

4-States

SHOW

ontes

18TH ANNUAL

leanor Katzer

1st Place Cover Baby

The cover winner will be chosen by our panel of judges. A photo of your baby from an exclusive photo session with Artistic Expressions Photography will be featured on the cover of the May edition of Show Me The Ozarks Magazine along with a feature article inside the magazine.

2nd & 3rd Place

The photos for the 2nd and 3rd place winners, chosen by our panel of judges, will be featured inside the May edition along with a short article.

Facebook Fan Favorite

All photos will be posted in an album on our Facebook page as we receive them. The photo that receives the most "likes" will be given special recognition inside our May edition. Hurry! Get your photos in early for the best chance to win!

Contest Rules and Information

1. Deadline for entry is April 6, 2021.

2. Submit your entry one of these ways:
1) Upload your photo on our website at www.showmetheozarks.com/contests/
2) Email your photo to magazine@showmetheozarks.com (please put "Baby Contest" in the subject line)
3) Mail your photo to Show Me The Ozarks Magazine, 18724 Hwy 59, Neosho, MO 64850.

3. ALL entries must include: Your child's name and date of birth along with your name, address and phone number.
4. Pay your \$10 entry fee - Credit card: Pay on our website at www.showmetheozarks.com/contests/ when you upload your entry, or by calling 417.455.9898. Check: Mail to Show Me The Ozarks Magazine, 18724 Hwy 59, Neosho, MO 64850.
5. Entry fees must be received by the contest deadline. For more information, call 417.455.9898 or email magazine@showmetheozarks.com.

Our judges will screen based on photo quality, composition and creativity of image. Professional photos cannot contain watermarks or logos and must be submitted with a print release.

To be eligible to win, your baby must be available for the photo session in the Joplin area in early April 2021. Your baby must be 0-24 months at the time of contest deadline (Date of birth must be on or after 4/3/2019).

One photo per child. All photos submitted become property of Show Me The Ozarks and will not be returned.

ALL proceeds benefit your local Children's Miracle Network Hospital, dedicated to helping sick and injured children.



Mothers, trust us to deliver your new bundle of joy!

Freeman Maternity Center has earned the trust of moms-to-be by providing family-centered care and individual attention in a warm, caring environment.

Call 417.347.3369. freemanhealth.com/maternity

Baby Freddie Fox Freeman Goodwill Ambassador





✓ FREEMAN



110 11

3.1

17

ORIALRUN.COM

1

22.21

WWW.JOPLINME

adapt









SING (HIGHER

FINISHER

MEDALS!



SPREEMAN

KIDS RUN

SILLEN

SPRIEM



SPREE

0

O FREEMA



PRESENTING SPONSORS



DOWNSTREAM CASINO RESORT

MAY 25TH

BUSINESS DAY 12:00PM-7:30PM BUSINESS CARD FOR ENTRY

BUSINESS AFTER HOURS 4:30PM-7:30PM MAY 26TH COMMUNITY DAY 10:00AM-2:00PM Admission \$5 (children under 5 - free)

LEARN MORE: JOPLINCC.COM/EXPO



Ozarks farmers face unique challenges, and Guaranty Bank offers the support that local ranchers and growers need. We have a variety of loans tailored specifically to local agribusinesses, including financing for:

- Farm Purchase or Expansion
- Vehicles & Machinery

• Livestock & Crops

• Operational Credit Lines

Our experienced loan advisors are committed to supporting area business, including the agricultural backbone of our region. We'll work with you to find flexible financing options that fit your farm and its financial needs – Both for today and tomorrow.

Call or connect with our team online for more on our agribusiness loan options.



Your Business. Your Money. Your Bank.

833.875.2492/gbankmo.com

MEMBER FDIC

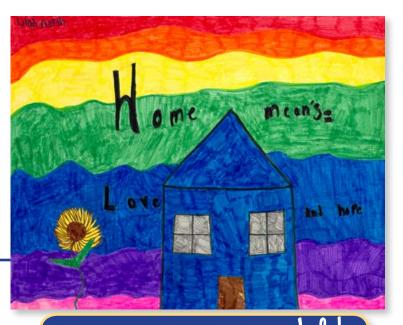
April is FAIR HOUSING MONTH

Building a Nation of Neighbors. COMMUNITY HOUSING RESOURCE BOARD

Congratulations to the 2020 poster contest winners!

April is Fair Housing Month and the 53rd anniversary of the 1968 landmark Fair Housing Act making it illegal to discriminate in the sale, rental and financing of housing based on race, religion, national origin, gender, handicap, and family status.

Every year, to promote Fair Housing Month, Joplin's Community Housing Resource Board sponsors the poster contest for the children of the Joplin Boys and Girls Club in conjunction with several city and community sponsors. This year, due to COVID19, the contest was not held. We are proud to once again feature the 2020 winners. The first through third place posters are also featured on billboards in the Joplin area to further promote Fair Housing Month.

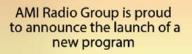


2020 1st Place Winner - Vian









4-States Live with longtime Four States broadcaster Shannon Bruffett

> "I'm blessed to have met so many interesting people over the years and look forward to reconnecting with familiar faces and meeting new people; 4-States Live will be a fun and informative program that will bring a positive vibe to the morning."



& UTILITY VEHICLES

All Breed Paw Prints Mobile Grooming

Debra R. Pruett 417.592.2460 • debrapruett2@gmail.com



417.660.5600 · clearcreekgolfcar.com

Joplin Floor Designs and Hukill Commercial Flooring For all your Commercial Flooring

7

New Construction - Remodels Bathrooms - Offices - Small and Large Business

Hukill Commercial Flooring

Joplin Floor Designs

The Store for Your Floor... and More! Local and Proud of it!

2309 E. 32ND STREET • JOPLIN, MO • 417.659.8000 joplinfloordesigns.com

Neg High



Duane & Holly Hukill, Owners



Bed Bugs
General Pest
Mosquitoes
Termites

3500 E. 32nd St. • Joplin, MO 417.624.2999 www.bugawaypc.com **STORM DAMAGE?** The Name You Know, Quality You Can Trust



We specialize in insurance restoration and help guide you through the process from start to finish.

Abernathy Roofing & Construction, LLC 1901 N. Rangeline Rd. • Joplin, MO | 110 W. Mt. Vernon Blvd. • Mt. Vernon, MO 703 N. McCorskey St. • Ste. 3 & 4 • Nixa, MO | AbernathyRoofingAndConstruction.com



SMTO contents April 2021





About the Cover

62 Creativity abounds in the 4-States! This month, we highlight 10 impeccable ideas

from 10 creative entrepreneurs. These quality products are made right here in the Four States. You can check out these 10 small businesses that represent impeccable ideas that can become a part of your life and your home.

features

Featuring Northeast Oklahoma

39 Faces of Oklahoma

45 Grand Lake O' the Cherokees Boat and Sport Show

- **46** 'The Kilt Guy:' How Design in a Kilt Helped Downtown Grove Get its Groove Back
- 48 Civil War Days Coming to Har-Ber Village Museum
- **50** Professional Anglers Hope to Win Big on Grand Lake O' the Cherokees
- 53 Northeast Oklahoma Events
- 54 Paper Doll Project for CASA
- 56 Remodeled Miami Travel Information Center
- Ready to Showcase All the Sooner State Offers
- 58 25 Things to See & Do in Northeast Oklahoma
- 60 Oklahoma Business Spotlights

Home/Lifestyle

- 25 Tastes of the Four States Taste of Italy
- 26 ShowMe Dining Guide
- **68 Your House...Your Home -** Pretty and Tasty Home Gardening

73 A Naturalist Voice - Lend a Hand to Reversing the Trend

74 The Great Outdoors - Thank you, God, for April!







in every edition

WHAT'S HAPPENING IN THE OZARKS

16 Calendar of Events - Get outdoors with local fishing tournaments, city wide garage sales and downtown shopping experiences. Decorate your outdoors with yard art you created or bring the outdoors indoors with flower garden artwork you painted. Indoors are fun, too, with music performances, yoga and an all-you-can eat benefit breakfast. Enjoy spring in the Four States!

- 18 Cultural Arts and Entertainment
- 53 Northeast Oklahoma Events

health

- 77 Meet the Doctors
- 86 Health Events

88 Advancements in Radiation Therapy for Cancer Therapy

90 Why I Run - Sole Sisters: Susie Malone became a marathon runner with a little help from her friends.

92 Fit for Life - Functional Strength Lunges: An exercise for balance and functional strength

94 Insight Into Substance Use Disorder - Why 12-Step Recovery Programs are Important in Addiction Treatment

95 Blue Pinwheels Bring Awareness of Child Abuse

other great reads

20 Connor Hotel: Grand Old Lady Stood Over Joplin's Downtown for 61 Years

- 21 Joplin Arts District Where it's 'COOL' to be YOU!
- 22 Show Me Carl Junction
- 23 HomeWise Tips for Home Buying in a Tight Market
- **24** Spotlight on Carthage
- **32** Fashion Forward The Vogue Boutique
- **33** Fashion Forward One24 Boutique
- **34** Things We Love

66 The Creative Edge - Speak Out: Kayla Branstetter's art is inspired by giving a voice to the voiceless

- 70 Restore Our Earth 51st Annual Earth Day
- 72 How to Plant a tree on Arbor Day (or any other day!)



Can you find it?

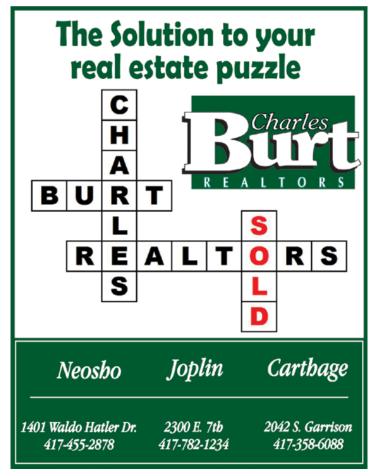
Find the green smiley face on one of our pages. Email sue@showmetheozarks.com with the page number and spot where you found it. Submit your entry by the 15th of the month. A winner will be drawn from all the correct entries and will receive a gift certificate from an area retailer. One entry per household please. Good luck!

Congratulations to Sheri Keltner, winner of the March edition "Find the Green Smiley Face" contest. Sheri wins a gift certificate for The Pie Place in Joplin, MO. The Green Smiley was on Page 49 located on the Candy House Gourmet photo on the chocolate covered strawberry.

Don't miss a single edition of the magazine that has all of the region talking!









Staff

PUBLISHER/EDITOR Lee Radcliff

EDITORIAL DIRECTOR/ACCOUNT EXECUTIVE Sue Dillmon

> ASSOCIATE EDITORS Wendy Brunner Kathleen Swift

> GRAPHIC DESIGNER Kristi Tucker

SOCIAL EDITOR/MARKETING ASSISTANT Cheryl Franklin

PROMOTIONS COORDINATOR

Jamie Emery

STAFF WRITERS

Holly Hukill John Hacker Jeff Cantrell Kathleen Swift Don Lowe Larry Whiteley Bridget Bauer Gary Stubblefield Amy Howe Savanah Mandeville

PHOTOGRAPHERS

Angela Spieker Amy Howe Mandy Edmonson Tera Miller John Hacker

DISTRIBUTION

Brittany Friend / Gary and Desma Sisco



Show Me The Ozarks Magazine is published monthly by Show Me Communications, PO Box 3325, Joplin, MO 64803. Copyright 2021 all rights reserved. Reproduction of this magazine, in part or in whole, is prohibited without written permission from SMTO. Subscription rates: \$19.99 for one year, \$32.99 for two years, \$41.99 for three years. Advertising rates sent on request. Unsolicited manuscripts, photographs, and art will not be returned unless accompanied by self-addressed envelope with sufficient postage.

NOTE: Information published herein is subject to change without notice. Reproduction in whole or in part is strictly prohibited by law. SMTO makes every effort to ensure the accuracy of published information, however the publisher cannot be held responsible for any consequences arising from errors or omissions. SMTO does not take responsibility for, or always endorse the opinions of contributors or advertisers. SMTO reserves the right to not run an ad or article that is reviewed to be in bad taste or goes against the focus or mission of that of Show Me The Ozarks Magazine. Editor photo by Artistic Expressions Photography.



First Community Bank offers competitive mortgage rates and friendly service. Stop by and see our home-town mortgage lender! Or, you can fill out a home loan application online at **firstcommunity.net**.



Offer of credit is subject to credit approval. Bank NMLS #539634

KELLY GARST NMLS# 570206 Cell: 417.438.5764 Email: kelly.garst@firstcommunity.net NEOSHO 3005 Gardner Edgewood 417.451.2025



Daniel Cowin Construction specializes in custom copper for your home and office. Dress up your project with a copper compass, copper finial, copper chimney caps and more. 877.588.2040 • 2041 Jesse James Rd. • Pineville, MO • www.cowinconstruction.com

Call 811 before you dig.

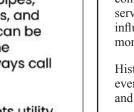
Electric power lines, natural gas pipelines, water pipes, communications lines, and other utility services can be within a few feet of the ground's surface. Always call 811 before you dig.

One free, easy call gets utility lines marked and helps protect you and others from injury and expense.

Visit www.call811.com for more information.



Liberty



The Energy of Our Region

April is a great month to celebrate the energy of our region. Each of our communities is rich in history, strong in character, filled with individuals who serve with heart, surrounded by a landscape of beauty, full of creative minds and influenced by contagious passion. This energy is celebrated this month, and every month, within our pages.

History. Connor Hotel, which opened in downtown Joplin in 1903, was the home of every social event for over 60 years. On page 20, learn about the eight-story building and the rich impact it made on our city.

Character. Design in a Kilt located in Grove, Oklahoma, offers interior decorative services for residential and commercial properties. Turn to page 46 and learn how "The Kilt Guy" has not only brought his own personality to homes and businesses in the region, but has also been integral in reviving downtown Grove.

Heart. CASA (Court Appointed Special Advocate) of Northeast Oklahoma is hosting the Paper Doll Project during April to support Ottawa County, Oklahoma's, abused and neglected children. The feature on page 54 shares how child-shaped wood cutouts inspire awareness and prevention and gives you all the details you need to join the cause to make a difference in the lives of children.

Beauty. We are surrounded by beautiful landscape that affords endless entertainment right here in our backyard. We bring you "25 Things to See & Do in Northeast Oklahoma" on page 58. Restaurants, shopping, outdoor activities, athletics and history can be found within these pages and just a day trip away.

Creative. We are not only beautiful, we are smart. On page 62, learn about impeccable products that began right here in our region. These 10 local small businesses began with dreams and ideas and turned into thriving businesses that serve our communities. Be inspired and shop away!

Passion. Kayla Branstetter's art is inspired by giving a voice to the voiceless. She is passionate about connecting people with common experiences and impacting others with her work. Turn to page 66 and learn how she spends her time teaching and reaching others through multiple vehicles of art and life.

As we celebrate Earth Day April 22, let's join the EarthDay.org campaign found on page 70 to "Restore Our Earth." In addition, let's be forward thinking and continue the energy that has made our region the best place to call home. Let's be intentional in the history that will move our communities forward and bring our own character, heart, beauty, ideas and passion to make our region a better place.

Happy spring. Take us with you as you enjoy all there is to do, see and be right here at home!

Lee Radeliff

Lee Radcliff, Editor/Publisher editor@showmetheozarks.com P.O. Box 3325 • Joplin, MO 64803 417.455.9898 • 417.850.5557



<section-header>

PHOTO BY: mitzi starkweather PHOTOGRAPHY 428 S MAIN ST JOPLIN, MO • 417.623.2800 • NEWTONSJOPLIN.COM





25695 Mulberry Rd. Webb City, MO 417.642.5288 www.christinesvineyard.com

Wine is bottled poetry ...

Come Visit our Winery and Vineyard

SMTO Calendar of Events What's Happening

If you have an event you would like to see listed in the Calendar of Events, please email your request to: sue@showmetheozarks.com, or mail your submission to Show Me The Ozarks, 18724 Hwy 59, Neosho, MO 64850. Events are printed on a space available basis and must be received by the 5th of the month prior to the month of the scheduled event.

Arcadia, KS

April 1, 8, 15, 22 & 29: Night Fishing Jackpot Tournament, 6 pm, Bone Creek Lake Reservoir, 499 East Baker Street.

April 24: Kayak Fishing Tournament, 6 pm, Bone Creek Lake Reservoir, 499 East Baker Street.

Pittsburg, KS

Tuesdays: Trivia Night at The Jolly Fox Brewery, 6:30 pm, 301 S. Broadway St.

Wednesdays: Trivia Night at Drop the H Brewing Company, 7 pm, 107 E. Rose St.

Wednesdays: Wednesday Night Country Dance Lessons, 7-9 pm, Dirty Mule Restaurant & Bar, 134 S. US-69.

April 2: Heavy Metal Friday, 8 pm, Dirty Mule Restaurant & Bar, 134 S. US-69.

April 2: Travis Kidd, 9 pm, Kansas Crossing Casino.

April 9-10: Chris Bassett, 9 pm, Kansas Crossing Casino.

April 16: Whisky Outlaws, 9 pm, Kansas Crossing Casino.

April 17: Spring Fling, 9 am, The Barn at Timber Cove, 832 S. 250th St.

April 23: Jake Stringer, 9 pm, Kansas Crossing Casino.

ArtForms Gallery Workshops, 620 N. Broadway, Pittsburg, KS. 620.240.0165

April 3: Fused Glass Mosaic Plant Stake, 1-4 pm. Create two designs on two 6" x 6" glass backgrounds, one for each side of the heavy-duty frame. Basic glass-cutting techniques demonstrated. Your masterpiece will be fused in a glass kiln and mounted in a sturdy metal frame ready to plant in your yard or flower bed. All supplies, tools and metal frame provided. Please wear close-toed shoes when working with glass. A mask is required. Ages 16 and older; class is limited to 8 people. \$55; payable at time of registration.

April 7: Online Drawing, 6-7 pm. The last class in this online 6-week workshop. This is a progressive series of drawing that builds upon the previous week's drawing. For those who register and pay, Laura will contact you with details to virtually attend, so be sure to supply your cell number and email when you register. Fee: \$30 for all six sessions, payable at time of registration.

April 10: Straw Painting, 2-4 pm. Learn how to make your own flower garden, but instead of using a shovel and trowel, we are going to use a straw and paint. Everything you need will be supplied. The paintings will need to rest a couple of days to dry enough to move. Wear something appropriate for painting. Masks required. \$35, payable at registration. Ages: 16 years and older. Class size: minimum 4; maximum 6.

April 11: Ceramic Face Planters, 1-4 pm. When finished and planted, these lovely ladies will charm you! All supplies included with the two firings necessary for a complete lady. Masks required for safety. Bring

your imagination and let's get dirty with clay! \$45, payable at time of registration. Class size: 10 people max. Ages: 14 and older.

April 24: Bind with Brenda, 2-4 pm. Learn three basic book binding techniques: a basic binding stitch, a kettle stitch and a French link stitch as you produce three basic journals. All supplies and tools are furnished. Ages 16 and older. Class size: 8 participants. \$40, payable at time of registration.

April 25: White Springtime Flower Watercolor Cards, 2-4 pm. White flowers are a challenge but easy once you have the instruction. We will paint two 5x7 inch cards, one white lily and one white daisy. All supplies included, and you get to leave with two hand-painted cards complete with envelopes! Masks required for safety. \$30. Class size: 10 participants. Age: 14 years and older.

Carl Junction Community Center: 303 N. Main St., 417.649.7237

Tuesdays & Thursdays: Yoga, 6 pm. Saturdays: Zumba, 9 am & Wednesdays, 6:30 pm. Monday, Wednesday, Friday & Saturday: Pickleball, 6-10 pm. Tuesday & Thursday: 1-3 pm. Sunday: 3-6 pm.

Carthage, MO

April 3: All-You-Can-Eat Breakfast, 9-11 am, Carthage Shrine Club. Public welcome. \$7 per person. Call 417.317.0609.

April 3: Yoga 4 Kids w/Stacey Stiles, 11 am-12 pm. 121 E. 3rd St. Fee: \$5/child; parents free with child. Call 417.437.2389.

Diamond, MO - **George Washington Carver National Monument Visitor Center Free Programs.** Two miles west of Diamond on Highway V, then 1/4 mile south on Carver Road. Visitor center and park grounds open daily 9 am-5 pm. Call 417.325.4151 or visit www.nps.gov/gwca. *Programs will be presented outside on the park grounds.

April 3 & 4: Archaeological Investigations, 1 pm. Have you ever discovered an unknown object in your backyard? Archaeologists sometimes uncover artifacts here at the park. Come learn about some of these museum items with a park ranger and glance at a piece of history.

April 10 & 11: Expressions of the Soul, 1 pm. Art is the visual representation of emotions that simply can't be described with words. Chat with a park ranger as he or she paints a picture of George Washington Carver and how his creations were expressions of his soul.

April 17: Park Prescription Day, 10 am-1 pm. The sounds of spring are all around us as we see wildflowers, trees and plants full of life. Join our staff as we celebrate and encourage human wellness and good health through nature. Activities include yoga, tai chi, nature walking and more. You can even bring your pup and swear them in as official BARK Ranger or enjoy a walk with a Ranger and learn more about George Washington Carver's educational bulletins.

April 24: Art in the Park, 10 am-3 pm. Enjoy time in the outdoors as you learn about George Washington Carver's love of art. Join a rangerled talk discussing how George considered art to be an "Expression of his Soul." Self-guided activities will take place along the trail. More info to come!

April 25: BARK Ranger Program. 10 am-noon. Give your dog the best treat and go for a walk in your favorite national park! Stop by George Washington Carver from 10 am-noon to walk your pup. You will learn the BARK Ranger rules, and your furry friend will be sworn in as a BARK ranger.

Neosho, MO.

April 9-10: 2021 Neosho City Wide Garage Sale. Sales happen rain, shine and everything in between. Don't miss your chance to shop over

400 area sales in the Neosho Community. For more information contact 417.451.1925.

Joplin, MO

Saturdays: Joplin Empire Market, 10 am-2 pm, 931 E. 4th St. The Joplin Empire Market is the place to find the best in locally grown produce, gourmet foodstuffs and handmade artisan goods. Housed in a historic brick building adjacent to downtown, this indoor/outdoor public market is one of Joplin's favorite gathering spots. Curbside ordering is also available, and orders may be placed Tuesday at 8 pm until Thursday at 8 pm at http://localline.ca/joplin-empire-market. Curbside pickup hours are 10:30 am-12:30 pm Saturday. More information: Ivy Hagedorn, ivy@ joplinempiremarket.com.

Webb City, MO

April 24: Spring Shop Hop, 10 am-3 pm, downtown. 75 VIP passes will be sold; shop in our boutiques as well as pop-up vendors in the Route 66 Event Center; and enjoy food trucks. VIP passes are \$10 and include a swag bag with items from various boutiques and a coupon book. VIP passes go on sale Thursday, April 8, at 9 am. Call 417.673.1154.

Wildcat Glades Friends Group, 201 Riviera Dr., Joplin, Missouri. All programs are free of charge, but registration is requested. To register, please email robin@wildcatglades.org or visit our Facebook page for online registration options. Classes are limited to the first 20 students registered for preschool and yoga classes.

April 10: Yoga in Nature for Adults, 8:30-9:30 am, Wildcat Village. Ages 16 and up. \$10. This class is designed to incorporate elements of

nature, breathing and yoga poses. Bring your yoga mat or a towel and a reusable water bottle. Please sign up by following the instructions on our Facebook page. Space is limited, so reserve your spot today. To register, visit our Facebook page or email lauren@wildcatglades.org.

April 10: Yoga in Nature for Kids, 11:15 am. Free class at Wildcat Glades Education Cottage. For ages 2 and up accompanied by an adult. This class is designed to incorporate elements of fun, breathing and yoga poses specifically for kids. Bring your yoga mat or a towel and a reusable water bottle. Please sign up by following the instructions on our Facebook page or email lauren@wildcatglades.org. Classes are limited to the first 20 students registered for preschool and yoga.

April 17: Natures Engineers free class for nature explorers (ages 7-12), 1 pm. Tape measure...level...hammer, perfect. Some of the most amazing houses are built in nature! Wildlife in our own backyard build feats of engineering with no tools, just their bear paws. Join us at the Wildcat Glades Education Cottage to learn about nature's best engineers and complete an engineering project of your own. To register, visit Facebook page, call 417.708.7713 to leave a message or email lauren@wildcatglades.org.

April 21 & 24: Flowers and Butterflies, April 21,10-11 am; April 24, 1-2 pm. Free class: Preschool connections ages 3 to 6. Butterflies need plants, and plants need butterflies! Butterflies can be picky eaters just like us. Join us for a story about a girl, a park and plants. We will decorate a pot and plant a flower so you can have butterflies visit your yard. To register, visit our Facebook page, call 417.708.7713 or email lauren@ wildcatglades.org.



