

Serving South Pike County, Arkansas Since 1975
◆◆◆ Home of the Crater of Diamonds State Park ◆◆◆



MURFREESBORO -- Pike County 4-H has announced the inaugural hay bale decorating contest.

The hay bales will be placed at the former Pike County Hospital in Murfreesboro.

Interested participants are asked to contact (870) 285-2161 to enter. There is a \$25 entry fee for each bale.

Judging will occur this Friday, and the effort has one hay bale left for decoration.

Prizes will be awarded to winning bales -- individuals, businesses, and/or clubs can enter.

All proceeds from the event will go to the Pike County 4-H program.

NASHVILLE -- The Mine Creek-Paracrafta Chapter of the Daughters of the American Revolution (DAR) with the assistance of Nashville High School EAST initiative, is conducting a shoe drive fundraiser through the months of October and November to raise funds for their ongoing projects including: honoring our veterans, scholarships for students, constitution kits for students, flag etiquette and flag replacement program, maintaining the Genealogy Room at the Howard County Library and more.

Mine Creek-Paracrafta DAR will earn funds based on the total weight of the pairs of gently worn, used and new shoes collected, as Funds-2Orgs will issue a check for the collected shoes.

Anyone can help locally by donating gently worn and new shoes at Terri's Place in Murfreesboro.

All donated shoes will then be redistributed throughout the Funds2Orgs network of micro-enterprise (small business) partners. Funds2Orgs works with micro-entrepreneurs in helping them create, maintain and grow small businesses in developing countries where economic opportunity and jobs are limited. Proceeds from the sales of the shoes collected in shoe drive fundraisers are used to feed, clothe and house their families. One budding entrepreneur in Haiti even earned enough to send her son to law school.

"We are excited about our shoe drive," said Elizabeth Overton, Chapter Regent, "We know that most people have extra shoes in their closets they would like to donate to us. By doing so, we raise money for our many projects and we have the chance to help families in developing nations who need economic opportunities, as well as keeping these shoes out of the landfill. It's a win-win for everyone."

By donating gently worn, used and new shoes to the Mine Creek-Paracrafta DAR chapter, the shoes will be given a second chance and make a difference in people's lives around the world.

The Daughters of the American Revolution is a nonprofit, nonpolitical women's volunteer organization dedicated to promoting historic preservation, education, and patriotism.

MURFREESBORO -- Pike County 4-H will host their second annual chili cook-off on Saturday, Oct. 18.

The event will begin at 10 a.m. at the old City Service pavilion just off the Pike County Square. The entry fee is \$25.

Awards include a people's choice award and a cash prize.

After judging, leftover chili will be available for purchase by the public with fixings. All proceeds will go toward Pike County 4-H programming.

MURFREESBORO -- Pike County 4-H "Shop with a Cop" program is still seeking funds for the holiday season.

The purpose of the event is to foster positive relationships between youth and officers. K-6th grade students are selected each year during the holiday season to shop at local area stores with a Pike County officer.

An account has been established at First State Bank of Pike County if anyone would like to contribute.



Submitted photo

RECOGNIZED MASON ... Curtis Turner Jr. received his 50-year pin from the Masonic Lodge #662 of Glenwood. Pictured with Turner (center) is lodge president Roger "Bimbo" Flemens (right) and lodge second vice-president Jim O'Neal (left) presenting Turner with the pin and certificate. The lodge in Murfreesboro consolidated with the Glenwood lodge approximately 20 years ago.

MURFREESBORO – The Murfreesboro Rattlers (4-2, 2-1) picked up a crucial conference victory over the Dierks Outlaws (3-3, 1-2) 52-23 last Friday night at home.

Murfreesboro would take an 8-0 lead in the first quarter following a six-yard pass from Kade Caldwell to Cale Humphry. Issaac Kuykendall would catch the following two-point conversion.

Just into the second quarter, MHS would jump out to a 16-0 lead on a 32-yard pass from Caldwell to Kale Burns. Aiden "Bubba" Stinson would add the two-point conversion reception.

On the ensuing drive the Outlaws would drive deep into Rattler territory, but were held to a 27-yard field goal by Braydon Foran to cut the score to 16-3.

Late in the half, MHS would extend their lead to 24-3 after Caldwell found Stinson for a 84-yard touchdown pass. Alex Parker would convert the following conversion on the ground.

To open the second half scoring, the Outlaws would land a Peyton Boeckman 33-yard touchdown pass to Drake Thatcher to cut the score to 24-10 after a Foran extra point.

The Rattlers would answer back on their next possession on a 50-yard rushing TD by Burns that moved the score to 30-10.

Dierks would answer approximately one minute later on a 60-yard rush by Thatcher. Following the successful PAT attempt by Foran, the game was set at 30-17.

MHS would expand the lead to 52-17 with touchdown passes from Caldwell to Kuykendall on their next three drives – 5-yards, 8-yards and 30-yards. Kuykendall would also catch passes after two of the touchdowns for conversions.

After the final Rattler score, Thatcher would complete his trifecta for the Outlaws with a 66-yard kickoff return for a touchdown to set the final score.

The Outlaws would accrue 225 total yards – 134 yards through the air on a 16/34 performance along with 91 yards rushing on 15 attempts.

The Rattler defense would collect three turnovers in the game with a pair of fumble recoveries and an interception.

MHS racked up 499 yards of total offense with 347 yards passing on a 20/40 effort, and 152 yards on the ground on 28 rushing attempts.

The Outlaw defense would force a sack, a fumble and an interception in the contest.

Dierks was penalized four times for 48 yards while MHS had only two infractions for 11 yards.

The Rattlers also greatly controlled the time of possession in the game, bolstered by 10 first downs and a 8/16 conversion rate on third

RATTLERS Continued on Page 2

MURFREESBORO, Ark. – Dewey White of Paoli, Indiana, visited Crater of Diamonds State Park on October 2 and found a beautiful 2.71-carat white diamond.

White and his wife embarked on the road trip of a lifetime with Crater of Diamonds State Park as their first stop. The couple spent two days digging and sifting in the park's 37.5-acre search area before moving on to their next destination. Having created a lasting memory, the couple revisited the park on their return trip for three more days.

With some screens he had bought on his way into Murfreesboro, White started digging in the Canary Hill area by the south wash pavilion. "A very nice gentleman I met on my first day out here suggested that area," noted White. "He seemed like he knew what he was doing, and it looked like a nice, shaded spot."

