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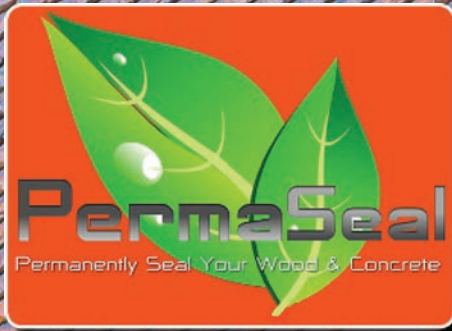
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417 MAGAZINE

STAFF POLL

IF YOU COULD GO TO SCHOOL TO BE ANY
TYPE OF DOCTOR, WHAT KIND OF DOCTOR
WOULD YOU BE?

[EDITORIAL]

KATIE POLLOCK ESTES

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Neurosurgeon. The human brain is fascinating, and I would love to have greater technical knowledge about my son's shunt.

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Forget studying earthly bodies; I'd get doctorates in astronomy, astrophysics or cosmology to secure my spot on the next (wo)manned SpaceX flight.

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I would be a coroner and unearth the truth of how someone died.

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I would become Dr. Steve Brule himself.

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Voodoo doctor equipped with a staff of +2 necrotic dmg and the Baron Samedi top hat of protection.

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Shannon Hoffman

ABOUT US

WHAT DOES 417 MAGAZINE MEAN?

If your phone number has a 4-1-7 area code (or once did or someday will have), this magazine is for you. Every article aims to make your life better in some way. When a new restaurant opens up, we let you know what to expect. If a 417-lander does something extraordinary, we'll find out why and how they're doing it.

There's a sign hanging on the wall at the Whitaker Publishing office, where 417 Magazine is produced. It says, "We enrich our readers' lives with quality information presented in an attractive, entertaining way." 417 Magazine is the life-enrichment magazine of southwest Missouri. That's what 417 Magazine means.—Editors

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STAFF POLL

IF YOU COULD GO TO SCHOOL TO BE ANY TYPE OF DOCTOR, WHAT KIND OF DOCTOR WOULD YOU BE?

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An orthopedic surgeon who specializes in implanting funny bones.

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Neonatologist.

MEGAN JOHNSON

Vice President of Operations | mjohnson@417mag.com

JOAN WHITAKER

Vice President of Finance | joanwhitaker@417mag.com

A dermatologist. It's impossible to get a timely appointment. You have complete job security and are rarely called for emergencies.

JANELLE HAIK

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Pediatric doctor in the NICU.

LOGAN SWOPE

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Vet.

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A psychologist so I could read people's minds.

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[FEATURES]



on the cover

Our Top Doctors list features great physicians for your babies—and everyone else in the family, too.

RETREAT TO BAKER CREEK

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BY SAVANNAH WASZCZUK

TOP DOCTORS

94 Along with our comprehensive list of the best local physicians as recognized by their peers, this year's feature includes medical miracle stories and personal experiences you need to hear.
WRITTEN BY EVAN GREENBERG, CHRISTY HOWELL, SAVANNAH WASZCZUK
EDITED BY CLAIRE PORTER

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Nick Cuccia reconnects with friends at Rogers Heritage Flight Night for the first time since being thrown from his bike and hit by a bus. Read his story on p. 97.

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PROMOTION
extras
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Product Feature

Get your hands on these home and gift items from local shops.



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FISHY LOVE

► Here in 417-land, Bass Pro is as much a part of our landscape as rolling hills and glittering lakes. To show our local retailer and sporting outfitter some love, musical maven Liz Moriondo put her country spin on Meghan Trainor's smash hit "All About that Bass" with a—you guessed it—fishy flair.

Check out Moriondo's other Kitchen Concerts on her YouTube channel. (Search for Liz Moriondo.) Read about even more quirky local musical acts on p. 38, then grab your earbuds and head to **417mag.com** to hear Moriondo belting out her best bass tribute in her kitchen.

[INSTAGRAM LOVE]



1. With a prime spot on the annual St. Patrick's Day parade route, Christopher Upton (@my_417_life) catches the Central High School Kiltie Drum & Bugle Corps as they pass by.



2. Recently opened on Historic Commercial Street, the back entrance to Van Gogh's Eeterie is the perfect spot for a photo op. Erica Dutton (@ericardutton) snapped this shot before enjoying Starry Night dessert pancakes.



Show us how you're living your best life in 417-land! Tag **@417mag** to be featured.

3. Usually behind the camera, Riley Massey (@rileymassey) found herself surrounded by succulents in the greenhouse at Wickman's Garden Village.

[INSIDER INFO]

417 Magazine's Newsletters

To stay up-to-date on all things 417-land, sign up at **417mag.com/newsletters**.



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[PUBLISHER'S NOTE]

LET IT GO

In Marie Kondo's book *The Life Changing Magic of Tidying Up* she recommends we keep only possessions that spark joy when we touch them.

Margareta Magnusson's new book *The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Life of Clutter* is mostly advice for those past middle age, but it's not as morbid as it sounds. The idea is to get rid of all the stuff you've accumulated that you don't need anymore—so that no one else has to do it after you pass. "Who do you think will take care of all that when you are no longer here?" is the book's central question. Plus, she says, "You'll be able to better enjoy your life when you have less mess and clutter to deal with."

Since my wife, Joan, and I have decided to downsize from a 4,000-square-foot house to a 1,500-square-foot condo, we've been busy deciding what sparks joy versus what an elderly Swede would toss. The hardest part? The photos. The best part? The photos.