YOU WON'T WANT TO MISS THIS! CITY WIDE MISSOURI'S LARGEST MEOSHO, MO April 9-10, 2021 MUNEOSHOCC.COM

Cultural Arts & Entertainment

The events listed below are creative alternatives offered on 4/1/21 at connect2culture.org/april2021 by area arts and cultural organizations in the wake of COVID-19. Please confirm the events are still occurring before attending.

Performances:

April 8: Pro Musica Presents: Invoke Quartet, 6:30 pm, location TBD. Enjoy an outdoor concert featuring the Americana-infused Invoke Quartet. Reservations required; visit promusicajoplin.org/invokequartet to make your free reservation. Contact director@promusicajoplin.org, 417.625.1822.

April 10: Ben Miller's Birthday Show Feat. Pat Kay, 6:30 pm, The Coda Concert House, 2120 E. 24th St. The critically acclaimed Ben Miller Band is coming to Joplin on its namesake's birthday! There is a suggested, minimum donation of \$20. More information and reservations: info@ codaconcerthouse.com. In response to reservations, a confirmation email with the address, directions, parking, etc., will be sent in return. All proceeds benefit the artist performing.

April 15-18 and 22-25: *Songs in the Night* by Joseph Ransom, 7 pm, Sunday 2:30 pm, Stained Glass Theatre Joplin, 2101 Annie Baxter Ave. Based on the true story of Fanny Crosby, *Songs in the Night* is an inspirational tale of a blind hymn writer. Tickets available at sgtjoplin.com/ events. Tickets: Adults (ages 14+) \$10, children (ages 4-13) \$5, children (ages 0-3) admitted for free. More information: sgtjoplin@gmail.com.

April 16 & 17: Theatre at Joplin High School Presents: *The Drowsy Chaperone,* 7 pm, Joplin High School Performing Arts Center, 2104 S. Indiana Ave. Tickets available at https://tinyurl.com/JHSDROWSY. Attendees must wear masks. Tickets: \$10. More information: ashleytrotnic@joplinschools.org, 417.625.5230.

April 22: Paul Thorn House Concert, 7 pm, The Coda Concert House, 2120 E. 24th St. Paul Thorn has been pleasing crowds for years with his muscular brand of roots music. There is a suggested minimum donation of \$65. More information and reservations: info@codaconcerthouse. com. In response to reservations, a confirmation email with the address, directions, parking, etc., will be sent in return. All proceeds benefit the artist performing.

April 24-May 1: Connect2Culture Presents: *Live from The Sheldon* **with Zakir Hussain**, online. Tune in to see this incredible artist on Connect2Culture's YouTube channel. The performance goes live Saturday, April 24, at 7 pm and is available through Saturday, May 1. Free and open to the public. More information: cpeimann@thesheldon.org, 314.533.9900 X19.

Events:

Saturdays: Joplin Empire Market and Empire Market Curbside, 10 am-2 pm, Joplin Empire Market, 931 E. 4th St. Locally grown produce, gourmet foodstuffs and handmade artisan goods. Advance online ordering for curbside pickup is the best way to secure all of your favorite Empire Market goodies. Online ordering begins Tuesday at 8 pm and ends Thursday at 8 pm and can be made at localline.ca/joplin-empire-market. Curbside pickup is held Saturday from 10:30 am-12:30 pm. More information: ivy@joplinempiremarket.com, 417.986.3914.

All Month: National Poetry Month. 25th annual celebration of poets and poetry. More information: poets.org/national-poetry-month.

April 1: Virtual First Thursday ArtWalk, 5:30-8:30 pm, via Facebook. Enjoy all the aspects you love about First Thursday ArtWalk from the comfort of your own home! Watch dozens of artists demonstrating their artistic process and prerecorded sessions from talented, local musicians. Can't watch live? Each First Thursday ArtWalk video stays up for one month. For more details, visit their Facebook page. Free and open to the public. More information: Iteeter00@gmail.com, 417.438.5931.

April 2: Opening Reception: *Paint in Motion* **by Philip Ledbetter,** 6-8 pm, artCentral Carthage, 1110 E. 13th St., Carthage. Enjoy snacks, libations and fabulous artwork, all in the historic Hyde House. Free and open to the public. More information: artcentral@artcentralcarthage.org, 417.358.4404.

April 2: VSM Joplin: April First Friday, 7-9 pm, Mercy Park, 2601 McClelland Blvd. VSM Joplin is back, and you can join them for a dance lesson at 7 pm in the pavilion at Mercy Park. After the lesson, show off your new skills or kick back and enjoy some great music during a social dance at 8 pm! Please bring a lawn chair. Registration required: https://fb.me/e/62xV6cVgE. Tickets: \$5 per person. More information: vsmjoplin@gmail.com, 316.243.8175.

April 6: Opening Reception: Joplin K-12 Art Show, 5:30-7:30 pm. Joplin High School, 2104 Indiana Ave. Support and celebrate the work of talented Joplin Schools students whose artwork is on display in the Joplin K-12 Art Show. Free and open to the public. More information: sethwolfshorndl@joplinschools.org, 417.625.5230.

April 8: Virtual Reading, 7 pm, on Facebook. Join the staff of Small Harbor Publishing for a virtual reading on the Harbor Review Facebook page (facebook.com/HarborPoems). The reading will stream live at 7 pm. Free and open to the public. More information: ablevins@pittstate.edu.

April 8: Joplin Writers' Guild, 6 pm, via Zoom. The Joplin Writers' Guild, a chapter of the Missouri Writers' Guild, includes a wide variety of writers from hobbyists to professional, published writers. Members have published novels, nonfiction books and articles. The group focuses on supporting each other and sharing information about the publishing and writing industries. Dues \$10 for the year, but anyone interested can attend their first meeting free. More information: s.v.farnsworth@gmail.com, 417.691.0480.

April 9-11: OCC Illuminate 48-Hour Film Festival, Ozark Christian College, 1111 N. Main St. The OCC Art Collective invites students to express their creativity in writing, performing, shooting and editing a short film in this 48-hour film festival. This festival is open to teams of OCC students, alumni and the Joplin community, provided an OCC student or alumnus is on the team. The festival begins at 3 pm Thursday, April 9, and will end at 3 pm Sunday, April 11. The event will culminate with film screenings and an awards show at 7 pm Monday, April 12. For rules and registration, visit occ.edu/events-resources/filmfestival. Free and open to the public. More information: stafford. matt@occ.edu, 417.540.6808.

April 10: Paris Week at Joplin Empire Market, 10 am-2 pm, Joplin Empire Market, 931 E. 4th St. The Joplin Empire Market is preparing for its third annual Paris Week. Dress in your favorite beret and prepare to indulge in French-inspired treats while enjoying all the Parisian fun! Free and open to the public; food and drink available for purchase. More information: ivy@joplinempiremarket.com, 417.986.3914.

April 13: C2C Monthly Check-Ins, 11 am-noon via Zoom. These casual, online meetings encourage Joplin area arts and cultural organizations to share brief updates, news and ideas with one another during this time. You and your organization are invited to join the conversation. Register at http://bit.ly/c2c-monthly-checkins. You can register for all check-ins or just specific dates. Instructions will be sent as soon as you register. More information: emily@connect2culture. org, 417.501.5550.

April 15: Third Thursday, 5:30-8:30 pm, Main Street in downtown Joplin. Stroll through downtown, eat great food, listen to music, peruse local art and shop! Free and open to the public. More information: info@downtownjoplin.com, 417.501.9649.

April 29: Poem in Your Pocket Day. On Poem in Your Pocket Day, people celebrate by selecting a poem, carrying it with them and sharing it with others throughout the day at schools, bookstores, libraries, parks, workplaces and online. Pocket Poems will be distributed at Joplin Public Library and coffee shops throughout Joplin.

EXHIBITS:

Through April 15: *Paint in Motion* **by Philip Ledbetter,** artCentral Carthage, 1110 E. 13th St, Carthage. See this talented artist's distinctive technique in his latest body of work, which was inspired by the sun, sea, nature, other artists and music. Free and open to the public; donations appreciated. More information: artcentral@ artcentralcarthage.org, 417.358.4404.

Through May 7: 2021 Small Works Auction, Spiva Center for the Arts Regional Gallery, 222 W. 3rd St. Good things do come in small packages! At Spiva Center for the Arts, those small packages measure 12"x12", 9"x12" or 6"x6" during the 23rd annual Small Works Auction. In this exhibit and auction, more than 70 Spiva member artists create works from jewelry to collage, which they donate for auctioning. Free and open to the public; donations appreciated. More information: jhenning@spivaarts.org, 417.623.0183.

Through May 15: PhotoSpiva 2021, Spiva Center for the Arts Main Gallery, 222 W. 3rd St. Celebrating its 45th year, PhotoSpiva 2021 delivers an exhibit of photographic excellence from artists across the country. The week of the exhibit opening, juror Adam Finkelston will blind judge the work, without knowledge of the entrants or their status as emerging or professional photographers, and without categories to distinguish photographic processes. Free and open to the public; donations appreciated. More information: jhenning@spivaarts.org, 417.623.0183.

Through May 30: *The ABCs of Folklore and Slang* by Deby Gilley, Joplin Public Library, Bramlage and Wilcoxon Foundation Gallery, 1901 E. 20th St. *The ABCs of Folklore and Slang* is an exhibit featuring 26 linocuts by artist Deby Gilley. Free and open to the public. More information: jhsullivan@postartlibrary.org, 417.623.7953 x1041.

April 2021-January 31, 2022: *Post Mail Art Projekt 2021: Show Me Mail Art*, Post Art Library, 1901 E. 20th St. In 2014, Post Art Library put out an international call for mail art for an exhibit that has since turned into an ongoing project. *Post Mail Art Projekt 2021: Show Me Mail Art* is an exhibit of pieces in their collection, as well as an active call for mail art. For details, visit postartlibrary.org/post-mail-art-projekt. Free and open to the public. More information: jhsullivan@postartlibrary.org, 417.623.7953 x1041.

April 1-30: *Through the Rabbit Hole* by Amber Mintert, Urban Art Gallery, 511 S. Main St. Painter and Missouri Southern State University Professor Amber Mintert presents a collection of whimsical works in her exhibit *Through the Rabbit Hole*. More information: Iteeter00@gmail. com, 417.438.5931.

April 6-13: Joplin K-12 Art Show, Joplin High School, 2104 Indiana Ave. You are invited to support the work of Joplin's talented young artists during the annual Joplin K-12 Art Show! Free and open to the public. More information: sethwolfshorndl@joplinschools.org, 417.625.5230.

Classes:

Create N Sip, 223 W. 3rd Street:

All Month: Create N Sip To-Go Kits. Get creative while maintaining social distancing with one of Create N Sip's To-Go Kits! More information: coleman@creatensip.com, 417.680.5434.

Wednesdays: Wine'd Down Wednesday, 5-9 pm. Canvas and home decor DIY event! Choose the project that works for you. Prices vary depending on chosen project. Cost: \$28-\$58. More information: coleman@creatensip.com, 417.680.5434.

Saturdays: Saturday Morning Choose Your Canvas, 10 am. Select the painting you want to recreate and let the experienced staff at Create N Sip help you make a masterpiece. Prices vary depending on chosen project. Cost: \$28-\$176. More information: coleman@creatensip.com, 417.680.5434.

Local Color Art Gallery & Studio, 1027 S. Main Street:

Tuesdays & Wednesday: Oil, Acrylic & Watercolor Come & Go, 2-5 pm. Stay up to three hours of painting time. Bring any materials you have for the first lesson and learn about the materials you might need for additional lessons. \$20. jnpgiltner@hotmail.com.

Wednesdays: Wednesday Watercolor & Fluid Acrylic Come & Go, 10 am-2 pm. Enjoy traditional or experimental watercolor painting led by Donna Roberts, who will use watercolors or fluid acrylics. Sign up required; you can sign up at Local Color during regular business hours or by calling 417.553.0835. Cost: \$20 with your own supplies, \$30 with supplies furnished. More information: h2rdmr@aol.com, 417.623.3727.

First and Third Fridays: Art Lessons at Local Color Art Gallery with Roxenne Kendall, 11 am-4:30 pm. Learn the basics of watercolor,

colored pencils and micron inks during one- to two-hour, private or group lessons. Ages 5 to 95 are welcome to participate. Registration required; reserve your spot by emailing rkrdh79@gmail.com. Cost: \$20 per session; group rates available. More information: rkrdh79@gmail. com, 573.397.1940.

Third Thursdays: Painting and Sculpting with April Davis, 6-8 pm. Students may choose to create an acrylic painting or a sculpture. April Davis will guide you through her simple techniques that make painting or sculpture easy and fun for all levels, beginner to advanced! \$30 per class. More information: sandyrob@cableone.net, 417.553.0835.

April 10 & 25: Paint Your Pet, 6:30-9:30 pm. April 25, 1-4 pm. Celebrate your favorite pet by painting its portrait, no experience needed! Register at least 48 hours in advance and send a picture of your pet to be sketched onto a canvas for you to paint. Allow up to three hours for this event. Cost: \$52. More information: coleman@creatensip.com, 417.680.5434.

April 12: Wood Burning Class with Roxenne Kendall, 4-6 pm. Learn the art of pyrography (wood burning) and use it to create a design on a bamboo cutting board. Registration required; reserve your spot by calling Local Color at 417.553.0835, visiting their website, or calling 573.397.1940. All supplies included. Cost: \$35. More information: rkrdh79@gmail.com, 573.397.1940.

Spiva Center for the Arts Galleries and Gift Shop Hours: 10 am-5 pm, Tuesday-Saturday; 1-5 pm Sunday; closed Mondays and major holidays. Suggested voluntary contribution for admission is \$2 adults; \$1 children. Call 417.623.0183. Complete listing of classes at www. spivaarts.org or follow us on Facebook. Register at www.spivaarts.org and click on the Active Network link for class registrations, scholarship forms, membership payments and donations.

Events:

April 13: 1000 Words, 6:30-8 pm. It is said a picture is worth a thousand words, and the myriad images appearing in PhotoSpiva 2021 will be waiting to inspire writers for the 13th annual 1000 Words event. Readings will be recorded and linked to their exhibition photos via QR codes. Free and open to the public. More information: sconroy@ spivaarts.org, 417.623.0183.

April 15: Spiva in Bloom: Floral Designer Reception, 5:30-7:30 pm, Spiva Center for the Arts, 222 W. 3rd St. Local floral designers created beautiful arrangements inspired by works from PhotoSpiva 2021. This reception, in their honor, is a wonderful first look at these amazing displays. Free and open to the public; donations appreciated. More information: jhenning@spivaarts.org, 417.623.0183.

Recurring Classes:

Tuesdays: Creation Station (ages 6-11), 3:45-5 pm. A variety of media: painting, drawing, clay, collage, sculpture and printmaking. Explore the galleries with scavenger hunts and other activities. Pre-registration recommended. Space is limited. Cost: \$6 preregistration and \$8 at the door. More information: jhenning@spivaarts.org, 417.623.0183.

Thursdays: Memories in the Making, 10 am-noon. This art experience is centered on the expression of creativity through painting for those dealing with memory loss. No prior art experience necessary. Free. More information: jhenning@spivaarts.org, 417.623.0183.

Second & Fourth Saturdays: Vet Art with Sandra Conrad, 10:30 amnoon. Instructor Sandra Conrad will lead participants every second and fourth Saturday of the month in a variety of art projects using different mediums. Pre-registration required. This free event is open to all active military, reserve, National Guard, and veterans and their families. More information: jhenning@spivaarts.org, 417.623.0183.

Neosho Arts

Through April 30: Neosho Arts Council: Spring Art Challenge (ages 6+), online. The Spring Art Challenge is an online arts contest that offers a chance to sharpen artistic skills and enjoy creative expression. This year, there are four challenges, including drawing, comics, photography and writing. For more information, visit neoshoarts. net/spring-art-challenge.html. Free and open to the public. More information: neoshoartscouncil@gmail.com, 417.592.1673.

April 2021 • www.showmetheozarks.com • 19



CONNOR HOTEL Grand Old Lady Stood Over Joplin's Downtown for 61 Years

By Chad Stebbins

Joplin has had several unique and notable buildings in its nearly 150-year history, including the Keystone Hotel, the Joplin Union Depot, the Newman Building, the Frisco Building and Memorial Hall. But none of them quite compared to the Connor Hotel.

Opened in 1908, the eight-story hotel – nine floors including the rooftop – served as Joplin's main gathering space for the next 50 years. At the Connor, you could watch the world go by – celebrities, politicians, famous athletes, traveling salesmen, fugitives, con men and swindlers – or at least you could watch Joplin go by. Every social event of any consequence was held there.

Thomas Connor, Joplin's millionaire zinc king, spent a small fortune in tearing down the old Joplin Hotel and building an elegant hostelry in its place.

"I have determined to give Joplin the finest hotel property in this part of the country," he told a reporter in 1906. Connor hired the leading architectural firm in St. Louis to design "the handsomest hotel building west of New York city." The pièce de résistance was a white Italian marble rotunda and grand staircase that reportedly cost \$250,000.

Connor didn't live to see the hotel completed, but his heirs decided to name it in his honor instead of calling it the Joplin Hotel or the New Joplin Hotel. They also hired the Dean brothers, two of the best-known hotel proprietors in the Midwest, to manage the 210-room edifice that featured three dining rooms, a barbershop, a bar, a cigar and newsstand, and a billiards room.

During the second decade of the 20th century, the Connor's Roof Garden was the place to be in Joplin. Guests could enjoy cool breezes, the hotel's orchestra, cabarets and other performing acts, special menus and a superb view of the city. The Connor became the first hotel in the country to publish its own newspaper when "Atop the Connor Bulletin" made its debut in July 1913.

Kansas City hotelier Barney Allis bought the Connor lease in 1923 and immediately began making plans to build a nine-story annex to the west of the Connor. He anticipated the additional rooms would be needed as Joplin grew its reputation as a convention city. Joplin would be the only city in the country with a population of 35,000 and a 400-bed hotel.

The annex, which opened in 1929, now meant the Connor had five restaurants, six private dining rooms with catered service, several businesses and shops along the grand corridor of the annex, an elaborate public address system that was controlled from a radio room on the roof, and a staff of nearly 300. The Connor became a convention hotel, and Joplin started billing itself as the "Convention City of the Southwest."

When Allis sold the annex and the lease on the original hotel to Alsonett Hotels in 1946, he essentially signed the Connor's death warrant. Alsonett's business strategy was to buy aging properties for as little as possible, invest next to nothing in improvements or renovations, squeeze out the maximum amount of profit, and close them rather than sell them. That negligence, coupled with the emergence of the Range Line motel district in the late 1950s and early 1960s, spelled the beginning of the end for the Connor.

The hotel closed in 1969 and was purchased by Joplin real estate broker Burl Garvin and Roy Steele, owner of five Ben Franklin Stores in Joplin and Webb City, two years later. They announced some ambitious plans for the hotel but were unable to secure enough funding to proceed. As the Connor's condition continued to deteriorate, the city determined that the site would make an ideal place to build a new Joplin Public Library.

Local residents attempted to "Save the Connor" in 1976-78, but the Grand Old Lady was scheduled for demolition Nov. 12, 1978. The older section of the hotel collapsed 24 hours prematurely, leaving three workers trapped inside the rubble. After a massive search, Alfred Summers was discovered still alive 77 hours later. The bodies of the other two were found the next day.

Hundreds of people still remember where they were when the Connor Hotel collapsed. Next to the 2011 Joplin tornado, it was the single most defining moment in the city's history.

To buy autographed copies of *Joplin's Connor Hotel* or *Tom Connor: Joplin's Millionaire Zinc King*, please contact Chad Stebbins at stebbins-c@mssu.edu or 417.438.2181.

JOPLIN FIRTS DISTRICT

Where it's 'COOL' to be YOU!

Blossom by blossom, the spring begins.

With rising temperatures and the rollout of COVID-19 vaccinations in the city, things are starting to perk up in downtown Joplin!

We are so excited to present the second installment of Downtown Joplin News & Joplin Arts District News in partnership with the Joplin Arts District. Below, you'll find some of the best places to eat, drink, shop and be inspired by what our city has to offer! The new "Art on the Wall" section features locales throughout the Arts District where you can see and buy work from local artists in April. For fun and excitement, visit Downtown Joplin & the Joplin Arts District: "Where it's 'COOL' to be YOU!"

JOPLIN ARTS DISTRICT NEWS - A snapshot of news, events and activities going on in April.

Spiva Center for the Arts featuring #45 PhotoSpiva and Small Works Silent Auction until May 15. *222 West Third Street*.

JOMO Pride Drag Bingo at Blackthorn Pizza and Pub. Friday, April 2, at 6 p.m. 510 South Joplin Avenue.

Third Thursday. Every Third Thursday, thousands of people gather on Main Street in downtown Joplin to enjoy local artisans, music, entertainment and food. April 15, 5:30 pm to 8:30 pm.

Chaos Brewing Company Trivia Night. Wednesdays, 6 pm to 9:30 pm. *112 South Main Street*.

For more events and activities, please visit Connect2Culture.org, DowntownJoplin.com and @ JoplinArtsDistrict on Facebook.

ART ON THE WALL: Where to view locally made artwork on display in April.

Justin Kidston, Oil Beast & Barrel, 530 South Main Street; Local Color Art Gallery artists, Club 609, 609 South Main Street; Holly Gomez, "Love, Love, Love," Acrylic, Joplin Avenue Coffee Company, 506 South Joplin; Amber Mintert, Watercolor and Mixed MediaUrban Art Gallery 511 South Main Street EAT & DRINK - Gourmet goodies and curated cocktails abound in downtown.

Blackthorn Pizza & Pub: Hip Irish pub with delicious pizza, huge beer selection on tap, live music and drag shows. 510 S. Joplin.

Red Onion: A classic menu never disappoints in a cozy, urban atmosphere. 203 E. Fourth.

Crabby's Seafood Bar & Grill: Fine dining in a romantic, dimly lit setting. 815 W. Seventh.

Club 609: A swanky staple with decadent food and famous happy hour. 609 Main.

Hackett Hot Wings: Catch the game in the Coach Hackett Sports Room. 520 S. Main.

SHOP & BUY - From classic to eclectic, shop local and discover your personal style.

Candy House Gourmet: 50 years of decadent chocolate, toffee, caramel and more. 510 S. Kentucky.

Newton's Jewelers: Popping the question? Or just surprising her with a gift she'll treasure forever? 428 S. Main.

Countryside in the City: Beautiful floral arrangements and home goods for all occasions. 424 S. Joplin Ave.

Blue Moon Boutique: A modern boutique with a vintage soul -- find boho clothing, jewelry and quirky home decor. 613 S. Main.

Posh Dogs Boutique: High-quality food, accessories and toys for your four-legged BFF. 1607 S. Main.





Countryside in the City Florist • Event Planner Event Venue 422 S. Joplin Ave. 417.781.3719 www.countrysideflowers.biz

trusid

Countryside in the City is one of the leading florists in Joplin for fine, quality roses, flowers, plants and gifts for every occasion. Let our experienced designers and staff create a one-of-a-kind gift you will love. We also offer beautiful custom-designed wedding flower arrangements including wedding bouquets, centerpieces and boutonnieres. Open Monday-Friday 8 am-5 pm and Saturday 9 am-1 pm. Convenient parking.





Blackthorn Pizza & Pub 510 S. Joplin Ave Joplin, MO 417.623.2485 Facebook: @ BlackthornPizza&Pub

Blackthorn Pizza & Pub is a welcoming and inclusive Irish pub in the heart of downtown Joplin. This hip spot is famous for its delicious food, huge beer selection on tap, the area's best live music and unforgettable drag shows. Follow Blackthorn on Facebook for upcoming events. Open 7 days a week and now also open for lunch Wednesday through Sunday.







n April, all roads lead to Carl Junction, when the City of CJ and the Carl Junction Area Chamber of Commerce host the annual Spring City Wide Sale! I am so excited to be able to say that this year! Things seem to be settling down and getting back to normal! The 2021 Spring City Wide Sale is April 24. The Chamber will have a new mapping system online and hopes it will help people get the word out about their location and some of the items they will be selling.



One of the most sought-after sales on this day is the Carl Junction Cultivators' 18th Annual Plant Sale! All plants sold by the cultivators are raised by the garden club members, who will be there to answer any questions and give their green thumb advice. The plant sale will be held, as always, in Memorial Park on Pennell from 7 am to 1 pm or while supplies last.

While visiting Carl Junction, don't forget about the wonderful restaurants and shops to enjoy!

April is also the month for Earth Day, and Saturday, April 10, from 11 am-1 pm, the CJACC is hosting a Fun Day at the Chamber office, 205 N. Main. We will have Region M Waste Management giving a presentation on recycling and will have a craft project for the children. We will have plants, and Teddy Bear Mobile will be there to help raise money for the Shop with a Cop Christmas program. Supplies for this day are limited, so we are asking for reservations.

For more information, follow our Facebook page or call the Chamber office at 417.649.8846.

The CJ Chamber wishes you a happy, safe and healthy April!



Bailey's 1200 Briarbrook Drive • 417.781.2844 Like us on Facebook!