White spent most of the day dry sifting, a process where dirt is broken up by hand and sifted through mesh screens without water. Getting excited at every piece of quartz and calcite he found, White finally spotted something that looked different than everything he had seen.

Before the rock even hit his screen, White spotted the glimmering gem in his shovel and immediately knew he had found something special. Saying "thank you, Jesus!" he hopped up and wasted no time bringing the gem directly to the park's rock and mineral identification table.

While park staff verified his diamond, White called his wife and told her about what he had found. White described his diamond like nothing he had seen before. "It looked like a metal piece of glass," he said. "The minute I saw it in my shovel, I knew." His 2.71-carat white diamond is round and about the size of a pea.

Many visitors choose to name the diamonds they find at Crater of Diamonds State Park. White chose to name his diamond the Hope Diamond, simply because he had hoped they would find one.

Before leaving, White expressed his gratitude to the kind people he had met in the search area, saying he wishes to thank the person who showed him where to go.

White's Hope Diamond is the fourth-largest diamond registered this year. As of this publication, 414 diamonds have been registered at Crater of Diamonds State Park this year.



Submitted photo/ASF

In total, over 75,000 diamonds have been unearthed at the Crater of Diamonds since the first diamonds were discovered in 1906 by John Huddleston, a farmer who owned the land long before it became an Arkansas State Park in 1972.

RATTLERS Continued from Page 1

down. Dierks would collect six first downs, but was 2/10 on third down.

THIS WEEK

The Outlaws will travel to Junction City to face off against the Dragons (5-1, 3-0). Junction City soundly defeated Gurdon 43-0 and has outscored its opposition 125-6 in three weeks of action since their 37-28 loss to Smackover.

Murfreesboro will travel to Stamps to take on the Lafayette County Cougars (1-5, 0-3) this Friday night. After getting blown out 47-17 at Dierks and 47-7 against Gurdon, the Cougars participated in a 58-34 barnburner loss last week at Spring Hill.

COACH'S COMMENTS

Rattler head coach Jay Turley called the victory over the Outlaws a “great win” in the annual grudge match.

“I thought we played with real high intensity, and was probably our best defensive effort of the year, minus two big plays. Overall, I was really pleased.”

He said the Rattlers were able to expose some blown coverages and hit some big plays against Dierks.

“I don’t think we ran the ball as well as we could have, so we will have to get that fixed.”

He also felt the team could have separated themselves by not scoring as much as they could have in the first half, then experienced their “usual third quarter lag” to open the second half. “I don’t know how to fix that,” Turley said candidly of his team’s sluggish openings following halftime.

“We were able to answer and kind of put the dagger in the heart there at the end with some big plays,” Turley said after his team hit some long passes and began to run the ball more effectively in the third quarter. “So, I feel good about that.”

Having already looked past one opponent by his own admission, Turley feels his squad won’t look past Lafayette County this week to the important conference clash next week at home versus Junction City.

“It’s a big game this week,” he said preempting any further question. “That’s how we are approaching it.”

He said his team was maturing as the season is progressing, and now has the mindset to approach every game and practice the same way.

“We respect everybody we play – I think that has bit us in the butt [earlier] this year, and we learned our lesson.”

Turley said Lafayette County had good team speed and size, but acknowledges his Rattlers won’t be able to give up big plays as they often have during the season.

“They’ve won one game, but played some teams close. They have a big play threat every time they touch the ball – and that scares me. They do have athletes.”

He said it was incumbent for his defense to “fly to the football and be very disciplined with our assignments ... tackle well in space” this week.

“We can’t give them open space – if they get in the open field it’s probably going to be a touchdown. We’ve had a problem with allowing big plays this season – we have to find a way to limit that to be the team we need to be.”

He said, however, the defense was improving, as exemplified with the effort versus the Outlaws.

“Dierks came in here with a pretty good passing game, and

we pretty much shut it down – outside a screen [that went the distance] and a long run play where we had it hemmed up and just didn’t make a tackle.”

Turley still likes his team’s position six games into the season.

“It’s one game at a time, we are treating every game like a playoff game – it’s going to depend where we end up, but we are bringing that same intensity every week. We have to play our butts off and do our job.”

Turley was impressed with the crowd at the game Friday night.

“I appreciate the support – we had a great crowd here Friday night and I think it helped out kids with that support. This is a great football town and a great community, and I’m just blessed to be in it and to be back home and this spot. I love these kids and I love coaching them.”

Turley admits he now realizes how much he missed coaching during his hiatus prior to returning to the Rattlers.

“I realize it now ... I didn’t then. I had a couple rough years there at Hope, so I got a little sour taste in my mouth. I had some good years at home, but the last ones were rough – and then I was out and didn’t miss it a whole lot.”

He said the bug really started to bite a few years back when Brad Chesshir was hired for his three-year stint.

“It got me thinking about it again ... and that game versus Mineral Springs two years ago – you got to see that atmosphere and what it’s like here during big games, and I just want to be a part of that.”



Submitted photo

DEFEATING THE OUTLAWS ... (above) Alex Parker sheds a would be Dierks defender from making a tackle en route to a large gain, while (far above) Kale Burns has an attempted reception all but corralled at the goal line.

LARGE ITEM PICK-UP

Saturday, October 25

FOR THE RESIDENTS OF THE

City of Antoine

Residential Area Only

Everything must be at regular pickup spot.

STRICTLY NO HOUSEHOLD GARBAGE.

LETTER TO EDITOR POLICY

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
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Murfreesboro Diamond

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• 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
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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.

PUBLIC NOTICE

Borrower: Karen DeAnn White and Cecil Roy White, Jr., wife and husband

Lender: Vanderbilt Mortgage and Finance, Inc.

NOTICE OF DEFAULT AND INTENTION TO SELL.

YOU MAY LOSE YOUR PROPERTY IF YOU DO NOT TAKE IMMEDIATE ACTION.

IF YOUR PROPERTY IS SOLD YOU WILL REMAIN LIABLE FOR ANY DEFICIENCY AND AN ACTION FOR COLLECTION MAY BE BROUGHT AGAINST YOU.

THIS IS A COMMUNICATION FROM A DEBT COLLECTOR AND IS AN ATTEMPT TO COLLECT A DEBT. ANY INFORMATION GIVEN MAY BE USED FOR THAT PURPOSE.

