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FEATURE TOWNS:
Carthage & Mt. Vernon

TOP 10 COSTUMES
for 2006!

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your risk of breast cancer

The Eyes of the Beholder
Showcasing 7 Area Artists

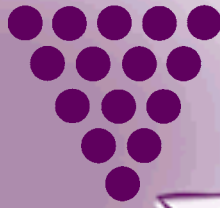
LOWELL JAVIS

October 2006
Volume VI • Issue 62

Wine Feast

2006

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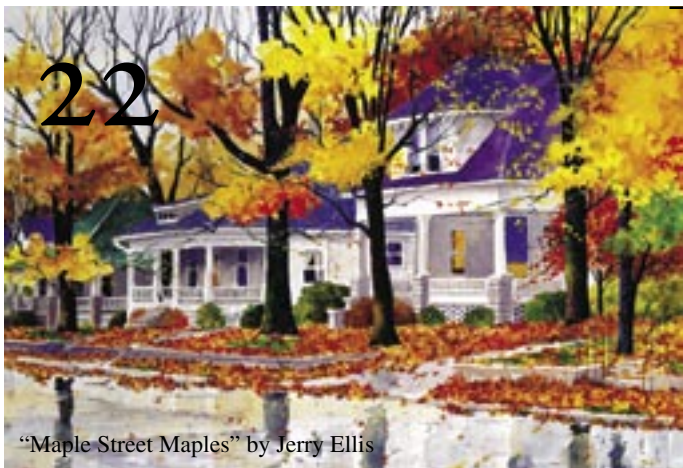
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Dear Friends,

The Ozarks is rich with artists who create daily inspiration for us to enjoy. This month we featured just a few. On the cover we used a self-portrait of Lowell Davis – this is one of my personal favorite prints. You'll enjoy

the meeting these talented artists and viewing their beautiful creations. Do you know of an artist you would like to see featured? Just let us know, and we'll make it happen!

The weather is cooler and the fall festivals are coming soon – every weekend in October is booked! Enjoy Apple Butter Makin' Days in Mt. Vernon and the Maple Leaf Festival in Carthage, our feature towns. Plan a Day Trip and enjoy!

October is Breast Cancer Awareness Month and in our Health Section we highlighted an amazing survivor to share her courageous story with you! I hope our women readers will take note and get a mammogram scheduled if you haven't already!

Halloween is made easier too – find out the "Hottest Kids Costumes for 2006" next to the Kid's Page.

Since the children will be getting treats this month, don't forget to treat yourselves! Enjoy dinner out at one of the area restaurants featured in our dining guide. Shop the retailers and service providers on the pages to follow. Take us with you and tell them "Show Me" sent you!

Happy fall!

Lee Radcliff (with a smiley face icon)

Lee Radcliff
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Area Chamber of Commerce
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If you have an event or special happening you would like to see listed in the Calendar of Events, please email your request to: showmethetozarks@hughes.net, 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 scheduled event. *(If the event were happening in February, we would need it by January 5th).*

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Through October 5: "Letters of History" exhibit at the Powers Museum, 1617 West Oak Street in Carthage. Admission is free, open 11 a.m. to 4:30 p.m. For information call 417-358-2667.

Through October 22: Call for artists at the Arts Council of Barton County. Artists may submit up to four pieces of art for the Annual Home for the Holidays Exhibit. Deadline for pre-registration forms and to be included in promotional materials is Oct. 22. Call 417-682-5521 for details.

Through October 31: Renner Farms features MAIZE TIME, a cornfield maze. There are lots of activities and enjoyment for all ages. Located 1.2 mile south of East Newton High School, between Neosho & Stark City. For more information call 417-472-6199 or visit www.maizetime.com.

Through Dec 1: Canaan Bound Gospel Sings at Precious Moments Park in Carthage at 6:30 p.m. Admission is free. For information call 417-782-7500.

October 1: Baubles and Beads: Basic Jewelry Making with Peggy Beckham (Ages Adult & Teen) from 2-4 p.m. at Spiva Center for the Arts, 222 West 3rd St. in Joplin. Learn simple stringing techniques, layouts, design patterns, and color – a perfect starter class! Cost is \$20 + \$15 supplies for nonmembers; \$18 + \$15 supplies for Spiva members. To register, call 417-623-0183.

October 3: Diabolique will be showing at 7 p.m. in Cornell Auditorium at Missouri State University. This famous thriller about a murder plot is a masterpiece of steadily escalating terror. Admission is free and open to the public. For more information call 417-625-9614.

October 3: Revelations of Mann will be held at Cottey College Auditorium in Nevada at 8 p.m. Meet a yearbook full of characters in David Mann's hilarious recollections of his first years teaching theater at a Minnesota Catholic high school. Appealing to audiences who are still in school or to those who graduated long ago. Admission is \$6. For information call 417-667-8181 ext. 2186.

October 6: Canaan Bound Gospel Sings will be at the Good Times Theatre at Precious Moments, in the Fountain of Angels Gift Shoppe. The concert begins at 6:30 and is free. For information call 417-782-7500.

October 6-8: Barnyard Days will be held at historic Circle R Ranch, north of Neosho. . Over 150 exhibitors, handmade arts and crafts, music, and entertainment make Barnyard Days Missouri's Arts & Crafts Festival! For more information visit www.circle-r-festivals.com or call 417-451-3399.

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WHAT'S HAPPENING IN the ozarks

October 7: 4-H Fundraiser will be held at Vernon County Fairgrounds in Nevada Missouri from 5-8 p.m. Join them for great chicken barbeque, slaw, baked potato, bread and drink! Advanced tickets may be purchased from any 4-H member or at the Extension Office. Cost is \$6 for adults (1/2 chicken) and \$3.50 for children under 8 years old. For information call 417-448-2560.

October 7: 53rd Annual Girard Fall Festival at the Crawford County Courthouse Square. For information call the Girard Area Chamber of Commerce at 620-724-4715.

October 7: Joplin Underground Paintball is hosting a Legend Maker Tournament. To register, call 417-206-9300 or visit www.underground-paintball.com.

October 7: Blue Grass Festival and Duck Race at 4 p.m. at Dabbs Greer Town Hole and City Wide Yard Sale starting at 7 a.m. in Anderson. For information call 417-845-6463.

October 7: The Shell Knob Chamber of Commerce will hold the 27th Annual Homer Sloan Buddy Bass Tournament. Cost is \$100 per two-person boat. Take-off is at Viola or Campbell Point on Table Rock Lake at 7:30 a.m. Weigh-in is at Campbell Point at 4:00 p.m. Cash prizes for biggest total weight and big bass. Free hat, dinner and draw prizes. For entry information call 417-858-3300 or visit www.shellknob.com.

October 10: Jules and Jim, a memorable tale of three people in love, and how the years affect their interrelationships, will be performed in the Cornell Auditorium at Missouri Southern State University at 7 p.m. Admission is free and open to the public. For information call 417-625-9614.

October 12 – November 11: Art Exhibit in the P.E.O. Foundation Art Gallery in Nevada. Featured artists will be Bruce Holman and Michael Denison. Current student works are exhibited in the Carolyn E. Conway Student Art Gallery, located in the Rubie Burton Academic Center. Regular hours are 8 a.m. to 5 p.m., weekdays. Admission is free. For information call 417-667-8181 ext. 2186.

October 12: Kaysinger Business Conference will be held at Haidee & Allen Wild Center for the Arts, Cottey College in Nevada from 8 a.m. to 4 p.m. Topics covered will include discussions and networking for small business owners and employees, employment issues, marketing that works, finance and using technology to grow your business. For information contact the Miami Chamber of Commerce at 417-667-5300.

October 13-14: MSSU Homecoming 2006 will be held on campus. For information call 417-625-9255.

October 13, 14 & 15: 40th Annual Apple Butter Makin' Days will be held on the square in Mt. Vernon. Fri-Sat apple butter is made in large copper kettles on the square. There will be over

300 craft booths, 70 food booths, a parade on Saturday at 9 a.m., free live entertainment all three days, car show, buggy rides, etc. For more information call 417-466-7654.

October 14: Kids ages 6-12 can make their very own "Treasure Box" at Spiva Center for the Arts, 222 West Third St. in Joplin. Each student will receive a wooden box to decorate. Materials are included in cost, but students may also bring their own decorations. Cost (including supplies) is \$15 for nonmembers, \$13.50 for members. Call 417-623-0183 to register.

October 14: United Way Octoberfest will be held from 10 a.m. to 2 p.m. at the TeamBank lot in Downtown Nevada. This will be a fun filled day, showcasing United Way member agencies. There will be live entertainment, games, good food, and plenty of fun! For information call 417-667-5563.

October 14: Connie Smith Concert at the Nevada High School Auditorium from 5:30 to 8 p.m. All proceeds go to the United Way. For information call 417-667-5563.

October 14: Collage Workshop for teens & adults will be held at Spiva Center for the Arts, 222 West Third St. in Joplin. Materials are provided, but participants may also bring their own materials such as magazines, photos, and paper scraps. Cost is \$30 for nonmembers and \$27 for Spiva members. Call 417-623-0183 to register.

October 14: History Alley & Interactive Tour Day will be held at the Newton County Historical Museum and Park, located at 121 N. Washington in Neosho from 10:30 a.m. to 3 p.m. Historical organizations throughout the county will be on hand to answer questions and there will also be interactive tours of the park every 30 minutes. For information call 417-451-1925 or visit www.neoshocc.com.

October 14: WestSide Car Show & Carnival will be held at WestSide Christian Church, 13th & Monroe. Judging will be 12-3, and the carnival begins at 12 p.m. For information or to register, call 417-629-7996 or 417-434-2462.

October 14-21: 40th Annual Maple Leaf Festival will be held on the historic Carthage square. The festival will include a variety of events ranging from the Annual Queen Pageant to the Three Minutes of Fame Lip-Sync Competition. The festival concludes with a finale on Saturday the 21st, which begins with the largest parade in Southwest Missouri at 9 a.m. followed by a variety of special events centered around the 80+ craft booths and food vendors. For more information see page 39 of this issue or call 417-358-2373.



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October 15: Make Irresistible Earrings with Peggy Beckham (Ages Adult & Teen) from 2-4 p.m. at Spiva Center for the Arts, 222 West Third St. in Joplin. Learn basic wire loop techniques to make dangles and learn a variety of styles. Cost is \$20 + \$10 for nonmembers, \$18 + \$10 for members. To register, call 417-623-0183.

October 17: Masculine-Feminine will be shown at Missouri Southern State University in Cornell Auditorium at 7 p.m. The film explores adolescence, sexuality and political protest in the dynamic context of the Sixties. Admission is free and open to the public. For information call 417-625-9614.

October 20 - 21: Fall Fest Arts & Crafts Show at the Community Center, located at 200 N. Ash in Nevada will be held Friday from 2-8 p.m. and Saturday from 9 a.m. to 4 p.m. There will be over 60 booths of creative arts and crafts, including handcrafted originals by residents of Southwest Missouri and surrounding areas in this juried show. For information call 417-667-5761 or email at: Nevada_fall_fest_arts_crafts@yahoo.com.

October 21: Make Jazzed-Up Journals (Ages 8 thru Teen) from 10 a.m. to noon at Spiva Center for the Arts, 222 West 3rd at Wall. Cost is \$15 (includes supplies) for nonmembers, and \$13.50 for Spiva members. To register call 417-623-0183.

October 21: The Jordanaires, a Grammy award winning vocal group, will appear in concert at Precious Moments Park in Carthage with the Duke Mason bank. For more information call 800-543-7975 ext.3051 or visit www.dukemason.com.

October 21: Christopher Carter, widely recognized as one of the most entertaining and uncannily

skillful psychological performers in the world, will perform at 8 p.m. at Cottey College, Haidee & Allen Wild Center for the Arts in Nevada. For information call 417-667-8181 ext. 2186.

October 21: Make Silly Sock Creatures with Connie Knudtson (Ages 8 thru Teen) from 1-3:30 p.m. at Spiva Center for the Arts, 222 West 3rd at Wall. Bring lonely and/or interesting socks. Cost (including supplies) is \$25 for nonmembers, and \$22.50 for Spiva members. To register call 417-623-0183.

October 21-22: Crawford County 911 Emergency Services Show & Display will be held at the Meadowbrook Mall. For information call 620-231-9240.

October 27 & 28 at 7:30 p.m. & 29th at 2 p.m.: The Show "Movin' On" will be performed at the Cassville Middle School Gymnasium. It is a music and comedy show with HomeTown Sound and The RedHots. For information call 417-847-2814.

October 28: Fashion Show Brunch will be held at the Lamar United Methodist Church Family Life Center from 11:30 a.m. to 2:30 p.m. For information, contact Sandy Harris at 417-681-0774 or neiraharris@yahoo.com.

October 28, Nov 4 & 11: Monotype Printmaking (Ages Adult & Teen) from 10 a.m. to noon at Spiva Center for the Arts, 222 West 3rd at Wall in Joplin. You will be amazed at the colorful and interesting results that appear on the paper as you explore this versatile medium. Cost is \$60 + \$5 supplies for nonmembers, and \$54 + \$5 supplies for Spiva members. To register call 417-623-0183.

October 28: Fall Festival Chili & Salsa Cook-off from 8 a.m. to 3 p.m. on the square in Cassville,

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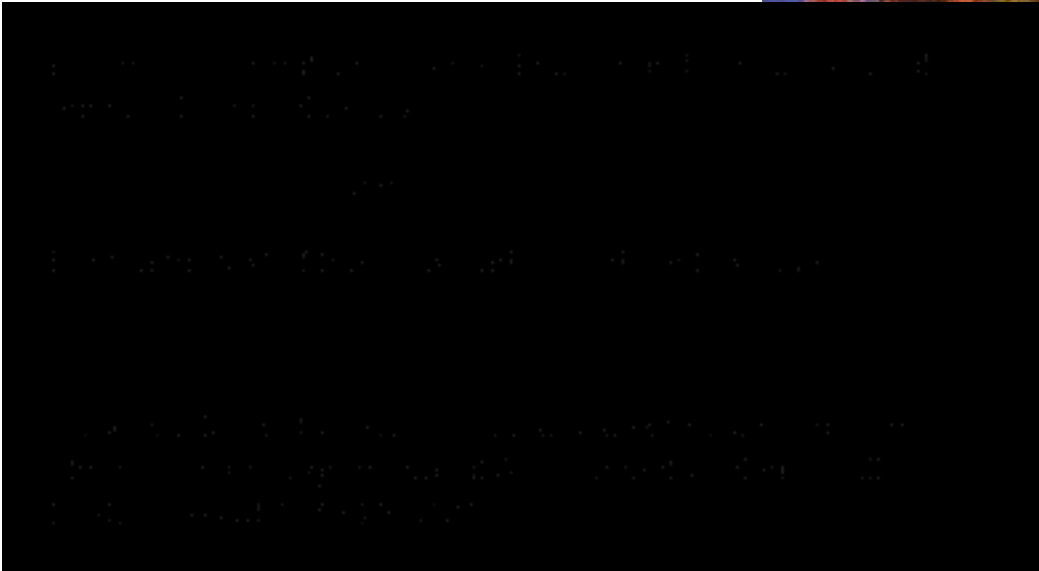
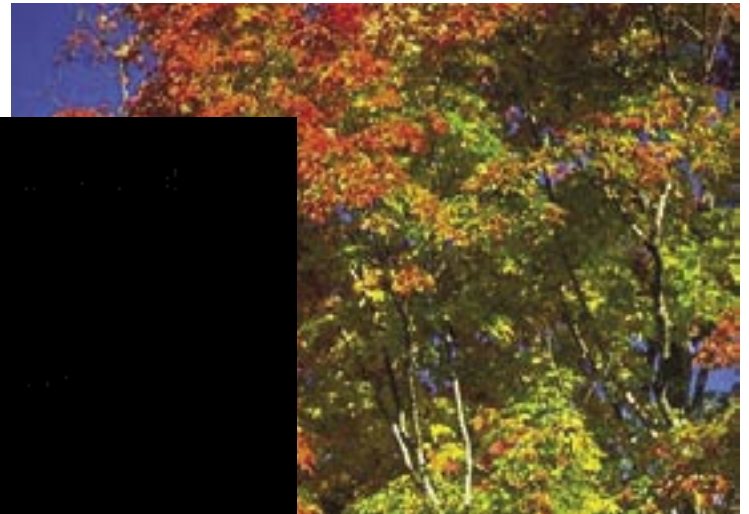
By: Phil Gloyer, Ph.D.

Hopefully, everyone is aware by now that on your November ballot, you will be asked to vote on Amendment 2, with a title of "Missouri Stem Cell Research and Cures Initiative." The language on the ballot states that the amendment will "ensure that Missouri patients have access to stem cell therapies and cures," and proposes that "no person may clone or attempt to clone a human being."

What the ballot language omits is that under the definitions of the proposal, the terms "clone" and "attempt to clone" only refer to the implantation in a uterus of cloned human embryos for the purpose of initiating pregnancy. The amendment would specifically protect the process of somatic cell nuclear transfer (SCNT), the procedure used to create Dolly, the famous cloned sheep. Perhaps even more distressing, the amendment is designed specifically for the harvesting of stem cells from

such embryos, resulting in their destruction for the sake of research. It would also require that women undergo costly and risky procedures in order to donate the needed egg cells, endangering the health of those women for the mere possibility of treating others.

Unfortunately, proponents of Amendment 2 seem to ignore the actual cures that have been achieved through the use of adult stem cells. Adult stem cell research has much more potential for saving lives, and can be encouraged without the moral objections raised by human cloning and embryonic stem cell research. Before you vote this November, please do your homework. Ask questions. Vote responsibly.



CALENDAR OF EVENTS CONTINUED
MO. Chili and Salsa judging at noon, Pet Parade, Monett Bootkickers, Live Music, craft booths, and all kinds of live entertainment. For information call 417-847-2814.

October 28: The Thomas Hart Benton Four State Regional Art Competition will be held at the Longwell Museum at Crowder College from 8 a.m. to 6 p.m. This 4-State Regional art show brings artists from MO, AR, OK and KS in a two level competition of emerging and professional artists. For more information call the Art Alliance of Neosho at 417-781-3839.

October 31: Halloween Around the Square – Kids trick-or-treat area merchants from 3:30 – 5 p.m. For information, call 417-847-2814.

October 31: La Cage aux Folles will be performed at Missouri Southern State University in Cornell Auditorium at 7 p.m. It is the hilarious and touching story of an aging gay couple who must pass for straight for an evening. Admission is free and open to the public. For information call 417-625-9614.

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Show Me The Ozarks Magazine would like to thank Bree Brandis & The Bridge Staff, Café Angelica, Bussey's Barbeque, Bill Lynch (Owner of the hot air balloon), Duke Mason, Matt Barnhart (Operations Manager of Missouri American Water) for the use of their misting tent and to all the wonderful guests who celebrated with us. Here's to the next 5 years!

Lee Radcliff & The Show Me Team!



The Neals from Columbian Apartments



Anna Ruth Mosbaugh with mom



The crowd enjoys Duke Mason's performance



Photo by Joy Oglesby



Wendy Masson, Joy Huffman & Ann Leach



Santa & his granddaughter



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October 4: **TEXAS CHAINSAW MASSACRE: THE BEGINNING** (Rated R) The origins of the legendary horror character Leatherface will finally be revealed in this film, which is set years before the original Texas Chainsaw Massacre movie.

