

State of Arkansas
Division of Provider Services and Quality Assurance

Lifespan Respite Care Program: State Program Enhancement Grants

HHS-2021-ACL-AOA-LRLI-0045



ACL Grant Award Number: 90LRLI0045-02-00

Semi-Annual Report: 07/01/22- 12/31/2022

Submitted to:

**Administration for Community
Living-Administration on Aging**

January 30, 2023

Table of Contents

Administration for Community Living-Administration on Aging	1
AOA Lifespan Respite Care Integrity & Sustainability (PL 116-324) Grant Detail	3
Introduction	4
Arkansas “Take the Time” Lifespan Respite.....	4
Overall Goal and Objectives.....	4
Project Partners	4
Activities and Accomplishments	5
What did you accomplish during this reporting period and how did these accomplishments help you reach your stated project goal(s) and objectives(s)? Please note any significant project partners and their role in project activities.....	5
What, if any, challenges did you face during this reporting period and what actions did you take to address these challenges? Please note in your response changes, if any, to your project goal(s), objective(s), or activities that were made as a result of challenges faced.....	5
How have the activities conducted during this project period helped you to achieve the measurable outcomes identified in your project proposal?	6
What was produced during the reporting period and how have these products been disseminated? Products may include articles, issue briefs, fact sheets, newsletters, survey instruments, sponsored conferences and workshops, websites, audiovisuals, and other informational resources.....	13
Appendices.....	14

AOA Lifespan Respite Care Integrity & Sustainability (PL 116-324)
Grant Detail

- **Project Title:** Arkansas “Take the Time” Lifespan Respite Program
- **Authorized Official:** Martina Smith, Division of Provider Services & Quality Assurance (DPSQA) Director, Arkansas Department of Human Services
- **Project Director/Principal Investigator:** Sarah Schmidt, Division of Provider Services & Quality Assurance (DPSQA) Deputy Director, Arkansas Department of Human Services
 - **Grantee Organization Name:** AR DHS Division of Provider Services & Quality Assurance
 - **Address:** P.O. Box 1437, Slot S-428, Little Rock, AR 72203
 - **Phone Number:** 501-320-6555
 - **Email Address:** sarah.schmidt@dhs.arkansas.gov
- **ACL Grant Award Number:** 90LRLI0045-02-00
- **Total Project Period:** 07/01/2021- 06/30/2026
- **Reporting Period:** 7/1/2022-12/31/2022 (Semi-Annual, Year Two)
- **Date of Report:** January 30, 2023
- **ACL Program Officer:** Lori A. Stalbaum
- **ACL Grants Management Specialist:** Jan-Sheri Morris

Introduction

Arkansas “Take the Time” Lifespan Respite

The Arkansas Department of Human Services- Division of Provider Services and Quality Assurance submitted a grant proposal application on May 21, 2021, for the Lifespan Respite Care Program: State Program Enhancement Grants (Funding Opportunity Number: HHS-2021-ACL-AOA-LRLI-0045) by the Administration for Community Living. On July 8, 2022, Arkansas received the Notice of Award (Number: 90LRLI0045-02-00) in the total budget period amount of \$369,924.00. The breakdown of this project period funding (July 01, 2022, through June 30, 2023) is:

- Federal Share totaling \$274,985.00
- State General Revenue/Non-Federal Share totaling \$94,939.00

This report is the first report submitted within the award term, and includes activities and challenges experienced during the first six months of the project period: July 1, 2022, through December 31, 2022.

Overall Goal and Objectives

The overall project goal is to continue improving overall quality of life for Arkansas caregivers, inclusive of all groups and communities, but with a cognitive effort to reach underserved populations through education, increased awareness and resource allocation, and technological advances in a user-friendly environment to consolidate the statewide respite system.

Objectives include: 1) implementing a robust centralized Arkansas Lifespan Respite Search/Locator; 2) drafting and implementing by-laws for the ALRC; 3) updating statewide caregiving data at the beginning and end of the grant project term in order to assess effectiveness; 4) identifying underserved populations; 5) increasing opportunity for caregiver input and feedback; 6) launching a large-scale informational and educational outreach, particularly to the underserved; and 7) direct service opportunities and training events.

Project Partners

The Arkansas Lifespan Respite Coalition (ALRC) membership is representative of professionals and other respite organizations and advocacy groups, as well as family caregivers themselves. A list of all current coalition members can be found in Appendix I. During the reporting period, coalition meetings were held August 10, 2022, September 28, 2022, and a special coalition meeting held on October 26, 2022.

The Arkansas Department of Human Services partners with the University of Arkansas Medical Sciences-Schmieding Caregiver Training Center to provide volunteer respite training per the grant objectives. This partnership has been in existence for the past four years and continues currently.

Currently, Arkansas DHS and the ALRC are also partnering with ARCH National Respite Network and Resource Center, National Academy for State Health Policy, and the Respite Care Association of Wisconsin (RCAW) to develop and implement a Respite Provider Recruitment, Training and Retention

Project. This pilot project is funded through RCAW's national application for a Lifespan Respite Care Program Grant: Special Projects to Strengthen Program Development, Implementation and Sustainability (#HHS-2020-ACL-AOA-LRSP-0432). Arkansas is using this pilot project in conjunction with objectives listed in our Lifespan Respite grant, to maximize outcomes and build on our respite training goals.

The Arkansas Department of Human Services is also partnering with the Alzheimer's Association-Arkansas Chapter and Alzheimer's Arkansas to pilot an Alzheimer's and Dementia Respite Voucher Program. This pilot project, while not using funding from this grant, is using funding from Arkansas' Social Services Block Grant awarded to DHS.

Activities and Accomplishments

What did you accomplish during this reporting period and how did these accomplishments help you reach your stated project goal(s) and objectives(s)? Please note any significant project partners and their role in project activities.

The following list are accomplishments during the reporting period. [Note: all project partners are listed in above section]:

- Continued to maintain the Arkansas Lifespan Respite Locator to the public with enhancement designs
- Continued to maintain the in-house Lifespan Respite Voucher Program, forms, and funding process
- Released to the public a copy of the survey feedback report titled "2022 Arkansas Caregiver Feedback: Preliminary Data Report"
- 2022 Arkansas Caregiver and Respite Conference
- Release of the first Arkansas Lifespan Respite Caregiver Video
- Launched a statewide multi-media educational and awareness campaign
- Launched an education and awareness campaign by mailout to Arkansas public and charter schools
- Participated in outreach events
- Drafted legislative language to incorporate Lifespan Respite into Arkansas state law

What, if any, challenges did you face during this reporting period and what actions did you take to address these challenges? Please note in your response changes, if any, to your project goal(s), objective(s), or activities that were made as a result of challenges faced. COVID-19 limitations continue to hinder in-person gatherings and awareness events anticipated for the reporting period. All coalition meetings and additional Lifespan Respite workgroup events have been held via Zoom. This form of virtual meeting can limit the interaction that some participants may be able

to have and can also risk multi-tasking by participants who are not fully engaged in the meeting or discussions.

Coalition member engagement also continues to limit activities. There are a handful of members who are actively engaged and participate on multiple levels; however, many members may log in for the coalition meeting but choose not to participate outside of the bi-monthly meeting. Changes have been made to the coalition membership form including information on how much time per month the prospective member can dedicate to coalition work as well as what they are looking to gain from that participation.

How have the activities conducted during this project period helped you to achieve the measurable outcomes identified in your project proposal?

The following measurable outcome activities are divided below by project proposal objective:

Implement a Robust Centralized Arkansas Lifespan Respite Locator

In the first reporting period, Arkansas DHS worked with its vendor, Deloitte, to develop a respite locator search engine, via PowerBI. Prior to the search engine, a list of known respite providers was manually kept on an excel spreadsheet within DPSQA and offered to any caregiver who inquired. During this reporting period, the search engine has continued to function as appropriate, and no issues have been detected.

The first independent respite worker was added to the respite locator on February 9, 2022. A total of six (6) independent respite workers (covering 15 counties across the state) were added to the respite locator during the reporting period. Discussions also began internally with other DHS divisions and externally with the Arkansas State Police on how to begin completing background checks on those independent respite workers that are adding to the search engine. There is currently state statute in place for any licensed organization providing respite to complete background checks, including searches within the Arkansas Adult and Child Maltreatment Registries; however, there is no current statute in place for independent respite workers as would pertain to this scenario. Since both maltreatment registries are maintained by divisions within DHS, internal processes were developed for these registry inquiries to be ran at no cost. The program then began developing a draft legislative bill that would incorporate a background check requirement for a newly identified state program entitled the Arkansas Lifespan Respite Program. This draft legislation is currently being reviewed by DHS's legal department and must receive both DHS Secretary and Arkansas Governor approval to proceed to filing when the Arkansas 94th General Assembly is called into order in January 2023.

Updating Statewide Caregiving Data and Identifying Underserved Populations

During the first reporting period, Arkansas DHS, along with the ALRC members, have developed caregiver data points and requirements it would like to have surveyed and collected during the caregiver data collection activities. Initial data collection activities were expected to be completed through a procured vendor; however, no vendor could be procured. To continue this activity, DHS along with the ALRC members agreed to conduct the data collection through an online survey tool, SurveyMonkey.

The survey pool was selected from recipients with open cases in 21 Medicaid categories administered by the Arkansas Department of Human Services. An initial report of 300,251 individuals were then sorted for duplications and email availability: leaving 64,943 potential respondents. The online survey was then opened to the targeted population on February 24, 2022 and closed on March 11, 2022; a period of 16 days. The targeted population was notified of the online survey via email notification sent from DHS's mass notification system known as Salesforce. The email was successfully delivered to 61,070 of available email addresses: a delivery rate of 94%. Upon closure of the targeted survey on March 11, 2022, the email had been opened by 23,463 individuals. The qualify for the survey, respondents had to self-identify as someone who had provided unpaid care to a relative or friend 18 years of age or older. This unpaid care must involve helping the individual care for themselves, or caring for a child (minor, less than 18 years of age) due to a medical, behavioral, or other condition or disability (beyond required normal care). In total, there were 553 individuals who accessed the survey and 428 self-identified caregivers who completed it.

The reading and analysis of the data began in April 2022. While the expectation was for the data report to be released prior to the end of this reporting period, the report deadline has now been extended. An anticipated release of the data report is set to occur prior to the end of the first semi-annual report within Year 2's grant year.

Increase Opportunity for Caregiver Input and Feedback

Caregiver input and feedback has been limited to the open invitation to attend Arkansas Lifespan Respite Coalition meetings at this time. With the development of several other projects (such as the search locator, respite voucher program, etc.) ending, efforts will now be turned toward this objective as outreach and evaluation of these activities begin.

Direct Service Opportunities

Through our project proposal, direct service opportunities were broken into two categories: respite vouchers and services and training opportunities.

During the first grant year, Arkansas DHS worked to develop an in-house voucher program to be processed through the Choices in Living Resource Center (also known as the Aging and Disability Resource Center- ADRC- for the state of Arkansas). During this reporting period, 134 respite voucher applications were received and 101 were awarded. 23 of Arkansas' 75 counties were represented in the voucher awards. 13 of the 23 counties have been identified as rural regions with an average of 28% of the voucher awards and funding being provided to rural regions.

Ashley- 2**	Baxter- 2 **	Benton- 22	Boone- 3 **	Cleburne- 2 **
Craighead- 3	Crawford- 2	Crittenden- 2	Faulkner- 10	Greene- 3 **
Hot Spring- 1 **	Independence-3**	Jackson- 1 **	Jefferson- 4 **	Johnson- 1 **
Perry- 2 **	Pope- 2 **	Pulaski- 17 *	Saline- 3	Sebastian- 2
St Francis- 2 **	Washington- 10	White- 2 **		

**Indicates county locating State Capital; **Indicates rural defined counties per a 2013 University of Arkansas Division of Agriculture report¹*

12 diagnoses categories were developed for the voucher awards. The most prevalent diagnoses category was for Intellectual/Developmental Disabilities.

Alzheimer's/Dementia- 4	Heart Defect/Issues- 1	Lung Defect/Issues- 4	Stroke- 1
Cancer- 0	Vision Impairment/Blind- 1	Depression/Mood Disorder- 2	I/DD- 77 **
Behavior Disorder- 0	Epilepsy/Seizures- 4	Skeletal Disorders- 1	Other- 3 *

**Includes CVA with left hemiparesis, Fibromyalgia and Morbid Obesity; ** Includes diagnoses of Angelman's Syndrome, Autism, Cerebral Palsy, Spina Bifida, Down Syndrome*

Based on service delivery reports that were required to be submitted upon the use of the voucher, we were able to pull information regarding how the vouchers are being used. For example, based on the service delivery reports, the average hourly pay paid out through the voucher awards was \$16.10, an approximate \$2 increase from the previous grant year's average of \$14.09. The lowest hourly pay reported during the reporting period was \$6.25/hr (for a full weekend/overnight respite event) while the highest pay appeared to be \$55.00/hr. Service delivery reports indicated a total of 866 hours of respite were received, approximately 36 days during the reporting period. The overall service hours are down from the previous grant year due to the fact that we did not receive as many of the voucher reports and satisfaction surveys back from caregivers who received funding.

Caregivers receiving respite vouchers were also asked to complete a satisfaction feedback survey upon the use of their voucher. Of the satisfaction surveys returned, 97% of caregivers indicated that they found the voucher program "very useful."

66% of caregivers found the voucher application process to be "very easy", a growth from the previous grant year's feedback where only 58% of caregivers found the voucher application process to be "very easy." 33% found it to be "somewhat easy" while 3% found it "difficult." Concerns identified indicate that the voucher program and its application was hard for caregivers to find, as well as wishing they could apply for more than three (3) months of funding at one time.

Several caregivers did apply within multiple quarters and indicated on their satisfaction surveys that after the initial application, the process was much quicker and easier to complete. Much of this is due to the fact that the state of Arkansas has to set the caregiver up as a vendor in order to process the check, which is done during the first application process. Once a caregiver has a vendor number valid in the system and reapplies, checks can be issued within a couple days as opposed to weeks.

In addition to our grant voucher activities, Arkansas legislators in early 2022 authorized the Arkansas Department of Human Services to allocate funding for a new respite voucher pilot program geared

¹ University of Arkansas Division of Agriculture. *Rural Profile of Arkansas*. Arkansas: 2013. <https://www.uaex.uada.edu/business-communities/economic-development/Rural%20Profile%20of%20Arkansas%202013%20Pub.pdf>

towards caregivers caring for Alzheimer's or other dementia related needs. While this funding was not taken from the federal Lifespan respite grant, the pilot program received \$200,000 beginning June 2022. This pilot program will run through June 2023; respite inquiries made to the Lifespan Respite Voucher Program for dementia related diagnoses will be turned over to the pilot program's voucher system for processing. This allows for the pilot program to collect as much data and information on dementia caregivers in the state while freeing the Lifespan respite voucher funding to be awarded to other diagnoses categories. If at any time the pilot program exhausts all of their funding, the Lifespan Respite Voucher Program will begin processing voucher applications for those diagnoses so that there is no gap in coverage.

As of the end of this reporting period, the Dementia pilot project had issued a total of 278 voucher awards to caregivers caring for someone with dementia or a dementia-related illness.

Our project proposal included direct support opportunities through volunteer training events facilitated by the University of Arkansas Medical Sciences- Schmieding Caregiver Training Program. Arkansas DHS has partnered with The Schmieding Caregiver Training Program for these training events in previously awarded respite grants. During the reporting period, Arkansas DHS and UAMS were contracted for REST services effective July 1, 2022, through June 30, 2023; UAMS began offering classes in September 2022 across the state. Recent years have seen challenges in coordinating the contract's purchase orders from DHS to UAMS timely. The training dates and locations for the reporting period include:

Date	Location (City)	Number of Attendees
9/29/2022	El Dorado	18
10/6/22	Texarkana	0
12/5/22- 12/8/22	Texarkana	1 (Train the Trainer)
12/7/22	Jonesboro	6

Additional to the project activities set forth in the grant proposal, Arkansas DHS, along with members of the Arkansas Lifespan Respite Coalition, continue to work with the national respite resource program, ARCH, and the Respite Care Association of Wisconsin (RCAW) on a multi-state pilot project designing and implementing an online, self-paced certification course providing minimum skills and knowledge for respite care workers. The online training/certification modules went live on January 1, 2022. During the reporting period, 10 individuals have successfully completed the online training (26 total since go-live). This online module certification also allows those who complete the course successfully to display their respite services on the Arkansas Lifespan Respite Search Locator. During the reporting period, 2 of the 10 (20%) certification holders have requested to be added to the Arkansas Lifespan Respite Search Locator. In November 2022, a multi-media campaign was deployed to provide education and awareness to the direct support opportunities available through this grant and the RCAW pilot project; additional information on the campaign can be found under the Outreach Material section of this report.

Produce/Participate in New Outreach Material and Outreach Events

The Arkansas Lifespan Respite information lives within webpages attached to the Arkansas Department of Human Services' Division of Provider Services and Quality Assurance webpage. There is one main

page for Arkansas Lifespan Respite with child pages related to vouchers, training, respite search locator/worker registry, and caregiver resources. Within the reporting period, the following pages received the following online traffic numbers:

Page Title	Total Page Views	Unique Page Views	Average Time on Page
Arkansas Lifespan Respite (Main Page)	9,325	6,142	00:02:50
Arkansas Lifespan Respite- Apply for Voucher	1,362	1,062	00:03:24
Arkansas Lifespan Respite- Respite Training	395	285	00:02:54
Arkansas Lifespan Respite- Respite Worker Registry	459	343	00:03:47
Arkansas Lifespan Respite- Caregiver Resources	5,159	4,339	00:02:52
Arkansas Lifespan Respite Search Locator	191	176	00:01:55
Arkansas Lifespan Respite Newsletter Archive Page	102	91	00:01:38

In August 2022, the Arkansas Department of Human Services began a mailout campaign to notify all district superintendents and principals of Arkansas public and private schools of the Arkansas Lifespan Respite Program. A letter informing them of the program and key activities and benefits, along with copies of the voucher and respite training/registry brochures, were mailed out to 259 superintendents and 1,068 principals across the state; only 22 letters were returned as undeliverable (an overall 98% deliverable rate). Year 3 of the grant is expected to contain another mailout campaign targeted doctors and physicians across the state.

In Year 1 of the grant, the Arkansas Department of Human Services' Communications Department produced a Caregiver Video that highlights one Arkansas caregiver's story and the benefits of respite. At that time, a casting call was put out on the Arkansas Department of Human Services' social media accounts looking for caregivers to participate. The video was published on August 8, 2022, with DHS sharing the video on its social media platforms. The purpose of the video is to use testimony from Arkansas caregivers who have used respite in the past and discuss overall respite care needs, and the services and supports that the Arkansas Lifespan Respite grant currently provide.

During this reporting period, the Arkansas Lifespan Respite Coalition in partnership with Arkansas Department of Human Services' Communication Department build an outreach and awareness campaign to span several different mediums and have statewide reach. Within the multi-media campaign, three (3) vendors were used to produce the following products: digital ads, billboard ads, print/newspaper ads consisting of messaging around respite voucher opportunities and respite training opportunities.

Digital Ads

The Arkansas Department of Human Services contracted with Cumulus C-Suite to provide a selection of digital graphics and animations with key respite messages deliverable to a targeted audience in rural/underserved counties via digital means (smartphones, smart TVs, computers, tablets, etc.). Digital advertising consisted of Search Engine Marketing (SEM), Advanced Targeting Display (ATD), Pre-Roll Advertising, Contextual Targeting, Social Media pay-per-click, and Site Retargeting.

SEM Targeting utilizes keyword searches across search engines such as Google, Bing and Yahoo to target an audience with match phrases and words. Through this targeting, it can be set to show to people within certain geographical areas, certain times of the day or week, and who fit certain demographic categories.

ATD uses voice recognition, location services and online searches to identify target customers and immediately serve the ad during an online experience.

Pre-Roll Advertisements are a video advertisement that automatically play directly before a featured video on both mobile and desktop devices. These ads are commonly 15 to 30 seconds long and can be targeted to an audience based on interest, age, gender, location and more.

Contextual Targeting is used to pair advertisements with relevant content that someone is browsing or reading. These ads are placed on web pages depending on the content of those pages, rather than data about the consumer's online behavior.

Social Media pay-per-click is a form of internet advertising where the ad is paid for by the number of clicks it receives. In this case, social media pay-per-click was placed on the social media app Facebook. Facebook PPC ads can be used in a variety of spots on Facebook, including the sidebar, desktop or mobile newsfeed, and audience network. The Facebook PPC also ties into an audience's Instagram feed, another social media app connected to Facebook, for additional exposure.

Site Retargeting helps recapture the interest of potential viewers after they leave your selected website. When viewers visit your site, in this case the Arkansas Lifespan Respite webpage, a retargeting pixel is placed in their browser. The pixel identifies potential viewers and enables you to serve them with tailored ads that relate to the content they were viewing on your webpage. Research has shown that site retargeting can improve click-through rates by up to 400%.

Billboard Ads

The Arkansas Department of Human Services contracted with Lamar Advertising to strategically place billboard ads in rural/underserved counties with key respite messages. A total of 18 billboards were scheduled across the state with a potential of 1.2 million views expected weekly. 14 of the 18 billboards (78%) were located in rural/underserved counties. Billboards were rotated based on regions with the following schedule:

Billboard Active Date Range	City Locations
November 28, 2022- December 25, 2022	Pine Bluff, Malvern, Hot Springs, Sheridan, Dumas, El Dorado

December 26, 2022- January 22, 2023	Lonoke, Warren, Monticello, Truman, Stuttgart, Harrisburg
January 2, 2023- January 29, 2023	Russellville, Carlisle, Perryville, Morrilton, Clinton, Searcy

Print Ads

The Arkansas Department of Human Services contracted with Arkansas Press Association to place a 2"x4" advertisement in local newspapers and magazines in rural/underserved counties with key respite messages. This print campaign consisted of three (3) run dates of October 10, 2022; November 14, 2022; and December 12, 2022, within 88 participating newspapers (consisting of 17 dailies, 65 weeklies, and 6 shoppers). Of those 88 papers, 66 are located in rural and underserved counties, consisting of a 75% rural/underserved coverage area with an approximately one (1) million views expected.

During the reporting period, the quarterly respite and caregiver newsletter that was established as an outreach and awareness tool in the previous semi-reporting period, continued. The newsletter release schedule anticipates all four quarters- Fall, Winter, Spring and Summer editions, and is released via email to those subscribed, as well as posted to the Arkansas Lifespan Respite webpage. The following editions have been circulated during this reporting period:

FALL 2022- October 22, 2022

WINTER 2022- Delayed; expected in February 2023

During the reporting period, five outreach events occurred. On July 11, 2022, a representative from the Arkansas Department of Human Services joined one of the Arkansas Lifespan Respite Coalition members during an Alzheimer's and Dementia Advisory Council meeting to discuss respite activities and programs currently offered in the state. On August 8, 2022, the Arkansas Lifespan Respite Coalition was on the agenda to present about respite activities and programs to the 2022 annual Arkansas State Independent Living Council (SILC) conference. In September, two outreach events were held with the Arkansas Lifespan Respite Council be in attendance to present brochures, pamphlets, and other information. These events included the 2022 University of Central Arkansas (UCA) Volunteer Fair (September 6, 2022) and the Arkansas Democrat Gazette Wellness Expo (September 24).

On November 14-15, 2022, the Arkansas Lifespan Respite Coalition and the Arkansas Department of Human Services held the 2022 Arkansas Caregiver and Respite Conference. This two-day event was a hybrid model, consisting of in-person meetings and presentations with an option of joining virtually. Topics included understanding what is respite, the basics of Medicare and how to navigate Medicaid, an introduction into Arkansas' PASSE (Provider-led ...) Program, an overview of the Alzheimer's and Dementia Pilot Project and several self-care events including dealing with stress, compassion, managing expectations, etc. Day Two of the event included three panel discussions- the first from experts in the field of Long-Term Care in Arkansas, the second on Workforce Solutions, and the third as a panel discussion from caregivers with their personal stories, tips, and tricks. The Arkansas Lifespan Respite Coalition also received a Governor's Proclamation for the event that proclaimed November 2022 as

Lifespan Respite Awareness Month. This proclamation was on display during the event and included a conference introduction video by then Arkansas Governor Asa Hutchinson who welcomed the guests and introduced his proclamation.

At the conclusion of the conference, the first ever Arkansas Lifespan Respite Awards and Recognition Ceremony was kicked off. Prior to the conference, notifications were sent out via the Arkansas Lifespan Respite website, and DHS social media platforms allowing the public to nominate caregivers and caregiving organizations. The following categories were handed out to the following people/organization:

Family Caregiver of the Year- Deneice Stout

Young Adult/Youth Caregiver of the Year- Madison Johnston

Respite and Caregiving Visionary Award- Theba Lolley

Caregiving Advocate of the Year- Jerilyn Swalve-Wasson

Caregiving Organization of the Year- Community Connections

What was produced during the reporting period and how have these products been disseminated? Products may include articles, issue briefs, fact sheets, newsletters, survey instruments, sponsored conferences and workshops, websites, audiovisuals, and other informational resources.

The following items were produced during this reporting period:

Marketing Material

- “Respite Care Recharges Arkansas Families” Caregiver Video featuring Jerilyn Swalve-Wasson, August 8, 2022 (Appendix I)
- Digital Ads for Respite Voucher Program and Respite Training Opportunities (Appendix II)
- Billboard Ads for Respite Voucher Program and Respite Training Opportunities (Appendix III)
- Print Ads for Respite Voucher Program and Respite Training Opportunities (Appendix IV)
- Lifespan Respite Introductory Letter for Education Mailout (Appendix V)
- 2022 Arkansas Caregiver and Respite Conference Program and Agenda (Appendix VI)
- Public notification of Arkansas Lifespan Respite Awards and Recognition Nominations (Appendix VII)
- Arkansas Lifespan Respite business cards and magnets (Appendix VIII)
- Arkansas Lifespan Respite promotional items- tote bags, pens, memo pads (Appendix IX)
- Arkansas Lifespan Respite Awards (Appendix X)

Survey Report

- 2022 Arkansas Caregiver Feedback: Preliminary Data Report, August 18, 2022 (Appendix XI)

Forms/Documents

- Governor's Proclamation- November 2022- Arkansas Lifespan Respite Awareness Month (Appendix XII)
- Proposed state legislative bill introducing Arkansas Lifespan Respite Program- draft form (Appendix XIII)

Appendices

The following pages contain all appendices mentioned within this report.

Link to the “Respite Care Recharges Arkansas Families” video:

https://youtu.be/TvRtp1_AKMI

Snapshot of social media announcement of video (posted 8/9/2022):

The image is a screenshot of a Facebook post. At the top, the Facebook navigation bar is visible with the 'facebook' logo, search bars for 'Email or phone' and 'Password', and a 'Log In' button. Below the navigation bar, the 'Watch' section is active, showing a video player. The video shows a woman, a young girl, and a man smiling together. Below the video player, the title 'Respite Care Recharges Arkansas Families' is displayed. To the right of the video, the post content begins with 'Arkansas Department of Human Services posted a video to playlist We Care. We Act. We Change Lives.' followed by a date and time. The main text describes the Arkansas Lifespan Respite program, listing services like grants, locator maps, and training. Below the text, there are two comments from users 'Jerilyn Swalve-Wasson' and 'Pat Swalve'. The post also shows engagement metrics: '25 - 4 Comments - 1.5K Views'.

facebook

Email or phone Password Log In

Watch Home Live Shows Explore

Search videos

Arkansas Department of Human Services posted a video to playlist We Care. We Act. We Change Lives. August 9 at 7:59 PM

Jerilyn Swalve-Wasson and families like hers across the state use respite care to provide balance in their lives. DHS's Arkansas Lifespan Respite page ar.gov/arlifespansrespite provides a variety of resources for Arkansans, from available grants to pay for respite care, to a locator map to find respite care, to free training opportunities to become a respite worker. If you provide care for a disabled child or adult or care for a family member with dementia, respite can be a crucial part of your family's health.

To keep up with Emma, give her a follow: [Totally Emma](#)

See less

Most relevant

Jerilyn Swalve-Wasson Thank you so much for raising awareness for respite care! 2d

Pat Swalve Excellent video 3d

Most Relevant is selected, so some comments may have been filtered out.

0:12 / 6:08

Respite Care Recharges Arkansas Families

Like Comment Share

25 - 4 Comments - 1.5K Views



ARKANSAS LIFESPAN RESPITE

**ARE YOU A CAREGIVER FOR A
LOVED ONE AND NEED A BREAK?**

DHS HAS RESPITE OPPORTUNITIES:

- Vouchers to pay for respite care
-up to \$1,200 a year!
- Free online training to become a
respite caregiver
- Free online search for qualified
respite caregivers

**To learn more,
visit ar.gov/arlifespanspite**





ARKANSAS LIFESPAN RESPITE

**ARE YOU A CAREGIVER FOR A
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- Free online search for qualified
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Cumulus Media Digital and Radio Recommendations for Arkansas Lifespan Respite *Arkansas Department of Human Services*

Senior Multimedia Advertising Specialist: Nicole Feuers

September 13th, 2022



GOALS & TARGET AUDIENCE

Arkansas Lifespan Respite

- Launch an informational and educational outreach campaign, particularly to specific underserved areas/counties in the state.
- Increase the number of qualified respite caregivers in those areas/counties.

•The Coastal Plains

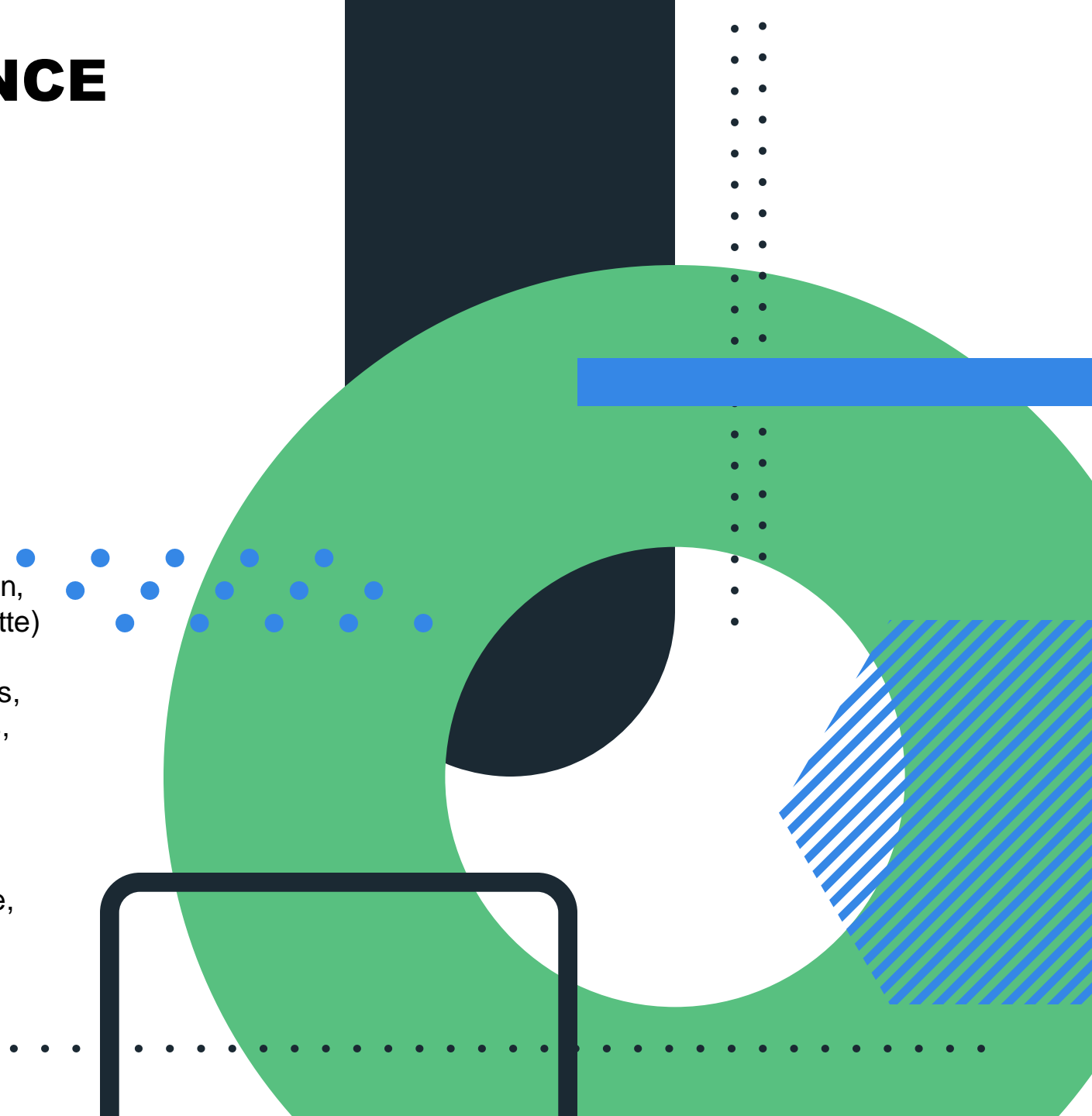
•(Counties: Little River, Hempstead, Nevada, Ouachita, Calhoun, Cleveland, Drew, Bradley, Ashley, Union, Columbia, and Lafayette)

•The Delta

•(Counties: Clay, Greene, Mississippi, Jackson, Poinsett, Cross, Woodruff, St. Francis, Prairie, Monroe, Lee, Arkansas, Phillips, Lincoln, Desha, and Chicot)

•The Highlands

•(Counties: Carroll, Boone, Marion, Baxter, Fulton, Randolph, Madison, Newton, Searcy, Stone, Izard, Sharp, Lawrence, Franklin, Johnson, Pope, Van Buren, Cleburne, Independence, White, Conway, Logan, Scott, Yell, Perry, Polk, Montgomery, Sevier, Howard, Pike, Hot Spring, Grant, Clark, and Dallas)

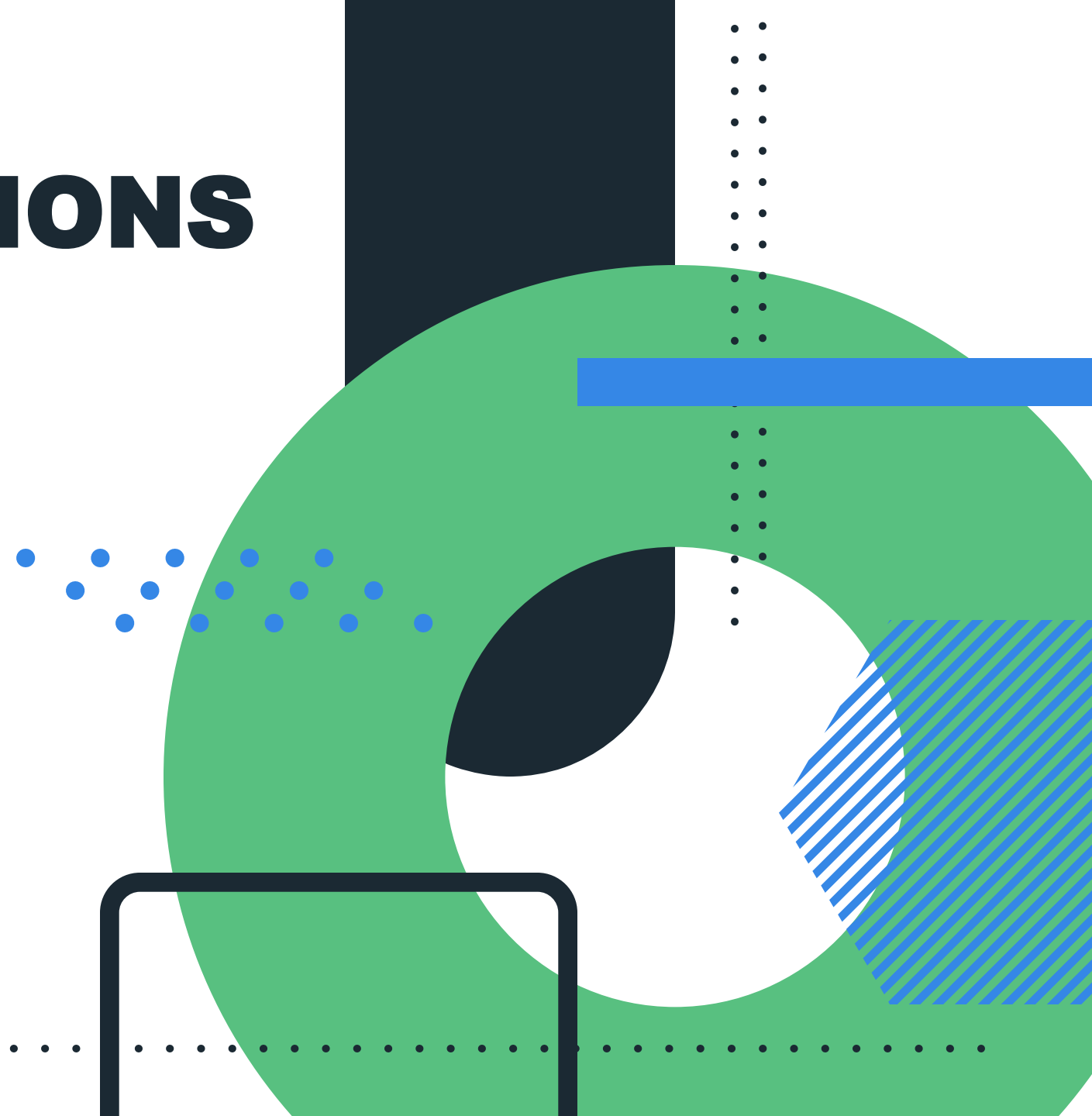


RECOMMENDATIONS

- SEM
- Advanced Targeted Display
- Social Media Pay-Per-Click
- Site Retargeting
- Pre-Roll
- Contextual Targeting

Total Campaign Investment: \$59,400.00

Approved By: _____



Search Engine Marketing (SEM)

Managed Spend: \$13,500

Advanced Targeting Display (ATD)

Campaign Impressions: 1,800,000

Pre-Roll Advertising

Campaign Impressions: 1,800,000

Contextual Targeting

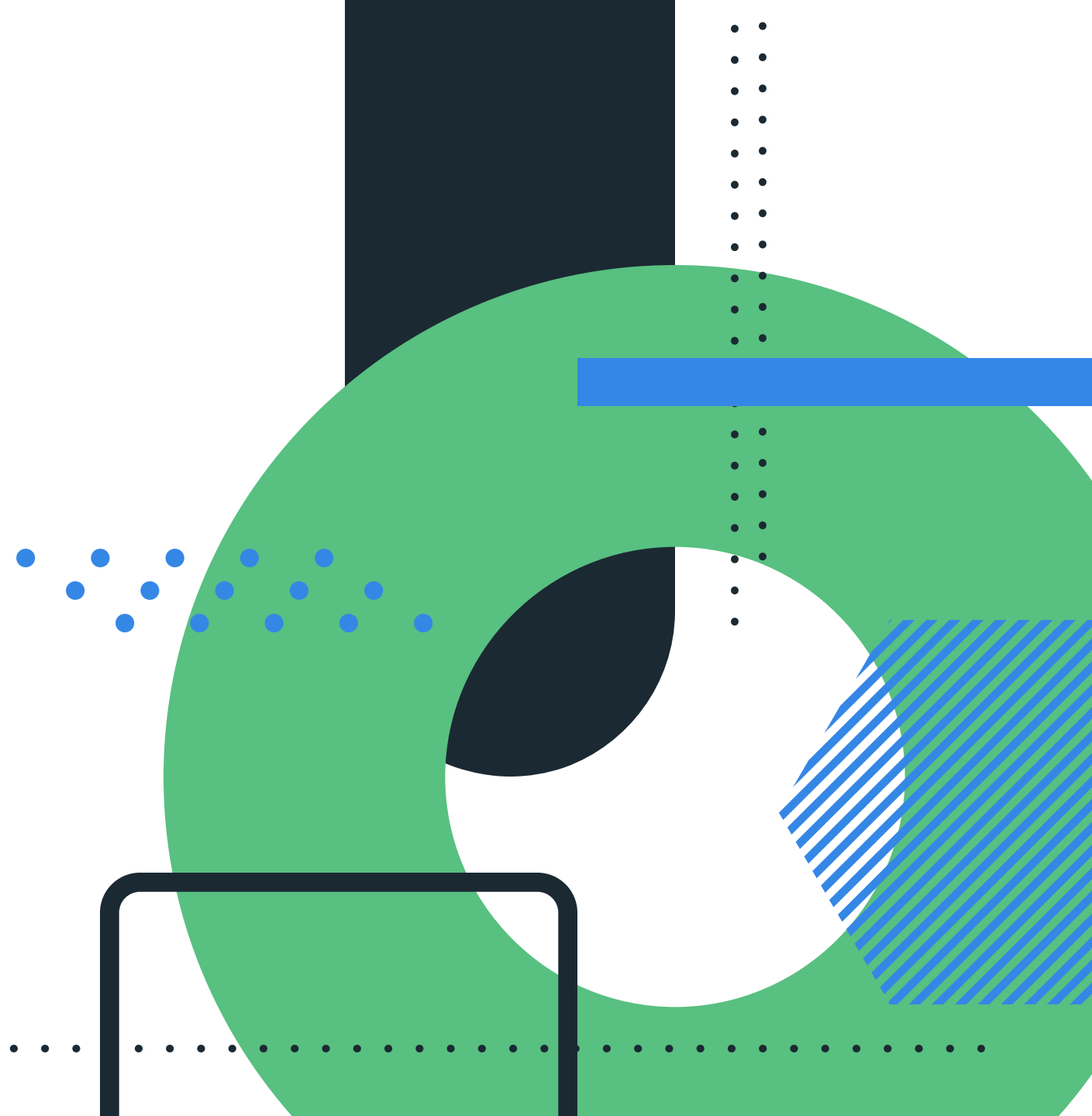
Campaign Impressions: 450,000

Social Media pay-per-click

Managed Spend: \$6,300

Site Retargeting

Campaign Impressions: 450,000



What is SEM?

SEM, or search engine marketing, is the act of using paid strategies to increase search visibility.

This utilizes keyword searches across search engines such as Google, Bing, and Yahoo.

SEM Targeting

Location Targeting

Sets ads to only show to people who are within a certain ZIP code or geographic area.

Ad Schedule Targeting

Sets ads to only show at certain times of the day or during specific days of the week.

Demographic Targeting

Sets ads to only show to people who fit certain demographic categories based on age and gender.

Device Targeting

Set ads to only show users on specific devices such as mobile phones, desktops, or tablets

Types of SEM Keywords

Broad Match Keywords

Target variations of a term. This includes similar phrases, singular or plural forms, misspellings, stemming, or synonyms of the target term.

For example, when targeting the broad match keyword virtual assistant, a campaign may also target virtual assistants, online assistants, and virtual team.

Phrase Match Keywords

Target the exact phrase, plus any phrases that have words that come before or after the target keyword.

For example, when targeting the phrase match keyword virtual assistant, a campaign may also target best virtual assistant, find a virtual assistant, and hire a virtual assistant.

Exact Match Keywords

Target words that are very closely related to the target term. This includes misspellings, singular or plural forms, stemming, abbreviations, reordered words, paraphrases, or closely related words with the same search intent of the exact match term.

For example, when targeting the exact match keyword "virtual assistant", a campaign may also target *virtual assistants*, *virtual assistance*, and *virtuals assistant*.

Negative Keywords

Exclude terms that you don't want to target. Negative keywords are variations of broad match, phrase match, and exact match keywords that you don't want to use in your campaign.

These terms may be semantically related to your keywords but unrelated to the search intent of the target term, your campaign, or ad copy.



What is Advanced Targeting Display?

ATD uses Voice Recognition, Location Services, & Online Searches to identify your target customer and immediately serve your ad during the shopping/buying process. Additionally, users who show interest in your ad are automatically retargeted and tracked through the process.

How does ATD work?

it picks up what people are saying in front of their smart speakers or smartphones.

All of these algorithms are set up with Passive Voice and Active Voice:

Passive Voice

- The device is waiting for you to say "Hey Siri/Alexa" before it moves to Active Voice.
- Passive voice can pick up on common keywords or phrases which allows us to deliver ads to them moments later.

Active Voice

- This is when the device is listening to exactly what you're saying so that they can give you an answer to your question.

The Benefits of ATD

Cost-effectiveness

Targeting the right audiences helps resellers/agencies ensure that their advertisers' ads are only being shown to audiences that are interested in purchasing their products/services.

Resource allocation and optimization

Audience targeting enables campaign managers to evaluate which audiences are engaging with their advertiser's ads and ultimately converting.

High quality leads

The ultimate & most important benefit of targeting the right audience is getting qualified leads – customers that are ready to buy your advertiser's products/services.

Customer loyalty

Use audience targeting to reach existing customers with Remarketing and encourage them to re-engage with your advertisers' website and products/services.

Higher Click-Through Rates

The average CTR for display ads is .04 or .01—our services on the other hand can deliver a minimum .5 or .7 CTR.

Track walk-ins with your Google My Business account

If you have a GMB account, we can show you the number of walk-ins from the voice traffic.

What are Pre-roll ads?

A pre-roll ad is a video advertisement that automatically plays directly before a featured video on both mobile and desktop.

These ads are commonly 15 or 30 seconds long.

Three types of Pre-Roll Ads

Skippable Pre-Roll Ads

This type of pre-roll ad allows the viewers to skip after 5 seconds once they click on the video content.

Non-Skippable Pre-Roll Ads

The viewers have no choice but to watch the entire ad before they can enjoy the video content.



The Benefits of Pre-roll Ads

Brand Awareness

This exposure then boosts the brand's online visibility, which turns an obscure product into a viable option for purchase.

Purchase Decision

Millennials are most likely to trust pre-roll video ads compared to any other video ads.

Lead Generation

You can customize your target audience with pre-roll ads by their interest, age, gender, location, and more.

Pre-Roll Ads Specs

Standard Display Ads

- Image: 300×60
- File type: GIF, JPG, PNG
- File size: Max. 150KB
- Max. animation length: 30 seconds

Overlay Ads

- Image: 480×70
- File type: Static GIF, PNG, JPG
- File size: Max. 150KB

Non-Skippable Video Ads

- Companion image specs:
 - 300×60 pixels
 - JPG, static GIF, or PNG
 - Follow Google's image ad policies
 - Max. 1KB
- Length: Max. 15 or 20 seconds (depends on region)

Bumper Ads

- Companion image specs:
 - 300×60 pixels
 - JPG, static GIF, or PNG
 - Follow Google's image ad policies
 - Max. 1KB
- Length: Max. 6 seconds

What is Contextual Targeting?

Contextual ad targeting is the practice of pairing advertisements with relevant content that someone is reading or browsing with your ad.

The ads are placed on web pages depending on the content of those pages, rather than data about the consumer's online behavior.

Contextual Targeting vs. Behavioral Targeting

Contextual ad targeting takes into consideration the state of the user/audience at the time the ad is served, as opposed to leveraging historical information about that specific user's interests.

Behavioral targeting gathers data from multiple sources to form a picture of a user's online shopping history and browsing tendencies and ties that data to a unique identifier.

The Benefits of Contextual Targeting

Budget friendly

Unlike conventional advertising, contextual ads are cost-effective and don't need a heavy advertisement.

Ability to engage with customers

The web visitors find the information on the links and ads helpful as they are related to what they're looking for.

They get the information without having to search for the product and services actively.

Targeted traffic

Contextual advertising allows you to reach the right audience, as ads are posted after research on keywords and keywords phrases.

Boosts sales

By using contextual advertising, internet users who are looking for a certain keyword will click on the links on the website page to get more information.

Measurable

Contextual advertising gives the marketer a way of determining if their ads are bringing in revenue.

User satisfaction

Contextual advertising allows users to get exactly what they're looking for without too much effort searching for a certain keyword.

What is Facebook Pay-Per-Click?

Facebook Pay-Per-Click is a form of internet advertising where a company pays a platform only when the ad is clicked.

Facebook PPC ads can be used in a variety of spots on Facebook, including the sidebar, desktop or mobile newsfeed, and audience network. They can also be displayed on your audience's Instagram feed, as Facebook owns this platform as well.

The Benefits of Facebook PPC

Proven ROI

Facebook ads have been shown to have a conversion rate of 3.21% across all industries.

Facebook Ads Are Affordable

When setting up your Facebook adverts, you can limit how much you want to spend and the CPC can be more cost-effective.

Targeted Audiences

Facebook lets advertisers narrow down an audience by basic targeting options like location, age, and gender and detailed targeting like interests, behaviors, and connections, marketers can target multiple different personas at different stages in the funnel.

Large Global Audience

Facebook has over 2 billion users worldwide, and 1.37 of these users visit the website on a daily basis.

Data also has found that people are spending more time on Facebook per session compared to other popular social platforms.

Remarket To Your Current Customers

An advanced targeting option is "Custom Audiences" which lets you target contacts/leads from your CRM database directly on Facebook.

Use At Every Stage Of The Buyer's Journey

Awareness: your advert can engage with the problems of your buyer persona and help them learn more about it and what they can do to solve it.

Consideration: for any contacts you've gained with your 'awareness' adverts, you can then target them with ads that offer them helpful solutions to bring them toward the decision stage.

Decision: finally, you can then create adverts that show your business is the solution they've been looking for and the best option.

What is Site Retargeting?

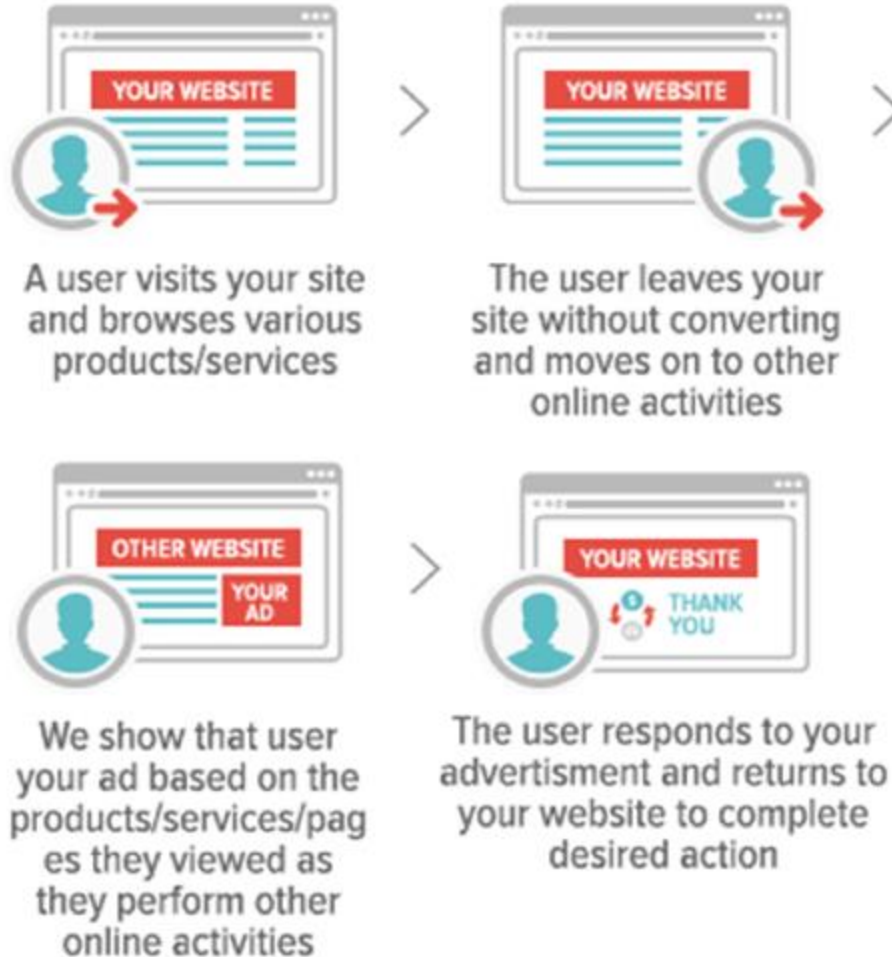
Site Retargeting helps you to recapture the interest of potential customers after they leave your website.

When potential customers visit your site, a retargeting pixel is placed in their browser. The pixel identifies your potential customers and enables you to serve them tailored ads that relate to the content they viewed on your site. Research shows that Site Retargeting can improve click-through rates by up to 400%.

How site retargeting works

A small, unobtrusive piece of code is placed on your website (this code is sometimes referred to as a pixel).

The code, or pixel, is unnoticeable to your site visitors and will not affect your site's performance. The code drops an anonymous browser pixel each time a new visitor accesses your site.





ARKANSAS LIFESPAN RESPITE

Are you a caregiver for a loved one and need a break?

Visit ar.gov/respite to learn more.





