates, such as childcare centers, food establishments, public transport, and gyms, contaminated surfaces and hands play a critical role in pathogen transmission, Torko noted, because hands often make primary contact with pathogen points of entry such as the eyes, mouth and nose.

Formulation factor

The U.S. Centers for Disease Control recommends that alcohol-based hand sanitizers contain a minimum of 60 percent alcohol, whereas the World Health Organization recommends 80 percent ethanol or 75 percent isopropanol.

Although most previous studies on hand sanitizer efficacy noted the concentration of active ingredients as a key factor, Torko said the results of their study and other recent publications suggest that the efficacy of hand sanitizers may not solely depend on the concentration of active ingredients but rather on the overall formulation of the product.

For example, studies cited by Torko and Gibson showed there were significant differences between products with similar active ingredient concentrations, as well as a lack of significant differences between products with varying active ingredient concentrations. Two other studies they cited observed that reducing glycerol in hand sanitizers appeared to positively impact the efficacy of the formulations. Glycerol is added to moisturize skin and to slow the evaporation of alcohol, Gibson said.

Results of the Center for Food Safety study showed, for example, that a 63 percent isopropanol demonstrated a higher log reduction than a 70 percent isopropanol product that was formulated differently. These results emphasize that overall product formulation impacts efficacy, not just concentration of active ingre-

Members of the Arkansas Center for Food Safety seek evidence-based solutions to food safety issues within Arkansas and beyond through research, innovation and collaboration between the public and private sectors. In addition to food safety issues in vegetables and meats, the center also focuses on novel processing technologies, mitigating mycotoxins in grains, and low-moisture food safety chal-

Agriculture and Food Research Initiative Competitive Grant No. 2020-67017-32427 from the United States Department of Agriculture Na-

To learn more about the Division of Agriculture, visit uada.edu, or to learn about extension programs in Arkansas, contact the Pike County Cooperative Extension Service at (870) 285-2161 or visit uaex.uada.edu.

Farm Equipment Auction! Don't miss our Fall Auction!

Saturday, Sept. 20th at 9:00 a.m. in Nashville, AR! Live and Online Bidding Available for This Auction

Our September Auction will be an outstanding one! Lots of local, one-owner equipment has already been consigned! Our list is growing daily, so what's below is just a PARTIAL listing. Plan to come and stay all day. Bring your trailers. We'll start checking in items, the week of September 8th to 12th from 8:00 a.m. - 5:00 p.m. and the week of September 15th - 19th from 7:30 till dark. Equipment will sell in the order that it arrives, so plan now to bring your items in as soon as possible. This auction offers something for all! Concessions and rest rooms will be available. Feel free to call us anytime at (870) 845-2142 or 845-9200. Go online to see current auction items at toddmorrisauction.com or check us out on facebook

Directions to auction: On Hwy. 278, travel 3 miles from Nashville, AR toward Hope. From I-30, take the Hope exit (#30), then go west on Hwy. 278 for approx. 23 miles, look for our signs, right across from Morris Trailer & Equipment Sales

PLEASE help us avoid a hazard by NOT parking on the highway the day of the auction - THANK YOU for your cooperation!

The items below represent only a PARTIAL listing of what has been consigned to us two weeks prior to the auction. TRACTORS * CAMPERS * TRAILERS * FARM EQUIPMENT * CONSTRUCTION EQUIPMENT * BOATS

Troy Built Zero Turn XP 50 In. Bad Boy 54 In. Zero Turn 16 Ft. Landscape Trailer, New Floor, 2005 Nissan Altima Old John Deere Drill '96 Dodge 3/4 Ton Super Cab, 5 spd, 302,000 Miles Misc. New Jeep and GM Wheels 2006 Chevy 3/4 Ton Flatbed plus Trip Hopper Feed Box, Gas, 4x4 New Trailers, Tires and Wheels New 18 Wheeler Tires New Skid Steer Tire Used Skid Steer Tire 16 Ft. Tandem Trailer Pipe Top w/Ramps 1 Set of New Mega Ramps 2 Sets of Ornamental Gates 5 Roll a Round Tool Boxes w/Tools 16 Ft. Enclosed Trailer, Insulated w/Fold Chevrolet 1 Ton Box Tool Truck Down Door