October 6: **THE DEPARTED** (Rated R) Drama/Thriller: An undercover cop infiltrates a mob syndicate unaware that, while he is gaining the confidence of the gangland chief, there is a counterpart criminal who is making his way up in the police department to spy for the same syndicate.



October 6: **THE EMPLOYEE OF THE MONTH** (Rated PG-13) Comedy: The longtime rivalry between two ultra-competitive workers at a bulk-

discount retailer comes to a head when a beautiful new cashier, with a reputation for only dating Employee of the Month winners, transfers to their store.



October 6: **STORMBREAKER** (Rated PG) Family Action/Adventure: After the death of his uncle and guardian, a 14-year-old orphan learns that he has been unwittingly trained all his life with the skills to become a secret agent, and is soon forced against his will to take on a dangerous mission for the British Secret Service.

October 13: **THE GRUDGE 2** (Not Rated) Horror: A group of seemingly unrelated people try to unlock the secret of the terrifying supernatural curse that has drawn them together and threatens their lives.

October 20: **DOA: DEAD OR ALIVE** (Rated PG-13) Action/Thriller: On an exotic island, four female fighters compete to the death in this feature adaptation of the bestselling game franchise.

October 20: **FLAGS OF OUR FATHERS** (Not Rated) Action/Drama: This chronicle of one of the most crucial and bloodiest battles of WWII's War in the Pacific, the Battle of Iwo Jima, culminates in the iconic raising of the American Flag on Mount Suribachi.

October 20: **FLICKA** (Rated PG) Family Drama: A rebellious young girl claims a wild mustang as her own, hoping to prove that she will one day be capable of taking over the family ranch.

October 20: **MARIE ANTOINETTE** (Rated PG-13) Drama: By marrying the young King Louis XVI, a teenage Austrian princess finds herself the fated Queen on France.

October 20: **THE PRESTIGE** (Rated PG-13) Drama/thriller: In 1878 two young stage magicians clash in a darkened saloon during the course of a fraudulent séance. From this moment on, their lives become webs of deceit and exposure as they feud to outwit and destroy one another.

October 27: **CATCH A FIRE** (Rated PG-13) Drama/Thriller/Politics:

In South Africa, a devoted father and husband who is not interested in politics, works as a foreman at an oil refinery at a time when the world was protesting the country's apartheid system. His priorities and beliefs are tested when he is arrested for sabotaging the oil refinery, and becomes eventually becomes a rebel fighter, risking his own life and future to bring change for himself, his family, and for his country.



October 27: **SAW 3** (Not Rated) Horror: While police scramble to find the elusive puppet-master behind the cruel and intricate games that have terrorized a community, the near-death Jigsaw and his new apprentice kidnap a doctor who they assign the task of keeping him alive until another victim completes a game of his own.



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10/13: **X Men 3** (PG-13) Action/Sci-Fi/Sequel: For the first time, mutants have a choice: retain their uniqueness, or give up their powers and become human. The opposing viewpoints of mutant leaders are put to the ultimate test.

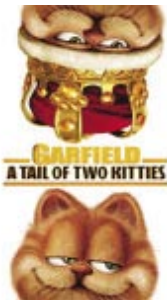
10/13: **Thank You for Smoking** (Rated R) Comedy/Drama: Nick Naylor, chief spokesman for Big Tobacco, makes his living defending the rights of smokers. He says he is just doing what it takes to pay the mortgage, but the increased scrutiny of his son and a death threat may force him to think differently.

10/13: **American Dreamz** (PG-13) Comedy, Musical/Performing Arts and Politics/Religion: On the morning of his re-election, the President reads the newspaper for the first time in four years. He begins reading obsessively, holing up in his bedroom in his pajamas. Frightened by the President's apparent nervous breakdown, his Chief of Staff pushes him back into the spotlight, booking him as a guest judge on the weekly talent show American Dreamz where the President will be one of the judges on a show the nation will never forget.

10/10: **Click** (PG-13) Comedy, Kids/Family and Science Fiction/Fantasy: A workaholic who has been overlooking his family in favor of his career, comes across a universal remote that allows him to perform TiVo-like functions on his life. When the remote begins choosing what to fast-forward over, the man sees how much of his personal life has passed him by and realizes the importance of spending more time with his family.



10/10: **Garfield 2 – Tale of Two Kitties** (Rated PG) Comedy, Kids/Family, Animation and Sequel: When Garfield follows his owner to England he is mistaken for a look-alike, regal cat who has inherited a castle. Lord Dargis is determined to do away with Garfield so he can turn the castle into a resort.



10/10: **Prairie Home Companion** (PG-13) Comedy, Drama, Musical/Performing Arts and Adaptation: After 32 years, Garrison Keillor's radio variety show is coming to an end. Fans file in to see "A Prairie Home Companion," not knowing that tonight's show will be the last.

10/17: **The Break-Up** (PG-13) Comedy: A woman calls it quits with her boyfriend. When neither is willing to move out of the condo they used to share, the only solution is to continue living as hostile roommates until somebody caves.

10/17: **The Omen** (Rated R) Suspense/Horror and Remake: A senior American diplomat's wife endures a difficult delivery where their newborn child has died. The hospital priest presents him with another child born that night, whose mother died in childbirth, compelling him to take the infant boy as his own. As the child turns five, unsettling events begin to occur – he is the long-prophesized Anti-Christ.

10/17: **Over the Hedge** (Rated PG) Comedy, Kids/Family, Animation and Adaptation: Verne and his woodland friends awoken from their long winter's nap to discover a large, green hedge right through the middle of their once-natural habitat. Verne wants to keep his blended family safely on their side of the hedge. The manipulative raccoon RJ has his own reasons for convincing the woodland band that there is little to fear and everything to gain from their new neighbors.



10/24: **Slither** (Rated R) Science Fiction/Fantasy and Suspense/Horror: Something evil has arrived in the small town of Wheesly. When livestock turns up mutilated and a young woman goes missing, Sheriff Bill Pardy and his team uncover the dark force laying siege to their town, an older-than-time organism intent on absorbing and devouring all life on Earth.

10/24: **Nacho Libre** (Rated PG) Comedy and Sports: After growing up in a Mexican monastery, Nacho is now a grown man and the monastery's cook, but doesn't seem to

fit in. He decides to earn money as a Lucha Libre wrestler and finds that he has a talent for wrestling. Since Lucha is strictly forbidden by the church elders, he is forced to lead a double life. Disguised by a sky blue mask, Nacho conceals his true identity as he takes on Mexico's most famous wrestlers to make life a little sweeter at the orphanage.

10/24: **Mission Impossible III** (Rated PG-13) Action/Adventure and Sequel: Super-spy Ethan Hunt has retired from active duty to train new IMF agents. But he is called back into action to confront an international weapons and information provider with no remorse and no conscience. Hunt assembles his team to pursue him and rescue his love, Julia.

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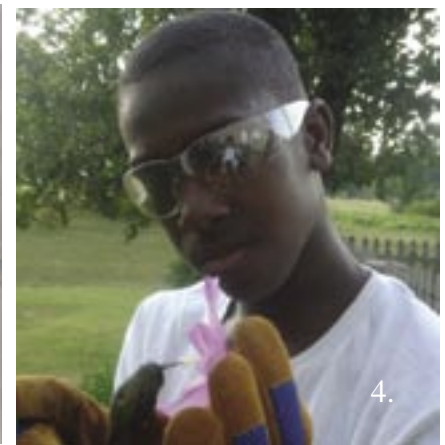
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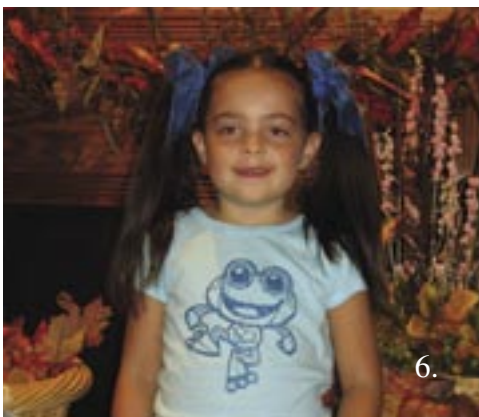
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1. Little Jimmy 2. Caleb 3. Macy Conrow

4. I am submitting a photo of my son to include in the kids section of the next Show Me the Ozarks publication. My 13 year old son Kai rescued a little hummingbird that was trapped for hours in our screened pool area. We broke part of the screen thinking that the bird would fly out, but it kept flying across the room, and then it just gave up. We sat about 2 1/2 hours with the bird feeding it sweetened water, petting him or her, praying and singing. We are pleased to share that it regained its strength and flew away. This entire ordeal reminds me of God's compassion and care for us when we get lost and can't find our way out of tough situations. He's with us and takes care of us. "Those who wait on the Lord renew their strength. They shall mount up with wings as eagles and soar..." Submitted by Michelle Ducre, Director of Community Clinic.

5. Briley Rogers from Seneca loves Molly!

6. MacKenzie Pritchard, submitted by her Mom, Tiffany from Countryside Flowers.

7. Dana, Chloe & Noah Sowell, submitted by Grandma Karen Whitesell from Mt. Vernon

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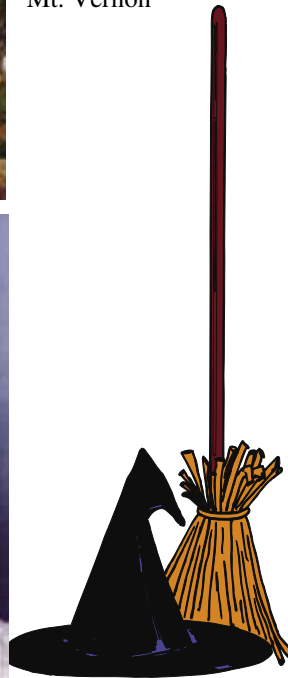
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SMOKE FROM the cabin

A Prisoner of Technology in the Ozarks

Life here in the Ozarks is getting harder and harder thanks to “technology”! I thought years ago when I first encountered the world of computers that it would be a wonderful thing and our world would benefit greatly. At first the world did benefit. I thought email was the greatest thing since sliced bread. I could use it to harass all my friends, family and neighbors. I had instant communication with all of ‘em. Now I’m not so sure all this technology is such a good thing.

Nowadays when I open me and the Mister’s email there’s a 100 or more emails, everything from someone trying to sell me a car to solicitations for credit cards. There’s email from all kinds of exotic and faraway places from strange sounding people, like “RUAWARE?” Naturally when I git an email like that, I have to open it. It was an ad for vitamins. Now that I’ve opened it, they send me something every dang day!

Mrs. Snugnoose, who lives down the lane had to declare bankruptcy as she had become addicted to Ebay. There hadn’t been a day that the UPS truck didn’t barrel down our lane headed for her door. Poor Mr. Snugnoose didn’t know what was happening until the day he came home from work and she had sold all their furniture to someone in Bombay, India for 50 rupees. She thought they meant “rubies”... Mrs. Snugnoose is



on the road to recovery now and is attending a 12 Step program for Ebay addicts.

On a recent full moon, I had repeated disastrous encounters with technology. All day long, wherever I went, I would have to wait in long lines or sit in my car in the drive thru for hours. Everyone’s computers were not working right and the entire world came to a halt. It was then and there I realized how dependant we all are on these infernal contraptions. Furthermore they are making our lives harder instead of easier. And I, Aunt Cracker, have decided it is time to make a change.

I informed the Mister we are going to go back to the old ways, and do things like we did before the age of computers. He got the blankest look on his dear sweet face. He’s so far gone, he didn’t even know what I meant by the old days. So I told him no more of the following: Atm’s, fast food drive thrus, debit or credit cards, cell phones, cable tv, email, computers, dvd’s, not a “digital or scanned” anything! If I can’t wind it up, it ain’t happenin’. The Mister told me if I was going to go that far, then we should not use a microwave or any frozen foods either. I agreed and promptly stocked up on his favorite cereal.

I mean to tell you what happen to the days when a body went to the grocery store, put the stuff in a cart, took it up to the register, the clerk would hand ring everything up and you would give them some cash. It took me 20 minutes just to pay my grocery bill the other day. None of the food items would scan. That checker darn near wore the writin’ off the package trying to get the scanner to ring it up. Then she had to get on the microphone and call the manager who took a half day to saunter up to the register and tell her the stock numbers which she punched in just like they did in the old days! My debit card would not work right, and then when I tried to leave, the theft devices all went off and the cops a come a runnin’ thinkin’ I was stealin’ something! Come to find out the scanner hadn’t rung up one item. So’s then I had to go back and do it all over again. I was fit to be tied by the time I got out of that store. The simplest of tasks has made me a prisoner, a prisoner to technology.

By the time I got home that evening, the Mister said I came in with a glazed look on my face and was literally incoherent. We took my blood pressure and it was 200 over 100! Now we are trying to simplify. Tryin’ to avoid the use of modern technology and use our hands, backs and brains for what we need to accomplish. It is much less stressful. If you are out and about in the neighborhood stop in for a visit. All laptops and cell phones must be checked at the door. Bring along a No. 2 pencil, paper, waxed string and a Dixie cup, and we’ll show you the old ways of visitin’! Testin’ the water with my big toe, Aunt Cracker



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A message from the Small Business Council



THE GREAT OUTDOORS

STUMP SITTING

The fall air is crisp as I start my journey up Dogwood Mountain. It's really a big hill but I named it that because I love the mountains. Here in the Ozarks area of southern Missouri we don't have mountains like out west, just big hills. The dogwood part of its name comes from the hundreds of trees with their showy white blossoms that bring beauty to the "mountain" in the spring.

I stand for a moment listening to the soothing sounds of water as it tumbles down Dogwood Mountain Falls and then glance over my shoulder as the sun starts peeking over the "mountains" behind me. The curtain is rising and I'm not in my seat yet.

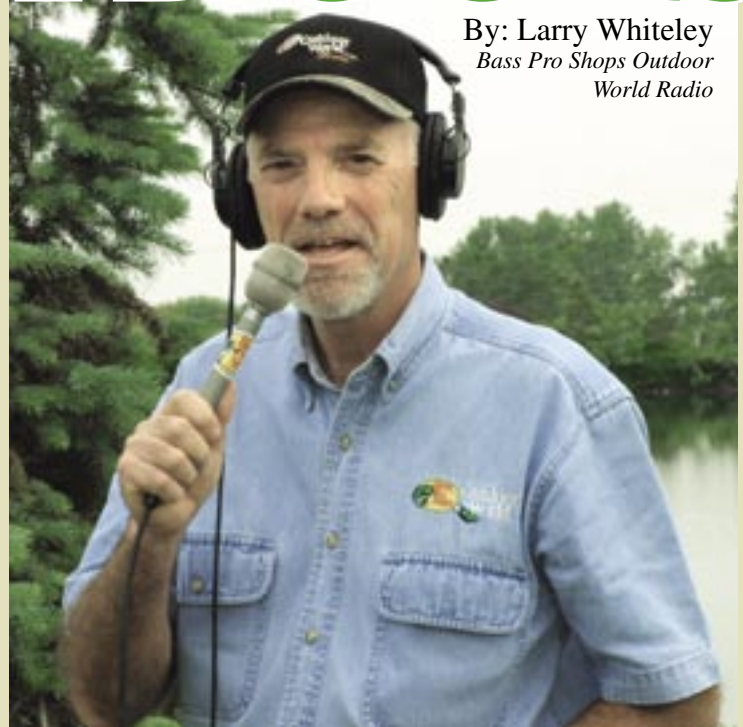
My pace quickens as I head up the trail that follows the falls, then I turn onto another trail that winds its way to the top of the "mountain." My leg muscles burn as I climb over rocky areas in the trail but I continue on to the top.

Finally, I see it. To some people it may just be an old stump where someone cut down a tree a long time ago but to me it's like an old friend waiting at the end of the trail. I hurriedly remove my backpack, take out my thermos, and pour a cup of coffee. It's stump sitting time once again. From my stump I see a thin haze over the stream that winds through Bull Creek Valley. There's a hint of smoke in the air from the cabins and homes that dot the valley. Crows calling to each other on a distant ridge and a fox squirrel scurrying through nearby treetops break the silence.

I can't see them, but I know that somewhere below the turkeys have flown down from their roost and are now feeding in the fields. A doe and her yearling have probably joined the turkeys as a buck watches them from his hiding place. The kingfisher squawks as he flies through the mist over the creek. He's probably fussing at a heron that's fishing for breakfast or a busy beaver.

The sun rises higher and the show begins. The gray of the morning is suddenly changed to a kaleidoscope of color. My eyes feast upon the bronze of the oaks, yellow of the maples, red of the dogwoods, and green of the cedars and pines, with the blue of the sky and white of the fluffy fall clouds adding their special touch to nature's painting.

It's really too bad more folks don't take time for stump sitting. In today's hurried, pressured, fast-paced world, stump sitting can be a time to escape for



By: Larry Whiteley
Bass Pro Shops Outdoor
World Radio

a little while. Good stump sitting time only comes once a year -- in autumn. With the perfect autumn day at hand, the stump sitter can fully enjoy this special time.

When stump sitting, all things in life begin to take their proper place. Big things become little, little things become big. Somehow, stump sitting helps you forget about work that needs to be done, bills that need to be paid and all manners of other worries. They are all washed away by the cleansing action of stump sitting.

The sun is high now and good stump sitting time is gone. I finish off the last of the coffee, put the lid on the thermos and put it away in my pack. I stand, put the pack on my back, take a deep breath and start back down. I go a few yards on the trail then stop and look back at the stump. Maybe tomorrow will be good stump sitting time again. If not, there will be next year and my old friend will be there waiting.



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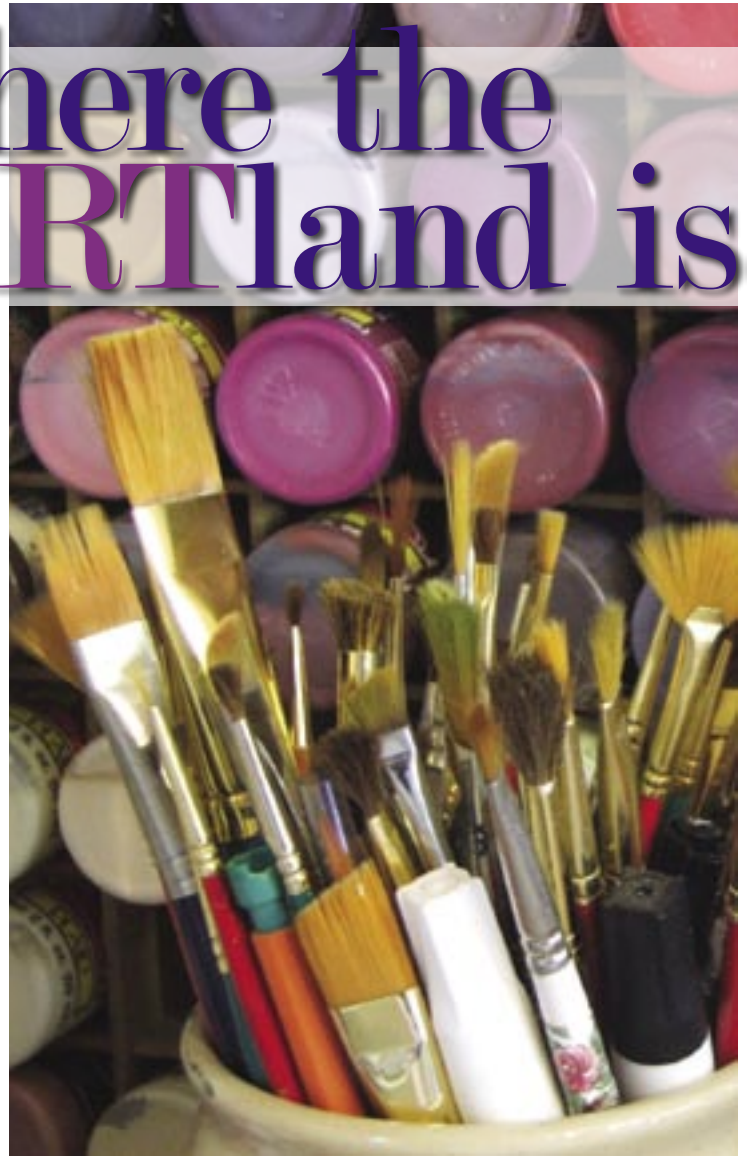
ART is where the HeARTland is

By: Michael S. Bell, Curator –
Visual Art Access/Joplin

When “Antiques Roadshow” first appeared on public television it was offered speculatively, although judging by its amazing popularity today one would not have imagined quite this result. Something unexpected happened. Americans from every walk of life began to realize that they, too, had or might have wonderful treasures of art or collectibles. And, what is more, a national appreciation of regional strength in art has come to the fore.