Bailey's restaurant offers a variety of home-cooked meals that are sure to satisfy. Enjoy one of our many delicious burgers with hand-breaded onion rings or try a pulled pork chimichanga. On the weekend, join us for breakfast where everything is made from scratch. From sweet to savory, we offer specialty pancakes, omelets and all your breakfast favorites. \$-\$\$Hours: Monday-Friday 11 am-9 pm; Saturday-Sunday 7 am-9 pm





As an Edward Jones financial advisor, I believe it is my mission to help the community, businesses and citizens meet their financial goals. I accomplish this with one-on-one appointments to develop a strategy and work with you every step of the way. In Carl Junction since 2005, it has been a sincere privilege for Debbie Koehler, my senior branch office administrator, and me to serve our community.



Tips for Home Buying in a Tight Market



By Gary Stubblefield Keller Williams Realty – Agent

Spring 2021 is yielding few surprises for the local housing market. The slowdown in available inventory began it's slow decline in spring 2019. Last year, factors such as economic uncertainty and the pandemic drove inventory numbers even lower, truly establishing a seller's market, based on limited supply. Supply was challenged by an increase of interested buyers, motivated by historically low interest rates. Now, in 2021, though rates remain attractive, available housing stock hovers around a mere 300 homes. Predictions are that inventory will remain far out-stripped by demand.

When it comes to real estate, markets change. Locally, we remain in a seller's market, meaning there are more buyers than sellers. Limited inventory changes the game on how homes are bought. To be successful in landing the house you want, your buying strategy must be realistic to the realities of the current market. There are several considerations to take into account when buying a home in a tight market.

The first rule of buying a home in any kind of market is to get your financing in order first. It is absolutely imperative you know exactly how much you have to spend before beginning the house-hunting process. A pre-approval letter determines the amount of money you are qualified to borrow. Remember, your actual budget amount needs to also include taxes, utilities and insurance. In a seller's market, there are fewer homes available. It is not unusual for homes to sell for asking price or above, due to the scarcity. By knowing your maximum budget, you avoid the risk of getting caught up in a bidding war and over committing to more than your budget can handle. By knowing your budget, you will know when it's time to walk away from a bidding war.

Time is of the essence! During a tight seller's market, multiple offers occur often, and the offers flood in fast! With more buyers than homes available for sale, you are competing with a lot of other buyers for the same house. Odds are, you are not the only one bidding to buy any certain house. You need to assume you might not be the only buyer. So now, more than ever, time is of the essence in getting your offer submitted immediately.

It's not all about the price! When working with your realtor to expedite a winning offer, keep in mind price is not necessarily the most important part of your offer. To win the home you are competing with multiple buyers for, it is doubtful an offer for less than listing price will win. Be prepared to go above list price, if your budget allows. The last thing you want is to find out you missed out on the home of your dreams by as little as one or two thousand dollars. Ask yourself if you would be okay losing the house with the bid you are considering. If not, it may be time to bump up your bid and increase your odds of winning in a tight market.

Keep your offer clean. A tight market is not the time to ask for a lot of concessions. Each favor you ask for, such as leaving a refrigerator or replacing flooring, increases the amount of money the seller loses. Keep your offer clean and the obvious choice for a seller. If you can cover closing costs, do so. This can make your offer much more attractive than other offers that ask the seller to cover such expenses.

Have your pre-approval letter in hand. Before you even go out the front door looking for a home, make sure to have your pre-approval letter drafted and ready to go at a moment's notice. A pre-approval letter from a local lender can often make sellers more confident in the validity of your offer and gives sellers a bigger peace of mind of the ease of the transaction that goes with working with a local entity. Make sure your pre-approval letter matches the amount of your offer and try to have it dated to reflect when the offer is submitted.

The importance of being earnest. When submitting an offer in a tight seller's market, you can make your offer stand out as financially more serious simply by increasing the amount of earnest money you put down. Remember, the earnest money is part of the price you ultimately pay anyway. Consider a bigger earnest money deposit to show you are serious.

Be flexible. While price can play a large role in having a winning offer in a tight seller's market, so do concessions favorable to the seller. Closing time can be hectic, with sellers and buyers often showing up at the title company in moving trucks. By offering the seller a few more days to move, before you take possession, you may just move your offer to the top of the list. Be flexible, if you can, on possession, and you could win the bid.

You can reach Gary Stubblefield at 417.385.7645 or at Keller Williams Realty at 417.623.9900.



Your hometown moving professionals!

Joshua Maresh, President

417.627.5657 • 888.637.3585 (toll free) Joshua@jomomoving.com

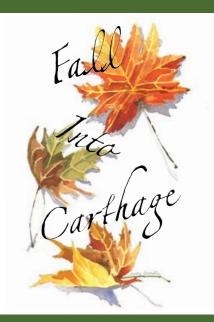
www.jomomoving.com

Commercial • Residential • Office Moves Long Distance Moving • Storage Units • Apartments Assisted Living • Safes/Pianos



e are planning so many fantastic events for Carthage, I hardly know where to being. Back by popular demand, the Chamber is hosting a golf tournament on May 5th, but don't wait to register. We'll cut the teams at 18, so give us a call to register your team. Our Business Expo and Home Show & Job Fair is going to be even bigger and better this year, which will be held June 4 and 5 with the addition of a job fair, so register today to exhibit. And, the full Maple Leaf is back, so log on to carthagemapleleaf.com to apply to be a commercial vendor, concessions vendor, craft vendor, non-profit vendor or to register for the parade!

Food truck Friday is awakening from its winter slumber to kick off this year's events to run the second Friday of each month through October. Friday, April 9, is the first Food Truck Friday of the year at Central Park, 11 am-9 pm. Over 20 trucks serving up everyone's favorites will be there. Check in at @ foodtruckfridaycarthagemo for full information about food trucks and entertainment as the event nears.





It's always the right time to keep Carthage beautiful, but with Earth Day on April 22, let's talk about a renewed focus on Mother Earth. Region M Solid Waste Management has planned a special collection event just in time to ensure your outdated large appliances are properly disposed of. An appliance collection event will take place Saturday, April 24, at the Carthage Recycling Center. We'll post specific information as it becomes available at @carthagechamber, so make sure to follow us!

For more information, contact the Chamber at 417.358.2373.





RaceBrothers

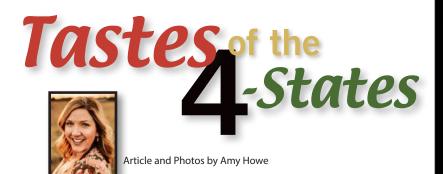
Race Brothers Farm & Home Supply 2309 Fair Lawn Dr. • 417.358.3529

Race Brothers carries a complete line of farm and home supplies including clothing, electrical, plumbing, lawn and garden, outdoor power equipment, tools, truck accessories, pet supplies, cattlehandling equipment, farm fencing and toys. Dedicated to providing the Carthage area with quality service and products for over 40 years. You'll like the way we do business...tell a friend!



Big Dog Boutique 319 S. Main • Carthage, MO • 417.359.6740 www.bigdogboutique.com • Find us on Facebook!

Big Dog Boutique, located on the historic Carthage square, is a unique, vintage-style dog boutique offering goods for dogs of all sizes. Teacup to giant breeds and everyone in between will find what they need from the largest selection of American-made collars and leashes, toys, treats, CBD and healthcare items. Visit the new Doggie Spa, featuring a self-serve dog wash room stocked with everything needed to keep your dog fresh and smelling good! Walk in, wash up, walk out...we take care of the clean up!



TASTE OF ITALY

When you want top-quality homemade Italian food, Taste of Italy in Carthage is the place to be. Owner and Head Chef Aleks Sula and his team have served guests in the area for almost two years and take pride in their exquisite cuisine.

From homemade rolls to handmade pastas, Taste of Italy is the perfect spot for lunch or dinner. I'll take you on a little journey of some dishes you should try on your next visit. You'll want to start with an appetizer, and the caprese salad is a perfect one. Fresh mozzarella cheese, roasted red peppers and tomatoes compose this dish topped with beautiful basil leaves, olive oil and balsamic vinaigrette with the best flavor. It's a light and fresh starter perfect for an Italian experience.

You can't go wrong with lasagna as a main course. This baked pasta dish is layers of pasta, ricotta cheese, mozzarella and covered in homemade meat sauce. Or if you're up for adding seafood, try the seafood combo. It starts with fresh garlic and basil and adds shrimp, mussels, chopped clams and calamari in a marinara sauce over linguini pasta. Not only is this dish delightful, the presentation is exquisite.

If you've saved room for dessert, Taste of Italy offers many options for your sweet tooth. Chef Aleks encourages guests to follow Taste of Italy on Facebook. Every day, his team announces their daily specials and showcases what they are working on in the kitchen for the day.

As we move from spring into summer, don't forget Taste of Italy can cater your next event. Whether it's a family reunion, wedding or executive event, you can ensure you'll have the perfect meal for the occasion.

As always, during my visit to Taste of Italy, Chef Aleks tells me how truly grateful he is for the community of Carthage and his guests. He is passionate about crafting his Italian food and loves sharing it with those who visit.

"I've always cooked and prepared food; it's what I do, and to get to serve the community makes me so happy," said Chef Aleks.

If you visit, you'll likely get a chance to meet Chef Aleks, as he always makes his rounds ensuring his guests are happy and taken care of.

Next time you're in Carthage and craving homemade Italian- and Mediterranean-inspired food, head over to Taste of Italy where you'll be welcomed like you're family.

Hours: Tuesday-Saturday 11 am-9 pm Sunday 11 am-3 pm









>> Taste of Italy is located at 4321 S. Chapel Rd., Carthage, MO • 417.358.2000 • Visit us on Facebook at: facebook.com/tasteofitalycarthage

DGShowMe Dining Guide



Club 1201 1201 E. 32nd Street • Joplin, MO 417.626.0032 • club1201.com

Now serving Joplin's best brunch! Homemade beignets, pastries, biscuits and gravy, peppered bacon, eggs and parmesan fried potatoes and more! For lunch, enjoy your favorite appetizers, "out-of-this-world" salads, seasoned breads and your choice of dressing, soup du jour, sandwiches from burgers to apricot turkey and over 30 other choices! We offer a full service catering menu for private parties, business meetings and special events. \$-\$\$

Hours: Tues-Fri 11 am-3 pm; Sat and Sun 9 pm-2 pm. We are available for out-of-house and in-house events and catering 7 days a week.



Finn's 2707 E. 32nd Street • Joplin, MO 417.624.3466 • www.finnsjoplin.com

Finn's is a sophisticated bar with classy signature cocktails and a modern, sophisticated atmosphere. Finn's will be your new favorite place to grab dinner and a drink. Head Chef Mickel Clark has expertly crafted a daily menu of "soul comfort food" and a heavenly Sunday brunch. \$\$-\$\$\$

Hours: Monday - Friday, 11 am-9 pm Saturday, 4-10 pm • Sunday brunch: 10 am-2 pm



Big R's - Pie You Can't Deny Facebook: @bigrsbbq Joplin, MO • 417.781.5959

Big R's, home of the pie you can't deny. We offer pies for every occasion. With so many to choose from, you'll find your favorite! We have cream pies like chocolate and coconut, and traditional double-crust pies like apple, cherry, peach and gooseberry. And don't forget about our very popular mile-high strawberry pie. Call us today at 417.781.5959 to order yours! \$-\$\$



Taste of Italy 4321 S. Chapel Road • Carthage, MO 417.358.2000

"The trouble with eating Italian food is that five or six days later, you're hungry again." Opened this year, Taste of Italy serves up delectable, authentic Italian food with new specials almost daily. Owner and Head Chef Aleks Sula was born in Albania and raised in New York City, so he brings 20-plus years of experience in traditional Italian and Mediterranean cooking to his menu. You can expect made-from-scratch bread, sauces, pasta and more. \$-\$\$

Many of our favorite restaurants are offering social-distanced dine in as well as carry out, curbside, online ordering, and delivery services. Please call to confirm dining options with the respective restaurant.



The Pie Place & Deli 801 E. 20th St., Ste. 5 • Joplin, MO 417.622.4094

From breakfast to dessert, The Pie Place & Deli serves everything from delicious breakfast quiche loaded with scrambled eggs, cheese, meats and veggies to made-from-scratch pies like banana cream and apple. We welcome you to stop by for lunch or dinner, as well, and enjoy our wonderful bacon macaroni and cheese pie or taco pie. With so many options, we guarantee you won't leave hungry. Stop in and let our friendly staff serve you! \$\$

Hours: Tuesday-Friday: 8 am-8 pm, Saturday 9 am-8 pm Closed Sunday and Monday



Mis Arcos 1926 S. Garrison Ave. • Carthage, MO 417.237.0547

For the delicious authentic Mexican food you crave, there's no place like Mis Arcos. We offer great choices from our mouthwatering quesadillas to sizzling fajitas to massive burritos, there's a reason we were voted Best of the Four States for Mexican food! Did we mention our 2 for \$5 margaritas? Mis Arcos is home of great food, fun times and lots of laughs! \$-\$\$

Hours: Mon-Wed, 11 am-9 pm; Fri, 11 am-9:30 pm; Sat/Sun 11 am- 9 pm



Shawanoe Restaurant 70220 East Hwy 60 • Wyandotte, OK 888.992 SKY1

Shawanoe Restaurant, located inside Indigo Sky Casino is serving delicious award-winning Chef creations daily. Bring your family and friends and enjoy delicious desserts, gourmet sandwiches, upscale salads, and a wonderful selection of pasta dishes. For the steak lover, mouth-watering steaks cooked to perfection. Featuring our 2.5 pound bone-in tomahawk ribeye with a variety of seafood and poultry. Everything to satisfy your appetite, plus your favorite beverage. Go to indigoskycasino.com for additional information. Located inside Indigo Sky Casino, Hwy 60 West of Seneca, MO. \$-\$\$\$



Kascade Steakhouse 988 S. Country Club Rd • Carthage, MO 417.553.7357 • Like us on Facebook!

Kascade Steakhouse is Carthage's newest spot for a delicious bite to eat. The chef is an expert in gourmet steaks, steakburgers, salmon and Italian food – his authentic alfredo is to die for. Come in on Fridays for the prime rib special. Under the same owners as Midway Café in Bartlesville, OK, we are serving up the breakfast you have come to know and love. On Sundays, we offer a decadent brunch buffet. Dining room and lounge accommodates groups, events and weddings. \$-\$\$ Open Tues/Wed 4-10 pm, Thurs-Sat 8 am-10 pm. Sun. Buffet 8 am-3 pm (if a band is playing, close at 6 pm on Sun.)

DGShowMe Dining Guide —



Crabby's Seafood Bar and Grill 815 W. 7th St. • Joplin, MO • 417.206.3474 Catering • Private Parties • Chef at Home

Dine at Crabby's for a beautiful meal in an elegant, yet approachable finedining experience. Choose from a wide variety of fresh seafood, steak and chops. Enjoy libations from our full bar, including the best Scotch selection in town. Serving the four states for 10 years! Make your reservations today! \$\$-\$\$\$

Hours: Monday-Saturday 11 am-10 pm • Closed Sunday



Club 609 609 Main Street • Joplin, MO 417.623.6090

"Treat your appetite to a GOURMET DELIGHT served 'Joplin style." Flavorful specialties for any occasion, featuring salads burgers and sandwiches. Delicious entrees – beef, chicken, pork, seafood and seven "pastabilities!" Offering appetizers, homemade desserts, soup du jour, beer, wine and mixed drinks. Kids menu available. \$-\$\$\$

Hours: Kitchen open Monday-Friday 11 am-10 pm Saturday 11 am-10:30 pm • Bar open later



Red Onion Café 203 E. 4th • Downtown Joplin, MO 417.623.1004 • www.redonioncafe.com

Casual urban dining in historic downtown Joplin since 1995. Famous for fresh salads, smoked chicken dip, burgers, pasta, grilled fish and steaks. The menu has a wide variety of gluten-free, low-carb and keto-friendly items. Extensive craft beer menu and wines by the glass. Full-service catering for groups large and small. Consistently voted "Best Restaurant" and "Best Menu" by 417 Magazine and The Joplin Globe. \$-\$\$



Hackett Hot Wings 520 S. Main • Joplin, MO 417.625.1333 • www.hacketthotwings.com

"The only wings better are on an angel." Offering 13 flavors of wings, plus salads, catfish, chicken tenders, chicken sandwiches, hamburgers, boneless wings and more! Call for catering and reservations. Now offering an additional dining area and sports room with 17 big-screen TVs and full bar featuring Coach Hackett's Ultimate Bloody Mary. Check out the online store at hacketthotwings.com. (Smoke-free) \$-\$\$

Hours: Mon-Thurs, 11 am-9 pm; Fri-Sun, 11 am-10 pm; Mon-Wed Lunch Specials, 11 am-2 pm; Mon-Wed Happy Hour, 3-6 pm.

Hours: Monday-Saturday 11am-9 pm

Many of our favorite restaurants are offering social-distanced dine in as well as carry out, curbside, online ordering, and delivery services. Please call to confirm dining options with the respective restaurant.



Haven 55 408 Havenhurst Drive • Pineville, MO 417.223.2055 • www.haven55.com

Haven 55 is a cozy country restaurant with a magnificent view, delicious homestyle food and exceptional service. The culinary masterpieces from Owner and Executive Chef Alan Bone cannot be beat. You will love the New York strip steak with blue cheese cream sauce, the fried green beans, and you don't want to miss Tuesday Night fried catfish, Wednesday Night prime rib and Friday Night fresh catch! Located on the site of the old Havenhurst Mill, built in 1868, this historical restaurant overlooks the dam on Little Sugar Creek. \$-\$\$\$

Hours: Tues – Sat for Lunch, 11 am – 2 pm and Dinner, 5 pm–9 pm.



Finnello's 502 Briarbrook Drive • Carl Junction 417.614.0502 • www.finnellos.com

From handmade pasta to unique Italian-style steaks, chicken and shrimp dishes, and made-from-scratch pizzas, Finnello's has something for everyone. There's even build-your-own pasta and plenty of lighter options and vegetarian fare such as the delicious, made-to-order zucchini noodles. Stop by for Happy Hour each weeknight from 4-6 pm for drink and appetizer specials. Did we mention kids eat free? So, grab the family, call your friends and join us at Finnello's! \$-\$\$

Hours: Tues-Thurs, 3-9 pm; Fri and Sat, 12-9 pm



Undercliff Grill & Bar 6835 Old Highway 71 • Joplin, MO 417.629.2869 • www.theundercliffgrill.com

Undercliff Grill & Bar is back in business! This historical restaurant has been brought back to life under new ownership, so come by to grab a bite to eat and see what's new. Chow down on some good old-fashioned comfort food or grab a beer at the bar. Undercliff Grill & Bar is the perfect spot for breakfast, lunch, a date or a night out with friends and family. Follow Undercliff Grill & Bar on Facebook to learn more! \$-\$\$.

Hours: Wednesday-Friday, 11 am-9 pm; Saturday, 9 am-9 pm; Sunday, 9 am-3 pm.



Sam's Cellar Bar & Oven 101 N. Wood • Neosho, MO 417.451.3330 • www.samscellar.com

Sam's Cellar offers a unique dining experience in a historic building with a modern twist! Enjoy gourmet wood-fired pizzas or specialty salads, wraps and subs. The full bar offers signature cocktails and wine flights to wet your whistle. Have a special event coming up? Request to have your party at Sam's Cellar. It'll be a night your guests never forget! \$-\$\$

Hours: Monday-Saturday, 11 am-1 am; Sunday, 11 am-12 am

ShowMe Dining Guide

\$ - \$9 and under

\$\$ - \$10 - \$15

\$\$\$ - \$15 - \$20

\$\$\$\$ - \$20 & up

These \$ categories are based upon the average cost of a dinner entree excluding drinks, desserts, and/or gratuities.

NOTE: Some restaurant entree prices do not include a'la carte sides or salad.

BAILEY'S - CARL JUNCTION, MO

1200 Briarbrook Drive. Bailey's restaurant offers a variety of home-cooked meals that are sure to satisfy. Enjoy one of our many delicious burgers with hand-breaded onion rings or try a pulled pork chimichanga. On the weekend, join us for breakfast where everything is made from scratch. From sweet to savory, we offer specialty pancakes, omelets and all your breakfast favorites. Open Monday-Friday 11 am-9 pm; Saturday-Sunday 7 am-9 pm. 417.781.2844. Like us on Facebook! \$-\$\$

BIG R'S - PIE YOU CAN'T DENY, JOPLIN, MO

Big R's, home of the pie you can't deny. We offer pies for every occasion. With so many to choose from, you'll find your favorite! We have cream pies like chocolate and coconut, and traditional double-crust pies like apple, cherry, peach and gooseberry. And don't forget about our very popular mile-high strawberry pie. Call us today at 417.781.5959 to order yours! @bigrsbbq. 417.781.5959. \$-\$\$

CLUB 609, JOPLIN, MO

609 Main Street. "Treat your appetite to a GOURMET DELIGHT served 'Joplin-style." Flavorful specialties for any occasion, featuring salads, burgers and sandwiches. Delicious entrees – beef, chicken, pork, seafood and seven "pastabilities!" Offering appetizers, homemade desserts, soup du jour, beer, wine and mixed drinks. Kids' menu available. Kitchen open Monday-Friday, 11 am-10 pm, Saturday, 11 am-10:30 pm. Bar open later. 417.623.6090. \$-\$\$\$

CLUB 1201, JOPLIN, MO

1201 E. 32nd Street. Now serving Joplin's best brunch! Homemade beignets, pastries, biscuits and gravy, peppered bacon, eggs and parmesan fried potatoes and more! For lunch, enjoy your favorite appetizers, "out-of-thisworld" salads, seasoned breads and your choice of dressing, soup du jour, sandwiches from burgers to apricot turkey and over 30 other choices! We offer a full service catering menu for private parties, business meetings and special events. Tuesday-Friday 11 am-3 pm; Saturday and Sunday 9 pm-2 pm. We are available for out-of-house and in-house events and catering 7 days a week. 417.626.0032. \$-\$\$

CRABBY'S SEAFOOD BAR AND GRILL, JOPLIN, MO

815 W. 7th St. Catering–Private Parties–Chef at Home. Dine at Crabby's for a beautiful meal in an elegant, yet approachable fine-dining experience. Choose from a wide variety of fresh seafood, steak and chops. Enjoy libations from our full bar, including the best Scotch selection in town. Serving the four states for 10 years! Make your reservations today! Open Monday-Saturday 11 am-10 pm, Closed Sunday. 417.206.3474. \$\$-\$\$\$

THE FEEDLOT CAFÉ, PIERCE CITY, MO

115 west Commercial St. Locally owned and family operated, we offer breakfast, lunch and dinner. Located in downtown Pierce City, we guarantee you won't leave hungry. From biscuits and gravy and homemade cinnamon rolls to burgers and steak sandwiches, we offer something to please everyone. Come for a visit and let our friendly staff serve you! Open Tuesday-Saturday: 7 am-7 pm; closed Sunday and Monday. Delivery available. 417.476.9008. \$\$

FINN'S, JOPLIN, MO

2707 E. 32nd Street. Finn's is a sophisticated bar with classy signature cocktails and a modern, sophisticated atmosphere. Finn's will be your new favorite place to grab dinner and a drink. Head Chef Mickel Clark has expertly crafted a daily menu of "soul comfort food" and a heavenly Sunday brunch. Open Monday-Friday, 11 am-9 pm Saturday, 4-10pm, and Sunday brunch 10 am-2 pm. www.finnsjoplin.com. 417.624.3466 \$\$-\$\$\$

FINNELLO'S, CARL JUNCTION, MO

502 Briarbrook Drive. From handmade pasta to unique Italian-style steaks, chicken and shrimp dishes, and made-from-scratch pizzas, Finnello's has something for everyone. There's even build-your-own pasta and plenty of lighter options and vegetarian fare such as the delicious, made-to-order zucchini noodles. Stop by for Happy Hour each weeknight from 4-6 pm for drink and appetizer specials. Did we mention kids eat free? So, grab the family, call your friends and join us at Finnello's! Open Tues-Thurs, 3-9 pm; Fri and Sat, 12-9 pm. 417.614.0502. www.finnellos.com \$-\$\$

GRANNY SHAFFER'S FAMILY RESTAURANT, JOPLIN, MO

2728 N. Range Line. Enjoy a great cup of freshly roasted coffee. Watch while we roast a blend! Homemade pies, cobblers, sweetbreads and rolls made from scratch daily. Serious breakfasts, salads, steaks, seafood, Mexican, pasta and Dixieland fried chicken or catfish. Ask about our banquet rooms and catering. "Good Old Fashioned Cooking." Monday-Saturday 6 am-8:30 pm and Sunday 7 am-3 pm. www.grannyshaffers.com. 417.659.9393. \$-\$\$

HACKETT HOT WINGS, JOPLIN, MO

520 S. Main. "The only wings better are on an angel." Offering 13 flavors of wings, plus salads, catfish, chicken tenders, chicken sandwiches, hamburgers, boneless wings and more! Call for catering and reservations. Now offering an additional dining area and sports room with 17 big-screen TVs and full bar featuring Coach Hackett's Ultimate Bloody Mary. Check out the online store at hacketthotwings.com. (Smoke-free) Open Monday-Thursday, 11 am-9 pm; Friday-Sunday, 11 am-10 pm; Monday-Wednesday Lunch Specials, 11 am-2 pm; Monday-Wednesday Happy Hour, 3-6 pm. 417.625.1333. \$-\$\$

HAVEN 55, PINEVILLE, MO

408 Havenhurst Drive. Haven 55 is a cozy country restaurant with a magnificent view, delicious home-style food and exceptional service. The culinary masterpieces from Owner and Executive Chef Alan Bone cannot be beat. You will love the New York strip steak with blue cheese cream sauce, the fried green beans, and you don't want to miss Tuesday Night fried catfish, Wednesday Night prime rib and Friday Night fresh catch! Located on the site of the old Havenhurst Mill, built in 1868, this historical restaurant overlooks the dam on Little Sugar Creek. Open Tuesday-Saturday for lunch, 11 am-2 pm and dinner, 5 pm-9 pm. 417.223.2055 www.haven55.com \$-\$\$\$

KASCADE STEAK HOUSE, CARTHAGE, MO

988 S. Country Club Rd. Kascade Steakhouse is Carthage's newest spot for a delicious bite to eat. The chef at Kascade Steakhouse is an expert in gourmet steaks, steakburgers, salmon and Italian food – his authentic alfredo is to die for. Come in on Fridays for the prime rib special. Under the same owners as Midway Café in Bartlesville, Oklahoma, we are serving up the breakfast you have come to know and love. On Sundays, we offer a decadent brunch buffet. Our dining room and lounge are accommodating to groups, events and weddings. Open Tuesday & Wednesday: 4-10 pm, Thursday, Friday & Saturday 8 am-10 pm. Sunday Buffet: 8 am-3 pm (if a band is playing, close at 6 pm on Sunday) 417.553.7357. Like us on Facebook! \$-\$\$



Many of our favorite restaurants are offering social-distanced dine in as well as carry out, curbside, online ordering, and delivery services. Please call to confirm dining options with the respective restaurant.