Pictures my parents saved as newlyweds, as new parents and as grandparents had been passed down to me, along with photos their parents had taken at similar family milestones. When we piled on with our own photos of friends, vacations and family reunions, we realized we needed to do some ruthless editing. Otherwise our kids would inherit this mountain of photos, many of people they had never known.

Our absolute favorites were compiled into hardbound memory books for our two adult kids. We published a third one just for us. The rest we tossed, but only after we looked at them.

And that sparked joy. "You may find the process enjoyable," Magnusson predicted. "It can be

a delight to go through things and reflect on the happy moments that make up a long life."

The realization that we were looking at so many memory-inducing photos for the last time, made the experience even more poignant. When we finished, we felt lighter, with less clutter and fuller hearts.

This "Top Doctors" edition of *417 Magazine* will fill your heart in a similar way. In addition to the medical miracles that accompany our cover story, you'll read about a writer's experience of nearly losing her mother and a staffer who recently welcomed a baby boy into the world after experiencing a frustrating fertility journey. Both stories have happy endings, and their experiences include lessons they agreed to share.

So think of this edition of *417* as a small collection of photos and stories that were worth assembling for you. Whether you're reading about babies, mothers or heroic medical efforts, treat this edition as Magnusson suggests we organize our lives. "It is a delight to go through things and remember their worth."

Gary Whitaker

Gary Whitaker

Publisher | garywhitaker@417mag.com



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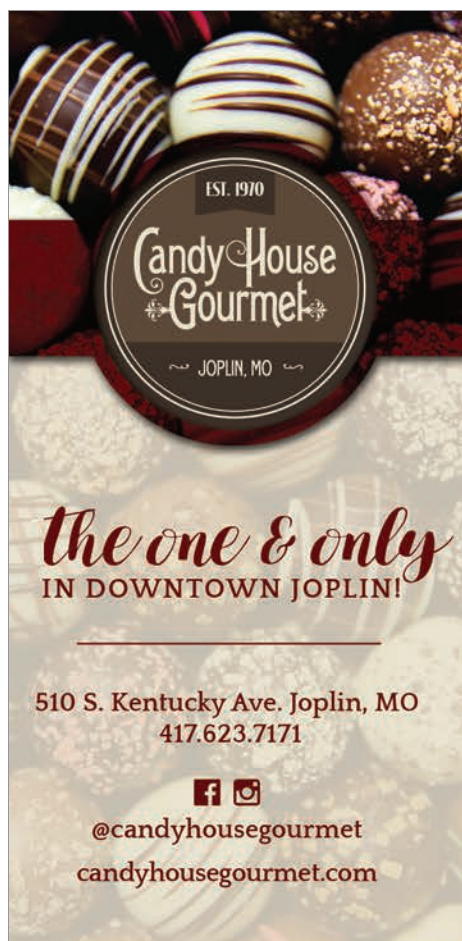
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In the grand scheme of things, ear infections are no big deal. Kids get them, and they suck. We wait for our children to grow out of the ear infected stage of their lives and into one of Eustachian euphoria, free from niggling (or worse) ear pain and taking constant antibiotics.

That's how it went with my son, Oliver, who had "a lot" of ear infections for a while—and then just kind of stopped getting them.

Now I know he, in fact, did not have a lot of them. He had a totally typical amount of them. My daughter, Eloise, on the other hand had five ear infections in about 10 weeks earlier this year—one right after the other. She was in constant discomfort, her sleeping was a mess, and her appetite suffered, prompting an additional side-worry about her weight. Our family doctor referred her to a local ENT (or otolaryngologist, for the Word of the Day types), who tested her hearing, peeked into her still-fluid-filled ears and declared her an ideal candidate for surgery.

I still think ear infections are no big deal, and her upcoming surgery doesn't scare me too much. (My son had brain surgery when he was a newborn, so this doesn't even faze me.) But Eloise's never-ending cycle of ear infections was a reminder of how frustrating it is when our kids are sick, and we can do nothing to fix



the problem. We want to take away all their discomfort, but sometimes we just can't. That's when it helps to know that the local medical community has your back. We love our family doctor, and she referred us to an ENT who we love as well. He's easygoing and kind with our rambunctious toddler, he patiently answers all our questions, and—best of all—he has great bedside manner. (Oh, and he's a runner up in this year's Top Doctors Springfield list—Dr. Jacob Smith at Ferrell-Duncan Clinic.)

When you find yourself or someone you love in need of a physician this year, we hope you'll use this Top Doctors list (see story p. 94) as a starting place and your first step in finding the support you need to be healthy, happy and—hopefully—free of ear infections.

Katie Pollock Estes

Katie Pollock Estes
Editor | editor@417mag.com



FAVORITE PAGE OF THE ISSUE, 63
My favorite part of our office is the 417 Test Kitchen. It's where we test recipes before sharing them with you, and where we prepare and style food to photograph in our studio. Once the shoots are over, hungry staffers scavenge the leftovers. This salad made by Managing Editor Claire Porter was my favorite recent midday, post-shoot treat.



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FEEDBACK



Madelyn Muncy's inaugural T-shirt fundraiser and golf tournament helped her raise more than \$9,000 for Selah House in Anderson, Indiana.

▲ YOU'RE WELCOME!

I would like to express my appreciation for the nicely done article about Madelyn Muncy in the "Best of 417" February issue. Thanks to Jenna DeJong for an article well-written.

Sincerely,

Linda Eggerman, Lockwood, Missouri

Thank you for the honor of being featured in *417 Magazine*. The story made me feel proud, and my clients loved it!