Here in the Ozarks we share that interest in our own magnificent art history involving people and artists of all descriptions, in every part of this area, from earliest times to the present day. For those of us immersed in the art professions not a day passes without learning about some artist new to us who was here all along, or whose work emerged from attics to be dusted off and looked at with new eyes. What we value most about it all is the lore, the stories that go with each object. The possibility of monetary assets is present of course, and is not to be disregarded. Yet, in the end, there are human lives and traditions involved.

Preservation of our own heritage is one of the building blocks every healthy community must create and use as it grows over time. Here in the Ozarks wonderful resources such as the Post Memorial Art Reference Library, MSSU art department and library, Joplin Public library, and Joplin Museum Complex collect and share documents about art and artists whose lives are woven into our past. Missouri Citizens



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for the Arts, Missouri Arts Council, Missouri Association of Community Arts Agencies, Joplin Chamber of Commerce’s VISION 20/20 committee, Ozarks Artists Colony and Midwest Gathering of Artists all do their part in making sure records are kept and that issues of importance in art are monitored. We are blessed with established quality art exhibitions and services in abundance such as Cleo’s framing, Spiva Art Center, ArtCentral in Carthage. We are not without our own art collectors either.

Most important to us all is that we have a consciousness of the art and art-makers around us every day whether of the White River Cherokee band, or Thomas Hart Benton, or any one of the other hundreds whose work delights and enriches the visual universe of our beautiful Ozarks heartland.

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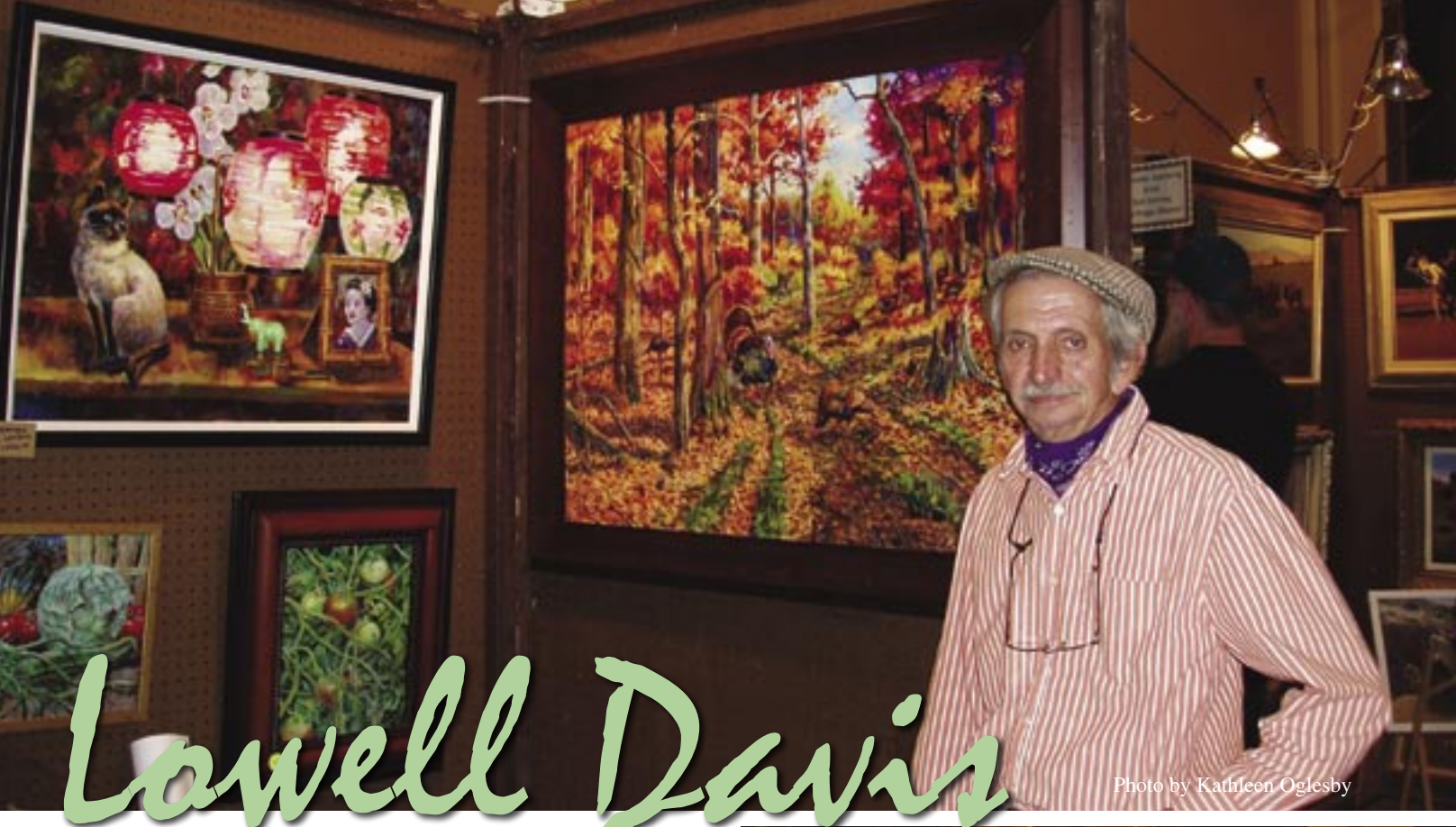


Photo by Kathleen Oglesby

Lowell Davis

By Ann Leach

Much like one of his paintings, Lowell Davis' life has included periods of bold color balanced by serene scenes. And yes, there were times of dark shadows. From a multimillion dollar empire that found him traveling the globe to a penniless existence that found him sitting on the porch of his home at Red Oak II outside Carthage, Mo., Lowell Davis is a study of a not-so-still life.

When you sit with Lowell Davis in his home at Red Oak II it's hard to remember that you are with a larger-than-life figure in the international art scene. Davis' slight stature and down-to-earth conversation is more in keeping with a visit to see a good friend. One who talks easily of success, creativity, love and God.

Today he's a bit concerned as he fills his pipe and shares plans for an upcoming drive to LA and catching a 16-hour non-smoking flight to the Phillipines where he will pick up his wife's son to bring him to Carthage. "I get in the car and drive and my mind just opens up but it's the 16 hour non-smoking flight that worries me," he said, after a puff on his pipe. He will use the time to focus his attention on a new project in the works, sketching and journaling his ideas and making the most of his time.

Lowell Davis' work as an artist has spanned his lifetime. "I knew the moment I spilled my first box of Crayolas," he said. "I knew it was art that I would pursue. My mother used to say that I drew my first mural at age 2."

Nowadays, Davis continues his painting, focusing on commissioned work. He is no longer doing metal sculptures ("my eyesight is just not as good anymore") and has just published [There Ain't No Memories In First Class](#), a book that details his life. "I put it all in there," he said. "The good, the



Photo by Joy Harrison

bad and the ugly; I just put it all out for people to know who I really am and where I came from."

Davis continues to monitor the rebuilding of Red Oak II, a town depicting the simpler days of his childhood. One of the houses on the property serves as his home that he shares with his wife, Rose. It also serves as his studio.

"I am a wannabe recluse," Davis said. "I just want to paint, sit on my porch, talk to people walking by and live my good life. I now have inner peace."

For an update on Red Oak II activities, visit their web site at www.redoakII.com.

Right: "King Me"

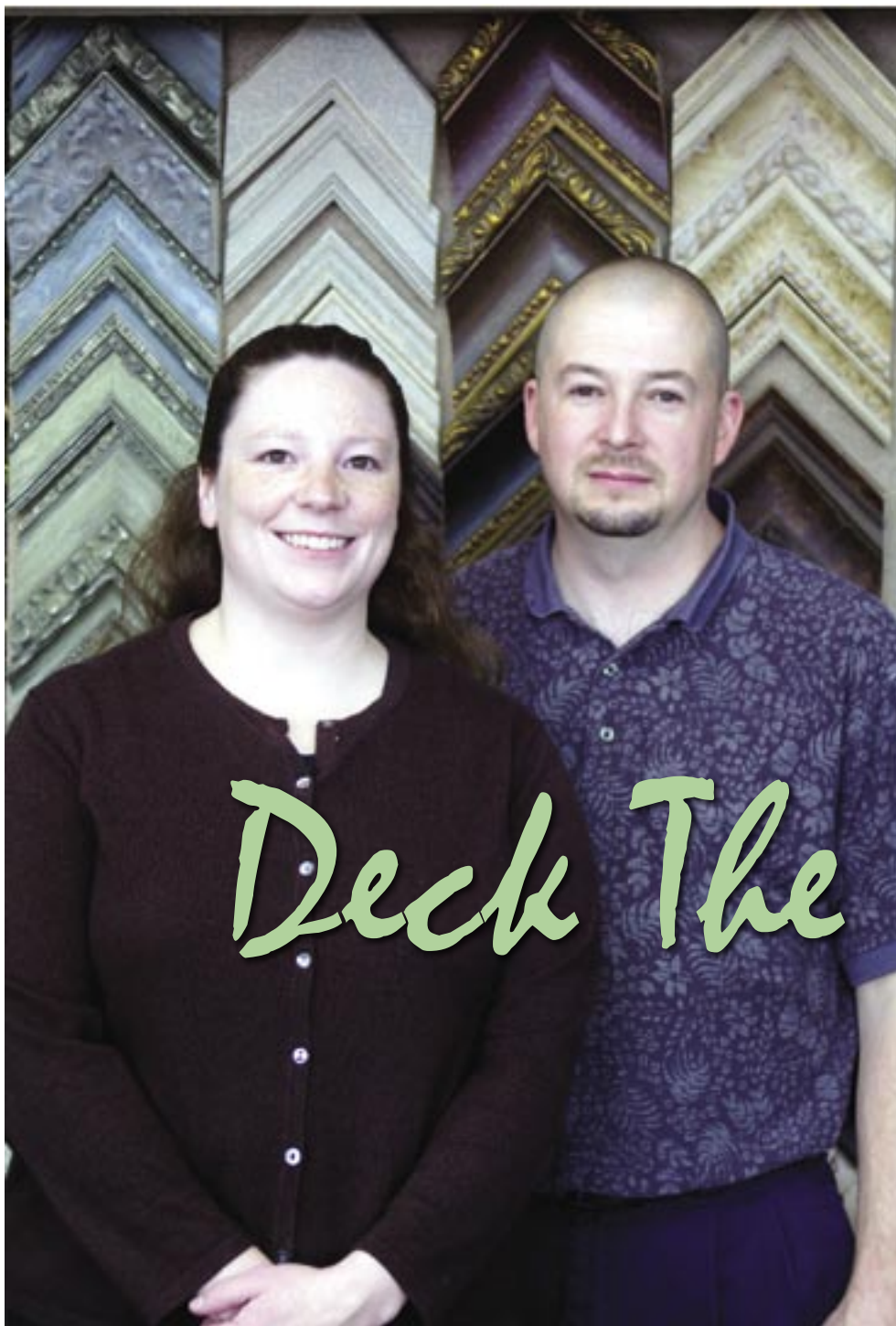


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Lowell Davis



Deck The Walls

DECK THE WALLS OWNERS CELEBRATE FIRST YEAR OF BUSINESS AND FEATURE AREA ARTISTS' WORK

By Ann Leach

Chris and Michele Knight have a reason to celebrate: they are proud first time parents and the 'parents' of Deck the Walls, a Joplin art and frame shop that they have owned for one year this month.

"The first year was a great learning experience in many aspects," said Michele Knight. "We were new to retail and new to owning a business! It started out a little crazy because we were learning all the ins and outs but once we figured it out we were able to start developing great working relationships with people in the community. Things are looking great!"

Through the ups and downs the Knights discovered the willingness of the Joplin Area Chamber of Commerce to help them however they could. 'That was a pleasant surprise' for the couple and helped them through the challenges of learning how difficult it is to jump right in to a business and take off, especially when they were committed to doing things correctly from the beginning.

Those 'things' include a number of services to the community such as custom framing, personalized mat design, canvas

transfers, canvas stretching and shadow boxes. There are hundreds of frames to select from, including mats that are 100% acid free and mats that are fabric and suede. There is also a small selection of ready-made frames and prints and posters. "We have a computerized mat cutter that helps us design the perfect mat for you," Michele Knight said. "We have a book that you can review all of the different cutouts we can do to make your mat unique."

New this year is the store's integrated framer. It's a program that allows customers to see what their final picture would look like when completed. "It shows you the mat(s) and the frame all around the picture so that you can truly see if you like your choices before making them final," said Michele. "We've just had it a short while but we've gotten a good response to it."

The Knights have also received a favorable response to the work of area artists that is found in their store. Regional artists Jerry Ellis, Andy Thomas, Jesse Barnes and Lisa Longaberger are currently featured at Deck the Walls. Michele said they are very interested in sitting down and talking with other artists about being represented at their store. "We have some very talented people in our community and we like to show that off," said Michele.



Annabelle Seelye Fuhr

By Ann Leach

She's been influenced by her travels, her research and her introspection and it's all revealed in a collection of thoughts and ideas that create some pretty compelling works. As you continue to view Annabelle Seelye Fuhr's work, you notice how spiritually charged it is in both its content and its creation.

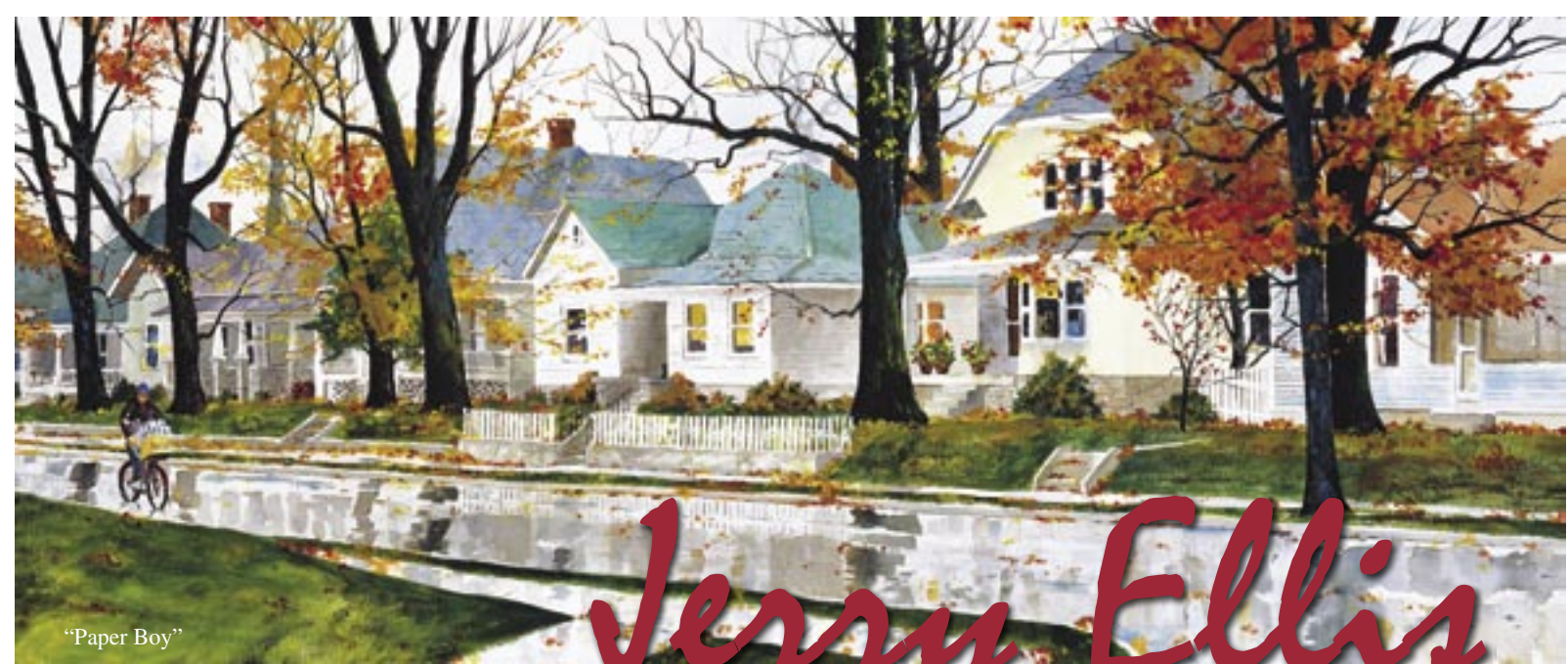
"I use a variety of media and symbolism in my paintings," said Seelye Fuhr. A 1990 graduate of Missouri Southern State College, she received her B. A. in fine art. "I believe education is a process that we continue throughout our lives," she said.

Seelye Fuhr cites the masters such as Lautrec and Gustav Klimpt as sources of additional inspiration. "The spirit of the woman is portrayed in rich motifs full of color, texture and gold leaf," she notes. "Similarities to Picasso in his blue period are also present in many of my works." Seelye Fuhr may be influenced by these artists but she never produces a painting with their style in mind. "I allow the creative spirit to build and develop on the canvas, giving extreme attention to detail in each work."

While grateful for her formal education, Seelye Fuhr is also aware of the influence of experiences in Australia, Puerto Rico, Canada, the Desert Southwest and many of her family's trips to the mountains of Colorado. She keeps her sketchbook close at hand as she records thoughts, sights and experiences that contribute to her work.

A charter member of the Arts Council of Barton Country, Annabelle Seelye Fuhr is a current board member today and serves as gallery chairman, providing quarterly exhibits. She is also a participating artist at the St. Avips Fine Art auction, a member of Rotary International, and the Spiva Center for the Arts. She and her family reside near Lamar, Mo.





“Paper Boy”

By Ann Leach

It was a gift to Jerry Ellis from his wife that inspired and educated him in the ways of watercolor so that he could paint and give the public the ‘gift’ of his work in return. “I was especially drawn to some paintings by a regional painter in Jacksonville, Florida and shortly after that my wife gave me a six-week course with that same artist as a 35th birthday gift,” explained Ellis. “That was the first time I held a brush in my hand and I have never put it down since.” Ellis became a professional artist in 1980.

