

Who's Who?

Triple C owner celebrated for 28 years of service

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12th annual Heart of the Ozarks Half Marathon

SPORTS >> B7-B8



FFA Week

Celebrating youth in agriculture

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West Mains Daily Cnill

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WEDNESDAY, FEBRUARY 21, 2024

121ST YEAR #10

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West Plains Bank continues support for cystic fibrosis research with \$1,000 donation



West Plains Bank and Trust Company continues a longstanding tradition of supporting research into cures and treatments for cystic fibrosis with a \$1,000 donation ahead of the March 16 Cystic Fibrosis Music Concert featuring Missouri native country musician Sara Evans. Cystic fibrosis is a genetic condition affecting the respiratory and digestive systems, and there is no cure. Holding the check are Cystic Fibrosis volunteer Kaigan Barker, left, and West Plains Bank and Trust Human Resources Director Angie Temple. STAFF / KIMBERLY LANGSTON

By KIMBERLY LANGSTON, KIMBERLYL@WPDAILYQUILL.NET

West Plains Bank and Trust Company has donated \$1,000 to the Cystic Fibrosis West Plains Chapter to support research into cures and treatments for cystic fibrosis, a genetic condition present at birth that affects the respiratory and digestive

The disease requires lifelong treatment to improve the quality of life for sufferers and extend their lifespan, and there have been advances in both over the last several decades while progress is made towards a cure.

This spring's annual cystic fibrosis fundraising concert will feature country artist and native Missourian Sara Evans. It will be held 7 p.m. March 16 at the West Plains Civic Center, 110 St. Louis Street. Ticket prices for adults are \$30 in advance or \$40 at the door, and \$5 for children age 12 and younger whether purchased in advance or at the door. Tickets may be purchased at West Plains Bank in West Plains and Willow Springs, and may be charged by phone by calling the civic center at 417-256-8123, at Ticketmaster.com/Sara Evans, or by scanning a QR code on promotional posters that will take users to the Ticketmaster website.

The evening will include silent and live auctions and a local singing group,

See **DONATION**, Page A4

City of Mtn. View opts to wait until April election to fill vacant ward seat

By KIMBERLY LANGSTON, KIMBERLYL@WPDAILYQUILL.NET

MOUNTAIN VIEW - Mtn. View City Council members declined to approve an appointment to fill an empty seat last

week, opting instead to

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THU.

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leave it to voters in April, in part because some expressed a belief that it was pointless to have someone sit on the council for only two meetings before being replaced.

The unanimous 'no" vote followed a suggestion by Mayor John Krasuski that Mary Lenz be appointed as East Ward Alderwoman, a seat held briefly by Judi Colter before her appointment to the seat previously held by Murray Anderson, who resigned in December, failed to be affirmed last month. Judi Colter is a cousin by marriage of West Ward Alderwoman Brenda Colter, and is running unopposed for the position on

Additionally, there are two candidates for a one-year term now being filled by appointee Bud Vines, who replaced Steven Sills after his resignation in November. Vines has chosen not to run and Vicki Carr and David Bauer will be on the ballot.

West Ward Alderman Lindell Vandevort has also decided not run for re-lection as a West Ward alderman, and Calvin Perry and Lucinda Burton are candidates for that twovear term.

Krasuski is running unopposed for a twoyear term as mayor.

Buck Nelson Festival organizer Robin McCullough gave an



FILE

update on festivities and asked if a festival banner could be hung from the Mtn. View welcome sign, permission for which was granted by council members without the necessity of a vote.

She also asked if the Mtn. View Police Department could offer support during a planned nighttime 5K glow run, suggesting officers might be able to monitor the race in order to keep participants safe.

She also confirmed that members of the Mutual UFO Network (MUFON) will be present at the festival, to be held the weekend and day of the April 8 total solar eclipse.

See MTN. VIEW, Page A4

Richards sets preschool, kindergarten screening dates

Richards School will offer an Early Childhood Preschool Program for 4-year-olds planning to attend the Richards Early Childhood Center for the 2024-2025 school year.

The Preschool Program will consist of full-day classes held Mondays through Fridays while school is in ses-

In order to attend preschool classes children must be 4 years old prior to Aug. 1, and must live within the Richards School District.

Preschool screening will be held by appointment from 8 a.m. to 4 p.m. April

The school will also offer kindergarten screening for the upcoming school year, scheduled to be held from 8 a.m.

See **SCREENING**, Page A4

WS School Board renews administrative contracts

The Willow Springs School Board recently met in regular session, setting dates for summer school and renewing administrative

At the top of the Feb. 12 meeting, the consent agenda was presented for approval, including a financial update showing the school district's total balance is about \$3.83 million, up from about \$2.46 million in December. The balance was about \$6.99 million in February 2023. The resignation of high school art teacher Madyson Callahan was accepted and will take effect at the end of the school year. New hires approved included Emalee Layman and Jennifer Crowl as paraprofessionals and Landon Clinton as maintenance stuff, plus substitute teachers Tom Woelfershein and Amber Clinton.

Under informational items, the board discussed administrator's reports for the district

See BOARD, Page A4

11th annual BrewFest on Saturday to bring back old favorites, welcome new

BrewFest 2024 will showcase flavors provided by 19 purveyors of foods and beverages, including favorites old and new, from 5:30 to 8 p.m. Saturday in the arena and exhibit hall at the West Plains Civic Center. Doors will open promptly at 5:30.

Tasting glasses, sponsored by Southern Bank, will be available to the first 700 patrons. All attendees will be eligible for door prize giveaway items supplied by the vendors, which will include T-shirts, glasses, growlers and gift certificates.

Attendees will have the opportunity to sample craft beers, specialty drinks, coffees and special food offerings organizers said.

Confirmed to be offering samples to drink are Great Rivers Distributing, whose samples will include Kansas City Bier Co., Arizona Hard Tea, Hoop Hard Tea, Nasty Beast Hard Tea, Log Boat Brewing and Anheuser Busch, and Grellner Sales & Service, whose

samples will include Yuengling Brewing, Sam Adams, Smirnoff, MillerCoors, White Claw and Shiner Bock. Craft breweries confirmed are Kansas City Bier Co. of Kansas City, Mother's Brewing of Springfield, Piney River Brewery of Bucyrus, Rapp's Barrett Brewing of Mtn. Home, Ark., Springfield Brewing of Springfield and West Plains' own Wages Brewing Company. Peace Valley Brewhouse will offer samples of home-brewed beer, and Pepsi has provided soft drinks and bottled water.

Food samples will be provided by Bootleggers BBQ of Alton, and Colton's Steak House & Grill, Jo Coffee Co., KC's Sports Bistro, Pizza Shack, Ruby Tuesday, Señor Valentin and The Grizzly Bite at the Grizzly Lofts, all of West Plains.

Local painter Garrett Melby will do a live

See BREWFEST, Page A4



NO ONE UNDER 21 WILL BE ADMITTED

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HOWELL COUNTY MARRIAGE LICENSES

Kendall Reed Denton, 27, Bakersfield, and Krystal Lynn Foster, 25, Bakersfield, married Jan. 25 in West Plains. Officiated by Cody Mayberry.

Tracey Allen Clark, 53, West Plains, and Tina Gail Bailey, 48, West Plains, married Jan. 26 in Branson. Officiated by Delroy Bender.

Raymond Leslie Price, Jr. 54, West Plains, and Stacey Christine Friedline, 46, Poplar Bluff, married Feb. 3 in West Plains. Officiated by Larry Moore.

Nicholas David Robertson, 30, West

Plains, and Michaela Kathryn Marshall, 25, West Plains, married Feb. 3 in West Plains. Officiated by Maurice Chukwukere.

Gaylon Eugene Foster, 61, Mtn. View, and Carla Gay Pekarek, 55, Mtn. View, married Feb. 4 in West Plains. Officiated by Ralph E. Hood, Jr.

Forrest Christopher Ogden, 29, West Plains, and Ashton Brooke Bonham, 29, West Plains, married Feb. 4 in West Plains. Officiated by Nathan Ogden.

Two area residents hurt in recent crashes

An Ava resident suffered moderate injuries in a crash at 2:16 p.m. Friday, according the Missouri State Highway Patrol.

Tpr. K.H. Hogan, Troop G of the patrol, Willow Springs, reported a northbound 2007 Dodge Ram driven by Joshua Swainston, 44, ran off the road and struck a tree 2 miles north of Ava. Geographical coordinates included in the report show the accident happened on Douglas County Road 76-205. Swainston was not

wearing a seat belt and was transported by Cox Ambulance to Cox South Medical Center in Springfield for treatment, the report shows.

Hogan was assisted at the scene by Cpl. D.J. Johnson.

Janessa K. Teague, 19, Winona, suffered minor injuries when her vehicle struck a deer at 8:30 a.m. Wednesday on east U.S. 60, 2 miles west of Winona in Shannon County.

Msgt. C.A. Kimes reported a 17-year-old boy, also from Winona, was driving an eastbound 2015 Chevrolet Trax when it struck the animal. The driver's identifying information is not publicized because he is a minor.

Both occupants were wearing seat belts, the patrol reported. Teague was transported by ambulance to Poplar Bluff Regional Medical Center and no injuries were reported for the boy.

WILLOW SPRINGS POLICE DEPARTMENT

TICKETS

Derick Jay Cook, Summersville, was ticketed at 1:10 p.m. Feb. 8 on a charge of speeding by 11-15 mph over. Officer Jim Hedlesten.

Yosten Eliel Garza Maldonado, Carthage, was ticketed at 3:50 p.m. Feb. 8 on a charge of speeding by 11-15 mph over. Officer Hedlesten.

George E. Ray, Rayton, was ticketed at 9:54 a.m. Feb. 10 on a charge of speeding by 16-19 mph over. Officer

Hedlesten. Catrina Yvette Ray, Jonesboro, Ark., was ticketed at 10:01 a.m. Feb. 10 on a charge of speeding by 16-19 mph over. Offi-

cer Hedlesten. Carson Ray Barker, Saiem, was ticketed at 1:14 p.m. Feb. 10 on a charge of speeding by 11-15 mph over. Officer Hedlesten.

Dalton Cole Henley, West Plains, was ticketed at 4:40 p.m. Feb. 11 on a charge of driving a vehicle without maintaining financial responsibility. Officer Joe Barnhouse.

INCIDENT REPORTS

On Feb. 8, an elderly driver had a small child in the vehicle who was opening a door while the car was in motion. Officer Hedlesten stopped to assist the driver and help engage the child safety locks on the vehicle's door.

A person called police Feb. 8 to report an elderly woman who was possibly having a medical issue due to the contents of her car. Officer Joby Hoopes.

Officers Hoopes and Hedlesten responded on Feb. 8 to East Valley Street to assist emergency medical services with a medical call.

On Feb. 8, a reporting party called to alert police to an animal that had gone missing from Hill Street.

Officer Wade Bloomer responded to Highway 76 for a well-being check, requested by someone whose boyfriend had left their home on foot.

On Feb. 8, Officer Bloomer was dispatched to U.S. 60/63 for a traffic crash, but was not able to find one. However, he did find a phone, which was returned to its owner.

Officer Jake Cronin stopped a vehicle Feb. 9 on East Main Street. A child with special needs inside the vehicle was having an issue, but everything was fine.

On Feb. 9, Officers Hoopes and Cary Gates responded to an address on Highway 76 for a report of stolen jewelry.

A person reported on Feb. 9 an all-black Australian shepherd was running at large on Hill Street.

On Feb. 9, Officer Bloomer conducted a well-being check at a residence on Corn Avenue, but no one was home.

Officer Bloomer took a call

on Feb. 9 from a person who reported a missing walker from East Sixth Street. It was a green Nova brand device.

On Feb. 9, the owner of a dog missing from Hill Street called. Officer Bloomer answered.

On Feb. 10, a dog was running loose behind Town & Country. Officer Hoopes contacted the dog's owner.

Officer David Hocking attempted on Feb. 11 to assist West Plains Police with serving an active warrant, but he was unable to make contact with the subject due to the subject having been evicted and no longer living at the address on file.

On Feb. 11, Officer Hooking was notified of a vehicle towed from a parking lot on East Main Street

Officers Hedlesten and Hocking responded Feb. 11 to Sassafras Street to assist EMS with a medical call.

On Feb. 11, a resident of Hill Street requested extra police patrols during the overnight hours.

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to 17 mph becoming



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MSU-Springfield announces fall graduates

Missouri State University awarded 1,417 degrees to students in fall 2023:

Mammoth Spring, Ark.: Rachel Haven Drake, Master of Arts in Teaching.

Ava: Miquia Marie Gillies, Bachelor of Science, Account-

Koshkonong: Karenza Hunsperger, Bachelor of Science in Education, Early Childhood Education, magna cum laude, and Mary Katherine Lenker, Bachelor of Science, Religious Studies, magna cum

Mtn. View: Melodie Ann Haynes, Bachelor of Science in Education, Special Education/Cross Categorical; Zachary Max Porter, Bachelor of Science, Management; and Tayler Jesslynn Michelle Randolph, Bachelor of Science in Education, Elementary Education.

Pottersville: Gail Dawn Harris, Bachelor of Science in Education, Special Education/ Cross Categorical.

West Plains: Mara Iris Anselm, Bachelor of Science, Communication Sciences and Disorders, magna cum laude; Bryce D. Banta, Bachelor of Science, Criminology and Criminal Justice; Moriah E. Combs, Bachelor of Science in Education, Special Education/Cross Categorical; Clara Marie DuMontelle, Bachelor of Arts, English; Autumn Nichole Galiher, Master of Science in Education, Educational Technology; Alexandra Graham, Master of Arts, Writing; Alyssa Dyan Heath, Bachelor of Science, Biology; Logan Ross Herring, Bachelor of Science in Education, Middle School Education; Lindsey Kay Hicks, Master of Professional Studies; Chloe Elisabeth Howell, Bachelor of Science in Nursing, cum laude; Kidane Gabriel Howell, Bachelor of Science, General Business; Lisa Ann Inlow, Bachelor of Science in Education, Elementary Education, summa cum laude; Emily Nicole McKenzie, Master of Occupational Therapy; Courtney Elizabeth Melvin, Bachelor of Science in Education, Elementary Education, magna cum laude; Taylor Ann Moffis, Bachelor of Science, Hospitality Leadership; Jacquie Renee Sands, Doctor of Nursing Practice; Evan Tony Stewart, Bachelor of Science, Sports Medicine, cum laude; Amelia Leigh Towell, Bachelor of Science, Criminology and Criminal Justice and Psychology, cum laude; Darian Lee Williams, Bachelor of Science, General Business, summa cum laude; and Trace Winfrey, Bachelor of Applied Science, General Agriculture.

Willow Springs: Amanda Jean Hamilton, Bachelor of Science, Natural Resources and Environmental Plant Science/Horticulture, cum laude, and Brody Dale McKee, Bachelor of Science, Natural Resources.

Alton: Carlissa Brianne Holman, Bachelor of Science in Education, Elementary Ed-

Thayer: Samantha Jo Irene Broyles, Master of Arts in Teaching.

Caulfield: Brianna A. Bentley, Master of Occupational Therapy.

Dora: Abigail E. Kelley, Bachelor of Science, Public Relations: Keeli Lauren Land. Bachelor of Science in Education, Elementary Education, cum laude; and Kylie Jo Smith, Bachelor of Science, Entertainment Management.

Birch Tree: Emmalee Jean Layman, Bachelor of Science in Education, Elementary Education, magna cum laude.

Eminence: Brandon L. Nash, Bachelor of Science, Information Technology.

Winona: Kristopher B. Lawson, Bachelor of Science, Biology, and Jessie Elizabeth Plunk, Bachelor of Science in Nursing.

Bucyrus: Emily Ann Roberts, Bachelor of Science in Education, Elementary Education.

Cabool: Chevenne Mae Stout, Bachelor of Science in Education, Special Education/ Cross Categorical, magna

cum laude. Houston: Sara E. Anderson, Master of Science, Counseling, and Krista Lee Cockrum, Bachelor of Science, Wildlife Conservation and Manage-

Licking: Ashley Creek, Bachelor of Science in Education, Elementary Education, summa cum laude, and Elijah Troy Keeney, Bachelor of Science, Marketing.

Mtn. Grove:Stephanie Rae Moore, Bachelor of Science in Education, Special Education/ Cross Categorical, cum laude.

Norwood: Jalen David Drake, Bachelor of Science in Education, Middle School Education, summa cum laude.

March 2 DAR program to feature folk art, **Americana**

At the Ozark Spring, National Society Daughters of the American Revolution monthly meeting planned for 1 p.m. March 2, Valerie Wilson Coleman of Taneycomo will give a presentation on the American Folk Art exhibit displayed at the DAR Museum in Washington, D.C.

Coleman is the recording secretary for the Taneycomo DAR chapter, as well as Conservation Committee chair and corresponding docent-in-training. Her presentation will focus on the 126 objects on display in the exhibit.

For those unfamiliar with the DAR Museum, in addition to its vast archive holdings of historical documents and genealogical library collections, the museum hosts a collection of decorative arts objects made or used in America from the colonial period through the early 20th century. It includes objects on display in the Museum Gallery, Study Gallery, Yochim Gallery, and period rooms as well as items in stor-

According to Coleman, the Folk Art program "will look at functional as well as decorative objects made by the American people for the average citizen. These objects are known as folk art and most of the 19th century objects featured will provide a glimpse into how Americans lived their day-to-day lives during a century of great change."

The Ozark Spring chapter meetings are held at the American Legion Hall, 1401 Bill Virdon Blvd., West Plains, and educational programs are free and open to the public. All meetings open with general meeting protocol. The March 2024 meeting hostesses are Cindy Pirch and Connie Weber.