MCALISTER'S DELI, JOPLIN, MO

2230 S. Range Line. You'll be greeted by a massive menu filled with sandwiches, tasty wraps, Paninis, spuds, salads, soups and sweets. You'll always have room for a brownie delight, lemon bar or fresh baked cookies. Everything is made exactly as you like it. Try a glass of McAlister's famous Sweet Tea™! Gift cards, catering, to go orders. Sunday-Thursday 10:30 am-10 pm, Friday-Saturday 10:30 am-10:30 pm. WiFi enabled. 417.624.3354. \$

MIS ARCOS, CARTHAGE, MO

1926 S. Garrison Ave. For the delicious authentic Mexican food you crave, there's no place like Mis Arcos. Now offering a fresh and delicious lunch buffet for \$7.99 from 11 am to 2 pm weekdays. Besides our wonderful lunch buffet, we also offer great choices on our menu. From our mouthwatering quesadillas to sizzling fajitas to massive burritos, there's a reason we were voted Best of the Four States for Mexican food! Did we mention our 2 for \$5 margaritas? Mis Arcos is home of great food, fun times and lots of laughs! Open Monday-Wednesday, 11 am-9 pm; Friday, 11 am-9:30 pm; Saturday and Sunday, 11 am-9 pm 417.237.05470 \$-\$\$

MYTHOS, JOPLIN, MO

1306 S. Range Line. World-class service that sets the stage for a special dining experience featuring French, American, Greek and Italian cuisine. Choices include pasta, chicken, fresh seafood, and hand-cut aged Black Angus beef. Over 150 wine selections. Complete menu available at www.mythosjoplin.com. Serving lunch 11 am-4 pm, dinner 4 pm-close, Monday-Saturday. For catering or reservations, call 417.624.MYTH. \$-\$\$\$

THE PIE PLACE & DELI, JOPLIN, MO

801 E. 20th St., Ste 5 Joplin, MO. From breakfast to dessert, The Pie Place & Deli serves everything from delicious breakfast quiche loaded with scrambled eggs, cheese, meats and veggies to made-from-scratch pies like banana cream and apple. We welcome you to stop by for lunch or dinner, as well, and enjoy our wonderful bacon macaroni and cheese pie or taco pie. With so many options, we guarantee you won't leave hungry. Stop in and let our friendly staff serve you! Open Tuesday-Friday 8 am-8 pm, Saturday 9 am-8 pm, closed Sunday and Monday. 417.622.4094. \$\$

RANDY'S DRIVE IN, CARL JUNCTION

1201 E. Pennell. Randy's Drive In is celebrating 25 years of being one of our area's most-popular burger joints! Randy's serves all of your favorites, such as spaghetti red, Frito pie, chicken planks, burgers and, of course, their famous Bulldog Shake! Randy's also has a kids' menu. Stop by today and see why Randy's Drive In has been an area favorite for so long. Open Monday-Sunday 10 am-9 pm. Call ahead 417.649.7732. \$-\$\$

RED ONION CAFE - CASUAL URBAN DINING, JOPLIN, MO

203 E. 4th. Casual urban dining in historic downtown Joplin since 1995. Famous for fresh salads, smoked chicken dip, burgers, pasta, grilled fish and steaks. The menu has a wide variety of gluten-free, low-carb and keto-friendly items. Extensive craft beer menu and wines by the glass. Full-service catering for groups large and small. Consistently voted "Best Restaurant" and "Best Menu" by *417 Magazine* and *The Joplin Globe*. Monday-Saturday, 11 am-9 pm. 417.623.1004. www.redonioncafe.com \$-\$\$

RED ONION ESPRESSORIA - 32ND ST., JOPLIN, MO

1007 E. 32nd St. This is the quick-service version of the iconic Red Onion Café. The Espressoria is located in south Joplin on 1007 E. 32nd Street and is a fast-paced, modern, quick-service setting with comfortable indoor seating and al fresca dining outside. Enjoy many of the original Red Onion selections or try one of Espressoria's own creations. We are open 11 am to 8 pm, Monday-Saturday. 417.781.4999. www.redonionespressoria.com \$-\$\$

SAM'S CELLAR BAR & OVEN, NEOSHO, MO

101 N. Wood. Sam's Cellar offers a unique dining experience in a historic building with a modern twist! Enjoy gourmet woodfired pizzas or specialty salads, wraps and subs. The full bar offers signature cocktails and wine flights to wet your whistle. Have a special event coming up? Request to have your party at Sam's Cellar. It'll be a night your guests never forget!. Open Monday-Saturday, 11 am-1 am; Sunday, 11 am-12 am. 417.451.3330, www.samscellar. com \$-\$\$

SHAWANOE RESTAURANT, WYANDOTTE, OK

70220 East HWY. 60. Shawanoe Restaurant, located inside Indigo Sky Casino is serving delicious award-winning Chef creations daily. Bring your family and friends and enjoy delicious desserts, gourmet sandwiches, upscale salads, and a wonderful selection of pasta dishes. For the steak lover, mouth-watering steaks cooked to perfection. Featuring our 2.5 pound bone-in tomahawk ribeye with a variety of seafood and poultry. Everything to satisfy your appetite, plus your favorite beverage. Go to indigoskycasino.com for additional information. Located inside Indigo Sky Casino, Hwy 60 West of Seneca, MO. 888.992.SKY1. \$-\$\$\$

TASTE OF ITALY, CARTHAGE, MO

4321 S. Chapel Road. "The trouble with eating Italian food is that five or six days later, you're hungry again." Opened this year, Taste of Italy serves up delectable, authentic Italian food with new specials almost daily. Owner and Head Chef Aleks Sula was born in Albania and raised in New York City, so he brings 20plus years of experience in traditional Italian and Mediterranean cooking to his menu. You can expect made-from-scratch bread, sauces, pasta and more. Open Tuesday-Saturday, 11 am-9 pm; Sunday, 11 am-3 pm. 417.358.2000. \$-\$\$

UNDERCLIFF GRILL & BAR, JOPLIN, MO

6835 Old Highway 71. Undercliff Grill & Bar is back in business! This historical restaurant has been brought back to life under new ownership, so come by to grab a bite to eat and see what's new. Chow down on some good old-fashioned comfort food or grab a beer at the bar. Undercliff Grill & Bar is the perfect spot for breakfast, lunch, a date or a night out with friends and family. Follow Undercliff Grill & Bar on Facebook to learn more! Open Wednesday-Friday, 11 am-9 pm; Saturday, 9 am-9 pm; Sunday, 9 am-3 pm. 417.629.2869 www.theundercliffgrill.com \$-\$\$



-ashion Forward

Chelsea's braided fedora is such a fun accessory for spring and summer.

Her jewelry is by Bracha, and she's wearing everyone's favorite: Diff Sunglasses.

Chelsea is on trend wearing this olive jumpsuit. Her leather backpack is by Hobo.

Chelsea's outfit is from The Vogue Boutique. Located in the historic block of Main Street in Carl Junction, just 10 minutes from downtown Joplin. The Vogue Boutique has clothing and shoe styles for all ages! Specializing in lines you typically have to travel to a larger city to find, this beautiful boutique is a place you won't want to miss! Stocking apparel, jewelry, accessories, shoes, home decor, gourmet foods and specialty paints. You are sure to find something you love!

The Vogue Boutique 144 South Main Street Carl Junction, MO • 417.649.7911 Like us on Facebook and follow us on Instagram She's spring ready in these cute and comfy OTBT leopard wedges.

Katlynn is wearing a fun One24 Rags design Sings My Soul tee and a super cute loose knit cardigan for a perfect transition to warmer weather. The One24 Rags tees are printed onsite!

Her "Mom" length denim Bermuda shorts offer great coverage while being very trendy.

Complete the fun look with genuine sterling silver and turquoise rings. One24 carries an eclectic selection in-store and online.

One24 Boutique is located at 13105 Kodiak Rd in Neosho, MIssouri. 417.451.1144 www.one24boutique.com Follow on Facebook

Download their APP!

One24 Boutique is owned by a mother/daughter team and offers an eclectic mix of clothing for women and children, shoes, handbags, gifts, accessories and home decor. A portion of all proceeds go to KU Medical Bladder Cancer in honor of Karla, one of the owners, who was diagnosed with bladder cancer January 24, 2013 (One24). Custom mad earrings by Art by Amy!

Things We Pove



Spencers' Sweet Call at the Minerva 12 S. Main St. • Webb City, MO • 417.717.5183 Like us on Facebook!

Happy Mother's Day from Your Friends at Spencers' Sweet Call What are mom's two favorite things? Her kids and chocolate! Make her day extra special with a gift from Spencers' Sweet Call. Located in the historic Minerva Candy Company building, this family-owned candy shop is serving up sweet treats for the folks of Webb City and beyond! Wednesday and Thursday, 1-5 pm; Friday and Saturday, 9:30 am-6 pm. Special orders by appointment, and curbside pickup is available.



Ozark Nursery 5361 N. Main • Joplin, MO 417.623.0224 • Find us on Facebook

Need help reviving your landscaping for spring? Gayl and her team of lawn and garden experts have got you covered! Ozark Nursery is a full-service, locally owned nursery and garden center that has served the Four-State Area for more than 50 years. You'll find a wide variety of trees, shrubs, annual and perennial flowers, and more garden decor to boost your curb appeal. There's even a landscape division for your delivery and installation needs. Ozark Nursery -- where you'll always be greeted with a smile!



The Vogue Boutique 144 S. Main • Carl Junction, MO Just 10 minutes from downtown Joplin 417.649.7911 • www.shopvintagevogue.com Facebook.com/TheVogueBoutiqueCJ

The Vogue Boutique is your headquarters for all things Birkenstock! We have all the new spring styles you have been waiting for, as well as all the classic styles you love! Stop by and let our friendly staff help you find the perfect pair for spring! The Vogue Boutique, 144 South Main Street, is located on the historic block of Main Street in Carl Junction, just across from the post office. Open Tuesday-Saturday 11 am-4 pm. Shop online anytime @ shopthevogueboutique.com.



Twisted Oak 32 S. Main Street • Webb City, MO 417.673.2881 • Like us on Facebook!

Bring the countryside to you with beautiful farmhouse-inspired home decor from Twisted Oak & Co. With an eclectic array of items for the home, including pillows, candles and kitchenware, you can curate a space that's uniquely you. At Twisted Oak, you'll also find beautiful clothing and accessories, fine paper goods and gifts of all kinds. The friendly staff is happy to help you shop!



Wig'N Out Boutique 20 S. Main St. • Webb City, MO 417.717.5099 • www.wignoutboutique.com

Concerts are still cancelled, but that doesn't mean you can't dress like a rock star! Wig'N Out Boutique has cool vintageinspired tees, boho accessories, and you can even make a statement with purple hair! At Wig'N Out Boutique, "We've got you covered from head to toe!" For women with thin hair, no hair or just wanting a change, there are more than 70 quality, highly realistic wigs to choose from for all ages and styles. There's also a full-service salon with experienced stylists to help complete your look!



Society 4 S. Main St. • Webb City, MO • 417.717.0073 Facebook: @SocietyWebbCity

At Society, we are more than a boutique ... we offer trendy fashion for every aspect of your life, including your home! In addition to beautiful and unique decor, we offer tons of home design services. You'll find a variety of paint colors to give your space new life. Don't have time to do it yourself? We can do it for you! Need help decorating your space? We offer interior design consultations! We always go above and beyond to make your dream a reality!



Lynne's Artsy Bakery 1505 S. Madison St., Ste. 1 • Webb City, MO • 417.986.3428 www.labcakes.com • Follow us on Facebook

Lynne's Artsy Bakery can create all the fun spring- and summertime cookies and cakes of all kinds! At Lynne's Artsy Bakery, all of our creations are made from scratch, and we pride ourselves on our attention to detail. We are serving the local area with cupcakes, cakes, macaroons, cookies and other delicious treats made fresh daily, as well as continuing to make our showstopping custom creations. Our hours: Sunday-Tuesday CLOSED; Wednesday-Friday 10 am-5:30 pm; Saturday 10 am-2 pm.



Just A Taste 105 S. Main St. • Webb City • 417.673.9463 www.justatastemo.com • Facebook: @JustATasteWebbCity

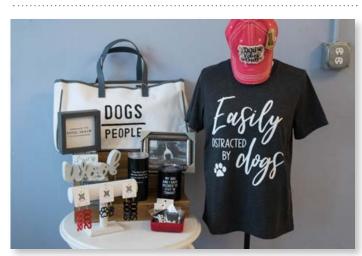
Have you been to Just A Taste yet? Our restaurant, featuring local producers and modern bar with a plethora of incredible beverages, makes for the perfect settings to celebrate your big life moments. Or, check out our fire-lit courtyard and wine tastings and let us help you discover your drink!





One 24 Boutique 13105 Kodiak Rd • Neosho, MO • 417.451.1144 Like us on Facebook! • Download our APP!!

One24 Boutique is a unique mother/daughter-teamed store that specializes in the unique. Located in Neosho, this small-town store has gifts, home decor, one-of-a-kind finds and FASHION!! The new "One24 Rags" clothing line was custom designed by the two ladies! A portion of all proceeds is donated each month to the KU Bladder Cancer Department to fund a research scholarship.



Posh Dogs Boutique 1607 S. Main Street • Joplin, MO • 417.850.PAWS www.poshdogsboutique.com

Are you as easily distracted by dogs as we are? Then you'll love the new items we have in the Boutique. You'll find T-shirts, sweatshirts, hats, jewelry and home décor that are all about good dog vibes. Stop in today to see what's new, and remember, we have gift certificates for that dog lover or fur mama in your life. Friendly, leashed dogs are always welcome. Posh Dogs Boutique, for the love of dogs.



Blue Moon Boutique 613 S. Main Street • Joplin, MO • 417.553.0826 www.bluemoonboutiquejoplin.com • Like us on Facebook!

Sunny days are here at last! If you love spending time outside, it's important to protect your eyes just like you protect your skin. You'll love the new line of Wear Me Pro polarized sunglasses at Blue Moon Boutique. These sunnies are not only cute, but they reduce glare and eye strain, too! Blue Moon is full of unique accessories like these plus eclectic clothing, home decor, kitchen and bath products, and lots of locally made goods.



Zena Suri Alpacas 35401 S. 580 Road • Jay, OK • 804.389.2579 www.zenasurialpacas.com

"Suri, Simply Spectacular" is a label few alpaca ranches can claim. Zena Suri Alpacas takes special pride in the luxurious alpaca, grown right here in Zena, Oklahoma. Would you like to meet the charming animal that worked a full year to grow the fiber that becomes fashionable garments, décor and toys for sale in our store? Alpaca fleece comes in 16 natural colors, earthy shades from white to black that will never fade, or it may be dyed almost any color. Call us when you are in the Grand Lake area and arrange your private, Covid-safe tour.



Smoothie King 2202 S. Range Line • Joplin, MO • 417.317.5087

Kids love treats, and parents love treats that are healthy. Smoothie King Kid's Blends are created for kids to help them stay happy and healthy with flavors they love. Packed with whole fruits and organic veggies, each one has a child's multivitamin included. Choose from six blends, including Apple Kiwi Bunga, Berry Interesting and Lil Angel. Make sure to visit Smoothie King on Sunday when you will get a Kid's Blend free with purchase of an adult size smoothie. No kidding!



Cactus Creek Boutique 895 Business 49 • Neosho, MO www.CactusCreekOnline.com Facebook: @CactusCreekOnline

"Spring is nature's way of saying 'Let's party!" -- Robin Williams

Join the party at Cactus Creek Boutique! We have been busy rolling out all our new spring clothing and accessories, including these adorable tops for Easter. No matter the season, you'll always find cute dresses, jeans, skirts, leggings, shoes, bags and more. Follow Cactus Creek on Facebook for upcoming sales, promotions and news regarding the new location coming this year!



The Curly Willow 3126 Wisconsin • Joplin, MO 417.622.1316 • www.thecurlywillow.net Fabulous Flowers and Fine Gifts Follow us on Facebook & Instagram

Mother's Day is May 9! Don't forget to give your mother a gift, send her flowers or take her out to dinner to show her how much you love and care about her. Most importantly, send her flowers! We think she would love a beautiful arrangement from The Curly Willow! This is the day to truly show appreciation for all of the things our mothers, stepmothers, foster mothers and ALL mother figures do for us! Call to order your Mother's Day flowers today. We also carry fine gift items and beautiful home decor. We deliver in Joplin and all surrounding communities. Hours: Monday-Friday 9 am to 5:30 pm and Saturday 9 am to 2 pm. The Curly Willow ... because every occasion matters!



Extreme Sports Scuba 5203 S. Range Line Road Joplin, MO • 417.659.9009

Diving is your ticket to underwater exploration! The realm beneath the waves is a place that reveals itself to you a little more with each dive. At Extreme Sports Scuba, we have everything you need to explore the wonderful world under the sea. We offer several diving classes for beginner to expert. We also host group diving trips to the beautiful Caribbean! Call us today and find out how learning to scuba dive can change your world!

ON THE ROAD... ISON THE ROAD...

Photo by Kathi Sikorski

These pages sponsored by:

Zena Suri Alpacas • DDS® Dentures + Implant Solutions® and Affordent® Freeman Health System • Downstream Casino Resort • Arvest Bank Northwest Oklahoma's Green Country • Grove Area Chamber of Commerce Shangri-La Resort • Quapaw Tribal Museum • Coleman Theatre Iron Works Steel Supply • Grand Country Lakeside RV Park • Lendonwood Gardens Musuma Medical Spa, PLLC • On Target Guns, Bows & Range The Muddy Pearl • Note-Able Outdoor Living • Goodfella's Pizzeria Har-Ber Village Museum • Indigo Sky Casino • Shawanoe Restaurant



The Faces of LOCAL ALPACA RANCH

Kathleen and Tom Callan - Zena Suri Alpacas

In the past 11 years, Tom and Kathleen Callan have raised alpacas and built their agritourism business from the ground up just outside of Jay, Oklahoma. At Zena Suri Alpacas, guests can learn about alpacas and their magnificent soft fiber. Guests can also touch the alpacas and hear stories about the animals the Callans lovingly call their kids.

"People come to our ranch from all over the world to pet, feed and learn about our wonderful alpacas," said Kathleen. "They will spend an hour or two walking among, talking to, hand feeding and learning about the gentle creatures."

The Callans have recently opened a small cabin for overnight rental for guests to truly get the full experience of seeing the alpacas through their daily activities. The ranch also offers classes in things like dyeing fiber, felting soap and other crafts visitors can sign up for. Special items may also be purchased at the ranch store on site. The ranch and store are open nearly every day by appointment. Call for more information or to schedule a visit.

35401 S. 580 Road | Jay, OK 74346 804.389.2579 | www.zenasurialpacas.com



The Faces of BEAUTIFUL SMILES FOR LIFE

DDS[®] Dentures + Implant Solutions[®] and Affordent[®] - Stuart Sherwood, DDS, and Kayla Brightman, RDH. Not pictured: Richard Franklin, DDS, and Brad Acker, DDS

DDS[®] Dentures + Implant Solutions[®] and Affordent[®] of Grove have the state-of-the-art dental treatments and modern materials to give you a healthy, beautiful smile that could last a lifetime.

At DDS[®], we offer a wide variety of dental services with an emphasis on dentures and implants.

Did you know with our in-house lab, you can have an all-new smile in as little as a day? With the DDS All-In-One Solution[®], you can have a secure smile free of the daily struggles of traditional dentures. At Affordent[®], you can receive quality care for anything from a routine cleaning to crown and bridge treatment.

Schedule a consultation at DDS® Dentures + Implant Solutions® or Affordent® to learn how you can achieve the smile you've always dreamed of!

6826 Hwy 59 N | Grove, OK 918.786.9061 | Find us on Facebook!

Heath Bryan Coleman of Oklahoma, DDS, PLLC and Associates – General Dentistry.

Faces of Oklahoma 2021

Hands to Hold

The Face of CANCER CARE

Dr. Matthew Miller Freeman Cornell-Beshore Cancer Institute

Dr. Matthew Miller, Freeman Cornell-Beshore Cancer Institute, enjoys building relationships with his patients and makes it a point to be a friendly presence in their lives. As an oncologist, which means he deals with the prevention, diagnosis and treatment of cancer, he is by his patients' side through each step of their cancer journey.

"I was originally drawn to oncology as a medical student because I realized it was a great fit for my personality," he said. "I knew I wanted to be able to build lasting relationships with my patients."

He is a Freeman doctor with the Freeman Cornell-Beshore Cancer Institute, but every Tuesday, he's available to patients in Grove, Oklahoma at INTEGRIS Grove Hospital.

"I've been coming to Grove since fall 2006. I love this community and the people in it, so it means a lot to me to be able to come here."

Dr. Miller said another way his career has been rewarding aside from helping patients is seeing the many medical advancements over the years.

"What oncology looked like when I started practice 14-and-a-half years ago is completely different now. We've seen advances I never would've thought possible back then, so it's been very exciting."

He said he is proud to work for an organization dedicated to continued advancement.

3415 McIntosh Circle | Joplin, MO | 417.347.4000 1001 E. 18th St. | Grove, OK | 918.787.3474



The Face of CULINARY EXCELLENCE

Greg Bolton, Executive Sous Chef - Downstream Casino Resort

Chef Greg Bolton has been creating food and drinks since he was 9 years old. His mother owned an ol' fashion soda shop, where he would dish up sandwiches, salads, sundaes and soft drinks. Chef Greg's roots were strong in Mississippi, and that's what ultimately led him down the culinary career path.

Chef Greg creates beautifully plated dishes at Downstream Casino Resort, where he is the Executive Sous Chef.

"I have a huge passion for the culinary world," said Chef Greg. "It gives me plenty of opportunity to be creative in what I make."

Chef Greg enjoys the blending of cuisines and often finds himself taking his Southern roots and fusing them with other cuisines to create new dishes.

These opportunities and creative avenues allowed Chef Greg to compete in the World Food Championship 2018 Top 50 Chef Challenge, where he finished in first place in the Chef's Signature Dish category. As much as his awards are well deserved, Chef Greg will tell you, in the end, it's the customer experience that matters most to him.

"Each time a guest takes the first bite of a dish that I have prepared and the enjoyment I see on their face, it's priceless," said Chef Greg. "Hearing and watching the response of someone that you have just wowed with your cuisine is something you just cannot put a price tag on."

When Chef Greg isn't serving up delicious cuisine, he can be found on Bar b Ranch with his wife, Brooke, raising cattle and enjoying their grandchildren.