12 Ft. Enclosed Trailer w/Ramp Door

(4) 16 Ft. Bull Gates

(4) 12 Ft. Bull Gates

Assorted New Tires

(15) 4 1/2 Inch Pipe

(5) 3 1/2 Inch Pipe

(2) 5 Ft. Hay Feeder

New Prifert Metal Feed Trough

Weld On Skid Steer Blanks

Skid Steer Hookup Bale Spear

New 20'x12' Metal Livestock Shed

10 Ft. Drag Type Cutter, Needs 1

FOLLOW US ON:

(15) 3 Inch Pipe

Cow/Hay Rings

Horse Hay Rings

2 Spike Bale Bed

Smoker on Wheels

3 Pt. Chisel Plow 10 Ft.

2 7/8 Pipe

Gearbox

5 1/2 Inch Pipe

2007 Saturn Vue

The hand sanitizer study was supported by tional Institute of Food and Agriculture.

2025 40 Ft. Big Tex w/Ramps 8 Wheel Hyd. V Rake or Caddy Durabuilt 2016 40 Ft. Big Tex w/Ramps (30) Curved Panels (15) 12 Ft. Sheep & Goat Gates (25) 16 Ft. Cattle Stock Gates (25) 12 Ft. Cattle Stock Gates New Holland TN 65 Tractor John Deere Round Baler 7 Ft. Off Set Disk Pull on Wheels New Lithium Battery Golf Cart w/Roof and Roof & Rear Seat, Backup Camera (Nice) Electric Golf Cart w/Rear Seat SS Steel Hog Feeders 3 Pt. Hyd. Wood Splitter (Like New) Skid Steer Chipper Shredder Fire Pit 7'x14' Cargo Trailer w/Ramp Lots of Misc. Tools Antiques Skid Steer Tree/Post Puller M Farmall Tractor New Clevis AGT Industrial MX 12R Mini Excavator New Chains and New Binders (2) 20 Ft. Metal Gooseneck Top Horse/Stocks Combo Big Tex 40 Ft. w/Mega Ramps (Nice) Pindall Hitch Pole Trailer Komatsu D37 E. Dozer, 6 Way Blade (2) Pallets of Cleated Rubber Flooring for Cattle Trailers New Scratch and Dent Gates - All Sizes 7'x16' Cargo Trailer w/Ramp Door 4020 John Deere

2011 GMC Sierra 1500 Crew Cab 4x4 (Clean) 24'x6'8" Gooseneck Stock Trailer Job Box Wooden Cabinets/Shelves Lincoln 220 Crackerbox Welder 20 Ft. Gooseneck Stock Trailer Swisher 22 Ton Gas Powered Wood Splitter 3 Sets of 20 6'x8' Insulated Panels 12' x 70" Tandem Axle Trailer, New Tires, Floor, Paint and Lights (2) 5'x5' Deer Blind Platform 5 Ft. Tall All Metal w/New Wood Floor 5 Ft. Box Blade w/Teeth, Heavy Duty 5 Ft. Cutter 5 Ft. Woods Finish Mower Cooler Fans 235 Masey Ferguson, Nice, Diesel 2007 Ford F-150, Automatic, Cold Air, Runs Good (Plenty of Miles) 2004 Gooseneck Cattle 6'x24'

1995 Ledwell Feed Auger Trailer 2001 Chevy Z-71 Ext Cab (New Transmission) Miller 250 Bobcat w/Leads (runs welds great) Hyd. Lift Gate For Box Trailer Rear End & Transmission For 4000

Ford, All In Tact John Deere Quick Hitch

3 Pt. Bale Fork Air Compressor Sand Blaster on Trailer w/Hoses

Plus Many, Many, More Items

Live and simulcast bidding for this auction. 5% Buyer's Premium for Online Bidding.

Go to toddmorris.com for more information.

18 Ft. Kearnery Car Hauler - Less than

2012 2500 4x4 Crew Cab, Leather (Nice)

JD Z930 60 In. Cut Zero Turn Mower

400 Miles (Like New)

(2) 5 Ft. 3 Pt. Cutter

3 Pt. Herd Spreader

3 Pt. 9 Tooth Tiller 7 Ft.

7679 HWY 278 WEST NASHVILLE, AR 71852 AR LICENSE #1096 870-845-9200 www.toddmorrisauction.com

email: todd@toddmorrisauction.com



SMALL ADS DO WORK ... **CALL TO PLACE YOURS • 870-285-2723**

Your One-Stop For Advertising Call (870) 845-0600 To Place Advertise to the local

The Nashville News-Leader and Murfreeshoro Diamond

Your Advertisement Today! area in one simple step