ARKANSAS LIFESPAN RESPITE

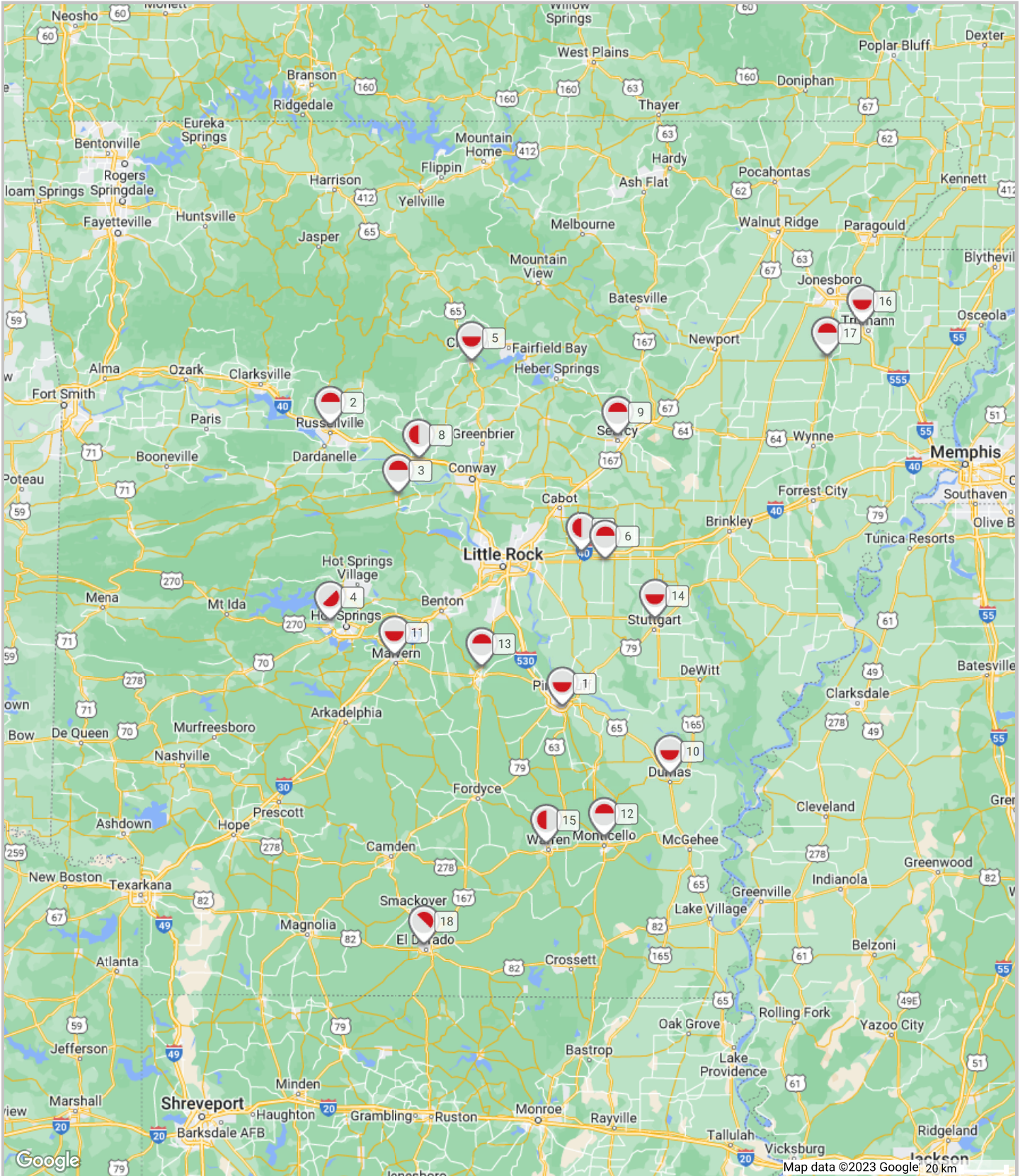
*Do you want to be a PAID
caregiver for someone in need?*

Visit ar.gov/respite to learn more.



MAP #1






RESPITE CARE PROGRAM



LOCATION LIST

RESPITE CARE PROGRAM

*Impression values based on: Total Population

Map Icon	Label	Panel #	Geopath Id	Media/Style	Facing	H x W	*Weekly Impressions	Illum.
	1	56312	30484818	Poster / Retro	North	10' 6" x 22' 9"	58,993	YES
<p>Location: HWY 63 W/S .7 MI S/O I-530 Current Advertiser: BREASTCARE CAMPAIGN Booking Ranges: 11/28/2022 - 12/25/2022 Rate: \$410.00 Production Cost: 145.55</p>								
	2	82145	588924	Poster / Retro	South	10' 6" x 22' 9"	166,755	YES
<p>Location: SH 7 SOUTH W/S 75' S/O C ST P1(S) Current Advertiser: ST. MARY'S REGIONAL MEDICAL CENTER Booking Ranges: 1/2/2023 - 1/29/2023 Rate: \$410.00 Production Cost: 145.55</p>								
	3	83501	30496400	Poster / Retro	South	10' 6" x 22' 9"	37,216	NO
<p>Location: HWY9/10 W/S 50' W/O HWY 60 Current Advertiser: PRICE AG SALES & SERVICE Booking Ranges: 1/2/2023 - 1/29/2023 Rate: \$410.00 Production Cost: 145.55</p>								
	4	84164	30922628	Poster / Retro	North West	10' 6" x 22' 9"	125,516	YES
<p>Location: Albert Pike S/S 1250' W/O Thornton Ferry Rd Current Advertiser: T-MOBILE Booking Ranges: 11/28/2022 - 12/25/2022 Rate: \$410.00 Production Cost: 145.55</p>								
	5	85353	620269	Poster / Retro	North	10' 6" x 22' 9"	101,518	YES
<p>Location: HWY 65 N W/S 3/4 MI N/O HW 330 NFT Current Advertiser: CHILDREN'S ADVOCACY CENTER OF ARKANSAS Booking Ranges: 1/2/2023 - 1/29/2023 Rate: \$410.00 Production Cost: 145.55</p>								

LOCATION LIST

RESPITE CARE PROGRAM

*Impression values based on: Total Population

Map Icon	Label	Panel #	Geopath Id	Media/Style	Facing	H x W	*Weekly Impressions	Illum.
	6	86081	0	Poster / Retro	South	10' 6" x 22' 9"	Pending Audit	NO
<p>Location: 1503 Bobby Glover Highway, SH 13 W/S 750' S/O I-40 Booking Ranges: 1/2/2023 - 1/29/2023 Rate: \$410.00 Production Cost: 145.55</p>								
	7	86092	365055	Poster / Retro	East	10' 6" x 22' 9"	21,603	NO
<p>Location: US 70 WEST Current Advertiser: CENTER FOR HEALING HEARTS AND SPIRITS Booking Ranges: 12/26/2022 - 1/22/2023 Rate: \$410.00 Production Cost: 145.55</p>								
	8	87122	365063	Poster / Retro	East	10' 6" x 22' 9"	38,657	NO
<p>Location: US 64 EAST N/S 1.5 MI E/O SH 9 P2(E) Current Advertiser: THE ADVERTISING COUNCIL - PUBLIC SERVICE Booking Ranges: 1/2/2023 - 1/29/2023 Rate: \$410.00 Production Cost: 145.55</p>								
	9	88072	365078	Poster / Retro	South	10' 6" x 22' 9"	107,968	NO
<p>Location: MAIN ST W/S 0.6 MI S/O RACE P2(S)[R] Current Advertiser: CHARLIE'S/TRUMAN BAKER Booking Ranges: 1/2/2023 - 1/29/2023 Rate: \$410.00 Production Cost: 145.55</p>								
	10	90891	620285	Poster / Retro	North	10' 6" x 22' 9"	77,092	NO
<p>Location: 100 N HWY 65 E/S .4 MI N/O HWY 54-165 Current Advertiser: JEFF WARDLAW STATE REPRESENTATIVE Booking Ranges: 11/28/2022 - 12/25/2022 Rate: \$410.00 Production Cost: 145.55</p>								

LOCATION LIST

RESPITE CARE PROGRAM




*Impression values based on: Total Population

Map Icon	Label	Panel #	Geopath Id	Media/Style	Facing	H x W	*Weekly Impressions	Illum.
	11	91321	365202	Poster / Retro	North	10' 6" x 22' 9"	111,803	NO
<p>Location: US 270 VIADUCT W/S P1(N) [L] Current Advertiser: BREASTCARE CAMPAIGN Booking Ranges: 11/28/2022 - 12/25/2022 Rate: \$410.00 Production Cost: 145.55</p>								
	12	91682	588998	Poster / Retro	South	10' 6" x 22' 9"	108,405	NO
<p>Location: HWY 425 N E/S .4 MI N/O HWY 278 Current Advertiser: JEFF WARDLAW STATE REPRESENTATIVE Booking Ranges: 12/26/2022 - 1/22/2023 Rate: \$410.00 Production Cost: 145.55</p>								
	13	94611	365217	Poster / Retro	South	10' 6" x 22' 9"	29,599	NO
<p>Location: US 167 W/S 0.4 MI N/O HWY 35 P1(S) Current Advertiser: RAINWATER,HOLT, & SEXTON, PA Booking Ranges: 11/28/2022 - 12/25/2022 Rate: \$410.00 Production Cost: 145.55</p>								
	14	96781	365246	Poster / Retro	North	10' 6" x 22' 9"	42,510	NO
<p>Location: HWY. 165 E/S 1000' N/O W. MICHIGAN Current Advertiser: BECK'S HYBRIDS Booking Ranges: 12/26/2022 - 1/22/2023 Rate: \$410.00 Production Cost: 145.55</p>								
	15	98263	365282	Poster / Retro	East	10' 6" x 22' 9"	39,515	NO
<p>Location: HWY. 278 .1 MI W/O HWY. 8 Current Advertiser: INSTITUTE ON AGING-O.A.P.L. Booking Ranges: 12/26/2022 - 1/22/2023 Rate: \$410.00 Production Cost: 145.55</p>								

LOCATION LIST

RESPITE CARE PROGRAM

*Impression values based on: Total Population

Map Icon	Label	Panel #	Geopath Id	Media/Style	Facing	H x W	*Weekly Impressions	Illum.
	16	50761	14923407	Poster / Retro	North	10' 6" x 22' 9"	58,723	YES
<p>Location: US 63 522 IND RD 1000' NO ST 69 B F/N Current Advertiser: LAMAR PLANT 403 Rate: \$410.00 Production Cost: 145.55</p>								
	17	260	463444	Poster / Retro	South	10' 6" x 22' 9"	42,835	NO
<p>Location: ST 1 .6 MILES S/O ST 14 EL LEFT Current Advertiser: LAMAR PLANT 403 Rate: \$410.00 Production Cost: 145.55</p>								
	18	98757	369663	Poster / Retro	South West	10' 6" x 22' 9"	46,922	NO
<p>Location: W/S HWY 15 0.7 MI. S/O HILLSBORO Current Advertiser: LEGAL AID OF ARKANSAS, INC. Rate: \$410.00 Production Cost: 145.55</p>								

Total Weekly Impressions: 1,215,630

PANEL #56312

HWY 63 W/S .7 MI S/O I-530



LOCATION #1

WEEKLY IMPRESSIONS: 58,993*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [34.16116 / -92.00666](#)

MARKET: PINE BLUFF

GEOPATH ID: 30484818

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

FACING/READ: North / Right

ILLUMINATED: YES

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 12001 I-30 Little Rock, AR 72209



*Impression values based on: Total Population

PANEL #82145

SH 7 SOUTH W/S 75' S/O C ST P1(S)



LOCATION #2

WEEKLY IMPRESSIONS: 166,755*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [35.28 / -93.13378](#)

MARKET: RUSSELLVILLE

GEOPATH ID: 588924

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

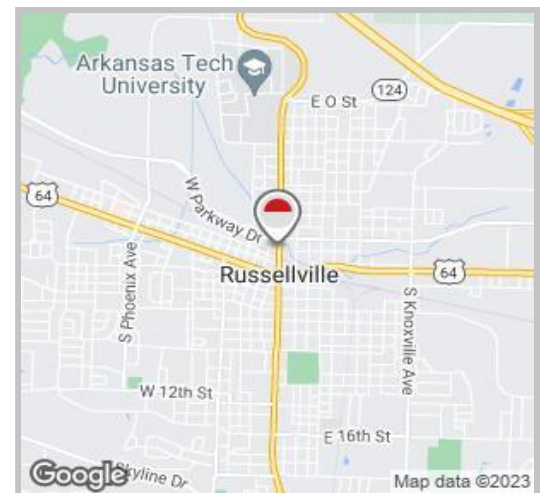
FACING/READ: South / Left

ILLUMINATED: YES

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 12001 I-30 Little Rock, AR 72209



*Impression values based on: Total Population

PANEL #83501

HWY9/10 W/S 50' W/O HWY 60



LOCATION #3

WEEKLY IMPRESSIONS: 37,216*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [35.01063 / -92.80072](#)

MARKET: PERRYVILLE

GEOPATH ID: 30496400

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

FACING/READ: South / Left

ILLUMINATED: NO

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 12001 I-30 Little Rock, AR 72209



*Impression values based on: Total Population

PANEL #84164

Albert Pike S/S 1250' W/O Thornton Ferry Rd



LOCATION #4

WEEKLY IMPRESSIONS: 125,516*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [34.505767 / -93.129392](#)

MARKET: HOT SPRINGS

GEOPATH ID: 30922628

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

FACING/READ: North West / Right

ILLUMINATED: YES

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 12001 I-30 Little Rock, AR 72209



*Impression values based on: Total Population

PANEL #85353

HWY 65 N W/S 3/4 MI N/O HW 330 NFT



LOCATION #5

WEEKLY IMPRESSIONS: 101,518*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [35.53633 / -92.4439](#)

MARKET: CLINTON

GEOPATH ID: 620269

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

FACING/READ: North / Right

ILLUMINATED: YES

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 12001 I-30 Little Rock, AR 72209



*Impression values based on: Total Population

PANEL #86081

1503 Bobby Glover Highway, SH 13 W/S 750' S/O I-40



LOCATION #6

WEEKLY IMPRESSIONS: Pending Audit*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [34.750771 / -91.796439](#)

MARKET: CARLISLE

GEOPATH ID: Pending Audit

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

FACING/READ: South / Left

ILLUMINATED: NO

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 12001 I-30 Little Rock, AR 72209



*Impression values based on: Total Population

PANEL #86092

US 70 WEST



LOCATION #7

WEEKLY IMPRESSIONS: 21,603*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [34.78391 / -91.91296](#)

MARKET: LONOKE

GEOPATH ID: 365055

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 6" x 22' 9"

FACING/READ: East / Right

ILLUMINATED: NO

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 12001 I-30 Little Rock, AR 72209



*Impression values based on: Total Population

PANEL #87122

US 64 EAST N/S 1.5 MI E/O SH 9 P2(E)



LOCATION #8

WEEKLY IMPRESSIONS: 38,657*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [35.153495 / -92.702178](#)

MARKET: MORRILTON

GEOPATH ID: 365063

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

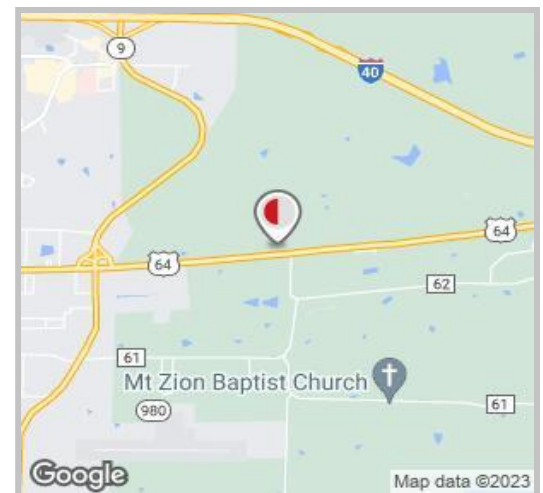
FACING/READ: East / Right

ILLUMINATED: NO

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 12001 I-30 Little Rock, AR 72209



*Impression values based on: Total Population

PANEL #88072

MAIN ST W/S 0.6 MI S/O RACE P2(S)[R]



LOCATION #9

WEEKLY IMPRESSIONS: 107,968*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [35.24251 / -91.73681](#)

MARKET: SEARCY

GEOPATH ID: 365078

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

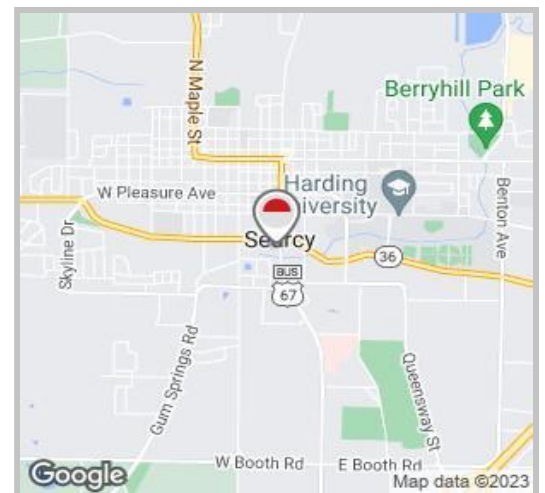
FACING/READ: South / Left

ILLUMINATED: NO

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 12001 I-30 Little Rock, AR 72209



*Impression values based on: Total Population

PANEL #90891

100 N HWY 65 E/S .4 MI N/O HWY 54-165



LOCATION #10

WEEKLY IMPRESSIONS: 77,092*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [33.8877 / -91.4841](#)

MARKET: DUMAS

GEOPATH ID: 620285

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

FACING/READ: North / Left

ILLUMINATED: NO

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 12001 I-30 Little Rock, AR 72209



*Impression values based on: Total Population

PANEL #91321

US 270 VIADUCT W/S P1(N) [L]



LOCATION #11

WEEKLY IMPRESSIONS: 111,803*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [34.366239 / -92.81581](#)

MARKET: MALVERN

GEOPATH ID: 365202

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

FACING/READ: North / Right

ILLUMINATED: NO

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 12001 I-30 Little Rock, AR 72209



*Impression values based on: Total Population

PANEL #91682

HWY 425 N E/S .4 MI N/O HWY 278



LOCATION #12

WEEKLY IMPRESSIONS: 108,405*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [33.63961 / -91.80135](#)

MARKET: MONTICELLO

GEOPATH ID: 588998

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

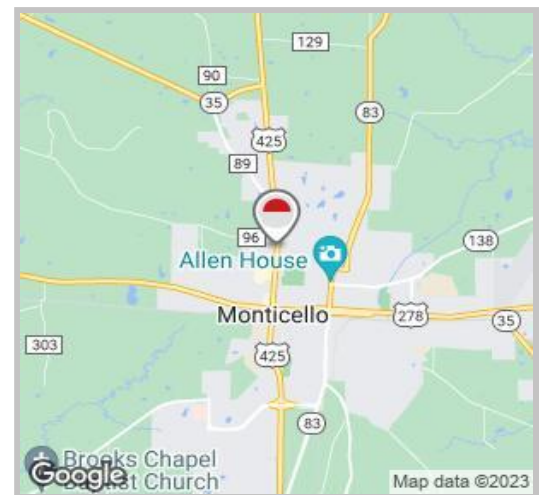
FACING/READ: South / Right

ILLUMINATED: NO

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 12001 I-30 Little Rock, AR 72209



*Impression values based on: Total Population

PANEL #94611

US 167 W/S 0.4 MI N/O HWY 35 P1(S)



LOCATION #13

WEEKLY IMPRESSIONS: 29,599*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [34.31974 / -92.3967](#)

MARKET: SHERIDAN

GEOPATH ID: 365217

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

FACING/READ: South / Left

ILLUMINATED: NO

RATE: \$410.00

PRODUCTION COST: 145.55

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*Impression values based on: Total Population

PANEL #96781

HWY. 165 E/S 1000' N/O W. MICHIGAN



LOCATION #14

WEEKLY IMPRESSIONS: 42,510*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [34.51132 / -91.55638](#)

MARKET: STUTTGART

GEOPATH ID: 365246

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

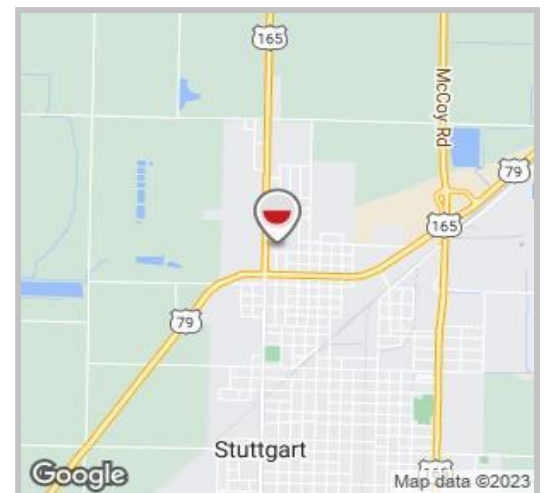
FACING/READ: North / Left

ILLUMINATED: NO

RATE: \$410.00

PRODUCTION COST: 145.55

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*Impression values based on: Total Population

PANEL #98263

HWY. 278 .1 MI W/O HWY. 8



LOCATION #15

WEEKLY IMPRESSIONS: 39,515*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [33.60992 / -92.08149](#)

MARKET: WARREN

GEOPATH ID: 365282

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

FACING/READ: East / Right

ILLUMINATED: NO

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 12001 I-30 Little Rock, AR 72209



*Impression values based on: Total Population

PANEL #50761

US 63 522 IND RD 1000' NO ST 69 B F/N



LOCATION #16

ADVERTISING STRENGTHS: Positioned on US 63 near Trumann Complex. Near Walmart.

WEEKLY IMPRESSIONS: 58,723*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [35.68099 / -90.54984](#)

MARKET: TRUMANN

GEOPATH ID: 14923407

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

FACING/READ: North / Left

ILLUMINATED: YES

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 1339 East Parker Road. Jonesboro, AR 72404



*Impression values based on: Total Population

PANEL #260

ST 1 .6 MILES S/O ST 14 EL LEFT



LOCATION #17

ADVERTISING STRENGTHS: Inbound to Harrisburg's main intersection. Located near elementary school. Traffic is slowed for extended viewing.

WEEKLY IMPRESSIONS: 42,835*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [35.55658 / -90.72163](#)

MARKET: HARRISBURG

GEOPATH ID: 463444

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

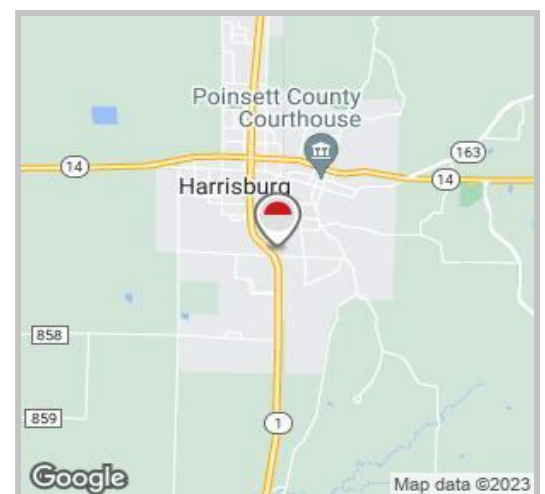
FACING/READ: South / Right

ILLUMINATED: NO

RATE: \$410.00

PRODUCTION COST: 145.55

SHIPPING ADDRESS: 1339 East Parker Road. Jonesboro, AR 72404



*Impression values based on: Total Population

PANEL #98757

W/S HWY 15 0.7 MI. S/O HILLSBORO



LOCATION #18

WEEKLY IMPRESSIONS: 46,922*

MEDIA TYPE/STYLE: Poster - Retro

LAT/LONG: [33.201959 / -92.677784](#)

MARKET: EL DORADO

GEOPATH ID: 369663

PANEL SIZE: 10' 6" x 22' 9" [View Spec Sheet](#)

VINYL SIZE: 10' 7" x 22' 10"

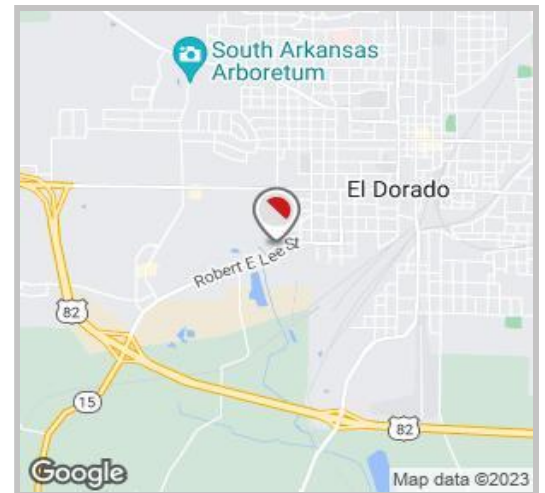
FACING/READ: South West / Left

ILLUMINATED: NO

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Veterans of Foreign Wars Post 4513 held their annual Veterans Day dinner on Tuesday, November 8th. The meal was provided to all veterans and one other person at no charge, and was catered by Lucas Farms of Shirley, AR. In attendance were two (2) World War II veterans, Mr. Bob Worden and Mr. Max Nigh, ages 97 and 99 respectively. A big thanks to VFW Quartermaster Mike Culpepper and VFW Auxiliary President Patti Leitner along with numerous volunteers for organizing the event.
 Photos by jim Lites Photography



Bella Rustina Modern Vintage Market

November 18-20, 2022

Friday EARLY BUYING DAY! 9AM - 5PM | Saturday 9AM - 5PM | Sunday 11AM - 4PM
 \$10 Admission | \$5 Admission
 Admission is Good All Weekend! Parking is Free!

325+ booths of vintage, vintage-inspired, & handmade decor inside the **Conway Expo & Event Center**
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 2505 E. Oak St. Conway, Arkansas

Ashley@AshleysFinds.com BellaRustina.com 501-230-5728



Fairfield Bay Yacht Club Hold Last Lake Event

The Fairfield Bay Yacht Club held their last lake event with the Fall Cruise. We had over thirty members attending. We had five previous commodores in attendance pictured below (Richard Mills, Gregory Alexander, Don Hempsted, Max Nigh, Nancy Mueller) and current Commodore Randy Baker.
 Chili and cinnamon rolls were provided by the Club.
 The Christmas Party will be the last event of the year:
 Friday, December 9, 2022 Christmas Party Little Red

Time: 5-6 pm Happy Hour, 6 p.m. dinner
 Installation of officers
 Visit our website at fairfieldbayyachtclub.com for Christmas Party information and menu. Reservations and payment need to be in by November 26, 2022.
 We still have FBYC Flags for sale for \$31. See any board member.

*Randy Baker
 Commodore*



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The Des Arc Eagles enter the field prior to their game with Magazine in the first round of the Class 2A state playoffs on Friday. (Amanda Smith photo.)

Eagles advance to second round with rout of Rattlers

By Mark Buffalo
Sports Editor

The Des Arc Eagles took care of business early, beating the Magazine Rattlers 46-6 in the first round of the Class 2A state playoffs Friday at Hinson-Rollins Field.

With the win, Des Arc will face Mount Ida in the second round this Friday in Des Arc.

In the win over Magazine, the Eagles led 40-6 at halftime.

Trevion Reed led Des Arc with 122 yards rushing and three touchdowns on five carries. Jack Kearby had

32 yards rushing and a touchdown and two two-point conversions. Daviyon Bell had 70 rushing yards, a touchdown and a two-point conversion. Cache Flanagan had 38 yards and a two-point conversion. Brady Boudreaux had 77 yards rushing, a touchdown and a two-point conversion.

Defensively, the Eagles created five turnovers. Ross Ingle recovered two fumbles. Getting interceptions were Kearby, Walker Harris and Ty Tallent.

"We were just taking care of business," Des Arc coach Brandon Barbaree said. "They [Magazine] was playing in the playoffs just like everyone else. We wanted to play our best. Early on, we did. We got a little sloppy at the end."

Mount Ida is 8-2 after beating Episcopal Collegiate 40-13 in the first round of the playoffs. "They are very similar to us," Barbaree said. "They run the ball and try to maintain the clock, try to ground and pound. It may be the shortest football game in the state this week."

King completed 12 of 16 passes for 162 yards. Anderson rushed for 139 yards on 11 carries. Tosh caught five passes for 61 yards. Schlenker touched the ball four times for 105 total yards.

Tosh led Hazen with nine tackles. Collin See had eight.

"It was a good win," Hazen coach Joe Besancon said. "We jumped out on them pretty quickly. We did what I feel like we can do and what we're supposed to do. It gets a lot tougher now."

Marked Tree was the third seed from the 2A-2 conference. The Indians beat Conway Christian, the second seed from the 2A-1 last Friday. In fact, every team from the 2A-2 won their playoff games, including Earle, Des Arc

Number one Hornets score early, often in beating Poyen



The Hornets continue their winning streak by soundly defeating Poyen last Friday night. (Ruth Corley photo.)

By Mark Buffalo
Sports Editor

The top-ranked Hazen Hornets scored early and often in beating Poyen 48-8 on Friday at Hornet Field in the first round of the Class 2A state playoffs.

With the win, Hazen improves to 10-0 and will face Marked Tree in the quarterfinal round of the playoffs this Friday.

Hazen scored touchdowns on its first two offensive plays. Braylan Anderson scored on runs of 38 and 55 yards. He also scored the Hornets' third touchdown on a 21-yard run.

Quarterback Luke King scored on runs of 5 and 46 yards. He also threw a 15-yard touchdown pass to Justin Schlenker. Kolton Tosh also scored on a five-yard run.

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Marked Tree was the third seed from the 2A-2 conference. The Indians beat Conway Christian, the second seed from the 2A-1 last Friday. In fact, every team from the 2A-2 won their playoff games, including Earle, Des Arc

and East Poinsett County. Three of the four teams from the 2A-4 won their games, including Hazen, Carlisle and England.

"The conference with Des Arc must be pretty good," Besancon said. "They swept the first round. I wasn't real shocked with Earle beating Bigelow. I think the playoffs are wide open."

Besancon said Marked Tree will present his team some problems in the second round.

"They've got a ton of skill guys," he said. "They've got good size up front. They've got a lot of speed. They mixed it up pretty good. They keep it pretty balanced."

(Editor's note: Tickets for all playoff games must be purchased online from AAA.)

Bison rally to beat Mineral Springs in first round playoff



The Carlisle Bison defense makes a stop against Mineral Springs during the first round of the Class 2A state playoffs Friday at Fred C. Hardke Field.

By Mark Buffalo
Sports Editor

The No. 2 Carlisle Bison rallied from two scores down in the second half to beat Mineral Springs 32-28 in the first round of the Class 2A state playoffs at Fred C. Hardke Field.

With the win, Carlisle will host Earle in the second round this Friday. The Bulldogs beat Bigelow in their first-round game.

In Friday's win over Mineral Springs, Carlisle trailed 28-16 in the fourth quarter following a 62-yard run by Katrevion Thomas with about eight minutes left in the game.

Carlisle responded when Jason Sullivan scored on a seven-yard run. Holden Jones added the two-point conversion to pull the Bison to within four at 28-24.

The Bison took their first lead of the game with less than two minutes remaining when Sullivan scored on a short run, then added the two-point conversion to make the score 32-28.

"I was proud of them for hanging in there and battling back," Carlisle coach Caleb Shock said.

"In the first half, Mineral did a good job of executing their stuff and was able to get up on us early. I was proud of our kids being able to come in at halftime and

being able to listen to some tough things that they got told, make some corrections after halftime. Them doing that says a lot about their character and their ability to be able to take coaching and make adjustments and play differently in the second half."

The score was tied 8-8 after one quarter. The Hornets scored first then Jones scored on a one-yard run. Sullivan added the two-point conversion.

Mineral Springs scored two touchdowns in the second quarter to lead 22-8 at halftime.

Carlisle scored the only touchdown of the third quarter on a five-yard

run by Cory Linz. Sullivan added the two-point conversion.

Sullivan finished with 151 yards rushing on 24 carries. Jones had 41 yards on 12 carries. He also completed 2 of 4 passes for 12 yards. David Hayes and Gabe Boyle each caught a pass.

Friday's game against Earle kicks off at 7 p.m. at Fred C. Hardke Field.

"Like Mineral Springs, Earle is bigger than us and is faster than us," Shock said. "I think we've got guys who play really hard and try to make up for the measurables with some immeasurables. That is something we'll have to do on Friday to win."



Ruth Corley honored...

The Herald's intrepid photographer, Ruth Corley, was honored with a basket of gifts for her hard work covering Hornet sports and other events. Presenting the gift are HHS Juniors Kaycie Seely and Adrianna Reynolds.

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CHILDREN'S DEVOTIONAL

Slow down and think of all you have to be thankful for

By Amy Becker

"Let the whole earth sing to the LORD, Proclaim his salvation from day to day. Declare his glory among the nations, his wondrous works among all the peoples." 1 Chronicles 16:23

I bet you've been hearing a lot about Thanksgiving lately. If you're a kid, you've probably been learning about the history of the first Thanksgiving or maybe you've had a party or two. If you're an adult, you've probably been preparing for your very own Thanksgiving. This time of year can get really hectic with family gatherings and activities that sometimes we forget to slow

down and really focus on being thankful.

I woke up this morning with a song in my heart.

I love you, Lord, and I lift my voice. To worship You. Oh, my soul, rejoice! Take joy my King in what You hear. Let it be a sweet, sweet sound in Your ear.

As I sang that song to myself this morning and enjoyed the heat of my home on this cold morning, I was so thankful for the joy of just having some quiet time with God to tell him thank you for all that He's done in my life. The busier things get, the less I'm able to do that. The less I do that, the less I remember all the things He has done

in my life. So I'm making it up in my mind to carve out time with the Lord during this busy season no matter what. I don't want Thanksgiving to pass me by without really deciding in my heart all of the many things I have to be thankful for.

So what about you? How can you make an effort to slow down and really take note of what God has done for you? Can you wake up a little early to read your Bi-

ble or Pray? Is it saying no to just one activity to spend more time with family? What about going outside and enjoying His creation instead of spending time on technology? We have so much to be thankful for, let's take the time to really enjoy it and show God our thankfulness!

"Give thanks to the LORD, for he is good; his faithful love endures forever." 1 Chronicles 16:34

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Melvin Rauls focuses on honesty, integrity

By: Kristie Nail
graphics3@monticellonews.net

Melvin Rauls, owner of Rauls Landscaping, Housepainting and Yardwork, has been around awhile. His business started out in 1996 in the Pine Bluff area, but he's since moved to the Monticello area (around 2000). The business has two employees, Melvin and Aaron Rauls.

Mr. Rauls' business philosophy is short but sweet: "A job done is a job well done."

He attributes his company's success to 'staying with it.' When life is sour or when life gives Mr. Rauls lemons he 'makes lemonade.'

Melvin says that the greatest obstacle he's had to overcome to make his business a success is not giving up and staying focused when money is low or business is slow.

Mr. Rauls hopes to see his business grow in the future. In the next year, five years or ten years, he wants to go from a small



Photo by Annette Buzzell/Advance

HERE TO SERVE YOU Melvin Rauls and wife Tracy are pictured above.

business to a large business covering the whole state. Melvin has a bit of advice for someone interested in starting their own business. He says, "Don't give up. Keep the business dream alive."

We asked why customers should do business with Rauls

Landscaping, Housepainting and Yardwork, to which he said, "Honesty, integrity, compatible business rates and customer satisfaction."

Rauls Landscaping, Housepainting and Yardwork is located at 314 West Oakland in Monticello and is here to help you with all your lawn,

house/room and yard manicuring, flower beds, etc. Give them a call at 367-7709 today!

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TIP OF THE WEEK
Petit Jean Electric



Like homes and other businesses, farms of all types can lower their electricity bills by turning off or reducing use of lights and small equipment on outbuildings. Timers and sensors can help, too. Regular cleaning, maintenance, and seasonal tune-ups help keep larger equipment running at top-efficiency.
 Source: E Source



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- Free online search for qualified respite caregivers

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Several kids (young and old alike) stopped into the Journey Center during the Christmas Extravaganza to hear the telling of The Night Before Christmas presented by Dee Yancey. Written by Clement C Moore, the poem will be 200 years old in 2023. Some of the visitors were the grandchildren of the Von Kaneln of Mike's Nursery here in FFB.

Letter to Editor

Hello residents,

Well the citizens have spoken and I certainly respect your decision. I called and congratulated Jackie on her win and wished her the best.
 So let's allow Jackie to do her job and I hope we see the walls begin to come down on the issues that face our city.
 I want to thank all my supporters who have gone well above throughout this campaign and let you know we fought hard and even though we didn't pull through, we can all pull together to help Fairfield Bay move forward in a positive direction.

*Dan Feuer
 Fairfield Bay*



Xi Gamma Kappa celebrated the Christmas season at Bayside Resturant Wednesday December 7, 2022. We gave gifts to the children on the Angel tree instead of our secret sister this year. It was rewarding to do something for the communities children.

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Names and faces



The members of BTS arrive at the Grammy Awards in Las Vegas on April 3. (AP/Invision/Jordan Strauss)

THE ASSOCIATED PRESS

■ The members of K-pop band **BTS** will serve in the military as required by South Korean law, their management company said this week, ending a national debate on whether they should be granted exemptions because of their artistic accomplishments. Big Hit Music said the band's oldest member, Jin, will revoke a request to delay his conscription. The six other BTS members also plan to enlist and are "looking forward to reconvening as a group again around 2025 following their service commitment," the company said. The band members performed together in Busan over the weekend in support of the city's EXPO bid, which will be their last concert as a group until they finish their military service, according to their label. Jin and the others will receive five weeks of combat training before being assigned to units and duties, according to officials of the Military Manpower Administration, who stressed that the singers will be treated the same as other South Korean men. While the country's military for years had assigned enlisted entertainers to duties related to producing radio and TV material promoting the military, the "entertainment soldier" system was retired in 2013 after complaints over fairness. Jin turns 30 in December, the age at which men can no longer delay enlistment. The other members are between 25 and 29, with Suga turning 30 in March. The band — its other members being J-Hope, RM, Jungkook, V and Jimin — launched in 2013 and has a legion of global supporters who call themselves the "Army." After building a huge following in Asia, BTS expanded its popularity in the West with its 2020 megahit "Dynamite," the band's first all-English song, which made it the first K-pop act to top Billboard's Hot 100.

■ **Russell Crowe**, who won a best actor Academy Award for his role in the 2000 film "Gladiator," was feted recently by the city of Rome, home to the Colosseum — where real gladiators clashed before thousands of spectators through the time of the Roman Empire. Rome Mayor Roberto Gualtieri welcomed the actor to City Hall, which sits atop the ancient Capitoline Hill, stepping out on a balcony with Crowe to show off a sweeping view of the ancient Roman Forum. Crowe was given a plaque and the title of "ambassador of Rome in the world." The actor, speaking Italian, said, "I am always at the service of Rome." In the film, Crowe portrayed Maximus, who was a general forced into slavery before turning into a gladiator. Crowe was in Rome for the city's film festival, where a movie he directed and stars in, "Poker Face," had its world premiere ahead of its Nov. 16 theatrical release. The mayor said the city was giving the plaque "as the symbol of friendship and affection of Rome for Russell Crowe."



Crowe

Astronaut awed by Mother Earth

Support of family, tribe buoy first American Indian in space

MARCIA DUNN
THE ASSOCIATED PRESS
CAPE CANAVERAL, Fla. — The first American Indian woman in space said Wednesday she is overwhelmed by the beauty and delicacy of Mother Earth, and is channeling "positive energy" as her five-month mission gets underway.

NASA astronaut Nicole Mann said from the International Space Station that she's received lots of prayers and blessings from her family and tribal community. She is a member of the Wailacki of the Round Valley Indian Tribes in Northern California.

Mann showed off the dream catcher she took up with her, a childhood gift from her mother that she's always held dear. The small traditional webbed hoop with feathers is used to offer protection, and she said it's given her strength during challenging times. Years before joining NASA in 2013, she flew combat in Iraq for the Marines.

"It's the strength to know that I have the support of my family and community back home and that when things are difficult or things are getting hard or I'm getting burned-out or frustrated, that strength is something that I will draw on to continue toward a successful mission," Mann told The Associated Press, which gathered questions from members and tribal news outlets across the country.



Astronaut Nicole Mann, a Marine colonel and test pilot, shows her dream catcher Wednesday during an interview from the International Space Station. (AP/NASA)

Mann said she's always heeded her mother's advice on the importance of positive energy, especially on launch day.

"It's difficult for some people maybe to understand because it's not really tangible," she said. "But that positive energy is so important, and you can control that energy, and it helps to control your attitude."

Mann, 45, a Marine colonel and test pilot who was born in Petaluma, Calif., said it's important to recognize there are all types of people aboard the space station. It's currently home to three Americans, three Russians and one Japanese astronaut.

"What that does is it just

highlights our diversity and how incredible it is when we come together as a human species, the wonderful things that we can do and that we can accomplish," she said.

While fascinated with stars and space as a child, Mann said she did not understand who became astronauts or even what they did. "Unfortunately, in my mind at that time, it was not in the realm of possibilities," she said.

That changed later in her career. Now, she's taking in the sweeping vistas of Earth from 260 miles up and hoping to see the constellations as she encourages youngsters to follow their dreams.

As for describing Earth from space, "the emotions are

absolutely overwhelming," she said. "It is an incredible scene of color, of clouds and land, and it's difficult not to stay in the cupola [lookout] all day and just see our planet Earth and how beautiful she is, and how delicate and fragile she is against the blackest of black that I've ever seen — space — in the background."

Mann rocketed into orbit with SpaceX on Oct. 5. She'll be up there until March. She and her husband, a retired Navy fighter pilot, have a 10-year-old son back home in Houston.

The first American Indian in space, in 2002, was now retired astronaut John Herrington of the Chickasaw Nation.

Scarf-free athlete gets hero welcome in Iran

EUAN WARD
THE NEW YORK TIMES

The pictures seemed reassuring: Hundreds line the road at Tehran, Iran's main airport, cheering and chanting Elnaz Rekabi's name as the minibus carrying her slowly weaves through the jubilant crowd. "Hero, Elnaz!" cries the throng of men and women, young and old, gathered outside the terminal, their rhythmic and thundering claps echoing across a neon-lit forecourt.

The hero's welcome in the early hours of Wednesday for Rekabi, an athlete who was a relatively obscure figure in the international sports climbing world until a few days ago, was documented in video footage that was widely circulated on social media and on Iranian news outlets.

Concern for Rekabi had flared after she made global headlines Sunday for climbing at an international tournament without a hijab, defying Iran's strictly enforced dress codes for female athletes. That action thrust her into the center of the protest movement in Iran, in which women have taken center stage in the anti-government rallies.

Iran has been gripped by protests since September, in what has spiraled into the biggest challenge to the Islamic Republic in more than a decade. The demonstrations were ignited by the arrest and subsequent death in custody of Mahsa Amini, a 22-year-old woman who was accused by the country's mo-



Iranian competitive climber Elnaz Rekabi speaks to journalists Wednesday at Imam Khomeini International Airport after her arrival in Tehran. (AP/IRNA)

rality police of wearing her hijab too loosely. The police have denied reports that she was beaten while in detention, saying that she suffered a heart attack, although her family says that she was healthy when she was arrested.

Against that backdrop, Rekabi's motivations, and her fate, remain unclear.

As Rekabi landed in Tehran, footage from an Iranian agency, Borna News, showed her being embraced by her family. Their reunion appears warm, though perhaps subdued, with a few concerned gazes. "Let's go, let's go," says a man as he ushers Rekabi away, grabbing a bouquet of flowers that had been handed to her. The man's identity and relation to Rekabi are unclear.

In an interview on state-run television, Rekabi appeared calm but serious, covering her hair with a black baseball cap and hooded sweatshirt.

"I apologize to the Iranian people for the tension I caused," she said. "Thank

God nothing has happened yet."

Rekabi denied reports that she had gone missing in recent days and repeated a claim posted Tuesday to an Instagram account connected to her that she had only forgotten her hijab.

"It happened totally unintentionally," she told reporters.

The New York Times was not able to verify whether Rekabi had made the Instagram post herself. Iran has been widely criticized by rights groups in the past for forcing activists to publicly make coerced confessions.

Although it remains uncertain whether her competing without a hijab act was deliberate, if the footage from the airport is any guide, many Iranians appear to have

already made up their minds and adopted Rekabi as a hero of the country's protest movement.

Rekabi said that she intended to continue competing.

"There is no goodbye. I will continue as long as I can continue according to my beliefs," she said in the interview with state-run TV.

She was then whisked away from the airport. The Times was unable to confirm her destination or current whereabouts.

Amid a brutal crackdown by Iranian security forces, at least 240 protesters have so far been killed, including 32 children, and nearly 8,000 others have been arrested, according to the U.S.-based Human Rights Activists News Agency.

Covid vaccine kept wrong, N.D. told

THE ASSOCIATED PRESS
BISMARCK, N.D. —

The North Dakota Health Department stored thousands of covid-19 vaccine doses at incorrect temperatures or without temperature data over the past two years, according to a state audit that says some of the vaccine was administered to patients.

The health department disputed the findings Tuesday. Tim Wiedrich, who heads the agency's virus response, said "no nonviable vaccine" was given to patients. In responses that accompanied the audit, the department said clerical errors or other errors of documentation erroneously suggested that expired or bad doses were given.

The Health Department "uses redundant systems to

ensure proper monitoring and distribution of vaccines prior to end of shelf life," the agency said.

A spokeswoman for the auditor's office said it wasn't recommending revaccinations.


"We simply report on what we found," auditor's office spokeswoman Emily Dalzell said. "It would be up to the individual and their doctor to decide if revaccination is needed."

The state analysis said nearly 2,000 Moderna doses were stored at incorrect temperatures and were administered to patients. The audit also found that nearly 13,000 doses of the Pfizer vaccine were issued from storage with missing temperature data.

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NORTHWEST ARKANSAS Democrat  Gazette

Statement of core values

"To give the news impartially, without fear or favor." (Adolph Ochs, 1858-1935).

Impartiality means reporting, editing, and delivering the news honestly, fairly, objectively, and without personal opinion or bias.

Credibility is the greatest asset of any news medium, and impartiality is the greatest source of credibility.

To provide the most complete report, a news organization must not just cover the news, but uncover it. It must follow the story wherever it leads, regardless of any preconceived ideas on what might be most newsworthy.

The pursuit of truth is a noble goal of journalism. But the truth is not always apparent or known immediately. A journalist's role is therefore not to determine what they believe at that time to be the truth and reveal only that to their readers, but rather to report as completely and impartially as possible all verifiable facts so that readers can, based on their own knowledge and experience, determine what they believe to be the truth.

When a newspaper delivers both news and opinions, the impartiality and credibility of the news organization can be questioned. To minimize this as much as possible there needs to be a sharp and clear distinction between news and opinion, both to those providing and consuming the news.

"A newspaper has five constituencies, including first its readers, then advertisers, then employees, then creditors, then shareholders. As long as the newspaper keeps those constituencies in that order, especially its readers first, all constituencies will be well served." (Walter Hussman, 1906-1988)

— **Walter Hussman, Jr./Publisher**

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Area lotteries
Numbers drawn Wednesday:

Missouri Lotto
1-23-29-31-32-38
Estimated jackpot: \$2.9 million

Lotto America
8-30-35-44-52
Star ball: 7
Estimated jackpot: \$27.08 million

Powerball
6-8-15-27-42
Powerball: 10
Estimated jackpot: \$508 million
Power play: 3

Lighting up the holidays



Christmas lights twinkle Wednesday while Ryan Easley with the Rogers Parks and Recreation Department strings lights along West Poplar Street in downtown Rogers. Go to nwaonline.com/221117Daily/ to see more photos. (NWA Democrat-Gazette/Flip Putthoff)

State retirees see loss on investments

MICHAEL R. WICKLINE
ARKANSAS DEMOCRAT-GAZETTE

LITTLE ROCK — The Arkansas Public Employees Retirement System’s investments dropped in value by about \$500 million last quarter to \$9.59 billion amid volatile investment markets, an investment consultant told the system’s Board of Trustees on Wednesday.

The system’s investment return for the quarter that ended Sept. 30 was minus 4.41%, said Brianne Weymouth of the San Francisco-based Callan investment consulting firm. That ranked in the bottom 41% among similar public pension systems in the nation.

However, the value of the public employees retirement system’s investments has rebounded since Sept. 30 to about \$10.14 billion, said Carlos Borromeo, the system’s chief investment officer.

The public employees retirement system is the state government’s second-largest retirement system, with more than 80,000 working and retired members.

On Wednesday, the system’s Board of Trustees voted to keep the rate charged to state and local governments at 15.32% of their payroll in fiscal 2025, which starts June 1, 2024. They also directed Callan officials to propose a pacing schedule for the system to begin making private equity investments over the next several years.

In August, trustees decided not to reduce the rate it charges state and local governments to 15.17% of payroll in fiscal 2025 as the system’s working members, who contribute into the system, begin paying higher percentages of their salary into the system over the next several years.

In fiscal 2022, which ended June 30, the system’s state and local government employers paid \$320.8 million into the system, while the system’s working members paid \$81.2 million into the system, according to a system report.

The system’s working members paid 5% of their salary into the system in fiscal 2022 and began paying 5.25% of their salary into the system effective July 1, under Act 365 of 2021. Act 365 will increase

the percentage of salary that a member pays from the former 5% rate by 0.25% a year over an eight-year period until the rate reaches 7% of salary.

As of June 30, the system included 42,771 working members with an average annual salary of \$45,020, a 7.8% increase over June 30, 2021, the system’s actuarial firm of Gabriel, Roeder, Smith & Co. reported.

The system included 41,390 retirees, including those in the deferred retirement plan, with total annual benefits of \$671.2 million or an average of about \$16,216 a year, as of June 30, according to Gabriel.

There are 1,426 deferred retirement plan members with a total payroll of \$93 million, or about \$65,217 a year, as of June 30.

INVESTMENT VALUES

According to Callan, the system’s investment performance in the quarter that ended Sept. 30 included:

- A \$200 million decline in the value of the system’s domestic stock market investments to \$3.52 billion.
- A \$223 million drop in the value of the system’s international stock market investments to \$2.13 billion.
- An \$85 million decline in the value of the system’s domestic bond investments to \$1.79 billion.
- A \$32 million drop in the value of the system’s real assets — real estate, timber, energy and farmland investments — to \$1.55 billion.
- A \$10 million slip in the value of the system’s diversified strategy investments to \$482 million.

Last quarter’s investment losses came on the heels of the system’s investments falling in value by \$1.5 billion to about \$10 billion in fiscal 2022 amid declining stock and bond markets.

The system’s overall investment return in fiscal 2022 was minus 10.54% and ranked in the bottom 32% among similar public retirement systems across the nation, Callan reported to the board in August. The median investment return among the system’s peers across the nation in fiscal 2022 was minus 9.35%, according to Callan.

The \$1.5 billion drop in the value of the system’s investments in fiscal 2022 came after the system’s investments benefited from robust markets and increased by \$2.5 billion in value to \$11.6 billion in fiscal 2021, which ended June 30, 2021. The system’s investment return in fiscal 2021 was 31.49%.

The system’s current target investment return is 7.15%.

Over the last five years the system’s investment return has averaged 5.28% a year to rank in the top 36% of similar public pension systems, according to Callan.

Over the last 10 years, the system’s investment return has averaged 7.36% a year to rank it in the top 27% of similar public pension systems.

The trustees on Wednesday opted to direct Callan officials to develop a pacing schedule for how much the system would allocate during each of the next several years for private equity investments — putting the system on track to eventually invest 5% of its investments in private equity investments.

Private equity investments are long-term private unlisted investments in operating companies, typically accessed through limited partnerships, and have the potential to outperform publicly traded investments in stocks and bonds, John Jackson of Callan told the system’s Board of Trustees.

An allocation of 5% to 10% of the system’s investments for private equity is supported by the system’s liquidity profile, according to Callan’s written report to the system’s Board of Trustees.

Trustee Jason Brady said he is a strong proponent of the public employees retirement system’s beginning to invest in private equity, based on his experience with private equity investments made by the Arkansas Teacher Retirement System.

Trustee Andrea Lea, who is the state’s auditor, said it makes sense for the public

employees retirement system to invest in private equity.

She said she has served on the board for eight years, and she questioned why this is the first time that the system’s board is considering private equity investments.

Weymouth said the board didn’t express an interest in pursuing private equity investments in 2019.

She said Callan presented the trustees with options for the system to invest in private equity and for its investment portfolio to keep the same overall investment risk.

Under one of these options to place 5% of the system’s investments in private equity, the system would increase its target for total investments in the domestic stock market from 33% to 35% and increase its target for fixed income investments from 18% to 20%. It would also reduce its target in the international stock market from 24% to 19%; ax its 4% target for convertible bonds; and keep its 16% target for real assets and its 5% target for diversified strategies.

Under the system’s asset valuation method, market gains and losses are phased in and recognized over a four-year period, with the aim of avoiding swings in the employer rate charged to state and local governments, according to the system’s actuarial firm of Gabriel, Roeder, Smith & Co.

As of June 30, the system’s actuarial accrued liabilities totaled \$12.23 billion and an actuarial value of the system’s assets totaled \$10.22 billion, leaving unfunded liabilities of about \$2 billion, and the system’s funding ratio is 84%, according to Gabriel. The system had the same funding ratio on June 30, 2021.

The projected period for the system to pay off its unfunded liabilities is 14 years on June 30, down from 16 years on June 30, 2021. Actuaries often compare the projected payoff period for unfunded liabilities to a mortgage on a house.

Ruling

• Continued from Page 1B

The ban, titled the Save Adolescents From Experimentation (SAFE) Act, was passed as Act 626 of 2021 by Republican lawmakers over a veto by Republican Gov. Asa Hutchinson, who said at the time that he opposed the law because it lacked any provision to grandfather in patients already receiving care.

Arkansas was the first state to enact such a ban, which has been opposed by a number of professional medical associations and business groups and has drawn sharp criticism from medical groups around the nation. The American Medical Association and the American Society of Podiatry are two organizations that have opposed the law.