NOTICE IS HEREBY GIVEN that on October 21, 2025, at or about 10:00 a.m., the following real property will be sold at the main/ front door of the Pike County Courthouse, located at 1 Courthouse Square, Murfreesboro, Arkansas 71958, to the highest bidder for cash:

PART OF THE NORTHEAST QUARTER OF THE NORTHEAST QUARTER SECTION TWO (2), TOWNSHIP NINE (9) SOUTH, RANGE TWENTY-SIX (26) WEST, DESCRIBED AS FOLLOWS: BEGINNING AT THE NORTHEAST CORNER OF SAID FORTY-ACRE TRACT; THENCE SOUTH 49 YARDS; THENCE WEST 35 YARDS; THENCE NORTH 49 YARDS; THENCE EAST 35 YARDS TO THE POINT OF BEGINNING, AND CONTAINING 35/100THS OF AN ACRE, MORE OR LESS; AND BEING THE SAME LAND AS THAT CONVEYED AND DESCRIBED IN BOOK D238 AT PAGE 375, LAND RECORDS OF PIKE COUNTY, ARKANSAS. ALSO DESCRIBED AS FOLLOWS:

PART OF THE NORTHEAST QUARTER OF THE NORTHEAST QUARTER OF SECTION 2, T. 9 S., R. 26 W., PIKE COUNTY, ARKANSAS, DESCRIBED AS FOLLOWS:

BEGINNING AT THE NORTHEAST CORNER OF SAID NE1/4 OF THE NE1/4 SECTION 2, T. 9 S., R. 26 W., PIKE COUNTY, ARKANSAS; THENCE – SOUTH 49 YARDS; THENCE – WEST 35 YARDS; THENCE – NORTH 49 YARDS THENCE - EAST 35 YARDS TO THE POINT OF BEGINNING; BASIS OF BEARINGS IS DEED CALL BEARING SOUTH ALONG WAST BOUNDARY LINE. THE ABOVE PREVIOUSLY DESCRIBED PROPERTY BEING SURVEYED BY RICHARD V. HALL, JR. CONTAINS 0.354 ACRES OF LAND, MORE OR LESS: AND SUBJECT TO SUCH RIGHTS AS MAY BE VESTED IN PUBLIC FOR SWEET HOME ROAD AND ROY ROAD ALONG THE WEST AND SOUTH BOUNDARY LINES OF THE ABOVE DESCRIBED 0.354 ACRE TRACT, AS DEPICTED IN A

SURVEY BY RICHARD V. HALL, AR RPLS #820, OF HALL SURVEYING & ENGINEERING, INC., DATED 11/22/10.

Along with a 2006 CMHM Manufactured Home with Serial No.: CLS104802TN, attached thereto, with the address of 552 Sweet Home Road, Nashville, Arkansas 71852.

On , October 1, 2018 a Mortgage was executed by Karen DeAnn White and Cecil Roy White, Jr., wife and husband, to Vanderbilt Mortgage and Finance, Inc., which was recorded on October 15, 2018 (Document #: 20184812), in the real estate records of Pike County, Arkansas. The party initiating foreclosure can be contacted at: Vanderbilt Mortgage and Finance, Inc., 500 Alcoa Trail, Maryville, Tennessee 37804, Phone (800) 970-7250.

Default has occurred in the payment of said indebtedness by the current owner(s) of the property, and the same is now therefore wholly due and owing. Lender intends to sell the above property to satisfy the obligation; and,

Tenants of the property may exist that claim an interest in the real property herein.

The undersigned is the attorney for the Lender and is acting on and with the consent of the Lender who is exercising its power of sale under Ark. Code Ann. § 18-50-115, which implies a power of sale in every mortgage of real property situated in this State that is duty acknowledged and recorded.

The sale is subject to any requirements and conditions set forth in the applicable recorded or unrecorded plat or bill(s) of assurance affecting the above real property; any restrictive covenants, easements, set back lines or encroachments; any unpaid taxes or special assessments; any statutory redemption rights of any governmental entity; any prior liens or encumbrances as well as any priority created by a UCC or fixture filing; and, to any matter that an accurate survey of the property might disclose. This property is being sold “as-is” with no representation as to the condition of any structure(s) thereon.

This foreclosure proceeding includes a manufactured home that is titled as personal property. Ark. Code Ann § 4-9-604 allows the foreclosing party to proceed against both the personal property and the real property in this manner.

The legal description contained herein controls and takes priority over any address used to the extent the legal description and address conflict.

Dated: July 11, 2025

Biles Wilson, PLLC, 457 Laurence Drive, Suite 195, Heath, Texas 75032

(214) 662-8456.

By: Jeremy R. Wilson, ABN 2000108

(p.n.a., 781w, 12,13,14,15)

State police announce three fatalities on local roadways

SW ARKANSAS -- Three area fatal accident have been reported by the Arkansas State Police.

The first fatal accident happened around 6:12 a.m. Wednesday, Oct. 8, on Highway 71 in Sevier County. According to the Arkansas State Police report, Otis Henson, 80, of Nashville, was killed when his 2008 Audi struck the rear of a 2023 Kenworth truck stopped in the center turn lane on Highway 71.

Henson was pronounced dead at the scene. No other injuries

were reported.

Another crash happened in Clark County near Amity on Oct. 7.

Bryant Earl Taylor, 48, of Scott, died after losing control of his 2025 Polaris ATV on Amity Landing Road around 7:53 a.m.

Investigators say the ATV left the roadway, struck a tree, and ejected Taylor from the vehicle. The crash happened in foggy conditions, but the road surface was dry at the time.

The third fatal accident occurred Wednesday in Montgomery County. The crash took place on Highway 8 East at approximately 3:03 p.m.

According to the state police, Jeffery Wilkerson, 63, of Cad-do Gap, was driving a 2010 Hyundai Elantra eastbound when the vehicle left the roadway, hit an embankment, and overturned. Wilkerson was killed in the crash. Weather conditions were cloudy and roads dry at the time.

4-H offers rolls and cinnamon butter for holiday season

MURFREESBORO -- Pike County 4-H is bringing a delicious opportunity to the community this fall by partnering with Texas Roadhouse to sell their famous dinner rolls and cinnamon butter as part of their annual fundraising efforts.