Serena Woods, The Beauty Factory

The Beauty Factory's eco-friendly salon products were featured in the December 2017 issue of 417 Magazine, and a story about Madelyn Muncy's work to raise awareness about eating disorders appeared in the February 2018 issue.—Editor

PASSION PROJECT

Writer Rebekah Olson did an awesome job capturing my passion, vision and reason we exist.

Jason Crowe

In the April issue of 417 Magazine, we wrote a story about Jason Crowe Socks, a side business created

by Jason Crowe, who is Human Resources Director of Talent Acquisition and Employee Relations at O'Reilly Auto Parts.—Editor

CORRECTIONS

In the "5 Best Barber Shops" story in the March issue of *417 Magazine*, in our description of Outlaw Gentlemen Barber Shop, we accidentally combined the names of two services, "Butch Cassidy" and "Doc Holliday," into one incorrect name: Butch Holliday. In our April "Bird is the Word" story, we mistakenly listed David Catlin's name as Dan Catlin. In the same issue, we incorrectly credited the photos in the Refine Studios profile. The photo credit should read "by Beth Solano Photography." We regret the errors.

TELL US

HOW TO CONTACT 417 MAGAZINE:

We love it when you write us letters and tell us what you think of the magazine, 417-land or just about anything. It could be a story idea, a bit of praise or a bit of constructive criticism. Either way, we want to hear what you have to say. So send us a note, and speak your mind.—Editor

1. E-MAIL

Send your notes to editor@417mag.com.

2. SNAIL MAIL

Mail notes to Katie Pollock Estes/Letters to the Editor, 417 Magazine, 2111 S. Eastgate Ave., Springfield, MO 65809.

3. 417MAG.COM

417mag.com, click on "Contact Us." Follow the link to submit a letter to the editor.

[INSIDER INFO]

IT'S A SPRING FLING

◀ We love when local boutiques begin getting their spring clothing and accessories in stock. Even if it's snowing outside we are shooting summer skirts (p. 78) in our studio. See those flowers in her bag? We hand picked those ourselves... not! Those are fake, of course, because we work very far in advance. They look pretty real, don't they?



Photos courtesy Madelyn Muncy, by Heather Kane

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[TEAM 417]

meet a staffer:

MICHAEL EVANS

On this page, we introduce you to one of the people who make 417 Magazine happen. This month, meet Sales Director Michael Evans.

You won't see Sales Director Michael Evans cheering for the home team, unless that team is from Chicago. He is a die-hard fan of the Cubs, Bears, Blackhawks and Bulls.

Describe what you do at work from day to day.

I motivate the sales and advertising design teams to achieve extraordinary results.

Describe something you worked on recently or are working on right now that you're proud of.

A new sales presentation that mirrors the quality of our publications and the people dedicated to providing top-notch publishing here.

What's your favorite thing you've ever had to do for this job?

I get to welcome our guests to our signature events and greet all the smiling faces.

What's the weirdest thing you've ever had to do for this job?

I was a hand model for an advertiser's campaign. *Editor's Note: Michael is being modest. He recently moved his whole family to 417-land from sunny California, all for this job! So, the weirdest thing he's probably done for 417 is donning snow boots and down parkas for the first time.*

What's your favorite thing to do in 417-land when you aren't working?

Exploring the true nature of the Ozarks, and I really can't wait to see my family's first spring here.

What's your favorite piece of magazine lingo, and what does it mean?

"Spine line," the lines of text on the magazine's spine that explain the editorial features inside.

What's your favorite thing to eat that you can only find in 417-land?

The chili at Casper's—quonset hut-style, no less!

If there were a movie about your life in 417-land, what would its title be?

The Truman Show, a live broadcast of my every move captured by cameras...

What celebrity would you most like to have coffee and conversation with? Why?

Frank Sinatra. He had a colorful personal life, was a Grammy and Oscar winner and had the ability to reinvent himself time and time again!

Do you have a nickname in the 417 office?

Ike, a childhood nickname uncovered.

What do you do in your free time?

I'm an auto enthusiast, German shepherd-loyalist and major Cubs/Bears/Hawks/Bulls fan!

What would you do if you won \$10 million tomorrow?

My wife, Diane, and I have always believed we would take this opportunity to establish a no-kill rescue sanctuary to ensure all animals get the medical treatment and attention they need to get them in their new homes.

What is your Facebook status right now?

It says: "Failure is the condiment that gives success its flavor."

What would your co-workers say is your most distinguishing feature at work?

I'm the new Slanguage-Meister. I have the ability to form new words, like "tremazing!"

What restaurant do you wish was located in 417-land?

The Marine Room in La Jolla outside of San Diego with waters crashing against the windows during high tide.

What talent would you most like to have?

Copy editing.

What is your favorite thing about working at 417?

The culture, the people and how it impacts the community.

What superpower do you wish you had and why?

To be invisible. It would open so many doors, walls and windows full of conversation.

If you could spend a day being anyone else in the world, who would it be and why would you choose them?

Speaker of the House Paul Ryan—he is a life-long advocate for real solutions that will expand opportunities for all Americans—to see how he navigates through the political system.



What is your Crystal Bridges?

"Where art, nature, and architecture converge... just a fantastic experience... the design for the complex is certainly world-class. The main interior spaces are breath-taking... a sanctuary for art and nature. Be sure to hike at least a portion of their trail system... the natural setting could not be more beautiful. Put a day's excursion on your calendar, you will be glad you did!"

David, California

CrystalBridges.org/Visit

479.418.5700 Bentonville, AR



CRYSTAL BRIDGES
MUSEUM OF AMERICAN ART

where's 417?