ASU announces fall dean's, chancellor's list students

Students on the honors lists for fall 2023 at Arkansas State University in Jonesboro have been announced. The lists recognize undergraduate students who achieved the highest grade-point averages while enrolled in a minimum of 12 credit hours of study at

The dean's list includes students with a GPA of 3.6 to 3.99. The chancellor's list includes students who earned a perfect GPA of 4.0.

DEAN'S LIST

Baxter County, Ark: Sherri Powell, Gassville; Sayde Baker, Midway; Joseph Arnold, Kiah Beard, Amanda Brown, Mason Cruse, Celinie Flowers, Isabella Hall, Hannah Langhammer, Laney Stout, Kevin Von Bergmann, Carley Wallace, Alexis Watts, Olivia Wham and Nicole Young, Mtn. Home; and Kinley Stowers, Norfork.

Fulton County, Ark: Ashley Aguirre, Ash Flat; Zoie Deckard, Cherokee Village; Samantha Mills, Hardy; Shelby Vanginhoven, Mammoth Spring; Shae Bassham, Hank Guiltner, Kelsey Humphries, and Paul Smith, Salem; and Lindon Marberry, Viola.

Izard County, Ark.: Kesley Pearson, Brockwell; and Ashton Cowan, Amanda Engelhardt and Steven McDaniel, Melbourne.

Sharp County, Ark.: Desiree Sawyer, Ash Flat; Caitlan Boyce, Christina Conforth, Madison Gentry and Abbigail Sutton, Cherokee Village; Kori Dunlap, Hardy; Dani Jordan, Highland; and Lily Ann Morris, Williford.

Oregon County: Julia Montague, Koshkonong, and Katherine Pounders, Jurnee Rolen, Thayer.

CHANCELLOR'S LIST

Baxter County: Jamie Benefiel and Nicholas Taylor, Cotter, Alexis Kincade, Rebecca Martin, Kaylie Ott, Addison Ray, Gracie Uchtman and Kendra Wallace, Gassville; Jasmine Allen, Mattie Belk, Olivia Brewer, Kelly Broad, Lisa Browning, Christopher Burkhart, Mikayla Carlton, Emery Davis, Lauren Dewey, Gracie Dover, Laura Feltz, Olivia

Harcourt, Quinn Hodges, Samuel Hoskins, Payton Huskey, Cassie Jones, Stephanie Kanatzar, Merick King, Katelyn McLean, Michael Mormile, Kaitlyn Richard, Victoria Robb, Zeke Sanders, Mandelyn Smeltzer, Abby Taylor and Gianna Taylor, Mtn. Home; and Delaney Faulkner and Skylar Jensen, Norfork.

Fulton County: Hannah Gibson, John Taylor and Allison Webber, Ash Flat; Laken Bailey, Rachel Davis, Zackery Flynn, Madyson Hufstedler, Cole Larson and Kelli Young, Mammoth Spring; Luke Keen, Jaiden Strong, Jaycie Strong, Rory Walling, Amber Yates and Sarah Young, Salem; and Destiny Drouin and Samantha Mc-Candlis, Viola.

Izard County: Jewell Beckwith, Allie Gardner and Kirsten Sherrill, Calico Rock; Allan Densford, Horseshoe Bend: Chase Duncan. Addie Harris, Chris Mosley and Thomas Wren, Melbourne; and Macey McSpadden, Sage.

Sharp County: Harlee Deloach, Ash Flat; Karisa Phelps and Jeannette Strano, Cherokee Village; and Lela Massey and Kara Wiles, Highland.

Howell County: Ramsey Brower and Landry Pitts, West Plains.

Oregon County: Laina Richardson, Alton, and Hannah Carr and Brittany Hirsch, Thayer.

Ozark County, Taylor Suter, Gainesville.

All Saints to host weekly fish fry through Lent

All Saints Church will host a fish fry at 6 p.m. each Friday during Lent, through March 22, with "all the fixins."

Donations are accepted to cover the cost of the meal.

The church is located at 107 South Curry St., across East Main Street from the West Plains Civic Center.



his big guy has lots of love to give," says West Plains Regional Animal Shelter volunteer Trish Hammen of this orange tabby cat. "We named him Rocky because he looks tough but he is a marshmallow. Rocky was found near a car wash here in West Plains." The cat is estimated to be between 3 and 4 years old, and is neutered and vaccinated. The fee to adopt a cat is \$45. Hammen also has updates regarding construction of the new shelter facility on the grounds at 1486 BB Highway: "The new shelter building is coming along and hopefully will be ready in the spring. We are still needing donations to make sure we get everything we need. The price of building materials has doubled from last year. Thank you to all who have already donated." To learn more about adopting or donating, drop by the shelter between 9 a.m. and 3 p.m. Mondays through Saturdays or call 417-256-8438. COURTESY / WPRAS



Justin Shelby

1721 Gibson St. West Plains MO 417-256-3434 Shelbysf.com

A Good Neighbor with Great Rates





From Page 1

Jessica's Friends, will 2 to 4 p.m. Sunday at Ruopen for Evans. All children and teens interested in participating are welcome. The group will hold its first practice at 2 p.m. Sunday in the West Plains Elementary School gym, and the same time March 3 and 10, also in the gym. A final rehearsal will take place at 6 p.m. March 15 in the West Plains Civic Center, all under the direction of Diane Reed.

To donate items for the auction, which will precede the musical performances, contact Lois Frazier at 417-256-5388.

Additionally, fundraiser father-daughter dances will be held this weekend, from 6 to 8 p.m. Friday and Saturday and from bvdoo's Vintage Events, 9240 County Road 9190, off of ZZ Highway. Reservations are still available for the Sunday event. Fathers, grandfathers, uncles and brothers, or other family and friends are encouraged to bring their favorite "princess" to a fairytale-themed evening of dancing, photos and food. The cost is \$25 per pair and \$5 per additional princess up to age 21.

All proceeds will be donated to the local cystic fibrosis foundation and tickets may be bought through the Venmo app by sending money to @ Ruby-Collins-2. For questions, call Ruby Collins at 417-293-1331.

BREWFEST

From Page A1



painting during BrewFest, with the finished product to be auctioned after com-

BrewFest T-shirts, printed by Ink Monkey onsite, will be available, along with BrewFest themed jewelry provided by Links by Leyla. Explore West Plains will feature Eclipse 2024 information and merchandise. Alex Eggert and Alyssa King from West Plains Music will provide deejay services and emcee the event.

Proceeds from the 11th annual BrewFest will benefit the West Plains Council on the Arts' efforts to promote arts organizations in the West Plains area, as well as fund the Gatewood Family Fine Arts Scholarship. The event is sponsored by the West Plains Council on the Arts, Brewer's Ice Co., Great Rivers Distributing, Grellner Sales & Service, Southern

Bank and the West Plains Daily Quill.

Admission is \$30 per person in advance and \$40 at the door. All attendees must be 21 and older and have a valid photo ID. Advanced tickets are available and may be purchased through Ticketmaster online. Credit card phone-in orders, with no added fee, can be made through the civic center box office at 417-256-8087. In-person ticket purchases can be made at Wages Brewing on Bill Virdon Blvd., Eat Fit and Ozark Nutrition on Eighth Street, or the West Plains Civic Center box office, 110 St. Louis St.

More information about the West Plains BrewFest can be found at www.westplainsarts.org, or at the event's Facebook page @WestPlainsBrewfest. Email inquiries may be sent to wpartscouncil1@ gmail.com.

SCREENING

From Page A1

to 4 p.m. May 4. In order to attend kindergarten classes, children must be 5 by Aug. 1, and also must reside within the district.

To make an appointment for either screening, call the school office the relevant screening at 417-256-5239. Parents

wishing to enroll their child are asked to provide their child's current immunization records and original birth certificate when they return the enrollment packet prior to



12 DAYS: MAY-SEPT 2024 **DEPARTURES**

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MTN. VIEW

From Page A1

The festival is planned to include UFO and science-themed activities. It is named after a Mtn. View area resident, Buck Nelson, who in the late 1950s and early 1960s brought fame, UFO enthusiasts and researchers to the area after claims he'd had close encounters with UFOs that eventually included a ride on a spaceship.

VEHICLE PURCHASES: SURPLUS

Assistant Police Chief Stetson Schwien gave a presentation and requested permission to purchase three vehicles for the police department, a discussion which continued from last month when he gave council members the news that a U.S. Department of Agriculture grant for the purchase of vehicles had fallen through.

During this most recent meeting, he proposed the purchase of a 2018 Chevrolet Tahoe to be equipped for use as a K9 vehicle, plus a fully-equipped 2015 Ford Explorer and a 2014 Ford Explorer. All three would cost \$41,500, about \$15,000 above what the department had allocated in its budget, but Schwien explained he could transfer the difference from a safety budget to make the purchase. All voted in favor

Later in the meeting, Schwien asked permission to buy two new light bars and control boxes for \$7,300, to be fully reimbursed by a grant, and that request also passed unanimously.

Per a request made by council members last month, Operations Manager Eddie Owens presented a list of surplus items to be sold to cover the cost of buying two used vehicles, a 2010 Ford F150 four-wheel-drive extended cab for the Parks department, priced at

\$5,000, and another for the fire chief, a used Ford F150 formerly used as a four-wheel-drive highway patrol and pre-wired for a light kit, for \$10,750. The estimates came in about \$5,000 less than expected and Owens noted the selling a surplus fire engine and search and rescue truck from the fire department should more than cover the cost of the new vehicles.

He commented he thought he could get from \$28,500 to \$63,000, from the sale of surplus vehicles and other items.

Before the meeting's conclusion, vote was held that authorized Krasuski to sign an American Rescue Plan Act reimbursement grant for expenses related to replacing and repairing runway lights and removal of a 10,000-gallon fuel tank at the airport.

Owens said while the city would likely have to go ahead and pay out the costs, without getting a loan, the grant should cover most, if not all, of the expense.

The first reading of three bills to become ordinances regarded the repeal of court costs that were found to be no longer in compliance following a routine audit, which haven't been collected in recent memory or record, according to City Attorney Deedra Nicholson.

Each first reading was voted on and passed unanimously.

COMMUNITY BETTERMENT; SOCCER UPDATES

Presentations were made during the council meeting by Community Betterment board member Cricket Anderson and Soccer Association member Laura Wagner regarding updates on those activities and upcoming events.

Anderson summarized activities sponsored by Community Betterment during 2023, including 11 free meals served to about 1,000 people, two downtown cleanups, a pool cleanup, volunteers to helpe with summer's Aaron Tippin concert, youth hunter education classes, grant-writing courses and Trunk or Treat.

She said plans for the upcoming year include Trunk or Treat, to be held Oct. 26, the Saturday before Halloween, and free meals will continue to be offered on the third Tuesday of each month.

She also asked about the possibility of having new welcome signs put up at each end of town, bike racks installed and supplying pet waste stations at some of the city parks. Anderson asked Owens if it would be possible for the parks department to empty trash cans at the pet waste stations, and Owens said it would.

Soccer season will start in March and end in May, Wagner told council members, reminding them there will be extra vehicle and pedestrian traffic during that time and suggesting signs be posted to urge drivers to slow

She added extra police patrols through the area during soccer practices and games has been helpful in the past, and told council members two soccer players have benefited from athletic scholarships earned because of participation in the Soccer Association, despite having no soccer program at the school. About 300 children participate each year, she said.

Before adjournment, Krasuski commented on the recent town hall meetings, sharing his thought that progress has been made and he has heard good comments and suggestions.

BOARD

From Page A1

and heard highlights from the high school chapter of the National Honor Society about students' work.

Curriculum Director Chris Waggoner presented the 2024 District Assessment Plan and related strategies, and a plan to update middle school math curriculum to align it with the rest of the district. Superintendent Dr. Marty Spence updated the board on the food service program and reviewed the summer school proposal with the board.

Missouri School Board Association policy updates pertaining to graduation requirements and student discipline were reviewed, as was a proposed calendar for the 2024-25 school year.

Votes were taken to approve the District Assessment Plan as presented, purchase of new middle school math textbooks, MSBA policy updates, text year's school

calendar and summer school dates. All passed unanimously. Votes were also held on a motion to approve Kenny Thomas and Company to conduct the district's annual audit for Fiscal Year 2024, and to make Friday a school day to make up for cancellations due to earlier inclement weather. The day had initially been scheduled as a professional development day.

Prior to adjourning, board members moved into a closed executive session to discuss personnel matters. A motion to offer administrators employment contracts for 2024-25 passed unanimously. Those administrators are Elementary Principal Chris Rodgers, Assistant Elementary Principal Logan Schwalm, Middle School Principal Jon Johnson, Assistant Middle School Principal Chris Cochran, High School Principal Nick Schmitt, Assistant High School Principal Dustin Forrest, Special Education Director Marlenia Barker, Athletic Director Robert James and Waggoner. In attendance were board Presi-

dent Mac Gum and members Matt Hobson, Adam Webb, Brent Colley, Jeff Lovan, Scott Foster and Debbie Bryan; Student Representative Colton Stolba; Board Secretary Mandy Scarbrough; and guests Ashley Johnson, Meghan Berry, Madelyn Poor, Luke Mansfield, Jenni Collins, Josh Ennis, Donna Ennis, Meagan Jones, Haley-Jade Unruh, Nevaeh Dugger, Isaac Murphy. Ronnie Collins, Caiden Bailey. Eli Andrews, Tyler Shanks, John Jones, Travis Payne and Talon Harrelson.

The board typically meets on the second Monday of each month. The public is welcome to attend.

Missouri House votes to ban celebratory gunfire days after Chiefs' parade shooting

By SUMMER BALLENTINE, **Associated Press**

COLUMBIA — Missouri's Republican-led House on Monday passed a bill to ban celebratory gunfire in cities less than a week after a deadly shooting at the Kansas City Chiefs' Super Bowl parade left some attending lawmakers hiding in bathrooms.

Kansas City police have said the shooting appeared to stem from a dispute between several people and not celebratory gunfire. One woman was killed and 22 people were injured. About half of the injured people were under the age of 16.

But the largely bipartisan-supported bill on celebratory gunfire represents a rare effort to regulate guns in a state with some of the most expansive laws on firearm ownership.

Already emotional Republicans and Democrats used Monday's debate on the measure to fight over the best way to address last week's shooting, and gun violence more

Kansas City Democratic Rep. Patty Lewis spoke through tears as

she described hiding in an alcove to avoid being trampled.

"What made me most sad was fear that nothing was going to happen," Lewis said, referencing state

gun laws. "I've seen it happen over and over." Republican Rep. Ben Baker

spoke against reacting emotionally to the shooting as Democrats shouted at him from across the House floor. "There's always a call for strict-

er gun laws. It's the almost immediate reaction by many in this body when something happens like this," Baker said. "But the fact is, no law that we could pass in this body would have prevented the terrible tragedy that happened last week."

Lawmakers shortly after voted 120-26 to make shooting a firearm within city limits a misdemeanor for the first offense, with exceptions. The measure was named after

11-year-old Blair Shanahan Lane, who was dancing with a sparkler on July 4, 2011, outside her suburban Kansas City home and was struck in the neck by a stray bullet. Missouri lawmakers had passed Blair's Law last year as part of a sweeping crime-related bill, but GOP Gov. Mike Parson vetoed the legislation. He cited issues with other crime provisions in the bill unrelated to celebratory gunfire.

GOP Rep. Chad Perkins on Monday slammed some Democrats for voting against the bill last year, highlighting tensions between the two parties on the issue.

"I am disgusted at the hypocrisy from the other side," Perkins yelled into a microphone. "It is this side that voted for a gun bill."

Majority Leader Jon Patterson, who lives in a Kansas City suburb, on Monday told reporters that House Republicans are "pretty adamant" in their support for "law abiding citizens' Second Amendment rights." But he said lawmakers should be open to wide-ranging policy solutions in response to the shooting.

"What happened last week was tragic," Patterson said. "So we should be willing to look at gun policy, social policy, mental health policy, public safety and crime policy to address those problems."



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Lincoln School kicks off Black History Month with lesson



The Lincoln School's educational programs and events kicked off Black History Month on Feb. 6 with a history lesson from Dr. Marlin C. Barber, senior history instructor at Missouri State University, left. According to Barber's bio, he has been at MSU since 2012 and his specialty is in 19th century Black American history and slavery. The next Black History Month program at the Lincoln School, 1400 E. Pony Thomas St. in West Plains, is set for 5:30 p.m. Thursday. The featured speaker will be associate history professor Dr. Jason McCollom, MSU-West Plains. The monthlong events will round out by screening the classic film, "The Wiz," an adaptation of "The Wizard of Oz" featuring an all-star cast of African American artists including Michael Jackson, Diana Ross and Nipsey Russell, at 5 p.m. Feb. 29. For more information, to participate in future educational programs and events or to book a program at the Lincoln School, contact Crockett Oaks III at info@lincolnschools. com or 281-706-3420. With Barber, from left, are Ozark Spring Chapter members of the Daughters of the American Revolution Rebekah McKinney, Bethany Cowen, Lois Frazier and Jessica Joice-Frazier, and Oaks. COUR-TESY / DAR

West Plains woman charged with murder after fentanyl overdose

By KIMBERLY LANGSTON, KIMBERLYL@WPDAILYQUILL.NET

A West Plains woman with a lengthy criminal history involving drugs and felony theft was on probation when she allegedly sold drugs laced with fentanyl to a person, leading to an overdose death in September 2020, court records show.