69300 E. Nee Rd. | Quapaw, OK | downstreamcasino.com



The Faces of LOCAL BANKING SERVICES

Arvest Bank - (L-R) Kelsi Roberts, Financial Sales Representative; Jill Rickey, Mortgage Loan Officer; Carrie McCarty Shirley, Assistant Branch Manager; Shon Taylor, Community Bank President; Jackie Schmohe, Financial Sales Representative; and Ashley Landon, Branch Sales Manager

The story of Arvest is one of commitment and dedication to focusing on the customer above all else. This philosophy has remained the same during their growth from a small bank to a network of community banks able to provide a complete range of financial services.

The team in Miami, Oklahoma, has a combined total of over 127 years of experience. They enjoy using that experience to fully bank each one of their customers. Whether it's helping customers purchase their first car or home, starting a business or reaching their retirement goals, the team in Miami loves helping their customers realize their dreams. Some of the team's most rewarding experiences over the past year have been assisting businesses with PPP loans. Many local businesses in the community may have otherwise had to shut their doors, but with the help of Arvest, many have been able to keep their businesses running and also retain many of their employees.

The associates at Arvest are community minded. They personally dedicate their time to serve at over 11 local organizations. Each year, the bank partners with local organizations to make an impact in their community, including the Million Meals Food Drive Campaign, Pay It Forward, and United Way through the Arvest Foundation.

Miami Arvest Bank, people helping people find financial solutions for life.

Make an appointment today at appointments.arvest.com. For all your financial needs, visit us online at arvest.com



Area Events

March Long Drive Contest

April

Easter Egg Hunt at the Fort

Hometown Hero Banners for Memorial Day

Мау

Chalk Art in the Park

June

Burnout and Carshow Corn Festival

July

Annual July 4th Fireworks Farm to Fort Table

Dinner

August

National Night Out







September

Here We GLOW 5k and Fun Run

October

Smokin' the Fort Haunting at the Fort

November

Shop Small Business Saturday Shop Fort Gibson First Kick Off Tree Lighting and Pictures

with Santa Christmas Parade

December

Christmas Parade

Shop Fort Gibson First Giveaway

Detailed list of events can be found on our website at FortGibson.com and the Fort Gibson Chamber of Commerce Facebook page

Follow us on Facebook



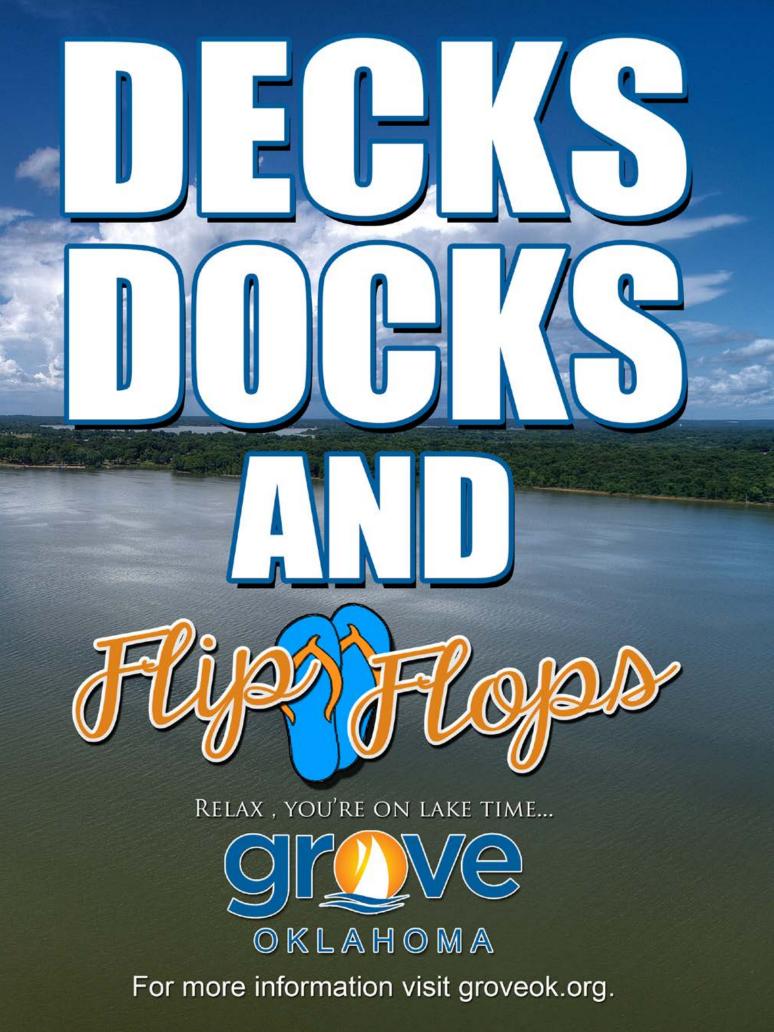


Fort Gibson Chamber of Commerce • 918.478.4780 • FortGibson.com



Northeast Oklahoma's Green Country GREENCOUNTRYOK.COM • 800.922.2118





faces

Grand Lake O' the Cherokees Boat and Sport Show

Local boating enthusiasts got a Grand Lake blast of summer experience at the Grand Lake O' the Cherokees Boat and Sport Show hosted by Grand Lake Association. This year's show was held March 4-7 at the Grove Civic Center in Grove, Oklahoma. The Grand Lake Boat Show is a 24-year-old tradition and continues to be an area favorite. This year's show was filled with boats, personal watercraft, boating accessories and other outdoor living and lake-related products. Those attending also had the chance to speak with businesses about boating safety, insurance, repairs, maintenance, real estate and much more. Patrons of the event enjoyed learning about the latest in boating and enjoyed the start of the Grand Lake boating season.



 Big Elk Camp 2. Bradley Johnson, The Little Nut Hut
 Grand Lake Association team 4. James Howard and Jack Lebow 5. Jennifer Ramsey, Grove Marine 6. Jessica Starr and April Collins, Stable Ridge Winery 7. Myra Noteboom, Note-Able Outdoor Living 8. Nicole Reynolds, Har-Ber Village Museum 9. Roberta Krietmeyer, Renewal by Anderson 10. Rossi Glover, The Pour House/Grand Lake Coffee Co. 11. Sharon Lebow and Peggy Steed, Keller Williams 12. Susan Helton, Cookies for People and Pets 13. Tonya Hargrove, Norwex 14. Troy Carpenter, Duck Creek Boat Club. Photos by Cheryl Franklin





'The Kilt Guy' How Design in a Kilt Helped Downtown Grove Get its Groove Back

By Savanah Mandeville

It's not too often you see someone walking around Grove, Oklahoma, in a kilt, so if you've ever spotted a gentleman out on the town wearing one, there's a very good chance it was Reid Smith.

Reid is known by many locals as "the kilt guy," but, to many more, he is known as the owner of Design in a Kilt, a full-service design/build company based in Grove.

Design in a Kilt handles every detail from concept to completion for residential and commercial properties. The recent addition of DK HomeAccents means the company can provide interior decorating services as well as art, furniture, window coverings and home decor for its projects.

"When it comes to my clients, whether residential or commercial, we do like Chip and Joanna [from HGTV's *Fixer Upper*] or like *Property Brothers*, and we do full 3-D modeling. We come in and bring in all new furniture, and they don't have to do anything but look at the designs." Through both his businesses and as the design coordinator for Shangri-La residential, Reid has been responsible for the transformation of hundreds of homes in his career. Perhaps even more impressive, Design in a Kilt has been instrumental in reviving over a dozen buildings in downtown Grove -- not including three projects currently underway.

"It has been amazing to be part of the growth and revitalization of the community," Reid said. "Currently the downtown is home to a bakery/cafe, three additional restaurants, two coffee shops and a dozen unique retail shopping experiences."

Reid's passion for Grove began in childhood. He was born and raised in the community but left in high school when his family moved out of the area. In 1999, he returned with his wife, Stephanie, and their three young kids. He was sad to discover the quaint, bustling lake town of his youth was starting to lose its luster.

"When we moved back, the downtown was boarded up," he said. "Our kids were sure as soon as they grew up, they were going to get the heck out of Grove. My wife is from Long Island, New York, and she wasn't quite sold either." Nevertheless, they put down roots, and Reid got busy remodeling their home. Inspired by the remodel, he started a construction business specializing in residential curb appeal. This eventually led to his involvement in the city's Downtown Revitalization Committee in 2004.

"I owned two buildings downtown myself and there was another building that I was working on with an architect at the time," he said. "We decided to shoot for three revitalized storefronts within 30 days."

They achieved that goal and people began to take notice. One project led to another and over time, Design in a Kilt evolved into what it is today.

Last year, Design in a Kilt added its own unique space downtown with the remodel of a 4,500-square-foot historical building at 20 West Third Street to house its offices, DK HomeAccents, and a coffee shop.

"We can truly design any shell and make it something completely fresh and beautiful. Old bones have the best narratives, and we love breathing life back into them."

> -- Reid Smith, Owner, Design in a Kilt

"It was a daunting undertaking to take on during all the craziness of 2020, but we were able to move into the new shop in November," Reid said. "It's truly our dream office.

"I also have to give a shout out to our assistant, Melissa Hunter. She came on right as we opened our shop, and she has been such a godsend and has surpassed our expectations."

Reid said he has found when he is good to his community, his community is good to him. His three children, ages 27, 23 and 19, are proud to be from Grove and have put down roots in the community.

"My wife has fallen in love with this town, my children have fallen in love with this town," Reid said. "We know that we are in a very special place."

Learn more about Design in a Kilt: 20 West Third Street Grove, OK • 918.260.3718 designinakilt.com





Civil War Days Coming to Har-Ber Village Museum

By Don Lowe

Mar-Ber Village Museum is bringing back its Civil War Historical Days later this month, and a lot of people are excited about returning to a time with so much significance to our country's past.

"This was an annual event that had taken place, but for the last three years, it wasn't held," says museum comanager Nicole Reynolds. "We decided to reintroduce it this year by popular demand from guests that had previously attended.

"We are a history museum, and this is what we do. We give an accurate account of history for the generations that have followed. Previously, it had been held for four years.

"This was first brought to us through the vision of the previous executive director, Amelia Chamberlain, and program coordinator at that time, Tim Field. "This year, after talking to the many guests and volunteers at the museum, I felt it was prudent to resurrect this event. It will become an annual event again."

Reynolds adds, "I have been working on this event for about 10 months. With the recent addition of Tim Field back to our staff, he has helped with the planning and organizing, as well.

"I cannot forget to acknowledge the maintenance staff that helps with set-up, teardown and everything else in between for us."

As for what seems to get visitors most excited about this Civil War-themed event, Reynolds suggests, "The blacksmith and artillery groups are always the most popular attractions, followed by the reenactments. There is so much that families can see and learn from here.



"We have a dance that takes place the evening of April 24, and it will be a period piece, as well. People always enjoy learning the dances and music of the time. Plus, it's always fun to play dress-up. Seeing first-hand how things were made at our living history demonstrations are always a big hit.

"The main goal of this event is for families and individuals to come and learn about history and educate themselves about how our ancestors lived daily in this time period.

"We strive to give an immersive experience for everyone. We cannot change our past, but we can learn from it to move forward. We want to inspire people to see how our forefathers lived in a young America."

Reynolds is thrilled to be part of the Har-Ber Village team, and she says, "I am so blessed to be here to watch children learn about history and how our ancestors lived. I love being able to talk to guests that see an exhibit item they remember using as a child and hear their amazing stories.

"This job gives me a sense of pride of giving back to our youth and adults alike. I cannot begin to explain the feeling of coming to work every morning and knowing that I may be able to see someone come in and find an old trade being displayed that will soon become a hobby. Seeing children's eyes light up as they learn something new. It's a wonderful feeling being here every day."



2021 Toyota Series Plains Division Qualifying Tournament Fast Facts

When: Thursday, April 8-Saturday, April 10

Where: Grand Lake O' the Cherokees – Wolf Creek Park, Grove, Oklahoma

Why: Professional Fishing Tourney

Who: Approximately 300 anglers with 150 boats (2 persons in each boat)

Schedule: Launch at about 7 am each morning; weigh-ins at 3 pm each afternoon

Attendance: Fans may attend the launch and weigh-in activities at Grove's Wolf Creek Park

Notable: The weigh-ins will be live streamed at majorleaguefishing.com



END

HOENDA

Professional Anglers Hope to Win Big on **GRAND LAKE O' THE CHEROKEES**

By Don Lowe • Photos Courtesy of MLF • Photographer, Justin Onslow

Once again, top-notch professional fishermen will converge on Grand Lake O' the Cherokees at Wolf Creek Park in Grove, Oklahoma, as they get set to compete in the prestigious 2021 Toyota Series Plains Division Qualifying Event April 8-10.

This is a lucrative opportunity for participants, and Donnie Crain, president of Grove Area Chamber of Commerce, explains, "It's a win-and-you're-in format.

"The tournament winner automatically places in the Toyota Series Championship for a shot at winning \$200,000 cash, plus profitable contingency bonuses, like the \$35,000 FLW Phoenix perk offered this season.

"The winning co-angler at the championship earns a \$33,500 Phoenix 518 Pro Bass Boat, or comparable model, with a 115-horsepower Mercury outboard."

As for those who will compete, Crain says, "The Plains Division is primarily represented by anglers from Arkansas, Kansas, Missouri and Oklahoma.

"There will also be some from other states, such as Iowa, Louisiana, Nebraska and Texas, since there are no official boundaries, and anglers will often compete in multiple divisions to increase their odds of fishing in the Toyota Series Championship.

"There are only three qualifying events in the Plains Division. We have our event at Grand Lake, along with a tournament at Lake of the Ozarks in Missouri and Lake Dardanelle in Arkansas."

These are highly competitive, and Crain says, "The Toyota Series provides anglers an opportunity to earn a reputation and record that could eventually allow them to fish in the Major League Fishing series."

These specific fishing waters in Northeast Oklahoma are an ideal tournament location, and Crain says, "The Toyota Series has a number of qualifiers each year. Since 2014, Grand Lake O' the Cherokees has had a qualifying event seven of the eight years. There wasn't one in 2020 (because of COVID-19)."

In describing exactly what makes this a prime spot, Crain says, "Grand Lake O' the Cherokees has a reputation among anglers as one of America's top bass fisheries, while producing large bass and good quantities of them.

"Grove's Wolf Creek Park is a world-class fishing tournament facility, but it's more than that. The Grand River Dam Authority, the City of Grove, the Grove Convention & Tourism Bureau and volunteers such as the Grove Rotary Club and businesses like Classic Golf Carts all go above and beyond to provide first-class service to the anglers, tournament organizers and fans alike to have a truly great tournament experience.

"Events like this truly highlight one of the gems of Oklahoma, the Grand Lake O' the Cherokees, and introduces many people to our amazing part of Oklahoma.

"One visit to Grove and Grand Lake is usually the first of many, with many people choosing to purchase second homes here or increasingly choosing to move here and enjoy the 'Grand Life' full-time."

atrike





QUAPAW TRIBAL MUSEUM

905 Whitebird St. • Quapaw, OK 918.238.3157 • www.quapawtribe.com/museum





April 2-3: Grove Merchants' Easter Open House

The Easter Open House is an ideal time for locals and visitors alike to shop our many great shops, boutiques, and galleries to find perfect items for the Easter holiday and spring season. The Grove Area Chamber of Commerce and local merchants encourage everyone to "Shop & Visit Grove" for the Easter holiday this year! Businesses throughout the community will be participating and offering special Easter Open House deals and savings. Contact the Grove Area Chamber of Commerce at 918.786.9079 or go to the "Shop Grove" Facebook page.

NEO A&M College Craft Fair April 10, 8 am-3 pm, NEO Activity Center

Don't miss the Annual NEO Spring Craft Show! Shop a wide variety of vendors for quality crafts and merchandise, including jewelry, home decor and more. Free. For more information, contact Kathryn Vanover at 918.540.6388 or Keeley Adams at 918.540.6971. The event supports NEO Women and Friends and the NEO Honors Program.

Wynonna Judd Live and in Concert at the Coleman Theatre April 15, 8-11 pm, 103 N. Main St.

Wynonna Judd! Live and in concert...Thursday April 15. Doors open at 6:30 pm for this captivating show by a performer who has earned five GRAMMY awards, 14 number-one singles and sold in excess of 30 million records as one-half of the legendary country duo The Judds.

Miami Little Theatre Presents On Golden Pond April 22-24, 7 pm-April 25, 2:30 pm, 103 N. Main St.

Cantankerous retiree Norman Thayer and his conciliatory wife, Ethel, spend summers at their New England vacation home on the shores of idyllic Golden Pond. This year, their adult daughter, Chelsea, visits with her new fiancée and his teenage son, Billy, on their way to Europe. After leaving Billy behind to bond with Norman, Chelsea returns, attempting to repair the long-strained relationship with her aging father before it's too late.

CASA's Cherish the Children Cruise Night April 30, 6-9 pm, 103 E. Central, Suite 500

Kick off summer cruising Main! Enjoy a fun event for a good cause that supports Ottawa County's abused and neglected children. Stop by and see CASA at the Ottawa County Courthouse parking lot for music, food trucks, booths and more!

Dennis James on the Mighty Wurlitzer performing: Go West! at the Coleman Theatre May 1, 7:30 pm; May 2, 2:30 pm, 103 N. Main St.

The incomparable Dennis James will delight you as he performs on the Mighty Wurlitzer and presents *Go West*, an American silent movie starring Buster Keaton. Keaton portrays Friendless, who travels west to try to make his fortune. Once there, he tries his hand at bronco busting, cattle wrangling and dairy farming, eventually forming a bond with a cow named Brown Eyes. Eventually, he finds himself leading a herd of cattle through Los Angeles.

Dates and times are subject to change. Please call the Miami Convention and Visitors Bureau at 918.542.4435 to confirm.



May 1-2: The incomparable Dennis James will delight you as he performs on the Mighty Wurlitzer and presents *Go West*.



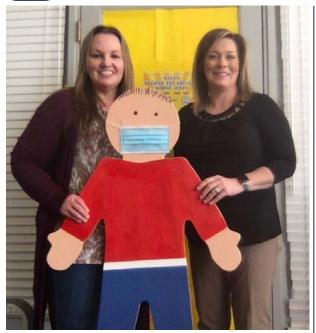
May 8 Elvis, Orbison, and Cash

May 30: Yakov Smirnov (the show so long in the coming!)



Coleman Theatre

The Coleman Theater • 103 N. Main • Miami, OK www.thecolemantheatre.org • 918.540.2425 colemantheatre@miamiokla.net SMTO Featuring Northeast Oklahoma



"CASA's Paper Doll Project features child-shaped wooden cutouts, paper dolls, to represent children who have experienced abuse and neglect."

Throughout April:

CASA Paper Doll Event displays at businesses and homes

Online auction on Facebook @casaneok

April 30:

Paper Doll displays Ottawa County Courthouse

6-9 pm, Cruise Night, Downtown Miami Voting for best-dressed paper doll



Paper Doll Project for CASA

By Kathleen Swift

CASA (Court Appointed Special Advocate) of Northeast Oklahoma program is promoting a fun event April 30 to support Ottawa County, Oklahoma's abused and neglected children.

Melissa Barnes, marketing and resource development coordinator for CASA of Northeast Oklahoma, reports, "Child abuse and neglect is a sad reality for thousands of children, and Oklahoma is no exception. In FY 2017, Oklahoma Department of Human Services reported 15,289 of Oklahoma's children were confirmed to be victims of child abuse and neglect. The categories of abuse and neglect include threat of harm, domestic violence, failure to protect, abandonment, failure to provide adequate nutrition, substance abuse and more.

"CASA of Northeast Oklahoma is a regional multi-district court-appointed special advocate program serving abused and neglected children with volunteer advocates. CASA of Northeast Oklahoma serves the district courts in Craig, Delaware, Mayes, Ottawa, Rogers and Washington counties, as well as the Quapaw Nation and Shawnee Tribal Courts. CASA is a member of the Ottawa County United Way.

"CASA of Northeast Oklahoma advocates for the children in abuse and neglect cases. The CASA movement is central to fulfilling society's most fundamental obligation by making sure a qualified, compassionate adult will fight for and protect a child's right to be safe, to be treated with dignity and respect, and to learn and grow in the safe embrace of a loving family."

To support these efforts on behalf of children, CASA is asking the community to participate in its first annual Paper Doll Project. The event will run through April and will conclude April 30 with CASA's Cherish the Children Cruise Night from 6-9 pm in the Ottawa County Courthouse parking lot.

Barnes says, "CASA's Paper Doll Project features child-shaped wooden cutouts, paper dolls, to represent children who have experienced abuse and neglect. Sponsors will 'foster' the children throughout the month of April, which is Child Abuse Prevention month, by dressing their child(ren) and displaying them at their place of business or home. On April 30th, the dolls will be displayed on the courthouse lawn for the entire day and into the evening for the public to view. The clothes that are used to dress the dolls will be donated to children in foster care at the conclusion of the event.

"There are several Child Abuse Prevention Month campaigns donors can support in our area, but the CASA Paper Doll Project directly benefits a legitimate childserving charitable organization to continue our life-honoring child advocacy services."

CASA has teamed up with other community members and organizations to host CASA's Cherish the Children Cruise Night April 30 in downtown Miami from 6 pm to 9 pm. Cruisers will be directed down Main Street and past the courthouse where food trucks, music and booths will be set up. The community is invited to stop by and vote for the best-dressed paper doll. Voting is \$1 per vote. The winner will be announced Monday, May 3, via CASA's Facebook page, @casaneok. CASA's Car Show will be the sideline for the Cruise Night. Exhibitors will be parked and displayed on both sides of Main Street, Route 66, in downtown Miami, Oklahoma.

CASA will also host an online auction throughout April via Facebook. Items included are a guitar signed by Tanya Tucker, a football signed by Barry Switzer, a baseball signed by Reggie Jackson, guitar signed by Diamond Rio, various theme park tickets, Branson show tickets and much more. Check CASA's Facebook page for updates.

If you would like to participate, you can become a sponsor by texting "Paper Doll" to 918.228.6878 or calling 918.544.6452. You may also find information at www. casaneok.org or on Facebook, Instagram and YouTube. Pre-registration deadline for CASA's Car Show is April 20.



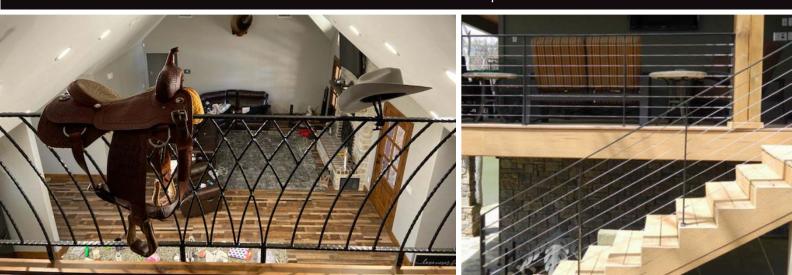
John Scorse has been providing custom metal working services to the Missouri, Kansas and Oklahoma area for many years, with his first deck railing installed in 1980.

His present company, Iron Works Steel Supply, continues providing customfabricated metal products to the region with decorative flair and a focus on products to last a lifetime.

Whether your project calls for an eye-catching entry gate, an ornate stair railing or beautiful deck or porch railing, Iron Works Steel Supply is your go-to source for stunning iron work.

Iron Works Steel Supply

58250 E. 100 Road Miami, OK • 918.540.1600



SMTO Featuring Northeast Oklahoma



Remodeled Miami Travel Information Center Ready to Showcase All the Sooner State Offers

By Don Lowe

A fter closing last fall while the state of Oklahoma completed its renovation project, a revamped Miami, Oklahoma, Travel Information Center (TIC) shared this facility's new look at an open house in late January.

"We had a great turnout with a large group of city and state leadership," says Shanda Schertz, tourism information center manager. "We also had several tourism partners and several citizens from the area. We were able to show them the newly renovated information center and tell them what services we provide."

In speaking most specifically about a couple of exciting enhancements at the TIC, Schertz explains, "With the advent of COVID-19, touchless facilities are very important, so that we can provide a cleaner and safer environment for travelers.

"The expanded gift shop allows for us to showcase the many souvenirs we carry. We are able to social distance a little better with the expansion.

"There's a new, large Oklahoma sign when you enter the parking lot, along with a plaza that has Route 66-themed metal art, which is great for selfies.

"And there's a new, sleek interior that is very inviting. We also added a great dog park and new picnic area. This is a great place to stop, rest and hang out for a while." As for how this redesign project came about, Schertz says, "The Oklahoma Tourism and Recreation Department wanted to add to the Tourism Information Center to help make it more of a destination, as well as make it a place where people can stay for a while.

"Our goal is to welcome you to the area and the entire state and point out destinations travelers want to see.

"We are also here to help with directions and many other questions that travelers may have for us when they stop to visit."

Residents of the Sooner State and visitors alike will find the TIC has a clear and focused approach, and Schertz says, "We have a great team that can help you discover all the things Oklahoma has to offer.

"Our staff can help you with planning a visit to Miami, Grove and Grand Lake, as well as Claremore and any other destination in the state. We can help you with anything from Spoonbill fishing or cruising through the state on Route 66."