1. HONG KONG

Marissa, Eli and Jeff Minasian brought the "Best of 417" 2018 issue all the way to China and posed with it in front of the Hong Kong skyline.

2. CALIFORNIA

Liz Butrick, Karson Rykbo and Emery Rykbo visited the wild side at the San Diego Zoo with the "50 Things Every 417-Lander Must Do" issue.

3. ICELAND

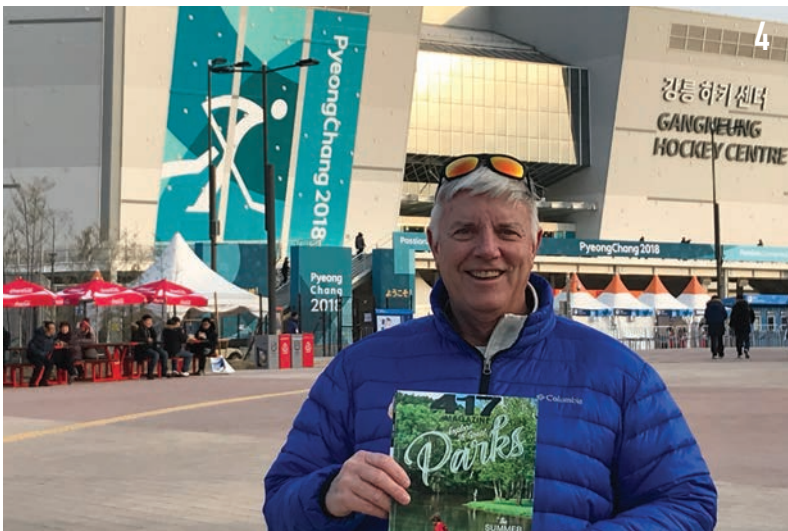
Drs. Jose Dominguez and John Steinberg, who have completed marathons on all seven continents, celebrated in Iceland with the "Food Lovers Handbook."

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1. TURKS AND CAICOS

Kate Whitney takes to the sea near the Turks and Caicos with her copy of the "What To Eat Now" issue.

2. MAUI

Mark and Lynn Sims took the "Best of 417" 2018 issue to Mick Fleetwood's restaurant on Maui.

3. JAMAICA

Dick and Vicki Neal escaped to a Sandals resort in Ocho Rios, Jamaica, with "The Future of 417-Land" issue.

4. PYEONGCHANG

Carl Ward from Golden took the "Explore 28 Great Parks" issue to the 2018 Winter Olympic games.

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where's 417?



1. FLORIDA

Gary and Pat Arnold snapped this shot with the "Best Burgers" issue at the St. Louis Cardinals spring training while Yadier Molina was at bat in Jupiter, Florida.

2. FRENCH POLYNESIA

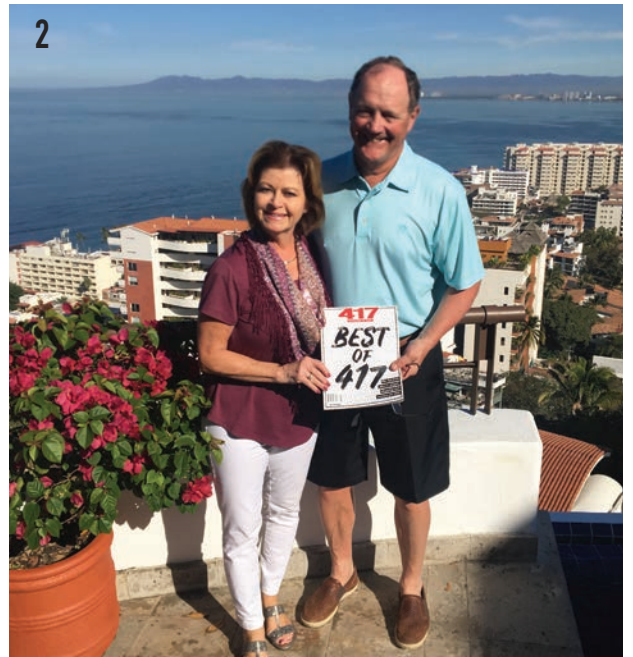
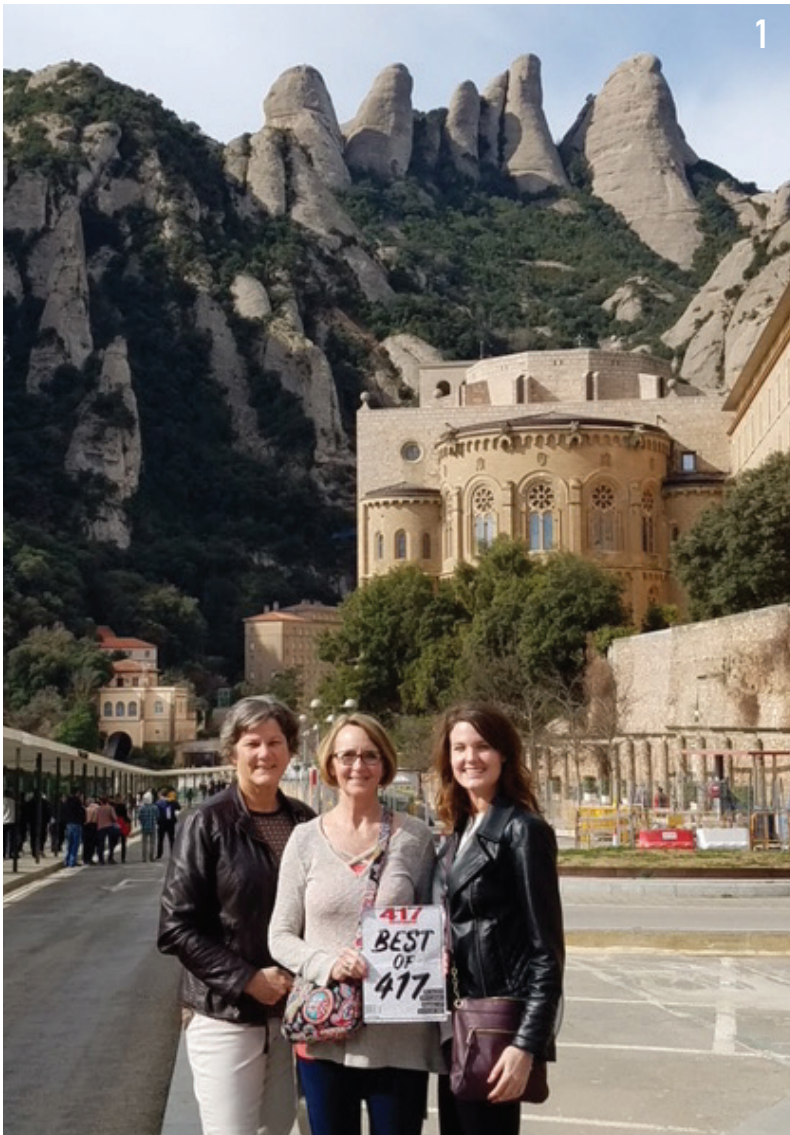
Adam Blanch and Stacie Brown took their copy of the 2017 "Fall Festivals" issue to Bora Bora.