Carrie J. Braun, 37, is currently serving a sentence in Chillicothe Correctional Center and is now charged with second-degree murder, levied in cases in which a person dies during the perpetration of a felony crime. The charge was filed Dec. 13 by grand jury indictment and a warrant with a \$100,000 bond was issued at that time and served to her in prison on Feb. 7, court records show.

She has waived arraignment and entered a notguilty plea, and a counsel status hearing was held Tuesday before Presiding 37th Circuit Judge Steven Privette. Updates regarding that hearing were not available in public court vation request was placed records as of press time. regarding the victim's Records show she is represented by Public Defender Thomas Flack.

The murder investiga-

tion began after officers responded on Sept. 3, 2020, to a home on Westway Drive after a report of a suspected overdose death. Officers found the victim in the house and emergency medical services workers pronounced death about eight minutes later at the scene, a probable cause statement submitted by law enforcement shows.

A consent search of the scene by law enforcement turned up what appeared to be drug paraphernalia and a white substance that was seized and tested positive for fentanyl and methamphetamine by the Missouri State Highway Patrol Crime Lab.

About two weeks after the death, a Howell County Sheriff's Office investigator was contacted by a confidential source naming Braun and Thomas M. Bennett, 47, as two people known to have supplied drugs to the victim, and added that Facebook Messenger was used to conduct drug transactions.

That same day, a preser-Facebook account and a search warrant was granted for the account two days later, court records show. The investigation showed messages that allegedly detailed drug transactions, and toxicology reports provided to investigators on Oct. 20, 2020, showed the victim died of "acute fentanyl, buprenorphine and ethanol intoxication."

In July or August 2022, an investigator spoke with Braun about the victim's death during a casual conversation and Braun reportedly said the victim had come to her house and bought heroin the evening of the fatal overdose.

The following month, the investigator reviewed Facebook messages sent between the victim, Braun and Bennett, allegedly showing five drug transactions between Aug. 21, 2020, up to about five hours before the victim's death, and under Bennett's Facebook account

Withdrawals from the victim's bank account correlating with the alleged transactions totaled \$1,180 over that time frame.

On Sept. 7, 2022, the investigator conducted a formal interview with Braun, but she declined to give a statement regarding the investigation and requested a lawyer. During a law enforcement interview

13 days later, Bennett allegedly admitted to selling drugs to the victim and stated he and Braun had sold drugs to the victim for about two years, and to his knowledge, he and Braun were the only people that supplied the victim with fentanyl, including on the night the victim overdosed.

The probable cause statement adds Bennett said he heard the victim had overdosed and attempted to call the deceased through Facebook Messenger, then deleted his own Facebook account when the victim did not

Court records show Braun pleaded guilty to felony possession of a controlled substance in February 2022 and was handed a three-year suspended sentence and three years of supervised probation.

In February 2020, court records show, she was handed a five year suspended sentence, also with five years of supervised probation, after entering an Alford plea to a felony charge of stealing \$25,000 or more. The charge was related to the theft of an ultrasound machine and laptop from Midwest Mo-



BRAUN

bile Imaging in September 2019 and a later attempt by Braun and another suspect to sell the machine to Talburt Animal Clinic. Probation on both of those cases was revoked in July 2022 after Braun pleaded guilty to felony second-degree drug trafficking in Howell County and was sentenced to 10 years in prison, the sentence to run concurrent with the other two cases.

Court records also show Braun pleaded guilty in September 2022 to a felony charge of possession of a controlled substance filed in Phelps County in August 2020. She was sentenced to two years in that case.

Bennett pleaded guilty to two charges of delivery of a controlled substance in December 2021, in two separate cases filed in August 2019 in Howell County, and was sentenced to five years in prison, according to court records, the sentences running concurrently.

Police search Maple Street house for drugs, trafficking charge filed

By KIMBERLY LANGSTON, KIMBERLYL@WPDAILYQUILL.NET

A West Plains man is held on a \$250,000 bond after West Plains Police executed a drug raid at a home on West Maple Street.

Christopher A. Wright, 41. is one of three people arrested, according to a press release issued by police, and is charged with second-degree drug trafficking, keeping or maintaining a public nuisance and possession of a controlled substance, all felonies. A second person was arrested on an outstanding warrant and a third was taken into custody on a pending charge of possession of drug paraphernalia.

A probable cause statement filed by Officer Jacob Brixey shows the warrant was served at about 7:30 p.m. Feb. 14, and included all vehicles and outbuildings at the residence.

A perimeter was set up at the house and officers knocked and announced their presence, then ordered all occupants to come to the door.

Brixey reported contact was immediately made with eight individuals, and the ninth person, Wright, was seen soon after, coming from a bathroom in the line of sight of the main door. Everyone was ordered out of the house and



A search carried out Feb. 14 evening at a home on the 300 block of West Maple Street in West Plains reportedly turned up \$738 in cash, multiple pipes with burnt residue, five glass smoking devices with a burnt crystalline residue, and eight used syringes. Materials indicative of an intent to sell and distribute drugs were also found, police report-COURTESY / WPPD

placed in hand restraints, Brixey added.

Evidence photos were taken of the residence before the search began, and items of evidence were photographed as they were found, the statement said. The search turned up a total of \$738 in cash, \$500 of which was in a plastic bag, \$198 in Wright's wallet, and \$40 on him.

Drug paraphernalia reportedly found included multiple pipes with burnt residue, five glass smoking devices with a burnt crystalline residue, and

eight used syringes. Additionally, in Wright's bedroom officers allegedly found multiple clear plastic baggies apparently intended for the sale and distribution of narcotics, a scale and a clear plastic bag of seven pills stamped with a mark that identified them as acetaminophen/ hydrocodone.

In the bathroom, Brixey reported, officers found two clear plastic bags containing a white crystalline substance that field-tested positive for methamphetamine and another that had a white residue. The two bags of white crystalline substance had a combined weight of about 35.89 grams, including bag weight, Brixey added. That is about 1.27 ounces. The pills and suspected meth will be sent to the

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Patrol Crime Lab for further testing.

Brixey requested the money seized be forfeited under the Criminal Activity Forfeiture Act (CAFA), where cash or other property used or acquired through criminal activity is held by the state through a CAFA proceeding.

Brixey said in public court documents that, on Sept. 16, officers responded to a suspected narcotics overdose where a woman was found dead. A weekly press report disseminated by the police department on Sept. 17 shows that the overdose death occurred at the same house. A later toxicology report showed her death as associated with fentanyl overdose and methamphetamine toxicity.

The probable cause

several pills that were controlled substances and over 30 grams of methamphetamine. Wright reportedly made a statement following that incident that he had "bought and sold meth to thousands of people."

In that case, Wright was charged with second-degree drug trafficking, unlawful use of a weapon by having a weapon and a felony controlled substance, and keeping or maintaining a public nuisance, all felonies.

He was released on a \$100,000 bond two days

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after that arrest, court records show, and his attorney is Public Defender Larry Burton.

Court records show Wright was formally arraigned Tuesday, entered a plea of not guilty and informed Judge Ray that Burton would also be representing him in the Feb. 14 case.

Both cases are being prosecuted by Howell County Prosecutor Mike Hutchings and Assistant Prosecutor Jodi Wake. Wright has yet to have a future court date in the latest case.

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Know of an event not listed here? Email submissions by noon Fridays to news@wpdailyquill. net with "CALENDAR" in the subject line. Three sentence maximum must include event description, date, time, location, cost and source for more information. Weekly events will be printed for no more than a month at a time unless renewed by the host. Call the Quill, 417-256-9191 with questions. Unless otherwise noted, events are in West Plains.

ONGOING

Through Feb. 23 (by appointment) All are invited to receive a free heart health screening at Ozark Healthcare Family Medicine clinics, including a lipid panel, glucose, A1C and blood pressure check. To schedule, call the respective clinic: Alton, 100 Medical Drive, 417-778-7227; Gainesville, 37 Medical Drive, 417-679-4613; Mammoth Spring, 260 Main St., 870-625-3228; Mtn. Grove, 500 E. 19th St., 417-926-6563; Mtn. View, 220 N. Elm St., 417-934-2273; Thayer, 1375 Nettleton Ave., 417-265-7136; West Plains Family Medicine, 181 N. Kentucky Ave., Suite 100, 417-257-4911; West Plains Family Care, 1307 Porter Wagoner Blvd., 417-255-8645; Winona, 9104 Highway 19, 573-325-4237.

Through Feb. 29: Senior Age and the West Plains Senior Center, 416 E. Main St., offer free income tax assistance, including filing for property tax and rent rebates, to seniors. Appointments are being scheduled through February, but will continue through tax season based on interest and need. Call 417-256-4055 to schedule an appointment.

Through March 14: The West Plains Council on the Arts will display an Ozark Women Photo Exhibit by photographer Joyce Mc-Murtrey in the Mezzanine at the West Plains Civic Center, 110 St. Louis St.

Through March 15 (9 a.m.-6 p.m. weekdays and 9 a.m.-1 p.m. Saturdays) The West Plains Council on the Arts and West Plains Public Library partner to showcase art from students in the West Plains R-7 School District at the library, 750 W. Broadway.

Through March 31 (8:30 a.m-4:30 p.m. weekdays), the works of local artist Janey Hale will be on display on the first floor of OzSBI, 408 Washington Ave.

Through March 31: The Ozarks Heritage Research Center inside the Garnet Library, 304 W. Trish Knight St. on the MSU-WP campus, will host an exhibit about the African American experience in the Ozarks to commemorate Black History Month in February. "African American Heritage in the Ozarks" is a traveling exhibit curated by the State Historical Society of Missouri. For more information contact Rebekah McKinney, 417-255-7949 or rebekahmckiney@missou-

Through April (8:30 a.m.-4:30 p.m. weekdays) Dennis Crider Photography Exhibit, "39" Retro Photos from his days at the West Plains Daily Quill, OzSBI's second floor, 408 Washington Ave.

TODAY Feb. 21. 2

Feb. 21, 28; March 6 (9:30-11 a.m.) Ozarks

Healthcare offers a weekly Breastfeeding Support Group held in the Women's Center Education Room, 1100 Kentucky Ave.

THURSDAY

Feb. 22 (9 a.m.-4 p.m.) Ozarks Healthcare's Mobile Mammography Unit will be at West Plains Bank and Trust Company North Branch, 1601 Porter Wagoner Blvd. Women wishing to have a mammogram must be at least 40, have not had a mammogram in the past year, not be pregnant or breastfeeding, have no implants, have no cancer diagnosis past or present and no issues such as breast discharge, lumps, pain or discoloration. Limited appointments are available; call 417-257-5912.

Feb. 22 (6-7 p.m.) Twin Pines Conservation Education Center in Winona offers Nature Art: Pine Needlers, a 12-month program running through May that meets monthly to learn embroidery techniques and explore Missouri's native trees. A virtual session will be held from 4-5 p.m. for those who cannot attend in person. Sign up online by going to mdc-eventweb.s3licensing.com, selecting "Shannon" in the drop-down menu labeled "County," and clicking search to scroll and find the event listed.

Feb. 22-24 (7 p.m.); Feb. 18 & 25 (3 p.m.) Alice in Wonderland presented by West Plains Playhouse, West Plains Civic Center theater, 110 St. Louis St.

FRIDAY

Feb. 23 (by appointment) West Plains R-7 School District will be offered a heart health screening at Ozark Healthcare Zizzer Clinic, including a lipid panel, glucose, A1C and blood pressure check. To schedule an appointment at the clinic, 1013 College St., call 417-505-7123.

Feb. 23 (noon to 1 p.m.) Ozarks Healthcare will sponsor a Community Education Luncheon at Riverbend Restaurant, 80 Main St. in Mammoth Spring, Ark. Cardiologist Dr. A.K. George will discuss heart care. The lunch is free but reservations are required.

Call 417-256-9111, ext. 6735. **Feb. 23-Mar. 24**

(noon-4 p.m. Thursdays-Sundays) Annual High School Art Show Competition and Youth Art Showcase, Harlin Museum, 405 Worcester Ave.

Feb. 23 (noon to 6 p.m.)
Ozarks Healthcare and
the Community Blood
Center of the Ozarks will
host a blood drive in the
Willard Hunter Classroom
in Parkway Center, 1211
Porter Wagoner Blvd.
Schedule an appointment
by calling 417-227-5006 or
visiting www.cbco.org/donate-blood. Donors must

bring a photo ID. **Feb. 23** (12:30-4:30 p.m.)

The Red Cross will host a blood drive at the West Plains Senior Center, 110 St. Louis St. Successful donors are eligible to receive an Amazon \$20 e-gift card by mail. To sign up, go to 800-Red Cross and follow the prompts,or go to www. redcrossblood.org and follow the prompts. Donors must bring a photo ID.

SATURDAY

Feb. 24 (noon to 2 p.m.) Randi McCallian will kick off her campaign for to run as a Democratic candidate for Missouri's 8th District seat in the U.S. House of Representatives with an event at Piney River Brewery, 15194 Walnut Grove Drive, Bucyrus, Texas County. Activist and "Dirt Road Democrat" podcast host Jess Piper will be quest speaker.

Feb. 24 (2-5 p.m.) S&S Skateland, 1649 U.S. 160, will host a Family Skate Night. The first 50 youths under 17 will be admitted free of charge. The event is sponsored by Ozarks Summit Ministries.

Feb. 24 (5 p.m.) A benefit auction and chili supper will be held to benefit the family of Toby Turnbull, who died of injuries suffered in a work accident in December, leaving behind a wife and five sons. The event will be held in the Dora School cafeteria and gym and includes a live auction by Billy Sexton. Donations of food and auction items are being accepted. For more information call 417-712-1443 or 417-712-1205.

Feb. 24 (5-8 p.m.) Foster-Adopt Connect will host the Tall & Small Ball at the Candler Venue, 200 N. Main St. in Mtn. Grove. Tickets are \$40 per adult and \$20 per child and include games, cotton candy, a photo booth, a special guest for the children, and catering by Leslie's Catering. Attendees are invited to dress as their favorite superheroes or wear semi-formal attire. Purchase tickets online at www.fosteradopt.org/ event/mountain-grove-

tall-and-small-ball. **Feb. 24** (5:30-8 p.m.) The 11th annual BrewFest will take place in the arena and exhibit hall of the West Plains Civic Center, 110 St. Lewis Street. Tickets are \$30 in advance and \$40 at the door. Must be 21 or older to attend. Sample craft beers, kombuchas, specialty drinks, coffees and special food offerings. Proceeds benefit West Plains Council on the Arts.

ΜΩΝΠΔΥ

MONDAY

Feb. 26 (1:30-3:40 p.m.)

Missouri State University

Systems presidential candidate Dr. John Jasinski

will be hosted in an open
forum in Fowler Lecture

Hall in Looney Hall, followed by a community
reception at 2:45 p.m.
in the Kellett Hall parlor.

All who are interested in
meeting the candidates to
replace retiring President

Clif Smart are welcome.

TUESDAY

Feb. 27 (9 a.m.-4 p.m.) Ozarks Healthcare's Mobile Mammography Unit will be at West Plains Bank and Trust Company Liberty Branch, 607 N. Elm St. in Mtn. View. Women wishing to have a mammogram must be at least 40, have not had a mammogram in the past year, not be pregnant or breastfeeding, have no implants, have no cancer diagnosis past or present and no issues such as breast discharge, lumps, pain or discoloration. Limited appointments are available; call 417-257-5912.

Feb. 27 (noon) The National Active and Retired Federal Employees Chapter 695 of West Plains will meet at Los Amigos Mexican Restaurant, 1449 Preacher Roe Blvd. A presentation by Lynne Johnson will focus on the U.S. Department of Veterans Affairs and what it offers. All active and retired federal employees and spouses are welcome.

Feb. 27 (5-7 p.m.) The Willow Springs School District will host a Community Showcase and Elementary Family Fun Night. In addition to classroom highlights and showcases by teachers and students, food trucks will be set up on the campus.

Feb. 27 (6 p.m.) The response of Missouri college presidents to desegregation in 1950 will be the topic of a Black History Month presentation by Larry Gragg of Missouri

S&T in Rolla, hosted by Ozarks Heritage Research Center in the Garnett Library, 304 W. Trish Knight St. on the MSU-WP campus. The program is free and refreshments will be provided. For more information about the presentation, contact Rebekah McKinney at 417-255-7949 or RebekahMcKinney@ MissouriState.edu.

NEXT WEEK

Feb. 28 (9 a.m.-4 p.m.) Ozarks Healthcare's Mobile Mammography Unit will be at West Plains **Bank and Trust Company** Houston Branch, 1473 Sam Houston Blvd. Women wishing to have a mammogram must be at least 40, have not had a mammogram in the past year, not be pregnant or breastfeeding, have no implants, have no cancer diagnosis past or present and no issues such as breast discharge, lumps, pain or discoloration. Limited appointments are available;

call 417-257-5912. Feb. 29 (9 a.m.-4 p.m.) Ozarks Healthcare's Mobile Mammography Unit will be at West Plains Bank and **Trust Company Willow** Springs Branch, 708 E. Main St. Women wishing to have a mammogram must be at least 40, have not had a mammogram in the past year, not be pregnant or breastfeeding, have no implants, have no cancer diagnosis past or present and no issues such as breast discharge, lumps, pain or discoloration. Limited appointments are available; call 417-257-5912.

Feb. 29 (10 a.m. to 1 p.m.) MSU-WP will host a free career fair at the Student Recreation Center, 323 W. Trish Knight St. Employers wishing to reserve a booth should call 417-255-7230 or email wpcareer@missouristate.edu before Feb. 22.