The law was challenged in a suit filed in April 2021 by the American Civil Liberties Union on behalf of four transgender teens and their families living in Arkansas and two physicians, Michele Hutchison and Kathryn Stambough. It named Arkansas Attorney General Leslie Rutledge, Arkansas State Medical Board Director Amy Embry and the 14 members of the medical board as defendants. The lawsuit contends the law violates the equal protection and due process clauses of the 14th Amendment and free speech protections under the First Amendment. In July 2021, just a week before the law was to go into effect, Moody issued a temporary injunction blocking it from being enforced while the matter is in court.

Last August, a three-judge panel of the Eighth Circuit upheld Moody’s injunction, prompting Rutledge’s request for a hearing before the full court.

The law — authored by Republican state Rep. Robin Lundstrum of Elm Springs and passed on primarily party line votes — would prohibit doctors from providing transgender young people care related to gender dysphoria and would also prohibit doctors from making referrals for such care.

Gender dysphoria is defined by the Mayo Clinic in Rochester, Minn., as the feeling of discomfort or distress that might occur in people whose gender identity differs from their sex at birth or sex-related physical characteristics.

The trial began last month and is set to resume Nov. 28.

The state’s petition was denied Wednesday by Circuit Judge Steven Colloton with Chief Judge Lavenski Smith and Circuit Judge Duane Benton concurring.

“Whatever the merits of the panel opinion,” Colloton wrote in his opinion,

“this case is not appropriate for rehearing en banc in its current procedural posture. The present appeal concerns a preliminary injunction entered in July 2021 as to which there has been no request for a stay by the State in fifteen months. The case is now in the midst of a trial in the district court that is scheduled to conclude in less than a month, on December 1, 2022.”

Colloton wrote that once the case is decided in district court, “an appeal from the final judgment will present this court with a comprehensive record developed after more than ten months of discovery and a full trial, as opposed to the preliminary record that is before the court in the present appeal.”

Dissenting in the opinion were Circuit Judges Raymond Gruender, Ralph Erickson, Steven Grasz, David Stras and Jonathan Kobes.

In his dissent, Stras wrote that with the the trial ongoing, the possibility exists that the issue could become moot before an appeal could be completed. Even so, he said, taking up the matter would be worth the risk considering an opinion by the full court will “frame the debate in the future, if not effectively decide any later appeal.” Stras wrote that even if the case were never to come back to the Eighth Circuit, “we may be dealing with its far-reaching consequences for years to come.”

A spokeswoman for Rutledge said in a statement that the denial by the Eighth Circuit was for procedural reasons and that “a majority of the court invited Arkansas to appeal again once the trial at a lower court is completed.”

Amanda Priest said if the state does not prevail in the bench trial before Moody, it will appeal.

“Arkansans can rest assured that Attorney General Rutledge will continue to wholeheartedly defend the SAFE Act because it protects children from the experimental life-altering procedures,” Priest said.

Holly Dickson, executive director of the ACLU of Arkansas, said in a prepared statement the ACLU will continue its opposition to the law “until every transgender youth in Arkansas knows they deserve safety, dignity, and respect.”

Calling the law, “baseless and cruel,” Dickson expressed gratitude to the court for allowing the lower court ruling to stand.

“Arkansas should be a safe place to raise all children — transgender youth included — and denying them life-saving health care does the exact opposite,” Dickson said. “We are looking forward to completing our final trial on the merits and hopeful for a permanent injunction.”

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Wanda Farris sits beside a picture of her daughter, Leesa Gray, that hangs inside her uncle's restaurant in Dorsey in northeast Mississippi. (AP/The Northeast Mississippi Daily Journal/Thomas Wells)

Mississippi executes Marine who killed teen waitress in '00

In final words, he speaks of remorse, wishes peace for victim's survivors

MICHAEL GOLDBERG
THE ASSOCIATED PRESS
PARCHMAN, Miss. — A man who pleaded guilty to raping and killing a 16-year-old girl was put to death by lethal injection in Mississippi on Wednesday, becoming the second inmate executed in the state in 10 years.

A coroner pronounced Thomas Edwin Loden Jr., 58, dead at 6:12 p.m. at the Mississippi State Penitentiary at Parchman. The manner of death had been the subject of Loden's final attempt to stave off the execution.

He has been on death row since 2001, when he pleaded guilty to capital murder, rape and four counts of sexual battery against Leesa Marie Gray. Earlier this month, a federal judge declined to block Mississippi from carrying out the execution amid a pending lawsuit from Loden and four Mississippi death row inmates over the state's lethal injection protocol. Mississippi's most recent execution was in November 2021.

Loden wore a red prison jumpsuit and was covered by a white sheet during the execution. Brown leather straps held him down on a gurney.

Before the injection started, Loden said he was "deeply remorseful."

"For the past 20 years, I've tried to do a good deed every single day to make up for the life I took from this world," Loden said. "If today brings you nothing else, I hope you get peace and closure."

He concluded his last words by saying "I love you" in Japanese, officials said.

During the summer ahead of what should have been Gray's senior year of high school, she had worked as a waitress at her uncle's restaurant in northeast Mississippi. On June 22, 2000, she left work after dark and became stranded with a flat tire on a rural road.

Loden, a Marine Corps recruiter with relatives in the area, encountered Gray on the road about 10:45 p.m. He stopped and began speaking with the teenager about the flat tire. "Don't worry. I'm a Marine. We do this kind of stuff," he said.

Unit chief let go at Mississippi base

THE ASSOCIATED PRESS
BILOXI, Miss. — The U.S. Air Force has removed the commander of a key training unit at a Mississippi air force base, saying leaders no longer had confidence in his abilities.

Maj. Gen. Michele Edmondson announced Tuesday that she was relieving Col. William Hunter immediately.

He led the 81st Training Wing at Keesler Air Force Base in the Mississippi Gulf Coast city of Biloxi since June 2021.

In a statement to local news outlets, Edmondson cited a "loss of trust and confidence in [Hunter's] ability to effectively command." She did not specify what he had done wrong.

"Commanders must uphold the highest personal and professional standards and maintain a healthy, inclusive command climate in their unit," said Edmondson, whose headquarters is also at Keesler.

Col. Jason Allen was appointed temporary commander.

Long covid

● Continued from Page 1A

of evidence that long covid can be fatal," said Ziyad Al-Aly, a clinical epidemiologist at Washington University and chief of research and development at VA St. Louis Health Care System. "Let's not trivialize it or say it's all in people's heads."

The deaths were identified from information entered on death certificates in the National Vital Statistics System — a methodology that experts, including the study's authors, cautioned could result in a large undercount.

"Death certificate data is fraught with uncertainty and ambiguity, something acknowledged by the CDC," said Francesca Beaudoin, head of the Brown University School of Public Health's Long Covid Initiative. In the case of long covid, those problems are compounded by varied definitions and terminology as well as clinicians' familiarity with the condition, she said. There was no diagnostic code for long covid until October 2021.

Nonetheless, the study reflects the need for further research into long covid and potential treatments, experts said. As many as 1 in 13 adults, or 7.5% of the U.S. population, are experiencing symptoms that last three or more months after contracting the virus, according to the CDC.

The diagnosis is often associated with cognitive impairment, or brain fog, breathlessness, fatigue and coughing. But many patients report debilitating pain, racing heartbeats and severe neurological tremors. Others have symptoms linked to prolonged treatment on ventilators in intensive care, which can lead to extreme weakness and mental health disorders triggered by the experience.

Benjamin Abramoff, director of the Post-COVID Assessment and Recovery Clinic at Penn Medicine, cautioned that it is difficult to draw conclusions from the study without additional details about the patients' medical histories and the severity of their covid infections.

"A death at weeks following severe infection leading to covid pneumonia and hospitalization paints a different picture than deaths in non-hospitalized patients months following infection," Abramoff said.

Some patient advocacy groups have been documenting suicides attributed to long covid.

"I doubt most coroners are even familiar with the definition of long covid, let alone the coding," said Diana Guthe, who founded Survivor Corps. "Not a week goes by that I don't hear of another suicide due to long covid, but I have yet to hear of a single one of those deaths labeled long covid."

Al-Aly, who wrote an April 2021 paper that used Veterans Affairs data to demonstrate increased risk of death in the post-acute phase of covid, said the study should be interpreted in the context of its

limitations.

The cause of death listed on a death certificate is usually documented as the closest event, Al-Aly said. If a 35-year-old dies of a heart attack or stroke three months after having acute covid, the death is not likely to be coded as long covid, he said.

The numbers of long-covid-related deaths will probably grow as medical education and use of long-covid codes and documentation increase, said Hannah Davis, co-founder of the Patient-Led Research Collaborative. She also noted that the highest number of deaths came in 2022.

"This communicates that the risk of long covid and deaths from long covid will increase as long as infections continue," Davis said.

DEATHS TRENDING DOWN

The number of U.S. deaths dropped this year, but there are still more than there were before the coronavirus hit.

Preliminary data — through the first 11 months of the year — indicates 2022 will see fewer deaths than the previous two covid-19 pandemic years. Current reports suggest deaths may be down about 3% from 2020 and about 7% vs. 2021.

U.S. deaths usually rise year-to-year, in part because the nation's population has been growing. The pandemic accelerated that trend, making last year the deadliest in U.S. history, with more than 3.4 million dying. If current trends continue, this year will mark the first annual decline in deaths since 2009.

It will be months before health officials have a full tally. The October and November numbers are not yet complete and a late-December surge could change the final picture, said Farida Ahmad, who leads mortality surveillance at the Centers for Disease Control and Prevention.

If the decline does hold, it will still be a far cry from where the nation was before the coronavirus appeared. This year's count is likely to end up at least 13% higher than what it was in 2019.

"We're [still] definitely worse off than we were before the pandemic," said Amira Roess, a George Mason University professor of

epidemiology and global health.

Once again, most of the annual change is due to the ebb and flow of covid-19, which has killed more than 1,080,000 Americans since it first was recognized in the U.S. in early 2020.

This year started off horribly, with about 73,000 covid deaths in January alone — the third-deadliest month from covid-19 since the pandemic began. For 2022, "the bulk of mortality was concentrated during that omicron wave at the beginning of the year," said Iliya Gutin, a University of Texas researcher tracking covid-19 mortality.

Monthly covid-19 deaths dropped below 4,000 in April and averaged about 16,000 per month through November. The monthly average for 2021 was more than double that.

Covid-19 will nevertheless end up as the nation's third-leading cause of death this year, just as it was in 2020 and 2021 — behind the perennial leader, heart disease, and cancer.

Heart disease deaths, which have tended to surge in tandem with covid-19 deaths, are on track to be down from 2021, Ahmad said. And it's not clear whether the number of cancer deaths will change, based on preliminary data.

There may be some relatively good news regarding

drug overdose deaths, which hit an all-time high last year. Provisional overdose death data posted by the CDC on Wednesday — through the first seven months of this year — suggests overdose deaths stopped climbing early this year, around last winter's end.

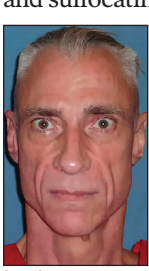
Also Wednesday, the CDC released its first report on deaths involving long covid — long-term symptoms after a person has recovered from coronavirus infection. The CDC estimates that about 3,500 deaths from January 2020 through June 2022 involved long covid. That's about 1% of deaths in which covid was deemed the underlying or contributing cause.

Experts believe pharmaceutical weapons against the coronavirus have been making a difference. The Commonwealth Fund this week released a modeling study that concluded the U.S. covid-19 vaccination program prevented more than 3.2 million deaths.

"We all really would expect that the number of deaths — and the number of severe cases — would decrease, due to a combination of immunity from natural infection and vaccination ... and treatment," Roess said.

Information for this article was contributed by Frances Stead Sellers of The Washington Post and Mike Stobbe of The Associated Press.

Loden told investigators he became angry after Gray said she would never want to be a Marine, and that he ordered her into his van. He spent four hours sexually assaulting her before strangling and suffocating her, according to an interview he gave investigators.



Loden

Court records show that on the afternoon of June 23, 2000, "Loden was discovered lying by the side of a road with the words 'I'm sorry' carved into his chest and apparent self-inflicted lacerations on his wrists."

After pleading guilty in September 2001, Loden told Gray's friends and family during his sentencing: "I hope you may have some sense of justice when you leave here today."

Wanda Farris, Gray's mother, described her daughter as a "happy-go-lucky, always smiling" teenager who aspired to become an elementary school teacher.

"She wasn't perfect, now, mind you," Farris said. "But she strived to do right."

Farris had planned on attending the execution Wednesday.

"Clearly, something in him snapped for him to commit such a horrific crime," said Mitzi Magleby, a spokesperson for the Mississippi chapter of Ignite Justice, an organization that advocates for criminal justice changes. "Mr. Loden was immediately remorseful. Shouldn't there be room for grace and mercy in such a situation?"

Farris told The Associated Press on Friday that she forgave Loden years ago, but she did not believe his apology.

"I don't particularly want to see somebody die," Farris said. "But I do believe in the death penalty. ... I do believe in justice."

Information for this article was contributed by Emily Wagster Pettus of The Associated Press.



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Hospitality nets \$5K donation

By ASU-BEEBE

Arkansas State University-Beebe received a \$5,000 donation to the ASU Foundation from ARcare and Pruitt Insurance Agency, for customer service provided at the June 11 ARcare Employee Summit, which was held on the ASU-Beebe campus.

Approximately, 600 ARcare employees attended the event.

Jamie Mobley, senior vice president of marketing for ARcare, said ARcare and Pruitt Insurance Agency

partnered together to present the donation to ASU-Beebe.

"We host several employee events across our footprint each year and the level of professionalism and service provided by ASU-Beebe exceeded our expectations," Mobley said.

Stephen Finley, vice president of Pruitt Insurance Agency, said "We're proud to be associated with this great cause."

Dr. Jennifer Methvin, ASU-Beebe Chancellor, said the donation will benefit employees through the Opportunity Fund.



LEFT: The ARcare Employee Summit held at ASU-Beebe this summer had 600 attendees. RIGHT: ARcare and Pruitt Insurance Agency partnered to present a \$5,000 donation to the ASU-Beebe Opportunity Fund to assist with employee development and opportunities. Pictured, from left: Faith Earl, Horizon Hall manager; Dewitt Yingling, branch manager of First Community Bank; Joseph Scott, director of allied health; Zackery Tucker, dean of students; Jamie Mobley, senior vice president of marketing for ARcare; Frank N. Taylor II, assistant manager of the Student Center; Dr. Jennifer Methvin, ASU-Beebe Chancellor; Chad Duncheon, business instructor; Stephen Finley, vice president of Pruitt Agency; Janet Liles, director of pharmacy technology; Andrea Cole, development officer / major gifts; and Charlotte Hall, facilities / events specialist.



ASU-Beebe

"We are so grateful to ARcare and Pruitt Insurance for this generous donation. Our employees create opportunities for our students and community partners every

day. The Opportunity Fund will allow us to support our employees through opportunities that contribute to their professional growth and well-being," Methvin said.

DEBATE

From page A1

Jan. 7.

"I'm trying to raise seven sons to grow up and learn that it's pretty clear that we don't do things like attack the Capitol..." Krout said. "We need to take responsibility for [Jan. 6] and we need to have a good plan moving forward for safe and fair elections."

While denouncing the attack on the U.S. Capitol, Rutledge - the current Attorney General who filed an unsuccessful amicus brief with nine other state attorneys general to the Supreme Court on Nov. 9, 2020, to urge the court to reverse a decision allowing mail-in ballots in Pennsylvania received three days after Election Day ended to be counted - pivoted the discussion to the nationwide protests that erupted after George Floyd, an African-American man, was murdered by Minneapolis, Minnesota, police officer Derek Chauvin in May 2020.

"It's important that we as state leaders stand up against violence [that occurs] at any time," Rutledge said. "What we have failed to see is when we had marches across the United States, including right here in central Arkansas, in Little Rock. We had individuals storming the Capitol here and defacing public buildings and private entities and hurting one another. We've got to stop that violence and go back to civil discourse. We can never have civil disobedience and accomplish what we need to in the United States of America."

Despite the amicus brief she filed in the aftermath of the 2020 Election, Rutledge said she has made multiple statements saying Joe Biden was the President and won the 2020 Election.

"When it comes to Joe Biden, [we shouldn't look] at when he was elected," Rutledge said. "Rather, [we should look at] what he's done since he's been president. I've taken over 100 legal actions against this president for his illegal actions."

Krout, however, called the legal actions Rutledge mentioned "frivolous."

"[The legal actions against the president] are a use of our taxpayer dollars," Krout said.

"I wish people were paying attention to that because it's not helping our state."

Candidates also took time to discuss which of the four ballot issues Arkansas voters are set to consider in November are most important to them. All three had different answers.

For Gilbert, Issue Four, the legalization of recreational marijuana constitutional amendment is most important. He said he hates some facets of the amendment, namely how it only allows for a set amount of marijuana cultivators, but supports it because of the young people he sees who are arrested for simple marijuana possession.

"As a driver for Uber and Lyft, one of the most frequent jobs I have is not just the airport [or] the Amazon Fulfillment Center, but the probation department," Gilbert said. "Folks, it breaks my heart to see that many young people's lives disrupted in that way."

Rutledge encouraged all Arkansans to do research on all of the ballot issues, but spoke longer on Issue Two without announcing her support for it. Issue Two is the ballot initiative that would require 60 percent of voters to approve constitutional amendments for them to pass and become part of the state's constitution.

The issue, passed by the Arkansas State Legislature in the 2021 session for voters to consider, keeps in place the simple majority it takes the legislature to pass issues to go to voters, while increasing the threshold for voters to approve issues, most notably issues that are proposed by Arkansans. Rutledge said the Arkansas Constitution has been amended more than 100 times, a number she considers high. She said the state's constitution should be hard to amend.

"We don't want [amending the constitution] to be something that's done 'willy-nilly' with out-of-state money coming in to influence, buy elections and change our constitution," Rutledge said.

She also spoke about Issue Three, the religious freedom amendment backed by State Sen. Jason Rapert and State Rep. Jimmy Gazaway. If passed, the amendment would add a section in the State Constitution that prohibits state and local governments from burdening the practice of religion unless there's a compelling reason to do so.

"When it comes to religious liberty, we're going to keep doing that in Arkansas," Rutledge said. "I have done it as your Attorney General and we will always defend our religious liberty rights."

Krout seemed to speak against Issue Three, saying that Arkansans already have religious freedom as they live in the U.S. She also spoke in opposition to Issue Two, saying that it's already a challenge for citizens to bring issues to statewide election ballot.

"For us to try to make it even more cumbersome to pass legislation through a citizen initiative, I find very concerning and I honestly see it as kind of an insult to the voters of Arkansas that the legislature doesn't think that [citizens] can come up with good enough ideas that should be passed at the same 50 percent threshold that the legislature is able to pass," Krout said. "This actually puts us in a scenario where minority rules, where the 40 percent could get to decide whether or not something passes. I think that's just wrong."

Later, Krout expanded on her thoughts on Issue Two in her post-debate news conference, saying that Rutledge's suggestion that amending the Arkansas Constitution is easy doesn't make sense to her.

"I believe, in the last 20 years, we've only seen seven citizen-led initiatives become added to the Arkansas Constitution, so [the idea that adding amendments to the constitution is easy] is simply not true," Krout said. "A 60 percent threshold doesn't make any sense in a democracy. Fifty percent-plus one is what passes all of our

other laws, it's how we elect our leaders [and] it makes sense that that is how we add to the Arkansas Constitution."

Discussing education, all three candidates brought forward different visions for improving equitable education for all Arkansas students. Gilbert advocated for the complete dissolution of the state's Department of Education in his post-debate news conference and said the state has failed to adequately advocate for students.

"Why do we allow government to control our children's education?" Gilbert said. "It's something that came to us from the Prussian school system early in our national history and I don't think it's something that's enshrined in the [U.S.] Constitution... There are better, more efficient ways to provide education for children than having the state government, a county school board and three or four local school boards all within the same county."

Gilbert said parents and private entities should be responsible for educating children, and "shopping [education] out" to the government is "dangerous."

Krout said public schools need more funding beyond the property taxes currently allotted to support schools, as well as an increase in teacher pay. She also spoke on School Choice and described the state's annual budget as a "moral document" that "shows what we care about."

"We have got to be making sure public funds stay with public schools," Krout said. "All children should be able to have access to the same opportunities here."

Rutledge rebutted Krout's comments on School Choice, saying that parents have to have a choice on where to send their children to school to ensure students get a quality education.

"A child shouldn't be held back by their parents' zip code or income," Rutledge said.

Pivoting away from School Choice, Rutledge said the state needed to do more work to pro-

vide alternative education that doesn't involve higher education like workforce programs.

"For too long, we've told young people that you're either going to college or you're going to jail," Rutledge said. "That's a terrible plan to put them on. Let's make sure that we are letting students leave high schools with the tools necessary to get a job."

In one of the last topics of Tuesday's debate, the candidates discussed whether they considered their potential position as Lieutenant Governor a full-time job and if they'd require security and additional funding to complete the tasks of the office. Gilbert, who earlier in the debate said the position he's currently running for should likely be abolished entirely, described what his typical morning would look like if he were elected Lieutenant Governor.

"I would probably get up in the morning, check the newspaper, local radio and television, and see if the governor had been indicted or died overnight," Gilbert said. "If not, I'd probably roll over and go back to sleep. We don't need a \$46,000 a year featherbed job."

Gilbert said he'd use his position as a bully pulpit to encourage the passage of the Arkansas Township Amendment to allow people who live in townships across the state the ability to form their own assemblies for conducting local affairs.

"The [Arkansas Township Amendment] gives us the opportunity to bring governance to the people," Gilbert said. "It allows our motto, 'The People Rule,' to actually be taken seriously for a change."

Krout said she can work hard as Lieutenant Governor, while making it a part-time job. She said she'd use the office to advocate for Arkansans, specifically mentioning the foster care

system, having served as a foster parent for years.

"I think there's a huge lack of awareness about what we can do to improve the foster care system," Krout said. "At any given time, we have upward of 5,000 kids in foster care [and] there's not nearly enough families [to take them]."

Krout said she wasn't sure whether she'd need security, saying that she does well traveling around the state now without a security detail.

"I am really looking forward to just being able to be a voice for Arkansans," Krout said. "I'm not looking to make this position any more complicated than it already is."

Rutledge said she doesn't do anything "halfway" and that she will put "that same effort into being Lieutenant Governor that I've done as Attorney General." Saying the Lieutenant Governor's Office will be "more efficient," she said her office will have to "work hard, get up early and stay up late."

Later, in her post-debate news conference, Rutledge said the Arkansas State Police provides security for the Lieutenant Governor requests it. Citing the threats she's received over the past eight years as Attorney General, Rutledge said it's important to protect elected officials.

Friday is the last day of PBS debates, with gubernatorial candidates Republican Sarah Huckabee Sanders, Democrat Chris Jones and Libertarian Ricky Dale Harrington Jr. set to square off at 10 a.m. A few hours later, at 1 p.m., Republican incumbent U.S. Sen. John Boozman, Democrat Natalie James and Libertarian Kenneth Cates will finish the marathon slate of nine debates in five days at Reynolds Performance Hall.

Staff Writer Kolton Rutherford can be reached at krutherford@thecabin.net.

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MOVIE REVIEW

'Glass Onion' is yet another perfect Knives Out mystery from Rian Johnson

By **JORDAN WOODSON**
Paxton Media Group

'Glass Onion' is a sequel to the 2019 whodunnit hit "Knives Out" once again written and directed by Rian Johnson. Daniel Craig returns as the renowned detective Benoit Blanc as he gets invited to a trip to Greece alongside a tight-knit group of rich and powerful friends. When one of them turns up dead, Detective Blanc must once again peel back the layers of another complex mystery.

If you know me at all, you'd know that whodunnits are my favorite genre of film. They are the most engaging type of films and I always have the most fun while watching them. "Knives Out" was my favorite of 2019, a year that was already filled to the brim with fantastic additions to cinema, and has become a movie that I watch every single year. Needless to say, the sequel to that film has been one of my most anticipated movies pretty much ever since I finished watching the first one in that theater almost exactly three years ago. I, admittedly, had set way too high expectations for this movie and going in, was very nervous that I might have overhyped myself on it.

Yet somehow "Glass Onion" found a way to exceed my already ridiculously high expectations for it. Rian Johnson clearly knows what he's doing and has quickly become a master of the genre. With the previous film, he was able to do what he always does and subvert expectations of the genre to make the 2019 whodunnit story feel exciting and fresh, but he takes that to a completely other level here. He completely bends, flips, folds and shatters the entire genre with how he has chosen to tell this extremely engaging story and it's incredible to see unfold before me, layer after layer.

I view "Knives Out" as a perfect film, but this film is even more shocking, twisty, engaging and hilarious than the last. I had my theories and thought I had an idea about what was going to happen here before going in based on the first trailer for the film that was released by Netflix months ago, but man was I completely wrong on pretty much any plot point. Even while watching the film, I had no idea what was going to be around the next corner which had me on a chokehold at the edge of my seat. Rian Johnson is extremely clever and witty in his writing, it's why he got an Oscar nomination for the first film and its why he deserves it once again for this masterpiece.

Johnson knows the genre better than anyone other than probably Agatha Christie herself and even then, they may even be on the same level. He clearly loves writing and making these types of films and that translates right on the screen. It was probably just as much as a blast making this movie for him as it will be for audiences to experience it, whether at home on Netflix or in the theater for Thanksgiving. He is taking

clear inspiration from the 1973 whodunnit "The Last of Sheila" written by Anthony Perkins and Stephen Sondheim, one of my favorite whodunnits ever. He loves this genre just as much as I do and it makes me love this movie even more because of it.

This mystery is so clever, unlike anything I've seen before. The title, based on the Beatles song, really comes into play as each layer of this whodunnit onion gets peeled as the film goes on. Each reveal is so well done and Johnson knows exactly when to reveal what and when to focus on something in particular. There are a lot of great callbacks in this film that Johnson uses so cleverly. Moments that I initially thought were small, quirky character moments come into play later on that made me look back and question everything I saw previously. Johnson is an absolute genius.

Back in the summer of 2021, I remember going on Twitter and seeing the cast announcements for this sequel one day at a time and I kept getting even more excited after every single one because this really is a stacked cast. Netflix gave Johnson a lot of money to make this money and even in the cast alone you can see the money well spent. Every single person in this ensemble from Kathryn Hahn's ("Wandavision") Claire Debella, a politician running for Senate, to Dave Bautista's Duke Cody, an Andrew Tate-type of Twitch influencer, to Edward Norton's Miles Bron, an Elon Musk billionaire type, brings it their all and Johnson does a great job giving every character, even the ones with smaller roles, something to do to make them stand out.

But the two in the cast that really stand out are Janelle Monáe and, of course, our favorite detective Daniel Craig. Daniel Craig has quickly really gotten ahold of this character and truly understands it in just the second film more so than he ever did with James Bond (and he was already fantastic as James Bond). He is clearly having fun with this character and that comes off clear as day. As for Janelle Monáe, they are the heart and emotional center of this story and they deliver a fantastic performance. I have been a fan of theirs for awhile now but this is truly the best performance of their career. It's a complex role that takes a turn halfway through and they pull off this switch flawlessly.

"Glass Onion" is a triumph of a whodunnit sequel that I personally can't wait to watch over and over again. It also just makes me excited for the next Knives Out film and makes me want 10 more of these because I frankly can't get enough. "Glass Onion" comes to select theaters for one week only starting Nov. 23 before arriving on Netflix one month later on Dec. 23, but I highly recommend seeing it in a theater if you can because the experience of laughing and gasping with an audience is unmatched.

Jordan Woodson can be reached at jwoodson@thecabin.net

Thanksgiving programming on Ark. PBS

By **ARKANSAS PBS**

CONWAY — Arkansas PBS is gearing up for Thanksgiving with holiday programming for everyone in the family, highlighted by "An Arthur Thanksgiving," a marathon of "Miss Scarlet and The Duke" and "Great Performances: Josh Groban's Great Big Radio City Show." The complete Thanksgiving schedule is available for download at myarpbs.org/thanksgiving.

"Daniel Tiger's Neighborhood" celebrates Thanksgiving with "Neighborhood Thank You Day." In this episode, the neighborhood celebrates Thank You Day by placing notes on the Thank You Tree, but Daniel has trouble deciding what he wants to put in his note. This episode airs Monday, Nov. 21, at 1 p.m., with an encore Thursday, Nov. 24, at 8:30 a.m.

"Wild Kratts" take an early morning mission to defend the honor of the wild turkey and to stop Gourmand, who is hunting for the largest, fattest turkey in the forest in "Happy Turkey Day" airing Tuesday, Nov. 22, at 6:30 a.m., with an encore Thanksgiving Day, Thursday, Nov. 24, at 6:30 a.m.

"An Arthur Thanksgiving," an hour-long special that debuted Nov. 16, 2020, centers on Arthur and his family and friend's search for their dog Pal around Elwood City. The special will air Wednesday, Nov. 23, at 9:30 a.m. and encore Thursday, Nov. 24, at 11:30 a.m.

"Pinkalicious & Peterrific" make a Thanksgiving Day appearance with "A Fairy Thanksgiving," in which Pinkalicious and Peterrific accidentally damage Fairyland's Thanksgiving table and are determined to make things right. "Pinkalicious & Peterrific" airs Thursday, Nov. 24, at 10:30 a.m.

Arkansas PBS's Thanksgiving lineup also features a marathon of "Miss Scarlet and The Duke," on Thursday, Nov. 24 from 12:30 p.m. to 11 p.m. with a lone hour-and-a-half-long "BBC World News America" and "PBS NewsHour" break. Kate Phillips ("Peaky Blinders") stars in a six-part mystery as the headstrong, first-ever female detective in Victorian London. Stuart Martin ("Jamestown") plays her childhood friend, professional colleague and potential love interest, Scotland Yard Detective Inspector William Wellington, a.k.a., The Duke.

Then, Friday, Nov. 25, at 8 p.m., "Great Performances: Josh Groban's Great Big Radio Show" will premiere. Recorded in April 2022, Grammy, Emmy and Tony Award nominee Josh Groban makes his way back to New York City for a concert celebration of the arts that also serves as his love letter to New York City. Groban will perform his signature hits including "You Raise Me Up" and will be joined on stage by Cyndi Lauper, Denee Benton, Breland and Tiler Peck.

Other Thanksgiving programming will be featured on ARPBS-CREATE (digital subchannel 2) featuring "America's Test Kitchen," "A Chef's Life," "Cook's Country," "A Home for Christy Rost: Thanksgiving," "How She Rolls," "New Orleans Cooking With Kevin Belton" and "Sara's Weeknight Meals."

More historical Thanksgiving programming will be airing on the ARPBS-WORLD (digital subchannel 4) including "Stories from the Stage," "Surviving New England's Great Dying" and "The First Official Thanksgiving."

Lyon College Gospel Choir sets fall concert

By **LYON COLLEGE**

The Lyon College Gospel Choir, under the direction of Barretta Robinson, will present its fall concert, "Lift the Savior Up," at 4 p.m. Sunday in the Sloan Auditorium of Brown Chapel on the Lyon College campus, 2300 Highland Road. The free concert is open to the public.

The choir is a vocal ensemble open to students and community members regardless of their faith. The ensemble performs a variety of song forms drawn from the African American religious tradition, including traditional and contemporary gospel, anthems and spirituals.

The concert will feature performances by Believers Outreach Worship of Batesville,



The Lyon College Gospel Choir will present "Lift the Savior Up," at 4 p.m. Sunday in the Sloan Auditorium of Brown Chapel on the Lyon College campus, 2300 Highland Road in Batesville. The free concert is open to the public. Submitted photo

Richardson, pastor of Grace Outreach of Marion, a welcome by choir member Mary Simmons and a prayer by choir member Kali Payne.

Elder Joshua Bronson of Triumphant Deliverance Fellowship International in Little Rock will present words of inspiration. Choir director Barretta Robinson will present closing remarks and Dr. Mary Burruss, pastor of Jesus Lives International of Cave City will offer the closing prayer.

the Waves of Worship praise dance group of Jonesboro, and First United Methodist Church of Batesville.

The choir will perform "Lift the Savior" by Joe Price, "Hallelujah — Revelation 19" by

Maverick City Music, "The Blood Still Works" by Malcolm Williams, "Everyday" by Dr. Charles G. Hayes and "Believe for It" by CeCe Winans.

The program will include an opening of worship by Paul



Harvest Fest Queen and King crowned

By **ASU-BEEBE**

The Arkansas State University-Beebe 2022 Harvest Queen and Harvest King were crowned at the annual Harvest Fest crowning event on Oct. 26, at the Dr. Eugene McKay Student Center.

MaKayla Collum and Jaxon Benton were chosen as Harvest Queen and Harvest King. Collum, a theatre major represented the Black Excellence Association, and Benton, an agriculture business major represented the Ag Club. Both students are from Cabot.

Harvest royalty also included: Kacie Bragg, of Enola, an agriculture major representing

MaKayla Collum and Jaxon Benton were chosen as Harvest Queen and Harvest King. ASU-Beebe

the Ag Club; Khashayla Ellis, of Forrest City, an elementary education major representing the Educators Club; Madison Ledwaba, of Little Rock, an education major representing the Residence Hall Association; Heather Landrum, of Cabot, an education major; Amariyah Nichole Williams, of Searcy, a criminology studies major representing TRIO; Dominic Abraham, of Houston, Texas, a theatre major representing TRIO; Joshua Embrey, of Greens Ferry, an education major representing the Residence Hall Association; Tylan Foster, of Forrest City, a health and physical education major representing the Educators Club; and James Pattillo III, of Little Rock, a graphic design major.

Harvest Fest has been a tradition on the ASU-Beebe campus for more than 70 years.

Lyon College announces 2022 fall student recital

By **LYON COLLEGE**

The Lyon College Music department will present its fall 2022 student recital at 7:30 p.m. on Tuesday, Nov. 29, in Bevans Music Room of Brown Chapel on the Lyon College campus, 2300 Highland Rd., Batesville.

The free event is open to the public.

Music students from the vocal and instrumental studios at Lyon College will perform classical and popular selections, including the music of Jimi Hendrix, George Harrison and Andrew Lloyd Webber, as well as "(Oh,) Danny Boy," "Gesu Bambino," a Puerto Rican villancico and Japanese film music.

Visit us online at www.guardonline.com

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November 18-20, 2022

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\$10 Admission! | **\$5 Admission**

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325+ booths of vintage, vintage-inspired, & handmade decor inside the **Conway Expo & Event Center**

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To learn more, visit ar.gov/arlifespansupport

I'm

not sleeping well

always feeling **anxious**

not leaving the house much

unable to concentrate on work

stressing about little things

not eating much

Fine

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Quilt Guild honors longtime members

By Submitted Report

At the December Hill 'N Hollow Quilt Guild meeting and annual Christmas luncheon, members voted for the winners of the 2022 Quilt Challenge and honored those who have been members of the Guild for 20 years or more.

Theme for the 2022 Quilt Challenge was "My Favorite Season in the Ozarks," and winners were Mary Jo Smith, first; Sue Herron, second and Roxine Burch, third.

The 18 members honored for 20 years or more of Guild membership were:

• 33 years — Suzanne McFarland gave support where needed, along with good and sometimes colorful humor to help keep everyone up for the tasks at hand

• 32 years — Betty Pulver served as Quilt Show chairman and Program chairman

• 32 years — Bonita Ratzel served as Raffle Quilt Production chairman and member of the Education Committee who planned the bus trips to area quilt shows, as well as the Houston Quilt

• 32 years — Carol Lewis held the offices of president, secretary and treasurer, was Membership chairman, Newsletter editor, Quilt Show chairman, Audit chairman, taught beginner classes, arranged the project classes for ALS, Quilt Congress chairman, in 2008 and co-chairman in 2014, Workshop 2000 chairman, and the 2004 Quilt Exhibit honoring quilting girls of the early 1980s



Hill 'N Hollow Quilt Guild recently honored for longtime membership and service to the Guild are (first row, from left) Gail House, Donna Bohaty, Betty Pulver and Bonita Ratzel; (second row) Carol Lewis, Ann Maus, Laura Norman and Gail Hunger; and (third row) Jan Lawson, Pat Streipek, Annie Wagar, Emily Dunan, Suzanne McFarland and Barbara Skeffington. Pat Lovett, Sharon Neumann, Gail Hillyard and Sue Schaufler were not available for the photo. SUBMITTED PHOTO

• 30 years — Jan Lawson served as Night Liaison and Sewing Basket chairman

• 30 years — Gail House gave support where needed, along with good and sometimes colorful humor to help keep everyone up for the tasks at hand

• 29 years — Annie Wagar served two terms as president and Quilt Show co-chairman

• 29 years — Emily Duncan served as newsletter editor and the Quilt Show committee as fashion show co-chairman

• 28 years — Sharon Neumann has served as secretary, Night Liaison and Raffle Quilt Production chairman

• 28 years — Sue Schaufler served as Membership co-chairman and on Hospitality and Audit committees

• 28 years — Pat Stripeik served as president, treasurer and librarian

• 27 years — Patricia Lovett has been in charge of Raffle Quilt donations and served on Community Quilts, Quilt Show and Hospitality committees

• 25 years — Donna Bohaty served as president, secretary, Quilt Show co-chairman and Community Quilts chairman

• 25 years — Barbara Skeffington served as president, Community Quilt chairman and Librarian

• 24 years — Laura Norman served on the Sewing Basket and Raffle Ticket donations

• 24 years — Gail Hillyard served as librarian, Quilt Show co-chairman, Sunshine & Shadow chairman, Hospitality chairman and a member of the retreat committee.

• 23 years — Ann Maus served on the Retreat committee and has been Community Quilts chairman and Hospitality co-chairman

• 22 years — Gail Hunger gave support where needed, along with good and sometimes colorful humor to help keep everyone up for the tasks at hand.

Guild members also confirmed the "Autumn in the Ozarks" quilt show will return, after its long absence due to Covid in October, 2023, at Baxter County Fairgrounds.

OOI announces winter assistance programs

By Submitted Report

Ozark Opportunities, Inc. has announced the Winter Non-Emergency & Crisis Energy Assistance Programs will begin Jan. 9 and will run through April 30, 2023, or until funds have been exhausted.

The programs' goal is to assist low-income households cope with the high costs of fuel for heating their homes in the winter months. This is a one-time assistance payment per program and program year.

All applicants must provide identification along with proof of Social Security number and proof of income for all household members



18 years old or older for the month prior to application. A copy of current electric, propane and/or natural gas bills also is required. Other information may be requested at the time of application. Please apply in the county in which you live.

Applications can be completed online or downloaded from the Ozark Opportunities, Inc. website: www.ozarkopp.org under the Community

Services, Utility Assistance Section. Applications may also be obtained from take-one boxes located at our administrative building, outreach offices, via fax, mail or email.

Applications may be returned in person, via drop box or by mail. Dependent on the details of the application, an interview may be required. If an interview is needed, staff will contact the applicant to arrange one at the applicant's earliest convenience.

For Baxter and Marion counties, the OOI office is at 1318 Bradley Drive, Suite 11 in Mountain Home. For information, call (870) 425-5118 or fax: 870-701-1059.

College Graduates

Information about area students who have graduated from college has been received as follows:

Murray State University

MURRAY, Ky. — Amanda Michelle Rychtarik of Norfolk recently graduated from Murray State University, cum laude, with a Bachelor of Science in Agricultural Science.

Email school news to newsroom@baxterbulletin.com or bring to The Bulletin office, 16 W. Sixth St.

HOLIDAY EVENTS CALENDAR

Holiday-related events in the Twin Lakes Area are scheduled as follows:

Friday, Dec. 16

Second annual Veterans Christmas Store, 10 a.m.-2 p.m. Alley-White American Legion Auxiliary Unit 52, 717 Market St. Veterans are welcome to shop for gifts for their immediate family members at no cost; free gift wrapping will be available. Open to veterans who are enrolled in the VA system, are residents of nursing homes or assisted-living facilities, are disabled or low-income or any combination thereof. Info or preregister: (870) 321-0520.

Lighted Hayrides, 6, 7 and 8 p.m. Mountain Home Berry Farm. \$5 ages 3 and up. Reservations: (870) 425-7028.

Friday, Dec. 16-Saturday, Dec. 24

Coulter Celebration of Lights, 5:30 p.m. Arkansas State University Mountain Home. Visitors can park and walk through the decorated center of campus. Concessions available 6-8 p.m. Volunteer: asumh.edu/lights

Saturday, Dec. 17

Pancakes with Santa, 8-10 a.m. Gassville Community Center. All-you-care-to-eat pancakes, sausage, coffee, orange juice and milk. Benefits Gassville Volunteer Fire Department. Cost: \$5 for those age 4 and older.

Flippin Church of God annual food basket distribution, 9 a.m. to noon, East Main Street. First-come, first served. Baskets include a ham and items for a Christmas meal. Info: (870) 453-2680.

Second annual Veterans Christmas Store, 10 a.m.-2 p.m. Alley-White American Legion Auxiliary Unit 52, 717 Market St. Veterans are welcome to shop for gifts for their immediate family members at no cost; free gift wrapping will be available. Open to veterans who are enrolled in the VA system, are residents of nursing homes or assisted-living facilities, are disabled or low-income or any combination thereof. Info or preregister: (870) 321-0520.

Christmas in Cotter celebration, 5-7 p.m. Cotter Spring. Photos with Santa and Mrs. Claus, along with the Polar Express conductor. Carols by Cotter School Choir, along with a holiday performance by Cotter School Band. Includes bon fires with S'mores and hot chocolate and other goodies available.

Lighted Hayrides, 6, 7 and 8 p.m. Mountain Home Berry Farm. \$5 ages 3 and up. Reservations: (870) 425-7028.

Sunday, Dec. 18

Norfolk Volunteer Fire Department Auxiliary Pancake Breakfast with Santa, 8 a.m. at the fire station, 15680 AR Hwy. 5 S. Free pancakes and sausage will be served until supplies are exhausted. Parents can take their own photos of children with Santa.

Lighted Hayrides, 6, 7 and 8 p.m. Mountain Home Berry Farm. \$5 ages 3 and up. Reservations: (870) 425-7028.

SAVE THE DATE CALENDAR

Recurring Weekly Events

Babies and Books, 9 a.m. Mondays, Donald W. Reynolds Library, 300 Library Hill Lane.

Mountain Home Duplicate Bridge Club game, 12:30 p.m. Monday, Tuesday and Wednesday, Redeemer Lutheran Church, 312 W. North St. Game fee \$4. Info: (870) 404-7450.

Play Scrabble, noon to 3 p.m. Monday Mountain Home Senior Center in Cooper Park. Games fee: \$2. Info: Marie, (870) 425-7729.

Yoga for Adults, 4 p.m. Monday and Wednesday, Donald W. Reynolds Library, 300 Library Hill Lane.

Ted's Lil Opry, 6-8:30 p.m. Monday, Bull Shoals Theater of the Arts, 1017 Central Blvd., Bull Shoals.

Teen Entertainment, 3:45 p.m. Monday-Friday, Marion County Library, Yellville. (870) 449-6015.

Toddler Time, 10:30 a.m. Tuesdays, Donald W. Reynolds Library, 300 Library Hill Lane.

Bob Davis Veterans Center Coffee Hut, 8 a.m. to noon 421 E. Ninth St. Tuesday and Thursday. Free coffee, doughnuts and games for veterans.

Mom Walk & Talk, 9 a.m. first and third Tuesdays, ASUMH Walking Path.

Tech Talk, 3 p.m. Tuesday, Bull Shoals Library, 1218 Central Blvd., Bull Shoals.

Virtual Games, 10 a.m., 1 p.m., 3:30 p.m. and 6 p.m. Tuesday, Marion County Library, Yellville (870) 449-6015.

Color Me Calm, 9:30 a.m. Wednesday, Donald W. Reynolds Library, 300 Library Hill Lane.

Grannies Who Game, 10 a.m. Wednesday, Marion County Library, Yellville (870) 449-6015.

Preschool Story Time, 10 a.m. Wednesday, Donald W. Reynolds Library, 300 Library Hill Lane.

Loom Knitting, noon, Marion County Library, Yellville.

Mahjong Club, 12:30-4 p.m. Wednesday, Bull Shoals Library Annex, 1218 Central Blvd. Info: Lois at (817) 268-1069.

Chatting Needles, 1-3 p.m. Wednesday, First Baptist Church. Info: (307) 431-5684.

VFW Bingo, 5 p.m. Wednesday and Saturday, Ozark Veterans of Foreign Wars Post 3246, 214 W. Seventh St.

North Arkansas Woodcarvers Club, 8 a.m. Thursday, Veterans of Foreign Wars Ozark Post 3246, 214 W. Seventh St.

Coffee social, 9-10:30 a.m. Saturday, Alley White American Legion Post 52, 717 Market St. For veterans and spouses. (870) 424-6277.

Pantry at the Post, 9-11 a.m. Saturday, Alley White American Legion Post 52, 717 Market St. For veterans. (870) 424-6277.

EVENTS THIS WEEK

Friday, Dec. 16

Second annual Veterans Christmas Store, 10 a.m.-2 p.m. Alley-White American Legion Auxiliary Unit 52, 717 Market St. Veterans are welcome to shop for gifts for their immediate family members at no cost; free gift wrapping will be available. Open to veterans who are enrolled in the VA system, are residents of nursing homes or assisted-living facilities, are disabled or low-income or any combination thereof. Info or preregister: (870) 321-0520.

Saturday, Dec. 17

Baxter County Democratic Club meeting, 9 a.m. St. Andrew's Episcopal Church.

Second annual Veterans Christmas Store, 10 a.m.-2 p.m. Alley-White American Legion Auxiliary Unit 52, 717 Market St. Veterans are welcome to shop for gifts for their immediate family members at no cost; free gift wrapping will be available. Open to veterans who are enrolled in the VA system, are residents of nursing homes or assisted-living facilities, are disabled or low-income or any combination thereof. Info or preregister: (870) 321-0520.

Veterans of Foreign Wars Ozark Post 3246 post and auxiliary meetings, 11 a.m. VFW Post, 214 W. Seventh St.

Baxter County Poets' Association Dutch dinner meeting, 1 p.m. Colton's. Info: (870) 499-0487.

Calico Rock VFW Society Dance, 7 p.m. Wilson-Byler Veterans of Foreign Wars Post 7730. Live band. Admission: \$6.

Monday, Dec. 19

Norfolk School Board meeting, 5 p.m.

Veterans of Foreign Wars Ozark Post 3246 post and auxiliary meetings, 6 p.m. VFW Post, 214 W. Seventh St.

Tuesday, Dec. 20

Mom Walk & Talk, 9 a.m. ASUMH Walking Path.

North Arkansas Fly Fishers meeting, 7 p.m. Food Bank of North Central Arkansas.

Wednesday, Dec. 21

Novel Woman Book Club, 1 p.m. Schliemann Center for Women's Health Education, 606 Broadmoor Drive. Books: "The Chronicles of Narnia" by C.S. Lewis and "Redeeming Love" by Francine Rivers.

Saturday, Dec. 31

Vitality Plus Prediction 5K Run/Walk, 8 a.m. 501 Hospital Drive. Benefits The CALL of Mountain Home. Info: (870) 580-0283.

Save the Date listings are brief notices of upcoming events within the next 30 days. Additional information on individual listings may be published in Community Briefs closer to the date of the event. Events are open to the public, free and in Mountain Home unless otherwise noted. Email news to newsroom@baxterbulletin.com or bring to The Bulletin office at 16 W. Sixth St.

Big Deal? We Want Your News!

It's easy to submit your news, events and photos for publication in The Baxter Bulletin and www.baxterbulletin.com. E-mail is preferred, so use the following addresses to submit your copy: newsroom@baxterbulletin.com • biz@baxterbulletin.com • sports@baxterbulletin.com • schools@baxterbulletin.com

Or, for important and late breaking news, call the Newsroom at 508-8050.

The Baxter Bulletin www.baxterbulletin.com

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- Free online training to become a respite caregiver
- Free online search for qualified respite caregivers

To learn more, visit ar.gov/arlifespanspiti



OBITUARIES

Sam LaFerrara

Sam LaFerrara, age 98, a resident of Fort Scott, Kansas, died Wednesday, Nov. 30, 2022, at the Horton House in Fort Scott. He was born July 22, 1924, in East Moline, Illinois, to Pete and Lena LaFerrara of Sicily, Italy, the first American-born in his family. He joined and served during WWII. He was a crane operator with John Deere for 30 years before retiring to Arkansas. In his retirement years, he kept a large garden every summer and enjoyed raising goats. Sam was a lifetime member of the VFW and recently joined the Elks.

He was preceded in death by his parents; brothers, John and Joey; sisters, Rosie and Mary; as well as two wives, Rusty in 1992 and Diane in 2011. He is survived by his daughter, Sandra(Don) of Fort Scott; stepson, Gary Troutman (Alyce) of Vilonia, Arkansas; grandsons, Connor and Jimi; brothers, Georgie and Bennie; sisters, Angeline and Irma; as well as numerous nieces and nephews.

There was cremation. Rev. Chuck Russel will conduct graveside services at 11 a.m. Wednesday, Dec. 21, 2022, at the U. S. National Cemetery. Memorials are suggested to the V.F.W. or the Elks and may be left in care of the Cheney Witt Chapel, 201 S. Main, P.O. Box 347, Ft. Scott, KS 66701. Words of remembrance may be submitted to the online guestbook at cheneywitt.com.

Billy Jo Dick

Billy Jo Dick, 92, of Conway passed away on Thursday, Dec. 8, 2022. She was born May 14, 1930, in Lambert, Arkansas, to the late William Edward and Emma Counts Sanders. Billy Jo was also preceded in death by her husband, Floyd L. Dick; and her sister, Barbara Diggs.



Billy Jo is survived by her sons, Ronald Dick (Laconia), Kenneth Dick (Patty), and Tommy Dick (Cynthia); daughter, Beverly Lovett (Dennis); daughter-in-law, Sugumarie Dick; 12 grandchildren; 28 great-grandchildren; and 11 great-great grandchildren.

Billy Jo was a loving wife, mother and grandmother and was of the Baptist faith. She never met a stranger and touched many lives with her kindness. Billy Jo was as beautiful inside as she was on the outside. She was a homemaker and had a passion for gardening. Billy Jo had strong family values and loved her family very much,

especially her grandchildren and her husband was her life. She will be greatly missed by all who knew and loved her.

Visitation will be from 6-8 p.m. Wednesday, Dec. 14 at Roller-McNutt Funeral Home in Conway. A Life Celebration service will be held at 1 p.m. Thursday at the funeral home, with burial following at Pinecrest Memorial Park in Alexander.

Online guest book: www.rollerfuneralhomes.com/conway.

POLICE BEAT

By JORDAN WOODSON Log Cabin Democrat

From Conway Police Department reports

No place like (former) home

Also on Dec. 1, police responded to a call from the property manager at the Briewood Apartment complex. The property manger told police that a man came to the apartment complex around 1 a.m. and went up to his old apartment. The man kicked the door down and went inside, according to the report. The property manger is unsure why the man came to the apartment, but they found footprints near the attic space. He believes that the man climbed into the attic for some reason. No other damage was done to the

room. He said that he knows who the man was due to an anonymous resident informing him that they saw him that night.

Arresting call

On Dec. 1, police responded to a call in reference to a report of fraud. Police spoke to the caller who said that around 9:30 a.m. she got a call that was labeled with the misspelled "FC Sheriff" and the man who spoke to her claimed to be "Sgt. Connelly." The man on the phone told her that she had \$2,000 of outstanding fees out of Faulkner County and that if she didn't pay them, she would be arrested. The man told her that she had to read off her credit card number over the phone before she paid in case she fled.

Jordan Woodson can be reached at jwoodson@thecabin.net

CRYPTOQUIP (CAUTION: TODAY'S ANSWER BELOW)

MBHQ KBH DHZQUHHD FBELRU

BVNH VRDHVUT FKVDKHU

KBHZD WELDQHT, KBHT MHDH

FKZRR ZQ KBH OVDQ, FKVRRZQS.

Today's Cryptogram Clue: D equals R
ANSWER: WHEN THE READER SHOULD HAVE ALREADY STARTED THEIR JOURNEY, THEY WERE STILL IN THE BARN, STALLING.

Log Cabin Democrat

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YESTERDAYS

Compiled by Colleen Holt | Log Cabin staff writer

10 years ago

Christopher C. Marvin, assistant professor of chemistry at Hendrix College, recently received a grant from one of America's oldest foundations, Research Corporation for Science Advancement, to explore the use of visible light to drive chemical reactions among a set of organic - or carbon-based - molecules. His approach may one day hold great potential for creating a more environmentally friendly, energy efficient chemical industry.

25 years ago

Alvin and Pauline White of Beebe celebrated their 50th wedding anniversary at a reception on Nov. 15. The Whites were married Nov. 17, 1947. Mr. White was born July 19, 1923, in Dyersburg, Tenn., a son of the late Robert and Josie White. Mrs. White was born Feb. 15, 1930, in

Lonoke, a daughter of the late Clarence and Marie Wilson. They have three sons, Alvin White Jr. of Greenbrier and Ricky White and Tim White, both of Beebe. They have two grandchildren and two step-grandchildren. Mr. White is a retired care dealer and Mrs. White is retired from Timex.