3. NEVADA

Kelly and Dusty Smith, Katie and Cody Hansen and Ashden and Jordan Blake took the "Best Burgers" issue to the Aria Resort & Casino in Las Vegas.

4. FLORIDA

Hudson, Melissa and Hayden Cheek enjoy that salt life with the "Best Burgers" issue in Ponce Inlet.



1. SPAIN

Theresa Boness and Beth and Arayna McElvain took the "Best of 417" 2018 issue with them while traveling in Barcelona, Spain at Montserrat.

2. MEXICO

Terri McNeill and Bill McNeill soak up the Puerto Vallarta sun as they pose with the "Best of 417" 2018 issue.

3. CALIFORNIA

Presley McCain hits sandy Mission Beach with the "Best Burgers" issue in San Diego.

4. PHILIPPINES

Christina and Rusty Ott took the "Food Lovers Handbook" to the Batad Rice Terraces in Banaue, Ifugao.

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- VINO CONVO, 36
- FRESH FLICKS, 42
- WAKE UP IN WESTON, 47

life

spring in your

STEP

Parks and trails in 417-land are blooming to life. See the irises at Nathanael Greene/Close Memorial Park and explore four other springy spots. Turn the page for details.





best SPRING WALKS

April showers bring May flowers, so 417-land is sure to be in full bloom this month. Grab your favorite trail buddy and start exploring.

BY ADRIENNE DONICA

Head to Dogwood Canyon Nature Park to hit the trails and witness the beauty of Thunder Falls.

1 | DOGWOOD CANYON NATURE PARK

2038 W. State Highway 86, Lampe, 1-800-225-6343, dogwoodcanyon.org

Go chase waterfalls, rainbow trout and more along Dogwood Canyon's 6.5-mile paved trail, and if you go early this month, you should still find some blooming dogwoods. Access to the trail is \$10 for adults and \$5 for kids 11 and younger in addition to the park entrance fee.

2 | FRISCO HIGHLINE TRAIL

Springfield trailhead, 3845 W. Kearney St., Springfield, 417-864-2015, friscohighlinetrail.org

There's plenty to see on Missouri's second longest rail-to-trail system, including several creeks, springs and the Little Sac River. Wildflowers and native flowering trees also line the 35-mile trail. At mile 32, don't miss La Petite Gemme Prairie, which has more than 300 plant species within its 37 acres.

3 | SPRINGFIELD BOTANICAL GARDENS

Nathanael Greene/Close Memorial Park, 2400 S. Scenic Ave., Springfield, 417-891-1515, parkboard.org/botanical

Stop and smell the flowers, specifically the irises and peonies, at the Springfield Botanical Gardens, before watching close to 30 species of butterflies flutter about at the Dr. Bill Roston Native Butterfly House, opening May 11.

4 | HERCULES GLADES WILDERNESS

Mark Twain National Forest, Bradleyville, 573-364-4621, fs.usda.gov

About an hour southeast of Springfield, the Hercules Glades Wilderness Area is the perfect place to spot critters such as roadrunners, rattlesnakes, collared lizards and more. Make sure to wear comfortable shoes as terrain on the trail is difficult in some places.

5 | PRAIRIE STATE PARK

128 NW 150th Lane, Mindenmines, 417-843-6711,

mostateparks.com/park/prairie-state-park

This state park, less than two hours from Springfield, is where the local buffalo roam. Spot the herd, which will likely include some bison babies, during a free guided hike on May 5. Advanced registration is encouraged; call the park office to make reservations.

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currents

What's coming and going, hot or not—
all the talk that ran across our desks this month.

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◀ Must-See Exhibit

This summer, head to the Springfield Art Museum to see the highly anticipated *Frolic of the Mind: The Illustrious Life of Rose O'Neill* exhibit. "This exhibit takes as its underlying theme the unification of all O'Neill's creative pursuits and examines how they were related, from her hundreds of illustrations for the major periodicals of the day, to her many illustrated advertisements, from her creation of the Kewpie doll, to her more secretive Sweet Monster drawings," according to the press release. The exhibit runs from April to August, and admission to the Art Museum is always free. So take the kids and your art-loving friends and escape the heat.