Feb. 29 (1:30-3:40 p.m.) Missouri State University Systems presidential candidate Dr. Roger Thompson will be hosted in an open forum in Fowler Lecture Hall in Looney Hall, followed by a community reception at 2:45 p.m. in the Kellett Hall parlor. All who are interested in meeting the candidates to replace retiring President Clif Smart are welcome.

March 1 (10 a.m.) The Spring River Gem & Mineral Club will host a solar presentation by NASA Ambassador Dr. David Thomas during its monthly meeting at Thunderbird Center, 62 N. Lakeshore Road in Cherokee Village, Ark. The presentation is free and open

to the public.

March 1 (3-8 p.m.) and 2 (9 a.m. to 5 p.m.) The 32nd annual Southern Missouri Builders Association Home & Garden Show will be held at the West Plains Civic Center, 110 St. Louis St. A two-day pass may be purchased for \$5 per person and children 12 and younger are admitted free of charge. Call 417-256-2422 for more information.

March 2 (10 a.m.) The **Howell County Republican** Caucus will be held at the National Guard Armory, 1315 Webster Ave. Registration begins at 8 a.m.; attendees must be in line to register by 10 a.m. to participate. The caucus will replace the normal presidential primary, and is the process for sending delegates to the Republican National Convention. Voters must be a registered Howell County voter and must bring a valid government-issued photo ID. For more information and to preregister, visit Missouri.gop.

March 2 (2-4 p.m.) A reception for photographer Joyce McMurtrey, whose works "Ozark Women" are on display, will be hosted by the West Plains Council on the Arts in the gallery on the mezzanine in the West Plains Civic Center, 110 St. Louis St.

March

Mar. 8 (7 p.m.) Stars Foundation Irish Dance Performance, civic center theater.

March 9 (7:30 am.-

3:30 p.m.) The Salem (Ark.) High School Beta Club will hold its 13th annual Beta Bass Tournament on Lake Norfork at Henderson, Ark. Fishing begins at 7:30 and return time is 3:30. Registration opens at 6 a.m. the day of the event, with an entry fee of \$100 per boat and an optional \$10 trash fit pot. Cash prizes of between \$200 and \$1,000 will be awarded for big bass and the top three placers. Sponsors welcome. For more information call 870-895-5929 or 870-750-1039 and ask for Kim.

March 9 (8 a.m.) Ozarks Healthcare offer single-session Prepared Childbirth classes recommended for parents in the second semester of pregnancy. Covered are breathing techniques, relaxation methods, support strategies and insights into labor, delivery and C-sections. Classes are held in the Women's Center Education Room, 1100 Kentucky Ave. No charge for those planning to deliver at OZH; for those planning to deliver elsewhere, there is a one-time \$75 charge to attend one or all new parent classes offered.

March 12 (8-11 a.m.) Ozarks Healthcare will offer low-cost lab screenings including those for blood sugar levels, cholesterol, thyroid function, calcium levels, diabetes, prostate cancer and vitamin D levels. The cost per screening ranges from between \$15 to \$35, cash or check only. Visit the Alton, Gainesville, Mtn. Grove, Mtn. View, Thayer or Winona clinics, or the West Plains walk-in clinic at 181 Kentucky Ave., or **OZH Lab Services at 1100** Kentucky Ave.

March 12 (6-8 p.m.) Ozarks Healthcare offer single-session Preparing for Breastfeeding classes recommended for expectant mothers. Classes are held in the Women's Center Education Room. 1100 Kentucky Ave. No charge for those planning to deliver at OZH; for those planning to deliver elsewhere, there is a one-time \$75 charge to attend one or all new parent classes offered.

March 12 (6:30-8:30 p.m.) Tara Shahan will lead a workshop, hosted by the West Plains Council on the Arts, to create a beethemed porch leaner. Cost is \$50 and includes all supplies for the class, which will be held in the Dogwood Rooms of the West Plains Civic Center, 110 St. Louis St. Reserve a spot through the "Bee Porch Learning" event on Eventbrite.com, or text Paula at 417-293-2325.

March 14-April 18 (4 p.m.) Ozarks Healthcare's Behavioral Health Center is launching a new six-week Social Skills Group for children ages 8 through 12. Class will meet weekly Thursdays at 23 Parkway Center, 1211 Porter Wagoner Blvd. and are designed to enhance children's social abilities through fun, engaging activities. To schedule a required intake assessment and learn more about enrolling, call 417-257-6762.

March 19 (5:30-8 p.m.)
Ozarks Small Business
Incubator, MSU-WP, the
Missouri Small Business
Development Center and
other partners will host
a South Central Missouri
Early-Stage Business Boot
Camp eight-series workshop. Sessions will be held
Tuesday evenings through
May 7. Sign up and get
more information online
at efactory.missouristate.
edu/bootcamp.

March 19 (6-8 p.m.) Ozarks Healthcare offer single-session Heart Saver Infant CPR classes recommended for new parents in the third semester of pregnancy up to a year after birth. Covered are basic resuscitation skills for use on an infant. Classes are held in the Women's Center Education Room, 1100 Kentucky Ave. No charge for those planning to deliver at OZH; for those planning to deliver elsewhere, there is a one-time \$75 charge to attend one or all new parent classes offered.

March 20 (by appointment) Junction Hill School will hold preschool and kindergarten screenings for children residing within the school district who will be 4 and 5 respectively by Aug. 1. Call 417-256-4265 to request an appointment; spots will be filled on first-come, first-serve basis. Bring the child's birth certificate, shot records and proof of residency within the Junction Hill School District to the appointment. Screenings are expected to take about an hour to complete.

March 21-23: The West Plains Citywide Yardsale. The \$1 yard sale permit fee is waived for these three days.

March 21 (1:30-3:30 p.m.) The West Plains Senior Center, 416 E. Main St., will host a town hall meeting, "Let's Talk About Social Issues," in partnership with Senior Age Area Agency on Aging. Topics of discussion will include health, transportation, safety, security and daily life. The event is free and open to the public. Call 417-256-4055 for more information.

March 22 (by appointment) Fairview School will hold preschool and kindergarten screenings for children residing within the school district who will be 4 and 5 respectively by Aug. 1. Call 417-256-3868 to request an appointment. Bring the child's Social Security number, birth certificate, shot records and proof of residency to the appointment.

March 25-29: West Plains Spring Cleanup Week. Extra items will be picked up on customers' normal trash day. Categories to be picked up include regular trash; furniture and mattresses, wrapped; appliances with special conditions for fridges and freezers; yard waste, excepting brush; and recyclables. Tire pickup may be arranged for a fee. Call 417-255-2330 or visit westplains.gov for more information.

April

April 5-8: Party in the Path, a four-day festival celebrating the total solar eclipse's path with just over three minutes of totality in West Plains, will feature live music, a mural painting, self-guided tours, a 5K, vendors, "Cosmic Carnival" for kids, duck races, a Neon Parade, dice run, Hot Air Balloon Glow, fireworks and food trucks. Details are still coming together. Watch explorewestplains.com/tse or follow @eclipsewestplains on Facebook for updates.

April 5 (7 p.m.) 38 Special will perform a concert at the West Plains Civic Center, with the Ozark Mountain Daredevils. Purchase tickets by calling 4127-256-8087 or go online to ticketmaster.com. This event is part of the Party on the Path eclipse festivities.

April 6 (7:30 p.m.) Save the date for the Neon Parade in downtown West Plains. This event is part of the Party on the Path eclipse festivities. Volunteers are needed.

April 8: All Ozarka College campuses will be closed due to the solar eclipse and anticipated influx of visitors. The Paul Miller Fitness Center in Melbourne will also be closed.





From left, JD Hughes, Kaleb Myers, Austin Anderson, Rylee Barton, Jake Myers, Caeson Basham and Levi Townsend make up the Alton FFA Trap Team.



Alton FFA members, from left, Allison Conner, Kaylynn Nash, Kagen Hollis and Layni Warren participate in a food science class.



From left, FFA members Logan Kennedy, Kaleb Myers, Rylee Barton, Kaylee McEntire, Erica Bell, Alee Willard, Jaylee Reese and Katie Smith attended the Area 16 Fall Speaking Contest.

The Alton FFA Grasslands Team consists of, from left, Emma Trantham, Chaney Janes, Jorja King and Emily Sisco.





Alton FFA members are, in no particular order, Seth Trantham, Trevor Cunningham, Trenton Cunningham, Chayton Croslow, Sawyer Roberts, Xavier Carson, Jerome Hughes, Landon Ray, Kayden Ray, Chaney Janes, Jorja King, Austin Anderson, John Corporal, Cole German, Brexton Weyland, Thomas Bettis, Ethan Connor, James Wilson, Kaleb Myers, Dylan Green, Tucker Combs, Dillon Weyland, Mckilie Biggs, Elektra Briggs, Emily Sisco, Keisha Briggs, Erica Bell, Abby Wilson, Aiden Muller, Emma Trantham, Kaylee Latham, Christopher Smith, Lane Medlin, Jaylee Reese, Katie Smith, Alee Willard, Callie Steele, Layni

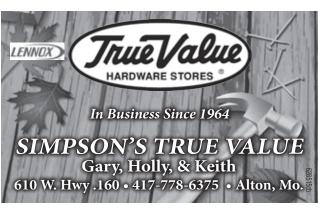


Warren, Riley Nelson, Dylan Joyce, Logan Kennedy and Shelby Ledgerwoo. They are joined by Adviser Byron Rikard, front row, right. Kelsie Orr is also an adviser. COURTESY PHOTOS / ALTON FFA

DORA FFA



Dora High School FFA members, front row from left: President Chloe Barton, Vice President Wilson Masters, Secretary Lathan Smith and Treasurer Jace Turner. Second row: Reporter Nicole Turnbull, Alexander Newman, Blaine Watkins, Addison Simpson, Haley Perkins and Historian Serena Housely. Third row: Bratin Wright, Marcus Lasley, Clyde Coble, Levi Wichman, Charli Howard and Nikki Enos. Fourth row: Kaleb Herring, Clayton Collins, Connor Lovan and Trenton Rogers. Back row: Emma Matney, John Kinder, Bryan Smith and Hanna Bunch. COURTESY / DORA FFA





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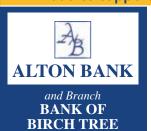
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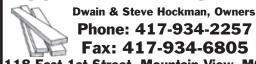
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February 17-24

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Willow Springs FFA Officers, from left, are Parliamentarian Allison McDonough, Historian Sydnie Sigert, Chaplain Marcus King, Sentinel Nate Dodgen, Reporter Ian Kurtz, Treasurer Wesley Newell, Vice President Kolton Stolba and President Melaina Wilson. Secretary is Jarett Lindsey. COURTESY/WILLOW SPRINGS FFA



WILLOW SPRINGS FFA

Mesley Newell 2024 SENIOR

> Willow Springs FFA **Chapter Treasurer**

Son of Gabe and Hilda Newell

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Mtn. View-Birch Tree Liberty FFA officers



Mtn. View-Birch Tree Liberty FFA Officers are, front row, from left, Secretary Lillie McAdams, Reporter Grace Conner, President Ava Greenan and Vice President Sydney Radford. Back row: Sentinel Drayton Wells and Treasurer Adrayn Holden. COURTESY / LIBERTY FFA

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Mountain View-Birch Tree **FFA Chapter Secretary**

Daughter of Robert McAdams and Tracie Smeltzer



Mountain View-Birch Tree FFA Trap Team Member

Daughter of Steve and Shawna Smith



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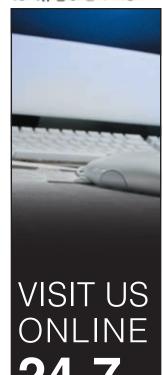
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Graveside services for Juanita Faye Crawford, 91, West Plains, Mo., will be held at 2 p.m. Friday, Feb. 23, 2024, at Howell Memorial Park Cemetery, under the direction of Robertson-Drago Funeral Home.

Mrs. Crawford went to be with her Heavenly Father on her birthday, Feb. 16, 2024, at Brooke Haven Healthcare. What a way to celebrate a birthday - being greeted by Jesus.

She was the daughter of the late James F. and Ruth (Murfin) Roberts.

Juanita was a 1958 graduate of Southwest Missouri State College, Springfield, Mo., with a Bachelor of Science degree in education. She did her student teaching at Greenwood Laboratory School Missouri State, Springfield. Juanita did graduate work at Drury College, Springfield, and University of Missouri, Columbia, Mo. She had a life time teaching certificate for all elementary grades and also a life time certificate in

Juanita Crawford

Feb. 16, 1933 - Feb. 16, 2024

remedial reading.

In the fall of 1952, she started teaching. Juanita taught for four years in Hartshorn, Mo., one year in Licking, Mo., and 28 years in Summersville, Mo. She retired in 1985 after 33 years of teaching. Juanita was a devoted teacher and held each student dear to her. She wanted to do everything she could to ensure each student would be a successful adult.

On Dec. 25, 1957, she was married in Houston, Mo., to Robert F. Crawford, who preceded her in death on Nov. 29, 2020.

Juanita was a member of First Baptist Church, Summersville. Until moving to West Plains, she served in the capacity of Sunday School teacher, WMU director and director of visitation at Mtn. View Health Care.

She was a member of The Order of Eastern Star, having earned her 50-year pin. Mrs. Crawford was a member of Delta Kappa Gamma Sorority since March 1959.

Juanita was the second of nine children. She was a "little mother" to all eight of her siblings. She was a loving Christian, a devoted wife and a loving, caring and compassionate individual. She loved to read, sew and spend time with her family. God and family were always her priority.

She is survived by one brother Robert W. Roberts and wife Bonnye, Springfield; three sisters, Donna Zwiener, Huntsville, Ala., Brenda Collins and husband Bruce, and Linda Gould and husband, Ron. both of West Plains; three sisters-in-law Ruth Roberts and Carolee Roberts, both of Springfield, and Evelyn Gant, St. Louis; and many nieces, nephews and cousins.

Her parents; husband; four brothers George, James Jr., Dean and William C. Roberts; two sisters-in-law Verna and Gloria Roberts; one brotherin-law James Zwiener; and two nephews Christopher Collins and James F. Roberts III preceded her in

A very special thank you to Dr. Swift and Brooke Haven Healthcare and their staff for the loving care shown and provided to our precious sister, Juanita, these past few years.

Visitation services will be held from 1 until 2 p.m. Friday at Robertson-Drago Funeral Home. Memorial contributions may be made to Alzheimer's Association and may be left at or mailed to Robertson-Drago Funeral Home, 211 West Main St., West Plains, MO 65775. Online condolences may be left at www.robertsondrago.com.

Dixie Carter

Jan. 25, 1942 — Jan. 18, 2024

Janice, in 1967. In 1974,

Dixie entered into a life-

long commitment with

Dixie was a devoted

member of the Church of

Jesus Christ of Latter-day

Saints since 1991, finding

solace and community

in her faith. Her life was

marked by love, commit-

ment and the joy of family.

death by her beloved

husband Leonard Car-

ter, daughter and son-in-

law Janice Hansen and

George, her parents Wil-

lard and Vivian Hotze,

stepmother Johanna Hotze

and brothers Arne Hotze

Dixie leaves behind a

legacy of love through her

surviving children: Mary

Ann LaMear and Bud of

Spokane, Wash., and Ricky

Daugherty and Linda of

and Danny Hotze.

She was preceded in

Leonard Carter.

Dixie Jean Carter, born Jan. 25, 1942, in Des Moines, Iowa, peacefully passed away at the age of 81 in the Vici Nursing Home in Vici, Okla. She was the second child of Willard and Vivian (Bickle) Hotze. In 1944, the family relocated to Oakland, Calif., and later settled in Hayward, Calif.

In 1957, Dixie embarked on the journey of marriage with Richard Cooper, and together they welcomed a daughter named

DEATH NOTICES

Charles Sconce

Charles Duane Sconce, 87. Nixa. Died at 8:22 a.m. Thursday, Feb. 15, 2024, at his home. Yarber Mortuary, Winona.

Kay Kenaga

Kay Kenaga, 60, West Plains. Died Friday, Feb. 15, 2024, at her home. Robertson-Drago Funeral Home, West Plains.

David Cole

David Morris Cole, 77, West Plains. Died at 10:15 p.m. Thursday, Feb. 15, 2024, at his home. Robertson-Drago Funeral Home, West Plains.

Sheryl Sandhaus

Sheryl Rose Sandhaus, 64, Mtn. View. Died at 7:10 p.m. Friday, Feb. 16, 2024, at her home. Yarber Mortuary, Mtn. View.

Maryann in 1958. In 1960, Atascadero, Calif. She is she found love again with also remembered by her Walter Daugherty, leading sister Delores Ross of Freto the birth of a son, Ricky, mont, Calif. in 1961, and a daughter,

Dixie's memory lives on through her cherished grandchildren: Misty Lachelle and Terry LaMear of Spokane; Ricky, Amber, Mindy, Courtney, and Chris Daugherty of Atascadero; and Christopher Carter, Charlene Petrea, Nicole Petrea and Robert Cervantes of West Plains, Mo., and Karissa Gordon of Elk City, Okla.

In celebrating Dixie's life, let us remember the warmth of her love, the strength of her spirit and the enduring legacy she leaves behind. May she rest in peace, surrounded by the love she shared with her family and friends.

Burial was Sunnyside Cemetery on Jan. 24, 2024. Condolences may be made to the family at shawfuneralhome.net. Shaw Funeral Home of Vici, Okla.

NOTICE OF OBITUARY DEADLINES

Obituaries must be received by the West Plains Daily Quill no later than 10 a.m. Tuesdays for publication in Wednesday papers, and no later than 10 a.m. Fridays for publication in Saturday editions of the West Plains Gazette.