Bill Polk, Conway planning director, was pictured talking to seventh-grade students at Carl Stuart Middle School about city plots and maps. The students are participating in National Geography Awareness Week and will hear from many community leaders to learn how geography is used in every day life. Representatives from the Conway Fire Department and the Arkansas State Highway and Transportation Department are among those scheduled to visit with the students.

50 years ago

Thanksgiving guests of Mrs. B.M. Tilley were her sons, Burt M. Tilley Jr. and Mrs. Tilley of Portland, Ore., Jack B. Tilley and Mrs. Tilley, Valerie and Jackie of Pensacola, Fla., and Rudy F. Tilley and Mrs. Tilley of San Antonio, Texas; and her daughter, Mrs. William J. Burton and Mr. Burton and Scott of Houston, Texas. Mrs. Burton is the former Mary Tilley.

From the Cedar Glade News: Mr. and Mrs. J.B. Pettingill and family of North Little Rock visited Mr. and Mrs. H.M. Stone recently. Mr. and Mrs. Randall Casey and family of North Little Rock visited Rufus Casey and Mr. and Mrs. Elwood Casey over the weekend. Bobby Shock Jr. visited his grandparents, Mr. and Mrs. H.M. Stone of this place, and Mr. and Mrs. Vernon Shock of Enola during his Thanksgiving break.

By STEPHEN GROVES Associated Press

SIOUX FALLS, S.D. — A massive winter storm blew toward the center of the U.S. on Monday, threatening millions of people with heavy snow, freezing rain and flooding.

The National Weather Service warned that there would be "numerous, widespread, and impactful weather hazards in the heart of the country this week." Across the Rockies and into the northern Plains and parts of the Midwest, people were warned to prepare for blizzard-like conditions. Those farther south in Texas and Louisiana could get heavy rains with flash flooding, hail and tornadoes by Tuesday. The storm will continue southeast into Florida later in the week, forecasters said.

"It will be a busy week while this system moves across the country," said Marc Chenard, a meteorologist at the National Weather Service's headquarters in College Park, Maryland.

Officials in western South Dakota told residents to brace for 6 inches or more of snow: "Get your shovels handy, get your groceries, and check other needed supplies. The roads will be hard



Sarah A. Miller / Idaho Statesman

Sal Wood, Blake Wood and Jacobi Wood, 6, roll the largest snowball at Camel's Back Park in Boise, Idaho, on Monday after 2.5 inches of snow fell overnight according to the National Weather Service.

to travel." A swath of country stretching from Montana into western Nebraska and Colorado was under blizzard warnings Monday, and the National Weather Service said that as much as 2 feet of snow was possible in some areas of western South Dakota and northwestern Nebraska. Meanwhile, ice and sleet were expected in the eastern Great Plains.

National Weather Service warned that up to about half an inch of ice could form and winds could gust up to 45 miles per hour in parts of

Iowa, Minnesota and South Dakota. Power outages, tree damage, falling branches and hazardous travel conditions all threatened the region.

"This is a 'we are not kidding' kind of storm," the South Dakota Department of Public Safety said in a tweet urging people to stock up on essentials, then stay home once the storm hits.

Thousands of students from Native American communities across Wyoming, Nebraska and the Dakotas were traveling to Rapid City, South Dakota, for this week's Lakota Nation Invita-

tional, a high school athletic event. Brian Brewer, one of the organizers, said he had urged schools and participants to travel early.

"We told them with this storm coming - if you leave tomorrow, there's a good chance you might not make it," he said Monday.

In northern Utah, a tour bus crashed Monday morning as snow and frigid temperatures blanketed the region. The bus flipped onto its side in Tremonton after the driver lost control while switching lanes, the Highway Patrol said in a statement. The Highway Patrol said 23 passengers were injured, including some seriously.

The weather is part of the same system that dumped heavy snow in the Sierra Nevada over the weekend.

In Northern California, most mountain highways had reopened Monday. Remaining warnings in Southern California mountains were expected to expire late Monday night, the National Weather Service said.

With winter still more than a week away, it was the latest fall storm to bring significant precipitation to California, which is dealing with the impacts of years of drought that have spurred calls for water conservation.

Kawananakoa, 'last Hawaiian princess' dies at 96

By JENNIFER SINCO KELLEHER Associated Press

HONOLULU — Abigail Kinoiki Kekaulike Kawananakoa, the so-called last Hawaiian princess whose lineage included the royal family that once ruled the islands and an Irish businessman who became one of Hawaii's largest landowners, died on Sunday. She was 96.

Her death was announced Monday morning outside 'Iolani Palace, America's only royal residence where the Hawaiian monarchy dwelled but now serves mostly as a museum. As it rained, Paula Akana, executive director of 'Iolani Palace, and Hailama Farden, of Hale O Na Ali'i O Hawai'i, a royal Hawaiian society, both walked down the palace steps and driveway to read the announcement in Hawaiian.

A news release later said she died peacefully in her Honolulu home with her wife, Veronica Gail Kawananakoa, at her side.

"Abigail will be remembered for her love of Hawai'i and its people," her 69-year-old wife said in a statement, "and I will miss her with all of my heart."

Kawananakoa held no formal title but was a living reminder of Hawaii's monarchy and a symbol of Hawaiian national identity that endured after the kingdom was overthrown by American businessmen in 1893.

"She was always called princess among Hawaiians because Hawaiians have acknowledged that lineage," Kimo Alama Keaulana, assistant professor of Hawaiian language and studies at Honolulu Community College, said in a 2018 interview. "Hawaiians hold dear to genealogy. And so genealogically speaking, she is of high royal blood." He called her "the last of our ali'i," using the Hawaiian word for royalty: "She epitomizes what Hawaiian royalty is - in all its dignity and intelligence and art."

James Campbell, her great-grandfather, was an Irish businessman who made his fortune as a sugar plantation owner and one of Hawaii's largest landowners.

He had married Abigail Kuaihelani Maipinepine Bright. Their daughter, Abigail Wahiiika'ahu'ula Campbell, married Prince David Kawananakoa, who was named an heir to the throne.

Their daughter Lydia Kama'eha Liliu'okulani Kawananakoa Morris had Abigail with her husband William Jeremiah Ellerbrock.

After the prince died, his widow adopted their grandchild, the young Abigail, which strengthened her claim to a princess title. She acknowledged in an interview with Honolulu Magazine in 2021 that had the monarchy survived, her cousin Edward Kawananakoa would be in line to be

the ruler, not her. "Of course, I would be the power behind the throne, there's no question about that," she joked.

Known to family and close friends as "Kekau," she received more Campbell money than anyone else and amassed a trust valued at about \$215 million.

She funded various causes over the years, including scholarships for Native Hawaiian students, opposing Honolulu's rail transit project, supporting protests against a giant telescope, donating items owned by King Kalakaua and Queen Kapi'olani for public display, including a 14-carat diamond from the king's pinky ring, and maintaining 'Iolani Palace.

"As a longtime benefactor for the Friends of 'Iolani Palace and many other Native Hawaiian causes, Princess Abigail's generosity and contributions have greatly benefited our lahui," state Sen. Jarrett Keohokalole and Rep. Daniel Holt, leaders of the Legislature's Hawaiian

caucus, said in a statement, using a Hawaiian word that can mean "Hawaiian community."

Gov. Josh Green ordered the U.S. and Hawaii state flags to be flown at half-staff at the state Capitol and state offices until sunset this Sunday, saying "Hawaii mourns this great loss."

Critics have said because there are other remaining descendants of the royal family who don't claim any titles, Kawananakoa was held up as the last Hawaiian princess simply because of her wealth and honorific title.

Hawaiian activist Walter Ritte said many Hawaiians aren't interested in whether she was a princess and that her impact on Indigenous culture was minimal.

"We didn't quite understand what her role was and how she could help us," Ritte said.

Many Hawaiians couldn't relate to her, he said. "We call it the high maka-maks," he said using a Hawaii Pidgin term that can mean upper-class.

Advertisement for EarthLink featuring a woman and the text: 'Are You Getting Enough Fiber in Your Work Day? Sign up today and get a \$100 gift card!'

Advertisement for ARKANSAS LIFESPAN RESPITE featuring the Arkansas state logo and text: 'ARE YOU A CAREGIVER FOR A LOVED ONE AND NEED A BREAK? DHS HAS RESPITE OPPORTUNITIES: Vouchers to pay for respite care -up to \$1,200 a year!'

“Cattlemen” From Page One

The meeting adjourned at 7:15 p.m. If anyone would like more information regarding joining the cattlemen’s association, or about meetings please feel free to contact Searcy County Cattlemen’s President Adam Redman at 870-448-7667.

“Naturalists” From Page One

“We document both chemical and biological evidence in creeks in Baxter, Marion, Sharp, Izard and Fulton counties,” says Foster. “Our data is part of an extensive, long-term database maintained by the Arkansas Game and Fish Commission throughout the state.

“In addition to testing water samples for oxygen, phosphates, nitrates and *e coli*, we collect and estimate populations of macroinvertebrates, tiny critters that live in the creeks,” explains Foster. “All of these components help us understand the relative health of area waterways.”

Native plants and heritage gardens

NCAMN volunteers cultivate native plant collections and learn about Ozark heritage plants, says Caprio, who is also volunteer team co-leader for Gaston Wildflower Meadow in Bull-Shoals-White River State Park.

“We research, plant and care for Ozark native plants in a three-acre meadow that was once the site of a service station,” says Caprio.

Another garden team takes care of native plant collections at Tyler Bend Visitor Center and Buffalo Point Ranger Station, according to team leader Dwan Garrison of Yellville.

““We tend the gardens and often bring natives from our own gardens to swap. We are also very diligent about removing those pesky non-native Invasives, so that our visitors can appreciate the natural beauty of the Buffalo National River habitat that these gardens illustrate,” Garrison explains.

Both native and heritage Ozark plants are the focus of volunteers who work at Ozark Folk Center State Park, says team leader Nell Doyle of Norfolk.

“We learn a lot about the historical and cultural uses of plants we see in the woods and along creeks in other volunteer work,” says Doyle. “Some are natives, but some were brought to the Ozarks by European settlers and are now a permanent part of the landscape.”

Kids’ Team

“Children really love learning about nature,” says Kids’ Team leader Sally Brown of Lakeview, “Whether it’s getting to stroke the soft fur of a possum or learning to identify a raccoon’s scat and tracks, they soak up all the nature facts we can give them.”

Kids’ Team volunteers help state park and nature center staff present programs on site or in public schools. The team also designs its own programming at public libraries and schools.

Facilities support

Other volunteers help staff at state park and Arkansas Game and Fish Commission facilities

with general maintenance, like painting and repairing signs, fences, and parking lots; cleaning kayaks and recreational equipment; and building and installing bird, bat and owl nest boxes.

Continuing Education

Master Naturalists also enjoy in-depth classes on specific nature topics throughout the year. Continuing Education classes may meet in a classroom or go outdoors to experience learning firsthand. Other classes are offered as recordings that can be viewed at a member’s convenience.

Learn more about NCAMN!

Naturalist-in-Training classes feature general topics that focus on birds, bees, mammals, frogs, reptiles, geology, native and invasive plants, archeology and astronomy, according to Stork. Presenters are among Arkansas’ top experts on these and other topics. Other classes teach them how to maintain or build a hiking trail or assess water quality in a creek.

Classes begin in late January and extend through early May. To graduate, Naturalists-in-Training complete 40 hours of the 50-60 hours offered. A full schedule will be available soon.

To find out how to apply and to learn more about Master Naturalists, interested persons may contact chapter president Paula Caprio at ncamn.contact@gmail.com. Or search the internet for Arkansas Master Naturalists and navigate to NCAMN’s pages on that site.

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The lot is cast in the lap, but God still sets up rulers & sets them down. Who can prove God wrong? God is not a man that He can lie. God would have saved Sodom for ten righteous men’s sake. It’s when the salt loses its savor, it makes Him sick. God still has His own plan, it’s going by the Book, God’s; not the United Nations’ one-world-religion order with their own, ten commandments, this week, 2022. On MT. SINAI IN EGYPT!!! Check it out Christians. Signs of the times, the beast kingdom is striving to take over this world, but God says after I offer, mercy to whosoever will, Holy spirit outpouring (Joel 2) on ALL FLESH, PENTECOST AGAIN, FORMER & LATTER RAIN. (SAME TIME) SPIRIT OF ELIJAH MAL. 4:5. 870-917-9144 Paul Scott *Pd adv*

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Southeast RSVP Honors Veterans



Hal Lovett, Post Commander for Daniel Harder Post 48



RSVP's Valerie Colvin, Barbara Hutchens, Debby Ahrens, Evelyn Hamilton, Marsha Carr, and Claudia Ahrens, serve veterans and their spouses



Charles Coffield



Johnny Warren



Robert Shoemake

By Dawn Teer
The Southeast Arkansas RSVP held a luncheon for area Veterans on Nov. 11, Veterans Day. It was held at the Donald Harder Post 48. The luncheon was catered by Corkie's BBQ.

Hal Lovett, Commander of the Post was introduced by Norma Strabala, who told the veterans that she was honored to feed and honor them on their day. She also told them she would do this every

year, until she was no longer here to do it.

Fourth graders from Park Avenue Elementary entered waving flags, then they sang several patriotic songs for the veterans. Teachers Jessica Hosman, Staci Wheeler, Chelsea Hill, Bridget Neal and Morgan Walter helped the children prepare to sing.

Boy Scout Troop #84 and leaders posted the colors and retired the colors. Those present were Brittney Powell,

Zavior Powell, Dante Powell, Michael Garrison, Jase Heath, Casey Knowlton and Fonda Logsdon.

Several veterans told their stories about their service, including 98-year-old Calvin Bock, recipient of a Bronze Star, Two Purple Hearts and a French Liberation Medal. Bock served with the 84th Infantry Division, including the Battle of the Bulge fight.

Jeremy Prine provided entertainment. There was 70

years of service at the luncheon, including one World War II veteran. World War II veterans die at a rate of 1700 per day.

RSVP members Norma Strabala, Jennifer White, Maurine Stewart, Rose Ahrens, along with Meredith Lovett also helped provide each veteran with small gifts. Door prizes were given out to veterans as well as a token of appreciation for their service.



Lindsey Phillips



Calvin Bock, 98-year-old World War II Veteran

Ricebirds On to Second Playoff

By Dawn Teer
The Ricebirds faced the Crossett Eagles at Ned Mosley Stadium Friday night. The Birds kicked off to the Eagles who were three and out on their first possession. Ricebirds take over and penalties cost them yardage. Deontae "Sparky" Clark returns the ball 40 yards and a touchdown. 7-0 Birds.

Birds kick off and on the first play after the return, Cedric Hawkins intercepts and returns the ball to the 4-yard line. A.J. Higgins takes in for



the touchdown. PAT is good. 14-0 Birds.

Another three and out for the Eagles. Birds take over on the 17-yard-line, Clark

fakes to Cedric Hawkins who hands off to Jack Hosman who then passes it to Clark who goes 83 yards for the touchdown. PAT is good. 21-0 Birds.

Crossett scores on a 52-yard run. 21-7 Ricebirds. Crossett attempts an onside kick and Cedric Hawkins returns to the 29 yard line, then takes it in for the touchdown. 28-7 Birds. With 1:15 left in the first quarter, Cedric Hawkins is over 100 yards.

Johnny Howard recovers

a Crossett fumble on 27-yard line. Clark keeps and takes it to the house. 35-7 Birds as they go to the half.

Birds receive in the third quarter with a new quarterback, 9th grader Hayden Prine comes in. Prine throws a 35 yard pass to Deontae Clark, who scored. 42-7 Birds. The Mercy Rule is in effect.

Eagles drive down and Kevon Conway intercepts at the 22-yard line. Then Birds fumble and Crossett recovers at the 15-yard line of

the Birds. They score. 42-21 Birds.

Crossett attempts an onside kick, but Birds receive it. Two plays later they fumble and Birds recover and then score. In a rare occurrence the PAT is blocked. 48-21 Birds.

Time runs out. Birds will travel to face the Warren Lumberjacks in next week's playoff game.

Correction

By Dawn Teer
In last week's Gloves not Guns story there were a couple of errors. The following are the corrections. We apologize for any inconvenience this may have caused.

- The name of the club is Stuttgart Gloves Not Guns.
- The initial meeting was Paul Colvin, Coach Matt Euler, former assistant chief Michael Smith and Albert Brewer, not Dr. Seth Kleinbeck.
- Paul Colvin's title is Program Coordinator, not Vice-President.

Preventing Scams and Fraud this Holiday Season

(Statepoint) Scams and fraud are more deceiving these days, reaching you in more ways than ever before. The FTC reported 2.8 million fraud reports from consumers in 2021 alone, with reported fraud losses increasing 70% from 2020 and more than \$5.8 million.

Scammers begin their traditional uptick at the start of the holiday season, and identity theft protection expert Carrie Kerskie says being aware of what new cyber and phone fraud trends to look out for is your biggest defense against unwanted fraud.

"The more that we can get this information out there the better," Kerskie recently told T-Mobile Stories, "Unfortunately when it comes to technology, privacy and identity theft, the same old advice that was given 10, 15 years ago is still the gospel of what you're supposed to do. And that is outdated. None of it works. It's not true, it's not relevant anymore."

Scammers have expanded from targeting consumers with only traditional email and phone calls. The most recent trending scams are occurring using person-to-per-

son payment platforms or P2P, remote access software and even public Wi-Fi.

Kerskie says the most desirable accounts to criminals include bank accounts, mobile phone accounts, credit card accounts, and Amazon accounts. Now, with P2P payment platforms, criminals can get access to your bank account and use it to transfer money within moments.

The latest tactic that concerns Kerskie is using remote access software to gain access to everything on your computer without having to directly ask you for things like your social security number, bank account or credit card number. While many workers use remote access software safely from their companies' IT departments, criminals are also using this software in their scams.

Criminals also try to access your information in settings like coffee shops or libraries using public Wi-Fi. A laptop or smartphone using public Wi-Fi can easily fall victim to scams. An easy fix is to use your smartphone's wireless data and hotspot to help keep your personal information secure.

Kerskie says there are ways to keep scammers and fraud at bay ahead of the holiday shopping season.

Prioritize Privacy: Kerskie says, if it's easy for you, it's easy for a criminal. Privacy means having strong and unique passwords with a minimum of 12 characters, and for pins using random numbers and taking advantage of extra security. Enabling multi-factor authentication on your various apps and accounts will also protect yourself from potential threats.

Use Available Resources: Take advantage of the free anti-fraud safeguards offered by your mobile carrier. In the case of T-Mobile's Scam Shield, services include enhanced caller ID, scam ID and blocking, which flags

suspicious calls and gives customers the option of blocking those numbers. Additionally, customers can get a free second number to keep their personal number personal, or even change their primary number completely.

Validate or Eliminate: Whatever potential threat you come across via email, text message, letter or even a phone call, try to validate the information. If you cannot confirm the information is true or confirm the sender's validity, throw it away, block the phone number or email address and report it as spam or junk mail.

Understanding how potential cyber threats and fraud work will help protect you this holiday season and beyond.

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- Free online training to become a respite caregiver
- Free online search for qualified respite caregivers

To learn more, visit ar.gov/arlifespanspite

LOCAL NEWS

DES Students Compete In Spelling Bee



By Charlotte Purdy

Students at DeWitt Elementary School competed in a Spelling Bee on Friday, December 9, 2022. As each of the students took their turn at the microphone, some were more at ease than others, and those who spelled their words incorrectly were saddened as they were eliminated from the competition.

In the sixth round, the top five students qualified to advance to the Arkansas County Spelling Bee. Each of the top five won a snack pack, 100 Dragon Dollars, and a Spelling Bee ribbon.

With words like joggled, slather, traditional, and

adorable, the competition continued until Allyn Smith won by correctly spelling the word exciting.

The Top 5 Finalists were:
1st Place: Allyn Smith, 4th Grade
2nd Place: Anna Claire B., 4th Grade
3rd Place: Averi C., 4th Grade
4th Place: Austin C., 5th Grade
5th Place: Nehemiah D., 4th Grade

WAITING FOR A FULL LIST OF STUDENTS WHO COMPETED IN THE SPELLING BEE

COPS CARE

Continued from page 1



American Red Cross Responds to Year of Crises

This holiday season, donate financially, give blood or volunteer to help those in need

LITTLE ROCK, AR [December 12, 2022] — 2022 has been a year of crisis for families throughout the Missouri and Arkansas Red Cross Region, as well as across the globe — from flooding and tornadoes locally to extreme disasters such as Hurricane Ian, severe floods in Kentucky and wildfires out West; the ongoing conflict in Ukraine; and the first-ever national American Red Cross blood crisis in January 2022.

“Whether a crisis is felt by an entire community or a single person, it turns lives upside down — especially for the most vulnerable,” Lori Arnold, Executive Director of American Red Cross serving Greater Arkansas said. “This holiday season, join us to provide help and hope for people in need during future emergencies by making a financial donation or volunteering.”

During the holidays, visit redcross.org to make a financial donation. Individuals can also register online for volunteer opportunities.

RESPONDING TO DISASTERS OF ALL SIZES

This year's extreme disasters in the U.S. are clear examples of the increasing frequency and intensity of weather events. So far in 2022, 15 disasters, each costing a billion dollars to respond to, have upended lives across the country — that's more than twice the number of billion-dollar disasters that struck annually two decades ago.

For these and tens of thousands of other disasters in and around the region and across

the country, Red Cross volunteers have worked 24/7 to assist with emergency needs such as food, clothing, and a safe place to stay.

In the Missouri and Arkansas Region, Red Cross volunteers have also provided relief and comfort after home fires and other local disasters, including responding to tornadoes that ripped across the two-state region, and flooding that impacted the St Louis area.

Since January 1, 2022, more than 330 Red Cross disaster workers in the Missouri and Arkansas Red Cross Region have deployed to more than 30 events from coast to coast to help ensure no one faces a crisis of any size alone.

Since January 1, 2022, nearly 3,200 disaster responses in the Missouri and Arkansas Region (primarily home fires, but also tornadoes, flooding or damaging wind events have resulted in more than 11,500 people receiving assistance in the region.

In the area serving Greater Arkansas, about 650 disaster responses (primarily fires, but also floods, tornadoes, wind event responses), have resulted in Red Cross assisting nearly 2,100 people.

HELPING FAMILIES AFFECTED BY GLOBAL EMERGENCIES

Internationally, this year, as part of the world's largest humanitarian network, the American Red Cross provided humanitarian aid in more than 108 countries. OVERCOMING THE FIRST-EVER RED CROSS BLOOD CRISIS

In January 2022, the Red Cross experienced its worst national blood shortage in over a decade, due to ongoing collection challenges and varied hospital demand during the pandemic. Patients in need of lifesaving blood transfusions relied on an outpouring of support from hundreds of thousands of generous blood donors to overcome the crisis.

The need for blood is constant, as one in seven patients entering a hospital will need a blood transfusion. Every day, Red Cross blood donors are the lifeline for car accident victims, parents with complicated childbirths, individuals battling cancer and people with sickle cell disease. To make an appointment to give blood this holiday season by visiting RedCrossBlood.org.

PROVIDING SUPPORT FOR MILITARY MEMBERS AND THEIR FAMILIES

Across the Missouri Arkansas Region, Service to Armed Forces workers have kept busy providing for military members, their families and veterans.

Our SAF team in the Missouri and Arkansas Region opened over 4,000 critical

community services cases since January 1, 2022, to assist service members and veterans with resources to take care of utility bills, car payments, other special needs. We have also educated family members of deploying military and those entering the military about SAF emergency communications services.

Our SAF teams also supported our veterans by distributing nearly 30,000 personal care and clothing items to needy veterans this past year.

Visit www.redcross.org/missouri OR www.redcross.org/arkansas for more information about how the Missouri Arkansas region helped people in 2022. About the American Red Cross:

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or CruzRojaAmericana.org, or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).

Ballet Arkansas Nutcracker Participants



Anna Claire Beaton, Natalie Way, Bailey Claire Hitchcock

Anna Claire Beaton and Bailey Claire Hitchcock of DeWitt, AR both recently danced with Ballet Arkansas in The Nutcracker Spectacular! Both girls auditioned in August for the production and were selected to participate in Ballet Arkansas biggest production of the year. The girls have been attending rehearsals in Little Rock each week in preparation for this event.

Anna Claire Beaton, who danced as one of Mother Ginger's Bon Bons, is a 4th Grade

Student at DeWitt Elementary School. This is her second season dancing in The Nutcracker Spectacular.

Bailey Claire Hitchcock, who danced as a Soldier in The Nutcracker Infantry, is a 3rd Grade Student at DeWitt Elementary School. This was her first season dancing in The Nutcracker Spectacular.

Both Anna Claire and Bailey Claire are ballet students of Ms. Natalie Way at Center Stage Dance in Stuttgart, Arkansas.

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205 North Main Street • DeWitt
Call 870-619-2311 for more information!

A donation box will be located inside the center. Gifts will be wrapped and distributed on December 22 before noon. Donations of throws, socks, hats, gloves, scarves, etc. would be appreciated.

Arkansas County Courthouse Closing & Rural Trash Schedule

The Courthouse in DeWitt & the Courthouse and Annex in Stuttgart will be CLOSED Friday, December 23rd through Monday, December 26th, in observance of the Christmas Holidays.

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To learn more, visit ar.gov/arlifespanspite

Twists, themes, sound effects: Jigsaw puzzles for all ages

By **KIM COOK**
Associated Press

Jigsaw puzzles found their happy place, and their people, during the pandemic. Puzzling was already a thing, but soon more groups formed on social media, while popular puzzles disappeared quickly from online and actual shelves.

Sales for one big puzzle maker, Ravensburger, soared 370 percent year over year in the first couple of weeks of lockdown in 2020.

Inventories have mostly recovered, although there are still “sold out” tags on some sites. And even though many people have returned to pre-lockdown life, the love of jigsaw puzzles stuck around. We’re still sorting and assembling, and getting that little kick when we successfully place a piece.

Puzzle pros say assembling the border is the best way to start. Then sort by color, pattern and, in really big puzzles, section. (At this year’s World Jigsaw Puzzle Championship in Spain, Alejandro Clemente completed a 500-piece puzzle in just over 34 minutes. Most people take between two and seven hours on that size puzzle.)

This holiday season, in a world that seems anxious on many fronts, maybe a good gift would be a jigsaw puzzle. A few hours can be spent putting something together, with a beautiful picture the result. Call it piecing together some personal peace; puzzle therapy.

Special interests

One-thousand piece puzzles are perfect for confident puzzlers like Janet Rosen, a lawyer in



A variety of personalized puzzles are offered by Minted. There are square and heart-shaped layouts, and you can pick black & white or color reproductions. It’s a nice way to celebrate family moments.

Evanston, Illinois, who loved puzzling as a child and got back into it during the pandemic. A gardener and reader, she was happy to receive a couple of hand-me-down puzzles from a friend: one of vintage gardening books, by Ravensburger, another of classic British book covers.

“I like the challenge, and the concrete method of overcoming the challenge,” she says.

At SeriousPuzzles.com, you’ll find Cavallini & Co’s gorgeous vintage illustrations of constellations, minerals, jellyfish, mushrooms and other collections, offered in gift-worthy reusable canisters. Also at the site is a fun retro Christmas puzzle from Cobble Hill featuring midcentury holiday imagery.

And the retailer offers a collection of dynamic, artsy jigsaws from Puzzles of Color, a company started by Texas siblings Ericka Chambers and William Jones to promote artists of color. The puzzles are standard sizes when finished, so you can easily frame and display them.

Some puzzlers like to sort by separating piece shapes. If that’s you, you’ll have fun with the lineup

from Magic Puzzle Company, a company kickstarted during the pandemic.

The puzzles, set in scenes like a magical maze, a sunny cityscape or an island paradise, have surprise shapes like animals and clouds amidst the regular pieces. (Magic Puzzles also have a twist in each one, and without giving too much away let’s just say it involves a separate bag of pieces you aren’t meant to open until you’ve completed the main puzzle.)

Puzzle lovers Jena Wolfe and Rachel Hochhauser, colleagues at a Los Angeles creative agency, started the online shop Piecework a few years ago. They came up with the idea after Hochhauser was stuck during bad weather in a Yosemite rental cabin, and passed the time with a bunch of dusty old jigsaw puzzles she found in a cupboard.

They wanted to design eye-catching and satisfying thematic puzzles where the art takes center stage.

“We like to balance the components that make a great puzzle – variation in color, objects and textures,” Hochhauser says.

“We wanted to create jig-

saws that someone would want to gift as a hostess present, or whip out after a dinner party to work on during dessert.”

Going a step further, the duo even created Spotify playlists to accompany many of their puzzles. A still life of moody flower heads gets a soulful, jazz-tinged playlist. One new one, Apres Ski, features ‘80s-era alpine gear, a fondue pot and a snowy alpine backdrop. The playlist has a lot of Tears for Fears, TOTO, Flock of Seagulls and similar music to help set the Euro disco vibe.

To create a personalized puzzle, using your own photos, try Minted. There are square and heart-shaped layouts, and it’s a nice way to celebrate family members or a great vacation. For those planning a wedding, there are sweet little “reveal” puzzles in which you can ask the recipient to be a bridesmaid, ring bearer or other participant.

Younger kids

The folks at children’s toy company Melissa & Doug have boxed sets of wooden puzzles marked for ages 3 and up. Choose from four dinosaurs or four household pets; the

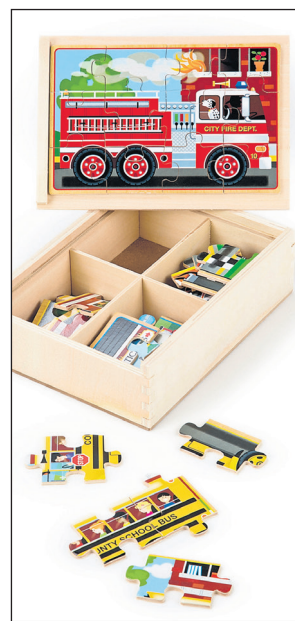
lid serves as an assembling tray, and the wood box makes for easy storage.

The company’s got jigsaws with sound effects, too, to delight the littlest puzzlers. Choose from a farm, firehouse, zoo, orchestra and more, including licensed character tie-ins.

Large, colorful puzzles of the solar system or ocean floor would be fun to assemble: finished size is 2-by-3 feet, and the 48 pieces are big and sturdy.

Older kids

Puzzles shaped like a luscious cupcake, a feline friend, or a stack of books might appeal to middle and high schoolers. They’re available at Galison, which also has a cool, 500-piece, double-sided puzzle featuring artist Romare Bearden’s



Melissa & Doug via AP
A box set of wooden puzzles from Melissa & Doug.

“Jazz II Deluxe” image on one side. On the other is a collage of images done by middle school students in the DreamYard in School Program, which provides residencies and after-school programs to Bronx public schools.

At Woodbests, look for beautiful wooden puzzles in various sizes, of zodiac symbols, famous paintings, or animals, birds and dragons. Young travelers might like a bundled set of 1,000-piece jigsaw puzzles of Paris, London, New York and San Francisco, at Genuine Fred.



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Over 128,000 women have enrolled in the BreastCare Program. Find out if you qualify for free cancer screenings at ARBreastCare.com

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The BreastCare program has helped diagnose over 1,900 women with breast and cervical cancers in Arkansas for twenty-five years. Screenings can help you find cancer early when it’s easier to treat.

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Can 'Avatar' wow again?

By **JAKE COYLE**
Associated Press

NEW YORK — James Cameron has been living on Pandora for a long time.

But 13 years after the original "Avatar" and five years after starting production on its sequel, "The Way of Water," Cameron is unveiling the long-awaited follow-up to the highest grossing film of all-time. Speaking the day after "The Way of Water" debuted in London, Cameron — back on Earth and self-admittedly out of practice with the hoopla of a red-carpet premiere — describes the experience of finally having the movie out in the world "surreal."

"You work on these films kind of in a bubble. You create this world around you with your artists, with your casts and so on," Cameron says. "Then one day you realize, 'Oh crap, we're going to have to show this to people at some point.'"

For a long time, the "Avatar" sequel was the "Waiting for Godot" of blockbusters — more theoretical than real,

with release dates that kept spiraling into the future. Meanwhile, an unending parade of pieces pondered the original's curious place in entertainment: a box-office behemoth with little cultural footprint, a \$3 billion ghost.

But the first look at Cameron's "Avatar" sequel has thrown some cold water on that notion. The overwhelming reaction to the director's latest three-hour opus? Never bet against James Cameron.

With a reported price tag of more than \$350 million, a third "Avatar" film already wrapped and two more planned after that, the Walt Disney Co. is placing a very big wager, indeed, on "The Way of Water."

Cameron's latest — a deep-blue ocean epic of natural splendor, ecological protectionism and family perseverance — is poised to again blow audiences away, and possibly, once more rake in billions.

The film, which opens in theaters today, might be Cameron's most ambitious

undertaking yet — which is saying something for the 68-year-old filmmaker of "Titanic," "The Terminator" and "Aliens."

"I don't want to do anything but big swings," Cameron says.

We've been here before. After cost overruns and delays, "Titanic" was written off as a sure-to-bomb case study of Hollywood excess. Then it made \$2.2 billion in ticket sales and won 11 Oscars. Not everyone was pre-sold on "Avatar," either, which resuscitated 3-D after decades of dormancy.

"There was a guarded skepticism around this film," he adds, "as there should always be with any new film."

"The Way of Water," which Cameron scripted with Rick Jaffa and Amanda Silver, takes place a decade after the events of the first "Avatar." Jake Sully (Sam Worthington), the paralyzed Marine who donned an avatar on Pandora, is now fully enmeshed in the remote world of the Na'vi. He and Neytiri (Zoe

Saldña) have three teenage children. When human soldiers come hunting for him, Jake moves his family to a reef clan of Na'vi who live harmoniously with the ocean.

The trials the family endures turn surprisingly wrenching in what's already been called Cameron's most emotional film. That may be partly because much of Cameron's own experience as a father raising five children in New Zealand is woven into the film, as is his early life growing up in Ontario as the eldest son of an electrical engineer father.

"I remember what that was like for me. I've been Lo-ak," says Cameron, referring to Jake and Neytiri's middle son.

"The Way of Water," which is being shown in 3-D and 48-frames-per-second, also means a new generation of technological advancement. While it's unlikely to be as much a milestone as the first was visually, the blend of CGI and live action, above ground



Vianney Le Caer / Invision / AP
Director James Cameron poses for photographers upon arrival at the World premiere of the film 'Avatar: The Way of Water' in London on Dec. 6.

and under water, makes for an even more strikingly detailed vistas.

"We're able to deliver a much greater ability of photorealism than we ever did before," says producer Jon Landau. "When we made the first movie, I would say to people, 'We need it to be photographic.' Now in this movie, we have so many Avatar, Na'vi characters in the live-action world and we have so many live-action characters in the Pandora world, we need to be photoreal. That's a new standard we have to live up to."

That's most beautifully rendered in the film's wa-

ters, where teeming science-fiction species of flora and fauna enrich an imagined ocean paradise.

To Cameron, an avid deep-sea explorer whose passions for sea nearly outstrip his love of filmmaking, "The Way of the Water" is his grand ode to the ocean.

"It's also a cri de coeur to people around the world to protect and be guardians of the oceans, to be guardians of nature, in general. That's what these 'Avatar' movies are about," Cameron says. "Maybe cinema's back. Maybe enough people out there do care about that dream of cinema."

REVIEW

Yes! 'The Way of Water' is a big-screen blast

By **LINDSEY BAHR**
Associated Press

It is impossible to talk about "Avatar: The Way of Water" without sounding hyperbolic. But James Cameron's sequel is a truly dazzling cinematic experience that will have you floating on a blockbuster high.

No matter if you've spent a second of your life in the past 13 years thinking about what's happening on Pandora or how Jake Sully (Sam Worthington) and Neytiri (Zoe Saldña) are getting on, assuming you remember their characters' names. "The Way of Water" will make awe-struck believers out of even "Avatar" agonistics like me, at least for three hours and 12 minutes. The film isn't just visually compelling, either, it's spiritually rich as well — a simple but penetrating story about family and the natural world that is galaxies better than the first.

About that run time: Three hours and 12 minutes sounds excessive, but there is something decidedly decadent about really committing that much time to a movie in a theater.

In other words, it's not a big ask. And you'll forget all about checking the time from the first shot of Pandora and Jake's earnest



20th Century Studios via AP
Jake Sully, portrayed by Sam Worthington, in "Avatar: The Way of Water."

exposition about what's been going on in the past decade.

He and Neytiri have three kids now, Neteyam (Jamie Flatters), Lo'ak (Britain Dalton), Tuk (Trinity Jo-Li Bliss) and an adopted teenage daughter, Kiri (Sigourney Weaver), and they're happy living in the forest.

The humans are on the hunt for Jake, with a familiar antagonist leading the charge. And soon his family is on the run, taking up home in another part of Pandora, on the water with a new tribe led by Ronal (Kate Winslet) and Tonowari (Cliff Curtis) who reluctantly grant them refuge and try to teach them how to live on the water.

It's worth noting Cameron has not stuffed the film with mind-numbing, wall-to-wall action and needlessly complicated plot. There

are long stretches of movie where we're simply exploring the environment with the characters, delighting in the intricacies of a reef or basking in the beauty of giant sea creatures. It is not even really developing characters. It just is, and it's serene.

The action is there, too, of course, and it's exciting because you've become invested in the family and worried about the kids who

are never where they're supposed to be and are often in danger because of it. And though we know there are more sequels coming, and one already wrapped, this is not the kind of franchise where anyone is guaranteed to get a fake superhero death. Sure there is some silliness, but there is something admirable about the straightforward dialogue and emotions at play, too. No one is snarking their way through this ordeal.

"Never doubt James Cameron" has become a bit of a rallying cry lately. It's all the more extraordinary as the once-mythical sequels had become a kind of joke in the years since the first movie. Even as "The Way of Water" release date actually approached the "who cares?" chorus intensified. But Cameron knows his way around a thrilling sequel, and the water for

that matter (and references his own greatest hits in this film, too).

But then people saw it and the tune changed. There is something comforting about the fact that we are capable of intense, collective cultural whiplash. That "who cares?" can turn to uncynical amazement in an instant. Is that the magic of the movies? Of continuing to push the bounds of the big screen experience? Of betting big on weird-sound-

Avatar: The Way of Water

The film is a 20th Century Studios release in theaters today and is rated PG-13 by the Motion Picture Association.

- Running time: 192 minutes!
- Three and a half stars out of four.

ing stories about giant blue environmentalists instead of superheroes every so often? Maybe it's just the magic of James Cameron.

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The Junior Indians brought home three medals to Caddo Hills from the Rattler Invitational Cross Country Meet held at Acorn. Cole Naney led the charge with a third place finish. He was joined by Hunter Sliger and Brody Sigfrid who finished in fifth place and 17th place respectively. - Photo courtesy of Debbie Bean

Junior Indians claim Top 5 finishes

DEWAYNE HOLLOWAY
dewayne@mcnews.online

ACORN - The Caddo Hills Indians and Lady Indians traveled to Acorn to make up a meet scheduled for Magazine. The Junior Boys led the charge for the Indians with Top 10 finishes by Cole Naney and Hunter Sliger.

Cole Naney topped the Junior Indian effort with a third place finish with a time of 9:45.30. Hunter Sliger finished in 9th place with a time of 10:31. Brody Sigfrid finished in 17th place with a time of 11:28.60 and Josue Morales finished in 26th place with a time of 14:57.10.

Josiah Williams of Mansfield won the meet with a time of 9:10, followed by Eli Connelly of Waldron with a time of 9:35.10.

The Indians finished in Third Place in the team standings with a score of 73.

Jaydin Waggoner earned a Top 10 finish in the Junior Girls race.

The Junior Lady Indian turned in the 9th

fastest time at 12:33.60. Kamilah Gonzalez finished in 23rd place with a time of 13:36.50 and Noemi Morales finished in 27th place with a time of 14:18.40.

Connie Grano of Waldron won the event with a time of 11:18.40, followed by Rylan Jones of Mansfield (11:31.50) and Emily Defoor of Waldron (11:44.50).

In the Senior Boys Division, Juan Maldonado and Carlos Aguilar, both of De Queen, finished One-Two with times of 17:16.20 and 18:21.80. Isaac Tedder of Acorn finished in third place with a time of 18:42.00.

Bender Meeks led Caddo Hills runners with a 27th place finish with a time of 22:12.80, followed by Lane Naney (28th place, 22:20.60), Chayanne Hernandez (34th place, 22:47.80), David Castillo (37th place, 22:50.60) and Cameron Sliger (43rd place, 23:44.60).

Caddo Hills finished in Fourth Place in the team standings with a score of 117.

In the Senior Girls Division, Elizabeth Merritt of Magazine High School won the event with a time of 21:23.70, followed by Alyssa Neal of De Queen with a time of 22:55.50 and Bella Tedder of Acorn with a time of 23:18.20.

Katelynn Foster led all Lady Indians with a 22nd place with a time of 27:23.90, followed by Skylin Sliger (28th, 29:16.80)

2022-2023 Timberwolves Basketball Schedule

- October 14th Timberwolf Tip Off 5:30
- October 18th @ Cossatot 5:00 JG/JB/SG/SB
- October 21st @ Oden vs Legacy 5:00 JG/SG/SB- homecoming
- October 25th @ Mulberry 5:00 JB/SG/SB
- November 1st @ Gospel Light 4:30 JB/SG/SB
- November 8th @ Oden vs Gospel Light 4:30 JB/SG/SB
- November 10th @ Scranton 4:30 JB/SG/SB
- November 18th @ Oden vs Taylor 5:00 JG/SG/SB
- November 28th @ Oden vs Magazine 4:30 JG/JB/SG/SB
- December 1st @ Kirby 5:30 JG/SG/SB
- December 6th @ Bradley 4:30 JB/SG/SB
- December 8th @ Oden vs Blevins 5:30 JG/SG/SB
- December 12th @ Oden vs Scranton 4:30 JG/SG/SB
- December 13th @ Mineral Springs 5:00 JB/SG/SB
- December 16th @ Oden vs LC 4:30 JG/SG/SB
- December 19th @ Umpire 5:00 JG/JB
- January 10th @ Oden vs Kirby 5:30 JB/SG/SB
- January 13th @ Oden vs Bradley 5:00 JG/SG/SB
- January 17th @ Blevins 5:00 JB/SG/SB
- January 20th @ Oden vs Mineral Springs 5:00 JG/SG/SB
- January 24th @ LC 4:30 JB/SG/SB
- January 26th @ Legacy Academy 5:00 JB/SG/SB
- January 27th @ Mt. Ida 5:00 JG/JB/SG/SB
- January 31st @ Taylor 5:00 JG/SG/SB
- February 3rd @ Acorn 5:00 JB/SG/SB
- February 7th @ Oden vs Mt. Ida 5:30 SG/SB Senior night

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Junior Girls

Blevins 16 7 8 10 43
 Oden 0 1 5 0 6
 Oden:Huntar Starr (3), Kloee Husser (2), Hannah Cogburn (1)

Junior Boys

Caddo Hills 2 14 13 12 41
 Cossatot River 20 9 5 4 38
 Caddo Hills: Henry Bell (15), B Driggers (2), C Naney (2)
 Caddo Hills 11 7 5 16 39
 Springhill 13 9 11 7 40
 Caddo Hills: C Francis (22), Henry Bell (15), C Flores (11), C Francis (8), B Driggers (3), C Naney (2)
 Kirby 14 12 10 12 48
 Mount Ida 6 12 10 14 42
 Kirby: Tyler Hardage (14), Mason Lidnsey (8), Gavin Young (6), Rilee Faulkner (6), Jackson O'Neal (6), Bo Tolleson (5), Ethan Edans (3)
 Mount Ida: Dakota Beechy (17), Cain McCullough (17), Kaceton Phimvongsa (3), Chris Dorrell (2), Hunter Riley (2), Jackson White (1)

Senior Girls

Caddo Hills 8 18 9 8 43
 Cossatot River 14 10 10 13 47
 Caddo Hills: Natalie Jackson (24), Morgan Caldwell (7), Skylin Sliger (5), Abbie Buttrum (4), Emma Pittman (3)
 Caddo Hills 10 6 12 12 40
 Springhill 7 19 8 2 36
 Caddo Hills: Natalie Jackson (14), Morgan Caldwell (10), Abbie Buttrum (7), Emma Pittman (3), Wraylin Wooley (2)
 Kirby 17 15 19 11 62
 Mount Ida 4 7 7 4 22
 Kirby: Gracie Turner (11), Kristen Miller (10), Kenna Bailey (9), Kylee Crump (8), Zoey Gaither (6), Carrie Mount (4), Jolie Brewer (3), Gracie hardage (3), Emmalee Vick (2), Kendall Muse (2), Remi Cowart (2), Lauren Fortner (2)
 Mount Ida: Kendall Qualls (8), Brianna Hamilton (5), Klarissa Wootten (4), Gracie Summitt (3), Kinlea Leach (2)
 Oden 1 11 5 7 24
 Bradley 18 18 20 5 61
 Oden: Annie Strother (9), Gracie Pearson (7), Emee McAnelly (6), Shaelyn Starr (2)
 Blevins 19 11 9 2 41
 Oden 7 4 4 5 20
 Oden: Annie Strother (6), Abby Strother (5), Emee McAnelly (4), Gracie Pearson (3), Shaelyn Starr (2)

Senior Boys

Caddo Hills 10 13 11 13 47
 Cossatot River 17 12 22 25 77
 Caddo Hills: Richard Owens (17), Wyatt Pittman (16), Landon Young (7), MJ Cureton (5), Caleb Johnson (2)
 Caddo Hills 10 17 14 13 54
 Springhill 18 9 12 25 63
 Caddo Hills: Wyatt Pittman (20), MJ Cureton (12), Richard Owens (12), Landon Young (4), Andrew Hunt (2), Caleb Johnson (2)
 Kirby 15 21 15 8 59
 Mount Ida 4 12 10 6 32
 Kirby: Luke Baker (17), Lane Abernathy (14), Austin Tigre (10), Christian Sereno (7), Antonio Henson (7), Bennett Baxter (4)
 Mount Ida: Karter Rowton (6), Jed Harper (6), Ramsey Gilbert (6), Ashton Humphries (6), Konnor VanHorn (5), Chandler Perkins (2), Dean Johnson (1)
 Oden 4 0 4 3 11
 Bradley 20 23 19 21 83
 Oden: Justice Carty-Mauk (3), Wyatt Pearson (3), Jay Wilburn (2), Isaac Gilbert (2), Caleb Hearne (1)
 Blevins 2 21 6 19 48
 Oden 6 4 13 12 35
 Oden: Jay Wilburn (17), Matthew Lewis (7), Trent Morrison (5), Martin Leiros (2), Justice Carty-Mauk (2), Caleb Hearne (2)



(Top Left) Ashtyn Fechuch (15) brings the ball across the mid-court stripe as the Junior Lady Timberwolves battle Blevins.

(Top Right) Jay Wilburn (13) splits a pair of Blevins Hornets' as he drives to the basket in senior boys action.

(Left) Annie Strother (15) dives after a loose ball last Thursday as the Lady Timberwolves face the Blevins Lady Hornets.

Photos by Dewayne Holloway



The Mount Ida Quiz Bowl Team won the Mineral Springs GT Invitational Quiz Bowl tournament held December 7. Mount Ida won all seven games played to win the tournament. – Photo courtesy of Mount Ida High School Facebook page

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England High School Students of the Week recognized



Congratulations to our EHS Students of the Week; Isaac Morales, Gia Walker, Charli Adams, Allison Mackey, Keeli Havens, and Kyndall Odle. Keep up the great work!

Appreciation Fund started for England Volunteer

Most all area residents have witnessed retired EHS Math Teacher Marilyn Houser Roberts giving of her time as a community volunteer. She has spent countless hours clearing debris from street curbs and trimming trees in the downtown area.

One local business owner suggested that an appreciation fund be started for Mrs. Roberts and thusly requested that I be in charge of such task. He asked that I share how other residents can contribute to this fund.

If you feel compelled to add to this fund, please make checks payable to: Marilyn Roberts Appreciation Fund and mail them to the newspaper office at: P O Box 250, England, AR 72046.

If you wish to remain anonymous, you can make your checks to: England Democrat and they will be cashed and placed into the fund. Just be sure to note in the for space that it should go to the Mari-

lyn Roberts Appreciation Fund. For more information, call: 501.842.3111.



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THE ASSOCIATION

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Re-Elect Butch House

MAYOR City of England

Mayor Butch House's 1st Term Accomplishments:

2019

- Appointed James Paulus Interim Police Chief
- Named James Pearson Code Enforcement Officer
- Purchased wood chipper and chipper truck
- Purchased wooden bench/planters for the Skateboard Park
- Joined Metro Little Rock Alliance
- Added welcome signage for the Skateboard Park
- High School Art class painted the windows at empty store front on Main St.
- Renovated England Fitness Center and purchased new equipment
- Purchased new computers for the city

2020

- Purchased tractor and cutter
- Received broadband grant
- Received two sewer grants

2021

- Received grant for the Ball Fields totaling approximately \$50,000.00
- Received COVID Relief funds
- Constructed concrete walkway at Mike Freeze Fishing Pond
- Received two TAPP sidewalk grants totaling approximately \$160,000
- Negotiated repairs of Highway 165 and part of Highway 161 to Allis St
- Cleaned drainage ditches on west side
- Joined MetroPlan
- Negotiated construction of Solar Field
- Appointed Bill Duerson Chief of Police
- Formed England Coalition
- Conducted Walk Audit of downtown England
- Conducted citywide survey

2022

- Received grant for Water Department repairs
- Purchased two new police units
- Painted the Mayor and Fire Department Building
- Painted the Police Department
- Placed new water meters
- Coordinated Master Pedestrian Bike Plan
- Received Winrock Foundation / USDA Economic Development / City Beautification grant for trees south of Skateboard Park
- Named Vickie Roper Director of England Fitness Center

*Vote for a proven leader!
 Vote to Re-Elect Mayor David "Butch" House
 in the 2022 General Election. Thanks for your support!*
 (Paid Political Ad)

AP names Breakthrough Entertainers

By THE ASSOCIATED PRESS

They worked hard, with the rewards coming slowly but surely. Then something came along – often a key role or sometimes a cluster, maybe an album – and it all became next-level, a shift triggering where-did-you-come-from vibes.

That describes most of this year's nine Associated Press' Breakthrough Entertainers of the Year, a class of talent that flowered in 2022. They are Sadie Sink, Stephanie Hsu, Tenoch Huerta, Joaquina Kalukango, Iman Vellani, Daryl McCormack, Tobe Nwigwe, Simone Ashley and Danielle Deadwyler.

Sink had been on Broadway and worked alongside stars such as Naomi Watts and Helen Mirren. But playing Max Mayfield in the fourth season of "Stranger Things," she broke through as a brave skater girl who never lets go of her Walkman, who hates pink, plays video games and is a "Dragon's Lair" champion.

Hsu also was a Broadway veteran with a few TV credits when she was asked to play both a sullen teen and an intergalactic supervillain in the movie "Everything Everywhere All at Once." That led to an unforgettable performance that included dressing as Elvis and walking a pig on a leash.

Like many of the others on the list, Kalukango had racked up plenty of Broadway credits when she took a risk and played the lead in a Broadway musical, "Paradise Square." It led to a best actress in a leading role Tony Award and a stunning moment in the



This combination of photos shows AP's 2022 breakthrough entertainers of the year. Actor/recording artist Joaquina Kalukango, top row from left, actor Tenoch Huerta, actor Danielle Deadwyler, actor Daryl McCormack, middle row from left, actor Iman Vellani, actor Sadie Sink, actor Simone Ashley, bottom row from left, actor Stephanie Hsu, and actor/recording artist Tobe Nwigwe.

telecast when she sang "Let It Burn."

"Black Panther: Wakanda Forever" isn't one of Huerta's biggest roles but the Mexican actor suddenly launched a hundred memes as the mutant leader of a kingdom based on Mayan and Aztec influences beneath the ocean for centuries. Huerta, known for roles in the Netflix series "Narcos: Mexico" and the movie "The Forever Purge," has taken a big step for movie diversity.

Nwigwe, just nominated for a Grammy as best new artist, has been bubbling up with noted appearances on NPR's Tiny Desk Concert series and earning a spot on Michelle Obama's 2020 workout playlist with "I'm Dope." This year, the Houston-based artist was featured on the "Black

Panther: Wakanda Forever" soundtrack and dropped the EP "moMINTs" to acclaim.

McCormack has worked consistently since 2018 but 2022 seems to have turned into something special with a constellation of roles – "Peaky Blinders," the buzzy, dark comedy thriller "Bad Sisters," plus a star-making performance as the title character in the film "Good Luck to You, Leo Grande" opposite Emma Thompson.

Ashley, a British actress of Indian heritage with a Tamil background, found herself leading season two of the Regency-era period drama "Bridgerton." She had a role in the series "Sex Education," but playing the fiercely independent Kate Sharma for Shonda Rhimes was her first lead character

in a major production.

Deadwyler burst into the awards race this year with her performance in "Till" as Mamie Till-Mobley, the mother of teenager Emmett Till, who was lynched in 1955. She has also appeared in "The Harder They Come," "Watchmen" and the Netflix series "From Scratch" and "Station Eleven."

Vellani, another member of the Marvel Cinematic Universe on this list, is the exception, having had no such slow burn. The 19-year-old actor in "Ms. Marvel" plays a high school student enamored with all things superheroes only to find herself suddenly wielding powers of her own. And Vellani, in real life, is just starting to find her powers, like all the entertainers nominated here.