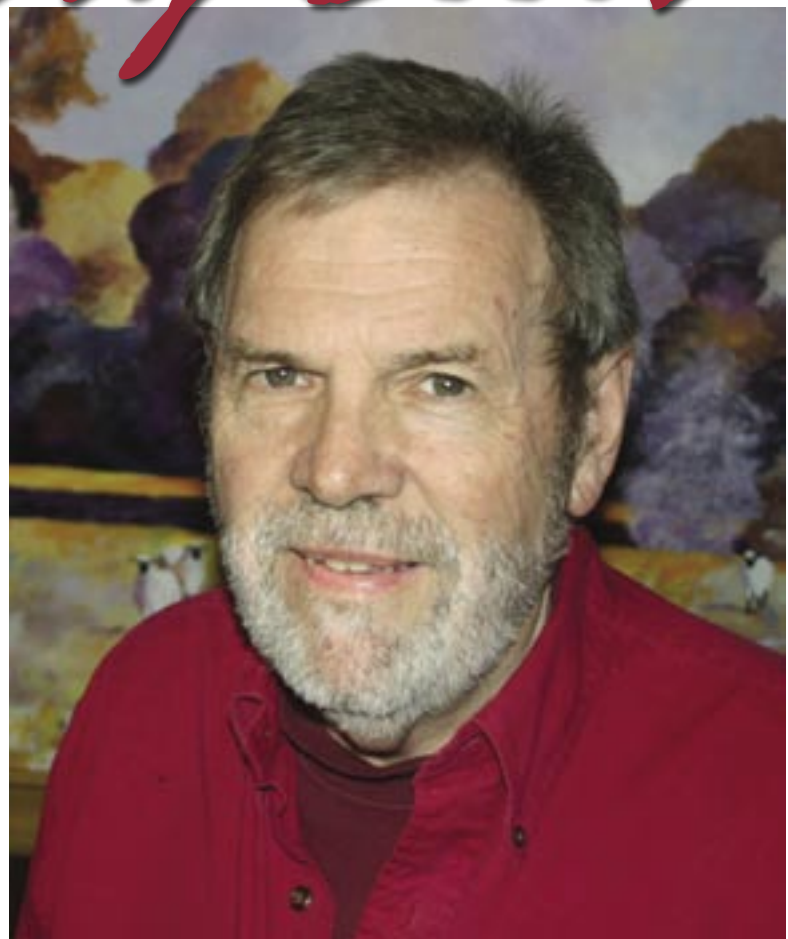
Ellis claims to have always had an innate feel for art. As far back as college he doodled strange creatures when he should have been paying attention during his classes. Today he is constantly aware of an opportune subject whenever he travels and he always has to have his camera close by. “I want to capture the momentary gift of all the right elements coming together to make a wonderful image—light and shadow, texture, color and shape,” said Ellis. “And on the right kind of day, I like to drive around town or the countryside looking for images that speak to me.”

Inspiration comes to him from those very surroundings like the streets, homes and buildings of Carthage, the rolling country and gentle animals of the Missouri Ozarks and with his ‘Age of Steam’ paintings, ‘it’s always been the abstract shape, the interesting colors and textures and the challenge of conveying the immense power they represent,’ he said.

Ellis’ intention is to be as true to his reaction of the scene as he can be and he hopes that viewers can sense the authenticity and relate to it as he does. He believes that artists must ‘know their subject in order to be comfortable with transferring the knowledge of that experience to the viewer.’

His work has shifted over the years. He originally painted exclusively in transparent watercolor (‘it’s probably the most difficult medium to master’) for over twenty years but has lately expanded into gouache, acrylic and oils. The change in focus has been ‘very rewarding’ for Ellis. “Many works in these new mediums have tended more to impressionism, which I love,” he said.

Are there other changes ahead for Jerry Ellis? For now



he will keep doing what he’s so very good and practiced at: painting, conducting workshops throughout the Midwest, and entering competitions and most likely winning. “I won two Winds medals in the American Watercolor Society annuals and a silver medal of honor for watercolor from the Audubon Artists of America,” he shares proudly. “I have had works accepted in Watercolor USA for the past two years and both have won awards.” He will also serve as the awards judge for the Missouri Watercolor Society 2007 exhibition.

To learn more about Jerry Ellis and his work visit www.jerryellis.org.

Right: “October Showers”



Jenny Ellis

David Burt

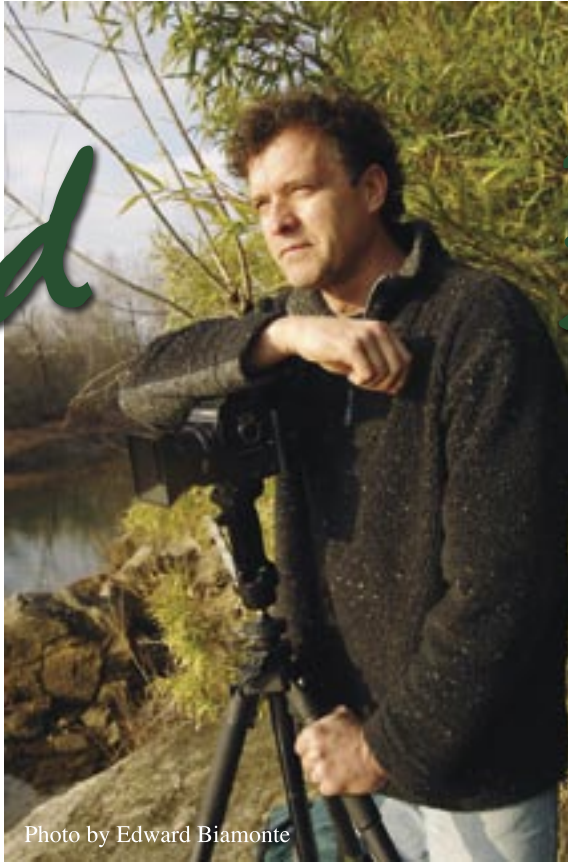


Photo by Edward Biamonte

By Ann Leach

A glimpse at one of David Burt's nature prints immediately draws you in and you demand to know the location of the shot. You'll be pleasantly surprised to discover it's probably in your own backyard. That's the focus of David Burt's work: highlighting the hidden treasures of the Ozarks.

"The more I photograph the area, the more I love it," said David Burt. "I am always trying to capture the essence of this area and I always get satisfaction from sharing it." And share it, he does. Burt's business is sharing and selling his work to corporate buyers and individuals alike through art dealers and galleries in both St. Louis and Kansas City. He also has corporate collectors around the state.

"I often stop and ask myself 'Wow! Is this real?' when it comes to my life," he said. "I'm not sure what has driven me all of these years but I know I want to live like this every day. I dreamt of this kind of life for a long time and now it is here. I am pretty lucky."

It's not really luck that has gotten Burt to this stage in his life. Hard work and a clear vision have been companions on his journey. His photography career has spanned the years since 1980 when he first captured a favorite place on film.

Since that time he has produced photographs for the Ozark Regional Land Trust; a project that found his work on calendars and cards and were included in a traveling exhibit entitled Ozark National Treasures. He did portraits, designed museum exhibits and freelanced for several publications, all of it contributing to the place he is now.

That place could be just about anywhere in Missouri or Arkansas but home is a house and studio in

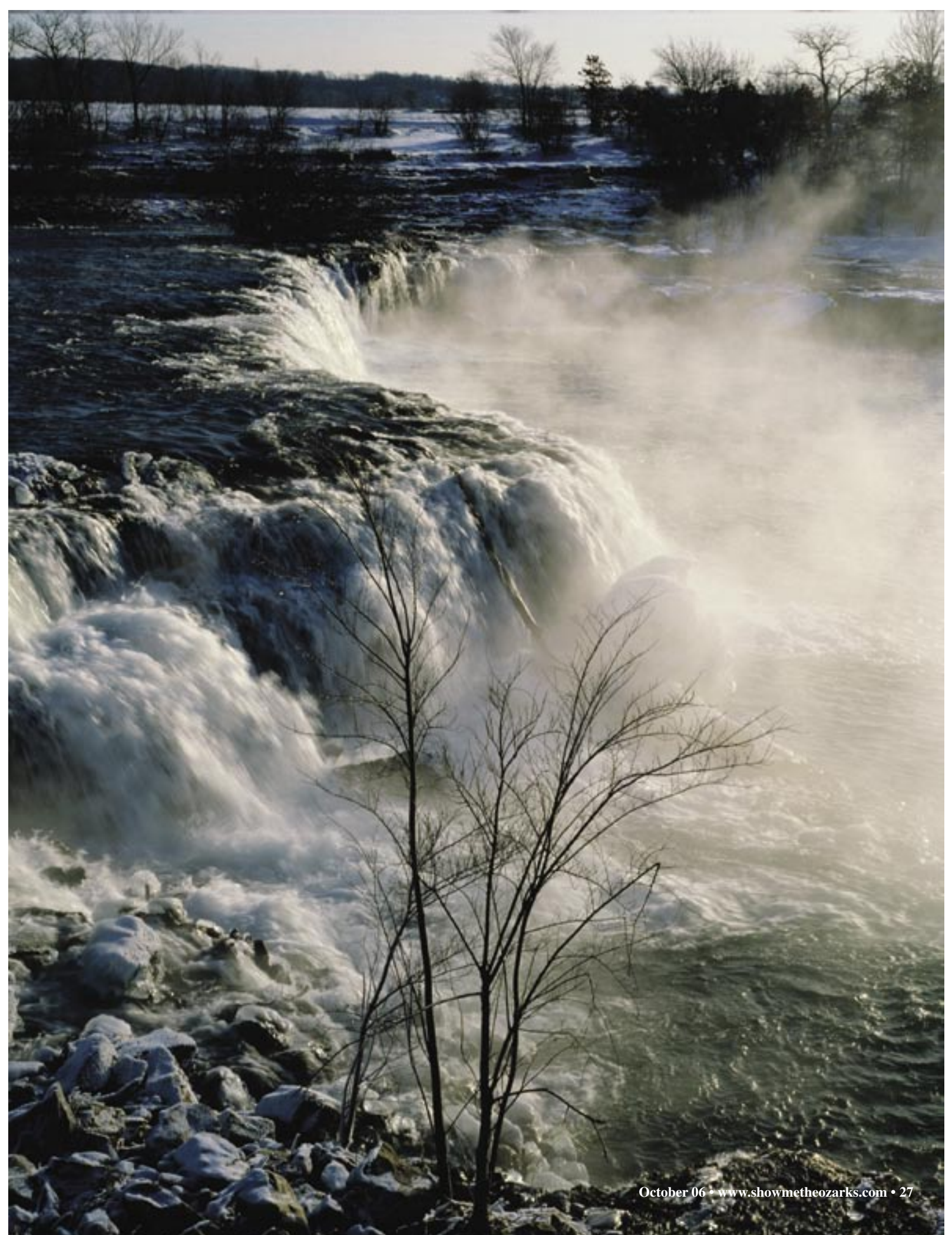
Cedarcreek, Mo., close to Bull Shoals Lake. "My house is in the middle of nowhere and I love it that way," Burt said. It's a perfect launching ground for a day's work and the surrounding land is well traveled by Burt. "When the sun first comes up and you are outside, it's just like a magical realm. I can't describe it," he said. His camera can and does.

So when you're living your dream life, can it get any better? "Sure," said Burt. "There are always new places in the Ozarks to discover and I want to do more with using my prints to educate people about this area and how it influences our living. I would like to do educational presentations at Nature Centers and I am working on a book. Life just gets better and better."

View Burt's portfolio at www.davidburtimages.com.



Right: "Grand Falls"





Harriet Cremeen

By Ann Leach

“Most of my learning is from books and just getting in there and making a mess,” said Dr. Harriet Cremeen of her recent artistic efforts. “When I started painting about eight years ago, I made so much mud you could build a house,” she laughs. Today that ‘mud’ has become exquisite expressions of Cremeen’s talents. Harriet Cremeen is 77 years young.

“It has been quite a journey,” Cremeen said of her artistic efforts. “It has become a passion and I just have to do it. I enjoy the challenges and learning is a process I love.” Cremeen is now ‘dabbling with watercolors and acrylics’ but states that it is oils that are the essence of what she wants to accomplish. She’s been recognized for her work at area fairs and has exhibited 67 paintings at the Fields Photo Archives in Cassville, Mo. to rave response.

Cremeen moved from Arkansas, where she had been involved in state education, to Mt. Vernon in 1995. “My husband had died and we had twenty acres that was too much for me to handle,” she said. “We had a son who was living in Springfield and another one in Republic, so I thought I would move closer to them. I looked in Springfield and the Republic area, but just couldn’t find anything that suited me,” she remembers.

She was directed to Mt. Vernon where she found just the right home for her. “It was a Godsend! When I stepped in the garage I knew it was right,” she said. “I love it here.”

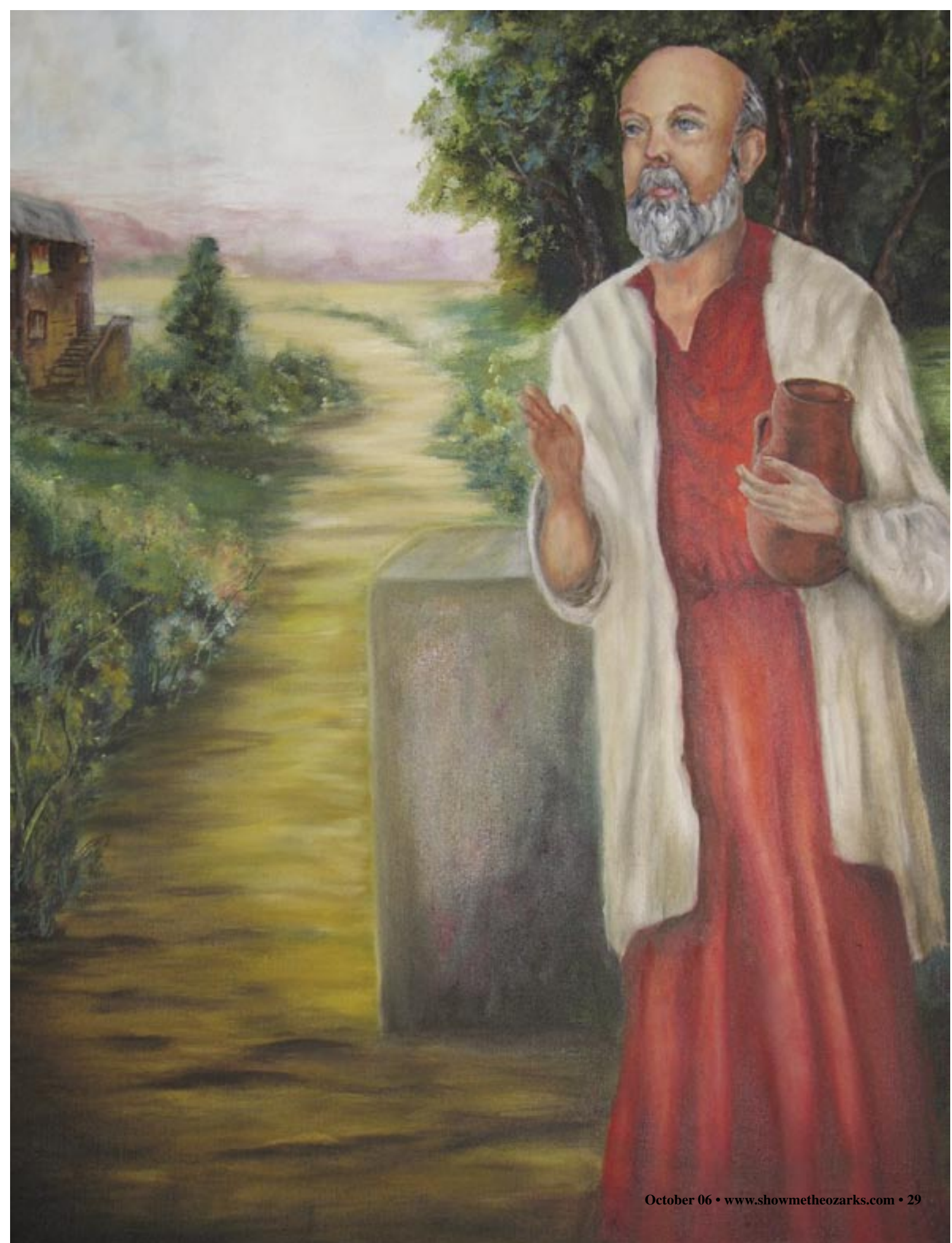
So now Cremeen spends her time painting in her studio. “It is a lonely act but I get so absorbed in what I am doing that I am really in another place,” she confesses. “My aspiration is to always reach beyond what I am doing and that comes from God and a certain amount of preparation on my part.”

To combat the isolation she could feel, Cremeen meets regularly with other Mt. Vernon artists in a group called the Ding-a-Lings. “We help each other and support each other,” she said. “I’d be lost without their encouragement and friendship.”

And how does she know when a painting is completed? She is able to feel a sense of satisfaction and even a bit of awe. “I find myself wondering ‘how did this happen?’, she said. “I just feel like it’s God’s will. I know where the credit goes!”

To view, and purchase, Harriet Cremeen’s work, contact her at 417-466-3742.

Right: “The Upper Room Is Ready”





Karen Whitesell

By Ann Leach

Light reflecting on the colored glass displays in the windows attracts you to the brick building just off the Mt. Vernon square. Entering the building you are met by stained glass artist Karen Murray Whitesell and see her classroom/studio filled with beautiful examples of her work. From the solid oak display counter to the individual work stations tucked against the exposed brick wall, creativity reigns.

It was thirty years ago when Whitesell's family was building a new farm house that she decided she wanted to incorporate stained glass everywhere she could. "I loved the medium to really dress up a home," she said. "I enrolled in stained glass classes at the Springfield Y so I could learn. There were four sessions and after that I was on my own! I learned by doing and made all the pieces for the new house and then just for family and fun after that."

She became a serious stained glass artist in 1992 when she began seriously practicing her skill. "That means that was when I started charging people," she said with a smile. She continued to work in her home until she bought the present

location and opened her studio in 2003.

Karen Whitesell finds her inspiration in the piece of glass itself. "I can look at a piece of glass and see the art ready to be unleashed," she said. "If I am asked to do a commission piece I can look at someone's home and pretty well tell what they will like. I see the style, the colors, the subject matter because it is all revealed in their décor." Whitesell forms the design in her mind, making sketches and selecting colored glass for the piece and then begins that 'unleashing' process.

When she isn't creating her own pieces, Karen is teaching stained glass classes and managing her tango dance studio. For now, her glass work has her focus as she talks about the future direction of her art. "My latest new venture is exploring the technique of fusing, slumping and draping," she said. "This is all done in a kiln and it can produce decorative plates, bowls and vases. It's really an exciting process for me."

To see for yourself, visit Karen's Stained Glass Studio and Murray's Vintage Venue at 202 South Hickory in Mt. Vernon.



Shannon McDermott

By Ann Leach

It's a phenomenon sweeping the country and Shannon McDermott is doing her best to be part of it. Scrapbooking is sweeping the four-states and giving everyone the opportunity to commemorate special occasions in a unique way.

"I began scrapbooking when my son was born," McDermott explained. "I had acquired some photos of my grandmother, who was in the beginning stages of Alzheimer's. I knew that the story behind some of the photos was never going to be known and I didn't want that for my son. Being able to tell our story along with the creative outlet is what drove my passion for scrapbooking."