All obituaries received after those deadlines will be published in the next printed publication. Note that in case of holidays, deadlines may be

moved earlier. In such cases, notices will be published in the Quill.

Submit obituaries by email to obits@wpdailyquill. net or bring them into the office between 8 a.m. and 5 p.m. weekdays at 205 Washington Ave. in West

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Services offered by funeral homes explained



(Metro Creative) The period surrounding the death of a loved one can be difficult to navigate. Mourning a recently deceased family member or friend can dominate individuals' thoughts, compromising their ability to devote much time and energy to anything else.

Some people decide to preplan their funerals in an effort to ensure their wishes are honored upon their death. Preplanning also can afford survivors more time to grieve and ensure they won't need to make hard decisions at a difficult time in their lives.

When a deceased individual makes no such plans, family members are tasked with planning the funeral, a process that can be simplified with the help of experienced staff at a nearby funeral home. Funeral homes offer an array of services that can ensure ceremonies honor the life of the deceased and take some of the pressure off that person's surviving family members.

• Honor the deceased: No two people are the same, so there's no one-sizefits-all template for a funeral service. Funeral home staff recognize that and can often help families identify unique traits about the deceased that can be conveyed during the ceremony. Whether it's playing a favorite song or choosing an especially meaningful passage from a religious text or a favorite book, funeral home staff will work with families to personalize the ceremony as much as loved ones desire.

- Establish the desired ambiance: Funerals tend to be somber, but they also can be celebratory. Funeral home staff can help families establish the desired tone of the service by showcasing how the viewing space can be decorated and prepared for visitations.
- Organize the ceremony: Funeral home staff also can help grieving families organize the ceremony, including contacting clergy to preside over the service. Funeral staff also may reach out to extended family members who immediate family may want to perform certain functions in the ceremony, such as reading passages and serving as pallbearers. Funeral directors also may request military honors for the ceremony if the deceased is a veteran.
- Burial details: If the deceased is being buried, funeral staff can contact local cemetery officials and get the details on the purchase of a plot if no plot has been purchased previously. Funeral staff also can help families choose a casket and burial liner and organize additional details that grieving relatives may know little about. If the deceased is being cremated, funeral home staff can coordinate the cremation process and help family members choose an appropriate urn.

Funeral homes provide an array of invaluable services to families mourning the loss of a loved one.

Explore resources for caregivers

Caregivers are called on to step in for any number of reasons. Some serve as companions to the elderly, while others assist those with debilitating diseases like cancer. While many caregivers are professionals hired for their services, a good number of caregivers are informalmeaning they are family members or friends assist-

ing loved ones. Even though they are trying to help others, caregivers often must confront a form of stress known as caregiver burnout. The Cleveland Clinic states this stress is marked physical, emotional and mental exhaustion that occurs in caregivers. This burnout may lead to fatigue, anxiety and depression.

While there may not be a way to completely eliminate all caregiving stress, there are some ways to prevent burnout. Utilizing various resources can be a start. Here's a look at some available caregiver resources.

- Trusted friend: Find someone you trust with whom you can discuss your feelings, including any frustration you may feel. This can be a neighbor or a coworker with whom you feel comfortable sharing personal de-
- Support groups: Support groups can provide safe spaces to vent with others who are in the same boat. Houses of worship may host support groups, or you can find out about meetings through hospitals or from personal doctors. The National Family Caregiver Support Program was established in 2000 and provides grants to states and territories to fund a range of sup-



port that assists family and informal caregivers to care for their loved ones at home for as long as possible. Other groups include Caregiver Action Network and Family Caregiver Alliance.

• Respite care services: Respite care services provide temporary breaks for caregivers by enabling the sick, elderly or injured to stay in care facilities for anywhere from a couple of hours to a few days. Some respite care services will provide shortterm, in-home care as well.

• Professional therapist: Many therapists are trained to counsel individuals who have particular issues. Some may specialize in grief or even caregiver needs. Utilize their services if speaking with a confidante is not enough.

Caregivers often put the needs of others before their own. But they may need a little help along the way, which is where caregiver resources can come into play.



CHRIS' CORNER

By Chris Herbolsheimer

hange, that ever-constant presence in our lives, seems to be a concept we have a love-hate relationship with. On one hand, we're creatures of habit, seeking comfort in the familiar, the routine, the "way it's always been." On the other hand, there's this innate hunger for growth, improvement, and the thrill of something new. This duality within us makes navigating change a complex, often emotionally charged process, even when the change in question is something we thought we wanted.

Let's dive into the heart of the matter: Why is change so difficult for humans, even when it's change we chase or believe we desire? It's a multifaceted issue, touching on psychology, biology, and sociology, wrapped up in our personal experiences and the collective ethos of our communities.

First off, change is

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hard because, biologically speaking, our brains are wired to prefer predictability and safety. The unknown represents a potential threat to our survival, an evolutionary trait that has kept us alive through the ages. When faced with change, our brain's initial reaction might be to resist, to stick with what's known, because what's known is perceived as safe. This instinctual response can trigger a fight or flight reaction, not just to physical threats but to emotional and psychological ones too.

However, it's not just our primal instincts at play here. Our emotional attachment to the familiar plays a significant role. Consider the spaces we inhabit, the routines we follow, and the relationships we nurture; they all form a crucial part of our identity. When change uproots any of these elements, it can feel like a piece of ourselves is being altered or lost. It's this emotional upheaval, the sense of losing part of our identity, that can make change,

Ch-ch-ch-changes

even desired change, feel daunting.

Furthermore, the process of adapting to change requires energy and effort. It's not just about accepting the new but also grieving the old. This grieving process is natural and necessary but can be exhausting and overwhelming, making the transition period feel particularly challenging. When we chase change, whether it's a new job, a move to a different city, or even changes within a familiar setting like the Quill, we might not fully anticipate this emotional labor, leaving us feeling unprepared and resistant when the reality of the

change hits. The social dynamics surrounding change also play a critical role. In any group or community, like a workplace, there's a collective rhythm and a set of shared norms and

expectations. When changes occur, they disrupt this social harmony, leading to resistance, conflict, or even a sense of betrayal among members who feel their needs or voices are being overlooked. This resistance isn't necessarily about the change itself but about the disruption of the social fabric, the alteration of the group's identity, and the uncertainty about one's place within this new arrangement.

Reflecting on personal experiences with change, such as those at the Quill, it becomes apparent that the resistance often stems not from the change itself but from the loss of the familiar, the effort required to adapt, and the fear of the unknown. It's a reminder that while we may pursue change, longing for the new opportunities it brings, we're also mourning the comfort of the old, the certainty it provided.

In grappling with the complexities of change, it's crucial to acknowledge these feelings, to understand that it's okay to feel both excited and terrified, eager and hesitant. Embracing change isn't about dismissing these emotions but about navigating them, allowing ourselves to grieve what's been lost while also looking forward to what's to

So, is it the new thing we hate, or is it the change itself? Perhaps it's neither. Maybe what we're really grappling with is the transition, the uncomfortable limbo between the old and the new. It's this transition, with all its uncertainty and emotional upheaval, that truly tests us. And yet, it's also where growth happens, where we learn about ourselves and our resilience.

In the end, change, with

all its complexity and challenge, is also a catalyst for growth, pushing us beyond our comfort zones, prompting us to reevaluate our paths, and offering new perspectives. It's a journey that's both personal and universal, a shared human experience that connects us in our vulnerabilities and our strengths.

As we continue to navigate the waters of change, both sought after and unexpected, let's approach it with empathy, for ourselves and for others. Let's remember that it's okay to feel unsettled, to mourn the old while tentatively embracing the new, and to support each other through the transitions. After all, change might be hard, but it's also an opportunity—an opportunity to grow, to learn, and to discover new aspects of ourselves and our communities.

AN OZARKS MINUTE

Silas C. Turnbo, Part One

By Danette House

efore I started my second career of storytelling, I liked to browse and collect books about the Ozarks. I happened across an intriguing book while shopping in the history section at Aid Hardware. The cover of the book intrigued me, as well as the title. The old sepia picture on the front has a man posing with his horse and saddle, rifle, and four hunting dogs, all standing in brushy woods. Wearing ill-fitting, dirty clothes, his dark hair and broom handle mustache give the appearance of a man who is only at home in the woods. But it is his thick eyebrows and piercing eyes that really catch your attention. The expression on his face that says he is curious about you, but you'd better keep your distance. He looks ready to come off that cover page to either have a fist fight with you or share a jug of whiskey and talk a while. Then I noticed the title of the

book, "The White River Chronicles of S. C. Turnbo- Man and Wildlife on the Ozarks Frontier." I was immediately interested because my Hawkins family ancestors came in 1838 and lived in a place described as "the North Fork of the White River." Perusing the 356-page book, I saw that this was a collection of many short stories with a few pictures, footnotes, and an index. The author was born in 1844 in Taney County and some of the stories were based in Ozark County during the time that my family would have

He was a born storyteller and collector. He loved hearing, retelling.

and recording hundreds of stories — the kind that were told around campfires, in cabins on winter nights, by wandering travelers, itinerant preachers, and in early newspapers. I thought that these stories might give me insight on what kind of world my third, fourth, and fifth great-grandparents lived in the early settlement of the Ozarks.

As a young man, he donned the gray uniform of a Confederate soldier, marching with the Twenty-Seventh Arkansas Infantry. The war affected him greatly, but it also sparked within him a return of his love for learning the tales of his people. Silas returned from battle ready to wander the hills, listening to stories. He was always furiously scribbling away, turning out hundreds of pages, recording memories from generations of folks who tried to make the untamed lands of the Ozarks their own.

His collection of tales grew- of moonshiners and moonlit escapades, feuds settled with fists and flintlocks, uncertain life and certain death. Describing men, he wrote how they became a predator of every living thing, including each other in the Civil War. The majority of stories in the book are about hunting. He wrote of the unapologetic and merciless slaughter of every animal: majestic buffalo; unpredictable bears; stealthy panthers; interactions with snakes and centipedes; and aggressive attacks by bees. He wrote about things done to animals that to 21st century dwellers seem to be abusive and almost unpardonable. At times, some of the stories are hard to read, not because of the writing, but due to the raw emotion, violence, and as he said himself,

"the evil that men do."

Around 1900, Silas became a writer for newspapers—his words inked across the columns in "Fireside Stories of the Early Days in the Ozarks." For fifty cents a copy, he told the tales of hard men and women who seemed to never know childhood or youth, only work, toil, and hardship.

In 1902, never profiting from his work, he lost his farm to foreclosure. Silas and his wife, Mary Matilda, sought refuge in their daughter's home in Pontiac, Missouri. His health weakened, but his determination to write and to get his stories into print never ceased.

In 1913, Silas sold his volumes of writings to William E. Connelly for \$27.50 in hopes that they would be printed, sold, and provide money for his old age. Connelly never published the manuscripts. It has been estimated that Turnbo's writings earned him about 62 cents per year that he wrote. His writings today survive as one of the best accounts of life in Northern Arkansas and Southern Missouri during the 1840's to 1925.

Silas C. Turnbo died in March of 1925. Even though he said of himself, "I am nothing but a poor scribbler without means or education," he managed to leave one of the best collections of Ozarks history and folktales ever written. If you are interested in Ozarks history (especially hunting stories), "The White River Chronicles of S. C. Turnbo- Man and Wildlife on the Ozarks Frontier" (James Keefe and Lynn Morrow, 1994) would be a great read and well worth your time.

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Michael Miller-

• 25 cows 5-7 yrs at 1200#. Bred Red Ang or Herf bulls to calve April 1st. Good calf raising set

Poynter Farms Dispersal-33 Blk & BWF, 3-6 yrs with calves on side or bred 3rd. 28

Red & Yel Char X cows 3-6 with calves on side or bred 3rd. Selling herd bull also. **Arnold Farm-**

• 60 Blk cows 3-7 yrs, 1250#, with 60 Char & Blk calves up to 500#. Cows bred back to Char or Blk bull. Cows and calves worked, tagged to match

Adams Farm-

 40 Fancy Blk cows 4-6 yrs,1300# bred 3rd to Blk or Herf bulls to calve March 1st. 20 Red Ang X cows 3-6 yrs 1250# with calves or in the 3rd.

FOR CONSIGNMENTS PICS/VIDEO- WEBSITE AND FACEBOOK wheelerlivestock.com/search Wheeler Livestock Auction on FB

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OZARKS RFD:

Mining for inspiration

By Jim Hamilton

t is the fourth subzero day of January as I put pen to paper, every day of which I have devoted to mining for inspiration for my February columns.

At this writing, though, I have yet to unearth a mother lode of literary gold. I have, at best, uncovered a few gems of interest to me, if to no one else.

 Everyone hides treasures in their family histories. Digging deep into mine, I discovered the August 1852 last will and testament my greatgreat-great-grandpa Johnson Hamilton. As might be expected, he left to his wife, Sarah (Arnett), their "house,

farm and appurtenances." To his mother "Polly" he left two beds and bedding, plus \$25 and a yellow mare. The oddity in that was her name. Johnson's will is the only place I've found the name "Polly." In all other archives she is "Mary." As is often the case, geneaology offers as many questions as answers. Curiously, Polly's inheritance was to go to the eldest son, Andrew Rowan at her passing. Andrew was to also get the McClellan farm north of the home place.

Grandpa Johnson also designated \$100 for his daughter, Mary May Belle at age 18.

Younger son Homer (mygggf) was in line for the home place when Sarah passed. Additionally, Andrew was bequeathed a rifle, Homer a fiddle, and Polly "one small red cow and one white heifer." As mundane as those items appear, I'm sure the will averted some argument

• Sullivan County, Indiana, was home to at least four generations of my family before my great-grandfather Wilbur Hamilton came to Missouri between 1900 and 1910. I'm not sure what compelled him to leave his Indiana farm, but I have a school record that places my grandfather and great uncle at Dry and Dusty School in Laclede County before they turned up in Springfield. The 1910 US Census places great-grandpa in Springfield with his wife, Clydie, and three boys, Ellis, Vance (my grandpa) and Beryl. Great-grandpa died in January 1962 at age 89. Widowed, but still independent and living alone in North Springfield, he lay down for a nap after lunch and never woke up.

• Moving to new diggings in my research, in a 1924-25 Sear and Roebuck Catalog rescued from Martha's grandma's home in Mountain Grove, I noted a pair of top-quality overalls were priced at \$1.69 and all sorts of pocket knives could be bought for less than \$1. Also of particular interest were the \$12.40 price tag on a Harrington-Richardson 12 gauge shotgun and \$34.25 for a Winchester

1894 model 30-30 rifle. Comparable H&R models now sell for at least 10 times that 1924 price, and the 1894 Winchesters go for \$1,000 to \$3,500

 Still confined to quarters by cold and light snow, I dug for a few hours one night into my mother's 1940 Springfield High School yearbook. I've never seen a more stern-looking array of teachers and administrators, but the gravity of the opening pages was leavened quite a bit by the smiles of students. Perusing the ranks of seniors - my mom included - I thought most looked a lot older than I and my peers looked 25 years later. I wondered, too, how many were soon to have their lives shattered by World War II.

I was reminded as I perused the photos of my mother of the time I discovered a set of US Army pilot's wings at my grandma Daly's. Grandma just told me they belonged to someone my mom once knew. I'm sure there was to that story, but I never learned it. In fact, I never learned much at all about my mom during her Drury College years or the three-year span between her graduation and marrying Dad in May 1947. As with my Hamiltons in Indiana, my Daly family history poses as many questions as answers. I'm sure it's the same with most folks'.

TCMH offers free colon cancer screening kits

The American Cancer Society designates March as colorectal cancer awareness month. In observance, Texas County Memorial Hospital in Houston offers free colorectal cancer screenings in March.

Area residents may contact TCMH for a free colon cancer screening kit through March 29. The screening includes a fecal occult blood test kit for those who are older than 50 or for those who are younger if they have risk factors for colorectal cancer. The kit and information about colorectal cancer will be mailed to participants. Instructions will be included with the kit.

Colorectal cancer is the number fourth most common type of cancer killer in Missouri and the third leading cause of cancer death in the U.S., officials note.

However, the American College of Gastroenterolo-

gists calls colorectal cancer one of the most preventable and curable types of cancer when detected early. One way to detect colorectal cancer early is to be screened using the fecal occult blood test.

The American Cancer Society recommends that people 45 and older who are at average risk follow these screening guidelines for colon cancer: yearly fecal occult blood test, flexible sigmoidoscopy every five years, double contrast barium enema every five years and colonoscopy every 10 years. A person who has a family history or a personal history of colorectal cancer, polyps, or inflammatory bowel disease may begin colorectal cancer screening at an earlier age as directed by a physician.

There are several symptoms of colorectal cancer. Symptoms may include a change in bowel habits such as diarrhea, constipation or narrowing of the stool that lasts for more than a few days; a feeling of needing to have a bowel movement that is not relieved by doing so; rectal bleeding or blood in the stool; cramping or steady abdominal pain or weakness and fatigue.

Other health conditions may also cause these symptoms. Only a physician can determine the cause of suspicious symptoms. Individuals should discuss any symptoms with their physician as early as possible.

To request a free kit or more information about colon cancer, contact Jason Mayberry, education director at TCMH, by calling 866-967-3311 or 417-967-1340, or emailing Mayberry at Jason.mayberry@tcmh.org. Leave a name, address and phone number when calling or emailing for a kit.

All kits must be returned to TCMH by April 15 for processing.

Food recalls, explained

By Justin Frazier, Specialist, Environmental Public Health, Howell County Health

Department

A recall is a tool used by a company to remove products from sale that may be defective or harmful. Most recalls are voluntary actions taken by a company.