God of War, Wordle lead a bumpy year for video games

By LOU KESTEN
Associated Press

It's been a bumpy year for video games, in part thanks to the ongoing repercussions of the pandemic. Some major releases got delayed (2023 could be a doozy), but enough crossed the finish line to keep gamers happy. Indie developers held up their end, delivering innovative challenges and fascinating stories. Here are the games we enjoyed the most in 2022:

1. God of War: Ragnarök: The latest chapter in the saga of surly Spartan warrior Kratos delivers everything you could ask for in a AAA Sony PlayStation blockbuster. There's bone-crushing combat against awe-inspiring mythical monsters. There are clever environmental puzzles to solve when you need a break from the mayhem. There's a surprisingly moving story about fatherhood, regret and the battle between fate and free will.

2. Wordle: On the other end of the spectrum is this simple yet seductive word and logic game that you can play in a few minutes

while you're eating breakfast. Created by software engineer Josh Wardle for his partner's amusement, Wordle became a phenomenon when he added the ability for players to share their successes (and failures) on social media.

3. Horizon: Forbidden West: Sony's other big release of 2022 is this sprawling postapocalyptic adventure. In 2017's "Horizon: Zero Dawn," fearless heroine Aloy discovered why civilization collapsed; now she has to stop a mysterious enemy from wiping out humanity for good.

4. Pentiment: It's not often that you see a video game in which a major plot point revolves around Martin Luther and the Protestant Reformation. But such is life in 16th century Germany, the setting of this thought-provoking whodunit told with beautiful graphics that evoke the manuscripts and woodcuts of the medieval era.

5. Norco: A young woman named Kay returns to her Louisiana hometown after her mother's death in this absorbing mystery. Norco – an actual town, built around a giant oil refinery – is a

desolate place, damaged by flooding and decades of pollution, but it takes on an odd kind of beauty thanks to vivid pixel art reminiscent of classic LucasArts games of the 1990s. It's one of the most thoughtfully written games in years.

6. Return to Monkey Island: Speaking of LucasArts, one of the mad geniuses of its golden age, Ron Gilbert, came back this year with an uproarious reprise of his most famous creation. Stumbling wannabe swashbuckler Guybrush Threepwood is determined to finally learn the Secret of Monkey Island that was promised in the 1990 original. (Spoiler: It's very silly.)

7. Elden Ring: Japan's From Software studio's move from gloomy, claustrophobic castles into a more colorful, inviting open world at least gives less masochistic players a chance to explore its singular take on sword-and-sorcery.

8. The Case of the Golden Idol: The tiny studio Color Gray Games (essentially two Latvian brothers) made a splash with this ingenious mystery linking 12 gruesome crimes into one

big conspiracy. Each case gives you a series of mostly static screenshots, and your job is to figure out not just whodunit, but what the heck happened in the first place. It'll make you feel like Columbo – albeit in the 18th century – as you piece together bits of evidence to assemble a coherent narrative.

9. Marvel Snap: Each player has a handful of Marvel characters that are played onto three locations that have different effects; the goal is to take over two of the three spots. One game takes just a few minutes, but it's easy to lose hours playing just one more as you try to assemble a killer deck.

10. Kirby and the Forgotten Land: Nintendo's best Switch game this year finally takes Kirby into a 3D world, opening up some new skills and challenges for the adorable pink blob. Kirby can inhale enemies and take on their powers. Forgotten Land is easy, but it's fun to play co-op with younger kids, and there are enough hidden secrets that you'll want to replay each level after the kids have gone to bed.



This image shows Meg Ryan, left, and Billy Crystal in a scene from "When Harry Met Sally."

'When Harry Met Sally,' 'Iron Man' added to film registry

By JOCELYN NOVECK
AP National Writer

They'll have what she's having.

The 1989 rom-com "When Harry Met Sally" is one of 25 films chosen this year to enter the National Film Registry, a list that ranges from Disney's "The Little Mermaid" to an 1898 silent documentary, long thought lost, about the Mardi Gras parade in New Orleans.

Also chosen this year for preservation: Marvel's "Iron Man," John Waters' "Hairspray," Brian de Palma's "Carrie" and the 1950 "Cyrano de Bergerac" starring Jose Ferrer, whose performance made him the first Hispanic actor to win a best actor Oscar.

The registry is housed at the Library of Congress, which since 1988 has selected movies for preservation based on their cultural and historic importance. This year's picks bring the total number of films in the registry to 850 – many of which are among the 1.7 million films in the library's collections.

The oldest film selected this year is the 1898 "Mardi Gras Carnival," a silent-era documentary with the earliest known footage of the carnival in New Orleans. A copy was recently found at the Eye Filmmuseum in the Netherlands. Showing floats, spectators and marchers at a parade, the film is one of nine documentaries chosen, covering

topics like the Attica prison rebellion, female union workers, mental health treatment, LGBTQ history and others.

And the most recent film on this year's list is the 2011 "Pariah," by Dee Rees, a coming-out story about a lesbian teen in Brooklyn that's considered a prominent film in modern queer cinema.

Among the films entering the registry:

■ "Iron Man" (2008), the Marvel superhero film starring Robert Downey Jr. and Gwyneth Paltrow, directed by Jon Favreau.

■ "Carrie" (1976), the Brian de Palma horror classic about a teen outcast (Sissy Spacek) with telekinetic powers.

■ "Hairspray" (1988), the John Waters version of the story about teenagers in Baltimore, starring Ricki Lake, Debbie Harry, Jerry Stiller, Sonny Bono and Divine. The film would go on to become a successful Broadway musical.

■ "Charade" (1963) by Stanley Donen, the only movie to pair Cary Grant and Audrey Hepburn.

■ "Cyrano de Bergerac" (1950) directed by Michael Gordon, the first U.S. film version of Rostand's 1897 French play. Ferrer won the best actor Oscar.

The library said that Turner Classic Movies would host a TV special on Dec. 27, screening a selection of this year's movies entering the registry.

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Truss quits, but UK's political and economic turmoil persist

Associated Press

LONDON — British Prime Minister Liz Truss quit Thursday after a tumultuous and historically brief term marred by economic policies that roiled financial markets and a rebellion in her political party that obliterated her authority.

After just 45 days in office, Truss became the third Conservative prime minister to be toppled in as many years, and she will go down as the shortest-serving leader in British history. Her resignation extends the instability that has shaken Britain since it broke off from the European Union and leaves its leadership in limbo as the country faces a cost-of-living crisis and looming recession.

"I cannot deliver the mandate on which I was elected by the Conservative Party," Truss, 47, said outside her 10 Downing Street office.

Financial markets breathed a sigh of relief, but now a divided ruling party must quickly find a leader who can unify its warring factions. Truss said she will remain in office until a replacement is chosen, which the Conservative Party said it would do by the end of next week, an extremely fast timeline for choosing the next leader of one of the world's largest economies.

Potential contenders include: former Treasury chief Rishi Sunak, who lost to Truss in the last leadership contest; House of Commons leader Penny Mordaunt; Defense Secretary Ben Wallace; and Boris Johnson, the former prime minister ousted in July over a series of ethics scandals.

The low-tax, low-regulation economic policies that got Truss elected by her party proved disastrous in the real world at a time of soaring inflation and weak growth.

Her Sept. 23 economic plan included a raft of tax cuts that investors worried Britain couldn't afford. It pummeled the value of the pound and drove up the cost of mortgages, causing economic pain for people and businesses already struggling from an economy yet to emerge from the pain of the pandemic.

That financial tumult led to the replacement of Truss' Treasury chief, multiple policy U-turns and a breakdown of discipline in the governing Conservative Party.

Truss resigned just a day after vowing to stay in power, saying she was "a fighter and not a quitter." But she couldn't hold on any longer after a senior minister quit her government amid a barrage of criticism and a vote in the House of Commons Wednesday descended into chaos and acrimony.

"It's time for the prime minister to go," Conservative lawmaker Miriam Cates said, echoing the sentiments of many others.

Before Truss, the shortest-serving prime minister in Britain had been George Canning, who died in office in 1827 after 119 days.

The pound rose about 1% Thursday to around \$1.13 after Truss' resignation.

Where the Conservative Party goes from here is not clear. Its myriad factions — from hard-right Brexiters to centrist "One Nation" Tories — are at each other's throats.

"Nobody has a route plan. It's all sort of hand-to-hand fighting on a day-to-day basis," Conservative lawmaker Simon Hoare told the BBC on Thursday before Truss resigned.

Newspapers that usually support the Conservatives were vitriolic. An editorial in the Daily Mail on Thursday was headlined: "The wheels have come off the Tory clown car."

Truss' departure on Thursday sparked jubilation for the tabloid Daily Star, which had set up a livestream last week featuring a photo of the prime minister beside a head of lettuce to see which would last longer.

"This lettuce outlasted Liz Truss!" it proclaimed Thursday.

the world in laughing at the lettuce joke, Bronwyn Maddox, director of international affairs think-tank Chatham House, said "there is no question that the U.K.'s standing in the world has been severely battered by this episode and by the revolving door of prime ministers."

She said Truss' successor would need to have policies "based on economic stability, but need also to include a resolution of the relationship with Europe; much of the upheaval represents the bitter aftermath of Brexit."

The Conservative Party said nominations for a new leader will close on Monday. Candidates need the signatures of 100 of the 357 Conservative lawmakers, meaning a maximum field of three. Lawmakers will knock out one of those, and will ask the party's 172,000 members to decide between the two finalists in an online vote. The new leader is due to be in place by Oct. 28.

Truss' resignation is the culmination of months of simmering discontent inside the Conservative Party, whose poll ratings have plunged.

Johnson's government came undone after he was revealed to have held a series of parties in government buildings at a time when people in Britain were barred from mingling with friends and family or even visiting dying relatives. The Conservative Party spent the summer picking a replacement as the economy worsened amid spiking energy prices triggered by Russia's invasion of Ukraine. Truss had served as Johnson's foreign secretary.

Whoever succeeds Truss will become the country's

third prime minister this year. A national election doesn't have to be called until 2024, but opposition parties demanded one be held now, saying the government lacks democratic legitimacy.

Opposition Labour Party leader Keir Starmer accused the Conservatives of presiding over "utter chaos."

"This is doing huge damage to our economy and the reputation of our country," he said. "We must have a chance at a fresh start. We need a general election — now."

Truss' political unraveling began after she and her Treasury chief, Kwasi Kwarteng, unveiled an economic plan with 45 billion pounds (\$50 billion) in unfunded tax cuts. The notion of massive borrowing to finance tax cuts hammered the value of the pound and caused interest rates on U.K. government bonds to rise. The Bank of England was forced to intervene to prevent the crisis from spreading to the wider economy and putting pension funds at risk.

Truss soon fired Kwarteng, and his replacement, Jeremy Hunt, scrapped almost all of Truss' tax cuts, cut short her energy subsidies and abandoned

her promise of no public spending cuts. He said the government will need to save billions of pounds and that there are "many difficult decisions" to be made before he sets out a medium-term fiscal plan on Oct. 31.

Speaking to lawmakers on Wednesday for the first time since the U-turn, Truss apologized and admitted she had made mistakes, but insisted she would not resign. Within hours, a senior Cabinet minister, Home Secretary Suella Braverman, quit, blasting Truss in her resignation letter, saying she had "concerns about the direction of this government."

For many Conservative lawmakers, the final straw was a Wednesday evening vote over fracking for shale gas that produced chaotic scenes in Parliament, with party whips accused of using heavy-handed tactics to gain votes.

Chris Bryant, a lawmaker from the opposition Labour Party, said he "saw members being physically manhandled ... and being bullied." Conservative officials denied this.

Arizona refuses US demand to remove containers along border

Associated Press

PHOENIX — Arizona has refused the federal government's demand to take down double-stacked shipping containers it placed to fill gaps in the wall along the U.S.-Mexico border, saying it won't do so until the U.S. moves to construct a permanent barrier instead.

The Arizona Department of Emergency and Military Affairs dug in its heels in an Oct. 18 letter to the U.S. Bureau of Reclamation, saying "the containers will remain in place until specific details regarding construction are provided." It was signed by Allen Clark, the department's director.

A regional spokeswoman for the Bureau of Reclamation did not immediately respond to a request for comment on Arizona's refusal in the most recent flap between the Biden administration and

Republican-led border states over immigration policies.

The federal agency told Arizona officials in a letter last week that the containers were unauthorized and violated U.S. law. The bureau also demanded that no new containers be placed, saying it wanted to prevent conflicts with two federal contracts already awarded and two more still pending to fill border wall gaps near the Morelos Dam in the Yuma, Arizona, area.

Arizona Gov. Doug Ducey ordered installation of more than 100 double-stacked containers that were placed over the summer, saying he couldn't wait for the U.S. Customs and Border Protection to award the contracts it had announced for the work.

Migrants have continued to avoid the recently erected barriers by going around them, including through the Cocopah Indian Reservation.



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HOROSCOPE | HOLIDAY MATHIS

Aries (March 21-April 19). What's good on paper isn't always good in person. A tally of matched qualifications isn't something that can be felt.

Taurus (April 20-May 20). Group dynamics are ever-changing. A group is a delicate and temporary balance of energy.

Gemini (May 21-June 21). Rage doesn't have to be angry or negative. It's always powerful, and best focused on what's important to you.

Scorpio (Oct. 24-Nov. 21). You'll soon give a gift. Ask for help, even if you must ask the eventual receiver.

Sagittarius (Nov. 22-Dec. 21). The funny, intelligent and loving person who comes into your life today will be none other than you!

Capricorn (Dec. 22-Jan. 19). You feel free today, as some of the things that have held you back

are no longer an issue.

Aquarius (Jan. 20-Feb. 18). Does everything have to be hard won? Not everything of value must be attained by sweat and struggle.

Pisces (Feb. 19-March 20). At first you don't even realize what you want, but if you listen to those tugs of attraction they may turn into longing – an uncomfortable gift.

Cancer (June 22-July 22). You don't have to have personal relationships with your role models for them to be powerfully affecting.

Leo (July 23-Aug. 22). Today you'll feel most comfortable and energized around people who match your rhythm.

Virgo (Aug. 23-Sept. 22). It only takes one connection to make your personal life go from being a stale routine to an inspired journey.

Libra (Sept. 23-Oct. 23). Complaining is bad form unless health and safety are threatened. You'd rather work for change.

JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

FINSF
 [] [] [] [] [] [] [] []

ATHHC
 [] [] [] [] [] [] [] []

MLAEBG
 [] [] [] [] [] [] [] []

DOSIMW
 [] [] [] [] [] [] [] []

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Print the answer here: [] [] [] [] [] [] [] [] (Answers tomorrow)

Yesterday's Jumbles: GLOAT PATCH DOMINO TUXEDO
 Answer: Marigold went on and on about her horn. But Phoebe had to admit she — HAD A GOOD POINT

THAT SCRAMBLED WORD GAME
 By David L. Hoyt and Jeff Knurek

Today's Guest, JUMBLER is **ROB HARRELL** creator of BATPIG

WHAT SOAP DID GARY, AKA BATPIG, USE DURING HIS MUDBATHS?

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

BRIDGE | FRANK STEWART

So near, so far

Early in the Spingold Teams at the Summer NABC, Nick Nickell's top-seeded team was upset by a squad from Australia/New Zealand.

The match was close when today's deal arose. At one table NICKELL's East-West played at four hearts, down two, minus 200.

In the replay, on the auction shown, the second-round double by North for NICKELL was responsive; most players would have bid two spades. When South competed to three spades, North's normal action was a pass; but he broke discipline and went on to game.

NORTH
 ♠ A Q 9 8
 ♥ 4 2
 ♦ Q 9 2
 ♣ J 10 4 3

WEST
 ♠ 7 6 4
 ♥ K 10 9
 ♦ J 7 5 4
 ♣ K 9 7

EAST
 ♠ 10 5
 ♥ A Q J 7 5 3
 ♦ A 10 6 3
 ♣ 6

SOUTH
 ♠ K J 3 2
 ♥ 8 6
 ♦ K 8
 ♣ A Q 8 5 2

North Pass 1♥
 Pass Db! 3♦
 4♠(!) All Pass

East 1♥
 Pass 3♦
 All Pass

South Db! Pass 3♠
 Pass

West 2♥
 3♥
 Pass

Opening lead — ♥ 10

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SINGLETON

The defense took two hearts, and East led his stiff club. Declarer avoided a calamity when he took the ace, but he was down one, minus 100.

I can't be too critical of the four-spade bid: If the opening bidder had held the king of clubs, game would have made. Still, if NICKELL is plus 140 at the second table and minus 100 at the first (where declarer could have saved a trick), they would have won an IMP instead of losing seven. And the final score was 104 to 97.

DAILY QUESTION

You hold: ♠ K J 3 2 ♥ 8 6 ♦ K 8 ♣ A Q 8 5 2. Your partner opens one diamond. The next player passes. What do you say?

ANSWER: Respond two clubs. Were your hand weaker and worth only one forward-going bid, you would use it to look for a fit in the major: You would respond one spade. As it is, you have enough to commit to game, so you can bid naturally: long suit first. If partner rebids two diamonds, bid two spades next.

North dealer
 Both sides vulnerable

Can't wait for your answers?
 Find all the puzzle answers at answers.usatoday.com

BOGGLE BRAINBUSTERS

INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE POINT SCALE
 3 letters = 1 point
 4 letters = 2 points
 5 letters = 3 points
 6 letters = 4 points
 7 letters = 6 points
 8 letters = 10 points
 9+ letters = 15 points

Boggle BrainBusters Bonus
 We put special brain-busting words into the grid of letters. Can you find them?
 Find AT LEAST FOUR FIVE-LETTER FISH in the grid of letters.

YOUR BOGGLE RATING
 151+ = Champ
 101-150 = Expert
 61-100 = Pro
 31-60 = Gamer
 21-30 = Rookie
 11-20 = Amateur
 0-10 = Try again

Answers to Wednesday's Boggle BrainBusters: FIG DATE LIME LEMON MANGO

SUDOKU | CREATORS

Insert numbers 1-9 in each box with every row, column and 3x3 box containing the digits just once. Difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest) **RATING: BRONZE**

YESTERDAY'S ANSWER

3	9	5	4	6	8	1	2	7
2	1	6	7	3	9	8	4	5
8	4	7	5	2	1	9	3	6
6	2	3	1	9	5	4	7	8
1	7	8	6	4	3	5	9	2
4	5	9	8	7	2	6	1	3
7	3	1	9	8	6	2	5	4
9	8	2	3	5	4	7	6	1
5	6	4	2	1	7	3	8	9

2				9				8
	9		8		2	5		1
8			6					9
	6			3	4	8		
1		7		5		4		2
		4	1	2				5
	2				1			7
7		8	3		9		2	
6				8				3

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Huge study starts sharing gene findings with volunteers

Lauran Neergaard
ASSOCIATED PRESS

More than 155,000 Americans who shared their DNA for science are about to learn something in return: Do they have some particularly worrisome genes?

It's part of a massive project to unravel how people's genetics, environments and habits interact to determine their overall health. The National Institutes of Health said Tuesday it's now starting to notify participants about some early findings – if they carry variants that can cause any of 59 inherited diseases or trigger medication problems.

Because everyone with the same gene won't have the same health outcome, sharing those results may spur new discoveries.

"What are the drivers in that variability?" asked Dr. Josh Denny, who heads the NIH's "All of Us" study. "The way they change their behaviors in response to the findings, we'll be able to look at that."

All of Us is an unprecedented effort to reduce health disparities and end today's one-size-fits-all care. Researchers aim to track 1 million people from all walks of life for at least a decade to better understand the complex combinations of factors that determine why one sibling gets sick and not another, or why a cure for one patient fails in another.

Volunteers share DNA samples, medical records, fitness tracking and answer health questions. About 560,000 have enrolled so far – importantly, nearly half from racial and ethnic groups historically left out of medical research.

Traditionally such studies are a one-way street – scientists learn a lot from volunteers who get little personal information in return. But in an unusual move, All of Us participants get to decide if they want to learn health-related genetic findings, long before the study's finished.

"I kind of shudder to think about what could happen if I hadn't known this," said Rachele Peterson, an NIH employee participating in the study.

An All of Us genetic counselor broke the news to the Philadelphia woman that she was at increased risk of breast and ovarian cancer because of a gene named BRCA-2.

Peterson, who volunteered for All of Us before recently becoming the project's chief of staff, didn't realize that was a risk for her family.

The knowledge "allows you to take charge," said Peterson, who plans to discuss options with her own doctor such as increased breast cancer screening or whether to consider precautionary ovary removal.

Denny estimated 2% to 3% of study participants will learn they have a well-known genetic variant that can cause certain cancers, heart conditions or other disorders. Many more will have genetic variants that affect how their body processes certain medicines.

For now, participants only will be given findings they can do something about, such as seeking earlier diagnosis or switching medications. They'll be offered free confirmatory testing, genetic

counseling, and help with sharing the information with their physicians and family members.

But there's a lot more to learn. For example, the vast majority of disease-linked genes were discovered by studying people of European ancestry. Very different variants may play a bigger role for other ancestries, said Baylor College of Medicine genetics expert Eric Venner.

His team is using the diverse All of Us genetic database to start teasing apart which differences matter most to which populations.

If new findings affect study volunteers, "we're going to keep things up to date," Denny said. "That's the power of being able to talk to our participants, partnering with them for potentially decades."

The Associated Press Health and Science Department receives support from the Howard Hughes Medical Institute's Science and Educational Media Group. The AP is solely responsible for all content.

Conditions

Continued from Page 1A

A possible tornado blew the roof off the city's municipal service center and left pieces of the roof hanging from power lines, said Trent Kelley, deputy director of Grapevine Parks and Recreation. It was also trash day, so the storm picked up and scattered garbage all over, he said.

Icy weather from the huge storm was expected to affect the U.S. from coast to coast. It began by dumping heavy snow in the Sierra Nevada and was predicted to bring ice and snow to the Eastern U.S. in the coming days.

"This system is notable for the fact that it's going impact areas all the way from California to eventually the Northeast," said Frank Pereira, a meteorologist with the National Weather Service in College Park, Maryland.

A widespread cold air outbreak was predicted to follow later this week, he said.

"Pretty much every area east of the Rockies will see below normal to well below normal temperatures," he said.

Blizzard warnings stretched from Montana into western Nebraska and Colorado, and the National Weather Service said as much as 2 feet of snow was possible in some areas of western South Dakota and northwestern Nebraska. Winds of more than 50 mph at times would make it impossible to see outdoors in Nebraska, officials said.

"There's essentially no one traveling right now," Justin McCallum, a manager at the Flying J truck stop at Ogallala, Nebraska, said Tuesday.

Roads were covered with ice and snow across North Dakota, where authorities Tuesday evening closed Interstate 94 between Bismarck and Fargo because it became impassable, the Bismarck Tribune reported.

Forecasters expect the storm system to hobble the



An emergency worker moves debris from a damaged house early Wednesday in Caddo Parish, La. A destructive storm is marched across the United States. KSLA VIA AP

upper Midwest with ice, rain and snow for days, as well as move into the Northeast and central Appalachians. The National Weather Service issued a winter storm watch from Wednesday night through Friday afternoon, depending on the timing of the storm. Residents from West Virginia to Vermont were told to watch for a

possible significant mix of snow, ice and sleet. The winter blast shut down all roads in the northeast quadrant of Colorado. Jim Santomaso of the Colorado Cattlemen's Association said he was concerned that extreme winds could push livestock through fences and keep them wandering in the gale's direction.

"If this keeps up," said Santomaso, "cattle could drift miles."

A blizzard warning was issued on Minnesota's north shore as some areas were expecting up to 2 feet of snow and wind gusts up to 40 mph. And in the south of the state, winds gusting up to 50 mph had reduced visibility.

National Weather Service meteorologist Melissa Dye in the Twin Cities said this is a "long duration event" with snow, ice and rain through Friday night. Minnesota was expecting a lull Wednesday, followed by a second round of snow.

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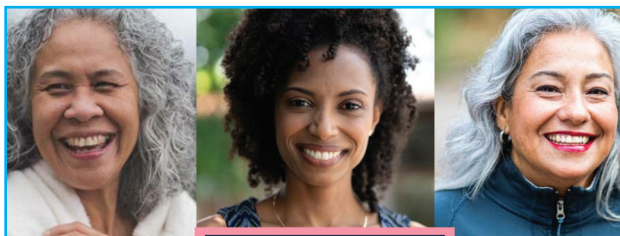
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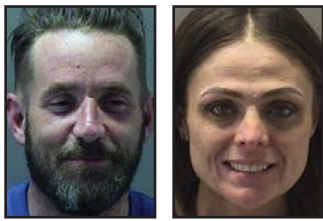
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Benton woman, HS man arrested on drug charges

STEVEN MROSS
The Sentinel-Record



VICE

DUNCAN

A Benton woman and Hot Springs man were arrested on felony drug charges Monday after a traffic stop on their vehicle, which the woman reportedly claimed they were only test driving.

Deena Kay Duncan, 36, of Benton, and Jarrod Brandon Vice, 42, who lists a Cooper Street address, were taken into custody around 12:15 p.m. and each charged with possession of a controlled substance, meth, and possession of drug paraphernalia, each punishable by up to six years in prison.

Duncan, who was also cited for driving on a suspended driver's license, fictitious tags and no liability insurance, was later released on a \$5,000 bond and is set to appear on Oct. 31 in Garland County District Court. Vice remained in custody on a \$5,000 bond and was set to appear Wednesday in district court.

Duncan was previously

stated she and her passenger, identified as Vice, were "test driving the vehicle to see if they were going to purchase it." A computer check showed Duncan's driver's license was suspended and she had a failure to appear warrant out of Saline County so Fox had her exit the car.

Fox noted Duncan "appeared very nervous" and was "physically shaking" as she exited the car. He noted several items in the back seat of the car including a purple luggage case.

Fox asked why, if they were only test driving the vehicle, they had so many items in the back including luggage. Duncan claimed all the items were already in the vehicle when they began driving it and she didn't know if there was anything illegal in the vehicle.

Deputy Jeremy Navra arrived to assist and spoke to Vice, who stated he and Duncan had been "spending time together for a couple of days" and the trash and items in the floor belonged

to him, but the purple suitcase and purse belonged to Duncan. It was noted Vice also had a suspended driver's license.

Duncan reportedly gave Fox consent to search the suitcase and he allegedly located a toiletry bag that contained three bags of unused syringes, one used syringe and one loaded syringe with 39 CCs of what later tested positive for meth. There were also several items of women's clothing and makeup. Both Duncan and Vice denied ownership of the suitcase.

In searching Vice for weapons or contraband, deputies allegedly located a loaded syringe with 20 CCs of what Vice admitted was "meth" and it later tested positive. After being taken into custody, Vice also reportedly admitted there was a digital scale in the glove box which Fox located.

Deputies also found several noncontrolled substance pills in a bottle and a baggie with white powder residue.

NEWS IN BRIEF

Scheduled power outage affects some city offices

Entergy Arkansas Inc. will have a scheduled power outage at 4 p.m. today in order to replace a transformer and install a generator, affecting the city's offices at 324 Malvern Ave.

Due to the outage, utility billing services will close at 3:30 p.m., and finance and the city attorney's office will close at 4 p.m., a news release said.

SHERIFF'S LOG

Oct. 18 Robert Gudino reported a theft of a black 16-foot Silverline enclosed trailer and a KWM Iron Man gutter machine from a construction site at 4945 E. Grand Ave.

POLICE LOG

Oct. 17 Jennifer K. Thornton reported a burglary at 1309 Greenwood Ave. Missing were money and cigarettes. AT&T reported a theft of copper wiring at 1201 Whittington Ave.

Tagiyonna Deloch reported a break-in to a vehicle on Summer Street. Missing were a purse and medications.

Linda J. Scarborough reported a theft of a wallet, debit card and ID at 417 Jerome St.

Jackson Allergy & Asthma Clinic, 151 Harmony Park Circle, reported a theft of checks and money.

Nolen R. Davis reported a theft of a harness, cable guide, J-hooks, rock equipment, clothing and two bags at 3404 Central Ave.

Oct. 18 Tarynn Yates reported a break-in to a vehicle at 401 Mountain Valley St. Missing were a wallet, ID, Coach bag, debit and credit cards and a cellphone.

Kevin Gollnick reported a break-in at Honeycrisp Storage, 100 Illinois St. Missing were a weed trimmer, grinder and mower.

Chris Smith reported a theft of a cellphone at E-Z Mart, 505 Summer St.

Pamela Thornbrough reported a break-in at Mini-Mall Storage, 921 Airport Road. Missing were DVDs and a bed.

Oct. 19 Paula E. Dalton reported a burglary at 800 Hobson Ave. Missing were a purse, wallet and jewelry.

Raymond Smith reported a theft of two catalytic converters and two sensors at 3663 Malvern Road.

Maurine Miller reported a theft of a tuxedo with green vest, tie and brown shoes at 1424 Airport Road.



Submitted photo

Hot Springs Area Community Foundation 2022 grantees gather after receiving their awards at Arkansas School for Mathematics, Sciences, and the Arts campus. Photo courtesy of the Hot Springs Area Community Foundation.

Grants

Continued from Page 1A

In the summer, the Future Fund grant cycle opens, for which Future Fund members select a focus area of needs to be considered for the grant, the foundation's website says. Grants for this cycle range between \$500 and \$2,500.

Finally, in the fall, the Giving Tree grant cycle opens in July, offering grants ranging between \$500 and \$10,000.

"But we have one little reception to recognize all of them," Whitfield said of the 31st Giving Tree Grant Awards Reception held earlier this month. The HSACF awarded a total of \$229,608 throughout 2022.

"A part of our mission is to make grants to meet the needs in the community, as far as finding where we can put our dollars to make the most impact," Whitfield said.

The grants are funded through the foundation's endowment fund's accrued interest throughout the year, she said.

"We have a lot of donors," she said. "We just had several that stepped up and just had some interest in helping out some of these causes."

Grant applications are reviewed by a grant review committee made up of grant committee board members, and selections are made based on community needs, she said.

"We're meeting some of these needs that otherwise possibly would not be funded. They're important because it provides the nonprofits in our area ways to grow their missions and provide for their causes that each one of them work so hard to provide in our community."

To learn more about how to apply for grant cycles through the HSACF, visit www.arcf.org/affiliates/hot-springs-area.

The 2022 Giving Tree grantees are as follows:

Communities

- Fountain Lake Fire Protection District.
- Friends of the Garland County Library.
- Garland County Historical Society.
- Heritage House Museum of Montgomery County.
- Hot Springs Area Cultural Alliance.
- Hot Springs Children's Dance Theatre Co.
- Hot Springs Sister City Program.

- Majestic Park (a division of Visit Hot Springs).
- Mid-America Science Museum.
- NICA Hot Springs Thoroughbreds.
- Park Avenue Community Association.
- Pleasant Street Neighborhood Association dba Gateway Community Association.

Health

- Adult & Teen Challenge of Arkansas.
- Hot Springs Family YMCA.
- I Can! of Arkansas.
- Our Promise.
- Sunshine Therapeutic Riding Center.
- The Caring Place.

Education

- Arkansas Single Parent Scholarship Fund.
- Arkansas Learning Through The Arts.
- ASMSA Foundation.
- Imagination Library of the Ouachitas.
- National Park College Foundation.
- Unlimited Resources.

Families

- A.C.E. All Created Equal.
- Arkansas Hunters Feeding the Hungry.
- Cooper-Anthony Mercy Child Advocacy Center.
- Cooperative Christian Ministries and Clinic.
- Garland County Habitat for Humanity.
- Giving Team Inc.
- Jackson House (Community Crisis Intervention Services Inc.).
- Literacy Council of Garland County.
- Ouachita Children's Center Inc.
- Project HOPE Food Bank Inc.
- The Salvation Army.
- St. Luke's Episcopal Church.
- The CALL in Garland and Hot Spring counties.
- The CALL in Pike and Montgomery counties.
- Union Missionary Baptist Church.
- Visitors Chapel AME Church.



The Sentinel-Record/Donald Cross

Hot Springs School Superintendent Stephanie Nehus, third from right, talks about the high school project during Tuesday night's monthly board meeting.

Project

Continued from Page 1A

the school board "began considering a high school building to meet the needs of the large number of students which would be brought about eventually by total desegregation."

In 1965, the board formed a committee made up of directors Frank Burton, Kenneth Wheatley, Harold Smith and Dale Cook to find a new site suitable for construction. The board ultimately voted to purchase 21.25 acres on Emory Street along with other lots ad-

joining the property.

Bush Construction Company's bid of \$1,879,021 to build the school was accepted by the board in February 1967. William C. Mears was the first principal at the new high school while J. Harvey Walthall Jr. served as superintendent of schools.

"The new school opened in September 1968 as a completely integrated high school," wrote Abernathy. "Students from Hot Springs Senior High School on Oak Street and students from

Langston High School on Silver Street merged into one student body at Hot Springs Senior High School on Emory Street."



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- Free online training to become a respite caregiver
- Free online search for qualified respite caregivers

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August 9, 2022

Dear Principal

The Arkansas Department of Human Services needs your help in letting parents and even your own staff know about an important set of programs we offer. Our Division of Provider Services and Quality Assurance (DPSQA) has partnered with the Arkansas Lifespan Respite Coalition to offer vital assistance for respite care.

What is respite care? Full-time caregiving is an around-the-clock job. Caregivers are often managing caring for a loved one with work, other family responsibilities, their own health, home upkeep, and more. Some of your students' parents, or even members of your own staff, may be in this situation right now.

Respite care is care designed to give live-in caregivers a short-term break. Whether this break involves hours or weeks, respite care can help caregivers attend appointments, run errands, work outside their home, or simply take some time to relax and recharge.

We want caregivers to know that there is help, and that it's perfectly OK to ask for a break and care for themselves so they can continue to care for their loved ones.

These respite services are not dependent upon Medicaid or financial eligibility. If a caregiver is unable to receive Medicaid or is not eligible to receive other assistance services, he or she can qualify for respite help. Even those families who are on service programs or Medicaid can still apply and receive additional support through this grant. Lifespan respite is available to any caregiver, regardless of the age or diagnosis of their care recipient.

We offer three respite care help options: (1) Respite vouchers to pay for respite care, (2) Free online respite caregiver training, and (3) Free online respite caregiver locator.

Respite Vouchers

Our respite voucher program helps family caregivers pay out-of-pocket expenses for respite care. The vouchers are for \$300 and can be received up to four (4) times a year; that's the potential of \$1,200 a year!

Free, Online Respite Training Available to Anyone Looking to Become a Respite Provider

For anyone who is interested in being a respite worker for a family or looking for extra income or part time work, our free online respite provider training can open new opportunities for them. Registering for the training course is quick and easy. The course consists of 10 easy-to-



understand modules on what respite is, disability basics, client care, medication awareness, safety procedures, and much more. Each module takes between 30 minutes and an hour to complete. After finishing the course, trainees are then able to request being placed on our new Arkansas Lifespan Respite Worker Search Locator. Caregivers can then use the online locator (see below) to find and hire qualified staff.

Free, Online Search Locator to Help Family Caregivers Find a Respite Worker

Caregivers often have difficulty in finding someone to provide respite care. The locator service allows caregivers to search for licensed respite providers or independent respite workers who have completed our online training modules, all at the click of a button. The locator can help the caregiver find someone who best fits their needs, allowing them to search by county, ages the provider/worker would like to care for, and payment type.

We have included a copy of our brochure and other printed materials. If you would like additional copies, we would be happy to provide them upon your request.

To learn more about any of these programs, please visit our website at www.ar.gov/arlifespanspate. If you have any questions, you can call **866-801-3435** or email us at arlifespanspate@dhs.arkansas.gov.

Sincerely,

A handwritten signature in black ink, appearing to read "Sarah Schmidt", is written in a cursive style.

Sarah Schmidt
Arkansas Lifespan Respite Coalition
Arkansas Department of Human Services



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Sarah Schmidt
Arkansas Lifespan Respite Coalition
Arkansas Department of Human Services



2022 ARKANSAS CAREGIVER AND RESPITE CONFERENCE

Monday, November 14, 2022	
8:30A to 9:00A (30 min)	DOORS OPEN <i>This time is to allow attendees to sign in, gather breakfast and find a seat</i>
9:00A to 10:00A (60 min)	OPENING COMMENTS <i>A welcome message from Governor Asa Hutchinson and the Arkansas Department of Human Services Leadership</i>
10:00A to 10:30A (30 min)	UNDERSTANDING "WHAT IS RESPITE?" <i>Speaker: Sarah Schmidt</i> <i>Description: A general overview of respite: the definition, the pros and cons of different respite types and models, and the Arkansas Lifespan Respite Program. Information will be provided on Arkansas' current respite availabilities, including the federally funded Lifespan Respite Grant and activities and services provided through the grant.</i>
10:30A to 10:45A (15 min)	BREAK
10:45A to 11:45A (60 min)	STRESS: THE GOOD, BAD, AND UGLY <i>Speaker: Dr. Tony Varela, DPT, PhD, OCS, MTC, FAAOMPT- Arkansas Colleges of Health Education</i> <i>Description: Healthcare requires an improved understanding of stress and associated behavior. The breakdown and recovery of the mind-body connection is now understood to have underlying responsibility with the development and rehabilitation of the chronic diseases and pain epidemics. The inclusion of pain neuroscience established the foundation for this trajectory; however, a comprehensive behavioral perspective requires an understanding of cognitive and emotional factors. A sustainable recovery, though, requires increased self-efficacy and empowerment. Combining the biopsychosocial and cognitive behavior models provide insight into mindset and behavioral change, which enables sustainable behavioral change.</i> <i>This course offers an embodied perspective delving into and through behavioral models that advance the application of being psychologically informed. Self-efficacy and individualized empowerment are highlighted through practical constructs. The course is didactic and practical. The course offers a mindfulness lab for acceptance, interoceptive, and contemplative training. The training is a way to monitor and change reactions and default modes reflective of unproductive perspectives of stress, dysfunction, pain, and disability. Discussions expand on positive psychology including active coping, resilience, grit, and post traumatic growth. A working definition of being psychologically informed and how to proactive mindfulness is the end-product.</i>
11:45A to 1:00P (75 min)	LUNCH <i>Speaker: Betsy Broyles-Arnold, Co-Founder of the Frank and Barbara Broyles Foundation</i> <i>Lunch will be provided by the conference. Betsy Broyles-Arnold will be speaking during the first 30 minutes of the lunch hour on her experiences as a caregiver, what caregiver fatigue looks like and how to handle it. Remaining time during the lunch hour is reserved for networking and free time for attendees.</i>
1:00P to 1:30P (30 min)	Breakout Session 1



	<p>A: THE BASICS OF MEDICARE <i>Speaker: Phyllis Donley and Levern Clements- Arkansas Senior Health Insurance Information Program (SHIIP)</i> <i>Description: This presentation will provide information on SHIIP and their work. Discussions will also focus on information and details regarding Medicare Part A, B, C, D, and Medigap insurance. Each part of Medicare will be explained.</i></p> <p>B: NAVIGATING MEDICAID <i>Speaker: Rose Page, DHS Program Administrator- Income Support</i> <i>Description: This session will discuss Medicaid categories available to Arkansas residents and overall eligibility requirements and procedures. Presentation of information and discussion will surround the following topics:</i></p> <ul style="list-style-type: none"> - <i>Criteria for each Medicaid category</i> - <i>Financial and non-financial eligibility requirements for each category</i> - <i>How to apply</i> - <i>Contact Information</i>
<p>1:30P to 1:45P (15 min)</p>	<p>BREAK</p>
<p>1:45P to 2:15P (30 min)</p>	<p>Breakout Session 2</p> <p>A: ARKANSAS’S PASSE SYSTEM <i>Speaker: Melissa Weatherton and Paula Stone- DHS</i> <i>Description: General overview of the PASSE Program</i></p> <p>B: CARING FOR AN AGING LOVED ONE <i>Speaker: FranSha’ Anderson, Executive Director- Arkansas Independent Living Council, and Kathleen Purcell- Program Director for Arkansas Senior Medicare Patrol, DHS-DAABHS</i> <i>Description: “Special Grace”</i> <i>God gives a special grace to those who humble themselves to serve the aging and the disabled. Caring for elderly parents or loved ones can sometimes be a hard task. Knowing how to navigate the system and find resources, knowing what medications they are taking, day to day living, and transportation are only a few of the moving parts that are associated with caring for the elderly. But in the midst of all of the day-to-day and the financial management, there comes into play the caregivers that are hired to take care of the loved one. This presentation will provide a guide for families, siblings or others that are caregivers and oversee the care of an elderly loved one or parent. Through all the moving parts, there comes into play the part about theft and abuse that a loved one might experience due to a caregiver. This presentation will provide some tips on how to safeguard against the fraud while also making sure you are taking care of yourself in the process.</i> <i>Caring for elderly parents or even setting up for the care to happen is not an easy task. It takes a team or if there are just two, it takes “team work” and dedication from both to do their part. If one lives out of town, there are still tasks that need to be taken care of. There are a lot of moving parts that have to be put into play. Use social media and your contacts to ask questions about what your needs are. You do not know until you ask. Some of the information that will be presented is based on personal experience of being a caregiver/POA for my own mother.</i></p>



<p>2:15P to 2:30P (15 min)</p>	<p>BREAK</p>
<p>2:30P to 3:15P (45 min)</p>	<p>Breakout Session 3</p> <p>A: GETTING OLDER: WHAT IT'S LIKE AND WHAT YOU CAN DO TO HELP <i>Speaker: Dr. Rick Caracciolo and Marguerite Caracciolo- Aging by Design Ministry</i> <i>Description: Whether you like it or not, you are going to get older. Getting old is a new experience; you have never been old before. As your loved-ones age and even ourselves, you don't know what to expect, how to help or what to do. This hands-on workshop through empathetic simulation and participation activities will help the participant to better understand declining vision, mobility, fine motor skills and hearing loss as you age. Attendees will be provided the opportunity to gain an understanding of aging, learn about resources and to examine assistive technology devices that might be of assistance in those declining areas as we age.</i></p> <p>B: RADICAL SELF CARE <i>Speaker: Stacey Reynolds, C-IAYT, ERYT 500, RCYT, RPYT</i> <i>Description: A presentation of information the toll of caregiving on the mind, body, and spirit, and the healing, sustaining effects of yoga for the caregiver and the person in care. Stacey will share tool and practical applications for dealing with caregiver fatigue and burnout, demonstrating ways to remove stress from the body and to cope with the grief and depression that often accompanies caregiving. She will explain the positive benefits of gentle, accessible yoga postures and breath practices on cognitive agility, memory, and concentration. The lecture will be experimental as the audience will be invited to participate in guided imagery, breath, and gentle chair yoga movement.</i></p>
<p>3:15P to 3:30P (15 min)</p>	<p>BREAK</p>
<p>3:30P to 4:00P</p>	<p>Breakout Session 4</p> <p>A: MANAGING EXPECTATIONS: FAMILY MEMBERS AND LOVED ONES <i>Speaker: Elise Hensley, MPH, CVM- CareLink</i> <i>Description: This presentation is focused on how a caregiver can better manage their expectations of themselves, family members, and loved ones. By using a 5-step process, this presentation will help to start the conversation with family members and loved ones while on a caregiver journey.</i></p> <p>B: CAREGIVER SELF COMPASSION <i>Speaker: Clarice Partee, LCSW- CareLink</i> <i>Description: Providing an overview of self-compassion, an empirically proven practice, and a central construct in Buddhist psychology. Self-compassion is a mindfulness practice caregivers can use to combat stress and burnout. Presentation is based on the research done by Dr. Kristin Neff, Associate Professor of Educational Psychology at the University of Texas at Austin, and active practitioner of Insight Meditation. Dr. Kristin Neff has written several books on self-compassion including "Fierce Self-Compassion: How Women Can Harness Kindness to Speak Up, Claim Their Power," and "Thrive and Self-Compassion: The Proven Power of Being Kind to Yourself."</i></p>



2022 ARKANSAS CAREGIVER AND RESPITE CONFERENCE

Tuesday, November 15, 2022	
8:30A – 9:00A (30 min)	DOORS OPEN <i>This time is to allow attendees to sign in, gather breakfast and find a seat</i>
9:00A – 9:30 (30 min)	OPENING COMMENTS
9:30A to 10:30A (60 min)	OVERVIEW OF THE ARKANSAS ALZHEIMERS AND DEMENTIA RESPITE PILOT PROJECT <i>Speaker: Carolyn Torrence (Alzheimer’s Arkansas) and David Cook (Alzheimer’s Association)</i> <i>Description: A general overview of the unique needs of dementia caregivers and the need to build a respite infrastructure that will allow individuals with dementia to age in their most preferred settings. Information will be provided about the current pilot program that is specific to Arkansas’s growing dementia population. In July, DHS authorized funding that provides respite grants based on acuity and not income. Learn how this program is impacting Arkansans.</i>
10:30A to 10:45A (15 min)	BREAK
10:45A to 11:45A (60 min)	PANEL DISCUSSION: LONG TERM CARE OPTIONS <i>Speaker: Phyllis Bell (ARALA- Executive Director), Rachel Bunch (AHCA- Executive Director), and Rebecca Fallen (DHS- Assistant Director of OLTC)</i> <i>Description: Inevitably, the moment may come for a caregiver when the best option for them and their loved one is long-term care services. This panel is made up of professionals within Arkansas’ Assisted Living and Nursing Home associations and the Assistant Director of DHS’s Office of Long-Term Care to provide you with a general overview of long-term care services, what to expect if you transition your loved one to a long-term care facility, and how these facilities are overseen and monitored by the state and the Center for Medicare and Medicaid Services (CMS).</i>
11:45A to 1:00P (75 min)	LUNCH <i>Speaker: Jill Kagan, Director of the ARCH National Respite Network and Resource Center</i> <i>Lunch will be provided by the conference. Jill Kagan will provide information and updates to national respite activities. Remaining time during the lunch hour is reserved for networking and free time for attendees.</i>
1:00P to 1:30P (30 min)	Building a Workforce <i>Speaker: Sarah Schmidt, Courtney Leach</i> <i>Description: This session will focus on Arkansas’ current respite workforce shortage and discuss how, through collaborative efforts of academic and community partners, the workforce could potentially grow. Topics will include skill building ideas and how to recruit and retain respite care workers. A panel of community partners will also discuss how they train, recruit, and look for volunteers and workers for their respite and caregiver support events.</i>
1:30P to 1:45P (15 min)	BREAK
1:45P to 2:45P (60 min)	PANEL DISCUSSION: CAREGIVER STORIES <i>Speaker: Jerilyn Swalve-Wasson, Sue Beckford, Theba Lolley</i>

 **ARKANSAS
LIFESPAN RESPITE**

	<i>Description: Caregivers from across the state, with varying situations and diagnoses, share their stories of caregiving and lessons learned. The caregiver panel will end in a Q&A session with the audience.</i>
2:45P to 3:00P (15 min)	BREAK
3:00P to 4:00P (45 min)	Awards and Recognition/Closing Remarks

2022

Arkansas Respite and Caregiver
Conference

November 14-15, 2022

HYBRID- In Person & Online



**ARKANSAS
LIFESPAN RESPITE**

Presented by:

Arkansas Department of Human Services

Arkansas Lifespan Respite Coalition

Contents

2022 ARKANSAS LIFESPAN RESPITE SUMMIT SCHEDULE AT-A-GLANCE	3
Monday, November 14, 2022.....	3
Tuesday, November 15, 2022.....	3
VIRTUAL PLATFORM TIPS.....	4
How do I login virtually for the event?.....	4
How do I participate during a session or ask questions?.....	4
How do I participate in the Games and Leaderboards?.....	5
IN-PERSON EVENT PARKING	6
Directions to the Brewer-Hegeman Conference Center	6
Brewer-Hegeman Conference Center Parking Map.....	6
Parking Pass.....	6
WELCOME MESSAGE.....	7
History of the Arkansas Lifespan Respite Program.....	8
About the Arkansas Lifespan Respite Coalition.....	8
Door Prize Sponsorship.....	9
Conference Vendors	10
SPEAKERS AND PRESENTERS.....	12
SESSION DESCRIPTIONS.....	22
Understanding “What is Respite?” (Presented by Sarah Schmidt)	22
Stress: The Good, Bad, and Ugly (Presented by Dr. Tony Varela)	22
The Basics of Medicare (Presented by Phyllis Donley and Levern Clements).....	22
Navigating Medicare (Presented by Rose Page)	23

Arkansas' PASSE System (Presented by Melissa Weatherton and Paula Stone) 23

Caring for an Aging Loved One (Presented by FranSha' Anderson and Kathleen Pursell) 23

Getting Older: What It's Like and What You Can Do To Help (Presented by Dr. Rick Caracciolo and Marguerite Caracciolo) 23

Radical Self-Care (Presented by Stacey Reynolds)..... 24

Managing Expectations (Presented by Elise Hensley) 24

Caregiver Self-Compassion (Presented by Clarice Partee)..... 24

Panel Discussion: Long-Term Care Options (Presented by Phyllis Bell, Rachel Bunch and Rebecca Fallen)..... 24

Building a Workforce (Presented by Sarah Schmidt and Courtney Leach) 25

Panel Discussion: Caregiver Stories (Presented by Tami Rogers, Jerilyn Swalve-Wasson, Sue Beckford and Theba Lolley) 25

Awards and Recognitions 25

NATIONAL RESOURCES25

ARKANSAS LIFESPAN RESPITE COALITION MEMBER DIRECTORY27

2022 Arkansas Lifespan Respite Summit Schedule At-A-Glance

Time displayed in CST

Monday, November 14, 2022

8:30a – 9:00a	Doors Open/ Virtual Log-In
9:00a – 10:00a	Welcome and Opening Comments
10:00a – 10:30a	Understanding “What is Respite?”
10:30a – 10:45a	BREAK
10:45a – 11:45a	Stress: The Good, Bad, and Ugly
11:45p – 1:00p	LUNCH (with Keynote Speaker Betsy Broyles-Arnold)
1:00p – 1:30p	Breakout Sessions 1
1:30p – 1:45p	BREAK
1:45p – 2:15p	Breakout Sessions 2
2:15p – 2:30p	BREAK
2:30p – 3:15p	Breakout Sessions 3
3:15p – 3:30p	BREAK
3:30p – 4:00p	Breakout Sessions 4

Tuesday, November 15, 2022

8:30a – 9:00a	Doors Open/ Virtual Log-In
9:00a – 9:30a	Welcome and Day 2 Opening Comments
9:30a – 10:30a	Overview of the Arkansas Alzheimer’s and Dementia Respite Pilot Project
10:30a – 10:45a	BREAK
10:45a – 11:45a	Panel Discussion: Long-Term Care Options
11:15a – 1:00p	LUNCH (with Keynote Speaker Jill Kagan)
1:00p – 1:30p	Building a Workforce
1:30p – 1:45p	BREAK
1:45p – 2:45p	Panel Discussion: Caregiver Stories
2:45p – 3:00p	BREAK
3:00p – 4:00p	Awards and Recognition/ Closing Remarks

Virtual Platform Tips

While the event is being held in-person this year, we are allowing the option to virtually attend the conference for those who need the accommodation. This year's virtual platform is through Zoom.

For virtual viewing, it is recommending that you use Chrome browser to properly view any material, particularly any live streaming sessions.

How do I login virtually for the event?

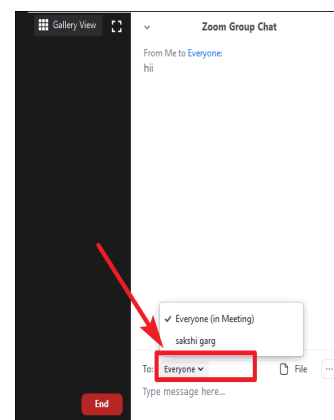
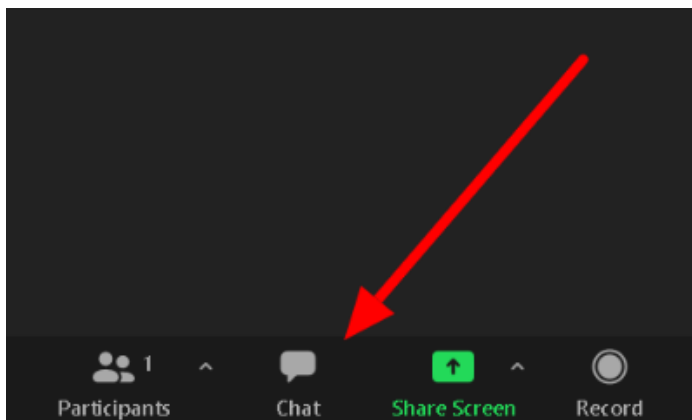
If you have already registered for the event through our EventBrite registration page and you indicated that you would like to attend virtually, you have already been added to the virtual attendee list. This list of attendees will receive login information on the Friday (November 11, 2022) before the event date via email. On the day of the event (November 14-15, 2022), you will join the Zoom meeting room by clicking on the link provided in the invite and then enter the Passcode (which can also be found in the calendar invitation).

1. Depending on the username of your zoom account or how you are logging in, your meeting name may need to be changed. 2.
2. If you would like to change the name in which the moderator can see, start by clicking on the "Participants" icon at the bottom of the screen. From there, use your mouse to hover over your name to see a [...] icon. Click the [...] icon and select Rename to change how your name is displayed.
3. You can even click on Add Profile Picture if you would like to add a photo of yourself.