There is no formal training available for scrapbook as an art and McDermott believes that's because it's an expression of yourself, your photos and your memories. "It's free form art; what makes you feel good is what you should do," she said. "I have taken classes on certain techniques and how to use new products. They're a great resource to expand your skills and get you going if you are struggling with a project."

McDermott has a lot of experience teaching classes as well. As the owner of K.I.S.S. Scrapbooks, a traveling company that specializes in embellishments and ribbons, she goes across the

country sharing her products and teaching at conventions and expos. She also owns the K.I.S.S. Crop-n-Shop Scrapbook Events and is currently planning an area event in Joplin on November 3 and 4th at Joplin's John Q. Hammons Center.

"Scrapbooking is a natural fit for me," McDermott reports. "I love the creativity of it and I love the fact that I don't have to follow set rules and am recording and capturing memories and moments for future generations." She enjoys making albums for specific occasions and time periods and her personal ones include Christmas albums, school albums for each of her children, a family album, travel, birthdays, and sports, among others. "To me, scrapbooking is a part of my life that has always been there in one way or another."



2nd Annual

K.I.S.S. Crop-n-Shop Scrapbook Events

November 3rd & 4th, 2006

John Q. Hammons Center
Joplin, MO

Shopping

Cropping

Education

Registration Begins
September 1st, 2006
www.kisscropnshop.com
417-540-5072



417-206-2639
www.amorecookingcenter.com

RECIPES



QUICK GARDEN SALAD

- | | |
|------------------------|---------------------------|
| Fresh Greens | Passion Fruit Vinaigrette |
| 1 Yellow Squash sliced | ½ Cup Passion Fruit Syrup |
| 1 Zucchini sliced | 2 Tbsp White Wine Vinegar |
| Salt & Pepper to taste | 1 small shallot chopped |

Arrange fresh greens on plate with squash and zucchini. Sprinkle with salt & pepper. Drizzle passion fruit vinaigrette over the top.

SALMON LUCIA

- | | |
|---------------------------------|-----------------------------|
| 4-6oz Cooked Penne Pasta | 1 tsp Roasted garlic puree |
| 1 – 6oz Salmon Fillet ..chopped | ½ Cup white wine |
| 2 T Olive Oil | ¼ Cup heavy cream |
| 1 oz chopped garlic | 3-5 leaves fresh basil or ¼ |
| 1 oz chopped shallot | tsp dry basil |
| 1 small Roma Tomato..chopped | 1 oz. Parmesan |

Salt & Pepper to Taste

On Med-Low heat place Saute pan and add olive oil, garlic and shallots and sauté one minute. Add salmon and sauté 2-3 minutes. Add Roma tomato, garlic puree, white wine and let this come to a boil. Add heavy cream and basil, then add pasta and sauté for one minute or until pasta is warmed through. Add salt & pepper to taste and sprinkle parmesan on top and serve.

Cooking with someone else can be a lot of fun and as some of you may have experienced should not be a “nightmare!” The key to good flow and efficiency in the kitchen with another by your side is to establish your roles as far as who is in charge of what. It is a good idea to have one person do most of the chopping, slicing, etc. while the other one keeps an eye on what is cooking so something doesn’t burn or boil over. Cooking with your spouse, significant other or a friend can be a lot of fun and provide a relaxing evening of entertainment with a bottle of wine!! It is very fulfilling to then sit down together and enjoy eating what you created together. Cooking with someone is also a great way to get to know them in a casual non-threatening environment. If they are considerate, helpful and enjoyable to be with in the kitchen, they probably will be elsewhere in other activities too! Happy cooking!! Live Love Laugh COOK!!

Submitted by Michelle Scott
(previously Michelle Meyer-Jones)

P.S. Recently married, Michelle suggests cooking with your man before marrying him!! You can learn a lot about a man in the kitchen!!



Dining Guide *The Ozarks Finest Restaurants*

KEY
\$ - \$9 & under
\$\$ - \$10 to \$15
\$\$\$ - \$16 to \$20
\$\$\$\$ - \$20 & up

These \$ categories are based upon the average cost of a diner entree excluding drinks, desserts, and/or gratuities. NOTE: Some restaurant entree prices do not include a la carte sides or salad.

NEOSHO

CAFE ANGELICA, NEOSHO



Southside of the Square 107 E. Main, Neosho 417-451-5727. Creative Salads such as Asian Chicken Salad, Surprises & Specialties Served Every Day, Sandwich Selections to include the Curried Chicken Salad or Heavenly Vegetarian,

Old Fashioned Cream of Potato Soup is The Best in the Area! Private Parties & Catering Available. Open Mon-Fri 11-2 for lunch, Dinner 5-8 Mon - Fri. \$



Quiznos Classic Subs, Neosho, MO



1599 Clemon Dr., Neosho (In front of Wal-Mart). More flavor! More Variety! More Choices! Craveable Salads, Fresh Soups, Toasty Subs with Turkey, Chicken, Veggie & Cheese, Clubs, Party Platters, Party Dessert Trays and more. Desserts, & Kid's Meals. Have an Event? We Cater! Call for office gatherings - We Deliver! 417-455-2400.

JOPLIN

ANDREW'S RESTAURANT, JOPLIN, MO

(Located inside Ramada Inn) 3320 Rangeline, Joplin, 417-781-0500. Beginning with breakfast, serving delicious Omelettes and Steak & Eggs. Enjoy the lunch buffet Monday - Friday, or choose from a wide variety of sandwiches. Dinner features include seafood from the broiler, fresh cut steaks daily, chicken special ties, Greek specials, pasta, salads, and desserts made from scratch. "Joplin's Best Kept Secret" open Monday - Friday 6am-9pm, Saturday 6:30am-9pm, and Sunday 6:30am-2pm. \$\$

APPLEBEE'S NEIGHBORHOOD GRILL & BAR, JOPLIN, MO



2825 E. 32nd St., Joplin, 417-659-8686. A bountiful menu includes salads, steaks, chicken, ribs, specialty pastas & more! Enjoy great food whenever & wherever you are hungry. Try our curbside service, call in ahead, pull in the "to go" parking spot, and the curbside to go server will do the rest! \$



ARDE'S VILLA, JOPLIN, MO

The best Mediterranean food in the four state area! Ask about our special that is \$9.50 with unlimited soup or salad. Seafood, steaks, and chicken dishes and pasta cooked in olive oil. Wine list, private room available, patio/outdoor dining available, and family friendly. To-go lunches available for groups and catering for any size group. Fireplaces and Live music, vegetarian friendly also. Reservations appreciated but not required. Walk-ins welcome. South on Main, turn right after the Reddings Mill Bridge. 417-782-4636. www.ardesvilla.com. \$\$ - \$\$\$

BELLA PEPPERS, JOPLIN, MO

2525 S. Rangeline, Joplin, (417) 781-7711. A casual dining experience that offers fine Italian dining from your favorite appetizers, salads, soup, sandwiches, pasta entrees such as Asiago Cheese & Garlic Ravioli or our Specialties such as Italian Fried Chicken with Rosemary New Potatoes - enjoy our fabulous Desserts & Coffee Bar. Non-Smoking Establishment - Reservations Accepted. Open 11 am to 9 pm Mon - Sat. \$\$

CASA MONTEZ



2324 S. Rangeline, Joplin. 417-781-3610. Serving authentic Mexican specialties for over 40 years, including: Carnitas, Fajitas, Burrito Enchilada Style, and much more! Lunch Fajita Buffet 11 a.m.- 2 p.m. Mon-Fri. Check for nightly dinner specials! Full service Cantina offering all your favorite drinks and live music. Hours: Sun 11 a.m.-10 p.m., Mon-Thur 11 a.m. - 11 p.m., Fri & Sat 11 a.m.-midnight. \$

GOLDEN CORRAL, JOPLIN, MO



2415 S. Rangeline, 417-625-1684. Enjoy all-you-can-eat Hot Buffet, Cold Buffet. Soups & Potato Bar, Bakery, & Dessert Cafe and Breakfast Buffet until 11am every weekend featuring made to order omelets and more! The Great Steak Buffet every night after 4pm Mon-Sat and after 11am on Sunday. Savor a juicy Sirloin Steak hand cut fresh (never frozen) every day. \$



GYPSY HERON CAFE, JOPLIN, MO

Formerly Village Pastry Shoppe, Ed Hanna-Owner. Located inside Southside Antique Mall, 4402 East 32nd St., Joplin, 417-529-7990, gypsyheron@yahoo.com. Fresh baked bread, 3 Cheese Quiche, Twice Baked Potato Casserole, Stuffed Bread, Herbed Focaccia Sandwiches, Fruited Chicken Salad, Soup, Salad and more! Open 11 a.m. - 3 p.m. Closed Holidays. Catering and Special Orders Available. \$



BIG R'S BBQ, JOPLIN, MO



Big R's BBQ has been serving quality smoked meats for almost 20 years. "R" menu ranges from hand-cut steaks, flame broiled to perfection, to sandwiches, salads, and more. Big R's is more than just Bar-B-Que - "We have the meat, you can't beat!" 1220 E. 15th St., Joplin, 417-781-5959. \$

UNDERCLIFF
Grill & Bar

UNIQUE DINING EXPERIENCE - CATERING AVAILABLE

HOURS Wednesday - Friday 11 a.m. - 9 p.m.
Saturday 9 a.m. - 3 p.m. / Sunday 9 a.m. - 3 p.m.
Breakfast on Saturday and Sunday

Tipton Ford, Mo. 417-623-8382

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Dinner
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Ribs • Beef • Chicken • Pork

See Us About Catering Your Next Event!

417-623-7183 • 1316 Broadway • Joplin



LUMPY'S BBQ, JOPLIN, MO



The best smoked foods in the area! Ribs, beef, chicken, and pork. All dinners include your choice of 2 side orders - red or yellow potato salad, coleslaw, Lumpy's BBQ beans or chips. See Lumpy's to cater your next event! Great lunch specials, and ask about the "Happy Hour" specials from 4 to 7 pm. Hours are Monday thru

Saturday 11am to 9pm. Now open Sundays. 1316 Broadway, Joplin 417-623-7183. \$



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Bader, our new chef, is very skilled in the most delectable dishes. His New Zealand Rack of Lamb, and Lobster dishes are wonderful! He also offers Chateaubriand for Two that will melt in your mouth. So, Join us for Dinner... Reservations are requested by 3 p.m. Caterings, meetings, parties and gift certificates available. (417) 627-9657. LUNCH 11 a.m. to 2 p.m. Tues - Sat. DINNER 5-8 p.m. Thurs, Fri & Sat. Sunday Brunch 9 a.m. to 2 p.m.

MESQUITE HEAT
RESTAURANT
Mexican & BBQ

MESQUITE HEAT STATION, JOPLIN, MO

5030 S. Rangeline. 417-623-HEAT (5328). Serving lunch & Dinner - a bountiful menu to include Mexican Classic Dinners, Steaks

& Seafood, Ribs, Smoked Brisket, Smoked Chicken, Pulled Pork, Spicy Sausage, Sandwiches, Entrée Salads & More! Kids Menu, To-Go Orders & great nostalgic atmosphere! Open Mon - Sat 11 a.m. to 9 p.m., and Sun 11 a.m. to 6 p.m. \$\$



{DINING & NIGHTLIFE

MYTHOS EURO GREEK KUZINA, JOPLIN, MO



Euro Greek Kuzina 1306 Rangeline Rd., Joplin. 417-624-MYTH. Where Ancient time consuming taste meets modern life...Hors d'Oeuvres the start of a unique journey from Pasta, Chicken, Filet of Beef, Broiled Lobster, Greek Entrées, New Zealand Lamb Chops & More! Desserts & Dessert Coffees to include Bailey's Irish Cream Coffee, and over 50 Wine Selections! Open 5 p.m. Mon. – Sat. \$\$ - \$\$\$

THE RED ONION. JOPLIN. MO



Casual Urban Dining, if you are looking for something a little out of the ordinary for lunch or dinner. Red Onion offers a menu of affordable and unusual eccentricities served quickly in a casual atmosphere. The Red Onion, located at 4th & Virginia in Joplin, is open for business Monday thru Thursday from 11am - 8pm and Friday & Sat 11am - 9pm. 417-623-1004 to make reservations. \$\$-\$\$\$



BOOMER SOONER BBQ & CATERING – RIB BROTHERS, CARTHAGE & OROGOGO, MO

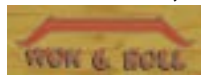
1220 Oak Street in Carthage (417-358-8112) & 1201 Hwy 96 in Oronogo (417-673-0555). Delicious barbecue meats include Baby Back Ribs, Brisket, Pulled Pork, Ham, Turkey, Hot Links, etc, all smoked to juicy perfection! Dinners include two delicious sides and drink. Daily lunch specials, hand-dipped ice cream, milkshakes, and a popular kids menu. Tues – Thurs 11-8; Fri – Sat 11 – 8:30; Sunday 11-3. \$

TACO HUT, JOPLIN, MO



2014 Rangline, Joplin. Call-in orders to 417-781-5031. "The Finest In Mexican Foods." Daily specials, other menu favorites such as Sancho ConQueso, enchilada dinner, monterey dinner, and salads. We specialize in nachos anyway you like them! Kids menu, book a Party/Nacho/Taco Bar. Fax 417-781-4782. \$

WOK & ROLL, JOPLIN, MO



China Bistro for those seeking a pleasant meal of Chinese food need look no further than Joplin's own Wok & Roll at 7th & Wall offering a buffet with over 69 items! Open 11am to 9:30pm Sunday thru Thursday and 11am to 10pm Friday and Saturday. Phone 417-782-6400. \$



TAKE-AWAY CAFE, JOPLIN, MO

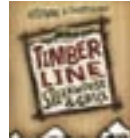


Dishes out full service. Where do you find a terrific sandwich or salad to go if you don't have time to stay and eat? Most are choosing the Take-Away Cafe! Made from scratch sandwiches, salads, and homemade soups including chili and side salads. Dessert? Brownies,

cookies and cakes to complete your meal. Open Monday thru Friday 11am to 8pm and Saturday 11am to 3pm. 2217 S. Main in Joplin, 417-206-9299. \$



TIMBERLINE STEAKHOUSE & GRILL



28th & Rangeline, Joplin 417-623-7722

The Timber Lunch 6 for \$6.00 – Enjoy the Timm...burger, Grilled Chicken Sandwich Yukon, Garlic Alfredo Pasta, Garlic Alfredo Pasta, Farmers Market Salad Bar – All You Can Eat, Caesar Chicken Breast Montana only \$6.00 each! A Mountain Retreat from the Ordinary. Don't wait – call ahead

for seating. \$

BOOTLEGGERS RESTAURANT & BREWERY, AURORA, MO



Serving salads, sandwiches, steaks & dinner specialties such as teriyaki chicken, grilled shrimp, beer-battered walleye, and more. With so many specialties to choose from you can't go wrong! Try one of our homebrews served in a frosty pint glass! Open Tues-Thurs 11-9, Fri & Sat 11-10 (closed Sun-Mon) 101 S. Madison, Aurora. 417-678-2888. \$\$-\$\$\$

ROSWITHA'S SCHNITZELBANK, WEBB CITY, MO



Hearty, authentic and delicious traditional German food from the Rhineland prepared by Rose. Try the succulent

Rinder Rouladen, Jager or Wiener Schnitzel, Bavarian Sauerkraut, German Potato Salad and more! Delicious soups and desserts, all served in a friendly country atmosphere out with the horses! Friday & Saturday 5-9:30, Sunday 11-3. Located on North Main, 12167 Hwy 43, 417-642-5343 \$-\$

UNDERCLIFF, TIPTON FORD, MO



A family owned and operated restaurant, serving fresh food to order. Relax with your friends and family on old Hwy 71 under the cliff while we prepare entrees to include Grilled Chicken Breast, Smoked Pork Chops, BBQ

Country Ribs, Grilled Steak, Steak & Rib Dinner, Great Burgers, Sandwiches and more! Open Wed - Fri 11-9. Sat 9-9, sun 9-3. Closed Monday & tuesday, and closed the month of January. 417-623-8382. \$-\$\$



THE WHITE ROSE WINERY & RESTAURANT, CARTHAGE, MO

13001 Journey Rd. Carthage, 417-359-9253. A gracious dining experience on an Irish Estate featuring hearty Irish fair, such as Killy Begs Fish & Chips and Irish Crabcakes. Scrumptious desserts galore and Irish Pub Grub is also available, such as the Irish Appetizer Platter and Baked Brie with Homemade Irish Bread.

You'll also want to sample the wines from the White Rose Winery or stay for the night in one of their beautiful rooms! Open daily from 11 a.m. to 8 p.m. Tea anytime, special dinners and functions by appt. Closed Wed. except by appointment.

Culinary SECRETS



By Konrad L. Heid



MESQUITE HEAT STATION

I hear a train a comin'; look there it is, it's on a track coming right through the stone fireplace! If you've been to the Mesquite Heat Station you've probably seen a train a comin'. I see there's a Frisco line chicken wrap Starter on the menu along with several more Starters including Caleb's Macho Supreme (this couldn't possibly be named after a grandson?).

Claude Cupp has done himself proud; you've got to take a drive to 5030 South Rangeline to pay a visit to the Mesquite Heat Station a new restaurant in Joplin. The Station is a beautiful structure, a mixture of wood and stone in the interior with a veranda over-looking a courtyard before it slides into the timber. Barbara and I had been watching the building progress these past few months as we'd drive by, waiting with anticipation!

Wood-fired mesquite dinners - - I went right for a slab of ribs; our waitress wanted to know if I wanted wet or dry, so I made the only logical choice, half and half. There are several selections on the wood-fired menu, next time I'll go for the pulled pork or the smoked brisket dinners.

Mesquite Heat is more than just barbecue; they, also, have Mexican dishes; Barbara decided on Chicken Enchilada. I noticed Taco and Fajita dinners on the selection list plus several others. There are steaks and seafood for the weak hearted who don't want to stray from their usual.

Just when I thought I had scanned the entire menu 'someone' turned it over - - entree salads, nine to be exact - - one that caught our eye was the Shore Salad: mixed greens, tomatoes, onions, and cucumbers with skewered shrimp. Now that sounds like a real salad!

*To help me find some of those wonderful "hidden places in the four states area" drop me a note, my email is k-b-heid@att.net give me your address, phone number and a person to talk with. My friend of forty seven years, Barbara will be along to help me decipher the secrets. The more I think about this the more excited I get. I'll share what I find in my search for culinary delights and let you be the judge.
Konrad & Barbara Heid- representing ShowMe the Ozarks.*



Claude Cupp surely must have had a warehouse of collectibles that have been used to decorate around the upper reaches of the Heat Station, in one area I, also, noted that someone had arranged items from their 1900's kitchen. There are even a few items older than I am; "not many", she said!

There are some great looking sandwich and rib luncheon offerings, kid meals and then last, but not least - - smoked meats to go - - 623-4328 - - !

Another great night dining out at Mesquite Heat Station - - Mexican & BBQ on South Rangeline Road in Joplin.



DUKE MASON:

PROVIDING SOME PRECIOUS MUSICAL MOMENTS AROUND THE COUNTRY

By Ann Leach

He's got quite a following and quite a talent. He's Duke Mason and he's part performer, part musician, part evangelist and all these parts add up to a genuine guy who is loving his life.

"I grew up singing Gospel music with my family," said Mason. "We used to travel all over the United States performing. As soon as I was old enough to learn to sing, I was on stage doing it with my family." This now 37 year-old performer has never had any formal training, teaching himself piano and guitar. He said he always knew that music is what he wanted to do in life.