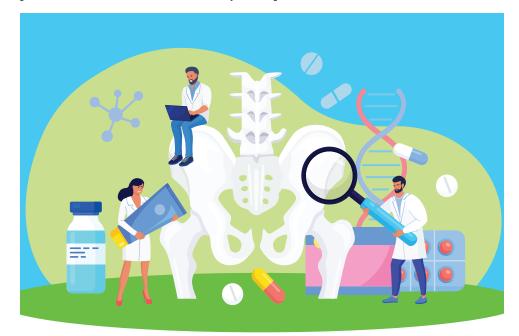
When food recalls are announced, the appropriate governmental agency reviews that announcement and assigns a classification based on the reason for the recall. Some recalls may have illness outbreaks or injury reports related to them. Others have tested positive for undeclared allergens or pathogens.

The recall announcement is reviewed by either the U.S. Food and Drug Administration or the U.S. Department of Agriculture. Consumers can find the recall announcements posted on these agencies' web pages.

In an effort to better serve Missouri citizens, the Department of Health and Senior Services receives these announcements and reviews them to see how Missouri citizens are affected by the recall. Companies that issue recall notifications that list products that may have been distributed to Missouri or neighboring states are contacted by the department to determine distribution. Recalls specific to Missouri are posted to the department's recall web page.

When a recalled product is available at retail food establishments in Missouri, the information on distribution is shared with local public health agencies. With this distribution information, food safety inspectors across the state assure that the recalled products have been removed from sale

Find information on recalls at the following site: www. fda.gov/safety/recalls-market-withdrawals-safety-alerts. People can also visit health.mo.gov/safety/ foodrecalls.



FOR YOUR HEALTH:

Looking after heart health reduces cancer risk, too

By Dr. Graham A. Colditz, Siteman Cancer Center

The month of Valentine's Day, February is also American Heart Month – both highlighting matters of the heart.

And while Heart Month might arrive with fewer candies and flowers than Valentine's Day, it doesn't lack for importance when

it comes to overall health. Heart disease is the No. 1 killer of men and women in the U.S., causing nearly 700,000 deaths each year. More positively, there are ways to reduce your risk, and your family's. Eighty percent or more of heart disease cases could be avoided with healthy lifestyle changes and preventive health care. And most steps may already be familiar, including making healthy food choices and being more physically active.

On top of these hearthealth benefits, such steps also have the added bonus of lowering the risk of cancer, which is a close second to heart disease in overall impact.

Fifty percent of all cancers could be prevented with healthy behaviors. And 50% or more of breast cancers — and up to 75% of colon cancers — could be avoided.

Steps that can lower the risk of both heart disease and cancer include:

- Being tobacco-free or getting tobacco-free. Visit smokefree.gov for help. • Keeping weight in
- check. • Being physically active. Any amount of activ-
- ity is better than none. • Eating a diet rich in fruits, vegetables and whole grains, and low in
- red and processed meat. • Limiting alcohol. Not

drinking is best.

Getting screening tests for certain cancers and heart disease risk factors. Talk with a doctor about which apply to you. As important as these

healthy behaviors are, it can still take some effort to put them in place, and making a plan can improve our chances of making it happen.

"Choosing a behavior that can be integrated into everyday life is key," said Erika Waters, a professor at Washington University School of Medicine in St. Louis who specializes in behavior change research. "Then, make a small goal for change."

This approach helps set the stage for success that we can then build on. Being detailed about a goal helps even more.

"Specify what, when, where and for how long," added Waters.

One common goal for many of us is to get more physical activity, and Waters outlined an example of using this approach to help do that. Here are some questions we might ask ourselves, and some potential answers:

- What will I do? Take a
- When will I do it? Right when I get home from work. • Where will I do it? Down
- How long will I do it? For just 10 minutes.

to the corner and back.

It may feel unfamiliar to have such a specific plan for something like a short walk. But having a realistic goal and plan for reaching that goal can really help us be successful in making healthy changes and maintaining them over time. Every positive change we make, however big or small, can have benefits - and can build on each other.



American Heart Month, and the healthy behaviors it focuses on, is a great way to think about steps we can take to lower our risk of heart disease, cancer and other chronic diseases.

"Changing behavior isn't always easy," Waters concluded. "But having better health and well-being will make it worthwhile!"

It's your health. Take control.

For more ways to improve overall health, visit 8ways.wustl.edu.

Dr. Graham A. Colditz, associate director of prevention and control at Siteman Cancer Center at Barnes-Jewish **Hospital and Washington University School of** Medicine in St. Louis, is an internationally recognized leader in cancer prevention and the creator of the free prevention tool YourDiseaseRisk.com.

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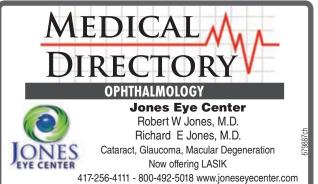
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Ava License Office contract up for bid

The Missouri Department of Revenue has announced a request for proposals (RFP) for the license office located at 301 S. Spurlock St., Suite B, in Ava.Bids will be accepted starting March 6, and must be submitted by March 19.

For a list of bid opportunities and bid response instructions, visit Missouri's statewide electronic procurement system, MissouriBUYS, at missouribuys.mo.gov. Interested groups or individuals who wish to bid to operate the Mtn. View License Office must have an active Federal Employer Identification Number (FEIN) and must submit the proposal under the legal entity name for which the FEIN was assigned.

The Missouri Department of Revenue, through the Office of Administration, is posting an RFP for the Ava License Office contract, since the current contract is close to expiring. Interested bidders have about 10 business days to submit their proposal for the operation of the license office in the competitive bid process, as outlined in the RFP. A scheduled tour of the current location may be requested by emailing the procurement contact listed on MissouriBUYS.

Proposals will be evaluated on items as outlined in the RFP. All of the proposals will be evaluated by a review team at the Department of Revenue, and the proposal that scores best in the areas outlined in the RFP will be selected to operate the office.

Resources to Help Guide Potential Bidders:

• Missouri License Office Locations — dor. mo.gov/license-office-locator

• Estimated Transactions and Processing Fees Collected at Missouri License Offices FY22 — dor.mo.gov/contact/documents/ FY2022MVandDLEstimatedTransactionsand-ProcessingFeesSummary.pdf

 Recent Evaluations of Awarded Bids dor.mo.gov/resources/purchasing

License offices are operated by independent contractors and are overseen by the Missouri Department of Revenue. All license office contracts in Missouri are awarded through a competitive bid process.

FNBC hires SBA business development officer

Nelson Lively has been hired by FNBC Bank, the \$800 million asset community bank headquartered in Ash Flat, Ark., as business development officer for its U.S. Small Business Administration (SBA) Lending Division.

"I am excited to have Nelson join our growing team of SBA lending experts," said Edward Haddock, senior vice president for small business lending. "I have known and worked with Nelson in the past and am confident his immense SBA knowledge will serve FNBC and its clients well."

Lively brings more than 20 years of banking and business development experience, most recently working as an SBA broker, said bank officials. In this new role, they explained, he will be responsible for developing growth strategies that increase FNBC's production of govern-

ment-guaranteed SBA 7(a) loans, as well as actively prospecting and cultivating a network of strategic partnerships that generate new business opportunities for FNBC's SBA Lending Division.

He will serve prospects and clients throughout FNBC's Arkansas and Missouri footprint and beyond.

"Helping small businesses succeed is my passion," said Nelson. "I am looking forward to working with Edward and all of the SBA team at FNBC to continue to foster new relationships and grow the SBA portfolio."

Nelson, and his wife Kate reside in Cabot, a suburb of Little Rock, Ark., and have two children and five grand-children. He is an active member of the Mount Carmel Baptist Church.

FNBC, which has 14 offices throughout north central and northeast Arkansas,



Nelson Lively

and south-central Missouri, formed its Small Business Division in 2018 and became an SBA Preferred Lender by the U.S. Small Business Administration later that same year.

Kim Worlow to return to OzSBI

The Ozarks Small Business Incubator has two workshops planned with Kim Worlow in February and March: The Five Dysfunctions of a Team and Creating Influence Through Communication Styles

Worlow is a leadership development coach and trainer who conducts professional leadership development opportunities for managers, supervisors and individuals seeking to achieve their best personally and professionally.

The Five Dysfunctions of a Team is a full-day workshop on common dysfunctions of teams and how they can be overcome to create a functional and cohesive unit. The workshop will be held from 9 a.m. to 4 p.m. Feb. 28 at OzSBI,

408 Washington Ave.

Creating Influence Through Communication Styles is another full-day workshop on becoming an effective communicator and leader. It will be held from 9 to 4 p.m. March 27, also at OzSBI.

The cost for each is \$220 for the public and \$175 for OzSBI members, including lunch.

For more information or to register, call 417-256-9724 or go to ozsbi.com/events.

Willow Springs chamber updates

The Willow Springs Chamber of Commerce will hold its next luncheon meeting at noon March 5 at Pizza Americana, 210 E. Main St., Willow Springs.

New members welcomed to the chamber are Opera House Lofts, FCNB — Brad Johnson,

Ozarks Family YMCA, Everything Longer and Jasper Engines & Transmissions.

Chamber board members and officers elected for the 2024 year are President Tammy Schulz, Ozark Marketing; Vice President Mary Aye, Simmons Bank; Treasurer Robert Hollis, Shelter Insurance; John Bailey, Bailey Chevrolet; Dr. Ann Hines, Mainstreet Wellness Center; Melody Lien, Blue Buck Flower Farm; and ex-officio member Kim Fredrick, West Plains Bank and Trust Company-Willow Springs Branch.



WEST PLAINS AREA

Business Directory

Local business owner named to Who's Who

By KIMBERLY LANGSTON, KIMBERLYL@WPDAILYQUILL.NET

Chad Collins, owner of Triple C Cycle West Plains for over 15 years, has been recognized for more than 28 years in the motorcycle service industry by induction into the Marquis Who's Who biographical

registry.

Triple C Cycle was located for many years off of Broadway in West Plains, but outgrew that footprint and is now located just west of town at 4961 W. U.S. 160. He has a staff of three, including sons Caden, who is in charge





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of retail operations, and Chad, who is a mechanic along with Richie Sharp.

His wife, JoBeth, is also involved in keeping the business financial records.

The registry notes he is a graduate of the American Motorcycle Institute in Daytona Beach, Fla., and has had a passion for Harley Davidson motorcycles since childhood, and Triple C Cycle specializes in the brand as an independent dealer, retailer of brand items and accessories, and as a repair shop.

Marquis Whos' Who noted Collins emphasizes his family's involvement in the independently-owned business and keeps a focus on maintaining personal relationships with his clients, and commented that many have been customers since Collins started repairing motorcycles at age 20.

His custom motorcycle builds have been featured in magazine articles in Biker in July 2005, The Ride in 2003 and The Cycle Source in July 2023.

As for the future, Collins plans to continue spending quality time with his family and more time going on scenic motorcycle rides, including scenic excursions through the Smoky Mountains and the Rockies, "embracing the freedom and adventure that riding offers," Marquis Who's Who add-



ed, concluding that "Mr. Collins stands as a distinguished figure in the motorcycle industry and an exemplary member of Marquis Who's Who."

The publication was established in 1899 and includes biographies of individuals showing high achievement in many

education, art, religion and entertainment. Follow Triple C Cycle @ChadMCollins on Facebook or call 417-256-8200 for more in-

formation.

fields, including politics, business, medicine, law,







Triple C Cycle owner Chad Collins has been

more than 28 years in

the motorcycle service

industry. Triple C Cycle

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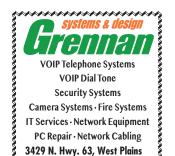
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is located at 4961 W. U.S.

Plains. Business hours are

9 a.m. to 5 p.m. Tuesdays

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Embrace the Flame:

Cedar plank salmon and revolutionary sweet potatoes

By Chris Herbolsheimer

Hello fellow food lovers, and welcome back to my kitchen. Today we'll dive into an exceptionally detailed and exciting recipe for Cedar Plank Salmon, complemented by a unique and flavorful preparation of sweet potatoes. This combination is not just a meal; it's an adventure for your taste buds, a journey through textures and aromas that promise to elevate your dining experience to new heights.

The Main Attraction: Cedar Plank Salmon

Ingredients:

- 1 large cedar plank (at least as long as your salmon fillet and preferably untreated)
- 2 lbs of wild-caught salmon fillet, skin on
- 2 tablespoons of olive
- 2 tablespoons of fresh
- dill, finely chopped
- 2 garlic cloves, minced • 1 lemon, thinly sliced
- Salt and freshly ground black pepper to
- 1 tablespoon of honey • 1 tablespoon of Dijon
- mustard

Cedar Plank Preparation:

Soak Your Cedar Plank: Start by immersing your cedar plank in water for at least 4 hours, or even better, overnight. This is crucial to prevent it from catching fire. For an added twist, consider soaking it in apple cider, beer, or wine to infuse your salmon with additional flavors.

Salmon Preparation: Marinate the Salmon: In

a small bowl, mix olive oil, dill, minced garlic, a pinch of salt, and black pepper. Spread this mixture over

the salmon fillet. Cover and let it marinate in the refrigerator for at least 1 hour.

Preheat Your Grill: Aim for a medium-high heat. If using an oven, preheat it to 375°F (190°C).

Prepare the Plank: Remove the plank from the soaking liquid and place it on the grill for about 3 minutes per side to dry it out slightly and enhance its smoky aroma.

Cook the Salmon: Place the salmon skin-side down on the plank. Arrange the lemon slices over the top. Mix honey and Dijon mustard, and drizzle it over the salmon. Close the grill lid or place in the oven, and cook for 12-15 minutes, depending on the thickness of the fillet.

Check for Doneness: The salmon is done when it flakes easily with a fork but is still moist inside. Avoid overcooking to maintain its delicate texture.

The Side Show: Sweet Potatoes Like Never Be-

Ingredients:

- 4 large sweet potatoes, peeled and cut into 1/2inch cubes
- 2 tablespoons of olive
- 2 teaspoons of smoked paprika
- 1 teaspoon of ground cinnamon
- 1/2 teaspoon of cayenne pepper (adjust to taste)
 - Salt to taste
 - 1/4 cup of maple syrup
 - 1/4 cup of chopped pe-
- 2 tablespoons of fresh rosemary, finely chopped Preparation:

Preheat the Oven: Set your oven to 400°F (200°C).

Season the Sweet Potatoes: In a large bowl, toss the sweet potato cubes with olive oil, smoked paprika, cinnamon, cayenne pepper, and a generous pinch of salt until well coated.

Roast: Spread the sweet potatoes in a single layer on a baking sheet lined with parchment paper. Roast for 20 minutes.

Add Maple and Pecans: Remove the sweet potatoes from the oven. Drizzle with maple syrup and sprinkle with chopped pecans. Toss to combine.

Final Roast: Return to the oven and roast for an additional 10-15 minutes, or until the sweet potatoes are tender and the edges are caramelized.

Finish with Rosemary: Once out of the oven, sprinkle the sweet potatoes with fresh rosemary. The heat will release its aroma, adding a final layer

Plating Your Masterpiece

Arrange the cedar plank salmon on a large serving platter. The rich, smoky aroma of cedar mingled with the succulent, flavorful salmon will be the centerpiece. On the side, serve a generous helping of the sweet potatoes, their sweetness and spice perfectly balancing the salmon's richness.

This meal is not just food; it's an experience. The cedar plank imparts a smoky flavor that is both subtle and enchanting, perfectly complementing the natural richness of the salmon. The sweet potatoes, with their complex blend of spices, sweetness, and a hint of heat, stand as a testament to the power of side dishes to elevate a meal from great to unforgettable.

As you savor each bite, let the flavors transport you. This isn't just dinner; it's a journey-a celebration of the fusion of textures, tastes, and aromas that only the most passionate of culinary adventures can provide. Happy eating!

"GO FARM" FARMERS MARKET



Shane snd Sally Little.

Our Saturday morning markets continue to be in full swing with so many great local goods for the whole family!

To keep you healthy and well we have Elderberry Tonic from Farmer Little's booth, ginger shots in various flavors from Rons' Microgreens, kombucha and fermented foods from Falling Springs Farm and raw local honey from Ozark Fruit Company/ Three Oaks Farm.

Morrison Family Farms are providing the market with their grass-fed beef and pork. Their locally raised animals are not given any antibiotics or hormones, and they have nitrate and nitrite free sausage products available.

Shrimp Runner will have his Louisiana Boil and fresh Gulf shrimp, fish, crawfish and more! Finn's Farm has whole smoked chickens.

Do your grocery shopping with us with all local products! Our vendors are bringing farm fresh eggs, pickled veggies, sauces including hot sauces, pickles, Dim Sum, pot stickers, meats, whole smoked chickens, jams, syrups, gourmet baked goods, microgreens, freeze dried candies and treats, bread, Artisan Crafters and more.

Jason Kemper will be at the market every Saturday (when it's not raining) selling mixed grass and hybrid Bermuda hay; great for cattle, horses, sheep and goats. Small bale size 14x18x36.

Our Pop-up Market at 410 Washington Ave regular hours are from 11 a.m. to 5 p.m. Monday through Friday, the last day we will be there is next Feb. 29. Vendors have beef, pork, chicken, Elderberry Tonic, tinctures and



Farmer Little's Elderberry Tonic.

salves, kombucha, honey, fermented foods, eggs, gourmet baked goods, jams, syrups, pickles, sauces, freeze dried treats, dog treats, t-shirts, woodworking and more!