How do I participate during a session or ask questions?

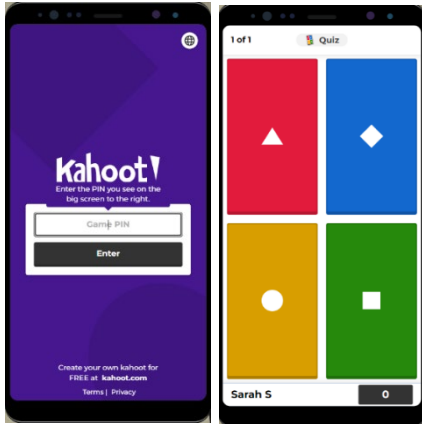
All virtual attendees will be muted upon entering the zoom link. There may be moments in the conference where attendees are able to ask questions and provide comments. Virtual attendees will be unmuted at that time in order to speak. If you would like to make a comment or ask a question but either are still muted or do not have a microphone, you may type your comment or question in the chat window.

To access the chat room, click the "Chat" icon at the bottom of your screen. From the chat window, you can communicate with our moderators and other virtual attendees and download any handouts or other materials that may be passed out in-person at the conference. You can share messages with everyone, with the host, or certain individuals by using the drop-down arrow in the "To" section.



How do I participate in the Games and Leaderboards?

The conference will be using a gamification app called Kahoot! during breaks and possibly during sessions. Kahoot! is a free gaming platform that you can access either by downloading the app to your smartphone or by going to <https://kahoot.it> on your computer.



At the start of the conference, attendees will receive a Game PIN number to enter into the Kahoot! page. Next, enter your Name or a Nickname that you will be identified by in the game. Once you are logged in, look and listen for the Kahoot! questions to come on the screen. Answer each question by selecting the color block that matches the correct answer but be careful... time may run out!

Collect points with each question to advance on the leaderboard where prizes await at the conclusion of the conference!

In-Person Event Parking

The event is being held in-person on the University of Central Arkansas campus where parking is limited and restricted in many areas. Below is a map of the parking lot in which attendees should use. Additionally, a parking pass can be located at the end of this conference program. Please be sure you print a copy and display it in your car when parking in the designated lot. Parking passes will also be available at the registration table on the day of the event. Parking passes are only valid in White Tag parking spaces.

Directions to the Brewer-Hegeman Conference Center

From the East (Little Rock)

Take I-40 West to Conway. Take the first Conway exit (#129B). At the exit, bear to the right and continue on Dave Ward Drive. Turn right on Donaghey Avenue. The UCA campus begins immediately on the left and continues for 0.5 miles. The Brewer-Hegeman Conference Center is accessible from Sesame Street and Beatrice Powell Street.

From the West (Fort Smith)

Take I-40 East to Conway. Take the fourth (4th) Conway exit (#129). At the exit, bear to the right and continue on Dave Ward Drive. Turn right on Donaghey Avenue. The UCA campus begins immediately on the left and continues for 0.5 miles. The Brewer-Hegeman Conference Center is accessible from Sesame Street and Beatrice Powell Street.

Brewer-Hegeman Conference Center Parking Map



Parking Pass

Please click [here](#) (or see page #) to print off parking pass. **A parking pass must be displayed and visible in your parked car at all times.**

Welcome Message

After having our annual respite and caregiver conference virtually last year, we are excited to finally be coming together again in person. We also welcome the use of technology, which the pandemic brought us, to still be able to provide the conference in a virtual platform for those who would not otherwise be able to join the in-person event. This is the first hybrid event that the Arkansas Lifespan Respite Coalition and the Arkansas Department of Human Services has hosted together.

This year's conference hopes to provide attendees a meaningful and productive space to enhance their knowledge and understanding of respite and gain valuable caregiver resource information from leaders across the state in respite and caregiving. We are very fortunate to have Arkansas Governor Asa Hutchinson and Arkansas DHS Secretary Mark White join us for Opening Comments.

We know that sometimes a hard part about being a caregiver is the limited opportunity you may have to meet new people, share stories, and support each other. This event will also provide a unique opportunity for family caregivers all across the state to participate, meet and network with other caregivers in not only their own county of residence, but in every county. Vendor tables will also be available at the event for attendees to seek out additional information or possible services that best fit their needs.



This year's agenda focuses on two key elements- informational access for caregivers on how to navigate services programs, including Medicaid and Medicare, and focusing in on caregiver self-care. We have eight (8) different breakout session topics for you to choose from on the afternoon of Day 1, ranging from self-care techniques, elder care or senior health information, future planning, and Medicaid, Medicare and Arkansas's PASSE (Provider-led Arkansas Shared Savings Entity) system.

Day Two (2) brings topics relating to a new pilot project coordinated for respite assistance directed at the Alzheimer's and Dementia populations, as well as several panel discussions of various topics. A panel of professional experts in Arkansas's long-term care field will provide information on what to expect if a long-term care facility is the best option for your loved one. Work in building caregiver supports within the community will also be featured when a panel discusses workforce building of respite care workers and volunteers. And the final panel discussion of the day will include caregivers themselves, discussing their own stories and situations and the lessons they have learned along the way.

Lunch will be provided on both event days so that attendees can eat and enjoy keynote speakers. On Day 1, you will hear from the daughter of famed Arkansas coach and athletic director Frank Broyles on her family's experiences dealing with multiple Alzheimer's diagnoses and their work in the field to help others learn and grow with the disease. Day 2 will be a special virtual presentation by the director of the national respite network and resource center known as ARCH.

We have worked extremely hard to secure amazing speakers for you who will engage you and motivate you with their stories and presentations. Similarly, the speakers are very excited to meet and interact with everyone. We have included their profiles later in the program for you to familiarize yourself!

And, finally, what would a conference be without some door prizes and fun?! Door prizes will be announced throughout each day and all you have to do is register to attend the conference (either in person or virtually) for a chance to win. There will also be opportunities to earn participation points throughout the event, make your way to the top of the participation leaderboard and score a prize too!

History of the Arkansas Lifespan Respite Program

In 2013, the Arkansas Department of Human Services (DHS) and other respite community providers and advocates across the state began meeting to form the Arkansas Lifespan Respite Coalition (ALRC). A respite summit was held that same year, bringing together statewide stakeholders interested in improving respite service and seeking out funding opportunities.

DHS, in partnership with the Arkansas Lifespan Respite Coalition, was awarded its first federal Lifespan Respite Grant in 2014 and then again in 2018 from the Department of Health and Human Services' Administration for Community Living. Arkansas received additional supplemental funding in 2019 to enhance respite services.

In July 2020, Arkansas received its third federal Lifespan Respite Grant, which will provide funding to technological developments, informational and educational materials, updated statewide caregiver census data, improved caregiver well-being, and increased service utilization for the next five years. The new grant funding is anticipated to end as of June 2026.

Current grant activities provided through the Arkansas Lifespan Respite Program include:

- Respite vouchers available to primary caregivers needing financial assistance to pay for respite services out of pocket
- Free, In-person and online respite training for potential respite workers and other caregivers interested in enhancing their knowledge and skills
- Free, searchable online respite locator that allows caregivers to filter by various categories to find respite workers and organizations within their area

About the Arkansas Lifespan Respite Coalition

The Arkansas Lifespan Respite Coalition is comprised of family caregivers as well as staff from organizations with outreach across the state, representing all populations regardless of age, income, cultural, or ethnic background, or need/disability of the care recipient.

The goal of the coalition is to improve the awareness and access of respite information and services available to families across age and disability spectrums by expanding and coordinating existing respite systems in Arkansas.



The mission of the coalition is to support and promote the development of a comprehensive, statewide respite and crisis care system that is responsive to the needs of caregivers and their families and enhances the quality of life for all individuals.

The vision of the coalition is to create an environment within Arkansas where respite and crisis care are readily available and easily assessable to all caregivers through education and awareness.

The purpose of the coalition is not to act in a role of a direct service provider, but to build a statewide system to identify and coordinate respite care options for families regardless of age, special need, or other characteristics of the person needing care.

Door Prize Sponsorship

What would a conference be without door prizes? We cannot pass up an opportunity to have a little fun and offer a few well-deserved attendees a special gift throughout the event. Multiple door prizes will be announced each day and are available to both our in-person and virtual attendees. Winners will also be notified via the email they registered with of their win and coordinate the receipt of their prize with the sponsor of that prize.

We would like to thank all of our door prize sponsors for donating great items for the Arkansas Lifespan Respite Coalition to use as door prizes through the event.

Our Door Prize and Raffle Sponsors are:

Aging by Design Ministry

Area Agency on Aging of Southeast Arkansas

Arkansas Disability Coalition

CapTel Outreach

CareLink

CareSource PASSE

Cavalier Healthcare of England

Conference Vendors

[Aging by Design Ministry](#)- Aging by Design Ministry provides presentations for your church or organization for free. They can tailor the program topic to one that is of interest and of need to your group. Most presentations will be interactive, hands-on workshops highlighting strategies for individuals, caregivers, and others. Through Aging by Design's presentations, you will learn how to help those who are aging, having vision, mobility or hearing loss, or safety concerns. Your group will also be provided an opportunity to ask questions and explore possible solutions to best fit their situations.



[Alzheimer's Arkansas](#)- a grass roots organization focusing on caring for the caregiver. Alzheimer's Arkansas focuses their efforts on providing free services and programs to caregivers in order to give them options in their daily lives. In addition to education and outreach for caregivers, Alzheimer's Arkansas focuses on granting monies to Arkansas caregivers via their grant programs. They provide support groups and many other opportunities for free support, such as a 24-hour caregiver hotline.



[Arkansas Disability Coalition](#)- Arkansas Disability Coalition (ADC) is a statewide organization that assists families and individuals with all types of disabilities, providing health-related support, information, resources and training. ADC works to ensure that all persons with disabilities are empowered with the knowledge and assistance they required to make informed decisions, through advocating the value and power of partnerships between families, healthcare professionals, services providers, lawmakers and the community.



ADC's mission is "Working to empower individuals with disabilities and their families to pursue opportunities for improvement in education, health, inclusion, and quality of life, leading to productive, independent lives."

[Ascend Healthcare Group](#)- Ascend Health Care Group provides homes representing short-term rehabilitation, long-term care and respite services to seniors throughout Arkansas. Ascend also provides a secure environment for those battling dementia type symptoms.



[CapTel Outreach](#)- Ideal for people with hearing loss, the CapTel® Captioned Telephone works like any other phone with one important addition: It shows captions of everything the caller says. You can listen to the caller and also read captions of what they say in the CapTel display screen.

CapTel is the only captioned telephone made in the USA from worldwide components, and the only captioned telephone company that gives you several models to choose from. All CapTel phones include a large screen display, adjustable font sizes and colors, and a built-in answering machine that shows captions of your messages. Additional options include Bluetooth connectivity and speaker phone.



The phone is available at no cost with a signed certification from a professional qualified to evaluate hearing loss, such as your audiologist or doctor. CapTel service is provided at no cost to the user through a fund set up by the FCC exclusively for people with hearing loss.

Our friendly Outreach team offers free in-home or over-the-phone installation and makes sure you are comfortable using your new CapTel.

[CareLink](#)- CareLink, Central Arkansas's Area Agency on Aging, is a non-profit that has been serving homebound and active older people and their family caregivers since 1979. Their mission is to connect older people and their families with resources to meet the opportunities and challenges of aging. Serving Faulkner, Lonoke, Monroe, Prairie, Pulaski and Saline counties.



[CareSource PASSE](#)- a Provider-Led Arkansas Shared Savings Entity (PASSE). It is a Medicaid program that serves individuals with complex behavioral health, developmental and intellectual disabilities. CareSource PASSE is a provider-led partnership between providers and CareSource to integrate the care and need of the population through a community-based care coordination model.



[First Connections EI](#)- Early intervention strategies are individualized to promote child development to build functional skills to help the child be an active participant in typical child and family activities. First Connections collaborates with families to facilitate the child's active participation in family and community activities. Early intervention is linked to specific family goals which support their child's development.



[TAP Telecommunications](#)- The Telecommunication Access Program (TAP) provides specialized telecommunication equipment to eligible Arkansans who are deaf, hard of hearing, deaf-blind, or who have a speech, visual, mobility, or intellectual disability. TAP strives to remove telecommunication barriers through the delivery of adaptive communication technology.



Speakers and Presenters

Betsy Broyles-Arnold, CDP, CISM, The Barbara and Frank Broyles Foundation

Betsy's passion is to provide caregivers with the necessary tools and game plan to give them confidence and hope during this season of their lives. Betsy leads local support groups and works with caregivers one-on-one across the country.



When Betsy learned her mother, Barbara Broyles, was diagnosed with Alzheimer's, she and her family moved from Texas to Fayetteville, AR to be a primary caregiver alongside her twin sister, Linda. This experience changed her and her family forever. After her mother passed, Betsy, sister Linda and her father, Coach Frank Broyles, were inspired to share the knowledge they gained with others. Combining the latest research with their own experiences as a caregiving daughter and spouse, respectively, they produced the Coach Broyles' Playbook for Alzheimer's Caregivers. There are 1.2 million books in print, and it has been translated into 11 languages.

Over the last 12+ years of this mission, Betsy has devoted her life to helping caregivers. Betsy and Molly have traveled all over the United States giving more than 200 speeches to different organizations and appearing on more than 400 TV and radio shows, with a total reach exceeding 30 million households.

As the need to help caregivers continues to grow, Betsy knows her work helps provide a valuable resource and education to the countless families affected by dementia including Alzheimer's.

Carolyn Torrence-Berry, Alzheimer's Arkansas

Carolyn Berry currently serves as the Executive Director at Alzheimer's Arkansas. Her passion to work with "seasoned" adults arose from her childhood and the senior adults from her community. Her experience has been shaped through working with aging adults in various capacities, including as a Community Educator at an intensive outpatient program for seniors. Carolyn also worked as an Intervention Specialist with adults living mental illnesses.



Carolyn is a Certified Dementia Practitioner. She serves on the Telecommunication Access Program advisory board. Her formal education includes a Master of Education in Adult Learning and a Bachelor of Social Work from the University of Arkansas at Little Rock. She understands the beauty and challenges of aging. Her bucket list includes seeing the Northern Lights, writing my memoirs, and taking a road trip across Route 66.

Clarice Partee, CareLink

Clarice Partee is a Licensed Certified Social Worker (LCSW) with more than 10 years of experience providing care to a diverse population of individuals including older adults, children, the terminally ill, the grieving, people with mental health issues, and the intellectually disabled.



Clarice's passion is to exude warmth, respect, empathy, and genuineness in her work with older adults to help them maintain their independence. Throughout her career in social work as a family service coordinator, care coordinator, independent senior caregiver, bereavement specialist, hospice social worker, and mental health therapist; Clarice has gained skills in structured family meetings, support groups, end-of-life care, grief work, comprehensive care plans, referrals to community resources, caregiver support, advance directives, funeral planning, and long-term placement. To aid those in need, Clarice's methods include group peer support, person-centered approach, strengths perspective, solution-focused therapy, reminiscence therapy, and crisis intervention.

Clarice earned her Bachelor of Arts degree in Sociology with a minor in gender studies at the University of Colorado at Boulder and a Master of Social Work (MSW) from the University of Arkansas at Little Rock. To stay current on the ever changing and growing needs of the community, Clarice participates in professional development through continuing education to ensure quality services to clients.

Courtney Leach, Community Connections

Courtney Leach earned her bachelor's degree in Public Relations and master's degree in Higher Education Administration from the University of Central Arkansas. She left distribution management to come serve as executive director of Community Connections in 2008 when her middle son, Alex, was born with a chromosome deletion. Courtney fell in love with the vision of supporting families of children with special needs and offering the kids quality extra-curricular activities.



Courtney and her husband, Trip, have three sons and one daughter-Quinten, Alex, Bentley and Abigail, and serve on staff at New Life Church in Conway.

David Cook, Alzheimer's Association- Arkansas Chapter

David Cook is the Public Policy Manager at the Alzheimer's Association. In this role, he oversees the development and implementation of the Association's state and federal policy objectives. He also coordinates efforts of the Alzheimer's Impact Movement, the Association's volunteer advocacy program. Creating opportunities for those who have been touched by dementia to share their experiences with their elected officials.



David came to the Association in the fall of 2018 after a four-year career with the Arkansas Public Policy Panel. Since coming to the Association, he has expanded the reach of the advocacy program and was instrumental in passing legislation that re-established the Alzheimer's and Dementia Advisory Council in 2021.

He and his wife, Amanda, have four children and live in the city of Shirley, Arkansas where he serves as a city councilman. He is a 2002 graduate of Harding University, where he received a Bachelor of Arts in Religious Studies. Before beginning a career in public policy, he served as a pastor in churches in Wisconsin, Mississippi and Arkansas.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia- by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

The Alzheimer's Impact Movement (AIM) is a separately incorporated advocacy affiliate of the Alzheimer's Association. AIM advances and develops policies to overcome Alzheimer's disease through increased investment in research, enhanced care and improved support. Thanks to the support of its members, AIM has driven policymakers to take historic steps to address the Alzheimer's crisis- but more remains to be done.

Elise Hensley, CareLink

Elise is a Little Rock native. She learned at a young age about the importance of community and family from attending church services with her grandparents. After graduating from Little Rock Central High School in 2006, she attended Pulaski Technical College (UA-PTC) and the University of Little Rock (UALR) where she received a bachelor's in science in health education and promotion. In 2014, she began working at Alzheimer's Arkansas where she helped to develop multiple Caregiver workshops and educational events reaching across Arkansas and worked on events, such as the Walk of Love and Nights of Lights, which raises funds to help provide respite reimbursement for caregivers. In January 2017, she began her studies at the University of Arkansas for Medical Sciences (UAMS) and earned her master's degree in Public Health Education and Behavior in May 2020. In February 2020, Elise joined CareLink, Central Arkansas' Area Agency on Aging, as the Care Coordinator Manager. She and her team assist community members, homebound seniors, at-risk adults, caregivers, and their families to locate resources and assists with the needs of the community.



Elise and her husband, Brad, have a daughter, Harper, and two dogs, Duke and Cash.

Dr. FranSha' Anderson, CEO/Executive Director for the Arkansas State Independent Living Council (ARSILC)

Dr. FranSha' Anderson is the current Executive Director for the Arkansas State Independent Living Council (AR SILC) located in Little Rock, Arkansas and has served as the E.D. for the past 10 years. She works diligently to promote independent living and equal access and inclusion for those that living with disabilities.



She holds a doctorate in Divinity. She is a Regional Representative for the National Council on Independent Living Executive Board, National Association of State Independent Living Council's Executive Board as Secretary Co-Chair of NCIL's Civic Engagement and Voting Rights committee and on NCIL's Finance Committee.

She is the mother of two adult daughters, 33 and 30, who are both deaf and one with multiple disabilities, and two additional children aged 10 and 8. She is the "Gi-Gi" to her two grandsons who are 2 and 5 who are CODAs. She has been a disability advocate for over 30 years in Arkansas.

Jerilyn Swalve-Wasson, Caregiver/Advocate

Prior to becoming a mother and full-time caregiver in 2012, Jerilyn worked as a licensed psychological examiner for the University of Arkansas Medical Sciences where she did behavioral therapy for children with developmental delays and their families. In 2010, Jerilyn founded the Autism Supports Services' NIGHT LIGHTS. NIGHT LIGHTS was a once-a-month night out program for children ages 12 and under on the Autism Spectrum, as well as their siblings, that served as respite care for parents.



This 3-hour respite evening was structured with activities such as arts and crafts, music, recreation and movie time. She has also worked with Arkansas Families First as a Public Relations and Event Coordinator.

Jerilyn is the proud mother of 10-year-old, Emma Wasson, diagnosed with Turner's Syndrome and born with serious heart conditions. She currently serves as the President of the Academy Parent School Connection at EasterSeals Arkansas, as well as participates on several committees and boards advocating for children with special needs and caregiver supports.

Jill Kagan, Director, ARCH National Respite Network and Resource Center

Jill Kagan is Director of the ARCH National Respite Network and Resource Center, which houses the Lifespan Respite Technical Assistance and Resource Center funded by the U.S. Administration for Community Living. She serves on numerous national advisory boards, including the Executive Committee for the BOLD Public Health Center of Excellence in Dementia Caregiving at the University of Minnesota. Ms. Kagan was appointed to the faculty of the RAISE Act Family Caregiver Resource and Dissemination Center at the National



Academy for State Health Policy. She co-chaired the Respite Impact Council for the Elizabeth Dole Foundation's Hidden Heroes Campaign for Military Caregivers. She represents ARCH on numerous national coalitions, including the Consortium for Citizens with Disabilities, the Centers for Medicare and Medicaid Caregiver Workgroup, the National Child Abuse Prevention Partners of the U.S. Children's Bureau, and the National Alliance for Caregiving's Advocacy Collaborative. ARCH is also a founding member of the International Short Break Association.

Ms. Kagan served as deputy director and professional staff to the Select Committee on Children, Youth, and Families in the U.S. House of Representatives for 10 years. Following this, she worked as a policy consultant to national maternal and child health, aging, disability, caregiving and child abuse prevention organizations for more than 15 years.

Jill Kagan received her Master of Public Health (MPH) in maternal and child health from the University of North Carolina at Chapel Hill, and her bachelor's degree from Brandeis University, Waltham, Massachusetts.

Kathleen Pursell, Arkansas Department of Human Services, Division of Aging, Adult and Behavioral Health Services (DAABHS)

Kathleen Pursell is in her 16th year with the Arkansas SMP program, serving as Program since 2012.

She is the editor of the SMP quarterly newsletter which has a reading audience of over 4000. Kathleen manages the SMP federal grant program through the AR DHS Division of Aging, Adult & Behavioral Health Services educating Medicare recipients, their families, and caregivers statewide with the message of healthcare fraud prevention and the latest scams targeting senior citizens. The AR SMP partners with entities across the state who assist our program by spreading the SMP message through presentations in their areas of service and by distributing important SMP information at health fairs, doctor's offices, and clinics and senior centers.



Ms. Pursell enjoys working with seniors to help protect them and the integrity of the Medicare trust fund. She believes in the SMP program and is committed to making a difference in the lives of the senior population in our state.

Lesley Graybeal, University of Central Arkansas, Division of Outreach & Community Engagement

Lesley Graybeal is the Director of Service-Learning and Volunteerism at the University of Central Arkansas in the division of Outreach and Community Engagement. Lesley earned her BA and MA degrees in English and PhD in Social Foundations of Education from the University of Georgia. At UCA, she works to connect nonprofit partners, community-engaged faculty, and university students in reciprocal partnerships to address meaningful community needs while fostering community-based learning and civic engagement.



Levern Clements, Arkansas Department of Insurance, Senior Health Insurance Information Program (SHIIP)

Levern Clements has been employed at SHIIP for more than seven years and has a Medicare and insurance background for more than 20 years. She has an extensive background in medical billing, medical diagnostic analyst, and patient account specialist. She initially started at SHIIP as an administrative assistance. After one year in that role, she was promoted to a Medicare Benefits Specialist and was in that role for five years and was promoted to the position of Volunteer Program Coordinator in April of 2017. As a Certified Volunteer Coordinator, she does Medicare presentations, volunteer trainings; provide free and unbiased counseling to our many Medicare beneficiaries and or agencies that may need Medicare information and assistance.

Martina Smith, Arkansas Department of Human Services, Director of the Division of Provider Services and Quality Assurance

Martina Smith serves as the Director of the Division of Provider Services and Quality Assurance. In this role, Martina oversees the Office of Long-Term Care, which regulates and surveys long-term care facilities; the Office of Community Services, which certifies, and licenses assisted living facilities and other providers; and the Office of Performance and Engagement, which is comprised of the complaint, FOIA, and quality assurance units.



Martina earned a Juris Doctorate from the University of Arkansas at Little Rock William H. Bowen School of Law and a Bachelor of Arts in Criminal Justice from Arkansas State University. Martina has served DHS in additional capacities, including as a Dependency-Neglect and Adult Protective Services attorney and as the Privacy Officer.

Prior to coming to the Arkansas Department of Human Services, Martina worked for the Tennessee Department of Human Services as an Administrative Hearing Official.

Melissa Weatherton, Arkansas Department of Human Services, Director of the Division of Developmental Disability Services

Melissa Weatherton serves as the Director of the Division of Developmental Disabilities Services, a Medicaid division. In this role, she oversees services and supports for beneficiaries with developmental disabilities and delays. Programs include day treatment programs for children and adults, community-based programs, applied behavior analysis for children with Autism, 24-hour care in Intermediate Care Facilities, a program for children with chronic health care needs, as well as occupational therapy, speech therapy, and physical therapy.



Prior to becoming the Director in January 2016, Melissa served as Deputy Director of the division in 2013. Melissa started her career at DHS in the agency's legal department, holding several positions including deputy chief counsel where she oversaw policy, contracts, and legislation for DHS. She also has extensive knowledge of child welfare from her work in the legal department representing the child welfare agency as well as children in the foster care system.

She has been a licensed attorney since 2005 and a volunteer with the non-profit organization, Project Zero, since 2006. She has been Chairman of the Project Zero board since 2011. Melissa also attends St. James United Methodist Church.

Phyllis Bell, Executive Director, Arkansas Residential Assisted Living Association (ARALA)

Phyllis Bell became the Executive Director for the Arkansas Residential Assisted Living Association (ARALA) in early 2022. ARALA, founded in 1983, is composed of members who care for our most vulnerable elders in a home and community-based setting. The ARALA mission is to: Provide, Educate, Maintain and Promote assisted living and residential care services in Arkansas. Prior to her current role, Phyllis was the Child Welfare Senior Advisor and Intern Director to Governor Asa Hutchinson. One of her most valued experiences in the Governor's Office was helping to reduce institutionalization for our state's most vulnerable youth and appropriate placements based on individual needs.



Phyllis's CHOICES TEDx talk focuses on the transformational impact an individual's choices can make for their future and to others close to them. This message aligns perfectly with the ARALA mission of Arkansas's most vulnerable citizens being able to choose the least restrictive home environment based on their individual needs. Due to personal life experiences, Phyllis sees potential in others who are often overlooked. Her goal is to be a voice for the voiceless.

In her leisure time, Phyllis enjoys cycling, running, kayaking, skydiving, quilting, and spending time with her family. She and her husband, Nathan, have two daughters, Victoria and Hannah.

Phyllis Donley, Arkansas Department of Insurance, Senior Health Insurance Information Program (SHIIP)

Phyllis Donley has been employed with the Senior Health Insurance Information Program (SHIIP) for over 5 years. She has an extensive background in the insurance industry. She started as a Program Eligibility Specialist in March 2015 and was promoted as the Volunteer Program Coordinator in September 2016.

Phyllis has a master's degree in counseling from the University of Arkansas at Little Rock. SHIIP's mission is to help Medicare individuals make informed decisions about their healthcare needs as well as providing unbiased counseling.

Rebecca Fallen, RN, Assistant Director of the Office of Long-Term Care, DHS Division of Provider Services and Quality Assurance

Rebecca has been a nurse for 20 years. She has specialized in ER and ICU patient care prior to her employment with the state agency. She began working for the Arkansas Department of Human Services in the Utilization Review Section, where she was over the hearing aid program for Arkansas children. In 2021, Rebecca moved into the Office of Long-Term Care working as a manager for the long-term care state licensure and certification. Rebecca was name interim Assistant Director for OLTC in December 2021 and assumed the role permanently in July 2022.



Rebecca lives in Sherwood, Arkansas with her husband, her 10-year-old son, and their 2 dogs. She is currently pursuing a master’s degree in public administration. She enjoys traveling with her family, especially cruises, cooking, and reading in her spare time.

Dr. Rick Caracciolo, Aging by Design Ministry

Dr. Rick Caracciolo has been specializing in aging issues, caregiving, assistive technology, and counseling for over three decades. Rick has an earned Doctorate in Ministry and is an associate pastor at Christ Centered Fellowship Baptist Church in Jacksonville, Arkansas. He currently works for the Arkansas Department of Human Services overseeing and surveying Nurse Aide Training Programs for compliance.



Rick is the founder of Aging by Design Ministry. He has authored several books and has a passion to educate individuals, caregivers, and families about aging. Rick is also a retired Certified Occupational Therapist of 30 years, working in various practice settings.

Sarah Schmidt, Arkansas Department of Human Services, Division of Provider Services and Quality Assurance (DPSQA)

Sarah Schmidt serves as the Deputy Director of the Division of Provider Services and Quality Assurance and has been overseeing the Arkansas Lifespan Respite grant since February 2019. Sarah has over 13 years of experience with DD waiver programs, direct service providers, and state government (both in Arkansas and in Texas).



The Division of Provider Services and Quality Assurance (“DPSQA”) oversees the Office of Long Term Care- licensing, regulating and surveying long-term care facilities, the Office of Community Services- licensing, regulating and surveying Assisted Living Facilities and other Home and Community-based service providers, and the Office of Performance and Engagement- including Incidents & Accident Reporting, Criminal Record Checks, Occupational Licensure for Nursing Home Administrators and Certified Nursing Assistants, Freedom of Information Act and other quality assurance units.

Sarah is a born and raised Arkansan, and a graduate of the University of Arkansas-Fayetteville. Prior to 2018, Sarah spent 13 years living in Austin, Texas, where she worked for I/DD waiver services providers and the Texas Health and Human Services Commission managing HCBS Licensure and Compliance units.

Stacey Reynolds, Blue Yoga Nyla

Stacey’s yoga journey began in 1997. Suffering from chronic illness and confined to a wheelchair for almost 2 years, she credits “something greater than herself” or guiding her to the healing possibilities of yoga. She began teaching in 2001, for nine years free-of-charge to the community.



In 2010, Stacey opened her Blue Yoga Nyla, a studio committed to facilitating healing in mind, body and spirit. She serves special populations, including those with trauma, addiction and grief. Her work with seniors for over 20 years has provided her with a vast understanding of the aging body and the progression in physical, mental, and cognitive ability that yoga practice provides.

Stacey developed the internationally recognized YogaBLUEprint for Advanced Age and Living, and she works with University of Arkansas Medicaid Science- Traumatic Brain Injury professionals, training those suffering from TBI and their caregivers in the benefit of yoga as part of the healing process.

Sue Beckford, Caregiver/Advocate

Sue retired from nursing after marrying her wonderful husband, Joe, 25 years ago. At that time, it had become evident that her daughter, Jessica, would need full time care and a full-time advocate. She currently works for the Springdale Public Schools where she has been proudly serving for the past 10 years in Special Education.



Sue is the mother of three, Jackie, James and Jessica.

Tami Rogers, Arkansas Department of Human Services, Division of Provider Services and Quality Assurance

Tami serves as the DPSQA Operations and Implementation Manager for the Division’s Office of Performance and Engagement. She has more than 20 years of management experience in leading and supporting programs and staff, and over 5 years’ experience with contract management and oversight. Tami has extensive knowledge in Home and Community-Based (HCBS) Medicaid waivers, certification, and licensing, as well as management in long-term care, residential treatment and regulatory/enforcement procedures.



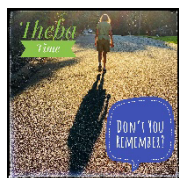
In Tami’s current role at DHS, she oversees the Certified Nurse Aid (CNA) training and certification program, the Nursing Home Administrator (NHA) licensure program, DHS’s self-

direction service model for personal care and attendant care, known as IndependentChoices, as well as DHS's Choice in Living Resource Center. Tami currently serves as the co-manager of Arkansas Lifespan Respite Program.

Tami is a proud veteran of the United States Navy. Originally from Ohio, she moved to Arkansas 25 years ago. Tami is the proud mother of two daughters and the proud GiGi of two grandchildren. Tami understands firsthand the challenges of a caregiver- being a caregiver herself to her daughter who was diagnosed with Epilepsy at the age of 5 years old after suffering a head injury.

Theba Lolley, Caregiver/Podcaster

Theba Lolley was a caregiver for her father who died of dementia lewy body in 2019 and at the end of 2021 retired to be a full-time caregiver to her mother diagnosed with Alzheimer's. For 25 years, Theba worked in Marketing for the TV News station, THV11, in Little Rock, Arkansas. Towards the end of her career, she became a co-host and storyteller for a TV lifestyle show called "The Vine," as well as producing a weekly segment called "Discover Arkansas."



In 2021, Theba started a podcast titled "Theba Time: Don't You Remember" and YouTube channel for caregivers. In 2022, she once again joined with The Vine for monthly segments called Theba's Tips for Caregivers. She works as an advocate for both Alzheimer's Arkansas and the Alzheimer's Association, and as an ambassador for Senator John Boozman's office. Prior to working for THV11, Theba worked for the motion picture business on several movies. Most notably, the Oscar winning movie Sling Blade.

Theba is a committed advocate for caregivers- desiring to have thoughtful discussions about the complicated and destructive disease of dementia.

Dr. Tony Varela, DPT, PhD, OCS, MTC, FAAOMPT, Arkansas Colleges of Health Education

Dr. Tony Varela has worked in outpatient rehabilitation for over 20 years. He has experienced the spectrum of patient/client populations; however, he focuses on those enduring chronic disease and chronic pain. The essence of mind-body interventions was learned through his patients. He learned that mind-body connections overlapped all those he served. It enabled a meaningful recovery by enhancing resilience and self-efficacy. He strives to treat patients with a holistic approach that stays true to evidence-based and functional approaches.



Dr. Varela graduated with a Bachelor of Science in Physical Therapy from the University of North Florida, a Master of Health Science and a Doctor of Physical Therapy from the University of St. Augustine for Health Sciences. She has also earned a PhD in Human Behaviors from Capella University.

He served on continuing education faculty for more than 10 years. His dissertation explored and discovered the significance of pain self-efficacy. He has participated in chronic pain programs and chronic pain project development. The emphasis of his training and education is on musculoskeletal dysfunction, chronic pain, pain neuroscience, mindfulness and cognitive behavioral interventions for those struggling with chronic disease and pain.

Dr. Varela is a member of the American Physical Therapy Association and American Academy of Orthopaedic Manual Physical Therapists. He is now on Faculty at the Arkansas Colleges of Health Education School of Physical Therapy in Fort Smith, Arkansas, where he leads the musculoskeletal team.

Session Descriptions

Understanding “What is Respite?” (Presented by Sarah Schmidt)

The conference’s kick-off session starts with a general overview of respite: the definition, the pros and cons of different respite types and models, and the Lifespan Respite Program. Information will be provided on Arkansas’s current respite availabilities, including the federally funded Lifespan Respite Grant and activities and services provided through the grant.

Stress: The Good, Bad, and Ugly (Presented by Dr. Tony Varela)

Healthcare requires an improved understanding of stress and associated behavior. The breakdown and recovery of the mind-body connection is now understood to have underlying responsibility with the development and rehabilitation of the chronic diseases and pain epidemics. The inclusion of pain neuroscience established the foundation for this trajectory; however, a comprehensive behavioral perspective requires an understanding of cognitive and emotional factors. A sustainable recovery, though, requires increased self-efficacy and empowerment. Combining the biopsychological and cognitive behavior models provide insight into the mindset and behavioral change, which enables sustainable behavioral change.

This course offers an embodied perspective delving into and through behavioral models that advance the application of being psychologically informed. Self-efficacy and individualized empowerment are highlighted through practical constructs. The course is didactic and practical. The course offers a mindfulness lab for acceptance, interoceptive, and contemplative training. The training is a way to monitor and change reactions and default modes reflective of unproductive perspectives of stress, dysfunction, pain, and disability.

Discussions expand on positive psychology including active coping, resilience, grit, and post traumatic growth. A working definition of being psychologically informed and how to practice mindfulness is the end-product.

The Basics of Medicare (Presented by Phyllis Donley and Levern Clements)

This presentation will provide information on the Senior Health Insurance Information Program (SHIIP) and their work. Discussions will also focus on information and details regarding Medicare Part A, B, C, D, and Medigap coverage. Each part of Medicare will be explained.

Navigating Medicare (Presented by Rose Page)

This session will discuss Medicaid categories available to Arkansas residents and overall eligibility requirements and procedures. Presentation of information and discussion will surround the following topics:

- Criteria for each Medicaid category
- Financial and non-financial eligibility requirements for each category
- How to apply
- Contact Information

Arkansas' PASSE System (Presented by Melissa Weatherton and Paula Stone)

In 2019, Arkansas launched a model of managed/organized care, known as the Provider-led Arkansas Shared Saving Entity, that manages the Medicaid services of individuals with significant developmental disabilities and behavioral health needs under one umbrella. The goal of the PASSE system is to monitor client's health care needs, keep them healthy, and help them reach goals. PASSEs are a Medicaid provider type approved by the Centers for Medicare and Medicaid Services (CMS) and are regulated by the Arkansas Insurance Department (AID) and held accountable to DHS under federal managed care rules. Arkansas's PASSE Program currently serves over 55,000 Medicaid clients across the state.

This session will provide a general overview of the PASSE Program.

Caring for an Aging Loved One (Presented by FranSha' Anderson and Kathleen Pursell)

God gives a special grace to those who humble themselves to serve the aging and the disabled. Caring for elderly parents or loved ones can sometimes be a hard task. Knowing how to navigate the system and find resources, knowing what medications they are taking, day to day living, and transportation are only a few of the moving parts that are associated with caring for the elderly. But in the midst of all the day-to-day and the financial management, there comes into play the caregivers that are hired to take care of the loved one. This presentation will provide a guide for families, siblings, or others that are caregivers and oversee the care of an elderly loved one or parent. Through all the moving parts, there comes into play the part about theft and abuse that a loved one might experience due to a caregiver. This presentation will provide some tips on how to safeguard against fraud while also making sure you are taking care of yourself in the process.

Caring for elderly parents or even setting up the care is not an easy task. It takes a team- or if there are just two, it takes "teamwork" and dedication from both to do their part. If one lives out of town, there are still tasks that need to be taken care of. There are a lot of moving parts that have to be put into play. Use social media and your contacts to ask questions about what your needs are. You do not know until you ask. Some of the information that will be presented is based on personal experience of being a caregiver/POA for a parent.

Getting Older: What It's Like and What You Can Do To Help (Presented by Dr. Rick Caracciolo and Marguerite Caracciolo)

Whether you like it or not, you are going to get older. Getting old is a new experience; you have never been old before. As your loved one ages and even us, you don't know what to expect, how to help or what to do. This hands-on workshop through empathetic simulation and participation activities will help the participant to better understand declining vision, mobility, fine motor skills and hearing loss as you

age. Attendees will be provided the opportunity to gain an understanding of aging, learn about resources and to examine assistive technology devices that might be of assistance in those declining areas as we ate.

Radical Self-Care (Presented by Stacey Reynolds)

A presentation of information about the toll of caregiving on the mind, body, and spirit, and the healing and sustaining effects of yoga for the caregiver and the person in care. Stacey will share tools and practical applications for dealing with caregiver fatigue and burnout, demonstrating ways to remove stress from the body and to cope with the grief and depression that often accompanies caregiving. She will explain the positive benefits of gently, accessible yoga postures and breath practices on cognitive agility, memory, and concentration. The lecture will be experimental as the audience will be invited to participate in guided imagery, breath, and gentle chair yoga movements.

Managing Expectations (Presented by Elise Hensley)

This presentation is focused on how a caregiver can better manage their expectations of themselves, family members, and loved ones. By using a 5-step process, this presentation will help to start the conversation with family members and loved ones while on a caregiver journey.

Caregiver Self-Compassion (Presented by Clarice Partee)

Providing an overview of self-compassion, an empirically proven practice, and a central construct in Buddhist psychology. Self-compassion is a mindfulness practice caregivers can use to combat stress and burnout. The presentation is based on the research done by Dr. Kristin Neff, Associate Professor of Educational Psychology at the University of Texas at Austin, and active practitioner of Insight Meditation. Dr. Kristin Neff has written several books on self-compassion including “Fierce Self-Compassion: How Women can Harness Kindness to Speak Up, Claim Their Power” and “Thrive and Self-Compassion: The Proven Power of Being Kind to Yourself.”

Overview of the Arkansas Alzheimer’s and Dementia Respite Pilot Project (Carolyn Torrence and David Cook)

A general overview of the unique needs of dementia caregivers and the need to build a respite infrastructure that will allow individuals with dementia to age in their most preferred settings. Information will be provided about the current pilot program that is specific to Arkansas’s growing dementia population. In July, DHS authorized funding that provides respite grants based on acuity and not income. Learn how this program is impacting Arkansans.

Panel Discussion: Long-Term Care Options (Presented by Phyllis Bell, Rachel Bunch and Rebecca Fallen)

Inevitably, the moment may come for a caregiver when the best option for them and their loved one is long-term care services. This panel is made up of the professionals within Arkansas’s Assisted Living and Nursing Home associations and the Assistant Director of DHS’s Office of Long-Term Care to provide you with a general overview of long-term care services, what to expect if you transition your loved one to a long-term care facility, and how these facilities are overseen and monitored by the state and the Centers for Medicare and Medicaid Services (CMS).

Building a Workforce (Presented by Sarah Schmidt and Courtney Leach)

This session will focus on Arkansas's current respite workforce shortage and discuss how, through collaborative efforts of academic and community partners, the workforce could potentially grow. Topics will include skill building ideas and how to recruit and retain respite care workers. A panel of community partners will also discuss how they train, recruit, and look for volunteers and workers for their respite and caregiver support events.

Panel Discussion: Caregiver Stories (Presented by Tami Rogers, Jerilyn Swalve-Wasson, Sue Beckford and Theba Lolley)

Caregivers from across the state, with varying situations and diagnoses, share their stories of caregiving and lessons learned. The caregiver panel will end in a Q&A session with the audience.

Awards and Recognitions

For the first year ever, DHS and the Arkansas Lifespan Respite Coalition are pleased to host the 2022 Arkansas Respite and Caregiver Recognition Awards. Nominations were open to the public for anyone to recognize the selfless work done by Arkansas caregivers, service providers, advocates, and respite workers across the state. This year's awards will include the following recognitions:

- Young Adult/Youth Caregiver of the Year
- Caregiving Organization of the Year
- Caregiver of the Year
- Caregiving Advocate of the Year
- Respite and Caregiving Visionary Award

All award recipients will be featured on the Arkansas Lifespan Respite website as well as be offered the opportunity to contribute to the quarterly newsletter and participate in media opportunities involving Arkansas Lifespan Respite activities.

National Resources

ARCH- National Respite Network and Resource Center

<https://archrespite.org/>

ARCH is an anagram for "Access to Respite Care and Help." The ARCH Network's mission is to assist and promote the development of quality respite and crisis care programs in the United States; to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums.

The ARCH Network includes a National Respite Locator to assist caregivers and professionals locate respite services in their community. They also serve as technical assistance and a resource center, funded by the Administration for Community Living in the U.S. Department of Health and Human Services. ARCH also provides opportunities to participate in the National Respite Coalition, helping raise awareness of the value of respite and crisis care to policy makers.

Caregiver Action Network

<https://www.caregiveraction.org/>

The Caregiver Action Network (CAN) is the nation's leading family caregiver organization working to improve the quality of life for more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. CAN serves a broad spectrum of family caregivers ranging from parents of children with significant health needs, to families and friends of wounded soldiers; from a young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer's disease.

The National Family Caregiver's Association is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

National Alliance for Caregiving

<https://www.caregiving.org/>

The National Alliance for Caregiving (NAC) was founded in 1996 when a group of national organizations came together to meet the needs of caregivers in an aging America. The National Association of Area Agencies on Aging, the American Society of Aging, the U.S. Department of Veteran Affairs- Office of Geriatrics and Extended Care, Glaxo Wellcome, and the National Council on Aging worked together to create a new association that could address the public policy needs of families and quantify the impact of one of the largest unpaid workforces in our society.

NAC provides technical assistance to a national network of caregiving coalitions representing nearly 30 states and localities in the United States and serves as Founder and Secretariat for the International Alliance of Carer Organizations (IACO).

Rosalynn Carter Institute for Caregivers

<https://rosalynncarter.org/>

The Rosalynn Carter Institute for Caregivers (RCI) was established in 1987 at Georgia Southwestern State university in honor of former First Lady Rosalynn Carter and her passion and commitment to caregiving.

In 2020, RCI expanded nationally and became an independent organization to fulfill its promise to champion the family caregiver by building cross-sector partnerships, promoting evidence-based programs, and advocating for public policy.

Arkansas Lifespan Respite Coalition Member Directory



arkansas
total care™



Governor's Council on
Developmental Disabilities
ARKANSAS



Area Agency on Aging of Western Arkansas
and Visiting Nurses Agency
"Our heart is in your home."



Partners
for Inclusive Communities



Area Agency
on Aging



ARKANSAS
PAC
Parent Advisory Council



Alzheimer's
Arkansas
Support. Advocate. Care.



NAMI | Arkansas
National Alliance on Mental Illness



ARKANSAS
AUTISM
FOUNDATION



ALZHEIMER'S
ASSOCIATION



ARSILC
EST. 1994
ARKANSAS STATE INDEPENDENT LIVING COUNCIL



ARKANSAS DISABILITY COALITION



FRANK & BARBARA
BROYLES
FOUNDATION



NLC
NEW LIFE
CHURCH



CareLink
Resources for Older People and Their Families



CareSource™
PASSE



UAMS | Donald W. Reynolds
Institute on Aging
CENTERS ON AGING



Aging by Design
MINISTRY
LIVING LIFE AS GOD INTENDED



AARP
Real Possibilities



Area Agency
On Aging
of Southeast Arkansas



empower
HEALTHCARE SOLUTIONS



ARKANSAS
DEPARTMENT OF
HUMAN
SERVICES



UAMS
Institute for Digital
Health & Innovation
Trauma Rehabilitation
Resources Program





ARKANSAS DEPARTMENT OF
HEALTH




area agency on aging
of northwest arkansas

Social Media announcement for Nominations:

← Tweet




 AR Human Services 
@ARHumanServices

The Arkansas Lifespan Respite Coalition (ALRC) is pleased to open nominations for the 2022 Arkansas Respite and Caregiver Recognition Awards. Learn more and nominate someone here:
ardhs.formstack.com/forms/caregive... | #arkansaslife #ozarks #medicaid #statehealth



6:24 PM · Oct 19, 2022 · Twitter Web App

1 Like

NOMINATE THE CAREGIVERS IN YOUR LIFE TODAY!

To nominate an individual or organization you know, or to nominate yourself, please complete the following application. Deadline to submit a nomination is October 28, 2022. An awards committee will select award recipients who will be revealed on November 14-15th at the 2022 Arkansas Caregiver and Respite Conference.

All award recipients will be featured on the Arkansas Lifespan Respite website as well as be offered the opportunity to contribute to the quarterly newsletter and participate in media opportunities involving Arkansas Lifespan Respite activities.

Official Rules:

Eligibility for Individuals: Any Individual Who Meets the Following Criteria is Eligible to be Nominated:

- The nominee cares or has cared for a family member
- The nominee developed and implemented an innovative way to support family caregivers or former family caregivers
- The nominee provides support for family caregivers or former family caregivers in a way that makes the caregiving experience better and easier
- The nominee inspires others to make a difference

Eligibility for Organizations: Any Organization that Meets the Following Criteria are Eligible to be Nominated:

- The organization has implemented an innovative way to support loved ones and family caregivers
- The organization provides support for loved ones and family caregivers in a way that makes the caregiving experience better and easier
- The organization leads by example and inspires other organizations to make a difference

Note: The Arkansas Lifespan Respite Coalition reserves the right to decline nominations that do not embrace the spirit of the awards.

Newsletter opt-in: By submitting a nomination, you agree to opt into the Arkansas Lifespan Respite Program's mailing list

SUBMIT NOMINATION

I am nominating a:

Person

An Organization

Tell us about your nominee:

Nominee's Name:

Nominee's Email:

Nominee's Phone Number:

Nominee's Address (City/State/Zip)

Address Line 1

Address Line 2

City

State

ZIP Code

Nominee's social media accounts, if available:

Photo of Nominee

Choose File Remove File No File Chosen

File uploads may not work on some mobile devices.

Please tell us about the Nominee's caregiver story:

In a few words, why is the Nominee deserving of recognition:

How does the Nominee inspire others:

Tell us about yourself:

Your Name:

Your Email:

Your Phone Number:

How do you know the Nominee:

Do you want the Nominee to know that you nominated them:

Yes

No

Submit Form



ARKANSAS LIFESPAN RESPITE

 866-801-3435

 www.ar.gov/arlifespansupport

 ARLifespan.Respite@dhs.arkansas.gov

Available Services:

Respite Vouchers for Caregivers

Caregiver Training and Support Materials

Volunteer Respite Training

Online Respite Worker Training and Certification

Online Respite Provider Search Locator for Caregivers

"There are four kinds of people in this world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers." - Former First Lady Rosalynn Carter



**ARKANSAS
LIFESPAN RESPITE**

ARKANSAS
LIFESPAN RESPITE COALITION
Arkansas Residents and Caregiver Coalition





2022 ARKANSAS CAREGIVER FEEDBACK

Preliminary Data Report

Abstract

The last time Arkansas conducted a state specific survey on caregivers and respite care was in 2017. Since that time, caregiving responsibilities have increased in the state while respite supports have remained stagnant. The purpose of this study was to provide Arkansas caregivers a platform to provide input and feedback into a caregiver's environment and their overall understanding of respite supports available to them, while collecting preliminary demographic and quantitative data to determine future activities and services to reduce caregiver stress and promote caregiver overall health.

Sarah Schmidt and Naomi Sweeney

August 18, 2022

Contents

Overview 3
Methodology..... 4
Study Limitations 4
Reading This Report..... 5
Findings 5
Basics of Caregiving Situation 5
Age, Gender, Race/Ethnicity of the Caregiver 5
Geographic Demographics..... 7
Relationship of Caregiver to Care Recipient and Age 9
Care Recipient Condition 11
Care Recipient Military Status..... 13
Caregiving Activities and Level of Care 13
Presence of Other Help..... 15
Wellbeing of Caregiver..... 16
Financial Impact 18
Impact of Caregivers in the Workforce 22
Where Caregivers Seek Information and Supports 23
Knowledge and Access to Respite..... 24
Limitations 25
Conclusions 25
Possible Future Solutions..... 27
Appendix A. Survey Questions 28

Figures

Figure 1- Caregiver Gender 6
Figure 2- Caregiver Age/Ethnicity (State vs. National)..... 6
Figure 3- Where Caregiver Resides (by County) 7
Figure 4- Caregiver Residential Map (by County) 8
Figure 5- Arkansas Rural Regions..... 8
Figure 6- Caregiver Rural Map (by County)..... 9
Figure 7- Caregiver Age in Relation to Recipient Age 10
Figure 8- Caregiver Relationship in Relation to Care Recipient Age 10
Figure 9- Taking on Caregiver Role within Relationship Status 11
Figure 10- Care Recipient Comorbidities 12

Figure 11- Care Recipient Hospitalizations	13
Figure 12- Caregiver Tasks	14
Figure 13- Caregiver Tasks for Alzheimer’s and Dementia	14
Figure 14- Receipt of Medicaid/State Plan Services	15
Figure 15- Caregiver’s Overall Wellbeing (State vs. National)	17
Figure 16- Caregiver Household Income.....	19
Figure 17- Caregiver’s Annual Income vs. Received Assistance	19
Figure 18- Financial Strain vs. Household Income	20
Figure 19- Financial Strain vs. Caregiver Age and Care Recipient Age.....	20
Figure 20- Financial Impacts of Caregiving (State vs. National).....	22
Figure 21- Caregiver Impacts in the Workplace (State vs. National)	23
Figure 22- Additional Caregiver Work Impacts (State Only)	23
Figure 23- Accessing Information	24
Figure 24- Respite	25

Overview

The Arkansas Lifespan Respite Care Program is slightly above grassroots level. While there is currently no state funding for this program, previous federal grant awards have allowed the Arkansas Department of Human Services (“DHS”) to build a volunteer-based coalition comprised of respite providers and advocacy groups statewide. Additionally, that same federal funding provides voucher opportunities to caregivers, provides Arkansans with volunteer respite training, and conducts small-scale awareness/outreach events, including annual Lifespan Respite Awareness Days at Arkansas’s State Capitol. A Lifespan Respite webpage maintained by DHS provides information to the public.

The program’s vision is to enhance current grassroots, person-centered style activities directing service provisions, easing burdens in finding respite availability, and continuing to build collaborations and partnerships to strengthen our current respite status. Lifespan respite is also developing a sustainability framework to ensure long-term respite needs are met and supports for caregivers across Arkansas continue.

One of the most vital talking points, when it comes to understanding respite needs and service gaps in the state of Arkansas, is the demographic and census data on caregivers in the state. There are several reports and articles regarding caregiving and caregiver status on a national scale; however, Arkansas has never done a full independent state analysis. During 2017, the Arkansas Lifespan Respite Coalition did conduct a caregiver feedback survey. That survey contained five (5) basic questions to gauge whether the respondent was a caregiver and if the caregiver needed or had received a break/respite in the past. The survey was conducted online through SurveyMonkey, but no documentation can be found on survey methodology or how a target population was identified.

Feedback from the 2017 survey resulted in 574 respondents from 47 counties in Arkansas. Of those respondents, 76.56% (n= 428) indicated they were caregivers. Of those 574 total respondents, 67.60% (n=388) indicated they needed a break from caregiving. When respondents were asked if they had ever received a break, just 36.99% (n=209) indicated they had. When asked if they had ever received respite, just 23.34% (n=134) indicated they had. Furthermore, only 40.77% (n=234) knew what “respite” was. An enhanced feedback survey was created in 2018; however, no evidence or documentation has been found of its release. It is uncertain if data was ever collected beyond the 2017 basic survey. Additionally, a legislative study on the respite needs and service gaps in Arkansas was proposed during Arkansas State Legislative 92nd General Assembly Regular Session in 2019 but was never completed.