Schertz is thrilled she's part of this organization and says, "Tourism in Northeast Oklahoma accounts for \$330 million in visitor spending.

"Being able to be ambassadors and on the frontlines, we are the first people visitors see when they come into our state. We are very proud to be a part of the tourism for the City of Miami, Northeast Oklahoma and the entire state."

Renovated Miami, Oklahoma, Travel Information Center Fast Facts

Location: 20 N. Eight Tribes Trail, Miami, OK

Phone Number: 918.542.9303

Hours: Monday-Friday, 8:30 am-5 pm (closed Thanksgiving and Christmas Day)

Amenities: Clean restrooms, trained travel counselors, hundreds of free brochures, visitor's guides and maps, unique Oklahoma products and souvenirs

Notable: As a key part of the renovation, Tourism Information Center Manager Shanda Schertz says an expanded gift shop includes "several great items that are made in Oklahoma. We have a large selection of toys, t-shirts, caps and some Oklahoma collectibles, such as shot glasses, mugs, keychains, etc. We also carry a large selection of plush animals, and a lot of them are animals you see in Oklahoma."









Things to See & Do

First, learn about 10 things that make Miami "Northeast Oklahoma's Corner for Entertainment, Culture and Fun." Miami is full of restaurants, shopping, entertainment, athletics and history. It's also home to nine Native American tribal headquarters and plays an integral role in the growth of tourism in Northeast Oklahoma.

Next, you'll find out what "Living the Grand Life" is all about. Grove, Oklahoma, is the largest city on Grand Lake O' the Cherokees and boasts 1,300 miles of shoreline, sparkling waters, rolling hills, a rich and colorful history, and breathtaking views all year round. Grove has been voted one of the top retirement communities in the nation countless times. Without further ado, here are 25 reasons to love Northeast Oklahoma!

Miami



in

Grab some legendary Ku-Ku fries at Waylan's - Waylan's Ku-Ku Burger is a blast from the past. This Miami restaurant is the last remaining one of the popular 1960s fast food chain. The exterior and decor have barely changed in 50 years. **Tour the historic Coleman Theatre Beautiful** - Also known as the "Jewel of Route 66," this 1928 vaudeville theatre dazzles visitors with its Spanish Colonial Mission-style exterior and Louis XV interior.

Snap a picture with "Miami's Favorite Son" Steve Owens -Visit Northeastern Oklahoma A&M to see a statue of 1969 Heisman Trophy winner Steve Owens. After graduating from Miami High School, Owens went to the University of Oklahoma and won the Heisman Trophy. He then played six years in the NFL for the Detroit Lions before an injury ended his career.







Have a picnic and enjoy the history in Celebrity Park in the Coleman Pocket Park - This serene pocket park outside the Coleman Theatre has a fountain and benches and features six famous locals on the Wall of Fame.

Take a selfie in the new #Route66 Plaza at the Miami Travel Center - This site has become a popular pitstop for travelers on Route 66.

Drive around downtown Miami and vote on your favorite mural - Downtown Miami is bursting with color. Cruise the city and check out over 20 murals by local artists.

Discover treasures and rich history at the Dobson Museum - Learn about Ottawa County history, including mining, military, Native American life, famous residents and more.

Buy tickets to an event at the Coleman or at one of 13 area casinos - There's endless fun and entertainment to be found in Miami. Whether you want live music, comedy or a theatrical production, there's something for you!

View the Tribal Flag Plaza and Odin statue on the NEO campus ... row Norse row! - While you're at NEO A&M, visit two special monuments on campus. Tribal Flag Plaza stands in celebration of Indigenous people, and the iconic 40-year-old Odin statue is a symbol of the college.

Travel historic Ribbon Road south of town - Just outside Miami is the last section of the original nine-foot-wide "Ribbon Road," which is listed as an Oklahoma National Historic Landmark. Although a part of the Historic Route 66 Highway, this section predates Route 66, having been built in the early 1920s and was part of the original Ozark Trail Highway before that.

Grove's Wolf Creek Park - A world-class fishing tournament facility with ramps for lake access and an all-new swimming beach.

Grove and Grand Jake

Sail Grand at Monkey Island - Offers a variety of rentals for boating and watersports fun, plus the only parasailing in Oklahoma!

Grand Lake Queen at Grove's Royal Bay Marina - Oklahoma's only riverboat offers sightseeing trips during the summer months.

World-class Fishing - Known nationally as a top largemouth bass fishery, Grand Lake also offers great crappie and catfish fishing opportunities plus truly world-class spoonbill fishing.

Shangri La Resort - Amazing resort, golf club, marina and - new for 2021 - The Anchor activity park!

Grove Springs Cultural District - Grove's downtown area has been revitalized and offers numerous shops, galleries, restaurants and activities.

Grand Lake State Park - With areas in Grove, Bernice, Twin Bridges and South Grand, this state park offers excellent camping and lake recreation.

National Rod & Custom Car Hall of Fame Museum - This 40,000-squarefoot museum features over 50 custom-built, exotic vehicles by worldrenowned custom car builder Darryl Starbird, among others.

Second Kick Cycle Works Motorcycle Museum - In downtown Grove, this museum offers a collection of vintage and antique motorcycles from the 1930s to the 1980s.

Har-Ber Village - A pioneer-era village and history museum on the shore of Grand Lake with wonderful hiking trails.

Lendonwood Gardens - An eight-acre botanical garden with an amazing collection of rhododendrons, daylilies and dogwoods.

Pensacola Dam - An icon of Grand Lake, the dam is on the National Register of Historic Places and, when possible, offers free tours from the GRDA Ecosystems & Education Center in Langley.

Monkey Island Winery & Royal Horse Ranch - Grand Lake's only winery and horseback riding - all at one location on Monkey Island!

Oasis Animal Adventures - An animal adventure encounter where you can experience the joy of getting to know and learn about some incredible animals.

Grove is Ranked as Oklahoma's #1 Retirement Community - Grove is the place where lake life meets small-town charm and hospitality, but with big-city amenities, too. That's why it's continually ranked among the top retirement communities in the nation.













Grand Country Lakeside RV Park 55015 E. 270 Rd., #163 • Afton, OK 918.314.9508 • www.grandcountryrvpark.com

RUSTIC RELAXATION...The Grand Country is an adult (ages 40-plus) RV park with a park-like setting, gentle slope to the lake and RV spaces overlooking Grand Lake. It's a friendly and mature park that ensures the opportunity to de-stress. Monthly sites starting at \$225/month plus electricity. Daily, weekly, monthly and annual spaces available.



Musuma Medical Spa, PLLC 2084 S. Main St., Grove, OK • 918.964.7071 www.musumamedicalspa.com

Kammie Caldwell, MD, and Kim Buffalo, RN, of Musuma Medical Spa, PLLC, love to help people look and feel their best. They specialize in bioidentical hormone replacement therapies; quality products for the skin; Bellafill injectors, Botox, Dysport, Xeomin, Juvederm, Radiesse, Restylane and Belotero; lifting facial/neck skin tissue with PDO threads; microneedling with PRP; IPL photofacials; dermal peels; microdermabrasion; and laser hair reduction. Call to make your appointment today!



Lendonwood Gardens One mile west of Main St. on Har-Ber Road 918.786.2938 • www.lendonwood.com

Don't miss the springtime colors of Lendonwood Gardens, an 8-acre botanical garden in Grove. You'll enjoy beautiful azaleas, rhododendrons, daylilies, dogwoods, peonies and more! Stop by the Oklahoma Garden for regional plant ideas, and check out the Japanese Pavilion overlooking the Koi pond. You'll see why Lendonwood offers the perfect backdrop for weddings, photography and special events. Open year-round from dawn to dusk. Make a date to visit Art in the Garden Saturday, May 1, when area artisans display and sell their works along Lendonwood's winding pathways. Interested exhibitors should call Lendonwood to reserve space by April 24 at 918.786.2938.



On Target Guns, Bows & Range 1638 US Hwy 59N • Grove, OK • 918.787.2697 www.ontargetgunsbowsandrange.com

On Target is a gun and archery store with indoor ranges and even a grill. On Target offers a good selection of clothing, targets, blinds, along with a large selection of guns and ammo. They carry everything you need for archery and offer bow tuning and repair. Shooting range for both bow and gun. They have made Grand Lake their home for more than 30 years. Come in and see Rob and Tyler and the rest of the family, and for an added bonus, you may get to hear some great hunting and shooting stories.



The Muddy Pearl 414 E. 3rd St. • Grove, OK 918.787.6900 • www.themuddypearl.com

The Muddy Pearl was created by a family with the mission of providing timeless and stylish clothing for all women. New owner Holly Hofschulte says she promises to make this her mission, as well.

"I believe any woman, no matter the age or budget, should feel beautiful and comfortable in the clothes they purchase. We offer everything from clothing to purses and other stylish accessories to home décor, and Naked Bee and Tyler Candle Company products. You may come in a stranger but will feel like family when you leave.



Goodfella's Pizzeria Grove • Miami • Vinita • Cleora www.goodfellapizza.com • facebook.com/goodfellapizzeria

Goodfella's is a family-owned pizzeria with locations in Grove, Miami, Vinita and Cleora. Voted Best of the Best, Goodfellas not only cooks up the best pizza in town but also specializes in calzones, subs, salads, and their giant chocolate chip cookie cake is a big hit. Their most popular pizza is The Boss, but with pizza names like The Gangster, Hoffa Buried in Cheese and Bada Bing, you'll feel like a boss. They even offer a gluten-free crust. Dine-in, carry-out and delivery.



Note-Able Outdoor Living 4600 US Hwy 59 N. • Grove, OK • 918.801.2726 www.Note-Able-workshop.com

Note-Able Outdoor Living is your one-stop shop for comfortable and durable outdoor furniture that will last many years. Stop in and see Ken and Myra Noteboom to see the wonderful selection of Amish-made Berlin Gardens Poly-Tuf outdoor furniture, Hatteras hammocks and swings, Lovin'Flame fire pits and fire tables with elegant breeze-resistant, odorless, clean-burning flame, and the environmentally friendly Big Green Egg.



Har-Ber Village Museum 4404 W. 20th St. • Grove, OK Email: Info@HAR•BERVILLAGE.com www.HAR-BERVILLAGE.com • 918.786.6446

A visit to this quiet lakeside village will take you on a nostalgic journey into the past. Har-Ber Village Museum celebrates the bygone era of pioneer life in Oklahoma. Multiple log cabins house eclectic collections of antiques, and frequent living-history demonstrations bring the times alive for visitors. Remember the past, celebrate the present, imagine the future! Open the third Saturday in March through the first Saturday in November. Hours 9 am-3:30 pm, closed Tuesday and Wednesday.



ntroducing 10 impeccable products from 10 creative minds in the Four States. These 10 small businesses began with dreams and ideas that with hard work, have turned into thriving businesses. You'll find products that beautify your skin, hand-made chocolate and beautiful quilts. There are nostalgic tees, hand-crafted mugs and precision-forged products for home and business. You'll find furniture and hangings to bring joy and color and beauty into your home. Read about the impeccable goods that are created and sold right here in our area that can brighten your life.

924 Collections

What started as a hobby many years ago has turned into a small business venture for Treva Wallace.

"I saw door hangers at craft shows and decided to make one for myself. I posted a photo online and started getting orders. I started my business in 2019, and the whole family pitches in. We are a family team that makes door hangers, porch signs and other home decor," said Wallace.

Wallace makes hangers on both round and square boards, and even has a bunny door hanger for Easter. She can also make door hangers that are guest books for people to sign at weddings and then hang on their wall along with their photos.

Her work is at Paint Chips and Glitter Boutique in Webb City, Missouri, or find her on Facebook. You can also call 417.437.0300 or email her at the924collections@yahoo.com.

Alchemist Haven

Angela Harris owns Rejuvenation Therapeutic Massage and started Alchemist Haven Elementals. She created Aphrodite's Glow as part of a gentle skin care regimen for anti-aging.

"As a massage therapist, I hear so many people's needs for their skin. I formulated Aphrodite's Glow to be kind to every skin type, from the most oil prone to very mature. You will be pleased with results you see after the very first use," said Harris.

"Aphrodite's Glow is a combination of key oils, Vitamin C and hyaluronic acid to replenish, renew and fortify skin against the harsh elements of this world. Aphrodite's Glow seemingly turns back the hands of time."

Find Aphrodite's Glow at Rejuvenation Therapeutic Massage, 430 South Pearl, Joplin, or call 417.529.7436. Find it at www.alchemisthaven.com and on Facebook at Alchemist Haven and at Empire Market in Joplin.





Back to Beauty™ Anti-Wrinkle Head Cradle

elene Sheeler-Johnson is the inventor of the Back to Beauty™ Anti-Wrinkle Head Cradle beauty pillow.

"I was a stomach and side sleeper, and even as a teenager would wake up with bags under my eyes from sleeping face down.

"I tried to create a way to cradle my head and neck while sleeping on my back to reap the benefits of keeping pressure off my facial skin.

"No back-sleeping pillow on the market gave the support I was looking for or kept my face from being touched and smashed during sleep. After seeing studies confirming the importance of back sleeping for wrinkle prevention, I began working directly with a textile manufacturer to bring my concept for the Back to Beauty pillow to life.

The pillow is available locally at Derma Tech in Joplin and ships free from Etsy or Amazon. Learn more at www.BackToBeautySleep.com.

Candy House Gourmet

or over 50 years, Candy House Gourmet has made quality, gourmet hand-dipped chocolates.

Kayla Koff said, "We make chocolates for any occasion or no occasion at all. During this past year, we have found that people are wanting to give gifts just to make someone's day. Our chocolates provide comfort and are a special indulgence everyone can enjoy. In addition to our chocolates, we also carry a line of other candies, too. We have something for every taste."

Candy House Gourmet is open for in-store purchases and provides curbside pickup, local delivery or shipping from coast to coast. You can phone in your order and talk to a real person who can help you find just the thing to satisfy your sweet tooth or to give as a thoughtful gift.

Find Candy House Gourmet at 510 S. Kentucky Ave., Joplin or on Facebook. You can call them at 417.623.7171.





Dana Parker Quilts

Dana Parker began quilting in 1981 using what are now considered archaic methods of doing all the stages by hand.

"Over time, new tools and magnificent machines simplified the quilting process from start to finish.

"Creating a quilt all by hand is extremely time-consuming, so I invested in a longarm quilting machine. I learn something new every day, whether it be a new technique or how to fix a problem. My hope is that the people I quilt for will love their quilts as much as I enjoy quilting for them.

"Every quilt tells some kind of story, and I love imagining those stories as I quilt.

"In 2016, I created a quilting group, the Medella Quilters, that provides homemade quilts to those who may need a little extra comfort in dealing with whatever challenges they may be facing," said Parker.

Contact Dana Parker at 417.825.3405 or at joplinqofc@gmail.com.

Daria Claiborne Mugs

Daria Claiborne has created pottery mugs for over 20 years and has found it to be both challenging and rewarding.

"What better way to promote your business than with a personalized mug? To create a mug, I first need a logo, then I contact a dear friend who has a 3-D printer to make a stamp, and from there I create a personalized add-on, which I attach to the mug. Once the mug has its handle and attachment secured, I work on the colors on the logo.

"This Downtown Joplin mug is my third endeavor with personalized mugs. I firmly believe in being a part of local art communities. I'm a member of The Market Artisans with Empire Market, so Empire Market mugs were my first endeavor with personalized mugs. I'm also a member of Pittsburg's ArtForms, so ArtForms has its own mugs now, too," said Claiborne.

Contact Daria at daria.claiborne@gmail.com or find her mugs at Empire Market.





Forged Waterjet Fabrications

Forged Waterjet Fabrications is a small business owned by Megan and Josh Long that provides precision waterjet cutting services to industries, businesses and the public alike.

"We customize each project to meet our customer's vision. We can custom cut parts and designs from necklace charm size up to 10 feet and out of ANY material up to 7 inches thick. In addition to waterjetting, we offer additional machining services, welding, bending, engraving, UV printing, vinyl and powdercoating.

"Forged services are perfect for machining, signage, awards/medals and displays, decor, stage design, community art projects, stone and tile creations, donor walls, sports fan gear, wedding decor, jewelry and personalized gifts.

"All of these are produced from the most environmentally friendly machining process using minimal energy resources and without using heat and/or chemicals and with the ability to recycle all materials," said Long.

Contact Forged Waterjet Fabrication at forgedwaterjet.com or call 417.793.5744.

Gertie Lou Vintage Co.

Gertie Lou Vintage was founded by Adriane Baker and Delissa Dodd, two friends born in the wrong era. After meeting, they quickly realized they had a mutual appreciation for all things vintage.

"Gertie Lou Vintage Co. was born with the idea of creating t-shirts with vintage imagery. Being founded in Joplin, Missouri, made the city the logical starting point to be represented through these images.

"The goal of Gertie Lou Vintage Co. is to create products that spark memories of the past. When people don't pass on their stories and experiences, their memories are lost. Boxes of photos sit in the closets of our grandparents. Those photos contain the stories of our ancestors, the stories that we need to preserve to share with the future generations," said Dodd.

Purchase items at gertielouvintage.com and at Blue Moon Boutique, downtown Joplin. www.bluemoomjoplin.com.

Hand Crafted by Shelby Anderson



Shelby Anderson creates beautiful wooden wall hangings.

UTHWEST OF S

"I'm a mother of three who found a hobby in woodworking. I come from a very creative family of women who have taught me that I can do anything I set my mind to, even if it's a man-based field. I first saw wooden wall hangings online and decided that I could do that, too.

"Creating new art for clients is a passion of mine. I can make any pattern in almost any size. I have made and 8 foot by 3 foot hangings for metal house numbers, and with my lathe and other power tools, I can create most any size or pattern for my customers. The hangings can be painted or stained or left in the natural wood tones."

Contact Shelby Anderson on Facebook at Hand Crafted by Shelby Anderson or call 417.758.3479.

Harrison Creek Creations

Jack Divine has been a woodworking hobbyist for over 30 years. He focuses on creating one-of-a-kind pieces of functional wood art.

"The past work of cutting shapes has given way to finding original shapes in the woods and making minimal changes. Gathering and assembling sticks, burls and stumps, I craft the pieces into unique, live-edge coffee tables, end tables, hall trees, benches, dining tables, conference tables and sofa/entry tables and other home furnishings and decor. Nearly all pieces are from downed, storm-damaged trees. Combining a slightly rustic look with a highly refined finish and an occasional splash of color is my preferred style.

"I have participated regularly in regional juried art fairs including the Annual Bella Vista Art Fair in Arkansas. In addition, I have sold and shipped pieces all across the U.S."

Divine's work is currently on display at Cherry's Art Gallery in Carthage, Missouri, and the Rusty Moose Lodge Furniture Store in Springfield, Missouri, or call 417.451.6108.



Kayla Branstetter's art is inspired by giving a voice to the voiceless

Creative



By Savanah Mandeville

Kayla Brandstetter loves telling stories.

When the resident of Purdy, Missouri, finds time between juggling teaching and motherhood, she can often be found pursuing her passions for writing, painting and photography.

Despite her busy schedule, Kayla finds time to create because she finds inspiration all around her.

"I feel photography, writing and art are interconnected because they're all a form of storytelling," Kayla said. "I love telling stories because our experiences and our tragedies, although they are different, they are what connects us as humans."

Kayla's first love is writing, and she teaches English and creative writing at Purdy High School and English composition at Crowder College. She began painting in 2018 while working toward a degree in art, literature and culture from the University of Denver.

"I had a final where I had to create three art pieces. I submitted three acrylic paintings to the professor as my final and decided to go ahead and submit them for publishing. I received an answer back relatively quickly from a journal in Chicago called *The Esthetic Apostle*."

Encouraged by that experience, Kayla continued to paint and study art history in her free time. She was immediately attracted to abstract expressionism, most notably Jackson Pollock, whose influence can be seen in several of her pieces.

Soon, Kayla's inspiration shifted from textbooks to the world around her -- her children, her students and current events. She began using art as a means to speak out about injustice and contribute to social and political conversations.

In 2018, she created a piece on children's rights called "Innocence" that was selected to go on tour for six months as part of the North Dakota Human Rights Arts Festival.

"When I saw children being detained at the border, I created a piece as a reaction to that coupled with inspiration from my own experiences as an educator and struggling with the finite power I and caseworkers have to help students dealing with situations at home."

Kayla has also taught Dreamer students, or immigrant youth who qualify for the Development, Relief and Education for Alien Minors (DREAM) Act. She has seen their struggles firsthand. For instance, even as permanent residents, Dreamers often cannot qualify for financial aid and must pay international tuition rates, which is usually three- to four-times higher.

"When you hear the stories from Dreamers, it truly breaks your heart to learn about the chaos their families have gone through and that they're still enduring here."

Her pieces "Chaos," inspired by Dreamers, and "Excuse Me," which deals with sexual assault, were also selected for the North Dakota Human Rights Arts Festival in 2019 and 2020, respectively.

Following the murder of George Floyd, Kayla took a break from creating and turned toward education. In order to learn how she could be a better ally in the Black Lives Matter movement and better understand systemic racism, she read *Caste* by Isabel Wilkerson and *Just Mercy* by Bryan Stevenson.







"I love telling stories because our experiences, our tragedies, although they are different, they are what connects us as humans." --Kayla Branstetter

"One of the first pieces I made for 2021 is called 'Caste,' inspired by the book and racial issues in the US," she said.

Her work has been recognized by the *Crowder Quill*; the Light & Space "All Women" exhibit; *The Paragon Press-Echo: Journal of Creative Nonfiction;* 805+; *High Shelf Press; The Esthetic Apostle; the Gyara Journal; Fredericksburg Literary and Art Review.* Most recently she has had two paintings featured in an exhibition in Milan, Italy and is receiving an art award from Rome, Italy.

When she's not teaching or hard at work in her studio, Kayla's favorite thing is playing with her daughters Berlin, 7, and Leigha, 1. As a family, they like painting, cooking, watching musicals and going on family trips.





4

Your House... Your Home

By Holly Hukill, Certified Interior Decorator C.I.D.

Pretty and TASTY Home Gardening

My diet consists of 5-7 servings of vegetables and fruits per day. With more people looking to eat healthier, the trend to grow your own fruits and vegetables is hotter than ever. You do not need to have a lot of space to grow some of your own organic fruits and veggies. You can grow many things in pots on your back porch or in a small area of your yard in raised beds.

For some of you, this may be new territory. You can find a lot of good information at your local nursery. They will also have a higher-quality selection of plants and seeds. Do some research to make sure it is the right time of year for the plants you want to grow. I recommend a great starter book such as the *The Backyard Homestead*. There are several books written by this author that take you step by step on how to turn your yard into a useful area for all types of edible plants such as fruits, vegetables and herbs.

Growing vegetables in pots is a simple way to start gardening. Get some simple terracotta pots, some good organic soil and small organic plants, and you are ready to get started. You will need to place the pots where they will get several hours of sun a day and keep the soil moist, but not soaking wet. Place a small stone over the hole in the bottom of the pot to keep all the soil from coming out. I also like to keep a small terracotta plate under the plant to help catch the runoff. The plants pictured here are grape tomato plants, Poupila pepper plant, lemon eucalyptus, bay leaf and sweet pepper plants. To keep these organic, do not spray the soil or the plants with chemicals.

Raised bed gardening can make life much easier on your back. Build your raised beds from natural, untreated wood. Or, you could recycle some old bricks you might have lying around to build small, raised garden beds. Some community gardens even use large metal containers or cow troughs. Make sure to use some type of trellis or stakes for your plants that need support, like larger tomato vines.

And since we want our pots or raised beds to look pretty, plant some beautiful and useful flowers next to your veggies. Some plants that you can plant alongside your vegetables that will help keep bugs away are lavender, marigolds and lemongrass. They are beautiful as well as useful.

Some more general ideas for your garden:

- Place fabric between the beds and add small pea gravel or wood chips on top for a walking path.
- This will cut down on the need to pull weeds between the beds.
- String a drip water line into your beds to help with watering.
- Use large water barrels to catch rainwater, and use that to water your beds.
- Fence any areas where you might have rabbits or deer munching on your veggies.
- Use mulch around the plants to help retain moisture and cut down on the need to pull weeds.
- Small fruit trees can be beautiful as well as edible.

Involve your children and grandchildren in gardening. Children love to eat things they help grow, and the activity of playing in the dirt and pulling weeds is good for them. I hope you will give home gardening a try. I know I will be working on some raised beds in my yard. Gardening can by pretty and tasty!





By Savanah Mandeville

Earth

stAni

Happy Earth Day, Four States!

Earth Day is April 22, and there are so many ways you can get involved to help advance the Earth Day 2021 theme: Restore Our Earth.

EarthDay.org has selected five campaigns to support this year's theme. They are The Canopy Project[™], an organization that plants trees all over the globe; Foodprints for the Future, an initiative to fight climate change with diet change; The Great Global Cleanup[™], a worldwide network of volunteers who work locally to clean up pollution; Climate and Environmental Literacy, an EarthDay.org campaign focused on giving students around the world high-quality education to help them develop into informed and engaged environmental stewards; and The Global Earth Challenge[™], which uses a mobile app to collect billions of environmental observations from citizen scientists. Like all powerful movements, the push for change starts at home. Here are some ways you can get involved locally to help Restore our Earth!