Style for Everyone ▶

Fans of Studio 417 Salon and 417 Blow Dry Bar, rejoice! You'll soon be able to get your hair done in a new location at South National Avenue and Republic Road. The new 4,468-square-foot space will have 25 styling stations and several private treatment rooms, according to the press release, and plans to open this fall. Paul and Hannah Catlett have owned Studio 417 Salon for 18 years and have more than 30 employees. The new location opening is a symbol of growth for the company, which also plans to offer new services not currently offered in 417-land. We'll see you at the shampoo station for a head massage.



Conservation Nation

The Conservation Federation of Missouri recognized the James River Basin Partnership as the Conservation Organization of the Year. JRBP, which has been servicing the Ozarks for 21 years, was awarded the distinction for having "demonstrated keen interest in projects and programs within the state which deal with basic and serious natural resource problems and... evolved an action program stemming from that interest," according to the Conservation Federation of Missouri's website. JRBP is a not-for-profit organization that was formed in the late 1990s. Their mission is to protect and improve the water quality in our lakes, rivers, springs and streams.



HAVE A TIP?

Send us your story tips and ideas, and you might just see them on the Currents page or as an article in a future issue. Just email us at editor@417mag.com.

TELL
US

the HOT LIST

12 things we can't stop
talking about this month

1.

Hot Spicy Between-the- Bun Creation

Green Chile Burger at
The Dugout

2.

Hot Local Musician to Check Out Now

Ellie Schmidley

3.

Hot Bowl

Korean BBQ rice bowl
+ egg at Golden Girl
Rum Club

4.

Hot Convenience

Park Central Market
opens downtown

5.

Hot Insane Experience

first ride on Time
Traveler at Silver
Dollar City

6.

Hot Drive Just for Pie

Cooky's restaurant in
Golden City

7.

Hot Rack of Ribs

Lost Signal Brewing
Company

8.

Hot Muffin Selection

The Dancing Mule

9.

Hot New Suds

Mother's Brewing
Company Collabo-
ration Series: 417
Magazine available
starting May 19.

10.

Hot Ticket

Dwight Yoakam at
the Gillioz Theatre,
May 3

11.

Hot Breakfast

Nutella and
strawberry waffle at
Druff's

12.

Hot Friday-Night Reminder

Fireworks at
Springfield Cardinals
games



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72 ▼ PERCENT COCOA MAKEUP OF CHOCOLATE BARS USED IN SAVORY COOKING. (see story p. 72)



4
EYELINER TRENDS TO TRY THIS SPRING.
(see story p. 86)

40
hours of drive time required in Foster Adopt Connect's student driving program.
(see story p. 40)

506
TOP DOCTORS READY TO CARE FOR YOU AND YOUR FAMILY.
(see story p. 94)

220

KIDS WHO CAN BE SERVED FOR FREE THREE TIMES A WEEK BY THE WEBB CITY FARMERS MARKET.
(see story p. 39)

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Michael Cho studied a minimum of 25 hours per week for four months to become a Level 2 sommelier, expertise he's applied at Hickory Hills Country Club.

seven questions with MICHAEL CHO

Michael Cho, director of hospitality at Hickory Hills Country Club, recently became a certified Level 2 sommelier. We sat down with him to learn how he's putting that hard-earned wine knowledge to work locally.

BY BETH CAMPBELL

Michael Cho recognized his passion for hospitality at an early age and has worked in the food and beverage industry most of his career. Originally from Seoul, South Korea, Cho's family moved to New Jersey when he was 4. He graduated from Rutgers University with a management degree and was working in Manhattan when he had an opportunity to join some relatives who were opening the Argentina Steakhouse in Springfield. Cho has been a fixture on the local food scene ever since, and last year he decided to pursue certification as a sommelier. Now he's applying that knowledge every day, serving members and guests at Hickory Hills Country Club and paying it forward, so to speak, by sharing his expertise with his staff.

417 Magazine: When did you develop an interest in wine?

Michael Cho: I fell in love with wine early on at Argentina Steakhouse, but I was only 24 years old when I came to Springfield, so I was still very much a novice. Every vendor representative in town was throwing bottles my way and asking to sit down and taste wine. It was quite intimidating at first. They were throwing terms at me like, "pencil shavings," and I was like, "I get none of that. I get a little bit of grape!" It came hard and fast, but I knew that I enjoyed it, and, over time, I developed a little bit of a palate, learned what I liked and didn't like and knew that I wanted to get better.

417: At what point in your career did you decide to become a sommelier, and what was that process like?

M.C.: I became fast friends with a wine rep, and he sparked that interest in getting to know wines. I began to understand that wine is a lens through which you can see the world. I knew early on that I wanted to pursue getting certified, but it took until last year for it to all come together. I buckled down and said, "Alright, I'm going to take my Level 1 sommelier course." I went to Cleveland for a whirlwind weekend with four master sommeliers, tasting about 40 wines and doing deductive tastings, learning the benchmark tastes and smells of wines from around the world. Then in October, I went to Portland, Maine, and completed my Level 2 testing. It was a comprehensive written test with wine tasting, theory and service. The theory study took a lot of work. After dropping the kids off at school, I'd get to work around 7:30 a.m. and put in two to two and a half hours of study, five days a week. I also studied in the evening. I did this for four solid months, a minimum of 25 hours per week.

417: How has wine certification enhanced your work?