Today Duke Mason is the entertainment coordinator at Precious Moments Park where he is finalizing arrangements for the October 21st concert featuring the Jordanares, the Grammy award winning vocal group who recorded and performed with Elvis Presley. Mason will appear with the Jordanares in that concert. Elvis once told the Jordanares, "Fellas, if there

hadn't been a you there wouldn't be a me!"

It is Mason's rendition of the Elvis classics that forms a strong piece of his performance. Even so, Mason is quick to point out that he is not an Elvis impersonator. "I sing his songs and I enjoy them, but any performer will tell you, you draw from all different kinds of influences," he said. "You naturally graduate toward a certain style that you feel comfortable with and that you enjoy." Mason said he had heard some of Elvis' gospel recordings and loved them, saying "the emotion in those songs was incredible."

The year was 1977 and the Mason family was performing at a music theater in Mackinaw City, Michigan. "I remember my dad coming into the room and asking my mom, 'Did you hear? Elvis Presley has died,'" recalls Mason. "I sat up late that night listening to the tributes they were playing on the radio. Music is a powerful thing."

Mason later visited a friend's band's concert in Memphis during the year 2002 when, half way through the performance, some special guests arrived. "Pricilla Presley and Lisa Marie Presley walked in. After the show they invited us up to the VIP area to meet them. What a thrill!"

Mason's own band is a source of great pride for him. "I feel guilty sometimes when the spotlight is only on me," he said. "Without the band members, I couldn't do what I do. I'm blessed to be able to perform with the best musicians and performers in the entire Midwest! They are so important to everything we do."

Through a lifetime of entertaining others Mason has had his share of support and encouragement. He credits his parents for teaching him the ins and outs of a music career that includes not just the performing but the hours of rehearsing, scheduling appearances, coordinating band rehearsals and loading and unloading equipment. Mason also values the support of his fiancée and the regular audience members who support the band and their music. "I have always believed that you can be the greatest singer or musician and hit every high note but if you don't connect with the people you're performing for, you've missed the point. He also acknowledges God. "He has given me the opportunity to do what I love and make a living at it."

For information on the Duke Mason/Jordanares concert at Precious Moments, visit www.dukemason.com.



Laughter is the Best Medicine

McCune-Brooks Hospital's

"Women's Night Out"

Featuring Comedienne

Marian Kelly

appeared on

"The Tonight Show with Jay Leno"

Thursday, October 26

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7 p.m.

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40th Annual Carthage Maple Leaf Festival

A Bit of History

Started in the late 1960's as a marching band competition, the annual Maple Leaf Festival received its name thanks to the help of Mother Nature. Surrounded in an array of glorious fall colors, the city of Carthage proudly welcomes the 50,000+ visitors to this wonderful fall celebration.

Beginning with the largest parade in Southwest Missouri, the one-day celebration held on the third Saturday of October, is the festival's key event. Numerous activities are scheduled to entertain both the young and the young at heart. The week preceding the one-day event is filled with a variety of activities including a family fun walk, baby contest, and lip-synce competition. Currently in its 40th year, the Maple Leaf Festival offers family-style fun combined with a home-town atmosphere.

For More Information

Call the Carthage Chamber at 417-358-2373 or visit us online at www.CarthageChamber.com.

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MAPLE LEAF FESTIVAL OCTOBER 14-21

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Saturday, October 14

5th Annual Christian Women's Day

Hosted by Precious Moments Park
8:00AM-5:00PM \$35 per person
Precious Moments Park (4105 Chapel Road)
To make reservations call 1-800-543-7975 x3039

Carthage Maple Leaf Bike Ride

Hosted by Joplin Trails Coalition
8:30AM Registration fee: \$20-\$30
(add \$3 per rider if paid after September 15)
Kellings Lake (I-49 Exit 96, east)
To register call 417-624-7431 or email arts@jtrails.com

Maple Leaf Little Miss & Mister and Junior Miss Pageants

Sponsored by Hometown Bank
5:00PM Event FREE to the public
Carthage High School Auditorium (714 South Main)
\$15 Pre-Registration Fee (due by October 6)
Registration forms available at:
Hometown Bank (312 West Central Avenue)
Carthage Chamber Office (402 South Garrison Avenue)
For more information call 417-358-2373

Maple Leaf Queen Pageant

Sponsored by Hometown Bank
7:00PM Event FREE to the public
Carthage High School Auditorium (714 South Main)
\$50 Sponsorship Fee (due by September 27)
Registration forms available at:
Hometown Bank (312 West Central Avenue)
Carthage Chamber Office (402 South Garrison Avenue)
For more information call 417-358-2373

6th Annual Carthage High School Alumni Football Game

Hosted by Carthage R-S School Foundation
7:00PM \$2 per person
K.E. Baker Football Stadium (136 E. River Street)
For more information call 417-359-7000

Sunday, October 15

Maple Leaf 5K Run & Fun Walk

Sponsored by Fair Acres Family YMCA
Registration 12:30PM Race 2:00PM
\$12 per person \$15 per person after October 7
Fair Acres Family YMCA (2600 South Grand)
Registration forms available at:
Fair Acres Family YMCA (2600 South Grand)
Carthage Chamber Office (402 South Garrison)
For more information call 417-358-2079

The World Famous Willie Arthur Smith's Marching Cobras

Sponsored by Bethlehem Insurance Agency
4:00PM Event FREE to the public
Carthage High School Gymnasium (714 South Main)
For more information call 417-358-2373

Parade Route

Parade route (lined in red) begins on the west side of the Square, heads south down Grant/Grand Avenue, turns east on Central ending up at the Carthage Junior High School (River & Central).



Monday, October 16

Dessert Auction

Hosted by Cal-Sant Park 9
7:00PM Event FREE to the public
First United Methodist Church (617 South Main)
For more information call 417-358-9113

Tuesday, October 17

Maple Leaf Quilt Show

Sponsored by the Four Careers Quilter's Guild
October 17-21—9:30AM-6PM
October 22—1PM-5PM
October 23—Nowon-3PM
October 24-28—10AM-5PM
Powers Museum (1617 West Oak Street)
Event entry forms available at:
Powers Museum (1617 West Oak Street)
Carthage Chamber Office (402 South Garrison)
For more information call 417-358-2373

Wednesday, October 18

Maple Leaf Gospel Sing

Hosted by the Carthage Ministerial Alliance
7:00PM Love Offering
Carthage High School Auditorium (714 South Main)
For more information call 417-358-8836

Thursday, October 19

Three Minutes of Fame Lip-Synce Competition

Sponsored by Grundy's Body & Frame Shop
7:00PM Event FREE to the public
Carthage High School Auditorium (714 South Main)
Registration forms available at:
Grundy's Body & Frame Shop (110 North Main)
Carthage Chamber Office (402 South Garrison)
For more information call 417-358-2373

Friday, October 20

Brats on the Square

Hosted by the Carthage Rotary Club
11:00AM-2:00PM and 4:00PM-6:30PM
\$5 per person (includes brat, chips, drink and dessert)
Jasper County Courthouse Lawn, south side

Maple Leaf Baby Contest

Sponsored by McCune-Brooks Hospital
6:00PM \$5 per-entries/\$10 day of contest
(Prizes will be accepted at Chamber until Noon on event day)
Carthage Junior High Gym (136 E. River Street)
Newborn to 24 months (as of October 1, 2006)
Entry forms available at:
McCune-Brooks Hospital (627 West Central)
Carthage Chamber Office (402 South Garrison)
For more information call 417-358-2373

All School Reunion

Hosted by Honor Tim,
Main Street Winery & Keith Carter
7:00PM-11:00PM \$5 per person
Carthage Memorial Hall (407 South Garrison)
For more information call 417-344-3977

Saturday, October 21

Pancake Feed

Hosted by the Carthage Fire Department
6:00AM-11:00AM \$4-adult/\$1 under 6
Carthage Fire Department (401 West Central)

Petting Zoo

Hosted by the Carthage FFA
8:00AM-2:00PM Event FREE to the public
Jasper County Courthouse Lawn

Carthage Antique Auto & Tractor Show

Hosted by Restorations, LLC
8:00AM-4:00PM Event FREE to the public
Central Park (Central & Garrison Streets)
For more information call 417-437-1134

Saturday, October 21

(continued)

Craft Booths, Food Vendors & Live Entertainment

Sponsored by the Carthage Chamber
8:00AM-5:00PM Historic Carthage Square

Maple Leaf Parade

Featuring the Budweiser Clydesdales
Sponsored by Leggett & Platt, Inc. &
Southwest Missouri Bank
9:00AM-11:00AM
Starting on the Historic Carthage Square
(Refer to parade route map for further direction)
Entry forms available at:
Southwest Missouri Bank (all Carthage locations)
Carthage Chamber Office (402 South Garrison)
For more information call 417-358-2373

Hot Dogs for the Hospital

Hosted by All Things Grand
9:00AM-3:00PM Concessions \$1-\$5
Hot sauce, snacks, hot dogs, and more!
All Things Grand (1204 South Grand Avenue)
For more information call 417-358-1313

Maple Leaf Auto Show

Hosted by Maple Leaf Auto Show, Inc.
9:00AM-5:00PM \$10 day of show
Precious Moments Park (4521 South Chapel Road)
For more information call 417-358-9317

Brats on the Square

Hosted by the Carthage Rotary Club
11:00AM-3:00PM
\$5 per person (includes brat, chips, drink and dessert)
Jasper County Courthouse Lawn, south side

Expo on the Square

Hosted by Southwest Missouri Connection
11:00AM-4:00PM Event FREE to the public
Private Events (136 East Fourth)
For more information call 417-388-2867

CELTIC Wine Festival

Hosted by White Rose Winery
11:00AM-6:00PM Event FREE to the public
White Rose Winery, Restaurant and
Bed & Breakfast (13001 Journey Road)
For more information call 417-359-9251

Maple Leaf Marching Band Festival

Hosted by Carthage Band Boosters
Noon-5:00PM \$4 per person
K.E. Baker Football Stadium (136 E. River Street)

UMB Bank Charity Chili Cook-Off

Hosted by UMB Bank
Team Entry \$20 Taste Kit \$3-adult/\$1-Under 12
Competition Noon Tasting 2:00PM
UMB Bank Parking Lot (300 South Grand Street)
For more information or to register call 417-358-3131

Maple Leaf Dog Show

Sponsored by Carthage Humane Society
Registration 12:45PM Show 1:00PM
Event FREE to the public
Historic Carthage Square (East side)
For more information call 417-743-6887

Toughest On Dirt

Hosted by Carthage Saddle Club Assoc.
7:00PM \$8-adult/\$4-children 6-12/Under 5 FREE
Carthage Saddle Club (Carthage Municipal Park)
For more information call 417-358-8070

Elvis Concert featuring Duke Mason & the Jordanaires

Hosted by Precious Moments, Grundy's Body & Frame Shop, All-Quinn's Florist, Grassy Shaffer's, and American International Ministries
7:30PM Tickets \$20-\$30 (several seating)
Fountain of Angels Theatre, Precious Moments
For more information call 417-359-8091

{FEATURE TOWN ~ CARTHAGE

Southwest Missouri **A** SPIRITED PLACE

By Jason Offutt

What was that sound behind you? Were those footsteps? Are you alone?

Restless spirits wander the grounds where Southeast Missourians lived ... and died. Want to meet them? Step into the realm where local ghosts greet visitors in their own ways.

Grand Avenue Bed & Breakfast – Carthage

Albert Carmean doesn't greet many people when they visit Grand Avenue Bed and Breakfast – at least during the day. After dark, he sometimes lights a cigar in the sitting room of the Victorian home. Smoking's not allowed in the building, but Albert doesn't much care. He's been dead since 1933.



“One day when my husband was out of town, my daughter and I smelled cigar smoke,” said Jeanne Goolsby, who owns the home with her husband Michael. “My neighbor said,

‘That’s your ghost. He used to sit downstairs and smoke cigars.’”

Albert has appeared to guests like Corky Simpson. Corky and his wife were staying at the bed and breakfast when an unexpected visitor showed up.

“I woke up one night and I saw the outline of this guy who had a cigar,” Corky said. “It seemed to me like he had a derby or something that would have been worn at the turn of the century.” Albert? Could be.

Kendrick House – Carthage

The Kendrick House is north of Carthage, not as far out of town as it was when slaves built the house 152 years ago, but still far from the city's encroaching stoplights.

Carthage was the site of two battles during the Civil War – one in 1861, the other in 1864. The house was a strategic location for the Union and Confederate armies.

“A lot of people died here,” said Roberta Williams, a member of the board of directors of Kendrick House. “There were slaves murdered on the property. There was a lady they hung from a tree out back.”

This history has left an otherworldly imprint there. People have seen an unexplained golden glow at the house, and have heard footsteps when no one is around.

“There’s times when I’ve heard people whisper,” Roberta said. “It’s kind of scary. I just don’t try and think about it when I’m out here by myself.”



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**THIS CARTHAGE ARTIST
COMMEMORATES THE MAPLE LEAF
FESTIVAL WITH TRULY ONE OF A KIND
CREATIONS**

By Ann Leach

The crowds are large and the energy high when Carthage holds the Maple Leaf parade and festival every October. While there are lots of special events to attend, more and more visitors are gathering at the Mud Puddle, located in the Emporium on the Carthage square.

The Mud Puddle is the pottery studio of Helen Ryan and on the morning of the Maple Leaf parade, she opens her studio and reveals this year's Maple Leaf collection. Mugs, plates, bowls and this year's featured piece, a tea set, are available for purchase.

"I make as many pieces as I have time to do," said Ryan. "It's usually only about 50-70 because I have to wait for the leaves to come out on the trees. I use a real leaf on each piece." The Mud Puddle opens at 9:30 a.m. on that day and Ryan's pieces are sold out by noon. "I am not a production potter so these are first quality pieces and it takes time to do them all!" She begins her designing in late summer and keeps a constant vigil at her wheel and kiln and said the Maple Leaf pieces have 'taken on a life of their own'.

It seems as if that is true for Ryan's overall business. She opened her shop five years ago after only having done pottery for six months. "I wasn't sure what I was doing," said Ryan, laughing. "I had painted all of my life and then a friend asked me to attend a pottery workshop with her at Missouri Southern. I

haven't touched a canvas since."

The workshop was with professional potter, Jed Schlegel, an artist she has tremendous respect for.

"I bought Jed's thirty year old kiln and started playing around with it three days a week," recalls Ryan. "Since then I have expanded twice, making enough money to purchase a new top-of-the-line kiln and wheel. I put all of my profits into equipment and supplies, but the business has paid for itself so I think that's pretty good!"

Helen Ryan, 60, is clear that she is doing her work 'strictly for the love of it'. She explains her work by describing pottery as encompassing all of the arts and sciences. "Color, design, physics and science," she lists. "They are all a part of the pottery process. Then you get into all of the types of firings like gas, pit, raku and then the different glazing techniques and there's a lot to learn and remember."

Ryan believes that you learn by experience and jokes that 'the stars have to be aligned' and the right tools for each artist in place. She is fond of an old cake slicer, old jewelry and a hair coloring root bottle that she uses to create different impressions in the clay. "You never know what I will find to produce different textures in the clay," she said.

A new addition to the business is her grown son's Raku work. Graham Ryan has joined his mother in creating unique pieces of pottery that are also displayed at the Mud Puddle. "That's my biggest joy," said Ryan. "I love having this to share with my son. Making pottery feeds me and working with him feeds my soul."

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HISTORIC Carthage Square

By Regina Shank Carthage, MO

As I walk casually around the Carthage Square, my gaze takes in a host of historic structures that have survived decades of time, weather, fire, war, reconstruction, and refurbishing. The stories of human trial, defeat, and victory are hidden behind structures that have refused to pass away in the same timeframe as their human counterparts.

If these structures could talk, they would tell the stories of a host of God's creatures, some who won the struggle against hunger, poverty, pain, or war and others who fell victim to these struggles. But here we are in the year 2006, building our lives on foundations that have been laid by our predecessors.



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On March 28, 1842, the site of Carthage was adopted as the county seat for Jasper County. The plan for the public square included a courthouse at the center on the highest plateau in the county. This plan was carried out with the construction of the first courthouse, which was completed in 1851 and destroyed by fire during the Civil War in 1863. It was rebuilt in 1894-95, and still stands today.

Over 150 years of history is waiting for you as you take your own stroll around this historic square. Carthage has been called “The Open Gate to the Ozarks,” the “Little City Among the Trees,” “the Queen City of the South West”, “America’s Maple Leaf City,” and “Victorian Carthage.” When you come to visit Precious Moments, Powers Museum, the Civil War Museum and State Historic Site, don’t miss the Historic Downtown Square with its castle-like courthouse, antique shops, retail establishments, and restaurants filled with history waiting to be discovered. It has weathered the elements of time, provided substance for the foundation of present civilization and is worthy of our attention and care.



Snowy Courthouse by Andy Thomas

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By Larry Wood

Imagine the sweet, spicy smell of hot apple butter permeating the air as hundreds of people mill around visiting arts and crafts booths, while others sit in front of an open-air stage tapping their toes to the sound of down-home bluegrass music and kids shout with joy in the background as they take part in fun activities like bubble gum blowing contests. That's the atmosphere you'll find

APPLE BUTTER

at the Apple Butter Makin' Days festival on the courthouse square in Mt. Vernon scheduled for the weekend of October 13-15 (Friday, Saturday and Sunday).

The celebration started in 1967, according to Doris McBride, executive secretary of the Mt. Vernon Chamber of Commerce and coordinator of the festival, when two local businessmen wanted to do something to bring visitors to town and thought of how their grandmothers used to make apple butter in old copper kettles. Thus was born Apple Butter Makin' Days, featuring the old-fashioned craft of cooking apple butter in large copper kettles over open fires. Demonstrations of the craft take place on the southeast corner of the courthouse lawn beginning shortly after dawn and lasting until early or mid



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afternoon each day of the festival. The fresh-made apple butter is sold throughout the weekend with the proceeds used to fund charitable causes and organizations.

Over the past forty years, Apple Butter Makin' Days has grown into a large event that draws an estimated 40,000 to 45,000 people for the three-day weekend and that now includes much more than just apple butter. Downtown businesses get in the spirit by decorating their storefronts, and some people still dress for the event in costumes of a bygone era. Numerous contests, patterned after the fun activities of yesteryear, are held throughout the event. These include, in addition to the bubble gum blowing contest, a nail driving contest, a terrapin race, and an apple pie eating contest. One of the highlights of the weekend is a large parade on Saturday morning. Last year's parade drew over 200 entries, and among the scheduled entries



for this year event are the Marching Cobras from Kansas City and St. Andrews Drum and Bugle Corps. Approximately 350 craftsmen from throughout the country set up booths around the square, and food stands, featuring a wide variety of choices, also dot the grounds. Entertainment includes country, bluegrass, folk, and Christian music in addition to the parade.

For more information about this year's event, call 417-466-7654.



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MT VERNON

by Debby Woodworth

Join the folks in Mt. Vernon for their Apple Butter Makin' Days and you'll see just how wonderful Ozark pride can be in many ways.

The celebration takes place on the courthouse square. Hot copper kettles put the smell of simmerin' apple butter in the air.

Just after dawn the apple butter cookin' begins, but don't stop just for that 'cause at the festival the fun never ends.