Community members can place orders for fresh, frozen dozens of Texas Roadhouse Rolls, complete with the chain’s signature honey cinnamon butter, to bake at home. Orders will be accepted until October 24, with pickup scheduled for November (exact date to be announced at a later date).

“Everyone loves Texas Roadhouse rolls, so we’re thrilled to be able to offer them while supporting our local 4-H youth. This is

a win-win for everyone, you get restaurant-quality rolls for your holiday table, and you’re helping support kids right here in our community,” said Shannon Ballard, Pike County 4-H program assistant.

Proceeds from the fundraiser will help cover costs for educational programs, livestock projects, leadership events, and summer camps. The 4-H program continues to offer youth across the county opportunities to grow in areas like agriculture, science, civic engagement, and healthy living.

You can purchase:

- One Dozen Frozen Rolls – \$8

- Honey Cinnamon Butter Tub – \$4
- Texas Roadhouse Gift Cards \$5-\$100

Quantities are limited, so the club encourages early orders. Pike County 4-H thanks the community in advance for its continued support.

For more information or to place an order, contact any 4-H member or the Pike County Extension Office at (870) 285-2161. You can also email your order to sballard@uada.edu.

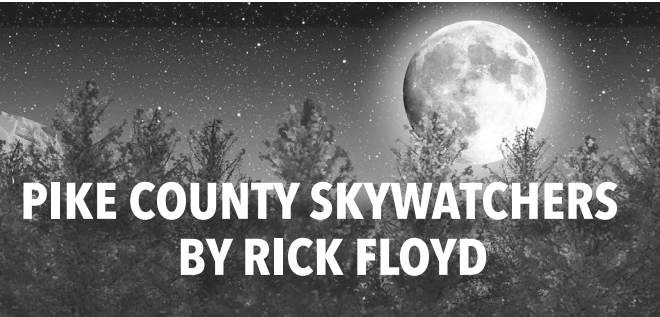
County Republicans announce filing dates

MURFREESBORO -- The Pike County Republican Committee announced today that filing for county and township offices will begin at noon on November 3 and end at noon on November 12.

Candidates choosing to file Republican may file at the pavilion on the Courthouse square in Murfreesboro on November 3 from noon-4:30 p.m. Thereafter, through noon November 12, any candidate wish-

ing to file for office may contact PCRC Chairman Randy Bradford at (870) 356-8967.

The Preferential Primary is March 3, 2026



Nature puts on its own fireworks display in ongoing meteor shower

A study was mentioned in an earlier article (Murfreesboro Diamond, Aug. 6) about how many insects and spiders are in the air at any given time and mostly not noticed by us. I finally did my own study, and took a high-beam flashlight out a few nights ago and simply shined it upward. It is factual that the air is full of activity from very small gnat sized bugs to larger ones, butterflies, moths and unidentified blurs. The sky is obviously buzzing with more than just mosquitoes, which is why a bat crossed my beam several times.

Also mentioned earlier (Diamond, Oct. 8) the Orionid meteor shower started on Oct. 2 and will peak on Oct. 21. Meteor showers result when the Earth goes through a trail of comet dust and those left-over particles collide with the Earth’s atmosphere vaporizing as they streak across the sky. The particles making this shower are from the famous Halley’s Comet.

The best time to watch a meteor shower is after midnight into the wee hours. This one is called Orionid because the place the streaks often come from is near the star Betelgeuse in the constellation Orion, but they can actually come from other places in the sky too. Orion rises in the east at about 10 p.m. It is one of the most well known star groupings because of the three stars that line up as Orion’s (the hunter) belt and the three stars lined up at an angle (the sword).

Particles that enter Earth’s atmosphere begin to light up when they are 50 to 75 miles above the Earth’s surface. The Orionid meteors generally enter Earth’s atmosphere at a steep angle which means they are shorter duration streaks. The Orionids are also speedy, traveling at about 150,000 miles per hour when they hit the atmosphere. The peak date this year is at a good time because the Moon is in its dark phase, so, many of the dimmer meteors can be seen.

Nathan VFD announces meal fundraiser

NATHAN – The Nathan Volunteer Fire Department will hold their annual barbecue fundraiser on Saturday, Oct. 25 at the Nathan Firehouse starting at 5 p.m.

The menu will consist of chicken, ribs, beans, potatoes and rolls along with

homemade desserts and a drink.

The meal will cost \$10 each and additional donations will be welcomed, dine in or carry out options available.

The department will also raffle off a Savage Axis 350 Legend and an Echo

chainsaw/trimmer. Tickets for the raffle are \$5 each or 5/\$20.

Contact any Nathan volunteer firefighter or call (870) 285-2246 for more information.

Lunch fundraiser scheduled for Sunday

MURFREESBORO – A Sunday Lunch fundraiser will be held at the Murfreesboro Senior Activity Center (SAC) this Sunday, Oct. 19.

The meal, sponsored by the Murfrees-

boro First United Methodist Church, will be served starting at 11:30 a.m.

The menu will consist of chicken and dressing, mashed potatoes, green beans, cranberry sauce, roll and peach cobbler.

The cost of the meal is by donation, with proceeds going toward the SAC.

For more information, call the SAC at (870) 285-2312 .

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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.

LARGE ITEM PICK-UP

Saturday, October 25

FOR THE RESIDENTS OF THE

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UAMS

HOUSE CALL

Dr. Amber Norris is an assistant professor in the UAMS Department of Family and Preventive Medicine who treats patients at UAMS East Regional Campus in Helena.

Q: What is Legionnaires’ disease?

A: Legionnaires’ disease is a severe form of pneumonia caused by inhalation of the *Legionella* bacteria. The *Legionella* bacteria is normally breathed in from water or soil — it can even spread through water systems. Legionnaires’ disease is treatable but can be life-threatening.

Risk factors for Legionnaires’ disease include people over the age of 50, current or former smokers, or people with chronic lung conditions such as chronic obstructive pulmonary disease or emphysema. Those who reside in nursing homes or who have had recent hospital stays are also at risk.

Symptoms include chest pain, dry cough, fever, headache and nausea. Legionnaires’ disease also causes Pontiac fever, a mild flu-like illness that goes away on

its own without treatment. Complications of Legionnaires’ disease include dehydration, organ failure, sepsis and shock.