M.C.: The main impact is that it not only benefited me but also helped improve my team. I've

really become more focused on improving the wine list, which was very California-centric—not necessarily a bad thing—but I felt that it needed to expand a little. I've taken care to represent the different great wine growing regions. I feel that if we can give members exposure to different types of wine that they may not have been exposed to in the past, what better place than in the comfort of their own club to try something new? My renewed focus is for me and my staff to educate and expose our membership to as many types of wine as possible.

417: How have members responded?

M.C.: They have been very receptive. We just rolled out our new wine list at the beginning of the year, and it's been met with great enthusiasm. We also started a wine club this past year, and from what all the wine vendors tell me, in terms of participation and volume of wine sold, we are the biggest club in Missouri. The membership has really responded to me, and I'm very thankful for that. It gives our members a club within the club, and they love it because it's casual, they receive steep discounts on purchases of the wines they like, and they have fun while they learn.

417: What's in your cellar? What do you like to drink?

M.C.: I don't have a cellar so much as a small collection. Right now, I'm really in love with Spanish Riojas. I first discovered Spanish wine years ago, and I've kind of come back to them. I'll always be a fan of California reds and Argentine malbecs.

417: Is there a particular wine you don't care for?

M.C.: No, I think there is charm in every bottle. You love the novelty of each unique wine. That's how I came back to rieslings. At first, all you taste is sweetness. As a varietal, rieslings probably express terroir better than any other varietal. They have that minerality, nuanced flavors that once you're able to start doing focused tastings and develop your palate a little, you can move beyond the initial sweetness. What you find underneath, when you peel back those layers and get to those secondary and tertiary flavors, you see that rieslings are actually very complex.

417: What advice do you have for readers who might want to grow their wine knowledge?

M.C.: People ask, "How do you become a good taster?" and it sounds like a cop-out, but the answer is: You need to taste as much wine as possible. It just takes time to train your palate and learn to appreciate wine. The more you taste, the more unique characteristics you are going to pick up on.



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TUNED IN

It's time to crank up the volume and embrace the unexpected with three of our favorite unusual musical acts here in 417-land.

BY ETTIE BERNEKING



Reggae Fusion

With terms like "crik" and "holler" still lingering in the local jargon, you'd expect to hear Waylon Jennings and Tammy Wynette covers at open mic night. Jamming out to reggae might seem like a long shot, but thanks to 417-land's One Drop Pulse, reggae fusion is alive and well in the Ozarks. This group has a full performance calendar and is scheduled to play around Springfield and Missouri throughout the month of May. Follow them on Facebook to see where they're jamming out next.



Uke Love

We have long been in love with the crooning of the Queen City Ukulele Club. When the club launched spinoff group Springfield Ukulele Orchestra, we were captivated! To kick off 2018, the orchestra hosted a Beatles sing-along at Lindberg's Tavern and is planning a second singalong this October. In the meantime, attend one of the jam sessions held on the first and third Tuesday of every month from 6 to 8 p.m. at Springfield Music (3100 S. Fremont Ave., Springfield, 417-881-1373).



Kitchen Concerts

Liz Moriondo is one of 417-land's rising country music stars. In the early days, she took her country-meets-soul sound into her own kitchen and broadcast regular performances on YouTube in what she dubbed her Kitchen Concerts. Her parody, "All About that Bass," was an online smash hit! Today, the impromptu jam sessions aren't always in the kitchen, but you can still find them on YouTube and on Moriondo's Facebook page where you can soak in her favorite covers and originals.

Photos courtesy One Drop Pulse, Shutterstock, by Seleste Paige Villarreal Photography

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A photograph of a woman and a young girl smiling and posing for a photo. The woman is wearing a white lace top and the girl is wearing a white lace top and blue jeans. They are outdoors in a grassy area with trees in the background.

summertime SERVINGS

School's out for summer, but for many kids, so are the free or reduced-price lunches that they rely on during the school year. Webb City Farmers Market stepped in to provide free meals to children during the summer.

BY MIKE CULLINAN

As cafeterias close for the end of another school year, the Webb City Farmers Market is again making sure children have full bellies several times a week in the summer months.

Working in conjunction with the Missouri Department of Health and Senior Services and funded by Food and Nutrition Services through the U.S. Department of Agriculture, the year-round farmers market is participating for the fourth year with the free meal program. Mar-

ket manager Eileen Nichols sat in on a webinar about the program several years ago and noted there seemed to be a handful of farmers markets around the country offering it. This past summer saw an average of 150 children being served at the market three times a week (Tuesday evening, Thursday afternoon and Saturday morning), with room to currently serve as many as 220. "When we started it up, it was wildly successful—far more successful than we had anticipated," Nichols says. "If a market has the capacity, it is such a good program."

Among the program benefits, Nichols says market sales outside of the free meals have increased around 30 percent during the weekly meals, but the program also introduces children who participate to new and locally produced foods. Most of those being fed come from Webb City and the surrounding area, but the free meals are available to any children ages 1 to 18.

Aside from the tasty food being served, she says the market aims to make the environment appealing to children, be it through physical activities, nutritional education, book readings or musical performances.



▲ In addition to providing meals to children, Webb City Farmers Market has kids helping sell produce.

HOW TO HELP

To volunteer and enhance the farmers market experience for children, contact Nichols at 417-483-8139 or email eileennichols@sbcglobal.net. For more information about the farmers market, visit webbcityfarmersmarket.com.

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driving toward **INDEPENDENCE**

Getting a driver's license and hitting the road is every teen's dream, but for some young adults within the foster care system, getting behind the wheel comes with its own barriers. That's where Foster Adopt Connect's driver education system comes in.