There are contests galore for the challenging type. Fiddle playin', nail drivin', and pie eatin' are just some of the hype.

They'll crown a queen and tap to good music while hundreds of craftsmen flaunt artistic magic.

Come vote at the baby show, but don't get shot at the fair for they feature an Old West gunfight right on the square.

Mt. Vernon has some fascinating merchants most unique, like Spring River Turf Farm, The Horseshoe Theatre, and Keen Bean Coffee.

The townspeople will easily share the legend of Billy Creek. Mt. Vernon has the Missouri Veteran's Home, and serves as the county seat.

There's an old jail, a cabin, and a fish hatchery. They have an Olympic-sized pool, an airport, and seven parks, can you believe?

It's easy to find as it lies right along Highway I-44. For visitors, the merchants and townspeople will gladly open their doors.

So, come to the Apple Butter Makin' Days, make haste, for you don't want to miss it or let the pleasurable days waste.



"Let's Tango," Created by Karen Whitesell, Karen's Stained Glass Studio

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Apple Butter Makin' Days Events

FRIDAY Oct. 13

Before Dawn: Apple Butter Makin' begins on the Square
 All Day Carnival at Gibbs Park
 6:30 - 10 a.m. Breakfast served at John Taylor Sr. Center
 9 a.m. "God Bless America" sung by Liz Moriondo
 9 a.m-6 p.m. Booths are open
 9:15 a.m. Bubble Gum Blowing Contest
 9:45 a.m. Window Display Awards Presentation
 10 a.m. Pet Parade
 10:30 a.m. Apple Pie Eating Contest
 Noon Magic - MVHS Show Choir
 12:35 p.m. Liz Moriondo - Contemporary Music
 MVHS Drama Club (Courthouse)
 Lawrence County Historical Society Museum
 and Adamson Cabin open for visitors
 1-4 p.m. Apple Butter Queen Crowning
 Century Farm Awards
 1:10 p.m. Nail Driving Contest
 1:30 p.m. 2+2=4 Harmony
 1:45 p.m. MVHS Cheerleaders
 2:20 p.m. Craft Booth Awards
 2:50 p.m. MVHS Show Choir (in the courthouse)
 3 p.m. Apple Peeling Contest
 4 p.m. Alan Young-Gospel, Bluegrass
 4:35 p.m. Ann's Dancers
 5:10 p.m.

SATURDAY Oct. 14

Before Dawn: Apple Butter Makin' begins on the Square
 All Day Carnival at Gibbs Park
 6:30 - 9 a.m. Breakfast served at John Taylor Sr. Center
 9 a.m-6 p.m. Booths are open
 10:30 a.m. Lisa Parnell - Popular Music
 11 a.m-4 p.m. Tractor Show at Spirit of '76 Recreational
 Complex
 11 a.m. St. Andrews Pipe & Drum Corp
 11:55 a.m. Kiddie Parade
 12:10 p.m. Parade Trophies Awarded
 12:15 p.m. Stefanie Nertrup - Country, Gospel
 1 p.m. The Marching Cobras
 1-4 p.m. Lawrence County Historical Society Museum
 and Adamson Cabin open for visitors
 2:05 p.m. ABMD Speech Contest Winner
 2:30 p.m. Local Gentry - Country, Bluegrass Music
 3:35 p.m. MVHS Coquettes
 4:10 p.m. Magic - MVHS Show Choir
 4:50 p.m. Anna Herod - Country Music

SUNDAY Oct. 15

9:30-10:30 a.m. Worship Service on the Stage
 10:45 a.m. Apostolic New Testament Church Choir
 11 a.m-5 p.m. Booths are open
 12:50 p.m. First Baptist Church choir
 1-4 p.m. Lawrence County Historical Society Museum
 and Adamson Cabin open for visitors
 1:25 p.m. Three's Harmony-Christian Contemporary/Gospel
 2 p.m. Roxanne Potter-Contemporary Christian
 3 p.m. Voices-Contemporary Christian
 4:05 p.m. Heartland-Classic Country

See Cover Story for
 information about Mt.

Vernon artists

*Karen Whitesell &
 Harriet Cremeen*



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Contributed By Bryan Vowels at
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TIPS May Be Welcome In Your Portfolio

Recently, concerns about inflation have taken on renewed importance as the Federal Reserve Bank's Federal Open Market Committee considers how to balance its mandate to encourage economic growth while at the same time maintaining price stability. In this context, investor interest in Treasury Inflation Protection Securities (TIPS) typically increases. In case you're not familiar with these securities, a little background information may help you understand them better.

Like other Treasuries, TIPS are backed by the full faith and credit of the U.S. government, and they are issued in various maturities. TIPS, which were first introduced in 1997, are designed to help the government lower its borrowing costs. This is accomplished because TIPS facilitate borrowing at lower "real rates." This rate is fixed at issuance, but the Treasury periodically adjusts the value of TIPS to reflect for changes in inflation according to the Consumer Price Index. This adjustment is accomplished by periodic changes to the "index ratio" which is derived according to a formula established by the Treasury. Investors who hold TIPS generally receive interest payments on a semi-annual basis. Those payments are based on the value of the inflation-adjusted principal at the time the interest is paid.

Let's take a look at a hypothetical example in order to better explain this type of security. Let's say you purchase a Treasury Inflation Protection Security with a face value of \$1,000 and a coupon of two percent. If inflation remains unchanged, you would receive \$20 in interest each year, most likely in two semiannual payments of \$10 each.

Using the same hypothetical two percent TIPS, let's say that the current inflation index ratio at the time of your first interest payment is 1.030. The adjusted face value would now be \$1,030, instead of the



\$1000 you started off with. Consequently, your semiannual interest payment would be \$10.30 on this adjusted face value amount.*

The principal value of TIPS increases, as long as there is a rise in inflation. On the other hand, if the economy experiences deflation, the adjusted principal value could actually decline, lowering your interest payments. When the bond reaches maturity, you will receive the inflation adjusted principal, or par if prices have declined since the time of issuance. Investors in TIPS should also consider the possibility that conventional Treasuries might outperform TIPS if inflation proves to be lower than expected. In addition, you need to be aware that while the index ratio results in periodic adjustments to the face value of TIPS, market prices will vary and could result in an investment loss if a TIPS is sold prior to maturity. When considering TIPS, another thing you need to carefully consider are the tax consequences of these investments. The

interest payments are federally taxable, but exempt from state and local taxes in the year they are received. Inflation adjustments are taxable each year, even though the adjustments are not realized until maturity. As a result, you may find TIPS most suitable for tax-deferred accounts, such as IRAs.

As always, you should consult your tax advisor before making any investment decisions. Your financial consultant can also help you decide if these types of securities will be a good option for your overall asset allocation.

*These examples are for illustrative purposes only and do not reflect the actual performance of any investment. A.G. Edwards does not render tax advice.

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AUTOMOTIVE}

Optima in a whole new league

By: Walter Hager
Freelance Automotive Journalist
www.automotivejournalist.com

The Kia Optima debuted in 2001 and was the first product of 1998's merger of Hyundai and Kia. Based on the then-current version of the Hyundai Sonata, the Optima was a decent and affordable alternative in the mid-size car market. It was labeled as an OK effort but it was clear that work still needed to be done to make it better.

The new 2006.5 Optima represents Kia's quest to deliver better vehicles to the American market, and this vehicle is a huge leap over the one it replaces. Exterior styling is sharper and crisper than the outgoing vehicle while interior quality has been much improved. Everything inside from the gauges to the center stack controls looks more luxurious than before. One good trait that the previous Optima had was a soft comfortable ride. The new one carries on that tradition and has also become a good handler, thanks to sticky 17-inch tires and a new suspension design. Under the hood you'll find either a 161-hp inline 4-cylinder or a 185-horsepower V6. Both engines are fairly economical, returning fuel mileage figures between 22mpg/city and 34mpg/highway depending on which one you choose. Like all Kia's, standard features come in great numbers and options come in few. Electronic Stability Control and Brake Assist are a few of the safety features available.



Prices range from just under \$17K for a base LX 4-cylinder to \$21,600 for a base EX V6.

It's interesting to watch Kia as it continues to improve with each new vehicle they introduce. The new Optima and the Sedona minivan are excellent examples. In the 1980's Kia used to be the butt of many jokes because of its poor quality and unreliability. Now buyers have no problem putting a Kia vehicle on their shopping list. It reminds me of the phrase, "Things just aren't what they used to be." Normally it doesn't have good implications. But when it's applied to Kia -- well, it's a good thing.

** Test vehicle provided by Roper Kia -- Joplin, MO

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TOYOTA takes the **Camry** upscale for **2007**



By: Walter Hager
www.automotivejournalist.com

Toyota's current marketing theme is "Moving Forward," and that's exactly what they did with the new 2007 Camry. What may be most notable is the sharp Lexus-like styling, a welcome change over the bland designs on past Camrys. The new shape is more aerodynamic with a lower roofline and wider stance. Toyota also did a makeover on the interior and came out with a design that is much more modern and comfortable while still retaining the high-quality look and feel.

Powering the new sedan is an improved version of Toyota's 2.4-liter 4-cylinder engine that delivers 158-horsepower and gas mileage of 24mpg/city and 34mpg/highway. The EPA had it just about right on this one as I was able to get 330 miles on slightly less than $\frac{3}{4}$ of a tank, mainly interstate driving at speeds of 75-80, and could have easily obtained 500 miles on a full tank. A more potent 3.5-liter 268-horsepower V6, used in the Avalon and RAV4, is also available and gets almost as good mileage as the 4-cylinder. However, if you're not

concerned about power, the 4-cylinder really is surprisingly adequate for just about any driving condition. The Camry handles well around town and feels steady and poised on the highway, and after six hours of driving I didn't have much to complain about.

Trim levels start with the base CE, mid-level LE, sporty SE, luxurious XLE and the Camry Hybrid that features Toyota's acclaimed Hybrid Synergy Drive system. This system is currently in use on the Prius and Highlander vehicles. Prices will start around \$18,000 for the CE, the base price for the Hybrid is around \$26,000.

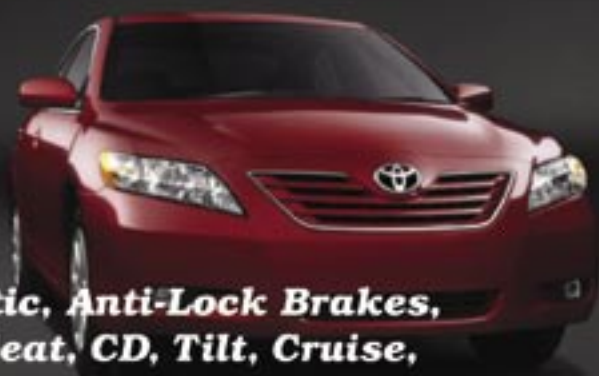
The 2007 Camry has been successful from the start and dealers are struggling to keep them in stock due to high demand. After driving one on a long trip I can see why. Going into this redesign, the previous-generation Camry was the best-selling car in America. This Camry will not only continue that reign but will send the competition back to the drawing board to make a better car. All I can say is – good luck!

**Test vehicle provided by Frank Fletcher Toyota – Joplin, MO



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SHOW ME YOUR fears

By Ann Leach, Ann Leach life coaching

They may not go bump in the night but it feels like they are always pounding in your chest. They may not wear a white sheet and say 'boo' but they are bright enough to get your attention. No, I am not talking about the ghosts and goblins of Halloween but I am thinking of our personal fears that rattle around in the cages of our minds, wreaking our good night's sleep or distracting us from daily tasks.

You know the ones I mean. They could be the fear of failure or success, fear of rejection, fear of public speaking and even fear of death. They are the fears that are constantly with us, rearing their ugly heads at just the moment we need more confidence, more belief in ourselves and more good thoughts in the moment. So how do we gather our wits about us so that we can kick our fears to the curb?

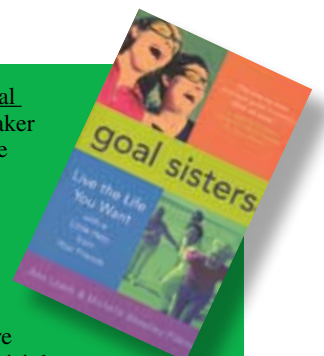
In my book, Goal Sisters: Live the Life You Want With a Little Help From Your Friends, my co-author and I discuss this very process. We ask you to look beyond the 'skeletons in your closet' to the shelf that holds your unresolved past failures. These are often the foundation for our skeletons and fears.

Give yourself fifteen minutes to journal about what they are and any thoughts you have about them. Then look at each one and ask yourself, "What steps can I take to turn this failure into a success that can help me get closer to meeting my goals or having a more peaceful life?" You can then begin to break those steps down into smaller ones that you can schedule weekly in your planner.

It is true that it is better to face our fears than run from them. We take our power back that way and we don't allow them to continue to run our lives any longer. This process can be done with a trusted friend or life coach who will support you in your action steps and celebrate with you as you prove the true meaning of FEAR-false evidence appearing real!

Lots of ghosts come out to play during the holiday season, making it a difficult time for many. Join Ann for Getting Through the Holiday With Amazing Grace, Tuesday, November 7 from 7:00-9:00 p.m. and gain some tips on coping with the emotions of the holidays before they start! Call Ann at 624-3377 or email her at ann.leach@sbcglobal.net for more details and to register.

Ann Leach, co-author of Goal Sisters, is a sought after speaker and business consultant. She works with individuals and small business teams to increase visibility, gain clarity of purpose and move forward to accomplish goals. Call her at 417-624-3363 for more information on her work or visit her website, www.goalsisters.com.



HEALTH events

St. John's Free Blood Pressure &/or Glucose Screenings will be held at the following times and locations. Free and open to the public unless stated otherwise. For information contact Home, Health & Hospice at 627-8402.

- October 4: Blood Pressure Screening from 7:30 to 10 a.m.: Health Connection in Northpark Mall
- October 5: Blood Pressure & Glucose Screening from 10:30-11:30 a.m.: Joplin Senior Center, 2202 Jackson
- October 11: Blood Pressure & Glucose Screening from 10:30 to 11:30 a.m. at Maude Norton in Columbus Kansas
- October 11: Blood Pressure Screening from 7:30 to 10 a.m.: Health Connection in Northpark Mall
- October 12: Blood Pressure & Glucose Screening from 10:30 to 11:30 a.m.: Newton County Senior Center
- October 18: Blood Pressure Screening from 7:30 to 10 a.m.: Health Connection in Northpark Mall
- October 19: Blood Pressure & Glucose Screening from 10:30 to 11:30 a.m.: Webb City Senior Center
- October 25: Blood Pressure Screening from 10:30 to 11:30 a.m. at Lamar Senior Center
- October 25: Blood Pressure Screening from 7:30 to 10 a.m. at St. John's Health Connection in Northpark Mall

- October 26: Blood Pressure & Glucose Screening from 10:30 to 11:30 a.m.: Carl Junction Senior Center

October 3: Friends and Family CPR from 6 to 9 p.m. in the McCune-Brooks conference room. This FREE class teaches you the basics of CPR. Anyone who doesn't need certification, including caregivers, babysitters, parents, or those who have a loved one with medical problems should take this class. Call to make a reservation at 417-359-2452 or 417-359-2432.

October 5: Golden Reflections Membership Round-Up will be held at 5 p.m. on the McCune-Brooks Hospital grounds. Entertainment by Duke Mason. Enjoy a western-themed meal and join Golden Reflections – an organization for persons 55 and older that encourages you to keep active with their senior exercise program, learn from various speakers at bi-monthly meetings and play bank-sponsored bingo four times a year. Make a reservation by calling 417-359-2347.

October 5 – October 26: Fit for Life – “Y-Cycle” will be held from 5:30 – 6:20 p.m. Tuesdays and Thursdays at the Joplin Family Y at 3404 McIntosh, Joplin. Coached by a knowledgeable, motivated instructor. Cost is \$30 for 16 classes. Class size is limited, and registration is required. Call 417-625-2000.

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HEALTH events

October 16: American Cancer Society's "Look Good, Feel Better" will be held from 2-4 p.m. in St. John's Mercy Conference Room #2. This is a special program for past and present female cancer patients to help them feel better on the inside and out. Each attendee will receive a free make-up kit. Please RSVP by calling 417-627-7504 or 417-625-2819. The Look Good...Feel Better program is a community-based, free, national service that teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments.

October 17: Cholesterol Screening from 8 – 11 a.m. at St. John's Health Connection in Northpark Mall in Joplin. Fasting is required; \$15 supply fee to be paid at time of appointment. Registration is required – call 417-625-2000.

October 21: Cardiovascular Risk Assessment will be available at St. John's Health Connection in Northpark Mall from 8 – 11 a.m. Cost is \$99 per person. Price includes

October 25: Diabetic Support Group will meet at 4 p.m. in the McCune-Brooks Hospital cafeteria. The topic is Diabetes and Exercise. Call 417-359-2355 for more information.

October 25: Medicare Part D & PPO Plan Information Session

will be held at 1 p.m. in the St. John's Mercy Conference Center. Your questions will be answered about Medicare Part D & Medicare approved PPO plan. Free and open the public Premier Plus Options Seminar, sponsored by Mercy Health Plans. For information call 800-330-8449.

October 26: Mended Hearts Support Group will meet at 7 p.m. at St. John's 9th floor Classroom. For information call 417-625-2033.

McCune-Brooks Hospital Blood Pressure Clinic hours are M-W-F from 11 a.m. to 1 p.m. The clinic is located at 2040 S. Garrison in the Kathryn Collier Cardiopulmonary Rehab and Wellness Center. Call 417-358-0670 MWF – Blood Pressure Logbook available.

The Joplin Area Multiple Sclerosis Support Group meets the second Tuesday of every month from 6 – 8 p.m. at St. John's Regional Foundation, located at 3001 West McClelland Blvd in Joplin. For information, contact Mary Duff at 417-627-9529.

Diabetes Support Group meets the second Tuesday of every month (except June, July & August) in the MOB Conference Room on the St. John's Campus.

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The Affects of Bisphosphonates on Dental Health



By Dr. Dan "Kip" Young DDS

Fosamax, Didronel, Actonel, Skelid, Aredia, Boniva and Zometa. Do these drug names sound familiar to you, or more importantly, are they in your medicine cabinet? These drugs belong to the family of medications called Bisphosphonates. If you are one of the millions currently taking these medications then

you need to contact your dentist and schedule an appointment to discuss how they may affect your dental health.

So what do these popular medications, used to treat osteoporosis and bone cancers have to do with your teeth and gums? And why should you discuss taking them with your dentist? To minimize your risk of suffering from a very painful dental condition called Bisphosphonate Associated Osteonecrosis of the Jaws.

Bisphosphonate associated osteonecrosis of the jaw, is a painful condition where the jawbone begins to die and decay away. Symptoms include pain, swelling, gum infection, drainage, jaw infections, loose teeth, jaw numbness and exposed bone. This condition occurs most commonly after people taking these medications undergo a traumatic dental procedure, like the extraction of a tooth. However, less traumatic dental injuries, such as "dentures sores" from loose fitting dentures, have been documented causes of osteonecrosis in bisphosphonate users as well.

What should you do if you are about to begin taking these medications? Discuss it with your dentist and physician. Have your dentist complete a thorough dental-oral examination including radiographic evaluation, and identify and treat any unstable dental conditions. Teeth with poor prognosis should be extracted and any dental surgical procedures completed before starting the bisphosphonate medications. Good oral hygiene must be achieved and maintained.