A health care provider may conduct blood or urine tests to determine the presence of Legionnaires’ disease. Antibiotics are the main treatment option for the condition, and hospitalization may be required if breathing problems exist. Prevention methods include proper maintenance of water and ventilation systems, and ensuring faucets, humidifiers and shower heads are cleaned. Contact your health care provider if you experience symptoms.



Fall Fest set at MHS on Oct. 28

MURFREESBORO -- Murfreesboro High School’s junior class will host their fundraising Fall Festival on Tuesday, Oct. 28 from 4:30-6:30 p.m.

The event will be held in the Murfreesboro High School courtyard at 605 Third Avenue in Murfreesboro.

The event will have food, fun and games, as well as “touch-a-truck.”

SWA PAWS to hold fundraiser

NASHVILLE -- SWA PAWS, a local animal rescue group in Southwest Arkansas, is planning a fund-raiser Saturday, Oct. 18, from 4-7 p.m. at Midtown Social, 117 East Howard St., in Nashville.

Admission is \$5 per person, and kids under 12 years old will be admitted free.

The Paws and Dogs event will feature a high stakes chili cook-off with all sorts of chilis made by local cooks to sample and taste, a dunking booth with local celebrities including doctors, policemen and coaches ready to be dunked for a cause, as well as a hot dog eating contest, a dog costume contest, and cool face painting by some talented artists.

A live auction will be held as well.

Attendees are reminded to take along cash because some of the voting is done for the contest winners by the total of cash donations.

All proceeds will go to SWA PAWS to help pay spay and neutering fees for adoptions at Animal Control and for the future low-cost spay and neuter clinic to be held here in Nashville.

Organizers urge residents to “come join us for a fun evening of food, fun and fundraising. This is a great opportunity to make a real difference in the lives of animals in our community.”

Those who are unable to attend but would like to support SWA PAWS may send donations to SWA PAWS, PO Box 125, Nashville, AR 71852.

SOUTH PIKE COUNTY SCHOOL MENU

THURSDAY, OCTOBER 16 Breakfast: Cinnamon swirl Danish or cereal, fruit, juice, milk Lunch: Chicken nacho w/cheese, roasted corn & black bean, lettuce, tomato, salsa, pineapple, milk 7-12 line 2 option- Chicken & cheese quesadilla	7-12 line 2 option- Cheeseburger
FRIDAY, OCTOBER 17 Breakfast: Toast & yogurt or cereal, fruit, juice, milk Lunch: BBQ pork sandwich, cole slaw, pinto beans, 7-12 baked chips, pears, milk 7-12 line 2 option-Hot ham & cheese sandwich	TUESDAY, OCTOBER 21 Breakfast: Poptart w/ yogurt or cereal, fruit, juice, milk Lunch: Mesquite glazed chicken drumsticks, baked beans, corn on cob, whole grain roll, mixed fruit, milk 7-12 line 2 option - Breaded chicken drumsticks
MONDAY, OCTOBER 20 Breakfast: Chicken biscuit or cereal, fruit, juice, milk Lunch: Chicken sandwich, potato smiles, baked beans, lettuce, tomato, pears, milk	WEDNESDAY, OCTOBER 22 Breakfast: Sausage croissant or cereal, fruit, juice, milk Lunch: Chicken nuggets, mashed potatoes, black eyed peas, cornbread muffin, peaches, milk 7-12 line 2 option- Chicken fried steak w/ gravy

MURFREESBORO SENIOR ADULT CENTER LUNCH MENU

MONDAY, OCT. 20 Country fried steak, gravy & roll, mashed potatoes, green beans, fruit	WEDNESDAY, OCT. 22 Tomato soup, tuna salad sandwich, sliced beets, saltine crackers, cake
TUESDAY, OCT. 21 Chicken fajita, corn & black bean salad, tortilla chips, Picante sauce, lemon buttermilk cobbler	Lunch served at 11:30 a.m. For more information (870) 285-2312. Open Monday, Tuesday and Wednesday at 8 a.m. Carry out is now available for \$6.00

Eating right and moving more: the best medicine for aging well

PIKE COUNTY EXTENSION



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

Preventing diabetes, heart disease, cancer, and other chronic diseases continue to be pressing issues throughout Arkansas due to too much sugar and processed foods, combined with insufficient exercise. Controlling these two factors will likely eliminate more than 90% of these medical conditions: high blood pressure, obesity, diabetes and high cholesterol.

For most adults, replacing some dietary carbohydrates such as sugars and refined grain foods with protein will result in favorable health outcomes - improve body composition, decreased cholesterol and improved blood glucose and insulin levels. Recent research shows that approximately 30 grams of protein should be consumed per meal to see favorable health outcomes. Consuming this amount of protein has been shown to stimulate the body to build muscle protein, help you feel full and even increase the amount of energy expended at rest. The current minimum Recommended Dietary Allowance (RDA) for protein for adults may not be adequate as we age. The current RDA was made based on research in young adults and does not promote optimal health or protect older adults from loss of muscle and function with aging.

Many fear the risks of developing heart complications due to increased consumption of saturated fats and cholesterol, however, a recent analysis reviewing more than 20 published trials reported there is no significant evidence that consumption of saturated fat increases the risk of heart complications.

Studies repeatedly show that regular, moderate-to-vigorous exercise can help prevent or delay the onset of hypertension, obesity, heart disease, osteoporosis and the falls that lead to hip fractures. Although a lifetime of regular exercise is ideal, it’s never too late to start. It’s been shown that even individuals in their 70s can substantially increase both strength and endurance with exercise.

Health experts recommend that adults, including those over age 65, get at least 150 minutes each week of moderate-intensity aerobic activity such as brisk walking or water aerobics, or 75 minutes of vigorous-intensity activity such as jogging, hiking, or running. These activities should make you breathe harder and increase your heart rate, but still allow you to speak in short sentences. Everyone’s fitness level is different, so what feels moderate to one person may feel vigorous to another. The key is to find activities that feel challenging but comfortable for your own abilities.

In addition to aerobic exercise, older adults should also engage in muscle-strengthening activities at least two days a week. Lifting weights, using resistance bands, doing push-ups or sit-ups, and even digging in the garden can all help strengthen muscles throughout the body. Regular strength training improves balance, stability, and bone density, reducing the risk of falls and injuries while preserving independence in later years.

Choose activities that work all the major muscle groups of your body, including legs, hips, back, chest, abdomen, shoulders, and arms. You may want to: lift weights, work with resistance bands, do exercises that use your body weight for resistance, such as push-ups or sit-ups, or dig in a garden.