DHS’s Division of Provider Services and Quality Assurance (DPSQA) was awarded a five (5) year federal grant through the Administration for Community Living (ACL) beginning July 1, 2021, through June 30, 2026, known as the Lifespan Respite Integrity and Sustainability Grant (#90LRLI0045). Within the award, DPSQA identified \$40,000 in the first grant year (July 2021- June 2022) which could be used to conduct a statewide independent study on caregiver statistics and data analysis; however, there was difficulty in procuring an independent contractor to take on such a task when key data elements needed to be determined. At that time, the program decided to begin the data analysis with a preliminary data collection to 1) determine where to provide intense focus of marketing and informational outreach, 2) determine geographically where to hold small scale focus groups, workshops, and volunteer respite trainings, and 3) update infographics and other educational material. Scheduled grant activities will also include follow-up data collection and analysis in year 5 of the grant (July 2025-June 2026) on progress made through other grant activities.

The following report is based on preliminary data and statistics taken from a 2022 online survey produced by DPSQA.

Methodology

The survey pool was selected from recipients with open cases in 21 Medicaid categories administered by the DHS. To reach as many participants as possible, a report was run from the DHS ARIES Eligibility System with a list of all potential respondents. An initial report of 300,251 individuals were then sorted for duplications and email availability.

Based on the large quantity of email addresses available, DHS chose to use the survey services of SurveyMonkey to send the survey to potential respondents. This would provide quick access to data and eliminate the cost of postage, paper printing, and the need for hand tallying, which would increase the risk for human error. Survey questions were then developed to allow for responses of yes or no, multiple choice, or sliding scale so data could be exported easily into an Excel format.

The online survey was opened to the targeted population on February 24, 2022, and closed on March 11, 2022; a period of 16 calendar days. The population was notified of the online survey via email notification sent from DHS's mass notification system, Salesforce. The email was successfully delivered to 61,070 of the 64,943 available and unduplicated email addresses: a delivery rate of 94%. Upon closure of the targeted survey on March 11, 2022, the email had been opened by 23,463 individuals: 38.42% of those successfully delivered.

To qualify for the survey, respondents had to be 18 year or older and self-identify as someone who had provided unpaid care to someone. This unpaid care must involve helping the individual care for themselves, or caring for a child (minor, less than 18 years of age) due to a medical, behavioral, or other condition or disability (beyond required normal care.) Of the 23,463 successfully delivered emails, 553 identified as caregivers; this report examines their responses.

Study Limitations

It is important to consider the limitations in the data collected when navigating this report. The total respondents make up less than one percent (0.25%) of Arkansas's total population census as defined in 2021 (3,025,891) and less than one percent (0.33%) of Arkansans 18 years or older.

A study conducted in 2005 by the National Alliance for Caregiving indicated that at least 1.3 million youth caregivers between the ages of 8 and 18 are providing care for an ill or disabled parents or other individual in the United States.¹ The study conducted here did not consider any potential caregiver who may be under 18 years of age, in the State of Arkansas. Future data collection should allow respondents to enter exact numbers for ages to allow for analysis and comparison to national data sub-groups.

Additionally, the survey pool was comprised of individuals who have applied through DHS for some service or assistance in the past; therefore, it does not account for respondents that have never interacted with DHS.

¹ National Alliance for Caregiving. Young Caregivers in the U.S.: Report of Findings September 2005, 2005. <https://www.caregiving.org/wp-content/uploads/2020/05/youngcaregivers.pdf>

Reading This Report

All demographic information provided by respondents is based on caregiving activities that had taken place within the last 12 months from the date of response.

The sample sizes (n) noted in each table or graphic represent the unweighted number of responses who answered the question. All reported results shown are weighted and rounded to the nearest whole number. Note that “don’t know”, “n/a” and “prefer not to answer” responses are not always represented in the charts and tables; therefore, some charts and tables will not total 100 percent. The results for multi-response questions may total more than 100 percent, as respondents were allowed to choose more than one category, if applicable.

Data derived from this survey was compared to three national data reports: a 2004 report from the National Alliance for Caregiving (NAC) and AARP titled *Caregiving in the United States*² and two follow-up reports titled *Caregiving in the United States 2015*³ and *Caregiving in the United States 2020*.⁴ Data from these three national reports will be referred to within the findings of this state report as “2004 National Data,” “2015 National Data,” and “2020 National Data” respectively.

Findings

Basics of Caregiving Situation

Of the 769 individuals who were screened in the online survey, the proportion of initial respondents who stated they are or have been a caregiver in the last 12 months, was 72% (n=553). One hundred twenty-five (125) of those identified caregivers failed to complete the remainder of the survey; therefore, data information will be provided based on those identified caregivers who completed the full survey (n=428).

Age, Gender, Race/Ethnicity of the Caregiver

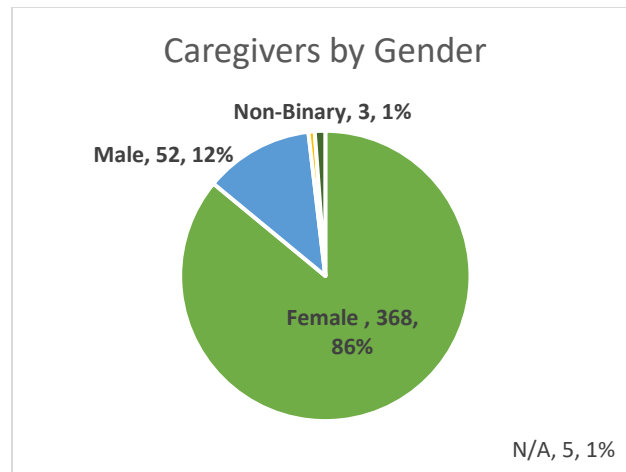
Approximately 86% of caregiver respondents were female (n=368), while 12% identified as male (n=52), and less than 1% percent identified as non-binary (n=3). Caregivers ranging from 35 years of age to 54 years of age make up nearly half of the total respondents (48%, n=207). This data is comparable to 2020 National Data, which indicated that three (3) in five (5) caregivers are female (61%) and the average caregiver age is 49.4 years old in the United States.

² AARP and National Alliance for Caregiving. *Caring in the United States*. Washington, DC: AARP. April 2004. https://assets.aarp.org/rgcenter/il/us_caregiving.pdf

³ AARP and National Alliance for Caregiving. *Caregiving in the United States 2015*. Washington, DC: AARP. June 2015. <https://www.aarp.org/content/dam/aarp/ppi/2015/caregiving-in-the-united-states-2015-executive-summary-revised.pdf>

⁴ AARP and National Alliance for Caregiving. *Caregiving in the United States 2020*. Washington, DC: AARP. May 2020. <https://doi.org/10.26419/ppi.00103.001>

Figure 1- Caregiver Gender



Care recipients were equally divided between male and female at 44 percent (n=188 equally), while less than one percent identify as non-binary (n=3).

More than three (3) out of every four (4) caregiver respondents identified as White/Caucasian (76%, n=327), 14% identified as Black/African American (n=58), and 2% identified as either American Indian/Alaska Native (n=9) or Hispanic/Latino (n=7). This data appears to also be comparable with 2020 National Data, except for Hispanic/Latino. Approximately 61 percent of respondents identify as White/Caucasian while 17% are Hispanic/Latino, 14% Black/African American, and 5% Asian American and Pacific Islander, according to 2020 National Data. Three percent of 2020 National Data indicate multi-racial ethnicity.

Figure 2- Caregiver Age/Ethnicity (State vs. National)

Age	Arkansas	National (2020 Data)
18 years to 34 years	18%	24%
35 years to 54 years	48%	23% *
55 years to 64 years	18%	35% *
64 years and older	15%	19% *
<i>*National data age ranges vary from state data. National defines age ranges as defined: 18-34 years; 35-49 years ; 50-64 years; 65-74 years; 75+ years</i>		
Race/Ethnicity	Arkansas	National (2020 Data)
White/Caucasian	76%	61%
Black/African American	14%	14%
Hispanic/Latino	2%	17%
American Indian/Alaska Native	2%	-
Asian/Pacific Islander	1%	5%
Multi-ethnicity	3%	3%
<i>*State data results are rounded and prefer to not answer responses are not shown; results may not add to 100 percent.</i>		

Caregiver Military Status

Of the 428 caregiver responses, roughly 4% indicated they had a military background (n=16), with one respondent indicating they are currently serving (0.23%, n=1).

Alzheimer's and Dementia

Thirteen Percent (13%) of caregivers indicated the care recipient has been diagnosed with Alzheimer's or other dementia related diseases (n=56). Fifty-one (51) respondents indicated Alzheimer's or dementia as a primary diagnosis while the remaining 5 respondents indicated it was an additional diagnosis for the care recipient. Three (3) out of every 10 caregivers caring for someone with Alzheimer's or another dementia related illness were 65 years or older (30%, n=17) and almost four (4) out of 10 caregivers were aged 35 years to 54 years (39%, n=22). Caregivers ranging from 18 years to 34 years made up 13% (n=7), while caregivers 55 years to 64 years old made up roughly 18 % (n=10).

Caregivers for Alzheimer's and dementia diagnoses care recipients identified as majority White/Caucasian (79%, n=44). Black/African American accounted for 14% (n=8), American Indian/Alaska Native for 2% (n=1), while the other 2% indicated ethnic identity with two (2) or more options (n=1).

Additionally, nine (9) out of 10 caregivers in this group identified as female (91%, n=51) and 5% as male (n=3). One respondent identified as non-binary.

Geographic Demographics

Of the 75 counties within the State of Arkansas, 67 counties (89%) were represented in the survey participation. Percentages indicate the percent of survey respondents living in that county, and the number of individual responses for that county, out of the total survey respondents (n=428).

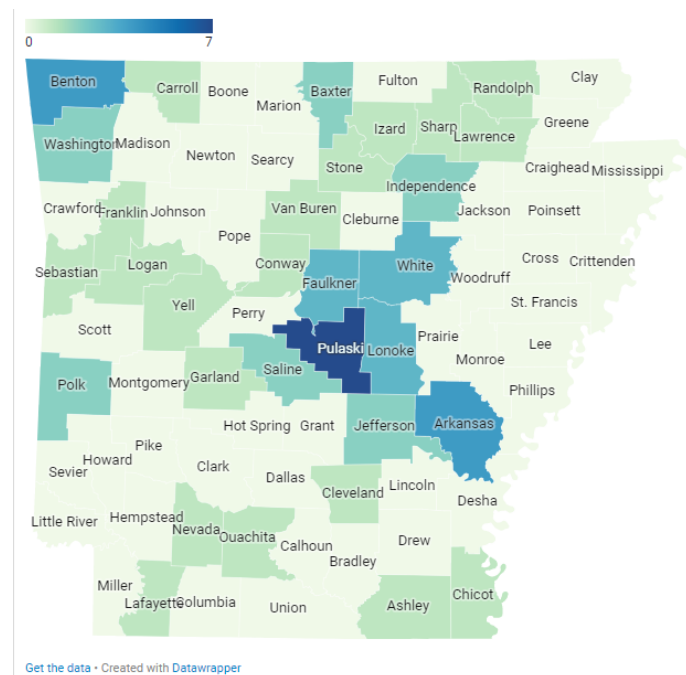
Figure 3- Where Caregiver Resides (by County)

Arkansas (4.67%, 20)	Ashley (0.93%, 4)	Baxter (1.87%, 8)	Benton (8.88%, 38)
Boone (0.70%, 3)	Carroll (0.70%, 3)	Chicot (0.47%, 2)	Clark (0.70%, 3)
Cleburne (1.40%, 6)	Cleveland (0.23%, 1)	Columbia (0.23%, 1)	Conway (1.40%, 6)
Craighead (2.80%, 12)	Crawford (1.64%, 7)	Crittenden (0.70%, 3)	Cross (0.23%, 1)
Dallas (0.23%, 1)	Drew (0.23%, 1)	Faulkner (3.74%, 16)	Franklin (0.47%, 2)
Fulton (0.70%, 3)	Garland (3.74%, 16)	Grant (0.23%, 1)	Greene (1.17%, 5)
Hempstead (0.70%, 3)	Hot Spring (2.34%, 10)	Independence (0.47%, 2)	Izard (0.47%, 2)
Jackson (0.47%, 2)	Jefferson (2.10%, 9)	Johnson (1.17%, 5)	Lafayette (0.93%, 4)
Lawrence (0.93%, 4)	Lincoln (0.23%, 1)	Little River (0.23%, 1)	Logan (1.17%, 5)
Lonoke (2.80%, 12)	Madison (0.93%, 1)	Marion (0.93%, 4)	Miller (2.34%, 10)
Mississippi (0.70%, 3)	Montgomery (0.23%, 1)	Nevada (0.23%, 1)	Newton (0.47%, 2)
Ouachita (0.23%, 1)	Perry (0.93%, 4)	Phillips (0.47%, 2)	Pike (0.23%, 1)
Poinsett (1.17%, 5)	Polk (1.87%, 8)	Pope (2.34%, 10)	Prairie (.23%, 1)
Pulaski (10.98%, 47)	Randolph (0.93%, 4)	Saline (2.80%, 12)	Searcy (0.23%, 1)
Sebastian (5.37%, 23)	Sevier (0.23%, 1)	Sharp (1.64%, 7)	St. Francis (0.47%, 2)
Stone (0.47%, 2)	Union (0.47%, 2)	Van Buren (0.47%, 2)	Washington (7.48%, 32)
White (3.04%, 13)	Woodruff (0.23%, 1)	Yell (0.47%, 2)	

Alzheimer's and Dementia

Respondents indicating an Alzheimer's or dementia diagnosis for their care recipient were identified in 32 counties with the most prevalent counties being Pulaski (13%, n=7), Arkansas (7%, n=4), and Benton (7%, n=4). Over half of caregivers identifying Alzheimer's or dementia reside in an identified rural county, as established in the geographic demographics. Thirty-one (31) caregivers within 23 rural counties indicated they are caring for someone with Alzheimer's or dementia.

Figure 6- Caregiver Rural Map (by County)



Relationship of Caregiver to Care Recipient and Age

The average age range indicated for caregivers was 35 years to 44 years old (26%, n=112). Closely following was the age range of 45 years to 54 years (22%, n=95) and the smallest age range completing the survey was the 18 years to 24 years (3%, n=13). Age ranges for 25 years to 34 years, 55 years to 64 years, and 65 years and older came in slightly less than 20% each (15%, n=65; 18%, n=77; and 15%, n=66 respectively). For the purposes of this report, caregiver respondents will be grouped from 18 years to 34 years (n=78), 35 years to 54 years (n=207), 55 years to 64 years (n=77), and 65 and older (n=66).

An overwhelming majority of respondents indicated that the care recipient age range was 65 and older (35%, n=137). Approximately two (2) out of every 10 care recipients were aged five (5) years to 13 years (16%, n=61) while the age range of 55 years to 64 years averaged a little over one (1) out of 10 (12%, n=48). The remaining groups all indicated less than 10% of the responses in the following order: Less than 12 months (2%, n=6); 12 months to 4 years (5%, n=20); 14 years to 18 years (7%, n=29); 19 years to 24 years (5%, n=18); and 35 years to 44 years (9%, n=34). For this report, care recipients will be grouped Under 18 (30%, n=116), 19 years to 64 years (35%, n=135) and 65 years and older (35%, n=137).

Data elements indicate that older caregivers tend to be taking care of someone similar in age to themselves, while younger caregivers tend to care for the younger age range.

Figure 7- Caregiver Age in Relation to Recipient Age

Caregiver Age	Care Recipient Age			
	Less than 18 years (Minor)	18 years to 44 years (Adult)	45 Years to 64 Years	65 Years or Older
18 Years to 34 Years (n=78)	41% (n=32)	9% (n=7)	12% (n=9)	13% (n=10)
35 Years to 54 Years (n=207)	34% (n=71)	14% (n=28)	16% (n=33)	28% (n=57)
55 Years to 64 Years (n=77)	14% (n=11)	13% (n=10)	23% (n=18)	44% (n=34)
65 Years or Older (n=66)	3% (n=2)	12% (n=8)	8% (n=5)	55% (n=36)

***Results are rounded and don't know/prefer not to answer responses are not shown; results may not add to 100 percent.**

The relationship between caregiver and care recipient leaned largely to a Parent/In-Law status (36%, n=141) with Child/In-Law following (26%, n=102). Rounding out the remaining top five relationships include Spouse/Partner (12%, n=48), Sibling (5%, n=21) and Non-Relative (4%, n=17). Non-relative includes friend, neighbor, and foster care. When comparing the care recipient's age to the caregiver relationship to that recipient, it was clear that some respondents misinterpreted the question of "What is your relationship with this person?". Based on the total data, it appears that some respondents answered this as to who they are in relation to the care recipient, while others answered as to who the care recipient is in relation to them (the caregiver). This is evident in the fact that 41 respondents indicated they were a child or child in-law to their care recipient identified as less than 18 years of age; therefore, further clarity will be required with this question in future data collection activities to ensure relational direction is accurate.

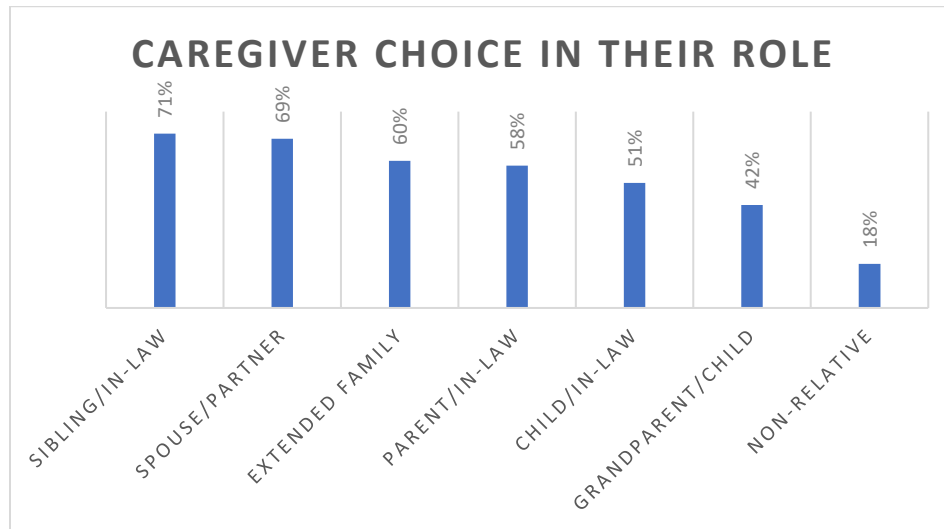
Figure 8- Caregiver Relationship in Relation to Care Recipient Age

Caregiver Relationship to the Care Recipient	Care Recipient Age			
	Less than 18 Years	18 Years to 44 Years	45 Years to 64 Years	65 Years or Older
Parent/In-Law (n=141)	38% (n=53)	14% (n=20)	12% (n=17)	36% (n=51)*
Child/In-Law (n=102)	40% (n=41)*	14% (n=14)	14% (n=14)	33% (n=34)
Spouse/Partner (n=48)	2% (n=1)*	17% (n=8)	56% (n=27)	25% (n=12)
Sibling/In-Law (n=21)	10% (n=2)	14% (n=3)	43% (n=9)	33% (n=7)
Non-Relative (n=17)	12% (n=2)	18% (n=3)	35% (n=6)	35% (n=6)

**Indicates data found to have potential misinterpretations*

When asked if the caregiver felt they had a choice in whether they took on their caregiver role, the percentage of caregivers directly related or married to the care recipient far exceeded the percentage of those non-related caregivers who felt they did not have a choice.

Figure 9- Taking on Caregiver Role within Relationship Status



Alzheimer's/Dementia

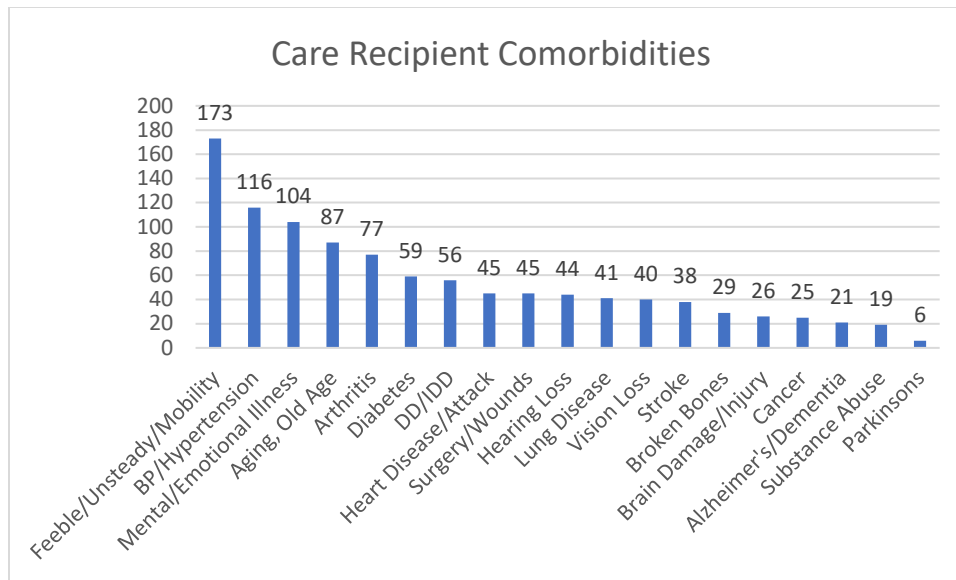
Nearly 40% of Alzheimer's/Dementia caregivers indicated their relationship to the care recipient as Parent/In-Law (n=22), while 25% indicated a relationship of Child/In-Law (n=14). 7% indicated a spousal or partner relationship (n=4), 5% indicated they were a sibling of the care recipient (n=3), and 9% indicated a non-relative status (n=5). Other relational identifications included grandparent and grandchild (7%, n=4).

Care Recipient Condition

The top five (5) identified care recipient primary diagnoses (n=371) reported included the following: Developmental/Intellectual Developmental Disability (DD/IDD) (20%, n=76), Alzheimer's or other dementias (14%, n=52), Cancer (10%, n=37), Mental/Emotional Illness or Depression (9%, n=35), and Brain Damage/Injury and other Neurological (6%, n=23). Other neurological diagnosis includes Lou Gehrig's Disease (ALS), seizure disorders, multiple sclerosis, and spinal muscular atrophy.

Caregivers were allowed to select multiple appropriate options when it came to comorbidities of the care recipient. Of those care recipients, 88% have comorbidities (n=328) with over half having mobility issues, including feeble/unsteady or frequent falls (53%, n=173). At least three out of every ten care recipients with comorbidities include a diagnosis of blood pressure issues or hypertension (35%, n=116) while almost one out of five also suffer from diabetes (18%, n=59). This data clearly shows that Arkansas caregivers not only have the stress of providing care for an individual but are taking on that role to assist someone who may have increasingly complex medical or support needs.

Figure 10- Care Recipient Comorbidities

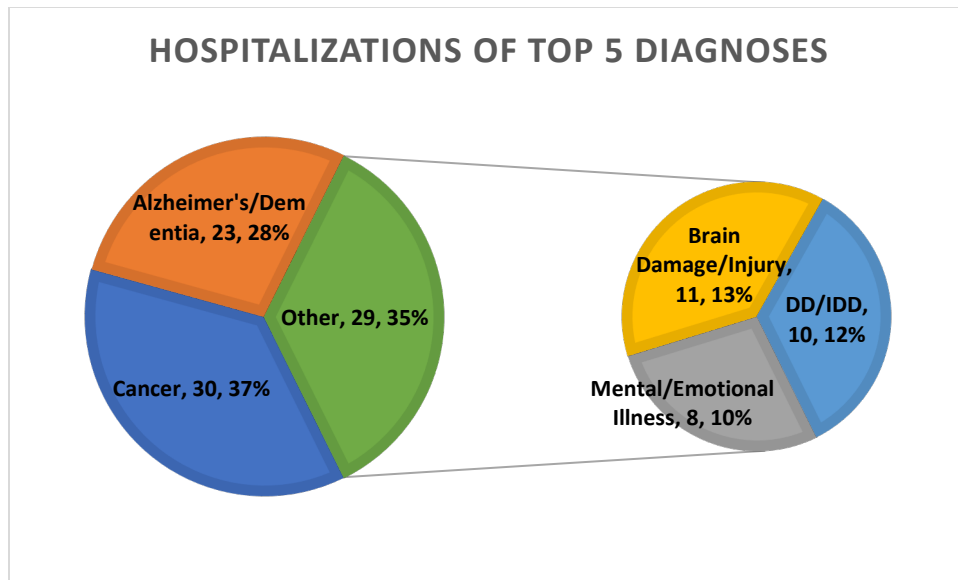


Forty-three percent of caregivers identified how long they have been providing care (n=371) and indicated they have been a caregiver for a period of 1-5 years (n=158). Twenty-six percent indicated they have been providing care for over ten years (n=98); 19% for a period of 5-10 years (n=71); and 12% for less than 1 year (n=44). 2020 National Data indicates the average duration of caregiving is 4.5 years, while the total number of years have increased since 2015 with 29% of caregivers now providing care for 5 years or longer. This number increased by 5% over 5 years (2015 indicating 24% of caregivers).

Of those in our state survey who have been providing care for ten or more years (n=98), two out of every 5 individuals were diagnosed with developmental/intellectual disabilities (DD/IDD) (n=40). Of those who have been providing care for less than 12 months (n=44), cancer was the top diagnosis (16%, n=7).

Thirty percent of caregivers indicated that their care recipient had been hospitalized overnight at least once within the last 12 months (n=165). Forty-seven percent (47%) of those care recipients (n=78) were hospitalized three (3) or more times within that year. Of the top 5 diagnoses with hospitalizations (n=82), 37% of those who were hospitalized with cancer (n=30) while 28% of those hospitalized had a diagnosis of Alzheimer's or dementia (n=23). The remaining three top diagnosis- brain damage/injury, DD/IDD, and mental/emotional illness- made up another 35% of hospitalizations (n=29). 2020 National Data indicates that there has been a decline in hospitalizations of care recipients compared to their 2015 data. Within that five-year span, hospitalizations within a 12-month period dropped from 53% to 48%. The 2017 Arkansas caregiver feedback did not include this question; therefore, there is no state data currently to compare.

Figure 11- Care Recipient Hospitalizations



Care Recipient Military Status

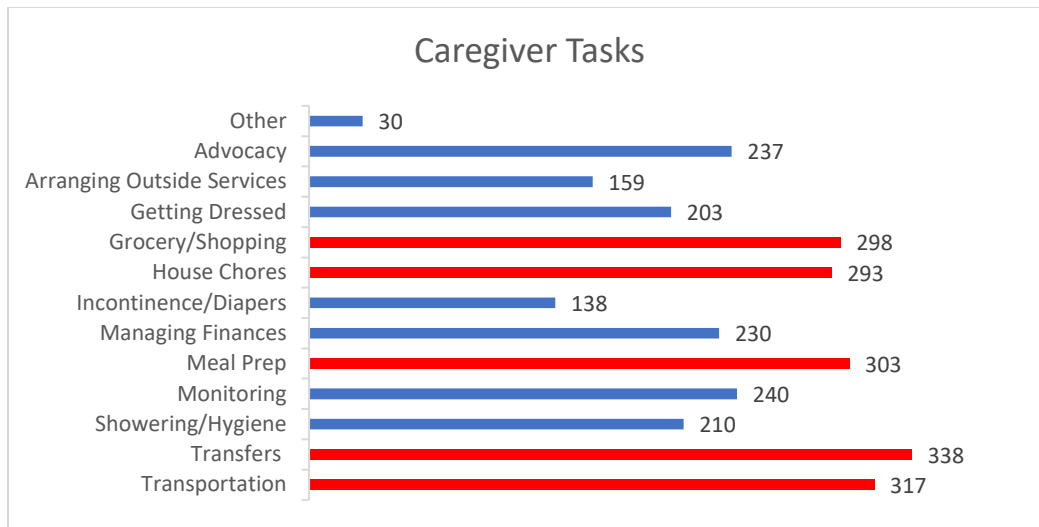
Of the 388 caregivers who responded, approximately 8% of care recipients they care for have a military background (n=32). None indicated that a care recipient was currently serving at this time.

Caregiving Activities and Level of Care

Of the caregivers who indicated a level of assistance within a normal week (n=428), 35% indicated they provide care off and on around the clock (n=150) while 26% indicated they provide care 24 hours a day, 7 days a week (n=113). Twenty-one percent (21%) of caregivers indicated they only receive small breaks during the day or just to sleep (n=91). Four percent (4%) provide care occasionally throughout the week (n=16), and another 4% as needed (n=16). The remaining half percent (0.5%) provide care on weekends only (n=2). Analysis of the data shows confusion between two of the data points in particular: providing care off and on around the clock and only receiving small breaks during the day or just to sleep. Future studies will need to clarify and streamline this data better to delineate more clearly.

When asked which tasks caregivers assist their care recipient with, caregivers were allowed to select multiple answers depending upon what was appropriate for their situation. Based on those that provided answers (n=425), the top five tasks include transfers (80%, n=338), transportation (75%, n=317), meal preparation (71%, n=303), grocery and other shopping (70%, n=298), and house chores (70%, n=293).

Figure 12- Caregiver Tasks

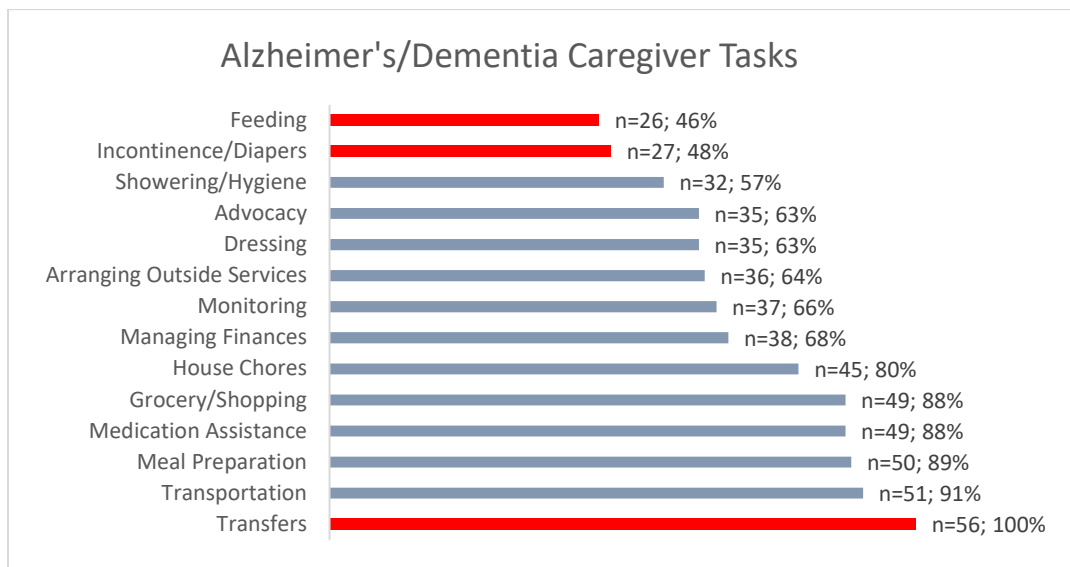


Other tasks include additional personal care tasks (i.e.: brushing, braiding hair), communication assistance, hospice care, and rehab therapy assistance.

Alzheimer's and Dementia

For those caregivers caring for those diagnosed with Alzheimer's or other dementia-related diseases (n=56), 71% indicated they provide care 24 hours a day, 7 days a week or 24/7 with an occasional small break or to sleep (n=40). Level of assistance with tasks were higher and more widespread for those providing care for Alzheimer's and dementia. Of the tasks available to select, only two (2) were below 50% selected: feeding and assistance with incontinence/diapers. Additionally, 100% of caregivers in this category indicated they assisted their care recipient with transferring, either to and from chairs, beds, or the toilet.

Figure 13- Caregiver Tasks for Alzheimer's and Dementia



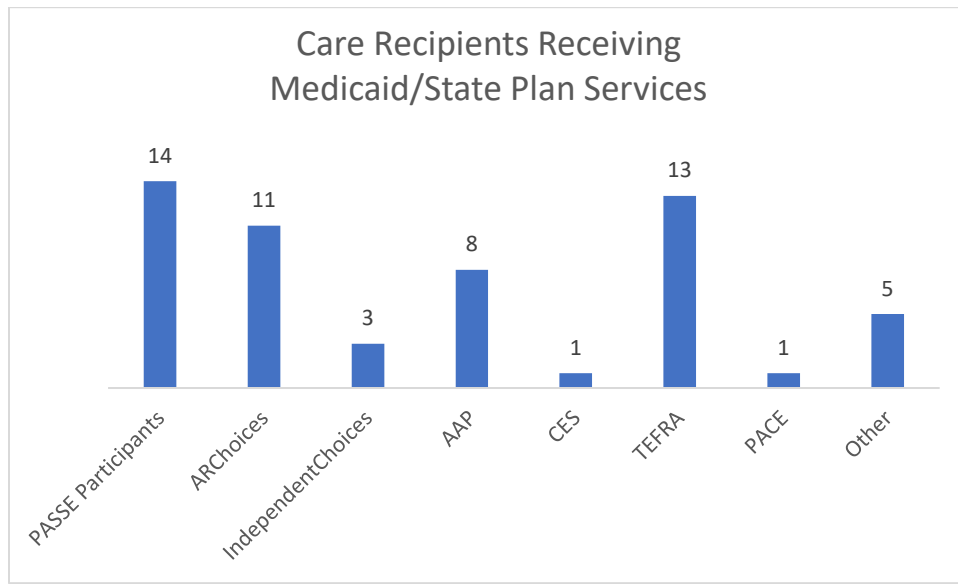
Presence of Other Help

Of the caregivers who have provided care within the last 12 months (n=425), only 32% indicated they had received some form of assistance or help from aides, housekeepers, or other people who were paid or unpaid to assist (n=136). Ninety-six percent (96%) of those that received assistance, received unpaid assistance, while 76% received paid assistance.

Fifty (50) caregivers indicated that their care recipient is or was on either Medicaid Waiver or State Plan services offered through DHS. Twenty-nine (29) caregivers indicated their care recipient was part of a waitlist while 40 caregivers indicated that their care recipient was denied services.

Twenty-eight percent (28%) of those receiving services were part of Arkansas's PASSE (Provider-Led Arkansas Shared Savings Entity) program, serving Medicaid clients with complex behavioral health, developmental or intellectual disabilities (n=14). Twenty-six percent (26%) indicated their care recipient received TEFRA (The Tax Equity and Fiscal Responsibility Act) aimed to help families with children younger than 19 years old who have a disability. Twenty-two percent (22%) of those receiving DHS services are in the ARChoices Medicaid Home and Community-based Program (n=11), while 6% are receiving services through Arkansas' self-direction personal care program, IndependentChoices (n=3). Sixteen percent (16%) received services through the Arkansas Autism Partnership (AAP) Medicaid waiver program and only one (1) individual is receiving services through Arkansas' Community and Employment Supports (CES) waiver and the Program of All-Inclusive Care for the Elderly, PACE (n=1). Others indicated they received financial assistance through SNAP, ARKids insurance, and general Medicaid.

Figure 14- Receipt of Medicaid/State Plan Services



Note: Some service recipients indicated multiple services (i.e.: waiver program and SNAP); therefore, totals equal more than 100%

Alzheimer's and Dementia

Nine percent (9%) of caregivers for Alzheimer's and dementia indicated that their care recipient was receiving Medicaid Waiver or State Plan services, the key services being ARChoices and

IndependentChoices (n=5). An additional 13% indicated they were on a waitlist (n=7) while another 11% indicated they were denied services (n=6).

Fifty-five percent (55%) of the 56 caregivers also indicated they had received either paid or unpaid assistance during the last 12 months.

Wellbeing of Caregiver

Caregivers were asked to evaluate their own overall health assessment in the categories of poor, fair, good, very good, and excellent.

Only 6 of all caregiver respondents indicated that their overall health assessment was excellent, leaving almost 99% of caregivers indicating that their health is less than excellent, while simultaneously caring for another individual. Of those 6 caregivers, 66% (n=4) were females and 50% were caring for recipients 65 years or older. Fifty percent (50%) (n=3) of caregivers have a grandparent/grandchild relationship to their care recipient while 33% (n=2) have a parental relationship and the remaining 17% (n=1) were a non-relative.

2020 National Data indicates 41% of caregivers report their overall health status as excellent or very good (down from 48% nationally in 2015); 21% report fair or poor health status (up from 17% in 2015).

Nationally, 51% of caregivers indicate that they feel their role as a caregiver gives them a sense of purpose⁶. Our state survey respondents also indicated that 52% of those providing care felt their role gives or gave them a sense of purpose or meaning in their life (n=222).

When asked if the caregiver felt alone or lonely because of their caregiver role, 37% indicated yes (n=158). This is higher than the 2020 National Data which indicated 21% of national respondents felt alone. Whereas nationally approximately 1 in 5 individuals indicated feelings of loneliness while caring for another individual, greater than 1 in 3 Arkansas caregivers indicated feelings of loneliness associated with caregiving.

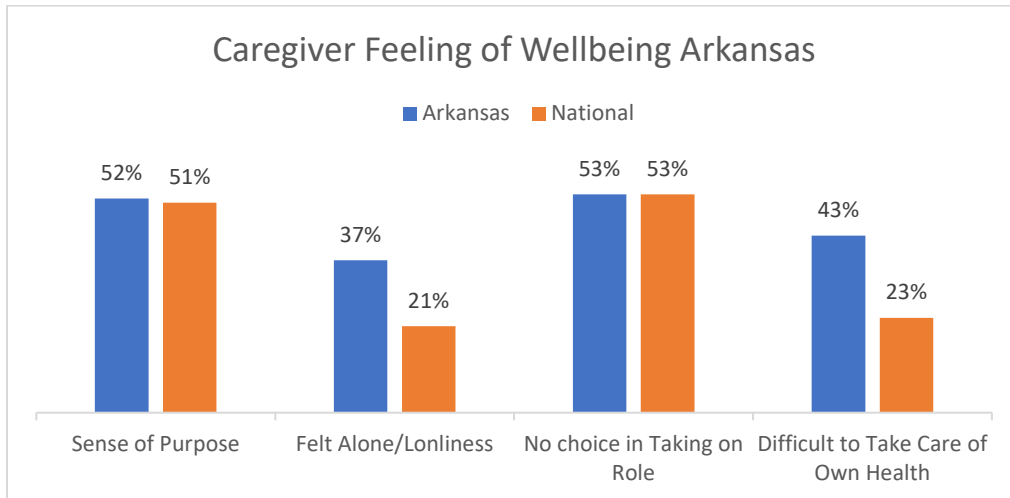
Fifty-three percent (53%) of caregivers indicated they did not feel they had a choice in taking on their role as a caregiver (n=225), which is equal to the percentage of caregivers on a national scale (2020 National Data: 53%). When asked if they, as a caregiver, found it difficult to take care of their own health while caring for another, 43% indicated yes (n=185). For Arkansas caregivers this indicates almost double the 2020 National Data percentage, where nearly one in four indicated yes (23%). Arkansas caregivers are nearly twice as likely to find it difficult to care for their own health when faced with caring for the health of another. This raises concerning questions as to whether caregivers, particularly those 40 years and older, are neglecting their own age appropriate examinations due to their caregiving responsibilities (ex. mammogram, colonoscopy, prostate exam, eye exams, etc.)?

National research has found that multi-level stressors and responsibilities placed on a caregiver, including strains placed by caregivers that are still in the workforce, increase a caregiver's strain in all areas including physical, emotional, social, psychological, and leads to an overall caregiver burden higher

⁶ AARP and National Alliance for Caregiving. *Caregiving in the United States- Executive Summary*. Washington, DC: May 2020. <https://www.aarp.org/content/dam/aarp/ppi/2020/05/executive-summary-caregiving-in-the-united-states.doi.10.26419-2Fppi.00103.003.pdf>

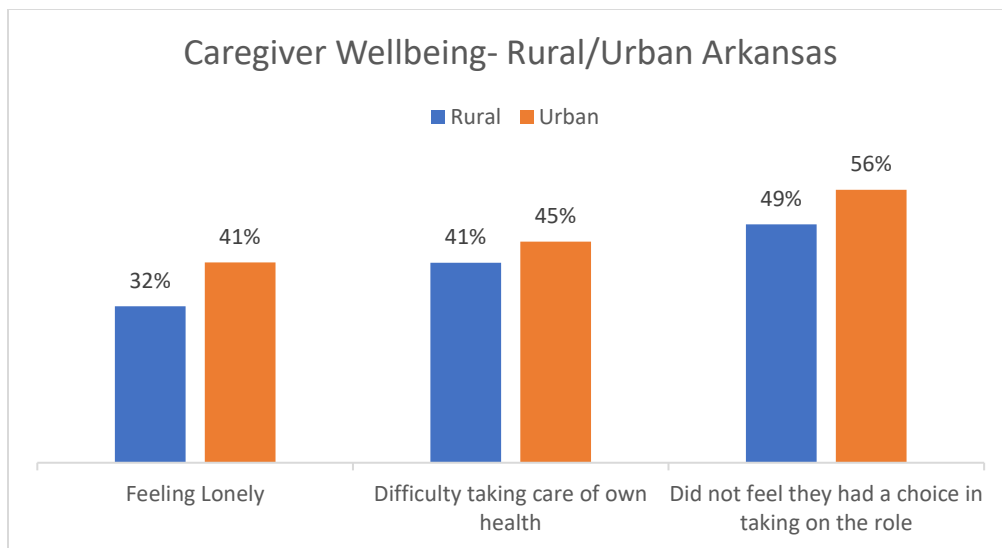
than non-caregivers. The high-strain lifestyle roles that caregivers take on increases the risk that the caregiver will experience declining mental and psychological health, such as depression and anxiety.⁷

Figure 15- Caregiver's Overall Wellbeing (State vs. National)



Additionally, when comparing rural caregivers with urban caregivers, urban caregivers identified slightly higher for caregiver well-being impacts than their rural counterparts. This may be due to the fact that caregivers identified 5% more urban than rural in geographic location.

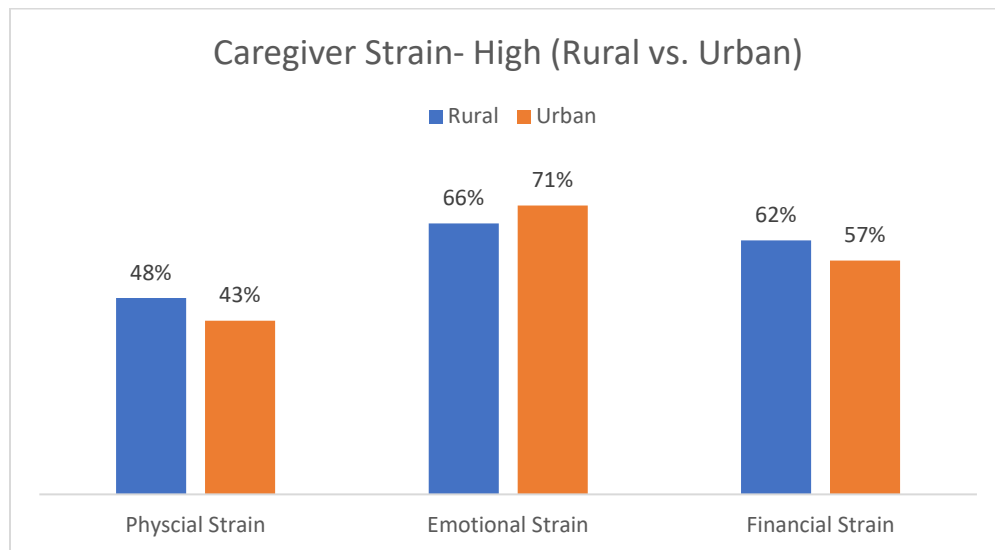
Figure 16- Caregiver's Overall Wellbeing (Rural vs. Urban)



⁷ Kayaalp, A., Page, K. J., & Rospenda, K. M. (2021). Caregiver Burden, Work-Family Conflict, Family-Work Conflict, and Mental Health of Caregivers: A Mediation Longitudinal Study. *Work and stress*, 35(3), 217–240. <https://doi.org/10.1080/02678373.2020.1832609>

When comparing rural and urban caregivers as it relates to the strain: physically, emotionally, and financially, they feel as a caregiver that it does not appear geographical location plays a role in a higher or lower impact. Urban caregivers ranked higher than rural caregivers when it came to emotional strain by 4%; however, rural caregivers indicated more financial and physical strain than their urban counterparts by 5%.

Figure 17. Caregiver Strain (Rural vs. Urban)



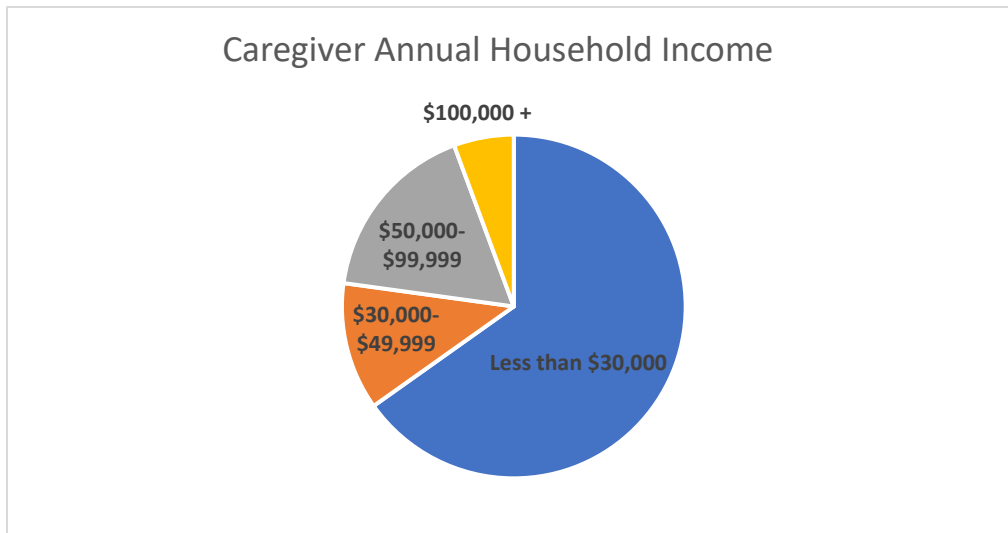
Financial Impact

National data indicates “the lower the income and education a person has, the more likely he or she is a caregiver,” and that “47% of caregivers have an annual household income of less than \$50,000, with a median income of \$54,700.”⁸

Of the 425 caregiver respondents within our survey, 65% indicated a total annual household income (from all sources) of less than \$30,000 (n=277). Twelve percent (12%) indicated an annual household income between \$30,000 and \$49,999 (n=51) while another 26% indicated between \$50,000 and \$99,999 (n=73). Less than 10% had an income over \$100,000 (n=24). This far exceeds national data as 77% of caregivers who participated in our survey indicate an income less than \$50,000.

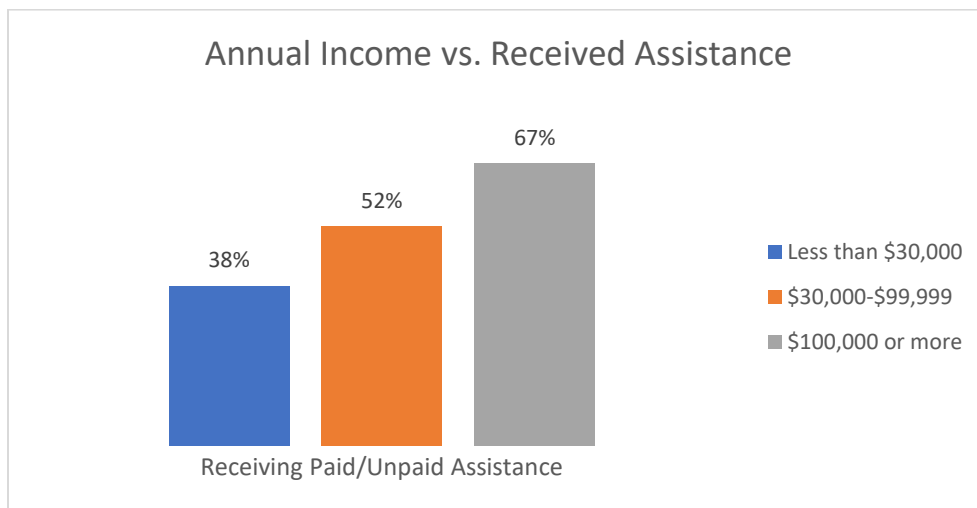
⁸ Family Caregiver Alliance. Caregiver Statistics: Work and Caregiving. 2016: San Francisco, CA. <https://www.caregiver.org/resource/caregiver-statistics-work-and-caregiving/>

Figure 18- Caregiver Household Income



Additionally, 16 out of the 24 (67%) caregivers that indicated \$100,000 or more in annual household income also indicated that they had received assistance, either paid or unpaid, during the last 12 months. This data indicates those with a higher household income are more likely to receive outside help, whether paid or unpaid. By contrast, only 105 out of the 277 (38%) of caregivers that indicated a household income of less than \$30,000 had received either paid or unpaid assistance. Those with lower household income carry a higher burden not only financially but physically as well, as they receive much lower levels of caregiver assistance. This lower economic demographic of caregivers also tends to be sicker themselves due to compounding issues related to poverty.⁹

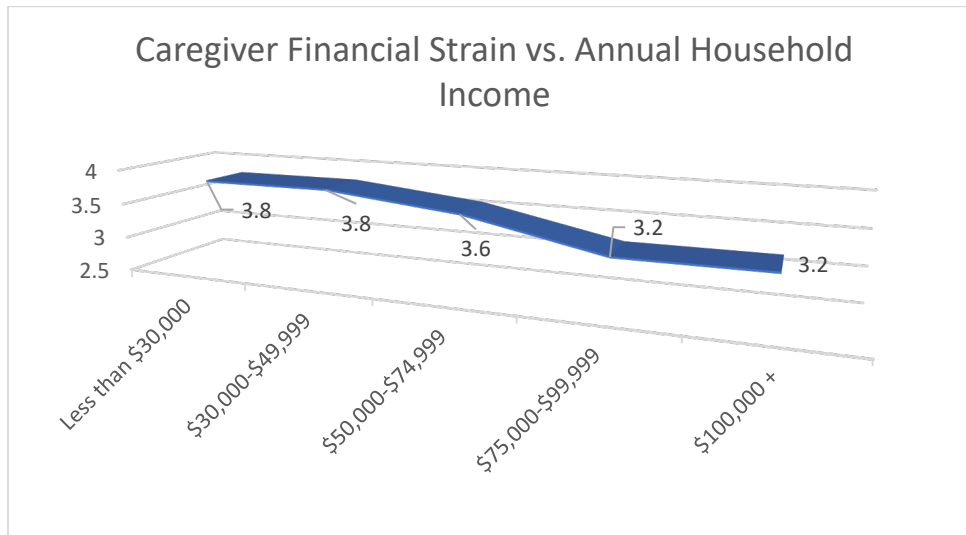
Figure 19- Caregiver's Annual Income vs. Received Assistance



⁹ BlueCross Blue Shield Association. The Health of America Report. *The Impact of Caregiving on Mental Health and Physical Health*. September 2020. <https://www.bcbs.com/the-health-of-america/reports/the-impact-of-caregiving-on-mental-and-physical-health#impactshhealth>

When this state survey asked caregivers to rate financial strain from one to five (one being “no strain at all” to five being “very much a strain”), the overall financial strain among caregivers averaged 3.7. Financial strain did decrease slightly as annual household income increased.

Figure 20- Financial Strain vs. Household Income

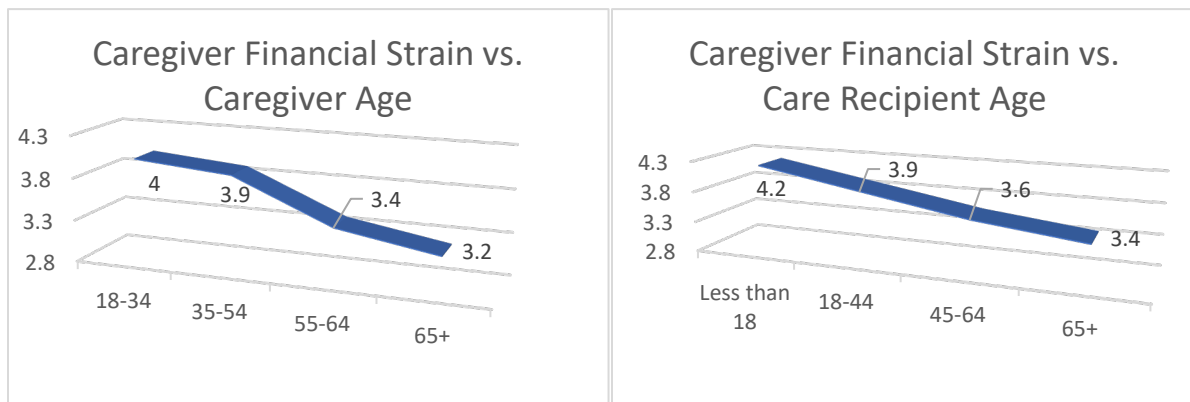


Male caregivers responded with a higher average financial stress rating than females (male=4.0; female= 3.7) while caregivers identifying as non-binary indicated the highest average financial stress rating of 4.3. Caregivers identifying with two or more ethnic categories averaged 4.6 out of 5.