All updated information will be on our social media pages Friday afternoon. You can call 417-293-0590 for updates if you do not have a computer or social media. We are in the Endurance Church parking lot next to Hirsch, 9 a.m. to 1 p.m. every Saturday, weather permitting, text/call 417-293-0590 if in doubt. Check our Facebook page for the latest updates at "Go Farm" Farmers Market of West Plains. EBT, cash, credit, and debit are all accepted.

The health wonders of avocados

hailed as a superand versatile fruit that has captured the attention and palates of health enthusiasts around the world. Packed with essential nutrients, avocados offer a myriad of health benefits that contribute to overall well-being. This article delves into the numerous health advantages of incorporating avocados into your diet.

Avocados are rich in vitamins and minerals, including Vitamin K, Vitamin E, Vitamin C, Potassium (which they contain more of than bananas), and B-vitamins. They are also a good source of fiber, which aids in digestion and helps maintain a healthy gut. Notably, avocados are low in sugar and high in monounsaturated fats, specifically oleic acid, which is known for its heart-healthy properties.

The monounsaturated fats in avocados can have a significant impact on heart health. These fats help reduce levels of bad LDL cholesterol while increasing the good HDL cholesterol, thereby reducing the risk of heart disease and stroke. Additionally, the potassium content in avocados helps control blood pressure levels, further supporting heart health.

Despite being high in fat, avocados can be a beneficial part of a weight management plan. The fiber and fat content can help you feel full and sat-

Avocados, often isfied, reducing the urge can prevent constipation, to overeat. Studies have maintain a healthy digesfood, are a unique shown that incorporating tive tract, and reduce the avocados into meals can risk of colon cancer. The increase feelings of satiety and reduce desire to eat for many hours, making it easier to manage calorie intake.

The antioxidants and vitamins in avocados, such as Vitamin E and Vitamin C, play a crucial role in skin health. They can help protect the skin from oxidative damage caused by the sun and environmental factors, contributing to a healthier and more youthful appearance. Additionally, avocados contain lutein and zeaxanthin, antioxidants that are beneficial for eye health and can reduce the risk of macular degeneration and cataracts.

Avocados contain compounds that have anti-inflammatory properties, such as polyphenols and flavonoids. Chronic inflammation is linked to a variety of health issues, including arthritis, heart disease, and cancer. By incorporating avocados into your diet, you may help reduce systemic inflammation and lower your risk of these diseases.

The fiber in avocados not only aids in weight management but also promotes healthy digestion. A diet high in fiber fiber in avocados is also beneficial for maintaining stable blood sugar levels.

Avocados can enhance the body's ability to absorb nutrients from other foods. Fat-soluble vitamins (A, D, E, K) and antioxidants (such as beta-carotene and lycopene) are absorbed more efficiently when consumed with foods high in healthy fats, like avocados. This means adding avocados to your salad or vegetable dish can significantly increase the nutritional value of your meal.

The health benefits of avocados are extensive, ranging from heart health and weight management to improved digestion and nutrient absorption. Their rich nutritional profile makes them an excellent addition to any diet. Whether sliced on toast, blended into a smoothie, or served as guacamole, avocados offer a delicious way to boost your health. With their creamy texture and versatile flavor, avocados are not just a superfood but a delightful culinary ingredient that can enhance a wide variety of dishes.

DOWN HOME

Double Peanut Butter Sheet Cake

I got bored the other day, finally cleaned out my recipe drawers, and found an old family favorite from decades ago. If you like peanut butter and who doesn't this recipe is a must to try and pass along. It's great for gatherings as it makes a cookie sheet size cake and keeps well for several days, but not in our house. It's recipes like this that take you back in time and those are the best food memories to savor. One day I will organize my recipes and hopefully compile a family cookbook so the memories and traditions can continue through the generations. Enjoy this blast from the past foodies, we sure will.

Double Peanut Butter Sheet Cake

2 cups all-purpose flour

2 cups sugar

1/2 teaspoon baking soda

1/4 teaspoon salt

1/2 cup peanut butter 1/4 cup vegetable oil

2 eggs

1/2 cup buttermilk

1 teaspoon vanilla extract **Frosting**

2 sticks (1 cup) butter, softened

3/4 cup peanut butter 3 cups confectioners' sugar

3 to 4 tablespoons milk

2 tablespoons instant vanilla pudding mix

Preheat oven to 350 degrees. Grease a 10x15x1 inch jellyroll pan. I use a medium cookie sheet.

In a large bowl, whisk together flour, sugar, baking soda, and salt.

Combine 1 1/2 sticks butter and 1 cup water in a medium saucepan and bring to a simmer. Sitr to make sure all butter is melted. Whisk 1/2 cup peanut butter and vegetable oil into butter mixture. Stir into flour

Whisk together eggs, buttermilk, and vanilla extract. Stir into flour mixture until well combined.

Pour batter into prepared pan.

Bake for 22 to 26 minutes or until a toothpick inserted in middle comes out clean. Let cool.

To make Frosting,

Use an electric mixer to beat butter and peanut butter together until smooth.

Add half of confectioners' sugar and half of milk and beat until smooth.

Add remaining confectioners' sugar, milk and the vanilla pudding mix and beat until smooth. Add a little more milk if necessary. Frost once cooled.

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ANNOUNCEMENTS

Notices

RECIPE OF THE WEEK

Hot Chocolate Cookies

Ingredients: 1 cup (2 sticks) unsalted butter, at room temperature 1 cup white sugar 2/3 cups light brown sugar, packed

2 eggs 1 teaspoon vanilla extract

4 (1-oz packages) hot chocolate mix (not sugar-free; a total of about 1 cup of hot chocolate mix)

1-1/4 teaspoons salt 1-1/4 teaspoons baking soda 1 cup milk chocolate chips 1 cup semi-sweet chocolate

1 1/2 cups mini marshmal-lows, frozen (see note)

Instructions:

Cream butter and sugars until smooth. Beat in eggs and vanilla until combined.

In a separate bowl, whisk together the flour, hot choco-late mix, salt and baking soda. Add the dry ingredients to the wet ingredients slowly until incorporated. The dough will be thick.

Fold in the milk chocolate chips and semi-sweet chips. Chill the dough for an hour. Chilling the dough allows the ingredients to blend and also makes a thicker cookie.

Preheat oven to 350 degrees F and line baking sheets with

parchment.

Make cookie dough balls, around 1 1/2 tablespoons each, and place onto prepared baking sheets lined with parchment paper. Hand place the marshmallows in the cookies. Although I have a pic of folding them in, I've found this is the best way. Make sure to tuck the marsh-mallow inside the balls if you can so that you don't have marshmallows sticking to your pan. Bake for 10-12 minutes or until edges are golden brown. The cookies will still look soft. They will continue to cook on the cookie sheet as they cool. Let cool for 5 minutes before removing from pan. I love these warm. If your eating them after they have cooled you can warm them in the microwave for 10 seconds. Store in an airtight container.

Some readers have found that freezing the marshmallows to help keep their shape and to not let them melt out of the cookies.

THE VALLEY SPRINGS School District is accepting School Choice Applications! If you want your student(s) to attend the Valley Springs School District for the 2024/2025 school year and you live outside the district, now is the time to complete the School Choice Application Choice Application. Applications must be received by the district or postmarked by May 1, 2024. Applications may be found on the school website at valley.k12.ar.us or contact the superintendent's office at 870-302-3047.

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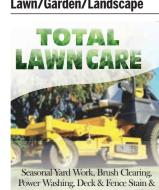
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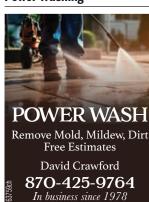
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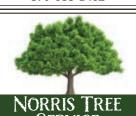
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REAL ESTATE AUCTION - 120 W 5th Street Mulberry, AR, February 29th at 5:30pm/ Historical Mulberry home, partially re stored, new plumbing and lateral lines, newer metal roof installed 9 yrs ago, new windows and new siding on most of the house.. other repairs and updates too. Classic southern charm with tons of potential and sits on a nice large lot. 4 BR, 2 BA approx. .79ac +/- lot. 2640 sf, detached garage and storage space! 2 covered front porches! Incredible opportunity! 10% BUYER'S PREMIUM:/ Info or appt to see. Kent - 479-518-3737 AR LIC 2086

Marc - 479-970-4567 AR LIC 2765/ SEE TERMS & PICS/ WWW.READ INGAUCTIONSERVICE.COM, READING AUCTION SERVICES. Brokered by e-Cloud Realty

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PUBLIC NOTICES

Legal Notice

BIDS The West Plains R-VII Board of Education hereby issues a call for bids for their BankDepository for a period beginning July 1, 2024. All interested bidders are to contact Wesley Davis, Superintendent of Schools of West Plains R-VII School District at 417-256-6155, for details. All bids are to be submitted during regular office hours to the West Plains R-VII Central Office, 610 East Olden Street, West Plains, Missouri,

65775, beginning March 1 2024

and no later than 12:00 PM.

noon, March 26, 2024, Bid will

Legal Notice

be publicly opened at 12:05 PM, March 26, 2024. Regular office hours are 8:00 am to 4:00 pm. The Board reserves the right to reject any or all bids. Erica Jones, Board Secretary West Plains R-VII Board of Education 610 East Olden Street West Plains, MO 65775

Publication Dates: February 14, 21, 2024.

Public Notice

If payment is not received, Silver Springs Storage will sell the contents of the following

Legal Notice

units to satisfy its lien for charges due: S266, S409, B6, B14, B62, C66, C75, 67, 168, 212, 639 and 676. The sale will be held on/after 3/8/2024 at midnight. 247 CR 1280, WP. 65775 "Private Sale" Terms of sale are cash, 417-255-8484.

Publication Dates: February 21, 24, 28, 2024, and March 2,6, 2024.

NOTICE OF TRUSTEE'S SALE

A default has accrued on a certain note secured by a

Legal Notice

deed of trust executed by, Deward Collins and Norma Collins dated 10/19/2017 recorded and on 10/25/2017 in Instrument Number 2017R4412, in the Recorder's office for Howell County, Missouri. The successor trustee will on March 6, 2024 between the hours of 9:00 am and 5:00 pm, more particularly at 11:30 AM. at the East Front Door of the Howell County Courthouse, 101 Courthouse, West Plains, Missouri sell at public venue to the highest

Legal Notice

bidder for cash (certified funds only), the following real estate:

THF FOLLOWING DE-SCRIBED LOTS, TRACTS, OR PARCELS OF LAND, LYING, BEING AND SIT-UATE IN THE COUNTY OF HOWELL AND STATE OF MISSOURI, TO WIT:

LOTS 1, 2, 3, 4 AND 5 IN BLOCK 9 OF THE ORIGI-NAL TOWN OF MARTINS-VILLE, NOW KNOWN AS SILOAM SPRINGS, MIS-

Legal Notice

SOURI.

for the purpose of satisfying said indebtedness and the costs of executing this trust.

CSM Foreclosure Trustee Corp. Successor Trustee (800) 652-4080

CSM File 26-23-01312 NOTE: This office is a debt collector.

Publication Dates: February 7, 14, 21, 28, 2024.

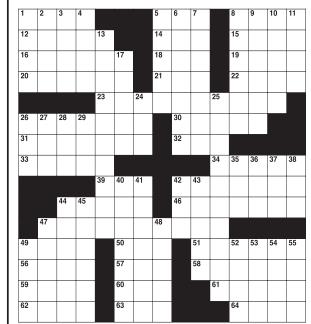
MANAGE TIME WORD SEARCH

0 М X Ε Ε G Ε E D U X V М D М G 0 N Z E P T М T F F E D R A C A D Z F E F P X Ι C 0 K C Y V L A U P Y S Т C Т 0 C P Ι М U S Z Α Ν D Н D P Α C Z D C F 0 L R Ε V R L R L Y Ν A Y Ι S C T S Ι М P 0 R Т Α E E G N Ι R Н Ν S Y Т Ι R Ι P B G S S T D N Т В Н 0 R D E Ι Ι U М K A B X U K L X K Τ L Α A Α F S S Ε L K Ε Ι Z G V Т U K E Т M D N S E Т Ι E Т E E G Ν Α C М Τ Ν Α Ν R E Т N E Ν Z A E L М A A E N Α D М Ν 0 0 Ε F N Ι C G E Н P P Y K V K N 0 M T N U Ι E P G D S Ν E R L Н L G B R Ν C C В R G E S E G N M R L C A U Α A V Ν G L Y Z T G Ι P 0 K D Т D U N R V A T U G R R Ε T Z Ι E T М X Н A 0 Α L X L Ν N R N Z Т Ι Ε Н C V E V L 0 Н 0 Ε Y L A S D X T D F R R X Ν 0 N М B М B Н н Ε P T P E F E Ι B S G Y Н L R R N G D S Α T R Ι E Z Ι N R 0

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

AGENDA APPOINTMENT ASSISTANCE BALANCE **CLEANING** CONTACTS CONTEXT **DEADLINES DELEGATE FILES** FLAG **GOALS IMPORTANCE** INTEGRATION MANAGEMENT **MEETING** ORGANIZE **PLANNER PRIORITY** REMINDER SCHEDULE **TASKS** TIMER VALUES



CLUES ACROSS

- 1. Home of Iowa State University 34. Made a mistake 39. Sacred sound symbol
- 5. -fi (slang)
- 8. Mottled green and yellow fruit 42. Large N. American reindeer 12. Capable of thinking and
- expressing oneself clearly 14. Sports broadcaster Eagle
- 15. Midday
- 16. Kinsmen
- 18. Cable network 19. Simpleton
- 20. Brunch beverage 21. Fed
- 22. European capital 23. Native inhabitants
- 26. Mechanical device 30. Rare geese native to Hawaii
- 31. Bedroom furnishing 32. The products of human
- creativity 33. Mass transit option
- **CLUES DOWN**
- - 2. An inspired holy person 3. Electronic counter-
 - countermeasures 4. A place to store things
 - 5. Indian instrument 6. Spanish saloon
 - 7. Whole number
 - 8. Not fastened 9. Gives a boost
 - 10. Lounges about 11. Interested in
- 13. Remove salt 17. Type of sword
- 24. Naturally occurring solid material
- 25. Gets involved without
- being invited 26. Feline

27. Bobby , NHL champ

- 28. "Kill Bill" actress Thurman 1. One who graduated 29. Hawaiian dish
 - 35. Moroccan coastal region

44. Dull and flat

47. Written works

southeast

57. Aggressive dog

60. Time units, abbr.

62. Capital of Latvia

63. Where golfers begin

64. Takes to civil court

58. Varnished

59. Hindu queen

61. Farm animals

46. Partner to huffing

49. Monetary unit of Serbia

50. Midway between east and

56. Widely used multiuser OS

51. Peninsula of southwestern Asia

- 36. Baseball statistic
- 37. Long period of time 38. Moved earth
- 40. Central Netherlands city
- 41. Take stock of 42. Central processing unit
- 43. Distinctive qualities one
- generates
- 44. Getting stuck 45. Loss of bodily movements
- 47. Veranda 48. Abrupt
- 49. What cats do
- 52. Expresses pleasure 53. Type of cheese
- 54. Professional STEM organization
- 55. Automatic data processing systems

A B C D E F G H i J K L M N O P Q R S T U V W X Y Z

Determine the code to reveal the answer!

Solve the code to discover words related to time management. Each number corresponds to a letter.

(Hint: 3 = A)

Α.

Clue: Intended timelines

Clue: System of organizing days

Clue: Proposal to do something

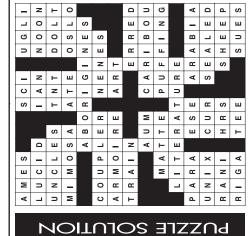
Clue: Pull attention away

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to time management.

TNSEEV

Answer: Events



Answers: A. schedule

 \mathcal{B} .

calendar

plan

D.

distraci

Amusements

WEDNESDAY

CROSSWORD By THOMAS JOSEPH

40 Make

41 Theater

unit

42 Slugger

Barry

1 Sundial

2 Ship in

1912

3 Stylish

5 Cable

4 Miseries

modem

reading

headlines

DOWN

amends

ACROSS

1 Serious

6 Theater failure

10 Rolling landscape

11 "My Fair Lady" lady.

12 To any extent

13 Labyrinthbuilding king

14 Blocks up 15 Gadget

protector 16 Music's Yoko.