To move from thinking about increasing activity to taking a walk, starting a strength training routine, or finding your own way to work out, use these tips: choose activities you enjoy, choose activities that fit into your daily life, exercise with a friend, sign up for a class and try a new activity, keep an exercise log, and finally, plan physical activity into your day.

It’s never too late to take control of your health. By reducing sugar and processed foods, prioritizing protein, and committing to consistent movement, you can protect your body from the inside out—and add years of vibrant, active living to your life.

This week’s slow cooker pork loin recipe is a great way to add protein to your diet with lots of flavor thanks to a few ex-

tra ingredients and a few minutes of searing. When done, slice and serve or return slices to slow cooker and keep warm in the juices. Enjoy!

RECIPE OF THE WEEK: SLOW COOKER SEARED PORK LOIN

Ingredients:

- 2 teaspoons dried Italian seasonings
- 1 teaspoon ground pepper
- 1 teaspoon salt
- 2 tablespoons dehydrated onion
- 2 tablespoons avocado oil
- 1/2 cup balsamic vinegar divided
- 2 cloves garlic minced
- 2 pounds pork tenderloin
- 1/2 cup water

Directions:

- Mix the first four dry ingredients together to make a dry seasoning mixture.
- Rub pork tenderloin in dry seasoning mixture.
- In a large pan, heat avocado oil, 1/4 cup balsamic vinegar and garlic on medium heat until hot.
- Add pork to pan and sear, browning meat on all sides.
- Transfer pork to slow cooker.
- Pour remaining balsamic into pan, with water continuing to stir for a few minutes over low heat to de-glaze pan then pour juices over the top of the tenderloin.
- Cook on high 2.5- hours or until internal meat thermometer says 170 degrees. Let rest 5-10 minutes, then slice.

PIKE COUNTY EXTENSION COOKING FOR A CHANGE CLASS

Learn to prepare an unexpected pumpkin dish using both fresh and canned pumpkin.

Cost: \$20 • Date: October 23 • Time:1:00 p.m.

Call (870) 285-2161 to Register

Pike County Extension Office, 100 Court Street, Murfreesboro

EXTENSION GET FIT STRENGTH TRAINING CLASS

4:45 p.m. each Tuesday and Thursday Afternoon

Pike County Extension Office, 100 Court Street, Murfreesboro

Call 870-285-2161 for more information

‘Dear Preacher’

By Buddy Ray, Murfreesboro Church of Christ

I WAS ONLY JOKING

Proverbs 26:18-19: Like a madman who throws firebrands, arrows and death, is the man who deceives his neighbor and says, “I was only joking!”

The man in our text who was rebuked was one who deceived his neighbor! Perhaps the man he deceived or lied to had been a longtime friend. The lie damaged their otherwise profitable association. A relationship that had taken years to develop and cultivate was destroyed by not telling the truth or simply misleading someone that had always been trusted. The apology sounded something like this, “I was joking.” Something said that sounded sincere was not the truth. So much is at stake in our relationship as sons and daughters of God. We are di-

thoughts and intents can and will save or destroy our eternal soul. Sin is not a joke! It is not now, nor has it ever been a joke in God’s sight. Jehovah holds us responsible for what we do or fail to do. We are the servants of God, who is always faithful to His own will. He promises that our wellbeing is important to Him. He always keeps His word to us. None of His promises have ever failed. Whatever we have promised to this true and faithful Father we must resolve that it will be done. It is not a joke that God takes us at our word. He expects that we will make good on the commitment that we have made to be faithful and true to Him. Our salvation depends on it and so may the salvation of those we love. It is not a joke!

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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!

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mdiamond@windstream.net

SCARY MOVIES
* -- Theme Related Clue

- ACROSS
- 1. Awestruck
 - 5. Paid player
 - 8. Precedes pedia
 - 12. Oxen connector
 - 13. Sonic sound
 - 14. ____ Dondarrion, “Game of Thrones” Lord of Blackhaven
 - 15. Bibliographical abbr. (2 words)
 - 16. *2025 Pete Davidson horror flick, “The ____”
 - 17. Wear away
 - 18. *Movie director of “Knock at the Cabin” fame
 - 20. Manage without help
 - 21. Subway coin
 - 22. Boar’s mate
 - 23. *Jordan Peele’s directorial debut (2017, 2 words)
 - 26. Richard Gere in 1980 movie, pl.
 - 30. Bit of binary code
 - 31. A way to steal gas
 - 34. *”It’s ____” (1974)
 - 35. Estrogen producer
 - 37. Have a bug
 - 38. Glue on, e.g.
 - 39. Comme ci, comme Áa
 - 40. Nice to look at
 - 42. Opposite of WSW
 - 43. Opposite of #40 Across
 - 45. Cordwood units
 - 47. The night before
 - 48. Warm down-slope wind
 - 50. Blood component
 - 52. *Trip to Sweden gone wrong (2019)
 - 56. Like certain radiant energy
 - 57. Pakistani tongue
 - 58. “Illl at ____”
 - 59. Not together
 - 60. Ooze
 - 61. Bulgarian, e.g.
 - 62. Like certain grape beverage
 - 63. Get it wrong

64. Shakira’s don’t lie?
- DOWN
- 1. Roll call answers
 - 2. Visi ____ or Ostro ____
 - 3. Thumbs-up
 - 4. Italian frozen dessert
 - 5. Southern England’s coastal town
 - 6. * ____ Polanski, director of “Rosemary’s Baby”
 - 7. *The story of Damien Thorn, with The (1976)
 - 8. *Americans’ attacker in London (1981)
 - 9. Pump it!
 - 10. Pirate Captain ____
 - 11. Frozen H2O
 - 13. Devotional worship, in Hinduism
 - 14. Haze over
 - 19. Timid
 - 22. Envy, biblically-speaking
 - 23. Duck follower
 - 24. Diplomat on a mission
 - 25. Badger or bug
 - 26. Happy Gilmore’s game
 - 27. Forever prisoner
 - 28. Sheep-like
 - 29. Movie “Battle of the ____”
 - 32. Pay as you earn, acr.
 - 33. Step on it
 - 36. *Mia Farrow in Roman Polanski’s movie (1967)
 - 38. Poetic although
 - 40. Before of yore
 - 41. Depletes (2 words)
 - 44. Manifest
 - 46. Catch in a net
 - 48. Firearm shooter
 - 49. More eccentric
 - 50. Shoshonean people
 - 51. Panache
 - 52. Dante’s Beatrice, e.g.
 - 53. Mauritania’s Eastern neighbor
 - 54. Hurry up, acronym
 - 55. RPMs
 - 56. *James Wan’s directorial debut (2004)

CROSSWORD

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M’BORO CEMETERY DONATIONS

The following donations have been given to the Murfreesboro Cemetery Fund from July 11, 2025 to October 10, 2025.