Caregivers located in established rural counties and non-rural counties alike averaged a similar financial strain (rural= 3.7; non-rural= 3.8). Caregivers providing for care recipients diagnosed with Alzheimer’s or other dementias also averaged 3.7 out of 5.

Data does show that caregiver age and care recipient age both effect the level of financial stress to the caregiver. Younger caregivers reported higher financial stress than older caregivers; likewise, caregivers caring for younger recipients reported a higher financial stress than those caring for older adults.

Figure 21- Financial Strain vs. Caregiver Age and Care Recipient Age



Eighty-two percent (82%) of survey respondents indicated they have experienced some sort of financial impact as a caregiver (n=352). Caregivers were given the option to select multiple financial impacts that applied to them, 88% of caregivers indicated more than one impact (n=313).

Forty-eight percent (48%) of caregivers indicated that they have taken on more debt as a caregiver (n=171) and over half (53%) have had to borrow money from friends or family (n=189). Two of every 3 caregivers have either paid bills late or left them unpaid (n=233) and 1 out of every 6 have had late student loan payments (n=54).

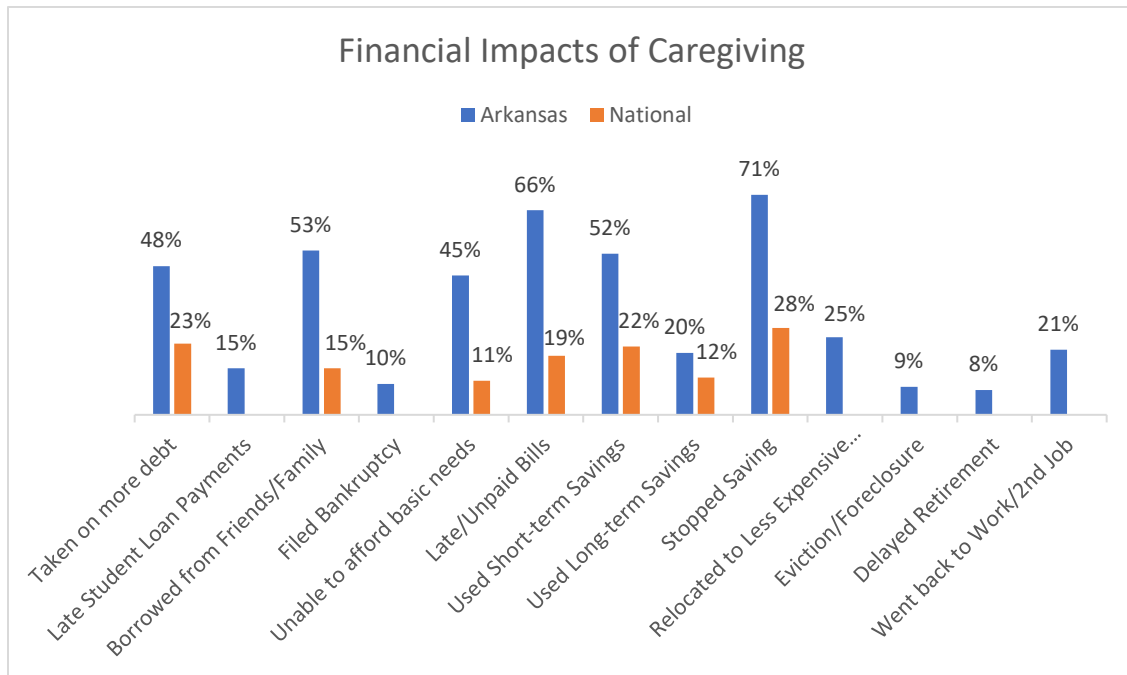
Seventy-one percent (71%) of caregivers indicated they had stopped saving or stopped trying to save money (n=252). Over half of caregiver respondents have exhausted their personal short-term savings (n=183), while 1 out of 5 caregivers have used long-term savings like retirement monies to pay for things needed. Approximately one (1) in five (5) caregivers indicated they came out of retirement or took on a second job to meet financial needs (n=75) while 8% indicated they delayed retirement or decided not to retire (n=28).

One in every ten caregivers indicated they have filed for bankruptcy (n=34) and one in every four indicated they had to relocate to less expensive housing (n=87) in order to make ends meet. Nine percent (9%) of caregivers indicated they had been evicted or had their home foreclosed (n=32). Finally, approximately four out of nine caregivers stated they were unable to afford basic expenses like food (n=158).

When compared to 2020 national data collected by AARP for the caregiver's financial impact, financial impacts to Arkansas caregivers are doubled, if not three or four times higher, than the national numbers in almost all comparable categories except for long-term care savings. Comparable categories include taking on more debt, borrowing from friends/family, inability to afford basic needs, unpaid or late bill payments, use of short-term and long-term savings, and the cessation of saving money all together.¹⁰

¹⁰ AARP and National Alliance for Caregiving. *Caregiving in the United States- Executive Summary*. Washington, DC: May 2020. <https://www.aarp.org/content/dam/aarp/ppi/2020/05/executive-summary-caregiving-in-the-united-states.doi.10.26419-2Fppi.00103.003.pdf>

Figure 22- Financial Impacts of Caregiving (State vs. National)



Impact of Caregivers in the Workforce

National data from 2004 indicated that “59% of caregivers are employed either full or part time.”¹¹ That number rose in 2020 to 61% of caregivers working outside the home or being employed in addition to providing care to another individual.¹² This is comparable to this state survey response in which 66% of caregivers indicated they had been employed while also providing care (n=281), while 37% of caregivers were currently employed at the time of the survey (n=160).

Employed caregivers often feel a strain of priorities and commitments between their job and their caregiving duties. One hundred thirty-four (134) of the 281 Arkansas caregivers who have been employed indicated that their supervisor was either unaware of their caregiver responsibilities or they were unsure if the supervisor was aware (48%).

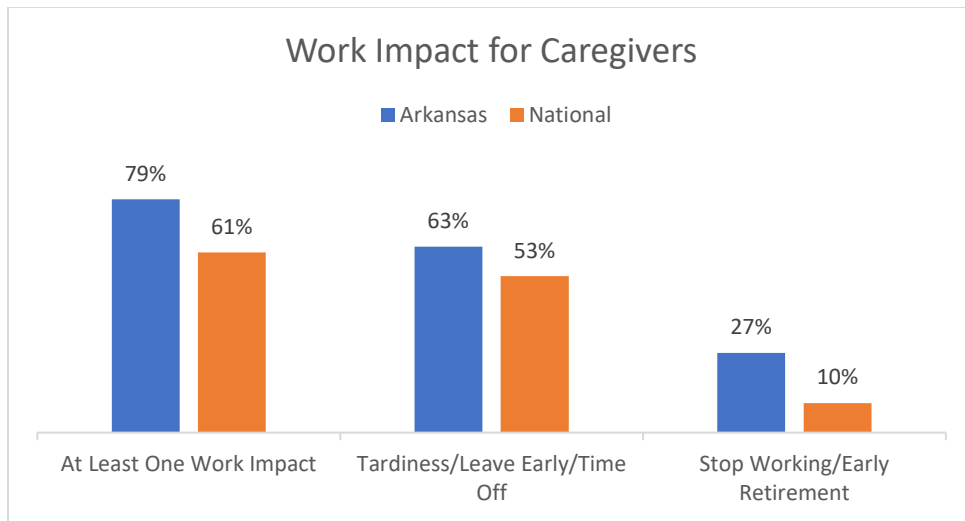
Only 21% of these caregivers indicated they experienced no hardship or impact to their job (n=58); however, 79% indicated they had at least one work impact affecting them when it related to their caregiver status (n=223).

Sixty-three percent (63%) of employed caregivers experienced tardiness, had to leave work early or take time off work in relation to caregiver responsibilities (n=179). Twenty-seven percent (27%) indicated they had to stop working entirely or take early retirement (n=75). These numbers are comparable to national data in work impact; however, specific impacts range higher within Arkansas respondents than nationally.

¹¹ AARP and National Alliance for Caregiving. *Caring in the United States*. Washington, DC: AARP. April 2004. https://assets.aarp.org/rgcenter/il/us_caregiving.pdf

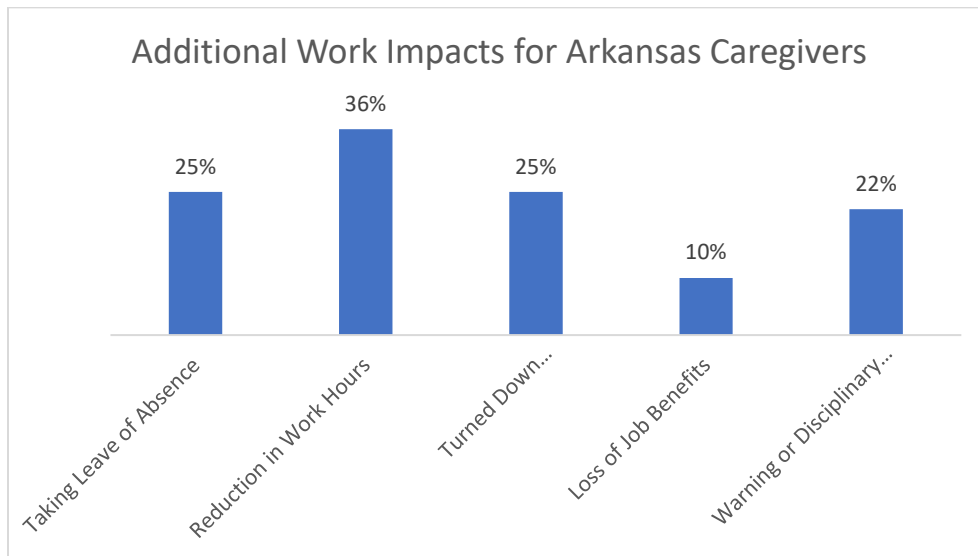
¹² AARP and National Alliance for Caregiving. *Caregiving in the United States 2020*. Washington, DC: AARP. May 2020. <https://doi.org/10.26419/ppi.00103.001>

Figure 23- Caregiver Impacts in the Workplace (State vs. National)



Additional work impacts that Arkansas caregivers identified in the state survey included reduced work hours (n=102), turning down a promotion or extra responsibility (n=69), loss of job benefits (n=28), and receiving a warning or disciplinary action about their performance or attendance at work (n=63).

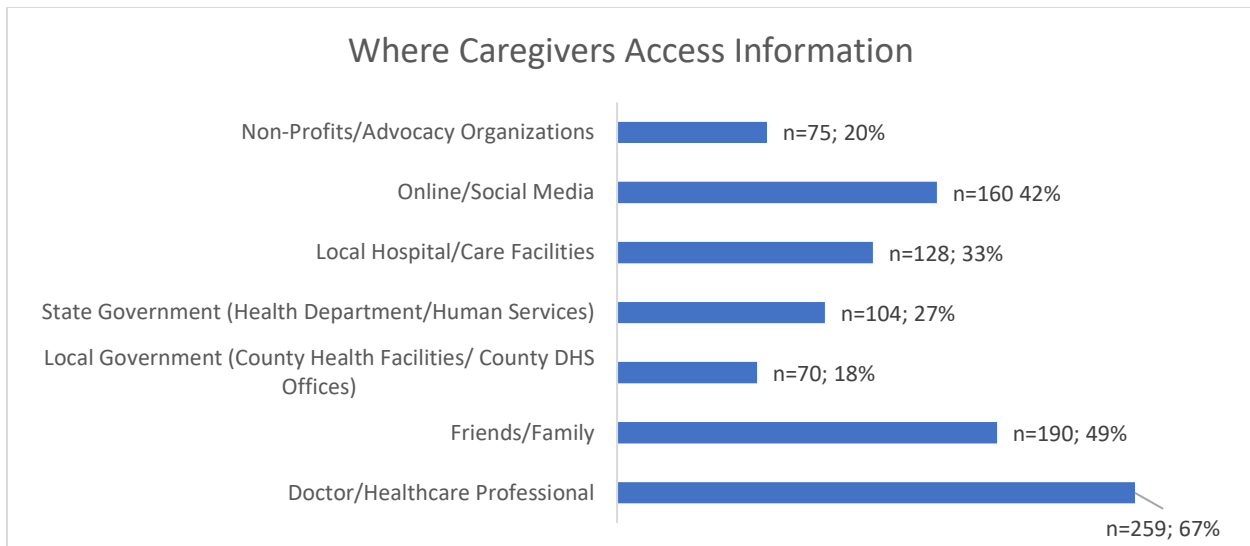
Figure 24- Additional Caregiver Work Impacts (State Only)



Where Caregivers Seek Information and Supports

During the survey, caregivers were asked to identify all places they use to learn more or gather more information to better help them as a caregiver. Caregivers were allowed to select multiple options as they related to them. Ninety percent (90%) of caregivers provided feedback to this question (n=385) with a predominant response indicating they look to their doctors or other health care professionals for information (67%, n=259). Half of the caregivers who responded also indicated they seek information and guidance from family and friends (49%, n=190), while approximately four out of ten caregivers look online or to social media (42%, n=160).

Figure 25- Accessing Information



Knowledge and Access to Respite

Thirty-eight percent (38%) of national caregivers believe that receiving respite care would be beneficial to them as a caregiver but less than half of them have ever used respite services.¹³

Less than 25% of caregiver respondents in Arkansas indicated they have heard of caregiver respite (n=103) and only 27% of those who have heard of respite know where to find or access it within Arkansas (n=28); less than 10% of the total number of caregivers surveyed.

More concerning is the fact that only approximately 7% of caregivers surveyed had experienced the benefit of respite, compared with the national percentage of 14%.¹⁴ Twenty-nine (29) caregivers indicated they had used respite in the past 12 months and 55% of those caregivers indicated they had an easy to very easy time accessing it (n=16). The remaining 45% indicated that it was not an easy process (n=13).

Caregivers were allowed to choose from several activities typically used when respite time has been offered. Caregivers were allowed to select multiple activities they would consider doing or participating in if they were to receive a caregiver break with respite. Of the 428 caregivers, over 50% indicated they would take the time to just rest and relax in general. One of every four caregivers indicated they would like to participate in physical activity or exercise, and social/recreational activities, including church events. There were a similar number of caregivers who also selected activities including spending time with spouse, partner or other family and friends, and pursuing their own hobbies and interests.

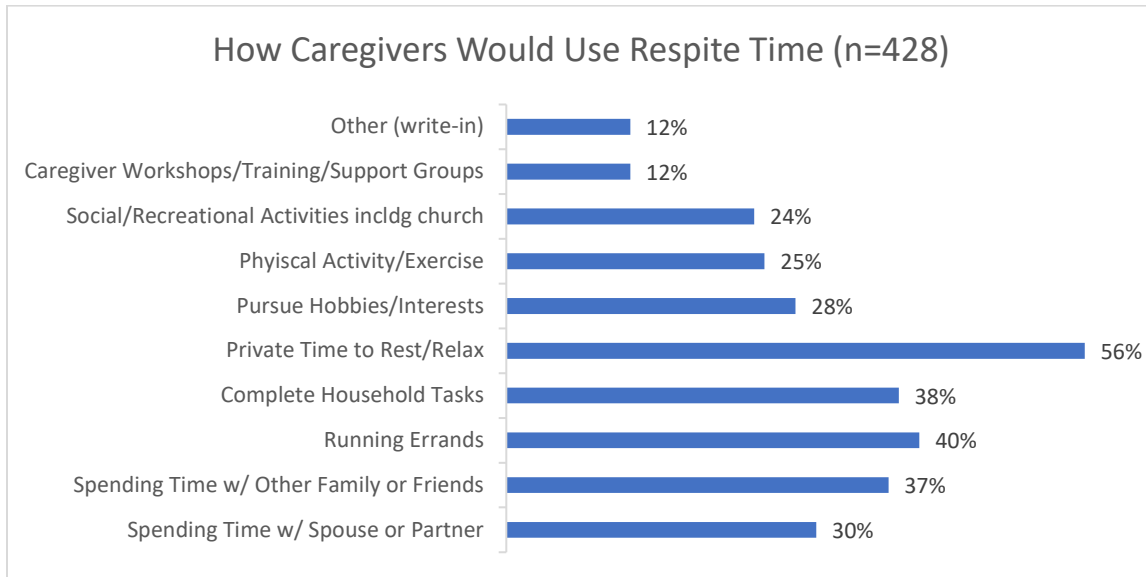
It should be noted that approximately four of every ten caregivers (40%) stated they would use their break time to run needed errands or to complete household tasks. Twelve percent (12%) of caregivers selected other activities with write-in responses of taking a small vacation, taking classes, or completing

¹³ AARP and National Alliance for Caregiving. *Caregiving in the United States 2020*. Washington, DC: AARP. May 2020. <https://doi.org/10.26419/ppi.00103.001>

¹⁴ AARP and National Alliance for Caregiving. *Caregiving in the United States- Executive Summary*. Washington, DC: May 2020. <https://www.aarp.org/content/dam/aarp/ppi/2020/05/executive-summary-caregiving-in-the-united-states.doi.10.26419-2Fppi.00103.003.pdf>

school, applying for jobs, starting up their own business interests, taking care of their own health appointments, or just shopping/window shopping to decompress.

Figure 26- Respite



Limitations

Limitations of this study were apparent when comparisons and benchmarking were performed between national and state specific data. Parallels could not be directly drawn between some key data points. In the future, studies will strive to mirror national data collection methods, and state's specific data collection, from those states with similar population, demographic, and socioeconomic markers. Easier comparisons and contrasting of data will help Arkansas benchmark the work we are doing. When we can properly compare our work to National respite data, we will have a greater understanding of the areas where we lack, and the areas where we are excelling in respite provision. Additionally, continued data collection within the state will assist in determining any strides or setbacks we are making in our respite service goals.

Conclusions

In conclusion, more research is necessary to determine why caregiving outcomes in Arkansas are worse than national averages.

What makes Arkansas caregivers feel 50% more lonely than the national average caregiver? Is it due to our higher rural demographic? Other states comparable to Arkansas's rurality, like Texas, have state specific reports regarding informal caregiving. Future Arkansas studies should explore some of the same data analyzed in the Texas specific report for benchmarking purposes. Additionally, data collected in Arkansas needs to mirror national data collection for more in-depth national benchmarking.

Some of our worse outcomes were due to lower socioeconomic status as compared to national data. Arkansas has lower wages which leads to higher levels of poverty. While less than half of national respondents (47%) indicated annual household income of less than \$50,000, more than 3 out of every 4 caregivers (77%) in the State of Arkansas has a household income of less than \$50,000. The financial

impact of caregiving in the State of Arkansas far outstrips the national burden. More than half of Arkansans (53%) qualify for the Supplemental Nutrition Assistance Program (SNAP).¹⁵ Without proper support to this group, Arkansas faces a potential housing and public health crisis. The need for more infrastructure supports for this population is apparent. This group is at risk and financially vulnerable. Caregivers are living paycheck to paycheck. This puts the care recipient at risk. No longer having the ability to save money, as indicated by survey responses, and more than half of caregivers exhausting what savings they did have, creates potential for high rates of housing insecurity within this population.

Nearly 99% of respondents in the Arkansas study indicated their health is less than excellent. Are these caregivers getting necessary health care themselves? Are they neglecting preventative medical exams to care for the recipient? Do those with less than excellent health have medical insurance? How are those under the age of 65 getting health care if they are unable to work due to caregiving responsibilities? This may be why 66% are still working or why they have less than excellent health; they are uninsured.

In 2018, Blue Cross Blue Shield reported that 25% of commercially insured and Medicaid Fee-For-Service Arkansans are in need of caregiving.¹⁶ In most cases employment is a prerequisite of health coverage. Sixty-six percent (66%) of Arkansas caregivers are employed while providing caregiving. Caregivers find it difficult to work and provide caregiving. Half of Arkansas caregivers indicated they have not or feel they cannot tell their employer about their caregiving responsibilities. Further research is needed regarding uninsured rates amongst caregivers. How many caregivers work because they would not have health insurance otherwise? If given an option to not work and have health care, would caregivers take it? Identifying the source of insurance for those that do have insurance coverage is also important as that will provide a better understanding as to why some individuals are choosing to continue to work.

Additional research is also needed to further understand employment impacts, and the effect on Arkansas's economy to lost working hours and wages due to caregiving responsibilities. Arkansas caregivers are nearly 3 times as likely to stop working or retire early, versus their national counterparts. Nearly 80% of working Arkansas caregivers indicated at least one work impact due to their caregiver responsibilities. More than one-third indicated they have a reduction in work hours due to caregiving, and 1 in every 4 caregivers seeking employment indicated they were turned down for a job due to their caregiving responsibilities. This may be the answer to why half of employed caregivers do not feel they can or have not told their employers about their caregiver status. Discrimination in the workplace against caregivers is concerning. Federal laws protect the rights of employees and allow up to 12 weeks of unpaid leave under the Family and Medical Leave Act (FMLA) to care for a sick family member. Certain criteria must be met in order to qualify. More research is needed to determine if employees are aware of the availability of FMLA leave.

More research is also needed regarding how caregivers would use their respite time, as seeking their own medical care was not an option to choose from.

¹⁵ Feeding America. *Food Insecurity among Overall *all ages) Population in Arkansas*. Interactive Map, 2020. <https://map.feedingamerica.org/county/2020/overall/arkansas>

¹⁶ BlueCross Blue Shield Association. *The Health of America Report. The Impact of Caregiving on Mental Health and Physical Health*. September 2020. <https://www.bcbs.com/the-health-of-america/reports/the-impact-of-caregiving-on-mental-and-physical-health#impactshealth>

The lack of awareness of respite services is also of concern and should be addressed through increased advertisement and outreach to caregivers across Arkansas. More individuals would likely take advantage of a respite program if they knew more about it, and knew it was available to them.

Possible Future Solutions

Based on the research and data collected for this report, the following areas may be beneficial for possible future solutions:

- Continued research
- Expanded research
- Increased advertising and outreach for respite programs
- Easier access to respite services

Appendix A. Survey Questions

Q1. Have you ever provided unpaid care to a relative or a friend 18 years of age or older in order to help them take care of themselves OR a child (minor, less than 18) because of a medical, behavioral, or other condition or disability (more than required normal care)? This person must have lived in a private home or the same household as the caregiver?

Answered: 769 Skipped: 0

Answer Choice	Responses	
Yes	553	71.91%
No	216	28.09%

Q2. How old were you (the caregiver) on your last birthday?

Answered: 428 Skipped: 341

Answer Choice	Responses	
18 years to 24 years	13	3.04%
25 years to 34 years	65	15.19%
35 years to 44 years	112	26.17%
45 years to 54 years	95	22.20%
55 years to 64 years	77	17.99%
65 years and older	66	15.42%

Q3. Which ethnicity do you identify as?

Answered: 428 Skipped: 341

Answer Choice	Responses	
Spanish/Hispanic/Latino	7	1.64%
Black/African American	58	13.55%
White/Caucasian	327	76.40%
American Indian/Alaska Native	9	2.10%
Asian	1	0.23%
Marshallese	0	0.00%
Native Hawaiian/Pacific Islander	0	0.00%
2 or more	14	3.27%
Don't Know	0	0.00%
Prefer not to answer	12	2.80%

Q4. What gender do you identify as?

Answered: 428 Skipped: 341

Answer Choice	Responses	
Male	52	12.15%
Female	368	85.98%

<i>Non-Binary</i>	3	0.70%
<i>Don't Know</i>	0	0.00%
<i>Prefer not to answer</i>	5	1.17%

Q5. Which county in Arkansas do you (the caregiver) reside in?

Answered: 428

Skipped: 341

<i>Answer Choice</i>	<i>Responses</i>	
<i>Arkansas</i>	20	4.67%
<i>Ashley</i>	4	0.93%
<i>Baxter</i>	8	1.87%
<i>Benton</i>	38	8.88%
<i>Boone</i>	3	0.70%
<i>Bradley</i>	0	0.00%
<i>Calhoun</i>	0	0.00%
<i>Carroll</i>	3	0.70%
<i>Chicot</i>	2	0.47%
<i>Clark</i>	3	0.70%
<i>Clay</i>	0	0.00%
<i>Cleburne</i>	6	1.40%
<i>Cleveland</i>	1	0.23%
<i>Columbia</i>	1	0.23%
<i>Conway</i>	6	1.40%
<i>Craighead</i>	12	2.80%
<i>Crawford</i>	7	1.64%
<i>Crittenden</i>	3	0.70%
<i>Cross</i>	1	0.23%
<i>Dallas</i>	1	0.23%
<i>Desha</i>	0	0.00%
<i>Drew</i>	1	0.23%
<i>Faulkner</i>	16	3.74%
<i>Franklin</i>	2	0.47%
<i>Fulton</i>	3	0.70%
<i>Garland</i>	16	3.74%
<i>Grant</i>	1	0.23%
<i>Greene</i>	5	1.17%
<i>Hempstead</i>	3	0.70%
<i>Hot Spring</i>	10	2.34%
<i>Howard</i>	0	0.00%
<i>Independence</i>	2	0.47%
<i>Izard</i>	2	0.47%
<i>Jackson</i>	2	0.47%
<i>Jefferson</i>	9	2.10%
<i>Johnson</i>	5	1.17%
<i>Lafayette</i>	4	0.93%

Lawrence	4	0.93%
Lee	0	0.00%
Lincoln	1	0.23%
Little River	1	0.23%
Logan	5	1.17%
Lonoke	12	2.80%
Madison	1	0.23%
Marion	4	0.93%
Miller	10	2.34%
Mississippi	3	0.70%
Monroe	0	0.00%
Montgomery	1	0.23%
Nevada	1	0.23%
Newton	2	0.47%
Ouachita	1	0.23%
Perry	4	0.93%
Phillips	2	0.47%
Pike	1	0.23%
Poinsett	5	1.17%
Polk	8	1.87%
Pope	10	2.34%
Prairie	1	0.23%
Pulaski	47	10.98%
Randolph	4	0.93%
Saline	12	2.80%
Scott	0	0.00%
Searcy	1	0.23%
Sebastian	23	5.37%
Sevier	1	0.23%
Sharp	7	1.64%
St. Francis	2	0.47%
Stone	2	0.47%
Union	2	0.47%
Van Buren	2	0.47%
Washington	32	7.48%
White	13	3.04%
Woodruff	1	0.23%
Yell	2	0.47%

Q6. Are you (the caregiver) or have you served in the US Armed Forces? This includes Army, Navy, Air Force, Marines, Coast Guard, Women’s Armed Forces, National Guard or Reserves.

Answered: 428 Skipped: 341

Answer Choice	Responses	
Yes, currently serving	1	0.23%

<i>Yes, have served but not currently</i>	15	3.50%
<i>No, I have not served</i>	407	95.09%
<i>Prefer not to answer</i>	5	1.17%

Q7. Are you (the caregiver) or were you in the past, WHILE PROVIDING CARE, a student- either full time or part time?

Answered: 428 Skipped: 341

<i>Answer Choice</i>	<i>Responses</i>	
<i>Yes, I am currently a student</i>	28	6.54%
<i>Yes, I used to be a student</i>	87	20.33%
<i>No</i>	312	72.90%
<i>Prefer not to answer</i>	1	0.23%

Q8. Last year, what was your total annual household income from all sources, before taxes?

Answered: 428 Skipped: 341

<i>Answer Choice</i>	<i>Responses</i>	
<i>Under \$30,000</i>	280	65.42%
<i>Between \$30,000 and \$49,999</i>	51	11.92%
<i>Between \$50,000 and \$74,999</i>	50	11.68%
<i>Between \$75,000 and \$99,999</i>	23	5.37%
<i>Between \$100,000 and \$150,000</i>	18	4.21%
<i>Over \$150,000</i>	6	1.40%

Q9. Are you currently employed, or have you been employed during the time you were a caregiver?

Answered: 428 Skipped: 341

<i>Answer Choice</i>	<i>Responses</i>	
<i>Yes, I am currently employed</i>	160	37.38%
<i>No, I am not currently employed but was during some point of my caregiver time</i>	121	28.27%
<i>No, I have not been employed during my caregiving time</i>	134	31.31%
<i>Prefer not to answer</i>	13	3.04%

Q10. Approximately how many hours per week did/do you work?

Answered: 428 Skipped: 341

<i>Answer Choice</i>	<i>Responses</i>	
<i>1-10</i>	78	18.22%
<i>11-20</i>	45	10.51%
<i>21-30</i>	48	11.21%
<i>31-40</i>	134	31.31%

More than 40	123	28.74%
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Q11. Does/Did your supervisor know that you were an unpaid caregiver?

Answered: 428 Skipped: 341

Answer Choice	Responses	
Yes	166	38.79%
No	142	33.18%
Unsure	82	19.16%
Prefer not to answer	38	8.88%

Q12. As a result of caregiving, have you/did you experience any of these at your place of employment?

Answered: 428 Skipped: 341

Answer Choice	Responses	
None of the above	151	35.28%
Tardiness, left early or took time off during the day to provide care	197	46.03%
Took a leave of absence	77	17.99%
Reduced work hours	109	25.47%
Turned down a promotion or additional responsibilities	81	18.93%
Lost job benefits	32	7.48%
Resigned from work entirely	85	19.86%
Retired early	35	8.18%
Received a warning or disciplinary action about your performance or attendance at work	71	16.59%

Q13. Have you/Did you ever feel/felt that your responsibilities as a caregiver led you to be penalized or discriminated against at your place of employment?

Answered: 428 Skipped: 341

Answer Choice	Responses	
Yes	106	24.77%
No	235	54.91%
Unsure/Prefer not to answer	87	20.33%

Q14. Please select any or all below that relates to you (the caregiver).

Answered: 428 Skipped: 341

Answer Choice	Responses	
None of the above	38	8.88%
My role as a caregiver gives/gave me a sense of purpose or meaning in my own life	222	51.87%

<i>I find/found it difficult to take care of my own health while caring for another</i>	185	43.22%
<i>I feel/felt alone or lonely as a caregiver</i>	158	36.92%
<i>I do not/did not feel I have/had a choice in taking on the responsibility of providing care for this person</i>	225	52.57%

Q15. How would you describe your own overall health (when you were caregiving)?

Answered: 428 Skipped: 341

<i>Answer Choice</i>	<i>Responses</i>	
<i>Poor</i>	54	12.62%
<i>Fair</i>	183	42.76%
<i>Good</i>	135	31.54%
<i>Very Good</i>	50	11.68%
<i>Excellent</i>	6	1.40%

Q16. On a scale of 1 to 5, how much physical strain would you say caregiving has/had on you?

Answered: 428 Skipped: 341 Weighted Average: 3.37

<i>Answer Choice</i>	<i>Responses</i>	
<i>1 Star- Not a strain at all</i>	35	8.18%
<i>2 Stars- (no label)</i>	56	13.08%
<i>3 Stars- (no label)</i>	144	33.64%
<i>4 Stars- (no label)</i>	103	24.07%
<i>5 Stars- Very much a strain</i>	90	21.03%

Q17. On a scale of 1 to 5, how emotionally stressful would you say caregiver is/has been?

Answered: 428 Skipped: 341 Weighted Average: 4.00

<i>Answer Choice</i>	<i>Responses</i>	
<i>1 Star- Not stressful at all</i>	16	3.74%
<i>2 Stars- (no label)</i>	31	7.24%
<i>3 Stars- (no label)</i>	86	20.09%
<i>4 Stars- (no label)</i>	100	23.36%
<i>5 Stars- Very stressful</i>	195	45.56%

Q18. On a scale of 1 to 5, how much of a financial strain would you say caregiving is/has been?

Answered: 428 Skipped: 341 Weighted Average: 3.72

<i>Answer Choice</i>	<i>Responses</i>	
<i>1 Star- Not at all a strain</i>	30	7.01%
<i>2 Stars - (no label)</i>	50	11.68%
<i>3 Stars- (no label)</i>	93	21.73%

4 Stars- (no label)	92	21.50%
5 Stars- Very much a strain	163	38.03%

Q19. Below is a list of financial impacts that some caregivers have experienced. Select any and all that apply to you.

Answered: 428 Skipped: 341

Answer Choice	Responses	
None of the above	74	17.29%
Taken on more debt (credit cards, loans, line of credit)	171	39.95%
Missed/Was late paying for student loan	54	12.62%
Borrowed money from family or friends	189	44.16%
Filed for bankruptcy (medical or personal)	34	7.94%
Been unable to afford basic need expenses like food	158	36.92%
Left your bills unpaid or paid them late	233	54.44%
Used up your personal short-term savings	183	42.76%
Used long-term savings like retirement to pay for things	72	16.82%
Stopped saving or stopped trying to save money	252	58.88%
Moved to a less expensive home, apartment or other living arrangement	87	20.33%
Was evicted or had a home foreclosed	32	7.48%
Delayed your retirement or decided to never retire	28	6.54%
Had to start working again, working ore, or find second job	75	17.52%

Q20. How would you say being a caregiver plays/played a role in your overall health?

Answered: 428 Skipped: 341

Answer Choice	Responses	
Made/Makes it better	28	6.54%
Not affected	67	15.65%
Made/Makes it worse	180	42.06%
Unsure	140	32.71%
Prefer not to answer	13	3.04%

Q21. How old is/was the person you care/cared for?

Answered: 388 Skipped: 381

Answer Choice	Responses	
Less than 12 months	6	1.55%
12 months to 4 years	20	5.15%
5 years to 13 years	61	15.72%
14 years to 18 years	9	7.47%
19 years to 24 years	18	4.64%
25 years to 34 years	18	4.64%

35 years to 44 years	17	4.38%
45 years to 54 years	34	8.76%
55 years to 64 years	48	12.37%
65 years or older	137	35.31%

Q22. Is/Was the person you care/cared for, or do/did they identify as...

Answered: 388 Skipped: 381

Answer Choice	Responses	
Male	188	48.45%
Female	188	48.45%
Non-binary	3	0.77%
Prefer not to answer	9	2.32%

Q23. What is your relationship with this person?

Answered: 388 Skipped: 381

Answer Choice	Responses	
Husband	21	5.41%
Wife	25	6.44%
Mother/In Law	109	28.09%
Father/In Law	32	8.25%
Daughter/In Law	59	15.21%
Son/In Law	43	11.08%
Brother/In Law	7	1.80%
Sister/In Law	14	3.61%
Aunt	6	1.55%
Uncle	1	0.26%
Grandfather/ In Law	1	0.26%
Grandmother/ In Law	14	3.61%
Grandson	2	0.52%
Granddaughter	9	2.32%
Nephew	1	0.26%
Niece	2	0.52%
Companion/Partner	2	0.52%
Foster Child (NONRELATIVE)	1	0.26%
Friend (NONRELATIVE)	12	3.09%
Neighbor (NONRELATIVE)	4	1.03%
Prefer not to answer	8	2.06%
Other	15	3.87%

Q24. What is the primary diagnosis or illness the care recipient has/had, or which they need/needed your care?

Answered: 388

Skipped: 381

<i>Answer Choice</i>	<i>Responses</i>	
<i>Alzheimer's/Dementia, confusion, forgetfulness</i>	51	13.14%
<i>Arthritis</i>	14	3.61%
<i>Blood Pressure/Hypertension</i>	8	2.06%
<i>Brain damage/injury</i>	16	4.12%
<i>Broken bones</i>	3	0.77%
<i>Cancer</i>	37	9.54%
<i>Developmental/Intellectual Disorder, Down Syndrome</i>	57	14.69%
<i>Diabetes</i>	9	2.32%
<i>Feeble, unsteady, frequent falls</i>	12	3.09%
<i>Hearing loss, deafness</i>	0	0.00%
<i>Heart disease, heart attack</i>	8	2.06%
<i>Lung disease, emphysema, COPD</i>	13	3.35%
<i>Mental illness, emotional illness, depression</i>	35	9.02%
<i>Mobility issues</i>	15	3.87%
<i>Old age, aging</i>	12	3.09%
<i>Parkinson's</i>	3	0.77%
<i>Stroke</i>	8	2.06%
<i>Substance abuse</i>	4	1.03%
<i>Surgery, wounds</i>	7	1.80%
<i>Vision loss, blindness</i>	3	0.77%
<i>Unsure</i>	5	1.29%
<i>Prefer not to answer</i>	12	3.09%
<i>Other</i>	56	14.43%

Q25. Please select any additional/multiple diagnoses the care recipient has been diagnosed with.

Answered: 388

Skipped: 381

<i>Answer Choice</i>	<i>Responses</i>	
<i>Alzheimer's/Dementia, Confusion, Forgetfulness</i>	47	12.11%
<i>Arthritis</i>	78	20.10%
<i>Blood Pressure/Hypertension</i>	117	30.15%
<i>Brain damage/injury</i>	26	6.70%
<i>Broken bones</i>	29	7.47%
<i>Cancer</i>	25	6.44%
<i>Developmental/Intellectual Disorder, Downs Syndrome</i>	57	14.69%
<i>Diabetes</i>	60	15.46%
<i>Feeble, unsteady, frequent falls</i>	110	28.35%
<i>Hearing loss, deafness</i>	44	11.34%
<i>Heart disease, heart attack</i>	45	11.60%
<i>Lung disease, emphysema, COPD</i>	41	40.57%
<i>Mental illness, emotional illness, depression</i>	106	27.32%
<i>Mobility issues</i>	142	36.60%
<i>Old age, aging</i>	87	22.42%

<i>Parkinson's</i>	6	1.55%
<i>Stroke</i>	38	9.79%
<i>Substance abuse</i>	19	4.90%
<i>Surgery, wounds</i>	46	11.86%
<i>Vision loss, blindness</i>	40	10.31%
<i>Unsure</i>	19	4.90%
<i>Prefer not to answer</i>	16	4.12%
<i>Other</i>	80	20.62%

Q26. Has the care recipient been diagnosed with Alzheimer's or any other dementia?

Answered: 388 Skipped: 381

<i>Answer Choice</i>	<i>Responses</i>	
<i>Yes</i>	56	14.43%
<i>No</i>	332	85.57%

Q27. Has the care recipient served in the US Armed Forces? This includes Army, Navy, Air Force, Marines, Coast Guard, Women's Armed Forces, National Guard or Reserves.

Answered: 388 Skipped: 381

<i>Answer Choice</i>	<i>Responses</i>	
<i>Yes, currently service</i>	0	0.00%
<i>Yes, have served but not currently</i>	32	8.25%
<i>No, have not served</i>	350	90.21%
<i>Unsure/ Prefer not to answer</i>	6	1.55%

Q28. How long have you been, or did you provide care to this person?

Answered: 388 Skipped: 381

<i>Answer Choice</i>	<i>Responses</i>	
<i>Less than 1 year</i>	48	12.37%
<i>1 year to 5 years</i>	165	42.53%
<i>5 years to 10 years</i>	71	18.30%
<i>10+ Years</i>	104	26.80%

Q29. Which of these best describes how much care or assistance you give/have given to this person because of their condition within a normal week?

Answered: 388 Skipped: 381

<i>Answer Choice</i>	<i>Responses</i>	
<i>All the time; 24/7</i>	108	27.84%
<i>Almost all the time, only small breaks here and there</i>	64	16.49%
<i>Almost all the time, only break to sleep</i>	25	6.44%

<i>Off and on around the clock</i>	140	36.08%
<i>Other</i>	51	13.14%

Q30. Which of these tasks do you/did you assist the person with?

Answered: 388 Skipped: 381

<i>Answer Choice</i>	<i>Responses</i>	
<i>None of the above</i>	3	0.77%
<i>Getting in and out of beds/chairs</i>	177	45.62%
<i>Getting dressed</i>	203	52.32%
<i>Getting to/from bathroom or toilet</i>	161	41.49%
<i>Bathing/Showering</i>	210	54.12%
<i>Incontinence or Diapers</i>	138	35.57%
<i>Feeding or assistance feeding</i>	130	33.51%
<i>Medication Assistance (giving medications, eye drops, injections)</i>	266	68.56%
<i>Managing Finances (paying bills or filling out insurance forms)</i>	230	59.28%
<i>Grocery shopping or other shopping</i>	298	76.80%
<i>Housework (doing dishes, laundry, dusting)</i>	293	75.52%
<i>Preparing meals</i>	303	78.09%
<i>Transportation (driving or assisting in getting transportation services)</i>	317	81.70%
<i>Arranging outside services (nurses, home care aides, direct care support, meals on wheels)</i>	159	40.98%
<i>Advocating for the individual with healthcare providers, community services or government agencies</i>	237	61.08%
<i>Monitoring severity of their condition in order to adjust care when needed</i>	240	61.86%
<i>Other</i>	30	7.73%

Q31. In the last 12 months (or the last year of previous caregiving duties), how many times has/had the care recipient been hospitalized overnight?

Answered: 388 Skipped: 381

<i>Answer Choice</i>	<i>Responses</i>	
<i>None</i>	206	53.09%
<i>Once</i>	51	13.14%
<i>Twice</i>	36	9.28%
<i>3 or more times</i>	78	20.10%
<i>Unknown</i>	17	4.38%

Q32. Has anyone else provided UNPAID help for the care recipient during your time as a caregiver?

Answered: 377 Skipped: 392

<i>Answer Choice</i>	<i>Responses</i>	
<i>Yes</i>	131	34.75%

No	220	58.36%
Unsure	20	5.31%
Prefer not to answer	6	1.59%

Q33. Has the care recipient received PAID help from any aides, housekeepers, or other people who were paid for their work/assistance during your time as a caregiver?

Answered: 377 Skipped: 392

Answer Choice	Responses	
Yes	103	27.32%
No	253	67.11%
Unsure	21	5.57%
Prefer not to answer	0	0.00%

Q34. Is/Was the care recipient on any Medicaid Waiver or Arkansas State Plan Waiver program offered by the Arkansas Department of Human Services?

Answered: 377 Skipped: 392

Answer Choice	Responses	
Yes	74	19.63%
No	223	59.15%
Unsure	78	20.69%
Prefer not to answer	2	0.53%

Q35. Is/Was the care recipient on any waitlist for services or programs offered by the Arkansas Department of Human Services?

Answered: 377 Skipped: 392

Answer Choice	Responses	
Yes	50	13.26%
No	257	68.17%
Unsure	70	18.57%
Prefer not to answer	0	0.00%

Q36. Is/Was the care recipient denied for any services or programs offered by the Arkansas Department of Human Services?

Answered: 377 Skipped: 392

Answer Choice	Responses	
Yes	52	13.79%
No	236	62.60%
Unsure	89	23.61%
Prefer not to answer	0	0.00%

Q37. Do you know which service program the care recipient has applied/had applied for or is currently receiving?

Answered: 377 Skipped: 392

Answer Choice	Responses	
None of the above	215	57.03%
ARChoices	30	7.96%
IndependentChoices (self-directed personal care)	11	2.92%
Autism Waiver	20	5.31%
PASSE	48	12.73%
Community and Employment Supports (CES)	6	1.59%
TEFRA	30	7.96%
PACE	4	1.06%
LivingChoices	5	1.33%
Other	51	13.53%

Q38. Select below any and all places you use/used to learn more or gather information to better help you as a caregiver.

Answered: 377 Skipped: 392

Answer Choice	Responses	
None of the above	43	11.41%
Doctor or Health Care Professional	259	68.70%
Friends or Family	190	50.40%
Local Government Agencies (County Health Facilities/County Offices)	70	18.57%
State Government Agencies like the Arkansas Department of Human Services, Arkansas Department of Health	104	27.59%
Local Hospital or other care facility	128	33.95%
Online or social media	160	42.44%
Non-Profit or Advocacy Organization for aging, caregiving, or specific conditions	75	19.89%

Q39. Have you ever heard of caregiver respite before this survey?

Answered: 367 Skipped: 402

Answer Choice	Responses	
Yes	103	28.07%
No	256	69.75%
Unsure/Prefer not to answer	8	2.18%

Q40. Do you know where to find respite care in the state of Arkansas?

Answered: 367 Skipped: 402

<i>Answer Choice</i>	<i>Responses</i>	
<i>Yes</i>	<i>34</i>	<i>9.26%</i>
<i>No/Unsure</i>	<i>332</i>	<i>90.46%</i>
<i>Prefer not to answer</i>	<i>1</i>	<i>0.27%</i>

Q41. If you have received respite care within the last 12 months, how easy was it for you to find?

Answered: 367 Skipped: 402

<i>Answer Choice</i>	<i>Responses</i>	
<i>I have not received respite care in the last 12 months</i>	<i>338</i>	<i>92.10%</i>
<i>Not easy at all</i>	<i>13</i>	<i>3.54%</i>
<i>Somewhat easy</i>	<i>8</i>	<i>2.18%</i>
<i>Easy</i>	<i>3</i>	<i>0.82%</i>
<i>Pretty easy</i>	<i>3</i>	<i>0.82%</i>
<i>Very easy</i>	<i>3</i>	<i>0.54%</i>

Q42. If you received respite care, who provided that care for you?

Answered: 367 Skipped: 402

<i>Answer Choice</i>	<i>Responses</i>	
<i>I have not received respite care</i>	<i>318</i>	<i>86.85%</i>
<i>A family member</i>	<i>35</i>	<i>9.54%</i>
<i>A friend</i>	<i>7</i>	<i>1.91%</i>
<i>A faith-based organization/church group or event</i>	<i>4</i>	<i>1.09%</i>
<i>Community group or event</i>	<i>2</i>	<i>0.54%</i>
<i>A service provider</i>	<i>11</i>	<i>3.00%</i>
<i>Other</i>	<i>5</i>	<i>1.36%</i>

Q43. Did you pay out of pocket for the respite care?

Answered: 367 Skipped: 402

<i>Answer Choice</i>	<i>Responses</i>	
<i>Yes</i>	<i>19</i>	<i>5.18%</i>
<i>No</i>	<i>78</i>	<i>21.25%</i>
<i>Unsure</i>	<i>12</i>	<i>3.27%</i>
<i>I did not receive respite care/Prefer not to answer</i>	<i>258</i>	<i>70.30%</i>

Q44. If you were to receive some free time or a break from your caregiving duties, what do you think you would do with that time?

Answered: 367 Skipped: 402

<i>Answer Choice</i>	<i>Responses</i>	
<i>Spend time with spouse/significant other</i>	<i>127</i>	<i>34.60%</i>

<i>Spend time with other family/friends</i>	<i>160</i>	<i>43.60%</i>
<i>Run errands</i>	<i>169</i>	<i>46.05%</i>
<i>Complete household tasks</i>	<i>163</i>	<i>44.41%</i>
<i>Private time to relax, rest</i>	<i>241</i>	<i>65.67%</i>
<i>Pursue hobbies/interests</i>	<i>121</i>	<i>32.97%</i>
<i>Participate in physical activities or exercise</i>	<i>108</i>	<i>29.43%</i>
<i>Attend or participate in caregiver workshops/training or support groups</i>	<i>52</i>	<i>14.17%</i>
<i>Participate in social/recreational activities, including church</i>	<i>101</i>	<i>27.52%</i>
<i>Other</i>	<i>52</i>	<i>14.17%</i>

Q45. If the situation arises, would you be interested in participating in future research on caregivers?

Answered: 354 Skipped: 415

<i>Answer Choice</i>	<i>Responses</i>	
<i>Yes</i>	<i>244</i>	<i>68.93%</i>
<i>No</i>	<i>110</i>	<i>31.07%</i>

Q46. Your information and answers provided in this survey are confidential; however, if a reporter writing a story about the results of the overall survey wanted to interview caregivers who participated, would you be willing to provide your information? (This is completely optional)

Answered: 354 Skipped: 415

<i>Answer Choice</i>	<i>Responses</i>	
<i>Yes</i>	<i>150</i>	<i>42.37%</i>
<i>No</i>	<i>204</i>	<i>57.63%</i>

STATE OF ARKANSAS
EXECUTIVE DEPARTMENT

PROCLAMATION

TO ALL TO WHOM THESE PRESENTS COME – GREETINGS:

WHEREAS: Families are Arkansas's most valuable resource for caring for loved ones who have extraordinary needs such as developmental and physical disabilities, mental and emotional disorders, Alzheimer's disease and related dementias, and extreme medical needs; and,

WHEREAS: Parents and caregivers of individuals with extraordinary needs spend much of their time with direct personal care, which is physically and emotionally stressful; and

WHEREAS: Supports from the extended family and community are not always available or adequately trained to care for children and adults with extraordinary needs; and

WHEREAS: Respite is the act of providing physical and emotional relief to families who are responsible for day-to-day care of loved ones with extraordinary needs; and

WHEREAS: Respite care in its many forms strengthens the ability of families and caregivers to meet the challenging and intensive demands of ongoing care and to cope in times of family crisis; and

WHEREAS: Respite care services can reduce the costs society must bear in dealing with the results of abuse and neglect, and these services can help keep families out of already overburdened and expensive social welfare and criminal justice systems; and

WHEREAS: Having periodic respite care enables many families and caregivers to be more active participants in their communities;

NOW, THEREFORE, I, ASA HUTCHINSON, Governor of the State of Arkansas, by virtue of the authority vested in me by the laws of the State of Arkansas, do hereby proclaim November 2022, as

LIFESPAN RESPITE AWARENESS MONTH

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Arkansas to be affixed this 27th day of July, in the year of our Lord 2022.




Asa Hutchinson, Governor

Attest:


John Thurston, Secretary of State

TITLE: AN ACT TO CREATE THE ARKANSAS LIFESPAN RESPITE RESOURCE NETWORK ALSO KNOWN AS "ARKANSAS RESPITE"; TO SUPPORT FAMILY CARGIVERS OF CHILDREN AND ADULTS WITH HEALTHCARE NEEDS; TO PROVIDE FOR THE ESTABLISHMENT OF THE ARKANSAS LIFESPAN RESPITE COALITION; TO COORDINATE STATEWISDE RESPITE CARE EFFORTS; AND FOR OTHER PURPOSES.

Subtitle: TO CREATE THE ARKANSAS LIFESPAN RESPITE RESOURCE NETWORK ALSO KNOWN AS "ARKANAS RESPITE".

Section 1. Arkansas Code Title 20, Chapter 8, is amended to add an additional Subchapter to read as follows:

Subchapter 12 - The Arkansas Lifespan Respite Resource Network "Arkansas Respite"

20-8-1201. Definitions.

As used in this subchapter:

(1) "Caregiver" means an unpaid family member, foster parent, or other unpaid individual who provides in-home monitoring, management, supervision, or treatment of an individual with a special need or chronic serious health condition;

(2) "Chronic serious health condition" means a health condition that:

(A) Requires periodic treatment by a health care provider; and

(B) Continues over an extended period, including recurring episodes of a single underlying health condition such as asthma, diabetes, epilepsy, or multiple sclerosis;

(3) "Independent respite care provider" means an individual who has completed training for the Arkansas Lifespan Respite Resource Network program provided by the Department of Human Services, Division of Provider Services and Quality Assurance chosen by a family or caregiver to provide respite care to an individual unable to care for themselves;

(4) "Lifespan respite care" means a coordinated system of accessible, community-based respite care services for caregivers of children and adults with special needs or chronic serious health conditions, regardless of age, diagnosis, or insurance status;

(5) "National criminal background check" means a review of criminal history records maintained by the Federal Bureau of Investigation based on fingerprint identification or other positive identification methods;

(6) "Respite" means temporary relief provided to a caregiver of an individual with special needs or a serious chronic health issue;

(7) "Respite care provider agency" means a service provider as defined under § 20-28-402 and § 20-38-101 chosen by a family or caregiver to provider respite care to an individual unable to care for themselves;

(8) "Special needs" means an emotional, behavioral, cognitive, physical, or personal condition that necessitates receipt of care or supervision in order to meet an individuals basic needs or to prevent harm from occurring to themselves; and

(9) "State criminal background check" means a review of state criminal history records conducted by the Identification Bureau of the Department of Arkansas State Police.

20-8-1202. Program creation and purpose.

(a)(1) The Department of Human Services, Division of Provider Services and Quality Assurance shall establish and maintain the Arkansas Lifespan Respite Resource Network program, also known as "Arkansas Respite".

(2) The purpose of the program is to promote the use of respite services through contracts with eligible community-based organizations or local governmental entities.

(b) The department shall:

(1) Examine the needs of caregivers and address issues related to respite care in Arkansas;

(2) Maintain a statewide system that facilitates the availability and use of high-quality, cost-effective, lifespan respite services that provide caregivers a break from caring for a loved one with a disability or chronic illness;

(3) Coordinate the Arkansas Lifespan Respite Coalition;

(4) Maintain publicly accessible opportunities for caregivers to locate and review potential qualified respite providers;

(5)(A) Establish minimum requirements for respite providers, including:

(i) A state criminal background check in accordance with § 20-77-128(c);
(ii) A national criminal background check, if applicable;
(iii) An adult and long-term care facility resident maltreatment registry check under § 12-12-1716; and

(iv) A child maltreatment registry check under § 12-18-901 et seq.

(B) An independent respite care provider shall have criminal background check no less than once every five (5) years to remain active in the program.

(C) A respite care provider agency that participates in the program shall comply with the criminal background requirements under § 20-77-128(c);

(6) Provide information to Arkansans about referral services available around the state;

(7) Provide technical assistance to community-based organizations and other entities that are interested in offering respite services; and

(8) Provide educational and training opportunities to increase the respite provider workforce.