Eat an All-Natural Diet

Inspired by Foodprints for the Future, choosing to eat an all-natural, locally sourced diet helps the environment by reducing impacts associated with growing, producing, transporting and storing food. In Joplin, you can find all-natural foods at any of our local farmers markets or at health food stores like Suzanne's Natural Grocers and Fox Farm Grocery.

Plant a Tree

Did you know trees help stop climate change by removing carbon dioxide from the air, storing carbon in the trees and soil, and releasing oxygen into the atmosphere? Inspired by the global Canopy Project, you can plant a tree in your own backyard (literally!) and contribute to the cause. Visit one of our many local garden centers to find your tree or call the Joplin Parks & Recreation Department to learn more about the benefits of trees to the environment, mulching information, tree selection and care tips.

Keep Your Community Clean

Inspired by The Great Global Cleanup[™], you can do your part to keep Joplin clean by joining the Downtown Joplin Clean Team. You can find them on Facebook to learn about upcoming meetings.

Become a Citizen Scientist as Part of The Global Earth Challenge™

In citizen science, public volunteers contribute to scientific research. Through the Global Earth Challenge[™] mobile app, anyone can contribute to the conversation. Currently, GEC is seeking to understand how insect populations like bees are changing. You can contribute your own data on bees or support research on air quality, plastics and food security any time.



Educate Yourself and Others

Inspired by the Climate and Environmental Literacy campaign launched by EarthDay. org, you can learn about local wildlife and environmental issues at the local level by following Wildcat Glades Conservation & Audubon Center and George Washington Carver National Monument to find out about educational programs and courses.



How to Plant a tree on ARBOR DAY (or any other day!)

By Gayl Navarro • Photos by Tera Miller

Nationally, Arbor Day is observed on the last Friday of April, although individual communities may celebrate on different days. The celebration began in Nebraska in 1872 and is now observed in all 50 states, and, in fact, around the globe!

Trees are a valuable resource for sustaining life on this little blue marble of ours. They give us oxygen, food, lumber, housing for animals, they clean the air and are critical in holding off global warming. That's quite an important job, huh?

So why not celebrate that quiet king of the forest by planting your own oxygen factory right in your yard? I'm here to tell you all about how to successfully do it!

Trees are sold to homeowners in three different forms; bare root, containerized and Balled and Burlap. All three are basically planted in the same manner, and here's how:

You have a tree and you find a place in the yard that gets at least six hours of sun a day.

You make sure there are no power lines in the vicinity of the future tree crown (top). Make sure your new tree has plenty of room to grow without crowding your house or other buildings. "Right tree, right place!"

You'll call Dig-Rite if you are planting a Balled and Burlap tree or if you think there are buried cable, gas or electric lines where you want to dig.

You dig a hole that is twice as wide as your tree roots, container size or root ball, but not quite as deep.

You'll find the root flare of the tree; loosen roots (in the case of a container tree) and place that tree in the hole with the root flare a little ABOVE ground level. (If you're planting a Balled and Burlap tree, you'll need equipment to set your tree.)

You'll backfill the hole you just set the tree in with the same soil you dug out of it. No need to amend the soil, please. You'll tamp the soil down, making sure there are no air pockets in the hole.

You're going to water that tree in that hole really well. And, you're going to want to use root stimulator to help ease the transplant shock for that tree. If your tree is planted in a windy area, you may want to stake it, but only for one year.

Now, you'll want to mulch that tree to help keep the soil you just dug up from drying out quickly and to keep grass and weeds away. Mulch is also useful to keep mowers and weed eaters away.

That precious tree will need to be watered faithfully for at least the first year so the roots can get established. Apply your handy root stimulator once a month if you want to be really successful!

Now, don't you feel good about yourself? You've just done your part to slow global warming and have given a gift to the generations to come.

You're always welcome to direct your tree questions to us out here at Ozark Nursery. We're glad to help you succeed.







Lend a Hand to Reversing the Trend

Field notes and photos by Jeff Cantrell

Well, unfortunately, the news is not good; the winter monarch butterfly population continued to drop this past season (over 20 percent). The world is in danger of losing the migration phenomena that has captivated people's inspiration for generations upon generations. Concerned citizens can reverse this decline and save the marvel of fall migration and all the important ecological connections. I have been fortunate enough to see and hear the flutter of 60,000 monarchs readjusting from a February refuge, and it is remarkable. Here at home, it is just as amazing to see, for example, Aurora's or St. Mary's first graders investigate eagerly the butterfly lifecycle on the grounds of Shoal Creek Conservation Education Center.

Favoring all kinds of open habitats, the monarch butterfly is perhaps the most recognizable butterfly of all our encounters. Monarchs have long captured people's attention with their slow flap and gliding flight, easy to observe lifecycle and stunning fall migration.

The species is an ideal study subject we hope to draw into our backyard and schoolyard's outdoor classroom and is perhaps a student's target for investigation on prairie or glade field trips.

Joplin City Parks and Shoal Creek Conservation Education Center naturescaped flowerbeds featuring desired butterfly nectar sources, and the specific host plants of selected milkweed species will be a 2021 destination of monarch recovery. A destination visited by individuals of the gradual northward migration in the early spring or by scores of adults spinning off from the loose flocks of hundreds and

Monarch Conservation Helpful Tips: Jeff's Simple Starter Suggestions:

- For the simplest of monarch gardens, plant a native milkweed, native aster and native mint. Add an heirloom zinnia or Mexican sunflower for extended blooms if you wish.
- No pesticides in the direct area of and adjacent to a pollinator garden.
- Encourage teachers to study lifecycles outside and not indoors from store-bought insects.
- Inspire parents and grandparents to support nonfiction nature reading.

Behavior and life history selected facts:

- Female monarchs may lay eggs directly after the first mating.
- The female may lay eggs in areas well distanced apart.
- Four or five generations of butterflies occur during the yearly cycle from Mexico to the summer grounds and back.
- Compound eyes help them find the native asters and other nectar sources, but it is their feet that taste the sweet nectar.

often thousands of migrators heading toward one of only a dozen mountain areas of Central Mexico this coming late September/ October. As native sources of nectar flowers and host plants become scarce, butterfly waystations, such as people's gardening for monarchs and other pollinators, become progressively vital to the population's existence. Thus, school and home pollinator gardens have the potential of making a major contribution to conservation.

Please feel free to contact Jeff or the Shoal Creek Conservation Education Center for upcoming naturescaping and butterfly virtual programs and native plant sources at Jeff.cantrell@mdc.mo.gov.



By Larry Whiteley Bass Pro Shops Outdoor World Radi

A QUOTE ABOUT SPRING

"Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love."

- Chief Sitting Bull

THANK YOU, GOD, FOR APRIL

April is God's gift to us after a long, cold winter we didn't think would ever end. I think he gave us a few weeks of Alaska-type weather just to remind us who is in charge and so we would appreciate April even more.

April is the sounds of peeper frogs and whip-poor-wills. Birds greet you with song as you enter their world. Buckeye trees are leafing out and serviceberry, or sarvisberry trees as some people call them, are showing off their white blooms. Dogwood and redbud trees and their showy colors will follow. Wildflowers begin popping through the dead leaves and so do morel mushrooms.

April is turkey hunting time and your heart beating faster as a big old gobbler comes into your calls. April is limits of crappie, white bass and walleye. It's matching the hatches on a trout stream. It's big bass and battling smallmouth. April is floating a river, enjoying hiking trails and pitching a tent at a campsite.

Thank you, God, for April!

TURKEY TRUTH

As many turkey hunters know, a turkey has excellent vision. Because its eyes are on the sides of its head, the turkey has periscopic vision, which allows it to see objects that are not in its direct line of vision. By rotating its head, the turkey has a 360-degree field of vision. And, they can see you scratch an itch, blink or even take a breath. Good luck to all us turkey hunters. We're going to need it.

WHEN OUR LIVES CHANGED

It was about this time last year that we started realizing here in the Midwest that this virus thing called COVID-19 was getting serious. We started hearing about it in January, but a lot of us weren't worrying about it too much. President Trump declared a national emergency March 13, and our world changed.

Those of us who had out-of-state fishing or turkey hunting trips planned had to cancel them. We still went turkey hunting and went fishing but stayed closer to home. We practiced our social distancing and wore our masks, as we still do. Campgrounds and state parks closed and so did conservation department offices. Fishing tournaments were canceled. Outdoor stores where we went to buy what we needed were closed, so we shopped online. All that is gradually turning back to some normalcy.

I pray for those who have lost loved ones to the virus as well as those who lost their job or their business. I thank our health care workers, first responders and teachers for what they have been through and are still going through.

My personal feeling is that life will never be like it was before, but we will adjust. I do think it has helped people appreciate our great outdoors even more than we already did. The virus also helped many others who had never really been an outdoors type person discover and appreciate the outdoors, as well. The outdoors has been the escape we all needed during this time when our lives changed.

DITCH THE SCREEN

I recently read an article by a friend of mine from Texas in *Hook & Barrel* magazine. In it, he said it seemed to him so many of our country's problems seem to come from too much social media: The division in our country, the hate, the addiction to social media and the tremendous amount of time lost while doing social media instead of paying attention to things that matter, like our kids and people we love.

I totally agree with him. I know I'm not nearly as addicted as some people, but I still catch myself looking at it too much and reading things on news alerts or a Facebook message about some political crap that gets me mad and raises my blood pressure. There is plenty of evidence out there that warns us of the dangerous human impact of social networking. I, like him, would rather thumb through a magazine like this one or a newspaper that bring words to life rather than watching it on YouTube.

So, like he did in his article, I challenge you to "Ditch the Screen." Do it for a week, then try it for two weeks, and keep on going. Generations survived without it, and we can, too. Find your humanity again. Your stress levels will fall. And, you will find gratefulness for what you have rather than resentment and anger, jealousy and envy from looking at other people's "Instagram life," which is only what they want you to see through a filter.

Besides, folks, it's spring! You should be out getting ready to hunt turkeys, going hiking and camping, or on a boat reeling in fish! So, do yourself a big favor and "Ditch the Screen."

SOMETHING TO THINK ABOUT

How can we be free when we are prisoners to social media, in a world without privacy? How can we be free when our every movement is tracked and every conversation is recorded and can easily be held against us? How exactly are we free if we are tethered to our cell phones?



SPRING FISHING

Spring is here, and the fish are hungry. Getting out there and fishing for them is a great escape. There are memories to be made, whether it's a big fish, a kid's first fish or beautiful sunrises and sunsets. It's pretty hard to worry about anything when you're out there fishing.

BE PROUD OF WHO YOU ARE

Hunters and fishermen have championed clean water and air, prevention of soil erosion and healthy forests, conservation of our natural resources, and preservation of our fish and wildlife long before the current environmental and conservation movements became popular. If you are a hunter or angler, be proud of who you are.



A faith-based, not-for-profit organization, Spring River Christian Village is deeply committed to the well-being of all its residents and their families. Spring River Christian Village has provided superior care and services as a senior living facility for over 30 years in the Joplin community.

Spring River Christian Village associates have a heart for helping others, and they can't imagine doing anything else.

"We are very proud of how strong our team has become over the last year," said Shenan Thorn, human resources director. "We've always been a family, but we have grown closer and are more appreciative of each other now."

Spring River Christian Village provides all levels of care, including independent living, assisted living, assisted living memory care, GracePoint Short-Term Rehabilitation and skilled long-term care. They also partner with local community organizations to provide social interactions that are valuable for maintaining connections and health to their residents.

"Our creative partnerships are essential! They help residents get involved and remain an important part of their communities," Shenan said.

Spring River Christian Village is growing and will continue to grow in the Joplin community serving residents and families.

Pictured above, left to right: Laura Davis, Assisted Living CNA; Carla Naylor, Assisted Living CMA; Casey Martin, Assistant Director of Nursing, RN; Lindsay Boman, Resident Services Director, LPN; Melinda Dhar, Receptionist; Shenan Thorn, Human Resources Director; Nikki Martin, Healthcare CNA; and Anna Moore, Wellness & Lifestyles Director.



Spring River Christian Village

201 S. Northpark Ln. • Joplin, MO • 417.623.4313 www.christianhorizonsliving.org/locations/spring-river-christian-village

We teach, we heal, we discover, we care.

Joshua Ball, MD • Frank S. Kim, MD • Gulshan Uppal, MD Anna M. Wojcicka-Mitchell, MD, FAAN • Joshua Williams, MD Cheryl Fogarty, MD • Andrew Nelson III, MD Tara Moore, DO • Byungsoo Ko, MD

EE

Joshua Ball, M.D. FHS Radiology "My goal is to put patients at ease, do a good job for them and not add any unnecessary stress to their healthcare journey."

Dr. Joshua Ball is an interventional radiologist dedicated to helping patients at Freeman Health System where he also serves on the board of directors. Dr. Ball interprets various diagnostic studies such as x-rays, ultrasound studies, CT scans and MRI studies. He also helps diagnose various conditions by performing biopsies.

Dr. Ball knew he wanted to be in the healthcare industry since high school but always thought he would go into pharmacy or some other allied health care field. When he shadowed some physicians after his first year of college, he fell in love with the diagnostic studies part of medicine. A native of Southwest Missouri, Dr. Ball graduated from Cassville High School and went on to Drury University. He attended University of Missouri-Columbia School of Medicine where he graduated summa cum laude. His family moved to Joplin from Columbia just five days after the Joplin tornado, and Freeman has been his home ever since.

Dr. Ball attributes the love for his job to Freeman and the staff that surrounds him.

"I get to work with the most talented staff and other physicians in the country – and I truly mean this," said Dr. Ball. "When I interact with our patients during a procedure, discuss a challenging case with one of our physicians or find a mass on a CT scan that needs to be addressed, I know that I am so blessed and fortunate to be here and play a role in the increasingly complex medical field."

While most of Dr. Ball's patient interactions are brief and singular, he values the time to be a positive part of his patients' care with kind, honest and sometimes funny humor if the situation allows.

"My goal is to put patients at ease, do a good job for them and not add any unnecessary stress to their health care journey," said Dr. Ball.

Dr. Ball spends his free time with his children. A proud father, Dr. Ball is blessed they are able to group in a wonderful community like Joplin.

FREEMAN Health System Radiology

JOSHUA BALL, MD

Freeman Radiology 1102 W. 32nd St. • Joplin, MO 417.347.3588 • www.freemanhealth.com "By offering minimal invasive heart valves with the latest technology, we are able to offer our patients an improved lifestyle much more quickly."

A cardiologist at Freeman Health System, Dr. Frank S. Kim works with patients to prevent heart disease and treat pre-existing cardiac conditions to reduce the risk for adverse cardiac events. Dr. Kim has also pursued further training as an interventionalist, which means he does invasive procedures like angioplasty and stenting.

Dr. Kim has been with his team at Freeman Heart & Vascular for over two years. He chose Freeman because he wanted to practice in a place that not only provides support to the team but is also on the leading edge of the latest technologies.

"Along with the Freeman organization, we are adapting to new ways of doing surgery, therapy and overall wellness," said Dr. Kim. "By offering minimal invasive heart valves with the latest technology, we are able to offer our patients an improved lifestyle much more quickly." As an interventionalist, Dr. Kim has saved innumerable lives. His greatest motivation and joy are seeing patients make a full recovery.

"There's really nothing like having a patient who is in great distress, suffering a major adverse cardiac event like a heart attack, and being able to intervene and watch them get discharged back to their regular lives," he said. "Knowing you made that difference is everything."

Dr. Kim earned a B.S. degree with honors in chemistry from the University of California – Berkeley. He attended medical school at the University of Illinois College of Medicine. While there, he studied under Paul Lauterbur, Nobel Prize-winner for developing the MRI.

In his free time, Dr. Kim is a lover of music and plays the piano and the guitar. He and his wife have two children, ages 13 and 15, who are both nationally ranked tennis players.

FRANK S. KIM, MD

Freeman Heart & Vascular Institute 3333 McIntosh Circle, Suite 4 • Joplin, MO 417.347.5000 • www.freemanhealth.com **FREEMAN** Heart & Vascular Institute



"I try to make a real, positive impact in people's lives by helping them, and that is very rewarding."

- Dr. Wojcicka-Mitchell

"I enjoy working where I can help patients feel better."

- Dr. Uppal

Dr. Anna Wojcicka-Mitchell and Dr. Gulshan Uppal are both Neurologists with Freeman Health System.

Dr. Wojcicka-Mitchell sees patients with a variety of brain, spinal cord, peripheral nerves and muscle disorders. Her day is spent in the clinic and is a mix between taking care of patients and doing procedures: nerve conduction studies and electromyography.

Dr. Wojcicka-Mitchell decided she wanted to go into the medical field when she was about 10 years old. "My parents' support, guidance and encouragement helped me achieve this goal," she said. She completed neurology residency at Saint Louis University and fellowship in Barnes Jewish Hospital. She enjoys the fast-paced, dynamic environment that challenges her everyday. "I try to make a real, positive impact in people's lives by helping them, and that is very rewarding."

Dr. Uppal specializes in headaches and epilepsy, and is trained to diagnose and treat neurological disorders. He is the stroke medical director for the hospital and strives to give the best care to his patients. Dr. Uppal has been with Freeman Health System for six years. He completed his residency at the University of Missouri School of Medicine and his fellowship at University of Texas Southwestern Medical Center.

"I enjoy working where I can help patients feel better," he said. "Our team works hard and does a great job treating the wide range of conditions we see."

Dr. Uppal works with his patients to create an effective treatment plan to ensure the best outcome for each individual.

FREEMAN Health System **NeuroSpine**

ANNA M. WOJCICKA-MITCHELL, MD, FAAN GULSHAN UPPAL, MD

Freeman Neurology and Neurosurgery 1905 W. 32nd Street, Ste. 403 • Joplin, MO • 417.347.7300 • www.freemanhealth.com

"I've really enjoyed seeing patients of all ages in both the clinic and hospital settings. I want to make an impact in the lives of my patients, and this model allows me to do just that."

All in the Family

Joshua Williams, MD, Provides Comprehensive Care in Lamar

F amily medicine physician Joshua Williams, MD, is accepting new patients in Lamar. Williams attended the University of Missouri-Kansas City (UMKC) School of Medicine and completed his residency in community and family medicine through UMKC at Truman Medical Center and Children's Mercy Hospital.

Medicine comes naturally to Williams: It's the family business. Williams grew up in Bloomington, Minnesota. His dad is a pediatrician, and his mom is a nurse. Today, his younger brother attends medical school at UMKC.

Williams currently serves Lamar at the Medical One Clinic and as a hospitalist in the Cox Barton County Hospital medical-surgical unit. His residency helped him decide the type of career he hoped to have.

"During my residency, I had the opportunity to complete rotations through a rural location, and I just loved it," says Williams. "I recognized early on that providers had the opportunity to really get to know their patients, and that is something that I want to do because I'm a problem solver. I want to come up with solutions so I can improve the lives of my patients."

Sharing time with the Medical One Clinic and medicalsurgical unit lets him provide complete care to a wider range of patients.

"I've really enjoyed seeing patients of all ages in both the clinic and hospital settings," he says. "I want to make an impact in the lives of my patients, and this model allows me to do just that. I like the fact that I could potentially see a patient in the clinic and also care for them in the hospital."

Williams belongs to the American Academy of Family Physicians, the American Medical Association, the Christian Medical and Dental Association, and the Down Syndrome Medical Interest Group. He has a special interest in behavioral and developmental medicine, endocrinology, hospital medicine, international medicine and pediatrics.

During his free time, Williams enjoys exploring Lamar and the surrounding communities, playing the guitar, biking and jogging.

JOSHUA WILLIAMS, MD

Medical One Clinic 29 N.W. First Lane • Lamar, MO • 417.681.5266 • coxhealth.com





"What I enjoy most about practicing medicine is establishing relationships and being privileged to care for each woman as she ages, grows her family, goes through trials and also having the good fortune of making a positive difference along the way."

Dr. Fogarty has practiced as a board-certified obstetrician/gynecologist in the Joplin area for 19 years, with the last 10 years as a member of the medical staff at Mercy Hospital and, now, as an integrated Mercy physician for one year.

"I provide care to women throughout their lifespans. Care begins in our specialty at the time young women are in puberty through end of life. I provide full scope obstetrical care including deliveries, pre-conception/family planning counseling, preventative exams, gynecological care, infertility work up and referral, and surgical repair of gynecologicalrelated abnormalities.

"My number one goal in my practice is to provide the most thorough and effective care addressing all the patients' needs within my scope with kindness, patience, cultural sensitivity and with intention to improve the life of each patient and family.

"What I enjoy most about practicing medicine is establishing relationships and being privileged to care for each woman as she ages, grows her family, goes through trials and also having the good fortune of making a positive difference along the way."

The goal of making a positive difference was influenced by Dr. Fogarty's mother.

"Growing up, my mom inspired my career in medicine as I observed the difference she made in other's lives through her career in nursing. As my career path became more clear, my uncle, a specialist in urology, further encouraged my path, assisting in the road to where I am now."

Dr. Fogarty received her undergraduate education at Rockhurst University in Kansas City followed by Creighton University in Omaha, Nebraska, for medical school. She completed her residency at Creighton in OB/GYN.

CHERYL FOGARTY, MD

Mercy Clinic Women's Health 2620 S. Cunningham Ave. • Joplin MO 417.624.2621 • www.Mercy.net/WelcomeDrFogarty



"My number one goal is to provide extraordinary care to my patients for both their physical and emotional needs.

Dr. Andrew Nelson III has been with Mercy Clinic Orthopedics for six months at the Galena campus, where he practices orthopedic surgery. He additionally has a subspecialty in adult reconstructive surgery.

"My specialty involves the care of patients with musculoskeletal diseases or trauma. I subspecialize in care of patients requiring total joint arthroplasty and/or who have sustained a trauma requiring surgical intervention.

"My number one goal is to provide extraordinary care to my patients for both their physical and emotional needs. Often times, when people see me, they are in dire straits or have sustained a significant fracture. One of my favorite things about this profession is being able to make a drastic improvement in my patients' quality of life in a very short period of time." Dr. Nelson completed undergraduate/premed, graduate school and medical school at Creighton University in Omaha, Nebraska. He completed his general orthopedic and trauma training at Henry Ford Hospital in Detroit, Michigan, and subsequently completed his subspecialty training/fellowship at The Cleveland Clinic in Cleveland, Ohio.

"My entire family for generations has been military/first responders. Being a civil servant was part of my upbringing. I find great personal satisfaction in providing excellent care, emotional support and making a significant difference for my neighbors and citizens of my community."

ANDREW NELSON III, MD

Mercy Clinic Orthopedics 444 Four States Drive, Suite 1A • Galena, KS 887.783.4441 • www.mercy.net/DrNelson





"My number one goal is to provide quality care, to be personable with patients and make them comfortable even at times that may not be comfortable."

Dr. Tara Moore started working for Mercy in August 2020. She graduated from Grand Valley State University in Michigan then went to Michigan State University College of Osteopathic Medicine. Her OB/GYN residency was completed at St Joseph Mercy Oakland Hospital in Michigan, which is part of the statewide campus system of MSU.

"I think a lot of things in my life pushed me to where I am now. First, I have a wonderful husband who has always encouraged me to push myself and find the career that makes me happy. I am also the first in my family to even go to college, and that motivated me to succeed, as well. Then, during my undergraduate training, I worked at a hospital, and that opened my eyes to the options in front of me and is the reason I switched from nursing to medical school. The birth of my first child prior to starting medical school, I think, started my interest in my chosen specialty. Also, a wonderful preceptor in medical school helped me to see that you could be an amazing mother and OB/GYN, which solidified my love for my field.

"As an OB/GYN, I take care of women over their lifetime for routine gynecological care, family planning counseling, birth planning, obstetrical care and delivery, surgical needs for gynecological issues, menopausal changes and a multitude of other issues that may arise.

"My number one goal is to provide quality care, to be personable with patients and make them comfortable even at times that may not be comfortable. I really enjoy being able to connect with women and follow them through their lives, both the happy and the sad."

Mercy

TARA MOORE, DO

Mercy Clinic Women's Health Joplin 100 Mercy Way, Suite 510 • Joplin, MO 417.623.6056 • www.mercy.net/WelcomeDrMoore "Cardiology is a field of medicine that evolves fast with a lot of new medications and procedures coming out every day."

> Mercy Clinic Ngsoo Ko MD, MS Cardiology

Dr. Byungsoo Ko has been with Mercy Hospital for three months as a part of the cardiovascular medicine team. Additionally, he has a subspecialty in structural and interventional cardiology

"We take care of all patients with heart diseases, but I spend most of my time performing heart procedures. These days, what we traditionally treated with open heart surgeries are being replaced by minimally invasive procedures. For patients with arterial blockages in the heart (known as coronary artery disease, including heart attacks), we open blockages with various techniques including stent placement. In patients with heart valve disease, we can now replace valves with a procedure called TAVR (transcatheter aortic valve replacement) instead of open heart surgery. I also provide new procedures such as Watchman implantation, so patients with atrial fibrillation no longer have to take anticoagulation. "Cardiology is a field of medicine that evolves fast with a lot of new medications and procedures coming out every day. It is my job to keep up to date on all the new evidence and provide evidence-based medicine to our patients."