\$240.00 -- Winston Hile

\$100.00 -- Debbie Howard

Glynda Kizzia in memory of Bob James

Nina Cox in memory of Bob James

Class of 1958 in memory of Bob James

Tauna Woodruff in memory of L.R. Woodruff

Nina Cox in memory of Dian Henderson

Marilyn Walker in memory of Tommy Howard

Joyce Woodruff in memory of Tommy Howard

Larry & Gloria Hill in memory of Tommy Howard

Gary Don Turner in memory of Tommy Howard

Family of Walter & Juanez Fugitt in memory of Tommy Howard

Debby Scoggin in memory of Tommy Howard

Nina Cox in memory of Tommy Howard

Cemetery organizers state that continued support for the upkeep of the cemetery is greatly appreciated. Donations may be given to Marc Jackson, Margaret Byrd, Kayla Kuykendall, Mary Jean Barbre or Joyce Woodruff.

Donations may also be mailed to: Murfreesboro Cemetery Fund, P.O. Box 185, Murfreesboro, AR. 71958

Updated flu, RSV vaccines now available for Arkansans

BY REBEKAH HALL
U of A System Division of Agriculture

LITTLE ROCK — Cooler fall temperatures bring with them the start of cold and flu season. To stay safe and healthy, flu vaccines are recommended for everyone 6 months of age and older. RSV and pneumococcal vaccines are also recommended for older adults.

“We have already seen some positive flu cases this year,” said Heather Wingo, extension immunization educator for the University of Arkansas System Division of Agriculture. “Generally, cold and flu season starts in mid-September and progresses through February, and sometimes into March.”

Vaccines are recommended to prevent illness and keep communities healthy.

“A vaccine is a shot that gives you a tiny, weakened piece of a bacteria or virus into your body, called an antigen,” Wingo said. “This helps your body produce antibodies, or little fighters, to train your body to remember and fight this germ. When your body is exposed to the real virus or bacteria in the future, your body knows how to fight it.

“Not only do vaccines help prevent illness, but they also lessen the symptoms of the illness you’re trying to prevent against if you do contract it,” Wingo said.

Another benefit of vaccines is population immunity, Wingo said.

“When people are immune to a disease, it cannot be spread,” she said. “Population immunity protects entire communities and is especially needed to protect those who are unable to get the vaccine themselves, such as infants and people with medical conditions.”

Signs that a vaccine is working include tiredness, achiness or fever. “These are signs that your immune system is making the right memories to fight illness in the future,” Wingo said.

VACCINE RECOMMENDATIONS

Wingo said all people 6 months of age and older are recommended for flu vaccines. The flu vaccine is a seasonal shot that

people should get once a year, preferably before the end of October for “highest effectiveness throughout the season,” Wingo said.

Last year, the United States changed its flu vaccines for the 2024-2025 cold and flu season. Instead of using four-component vaccines, which protect against four different flu viruses, the new vaccine has three components.

“This change happened because one of the flu viruses, called B/Yamagata, hasn’t been seen since 2020,” Wingo said. “The new three-component, or trivalent, flu vaccines will still protect against the most common flu viruses: two types of influenza A and one type of influenza B.”

Wingo said pregnant women should also get the flu shot during each pregnancy, as it can help protect the mother and baby from the flu.

Adults aged 50 and older are recommended for the pneumococcal vaccine, which helps protect against serious illnesses like pneumonia and meningitis. The vaccine is also recommended for people at higher risk of these illnesses, regardless of age.

Adults aged 75 and older are recommended for the RSV vaccine. The U.S. Centers for Disease Control and Prevention also recommends that adults ages 50-74 who are at increased risk of severe RSV disease get the vaccine.

Wingo said the RSV vaccine is not an annual vaccine. Those who have already received a dose of the vaccine, including last year, should not get another RSV vaccine at this time.

COVID-19 VACCINATION UPDATES

On Sept. 19, the CDC’s Advisory Committee on Immunization Practices voted that vaccination for COVID-19 be determined by “individual decision-making.” This applies to all individuals 6 months of age and older. The CDC adopted this recommendation on Oct. 6.

On the CDC’s adult and child immunization schedules, “individual decision making” is referred to as “vaccination based on shared clinical decision-making,” which references providers including physicians, nurses and pharmacists.

The COVID-19 vaccine is recommended for adults 65 years of age and older, and for individuals with underlying health conditions that put them at increased risk of a serious COVID-19 infection.

To find vaccine providers near you, visit vaccinefinder.org. To learn more about childhood vaccines, visit letsgetrealaboutvaccines.org. For more information about extension immunization education, contact Wingo at hwingo@uada.edu or visit the Immunity in AR Community page on the Cooperative Extension Service website.

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

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PUBLIC NOTICE

IN THE CIRCUIT COURT OF PIKE COUNTY,
ARKANSAS
PROBATE DIVISION

IN THE MATTER OF
THE ESTATE OF LEVERETT RAYMOND EPPERSON JR.
55 PR-25-48

NOTICE OF PROBATE-INTESTATE

Last known address of decedent: 1801 Highway 19, Murfreesboro, Pike County, Arkansas.
Date of death: December 9, 2024
Amber Epperson was appointed the Administratrix of the Estate of Leverett Raymond Epperson Jr., by order dated October 6, 2025. All persons having claims against the estate must exhibit them, duly verified, to the undersigned within six (6) months from the date of the first publication of this notice, or they shall be forever barred and precluded from any benefit in the estate.

This notice first published the 15th day of October, 2025.