If you have taken, or already take bisphosphonate medications, again inform your dentist. Have a complete dental examination, including radiographic evaluation. Any unstable dental condition should be treated, although elective dental surgery such as dental implant procedures should be avoided. Root canal therapy should be performed instead of extraction. Poor fitting dentures or partials should be adjusted or replaced with new properly fitting ones. Preventative cares

such as dental cleanings, gum disease therapy, and denture/partial check ups should be performed every 3 to 6 months, or as advised by your dentist. Again, good oral hygiene is an absolute must to prevent future problems!

Bisphosphonate associated osteonecrosis of the jaw is a real concern to me as a dentist. Every day I see patients on these medications and must provide treatment recommendations with these drugs and how they might affect my patients in mind. Currently, the occurrence of this condition is still fairly rare, but as our population continues to age and the use of these medications increase I can only conclude that the occurrence of this condition will continue to rise.

A beautiful smile and good oral health is deserved and can be achieved by all. October is National Dental Hygiene Month. Make sure you are giving your teeth the care they deserve! If you have any questions about the information in this article please email me at drkip@youngdmd.com.

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Helping Herself helps this cancer survivor Helps Others

By Ann Leach

It was 1953 and Diane Baumann's mother was 'losing it'. Diane's father had just died of leukemia and overcome with grief, her mother was struggling. "I think that was when I decided I wanted to be a nurse," Baumann said. "I wanted to help my mom and to help others going through what we did."

Diane Baumann received her certificate in family practice from Wichita State University as a nurse practitioner and graduated in 1977. "Back then there weren't a lot of nurse practitioners," Baumann said. "It was one of the best decisions I have ever made and I have loved my career."

Baumann's then-husband and she had been managing a pool building business and found that a lot of their business was coming from the Pittsburg, Ks. area. They moved to Pittsburg in 1979 where she found work in Dr. Robert Huebner's office. "I had worked with him a little before and just love him and the staff," Baumann said. "I was fortunate to be there regularly."

Meanwhile, things were going well in the family business and Baumann's husband decided to take out an additional insurance policy that required them to have current physicals and other testing performed. Baumann took off for her medical appointment, hoping it would pass quickly so she could get back to her work and To Do list. Instead, time stood still.

"I knew the tech. who did the mammogram and she showed me where some calcium deposits were on the film," said Baumann. "Then she said 'if it isn't cancer I will be really surprised.'" That was on a Friday and by Monday Diane Baumann was having a mastectomy.

Prior to going into surgery Dr. Huebner told Baumann, "I won't take the other breast unless I have to." When Baumann



woke up she realized both breasts had been removed. The good news was that she did not have to have radiation or chemotherapy treatments.

Today Baumann encourages women to keep current with their pap smears and mammograms. "I also make sure I eat right and have pretty much been a vegetarian anyway," she said. "I occasionally have a little candy but I do alright for the most part!"

Baumann credits regular visits to a hot tub as a factor in her recovery, saying "I think getting in the spa helped me regain my range of motion in my arms a lot quicker." She also believes her positive mindset going into surgery was a factor to a more positive recovery and she encourages other women to think of others and not just of yourself. "It helps," she said. "I hear a lot of women say 'breast cancer isn't in my family so I don't have to worry as much'. We all need to get our regular check ups, no matter what our health history. That's just good self-care and what I do for myself and encourage my patients to do."



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Protecting Yourself from Breast Cancer

You can help your body fight breast cancer before you ever get it. In fact, by putting a few simple concepts into practice, you greatly reduce your risk.

As you read each of the following, ask yourself if this is an area where you could improve. Then select one concept and start working on it today. Eventually, you'll find that you've worked your way through the entire list and, best of all, minimized your breast cancer risk.

1. **GET MOVING:** Now there is another reason you should exercise regularly – it can reduce your chance of getting breast cancer. According to Leslie Bernstein, University of Southern California, three to four hours of exercise a week throughout a woman's reproductive life may cut her risk – possibly by as much as half.
2. **EAT HEALTHY:** Diving into a bag of chips or eating your favorite candy bar after a long day at work may be tempting, but it could mean problems for you in the long run. Try to avoid the fattier foods and instead eat

bagel chips, low-fat yogurt and, especially, fruits and vegetables.

3. **QUIT SMOKING:** Besides causing heart disease and oral cancer, smoking can also increase your odds of getting breast cancer. You will find your body is much healthier overall if you break this habit.
4. **SKIP THE ALCOHOL:** When looking for a way to relax after work, try to avoid alcohol. Researchers have found that drinking two alcoholic beverages a day can increase your risk of getting breast cancer by 30 percent.
5. **PERFORM A SELF-EXAMINATION:** Check yourself regularly for lumps in your breasts. By finding a lump early, you can greatly increase your chance of successful treatment.

Fortunately, these tips are simple and can be practiced by almost anyone. Start them today for a healthier tomorrow!

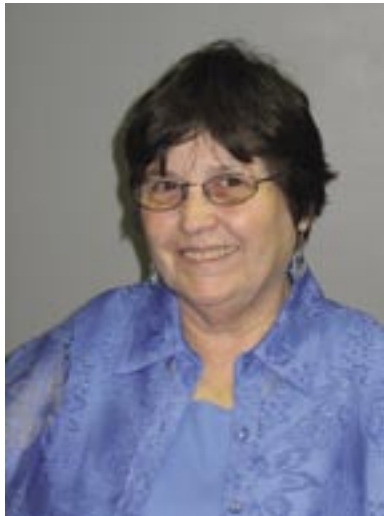
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October is
Breast Cancer
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our MENTAL Health

Our Mental Health will be a new regular feature of the magazine. The contributors will include clinical staff from Healing the Family Center of Joplin.



Bullies

By Adrea S. Hobbs, MS LPC
Healing The Family Center

Is bullying just a child's problem that will go away if ignored? Is it just a part of growing up?

According to Dan Olweus a psychology professor at Norway' University of Bergen, one of the leading experts on bullies and their victims, research shows that "Sticks and stones can break your bones--- but names

can hurt forever." Bullying can be verbal, physical, emotional, sexual and through the cybernet. Individuals or gangs can do bullying. Bullying is not a problem that will go away without adult intervention.

Victims of bullying often suffer lifelong problems with low self-esteem and mental health problems throughout their lives. At any given time about 25% of US students are victims of bullying and 20% are bullies. Bullying affects the social climate and learning environment of the entire classroom. According to the National Education Association 160, 000 children stay home each day because of fear of being bullied. Students who performed the school shooting in recent years had been bullied. Suicide is the second leading cause of death in children under 18.

Bullies are looking for control and rarely stop if ignored. They have aggressive temperaments, a lack of empathy and poor parenting. About 60% percent of boys identified as bullies in middle school commit at least one crime by the time they are 24. Most bullies have feelings of vulnerability. They can be trying to make themselves feel more important or become more popular.

A victim will tend to have some of the following characteristics: they are socially isolated, have poor social skills, become distraught or cry easily, want to fit in at any cost, are defenseless, are viewed by peers as different, and/or have trouble standing up for themselves.

Both the bullies and the victims can learn to change their behaviors.

Parents need to encourage their children to talk about school and take bullying seriously. They can look for symptoms such as withdrawal, lower grades, torn clothing, not wanting to go to school, the need for more money or school supplies. Victims can be taught to act brave and walk by the bully with their head high. Ignoring a bully's threats and walking away might stop a bully's behavior. Kids can stand up for themselves and each

Healing the Family Center, Inc.

Alan Ramsey, MS
Licensed Psychologist
Adrea Hobbs, MS, LPC
Ron Pilkenton, MSW
Licensed Clinical Social Worker

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other by telling the bully to stop, not bullying back and by telling an adult. Explain the difference between tattling to get the other person in trouble and reporting when you or someone else is in trouble.

Bullies need to be taught that bullying is not acceptable in society. They need to know that there are other things that you can do if you are feeling frustrated or angry. There needs to be concrete consequences when aggression or bullying happens. The adults need to know what is going on internally causing the bullying behavior. Teach and reward more appropriate behavior.

Since bullying behavior does not just 'go away' by ignoring the children's pain, both the victim and the bully, parents and teachers need to stop bullying before someone gets hurt. There are many websites that provide help and have information to help communities become one that will not tolerate bullying behavior.

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EXERCISE DOESN'T HAVE *To Be Expensive*



By Bre LaFerla
St. John's Regional Medical Center

The benefits of exercise are priceless, but the costs certainly add up. Health club membership, exercise clothes, a personal trainer, class fees, and shoes. If lack of time is the number one reason not to exercise, money is not far behind.

But exercise doesn't have to be expensive. If you can budget exercise into your schedule, you should also be able to fit exercise into your budget.

SHOPPING FOR A HEALTH CLUB: The biggest line on your fitness budget is probably your health club membership. And it pays to shop around.

Fees can range from less than \$30 a month to more than \$100. What does your facility offer for what they charge? If you're paying extra for a swimming pool and you rarely swim, then you'll probably do better elsewhere.

You may save money by using a health club across town, but make sure that the extra driving time does not interfere with your workout schedule and that gas and car expenses are not eating up anything you save in fees.

WORK OUT AT HOME: The least costly alternative is to

skip the health club altogether and work out at home. Walking, running, biking and skipping rope can be done anywhere at any time.

If you prefer to stay inside, you can get your own treadmill, exercise bike or rowing machine. For less than the cost of one year's health club membership, you can buy a machine the whole family can use. If you don't find what you like at Christmas sales, wait until Spring and you can probably pick up a "hardly used" machine for next to nothing at a garage sale.

Avoid buying machines you haven't tried before, particularly those miracle machines sold only on TV. Any machine that promises spot reduction (such as abs or thighs) or dramatic results in "just minutes a day" is almost guaranteed to be fraudulent.

Julie thought she would miss the weight machines; they had been a big part of her regular workout routine at the health club, and she liked the extra strength and muscle tone she was obtaining.

She learned, however, that with a few hand weights, she could do a comprehensive strength training program at home, focusing on abdomen, back, shoulders, legs and core body strength.

For most individuals, three sets of weights are usually sufficient (10, 15 and 20 pounds, say, or 8, 10 and 12 pounds, depending on your strength level). If your top weight becomes too easy to lift, try single legged curls or bent-over rows on a balance ball. They'll give you a more challenging lift and improve your balance as well.

You can get a good strength-training workout, however, without any equipment—simply using your own body to perform various types of sit-ups, pushups and pull-ups.

BUYING SHOES: The more you exercise, the faster your shoes wear out. And exercise shoes in the \$100/pair range are becoming the rule rather than the exception.

For long wear, look for shoes with a hard carbon rubber outsole and polyurethane cushioning in the forefoot area. Generally speaking, however, it's not wise to skimp on shoes; buy the wrong shoes for your needs and you may end up with higher doctor bills.

Shoes offered at discount in large department stores may have familiar brand names, but they are usually made for casual wear rather than serious exercise. If you have a special shoe model that you're familiar with, you may be able to find some bargains by searching the internet for "discount running shoes." Last year's model may be exactly what you're looking for since you've already used it successfully.

Whatever it takes, the goal is to get moving and keep moving. Take a walk after dinner, go for a run in the early morning, pedal an exercise bike or lift weights while watching TV. Neither lack of time nor lack of money is an adequate excuse.

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St. John's Health Connection at Northpark Mall
Tuesday, October 105:30 pm

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Registration Required – Call 625-2000



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Registration Required – Call 625-2000

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Meanderings

By L.G. Ward



Growing passion for trees

So many shades of autumn are outside my window; I've given myself a challenge to name each variation of color. Pumpkin orange, glistening yellow, Victorian burgundy and spice brown are just a few of the daubs on Mother Nature's paint palette.

My love of trees began with a weeping willow in my backyard. The graceful sweeping branches reaching the ground became the walls of my pretend home and the rooms were set up in the cool shade around the trunk.

My passion continued when we moved to a farm and I found a home in an old cottonwood tree. My dad built a platform that became my sanctuary and could only be reached by climbing from a fork to a branch. Many hours were spent in my tree house, reading, writing and daydreaming as the shiny leaves shimmered and made lacy shadow patterns across my face. I wasn't the first to inhabit the century old tree. On a broken branch near my platform, a young boy had carved his initials. Today the platform is gone, but if you climb that tree, you'll see my initials near his. I can still hear the rustle that the leaves made when lifted by the slightest breeze. Those who settled the prairie surely welcomed the sound and sight of the cottonwood tree (the state tree of Kansas and Nebraska) because they grew mostly near the water of rivers and were a source of wood, both scarce on the prairie.

Perhaps it is because trees are scarce where I grew up in the Oklahoma Panhandle that I treasure being told about my grandmother who faithfully carried water to the seedlings that she planted on my grandparents' homestead. It is an enormous statement of faith in the future to plant a tree.

When I put my roots down in the Ozarks, my passion became a full-blown love affair with trees. My first spring here I wondered how many shades of green there could be and my eyes hurt from seeing so much green that then gave way to the brilliant fall hues. On the third floor, my first home was literally in the treetops and we called it our tree house. My home now is on the top of a mountain and looks out over several ridges lined and valleys filled with many varieties of trees.

In the forest is proof of the proverb that "mighty oaks from tiny acorns grow." I like the vivid hues of the oak trees and when the acorns fall off the ones in the yard it sounds like hail hitting the roof. (Ninety species of oak are native to the United States and in 2004 Congress designated the oak tree as the national tree. It is also the state tree of Iowa. The white oak is the state tree of Connecticut, Illinois and Maryland. The scarlet oak is the tree of the District of Columbia. The live oak is Georgia's state tree. And New Jersey's state tree is the northern red oak.)

The flowering trees such as the redbuds (Oklahoma's state tree) and dogwoods (Missouri's state tree) announce spring with a soft palette, but the brilliant shades of autumn excite my artist's eyes. I am especially partial to the redbuds when they start turning because they are like God's watercolor brushes dipped in autumn paint buckets and set down to dry. The medley of leaves is a blend of cabernet red, peppered purple, burnished berry, buttered saffron and pear green.

As Alfred Joyce Kilmer wrote in his poem "Trees" I can imagine that a tree does look "at God all day" and lift "her leafy arms to pray." My vocabulary is lacking in depicting the beauty I see. In addition to writing poems, maybe fools also try to name all those colors and should leave it to Crayola to do that and gratefully acknowledge that "only God can make a tree."

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Raising Godly Children

By Dr. Phillip McClendon
Calvary Baptist Church

I have no greater joy than to hear that my children walk in truth.
3 John 4

There is no greater joy than seeing our children walk in truth. There are five ways we can help our kids walk with God.

Talking with Them

While talking to your kids as you drive them to soccer practice, take them grocery shopping, or head out for a family vacation.

If you initiate discussion by telling your children what you're learning – not preaching at them, but sharing with them the things you're experiencing -you'll be surprised by their eagerness to listen.

Living Ahead of Them

Whether or not our kids see what we do, they will inevitably become like us as they follow us in ways we don't think they know about.

Living Honestly Before Them

Walk honestly before your kids, and they will not be disappointed in you, but will thank you and honor you. Walk in integrity and you will not only earn the respect of those who follow you, but you will keep them from making the same mistakes that plagued you.

Living Away from Them

It was the wise father who, hearing his son was eating pig slop in the city, didn't go and rescue him, but rather let the process play out. And when he did, his son came to his senses and returned home a new man. (Luke 15)

There are many times when we must walk away from our kids not in apathy or anger; but in the realization that they are the Lord's and the He must be given a free hand to work in their lives.

Living Closely Behind Them

Knowing that on feast days his sons would be tempted, Job offered a sacrifice every day on their behalf. In doing so, he was saying, "I want to walk behind my children to make sure they're covered.

So, too, I know my kids are vulnerable to sin- because they're just like me. What can I do? I can cover them daily in prayer.

What would happen if we got up every morning and truly sacrificed in prayer- not just "Bless my kids, Amen" – but talked to and waited on the Father on behalf of each one them? We can cover their vulnerable spots, the places we know they are likely to be attacked. We can walk behind them protectively and prayerfully if we are willing to take the time and expend the same energy Job did.

Jesus shows us what it means to walk with people, to walk ahead of people, to walk honestly before people, to walk away from people, and to walk prayerfully behind people. He does that with me. He's done that with you. Now let's do the same thing for those we are parenting.

If you do, because God doesn't violate the free will of any of His children, there is no guarantee that your kids will be godly – but it increases the odds radically. And this is the promise you can bank on: Even if they do go through seasons or years or even decades of rebellion, the Bible says, "Train up a child in the way he should go and when he is old, he will not depart from it" Proverbs 22:6

Do what you're supposed to do, Mom and Dad – and even if your child rebels initially, he'll come around ultimately as he remembers the training, the example, the teaching, and the prayer you lived out before him. Do these things and, like John, your joy will be great when you see your children walk in truth.

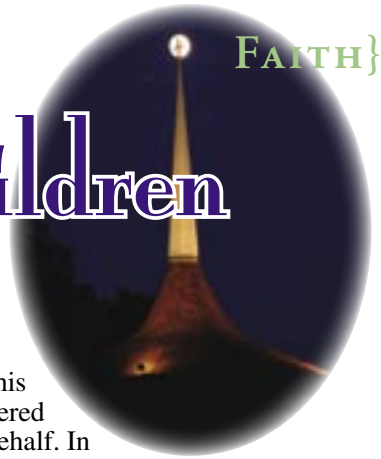
For further study: Jon Courson's Application Commentary Marriage and Parenting Conference

Dr. Kevin Leman

February 11-12, 2007

Calvary Baptist Church

More info: www.calvary-joplin.org





Calvary Baptist Church

<p>SUNDAY</p> <p>9:15 am Contemporary Service</p> <p>10:30 am Traditional Service</p> <p>6:00 pm Worship</p> <p>Kids choir (ages 3-12)</p> <p>TUESDAY</p> <p>9:30 am Womens Bible Study</p> <p>7:00 pm Support Group</p>	<p>Times To Know</p> <p>WEDNESDAY</p> <p>10:00 am Sr. Adult Bible Study</p> <p>6:00 - 7:30 pm AWANA (ages 3 - 12)</p> <p>6:30 - 8:00 pm Youth (Jr & Sr High)</p> <p>6:00 - 7:30 pm Prayer Service</p> <p>Choir Practice 5:45</p>	<p>TV BROADCASTS</p> <p>Sun. 7:30-8:30 am - Fox Channel 4 and 14</p> <p>Sat. 7:00 - 7:30 pm CableOne Channel 20</p>
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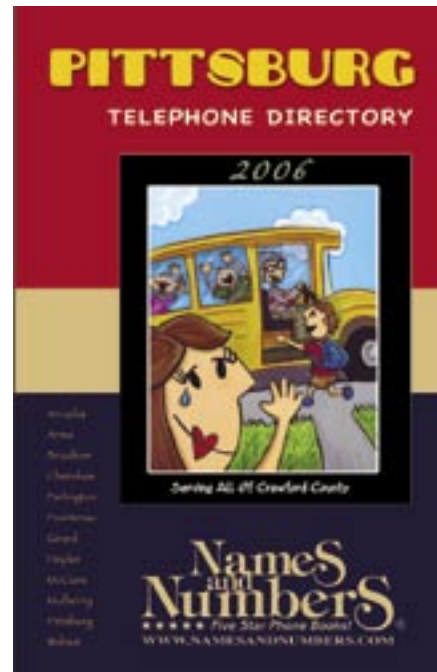
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