Mercvii

Dr. Ko received his internal medicine training at the University of Minnesota in Twin Cities, Minnesota. His general cardiology fellowship and structural/ interventional cardiology fellowship training and his Masters of Clinical Investigation were at the University of Utah in Salt Lake City.

BYUNGSOO KO, MD

Mercy Clinic Cardiology 100 Mercy Way, Suites 320-330 • Joplin, MO 417.781.5387 • www.Mercy.net/WelcomeDrKo



-Health events

Galena, KS

April 6: Weight Loss Surgery Seminar meets the first Tuesday of each month, 6 pm, Premier Surgical Institute,1619 W. 7th St. (Just minutes from Joplin, past the Missouri state line.) 620.783.1732

Dr. Kido, one of our fellowship-trained surgeons specializing in minimally invasive and bariatric surgery, and his nurse and success story Kelly, are providing free weight loss seminars in the Grand Lounge of Premier Surgical Institute. The seminars are designed to welcome and inform members of the Four State Area interested in learning about – or already considering – surgery as an option for weight loss treatment. Dr. Kido has an impressive record of patient weight loss results. He offers a caring approach to improve patients' overall health and help to those suffering from the physical, emotional, medical, and financial consequences of being overweight. Dr. Kido provides solutions that will break the cycle for the many who are frustrated with unsuccessful efforts to lose weight or maintain weight loss.

Premier's luxurious and peaceful hospital grounds promote wellness and offer the perfect setting for you to relax while we provide important information about our weight loss surgery options.

No reservations necessary to attend. The seminars are free and open to the public. Light refreshments provided.

Parsons, KS

April 8: Grief Companions Support Group meets second Thursday of each month, 6 pm, Elm Haven West. Call 620.704.1110.



AGE HEALTHIER & LIVE HAPPIER

IT CAN START WITH A SIMPLE TEST

Find out how optimized hormones may improve your energy, sleep, weight, and libido.

Schedule an appointment today:

DERMA-TECH 2935 E. 18th Street, Joplin, MO 64804

417-206-4884

April 13: Breast Cancer Support Group, 3:30 pm, Cancer Center conference room. Meets second Tuesday of each month. Call 620.235.7516.

Via Christi Hospital - Pittsburg, KS

April 28: Cancer Support Group, 3 pm, Cancer Center conference room. Meets fourth Wednesday of each month. Call 620.235.7900.

Joplin, MO

Every day: Alcoholics Anonymous Meetings. Call 888.740.4568.

Every Monday: Tips for Living a Healthy Life, 10 am-12 pm, South YMCA, 3404 W. McIntosh Circle. Free; registration required. Call 417.625.2492.

Every day: 12-Step Recovery Meetings, Alano Club, 1800 E. 30th. Call 417.623.9645.

Every Friday: Grief Counseling, 11 am-3 pm, St. Philip's Episcopal Church, 706 S. Byers. Free. No appointment necessary.

April 13: Brain Injury Support Group meets every second Tuesday, 12-1:30 pm, The Independent Living Center, 2639 E. 34th. Contact Andrea Buening, 417.659.8086, abuening@ilcenter.org for information and referral.

April 14 & 28: Grief Support Group meets every second and fourth Wednesday of each month, 11 am-12:30 pm, Hospice Compassus, 2650 E. 32nd St., Ste. 100. Call 417.623.8272.

Freeman Health System

Joplin, MO

April 1: Freeman Early Detection Screenings. By appointment. Freeman Screen Team Resource Center, 1130 E. 32nd St., Ste. C. Early Detection Screenings include abdominal aortic aneurysm, peripheral arterial disease and stroke/carotid artery screenings, as well as osteoporosis risk assessment. Fees vary. Call 417.347.6555 for an appointment.

April 6: Ozark Center Autism Support Group, 6-8 pm, Bill & Virginia Leffen Center for Autism, 2808 S. Picher Ave. Open to people with autism, parents and caregivers. Respite services for those enrolled through JRO should be requested in advance. Call 417.347.7850.

April 13: Freeman Bariatric Weight-Loss Seminar, 4:30 pm (registration), 5:30-6:30 pm (seminar), Freeman Business Center Conference Rooms, 3220 McClelland Blvd (back entrance). Better understand the options available for weight-loss surgery with doctors and bariatric team members. Please contact 417.347.1266 or freemanhealth.com/bariatric to register.

April 20: Freeman Bariatric Weight-Loss Support Group, 5:30-6:30 pm, Freeman Business Center, 3200 McClelland Blvd., back entrance. Designed to help those who have had bariatric surgery. Call 417.347.1266.

April 27: Freeman Advantage HealthWISE, 10 am, La Quinta Inn & Suites, 3320 S. Range Line Rd. Del Camp, Ozark Center chief clinical officer, will discuss myths and motivations of multigenerations. Blood pressure checks offered. RSVP at 417.347.5837 for this event to ensure plenty of space for distancing. Please enter through the lobby or south entrance through Door 1. National Alliance on Mental Illness - For information on NAMI, call 417.781.6264 or visit www.namijoplin.org. Meetings held at the NAMI building, 219 W. 2nd St., in Joplin.

Every Monday: NAMI Basics, 6-8:30 pm. A signature education program for parents and caregivers of children and adolescents living with mental illnesses.

Every Tuesday: NAMI Connection Support Group, 6:30-8 pm.

Every Tuesday: Self Injury Support Group, 5-6 pm.

Every Tuesday: Family Support Group, 6:30-8 pm.

Every Wednesday: Dual Diagnosis Support Group, 2:30-3:30 pm.

Every Wednesday: Post 5/22 Stress Counseling Sessions, 10 am.

Every Thursday: Family to Family Class, 6:30-8:30 pm. For families or caregivers of individuals with severe mental illnesses. Includes current information about most major mental illnesses; information about medications, side effects and strategies for medication adherence; developing strategies for handling crises and relapse; focusing on care for the caregiver.

Neosho, MO

April 28: Caregivers Support Group meets the fourth Monday of each month, 5-6 pm, Medicalodge, 400 Lyon Drive. Help with care, finances, insurance, Medicare, Medicaid, respite care, hospice care, day care and support for the caregivers. Sponsors: Avalon Hospice & Medicalodges Neosho. Call 417.451.2544.

Nevada Regional Medical Center, Nevada, MO

Caregiver's Support Group: This meeting will not take place in person for the time being. However, we encourage anyone seeking support to call us, and we will be happy to visit over the phone to offer free support and resources. Barone Alzheimer's Care Center. Call 417.448.3999.

April 3: Saturday Birth and Beyond Class, 8 am-12 pm, virtual classroom via Zoom - free class. Four-hour class covers childbirth, breastfeeding and infant care for women in their last trimester. Includes a tour of the NRMC OB as available. Call 417.448.3801 to reaister.

April 13 & 15: Tuesday/Thursday Birth and Beyond Class, 6-8 pm, virtual classroom via Zoom - free class. Two, 2-hour classes cover childbirth, breastfeeding and infant care for women in their last trimester. Call 417.448.3801 to register.

April 16: Wellness Walk for Child Abuse Prevention, 12-1 pm. Show your support for strong families and safe kids! Wear blue for Child Abuse Prevention Month and join us for a healthy mile walk around the square in downtown Nevada. Water, snacks and giveaway items, while supplies last! Vernon County Courthouse, south side.

April 27: Rich Hill Family Medical Clinic Screenings, 11 am-noon, Kern Senior Center. Free screenings of the month: Blood pressure, plus this month's screening: body mass index.



417.206.7575 • www.CollegeViewManor.com

e

Advancements in Radiation Therapy for Cancer Therapy



By Dr. Chance Matthiesen, Freeman Health System Cornell-Beshore Cancer Institute

Cancer is a word all of us hope we never hear, especially if it is associated with someone we care about. Once a cancer diagnosis is made, a patient becomes an oncology patient, or cancer patient. A cancer patient remains a cancer patient while they receive treatment, and hopefully becomes a cancer survivor once a cure has been achieved.

Medical advances in cancer therapy are happening at a more rapid rate today than at any point in history. Cancers today are explored and studied according to their specific DNA, and more specifically, very precise gene mutations. Advances in treatments, including the disciplines of surgery, medical oncology, medical imaging, chemotherapy, immunotherapy and radiation therapy, are all aiming to become more precise and effective in fighting cancer, while simultaneously less toxic to the patient.

Radiation oncology is the discipline of utilizing radiation for the purpose of delivering therapeutic treatments for cancer patients. The discipline was first created in approximately 1895 and has been one of the most rapidly changing fields of medicine. Technological advancements in computers and science have driven this field since its establishment in medical therapy.

The most common form of radiation therapy today uses a linear accelerator. These machines were first designed approximately 50 years ago and have become the mainstay of therapy since. Their evolution has been rapid, beginning as a simple radiation beam that could be directed into a patient, progressing to more accurately focused beams that begin to spare normal tissues, to now modern and complex machines that possess the ability to module, or bend, the radiation beam to minimize uninvolved tissue and organ exposure. The result for patients is today's doctors now have greater capability to put more radiation into tumors and spare more tissues that surround them. This has resulted in greater efficacy of radiation treatment combined with fewer side effects.

Brachytherapy is another effective form of radiation therapy. Brachytherapy utilizes live radioactive sources. These radioactive sources are placed into the patient either permanently or temporarily with the assistance of special devices. Placing radiation into the tumor or tumor cavity gives the doctor the ability to radiate the tumor from the inside, as opposed to traditional radiation, which is generated outside the body and directed into the body. Brachytherapy treatments can also potentially spare more normal tissues, making treatments again more effective with fewer side effects.

Patients diagnosed with cancer today have more options than ever to receive the most aggressive treatments while minimizing side effects and toxicity to the body. Doctors studying oncology work together closely and in teams to review each patient to determine the best treatment plan, utilizing all disciplines and available treatment options. The goal of oncology physicians will always be to find a cure for cancer and to find ways of achieving that goal so a patient is able to return to normal life once completed. Technological advancements will continue to enhance the capability of physicians to utilize radiation therapy to fulfill its potential in achieving this goal.

About the Author

Dr. Chance Matthiesen is a board-certified radiation oncologist at Freeman Health System Cornell-Beshore Cancer Institute and medical director of radiation oncology. Dr. Matthiesen completed medical school at the University of Oklahoma, College of Medicine, Oklahoma City, Oklahoma, and he completed his residency in radiation oncology at the University of Oklahoma Health Sciences Center in Oklahoma City, Oklahoma.

-Health events

Integris Baptist Regional Health Center, Grove, OK

April 8: Diabetes Support Group meets second Thursday monthly, 12:30 pm, INTEGRIS Grand Lake Diabetes Center, 1310 S. Main. Call 918.786.1801.

April 8: Caregivers Support Group meets second Thursday monthly, 11 am, Parish Hall, All Saints Episcopal Church. Call 918.542.3662. Open to the public.

April 13 & 27: Depression Support Group meets the second and fourth Tuesday of each month, 2 pm, Northeastern Tribal Health System Conference Room, 2301 Eight Tribes Trail. Call 918.675.2093.

aliceCBD, Webb City location, 530 N East Street & Loma Linda Location, 5399 MO-43, Joplin MO -

April 20: 2nd Anniversary, 10 am-6 pm. \$4.20 sales and samples at both locations! Festivities at the newest location, 5399 MO-43 Building D, Joplin. Food, music, classes to "GoAskAliceRN" and how to grow.

aliceCBD, Loma Linda Location, 5399 MO-43, Joplin MO - Follow us on Facebook or www.alicecbd.com for cannabis classes and music therapy schedule. Now offering Telehealth appointments via your phone or computer.

Wednesdays: Medical Marijuana Class and Clinic, 2-6 pm. Come to Building D. Visit the Canna Fairy Dora to preregister and see the doctor. Call for details: 479.276.2879.

April 23: **Drum Circle,** 5 pm-?. Bring your bongo, Djembe, drums and musical instruments for an evening of music!

INTEGRIS Baptist Regional Health Center, Miami, OK - For more information, visit www.integrisok.com/baptist-regional-health-center-Miami-ok.

Every Tuesday: Free blood pressure and glucose screenings provided by INTEGRIS Regency Home Care and Hospice. First Tuesday: Commerce Nutrition Center, 10:30-11:30 am. Second Tuesday: Nine Tribes Tower, 10-11 am. Third Tuesday: Miami Senior Center, 10-11 am. Fourth Tuesday: INTEGRIS Baptist Village, 9-10 am.

April 6: Alzheimer's Support Group meets first Tuesday monthly, 11 am, Generations fourth floor visiting room. Call 918.542.3391.

Crisis Text Line:

Crisis Text Line is free, 24/7 support for those in crisis, connecting people in crisis to trained crisis counselors. Our first priority is helping people move from a hot moment to a cool calm, guiding you to create a plan to stay safe and healthy. YOU=our priority. **Text 741741** from anywhere in the USA to text with a trained crisis counselor.

National Suicide Prevention Lifeline:

1.800.273.8255 • www.suicidepreventionlifeline.org.



The time is now to pick your neighbor.

Imagine spending the best years of your senior life with longtime friends.



Assisted Living & Memory Care

OAK POINTE OF CARTHAGE 300 W AIRPORT DR, CARTHAGE, MO 64836 417-358-3355

OAK POINTE OF MONETT 1011 OLD AIRPORT ROAD, MONETT, MO 65708 417-235-3500

OAK POINTE OF NEOSHO

2601 OAK RIDGE EXTENSION, NEOSHO, MO 64850 417-451-8872

OakPointeNeosho.com









Sole Sisters Susie Malone became a marathon runner with a little help from her friends.

By Savanah Mandeville

When women support each other, incredible things happen.

Sometimes in life, all it takes is one small act of kindness or unexpected gesture of goodwill to transform someone's life for the better.

For Susie Malone of Grove, Oklahoma, that transformative moment came in 2015 and kickstarted her story as a runner.

"At that time, I was a busy young wife and mother working a full-time job. I experienced what most women experience during this phase of life: a slowing metabolism. I remember a day very clearly when I was at my annual well woman visit. I was lamenting the fact that the scale was showing a higher number than I cared to see. My nurse practitioner, Tessa, asked me in a very sweet way, 'What are you doing to take care of your health?' I confessed that I needed to spend more time exercising. To my surprise, she responded with 'Well, do you want to join me running?"

That one, unexpected question was the nudge the former high school and college athlete needed to get back into an exercise routine. The women exchanged numbers, and Susie joined Tessa and Tessa's running partner, Amber, for their run the following Monday.

"They quickly accepted me into their running group, and we found that it was nice to have at least three people in the group: if someone could not make it for a run, then there were still two others who could run together. We routinely met in the early morning hours before work and also on weekends to run 3, 4 or 5 miles."





The ladies realized they had lots of mutual friends, and the running group started to grow. They even started using the GroupMe app to reach more runners in the community.

By 2016, Susie was not only 10 pounds lighter, she also had more clarity, more energy and a fabulous new group of girlfriends.

"A lot of people who know that I run with friends ask me if we talk when we run. The answer is yes! We aren't world-record setters, so our pace allows us to have meaningful conversations as we run. My running buddies are also Christian sisters, and we find that as we are working on our physical health, we are also working on our mental and spiritual health."

Armed with a support system of positive, like-minded friends, Susie began setting bigger goals and pushing herself out of her comfort zone even more.

"I remember the first time Tessa and Amber started discussing a half marathon. It didn't seem like something I could ever complete because I had only run a 5k in the past," Susie said. "Little did I know, I was in great hands. My new running buddies seemed like professionals as we worked our way through a half marathon training schedule. They had already mapped out several routes around our small town that would allow us to practice on hills or long, wide-open spaces.

"As the day of our race got closer, we needed to find a map that would allow us to run for 13 continuous miles. Grove, Oklahoma, is a lake town, so if you run very far in any direction, chances are you will hit the lake soon. We found that if we ran from Honey Creek bridge to Sailboat bridge and back, it is right at 13 miles. Two weeks before our half marathon race, we ran the 'bridge to bridge' run as we call it. We finished without stopping! It was an amazing feeling, and one of the best parts was getting to run over the bridges in the early-morning hours and see the fog come off the lake."

 13.67 Miles • Duration: 02:12:21 • Pace: 9:40

"I have never finished running without feeling very optimistic and renewed, ready to face the challenges of the day." -Susie Malone

Since then, Susie and her friends have run many half marathons together, and in 2017, she achieved a huge goal and ran a full marathon. It was the Route 66 Full Marathon in Tulsa, Oklahoma -- and this

"I realize how fortunate I am to live in the community of Grove and have the amazing friends and family that I do," she said. "I have never finished running without feeling very optimistic and renewed, ready to face the challenges of the day. I will forever be thankful for the day that my sweet nurse practitioner asked me if I wanted to go for a run."

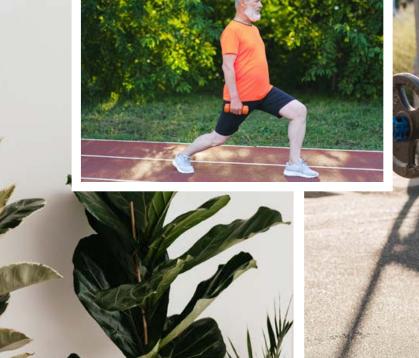
one, she did on her own.



Functional Strength LUNGES An exercise for balance

An exercise for balance and functional strength

I 'm always interested in functional exercises; I don't really have goals for becoming a bodybuilder or getting the beach body everyone wants – I just want to be able to stay up and keep up with those around me. One of the exercises I held off on for too long was lunges. I found lunges to initially be very difficult, and I always thought of them as a body-building exercise, but now that I've been trying them out more, I love them, and I believe they are exercises anyone can benefit from.



Your hip flexors will also get a healthy workout. A benefit of this is that stiff and inflexible hip flexors can cause back pain over time, so doing lunges is a good way to improve your overall spinal health over time.

Lunges also mimic common, everyday motions like walking and going up the stairs. That means this exercise can help you build muscles so you don't have to be limited in how you function at home or in public where you're walking or climbing stairs.

So, what is the proper form for a lunge?

1. Stand tall with good posture.

2. Step forward with one foot.

3. Bend your forward knee 90-degrees; your rear knee should be parallel to the ground.

4. Lift your forward leg and return to the starting position.

Repeat this for however many reps you feel comfortable doing; count your reps individually for each leg, so if you feel comfortable doing eight reps, each leg would get to be the forward leg eight times.

One of the great things about lunges is they train your quadriceps, glutes and hamstrings: the forward leg works the quads while the rear leg works the glutes and hamstrings. When you get more comfortable doing lunges, you can add weight by holding dumbbells or even a barbell with weights. In fact, after a month or two of doing lunges two or three times a week, your body will probably adapt, and you'll want to look at using additional weight while exercising.

My favorite thing about lunges is how easy it is to see the improvement. Immediately, I was able to see I had some balance issues depending on which leg went forward, so seeing those balance issue lessen each new session gave me a great sense of progress and motivation to keep going and try new things. I hope lunges do the same for you!

As always, make sure you consult a doctor before making any changes to your regimen. Everyone is unique, and your unique health might require some caution before diving into a new exercise.

Let's start with the benefits of lunges: balance, flexibility and function.

Lunges build your balance, and if you have bad balance, you'll understand this right away. It's not uncommon for people doing lunges to feel like they're going to fall over because of how you position your body. If you perform this exercise regularly, you'll be giving your body the chance to adapt and build muscles to help you keep your balance.



ASCENT **INSIGHT** Into Substance Use Disorder



Why 12-Step Recovery Programs are Important in Addiction Treatment

By Bridget Bauer

Over the years, many different strategies and drugs have been developed to treat addiction. More recently, pharmaceuticals have become the focus of treatment. But the method that is still successful is the 12-step approach developed 85 years ago. "I've seen lots and lots of people get sober through the 12step programs," Teddy Steen, executive director of ASCENT Recovery Residences, said. "I think it is ok to use medication to help in treatment, but it is not a cure for addiction. I choose to run an abstinence-based program even though many people feel that if you are abstinence-based you automatically are against medication. That is not true in my case, but I don't think those of us who choose to deliver an abstinence-based program should be discriminated against when it comes to funding, or we should have to defend our decision. It provides freedom! No worries of running out of medication and being thrown into withdrawal or funding being cut, and we can no longer afford it."

In an article by Michael Miller, MD, FASAM, titled *The Relevance of Twelve-Step Recovery in 21st Century Addiction Medicine,* on the ASAM (American Society of Addiction Medication) website, he supports the value of the long-running 12-step approach.

From the article:

Recovery is an interesting concept. It implies not only improvement, but potentially remission. The term describes a process as well as a destination. And the underlying premise of recovery is that of hope--hope that a person with a potentially fatal illness can avoid a catastrophic outcome. Recovery activities are not professional treatment, but can promote recovery just as professional treatment can. One of the most familiar recovery activities engaged in by persons with addiction is participation in the activities of Alcoholics Anonymous (AA).

Still a tried-and-true proven approach, the premise of AA and 12-step programs is being involved with a sponsor who helps the recovering person be accountable. Developing a relationship with the sponsor who has been through what they have been through can help them navigate the recovery process.

From the article;

Twelve-step recovery addresses the psychology of the person with addiction as well as the individual's spirituality--his/her values, his/her connectedness to others and his/her willingness to engage with others and humbly ask for help. The process of change in twelve-step recovery starts with an acceptance that when friends or loved ones point out that things are amiss in one's life, they are likely correct, and things have likely become unmanageable. And while taking personal responsibility and accepting accountability for one's actions are considered key *steps, twelve-step recovery outlines that excessive self-reliance* and the firm stance that "I can get myself out of this," and "I know what to do about this," will be roadblocks to recovery from addiction. Getting out of oneself and recognizing one doesn't have all the answers, and humbly asking for help from another human being-from a health professional or from a lay person-are behaviors and behavioral styles that are promoted by Alcoholics Anonymous and related twelve-step programs of peer support.

"Some people don't like AA because they believe it is Christian-based, and Christian-based recovery doesn't like AA because they think it is secular," Steen said. "It is neither. There is a spiritual component because we came to believe that only a power greater than ourselves could restore us to sanity. It does not affiliate with any religion or denomination. It is a design for living, and it helps us become the people God intended us to be."



Blue Pinwheels Bring Awareness of Child Abuse

Article provided by the Children's Center of Southwest Missouri

The Children's Center of Southwest Missouri exists because child abuse exists and impacts children and families in our community. The Center's purpose is to assist in investigating child abuse and neglect and educating children and adults to prevent, recognize and report child sexual abuse.

In 2020, Children's Center served 1,000 children who experienced one or many forms of abuse: physical, sexual, emotional or neglect. Since opening the doors in 1997, the Center has served over 19,000 children. Child abuse is a severe public health problem that affects one in seven children. No community, neighborhood or family is immune from child abuse. The good news is child abuse is preventable!

Each year, in April, we prioritize building awareness in the communities we serve. It is essential that we proactively educate adults about their responsibility to protect our kids and empower children to use their voices. Awareness is one of our tools to help prevent child abuse.

Throughout April, you will notice gardens of blue pinwheels placed throughout the community. The blue pinwheel symbolizes a healthy, happy childhood free of worry, abuse and neglect that many children do not experience. Pinwheel gardens are planted to create awareness and remind us the need to protect our children is still there and still great.

This year, Child Abuse Prevention Month's focus is to shine a light on the most important thing we can do for children: support families and help them thrive before they reach a crisis. Each year, thousands of children experience abuse at the hands of individuals who were supposed to protect and care for them. Risk factors of child maltreatment are parental stress, substance abuse and poverty.

Protective factors help families thrive and help reduce child maltreatment and build resilience in families. We can help strengthen the protective factors of families in our community in many ways. If we as a community, holistically, come together to create ways to support families, we can make a difference in children's lives today and in future generations.

How can you help families within our community improve their protective factors? We can easily help families in our neighborhoods or circles. When your friend calls to vent, listen. If your friend seems stressed and needs one moment to hear themselves think, offer to watch their children. If you notice you have a new neighbor, stop by and introduce yourself; you may be the only person in the community who has reached out to them. Take some time this month to learn how protective factors can strengthen families and how you can help prevent child abuse at www.childwelfare.gov/ topics/preventing/preventionmonth.

One of the most important things we must mention is if you see something, say something. Even if you are unsure about whether you should, if you notice something about a child that causes you alarm, call the Missouri Child Abuse and Neglect Hotline, 800.392.3738. You can save the life of a child. You can be their hero!



LOCAL NEWS AT 6 & 10

Andy Searcy • Ray Foreman • Jake Stansell

abc

KOL

ACTION 12 NEWS AT 5, 6, & 10