Amber Epperson, Administratrix, by
Aaron R. Brasel, ABN 2009138
Post Office Box 813
Nashville AR 71852
(870) 845-4100 – Telephone

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Establish good breast health habits during October’s Breast Cancer Awareness Month

BY REBEKAH HALL
U of A System Division of Agriculture

LITTLE ROCK — The American Cancer Society estimates that in 2025, more than 315,000 women in the United States will be diagnosed with new cases of invasive breast cancer. During October’s Breast Cancer Awareness Month, extension health experts say it’s critical to establish good breast health habits, which include regular self-checks and annual mammograms.

According to the American Cancer Society, the most common symptom of breast cancer is a new lump or mass. This is why regular self-checks “improve a woman’s breast awareness, so she knows what is normal for her body,” Roofoe said.

“This awareness helps inform her if there is a change in the look and feel of her breasts, such as lumps, nipple discharge, redness, dimpling, or nipple changes that could indicate a health concern,” Roofoe said. “Combining regular self-checks with annual mammograms is a proven strategy to practice good breast health.”

MAMMOGRAM INFORMATION
“A mammogram is an X-ray of the breasts using low dose radiation to make an image of the breast tissue,” Roofoe said. “A radiologist reviews the images for calcifications, masses and other changes in breast tissue or density. Since the results are digitized and stored as part of a woman’s medical record, the radiologist can compare each year’s mammogram results to previous years to see if anything has changed.”

According to the American Cancer Society, women at average risk of breast cancer — meaning she has no personal or family history of breast cancer or the genetic mutation associated with breast cancer — should get a screening mammogram between the ages of 40 and 44. Women aged 45-54 should get a yearly mammogram.

Women 55 and older can switch to a mammo-gram every two years, or they can continue yearly screening. Screening should continue as long as a woman is in good health and expected to live at least 10 more years, according to

the American Cancer Society. Decades of research have shown that women who have regular mammograms are more likely to have breast cancer found earlier, are less likely to need aggressive treatments — such as surgery to remove the entire breast and chemotherapy — and are more likely to be cured.

LIFESTYLE HABITS
A healthy diet is associated with a decreased risk of breast cancer, according to a 2022 article published in the Frontiers in Public Health Journal

“Saturated fats, red meat and processed meat increase levels of ingested estrogens and inflammatory compounds, which support the development of breast cancer,” Roofoe said. “Poly-unsaturated fatty acids, vitamins C and E, and fresh fruits and vegetables have antioxidant and phytochemical compounds that protect against breast cancer. Alcohol is also associated with an increased risk of breast cancer.”

According to the American Cancer Society, other lifestyle-related risks for breast cancer include excess body weight, especially after menopause; not being physically active; getting hormone therapy after menopause with estrogen and progesterone therapy; never having children or having a first child after age 30; and certain types of birth control.

“Regular physical activity plays a role in breast cancer prevention and recurrence,” Roofoe said. “The American Cancer Society recommends 150-300 minutes of moderate intensity or 75-150 minutes of vigorous activity each week.”

Along with cardiovascular physical activity, a 2021 article in Breast Care reported resistance training in breast cancer patients showed decreased loss of muscle strength, fatigue, negative chemotherapy symptoms and loss of quality of life.

A 2022 article in the Cancer Medicine Journal also reported that the risk of breast cancer is reduced by 4.3 percent for every 12 months of breastfeeding.

BRCA GENETIC MUTATIONS

For those with a family history of cancer, taking a genetic test to look for abnormal changes in the BRCA1 and BRCA2 genes can help determine cancer risk.

“A BRCA mutation is associated with an increased risk of reproductive cancers, including breast, ovarian and prostate, as well as pancreatic cancer,” Roofoe said. “Think of the BRCA1 and BRCA2 genes as tumor suppressors. We all have these genes, which produce proteins that repair damaged DNA and control cell growth.

“When these genes are mutated, the genes can’t do their intended jobs, and cancer cells are free to grow and divide,” Roofoe said. “When the tumor suppressor doesn’t work, cells can grow uncontrollably, leading to cancer.”

Roofoe recommended talking with your physician about your individual health and risk factors, especially if you have a family history of breast cancer. “A genetic counselor can guide you through your family history and genetic testing if needed,” Roofoe said.

BREAST CANCER IN MALES

Male breast cancer is rare, accounting for less than 1 percent of all breast cancer. But a 2021 article in the Official Journal of the European Society of Pathology states that incidence of male breast cancer has increased worldwide, and that men generally present with breast cancer at an older age compared with women.

Roofoe said that because of its rare occurrence, it is easier for male breast cancer to be overlooked and go undetected.

“Because it is not as common, detection and diagnosis of male breast cancer may be later, leading to less positive outcomes,” Roofoe said. “There is also a social stigma around male breast health, which leads to men not always recognizing there is an issue and seeking medical support promptly.

“Increasing public awareness about male breast cancer, open and honest conversation about male breast health, and training for healthcare providers to recognize the signs can help change this situation,” Roofoe said.

SUPPORTING SOMEONE

Bryce Daniels, extension assistant professor of health for the Division of Agriculture, shared seven practical steps to help support someone with breast cancer.

- Practice active listening. “Be present and allow your loved ones to express their emotions,” Daniels said. “Avoid interrupting or offering unsolicited advice. Just listening can be incredibly healing.”
- Respect their coping style. While some people may want company, others will want solitude. “Let them set the tone,” Daniels said. “Avoid ‘toxic positivity’ and instead, validate their feelings and offer gentle encouragement.”
- Offer practical help. Look for ways to help patients with their day-to-day responsibilities, such as chores, work or errands. “Organize a meal train with peers and offer to accompany the person to appointments if they’re comfortable with it,” he said.
- Be mindful of communication. “Avoid overwhelming them with constant check-ins,” Daniels said. “Strategically coordinate with other people in their life to space out messages or use group chats to share updates respectfully.”
- Give thoughtful gifts. Daniels said gifts like cozy blankets, journals or care packages can show love and support. “Always consider their preferences and sensitivities,” he said.
- Use supportive language. It’s important to repeat words or phrases that they have used to describe their experience, whether it’s “survivor,” “fighter” or something else. “Avoid labels they haven’t chosen themselves,” Daniels said.
- Wear pink and participate online. Daniels said wearing pink, especially during Breast Cancer Awareness Month in October, is a “simple yet powerful gesture of supporting those with breast cancer.” Share survivor stories or tributes on social media using hashtags such as #ThinkPink and #BreastCancerAwareness-Month2025.

For more information about healthy living, visit the Extension Health Programs webpage on the Cooperative Extension Service website.

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