17 Caterer's pot

18 Notice 19 Sign on a truck

22 Euro division

23 Final, e.g. 26 Byway

29 Towel word

32 Furning

33 Use deceit 34 Neverthe-

less 36 Course

activity 37 Stone unit

38 Marisa of movies

39 Kitchen need

CATALONIA TAG GET TERRORS A[R]S TILER WINDS SICHMO LAP LIE REDDA ONE PATAGONIANS TUDE EDICT DEPOT DOLES

Yesterday's answer

27 Week

part

28 Stands

29 Bad

31 Iraq

35 Float

36 Attend

up to

writers

30 Laughable

neighbor

on the

breeze

2-21

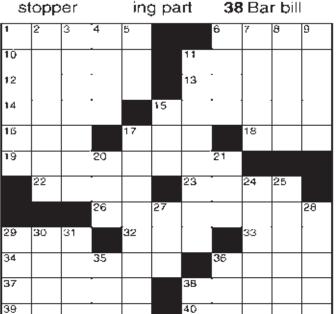
9 Cut's counterpart

11 Came forth

15 Old hand 17 Last alternative 20 USN rank

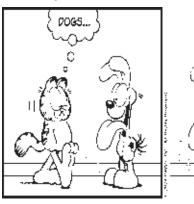
6 Move like 21 German a moth article 7 Script 24 Wise makeup king

8 UV 25 Concludstopper ing part



42

Garfield by Jim Davis







Rhymes with Orange by Hilary Price



Pickles by Brian Crane



Zits by Jerry Scott and Jim Borgman







Blondie by Dean Young and Stan Drake





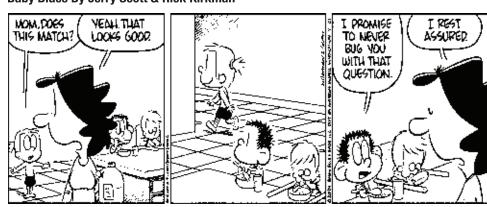


Beetle Bailey by Mort Walker



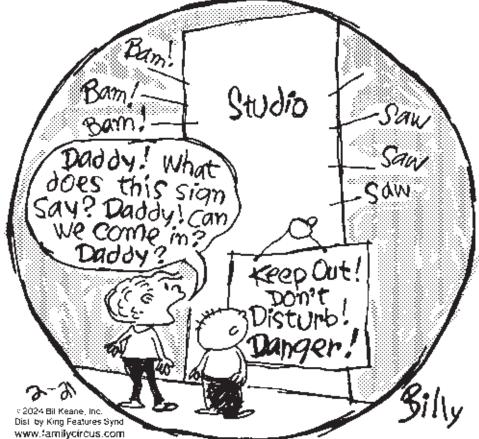


Baby Blues By Jerry Scott & Rick Kirkman



The Family Circus by Bil Keane

41



While Daddy renovates his home studio, 7-year-old Billy draws this week's cartoons.

MONDAY

Cryptoquote

AXYDLBAAXR BLONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different,

CRYPTOQUOTE

ENEZQI PVSS ZRK FRLI VU PJ PEVK URB GRLJ RKNJB CJBGRZ

RB GRLJ RKNJB KVLJ. PJ EBJ

KNI RZIG PITTI XJIZ PEVKVZQ

 XEBEFD RXELE Saturday's Cryptoquote: WHO NEEDS LOVE WHEN YOU'VE GOT LOX! THEY BOTH STINK. BUT ONLY ONE TASTES GOOD. - - "THE MARVELOUS MRS. MAISEL

TUESDAY

Cryptoquote

AXYDLBAAXR KLONGFELLOW

One letter stands for another. In this sample, A is used for the three Us. X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

CRYPTOQUOTE

Y PYIN XCV HC TDCP HNLH

X C V N L J A K A A D H N A O L I H

WUALZ ICVO.

M N L U O A L W Y M T A D I

Yesterday's Cryptoquote: CHANGE WILL NOT COME IF WE WAIT FOR SOME OTHER PERSON OR SOME OTHER TIME, WE ARE THE ONES WE'VE BEEN WAITING FOR. BARACK OBAMA

WEDNESDAY

Cryptoquote

AXYDLBAAXR KLONGFELLOW

One letter stands for another. In this sample, A is used for the three Us, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different,

CRYPTOQUOTE

Q VPL DNN GI APIEPPO QU

F D U Q N N D CQULSW

DWPXUO LES JQLKESU RLPFS.

M D K J - J S W P X D K

Yesterday's Cryptoquote: I WISH YOU TO KNOW THAT YOU HAVE BEEN THE LAST DREAM OF MY SOUL. · CHARLES DICKENS

Amusements

MONDAY

CROSSWORDBy THOMAS JOSEPH

43 Solitary

sort

44 Bears'

DOWN

1 Coffee

2 Slow

add-in

tempo

farewell

3 French

4 Brit's

rain-

coat

lairs

features

ACROSS 1 Workshop

- gripper 6 Practice
- for a fight 45 Flag 10 Weather
- aid 11 Electrician, at times
- 13 Writer
- Jong
- 14 Battery
- end 15 Grow
- older 16 Male cat
- dispenser 19 California peak with an obser-

18 Caterer's

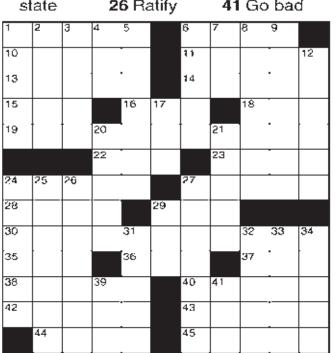
- vatory 22 Bullfight cry
- 23 Simplicity 24 Frighten
- 27 Farm machine
- 28 Swiss peaks
- 29 For each 30 Canaveral's former name
- 35 Cassis cocktail 36 Nest
- sight 37 Tell tales 38 Ham it up
- 40 Sports setting 42 Whoop
- it up

		F	Α	R	Ε		Α	R	G	О	
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		R	Е	Ζ	D		S	Ε	Α	Т	
		Α.				.7.4					

Saturday's answer

- 9 Token of love
- 12 Jeremy of "The
- 17 Have debts
- **5** Foolish talk 6 Wise
- teacher 7 Wrestling
- win 8 Stirring
- state
- 27 Cincinnati team 29 Coat rack
- part Avengers" 31 Boat
- backbones 20 Like Loki 32 Justice
- 21 Get smart Kagan 24 Blitz 33 Casual
- participant 25 No longer 34 Decade
- up for grabs
- 26 Ratify
- parts 39 Wallet bill 41 Go bad

eatery



CROSSWORDBy THOMAS JOSEPH

- **ACROSS**
- 6 Sired.
- 11 Find
- 12 Without
- 13 People of northeast
- 15 Sense
- 16 Luggage
- ID
- 18 Real brats
- tool
- vita brevis"
- 23 Stupid
- jerk 26 Breezes
- **28** Golf
- 29 Crater
- Patrick
- 34 French friend
- start
- Argentina and Chile
- piece

- 1 Renowned 43 Parcels

- aid
- Spain
- of self
- 17 Attain
- 20 Chopping
- 21 "- longa,
- 22 Laver
- 27 Thunder sound
- position
- part 30 1984
- **Swayze** film
- 35 Count
- 36 Compete 37 People of southern
- 40 Piano
- 41 Decree

Fun By The

Like puzzles?

sudoku. This

mind-bending

puzzie will have

you hooked from

the moment you

square off, so

sharpen your

pencil and out

savvy to the test!

yaur şudoku

Then you'll love

Numbers

TUESDAY

C|L|A|M|P RADAR

ERICA

42 Train stop

- out.

- darling DOWN 1 Diamond
- side 2 Wise saying
- 3 Car part 4 Period of
 - 5 "The Shape of Water" director

history

- Guillermo 6 Forehead hider 7 Quarter-
- back Manning 8 Take
- another turn, in
- needs 19 Stairs **22** Even,
- score 23 Slightly injured

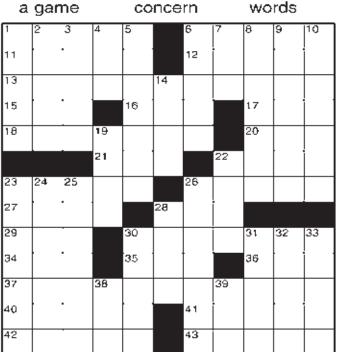
AGE TOM URN MOUNTWILSON OLE EASE SCAREBALER A L P S P E R C A P E K E N N E KIREGG ARENA EMOTE R E V E L ONER DENS STARS

IRER

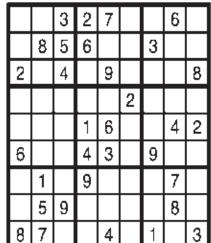
ANODE

Yesterday's answer

- 9 Subjoined 25 Chew the 10 Perfume scenery
- counter **26** Made bottles broader 28 TV's Jay 14 Rowing
 - 30 Thesaurus
 - author alternative 31 Be of use
 - 32 Show pain as a
- 33 Bird abodes 38 Hoopla
- 24 Ecologist's 39 Wedding concern words



MONDAY



Fun By The Numbers

Like puzzles? Then you'll love sudaku This mind-bending puzzie will have you hooked from the moment you square off, so sharpen your pencil and out yaur şudoku savvy to the test!

Level, Beginse

Here's How It Works: Sudaku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row. column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

ε								
9								
S	L	7	3	8	6	90	ŀ	ħ
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5								
Z	\$	9	S	9	Û		Þ	6
8	ļ	L	S	6	€	4	9	Ş
6								
þ	9	g	В	Z	7	ω	6	3
					::	H3,	MS	N

TUESDAY

SUDOKU

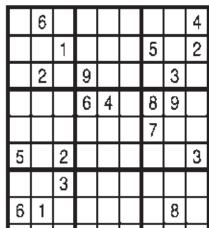
	5		3	6	8		7	
3		6	1				2	4
1			2	4				5
	2		7			3	6	
				8	6	2	1	
	1				2	5		
5					1			
4	3			7	5	1		
	7		6				5	

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row. column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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9										
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Þ										
ŀ	L	6	В	9	ε	Þ	g	S		
	ANSWER:									

WEDNESDAY



Like puzzles?

Fun By The

Numbers

2-20

Then you'll love sudoku. This mind-bending puzzie will have you hooked from the moment you square off, so sharpen your pencil and out yaur şudoku

savvy to the test!

3

8

Here's How It Works: Sudaku puzzles are formatted as a 9x9 grid, broken down into nine. 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row. column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The

more numbers you name, the easier it gets to solve the puzzle!

9								
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6	ŀ	2	9	8	ţ	€	S	L
€								
ī	2	Z	3	6	ŝ	9	Þ	8
9	6	₿	S	Þ	9	Ł	ε	ļ
8	ε	L	Z	9	ß	ς	2	7
7	9	Ŷ	Þ	ε	ß	i	Z	6
þ	L	6	ç	S	ŀ	8	9	3

PASWER:

MONDAY

MANINE Unscramble these Jumbles, one letter to each square, to form four ordinary words. **RYEDB EWTSE BGOTEL**

DUCOYL

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Answer

Saturday's

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THAT SCRAMBLED WORD GAME By David L. Hoyt and Jeff Knurek

N DEATH VALLEY HAD A Now arrange the circled letters surprise answer, as suggested by the above cartoon

(Answers tomorrow) FONDLY **OMEGA** Answer: Timex would become one of the most-enduring brands of wristwatches — ALL IN GOOD TIME

TUESDAY

MANASTE Unscramble these Jumbles one letter to each square to form four ordinary words SIBSL GROOF **LCUEBK**

CTIGHL

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THAT SCRAMBLED WORD GAME By David L. Hoyt and Jeff Knurek

Now arrange the circled letters

to form the surprise answer, as suggested by the above cartoon.

то (Answers tomorrow) SWEET GOBLET Jumbles: DERBY Yesterday's The movie being filmed in Death Valley had a — Answer: LOW BUDGET

WEDNESDAY

MANAGE THAT SCRAMBLED WORD GAME By David L. Hoyt and Jeff Knurek Unscramble these Jumbles, one letter to each square, to form four ordinary words. **MTDIA** WARND CEETTD LEORNL Now arrange the circled letters

suggested by the above cartoon Print answer here: (Answers tomorrow) FORGO BÜCKLE Jumbles: BLISS Yesterday's Answer: The young clown replacing the retiring clown had — BIG SHOES TO FILL

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Heart of the Ozarks Half Marathon

The 12th Annual Heart of the Ozarks Half Marathon, 10K, and Mindy's Run, held this past Saturday, marked another milestone in the event's illustrious history. Drawing around 275 registrants, the event showcased the enduring spirit and camaraderie of the Ozarks' running community, despite the chilly morning that greeted them. The occasion was not just a race but a vibrant tribute to individual perseverance, collective support, and the memory of loved ones, evidenced by the poignant "Hero signs" dotting the course, paying homage to those remembered and honored through Mindy's Run.

Mindy's Run, a cornerstone of the event, honors the memory of Zizzer Alumni Mindy Lahey Hughston, channeling the community's collective efforts to support local youth facing the daunting challenge of cancer. This year, the beneficiary of the heartfelt generosity was Connor Lair, a Zizzer Football and Track and Field Alum, embodying the event's deep-rooted commitment to uplifting members of its community in their time of need.

The orchestration of such an event speaks volumes of the dedication and hard work behind the scenes. Event Coordinators Wes and Alicia Gunter, deeply embedded in the fabric of West Plains both personally and professionally, extended their heartfelt gratitude to all stakeholders involved. Their acknowledgment covered the gamut from participants to the legion of volunteers who braved the cold to ensure the event's smooth execution. The safety of runners was paramount, with Wes and Alicia specifically thanking local departments such as the City of West Plains Street Dept, Police Dept., Fire Dept., Howell Rural Fire Dept., MO State Highway Patrol, and South Co Ambulance Services. Their the event's inception has been pivotal in its success.

The community's involvement extended beyond safety measures. Local businesses and individuals played a significant role, with contributions ranging from financial support to essential services. Julie Hart and Hart Family Eye Care, steadfast as the 10K Race Sponsor, alongside Steve Shipley with Hiland and Rhonda Blankenship of the Holiday Inn, provided invaluable support. The homemade post-race food, prepared by Ms. Dee Lewis and her team, became a highlight, echoing the warmth and hospitality synonymous with West Plains.

The Gunters' dream of fostering a sense of community and encouraging athletic participation among the youth has evidently come to fruition. Their personal journey from participants in the local athletics scene to cus-



Overall Female Half Marathon Zizzer Emily Ritter 1:36:56 and Tomas Chabrecec Overall Half Marathon in a New Course Record Time of 1:13:04.

todians of an event that has significantly contributed to local youth running events and Zizzer Cross Country is a testament to their dedication. Over the years, the event has raised approximately \$40,000 for these causes, with Mindy's Run further augmenting this philanthropic effort.

This year's race not only celebrated athletic excellence, with Tomas Chabrecec setting a new course record in the Half Marathon and the notable performances of Zizzer alumni Emily Ritter, Noah Cones, and Karlee Romans, but also underscored the deep conneccontinuous support since tions within the community. The involvement of local media, the grant from West Plains tourism, and the participation of Ruby Hinds from the WPHS Concert Choir and Harlin Hutchinson of KKDY, all contributed to a sense of unity and shared purpose.

> Looking to the future, the Gunters' vision for the Heart of the Ozarks Half Marathon, 10K, and Mindy's Run is clear. Their commitment to making it a longstanding event in West Plains, one that continues to give back to the community and foster a love for athletics among its youth, is unwavering. As they reflect on the past 12 years, their gratitude extends to every individual who has made their dream a reality, from the volunteers to the participants, and everyone in between. The success of this year's event is a collective triumph, a beacon of hope and resilience in the heart of the Ozarks.



Mason Harrill Mindy's Run, Isaac Talburt Mindy's Run, Ryken Gunter 10K, and Neal Laughary 10K.



Hunter Stanley, Carson King, and Kyler Gunter, all













MATTERS?

Paul writes, "I suspect you would never intend this, but this is what happens. When you attempt to live by your own religious plans and projects, you are cut off from Christ, you fall out of grace.

What matters is something far more interior: Faith expressed in LOVE."

LIVE from the inside out. And Be Blessed!

Tracey Jo Msg Gal 5:4 & 6

710343at



Lady Zizzers pick up three wins over Bolivar

By Quill Staff

Monday night marked a momentous occasion for the West Plains High School Lady Zizzers basketball team as they clinched a decisive victory against Bolivar, rounding off their regular season with a perfect 3-0 record against their rivals. The night was not only a celebration of their undefeated streak against Bolivar but also an emotional farewell to their two seniors, Allyssa Joyner and Olivia Lawson, whose contributions to the team have been invaluable.

The evening began with the "C" team laying down a solid foundation, securing a 27-14 win that set a positive tone for the rest of the night. This initial victory served as a testament to the depth and talent within the Lady Zizzers basketball program, showcasing

the hardwood, they continued the winning momentum with an impressive 47-15 victory. Delani Wahome and Ashley Culton led the charge, each netting 15 points, demonstrating their skill and determination on the court. The team's cohesive play and strategic prowess were evident, as contributions came from all members, including Zoe Shrubb with 7 points, Jewelia Willard with 5. Aubrev Tidwell with 3, and Brylie Osborn and Lydia Harris each adding a point to the tally.

The climax of the evening arrived as the varsity squad took center stage, with the anticipation and excitement palpable in the air. In a closely contested match, the Lady Zizzers emerged victorious with a final score of 50-45. Olivia Lawson and Allyssa Joyner, the celebrated seniors, led the scoring with 16 and 15 points respec-

success. Zoe Scharnhorst and Zoe Shrubb also made significant contributions, scoring 10 and 9 points, underscoring the depth of talent within the team.

Under the guidance of Coach Scott Womack, the Lady Zizzers have developed into a formidable force, displaying resilience, skill, and teamwork throughout the season. Their journey is a reflection of hard work, dedication, and the unwavering support of their coaches, families, and fans.

Looking ahead, the Lady Zizzers are set to embark on their District play at Marshfield, with their sights set on a first-round victory against Webb City at 7 p.m. on February 28. This upcoming challenge represents a new chapter in their season, as they aim to continue their winning streak and make a deep run in the postseason.

The Lady Zizzers' suc-

this season have not only solidified their status as a powerhouse in high school basketball but also served as a fitting tribute to their departing seniors. As they move forward to District play, the team carries with them the momentum, confidence, and unity that have defined their season so far.

The West Plains community stands behind the Lady Zizzers, proud of their achievements and eagerly anticipating their continued success in the postseason. With a perfect end to their regular season, the Lady Zizzers have set the stage for what promises to be an exciting and competitive District play, ready to face Webb City with determination and the collective dream of securing further victories in their quest for glory.



Lucy Hafer making a pass to the inside.



Zoe Shrubb hits her first 3-pointer of the night.





Allyssa Joyner with the short jumper.



Zoey Scharnhorst with the layup.





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