BY MIKE CULLINAN

Parents teaching driving skills to foster children in their care have an option to let a 417-land advocacy agency do all the behind-the-wheel education. As part of its Community Connection Youth Project (CCYP) that targets current and former foster youth between 17 and 26 years old, Foster Adopt Connect has a driver's education program that includes a 40-hour curriculum.

The driving program requires each student to master a list of skills at least three times, says Danielle Tomasi, program director at the Springfield location of Foster Adopt Connect, which serves abused and neglected children and the families who care for them. "The curriculum follows all the things that you'll be tested on when you take the [driver's] test," Tomasi says regarding the three-phase program. Phase

1 involves skills that can be mastered in a parking lot, which include maneuvering in and out of parking spaces and parallel parking. Driving on side streets and bigger roads and mastering merging comprise phase 2, and phase 3 involves navigating highways, including diverging diamonds and cloverleaves. The course also requires at least 10 hours of driving during evening or dusk hours.

"We want to set them up for success," Tomasi says. "We want to enhance their abilities." Completion typically takes a few months, as youth participants are limited to no more than 10 driving hours per week.

As of early 2018, two students have earned their license, with two more very close, Tomasi says, noting the CCYP staff allows program participants to take the test wherever they want and whenever they feel ready.

**"WE WANT TO SET THEM UP
FOR SUCCESS. WE WANT TO
ENHANCE THEIR ABILITIES."**

—DANIELLE TOMASI, PROGRAM DIRECTOR,
FOSTER ADOPT CONNECT

Tomasi acknowledges the challenges of teaching people to drive, especially if the student is dealing with emotional issues not uncommon for those in foster care. In addition, for foster parents, putting foster children on their insurance can be very expensive, as companies don't see them as the actual parent or guardian of the child.

"It became apparent that if we helped eliminate this barrier, or at least addressed this barrier, we could help in other aspects of their life also," Tomasi says.

WANT TO HELP?

Foster Adopt Connect is in the midst of a capital campaign to purchase its current Springfield facility and is accepting donations. Volunteers are also welcomed to help with events during the year and through Sammy's Window, which provides direct services to foster and adoptive families. To learn more, call 417-866-3672, email swmo@fosteradopt.org or visit fosteradopt.org or its Facebook page.



ASK CHAD (THE DAD)

This month, Chad Harris is answering questions about navigating life in 417-land—from a dad's perspective.

BY CHAD HARRIS

MY SON WAKES IN THE NIGHT TO SNEAK IN SOME TV, THEN HE'S TIRED ALL DAY. HELP!

Every generation must deal with some form of "binging." When I was growing up we were alerted to the dangers of binge-drinking, in the '70s my father was warned about binge-streaking, and my grandfather well, he just binge-worked all the time. Today, you have a binge-watching issue to confront with your child.

In my youth there were very specific windows of time devoted to kid-content or cartoon con-

sumption: after school (for a couple of hours) and Saturday mornings. These restrictions don't exist any longer and children can now stream *Power Rangers vs. Pokémon in Minecraft* hosted by insert annoying YouTube star for hours upon hours. It's as if Sammy B. Good and Mike Malibu crashed into your living room simultaneously screening *Voltron* and *Muppet Babies* at all hours of the day.

So what to do? The best way to discourage late-night watching is to hide the remotes. If the TV can't be powered on, episodes will not play. Stuff them deep into the couch cushions, in the freezer or any place a child wouldn't immediately find them (near a pile of books). If all else fails, stuff them into your pillowcase at night. The noisy clinking of plastic will serve as a reminder of your dominance over the situation.

HOW DO I KEEP MY KIDS ENGAGED AT ARTSFEST?

There are so many things for kids to do at Artsfest! But I get it, sometimes the walking and stopping and looking and shopping can wear on children. If your kids are younger, invest in a wagon. Or drive to the event in a golf cart. If your kids are of walking age, remind them that you once walked four hours both ways through a volcano to attend a festival, and once you got arrived it was canceled. To elevate your kids' Artsfest experience invest in these games:

- **Pooch Petting**: See how many different dogs you can pet. Extra points for multiple breeds, dogs wearing clothes and cranky canines.

- **Corn Crunch Contest**: Time each other to see who can eat an ear of corn fastest. Winner receives another ear of corn to slowly enjoy.

- **Most/Least**: Hunt for the most and least expensive items. Winners select a face paint style for the losers. (Stick Dad with something he'll despise!)

Remember, if you're not having fun, you're not trying hard enough.

Chad (the Dad)* is a husband, father and comic who realizes it takes a village to raise a child yet parents can't dump their kids in the village square where the village idiot becomes a bad influence. He maintains that you should raise your own damn kids to make the world a better place—have fun, but don't mess it up for the rest of us. Send your questions to him at standup@chadthedadharris.com.

* C(TD) is not a parenting expert, holds no relevant degrees and claims not to provide helpful advice.

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LARNELLE *goes to the movies*

A meaningful connection can happen anywhere—even at the movie theater bar after a perspective-challenging movie experience.

BY LARNELLE FOSTER

Have you ever had a moment in your life when you avoided something? I have. I avoid the dishes. I avoid the mail. I avoid going to the movies with someone else. I go to the movies most of the time by myself. I admit it: I am afraid of what I will see and avoid the shock of what someone else could say in response. I agree to see movies that I don't want to see because I don't want to offend someone. And I rarely invite anyone to go and see what I want to see.

A movie is also an awkward date—even with your parents. But I realized recently what I avoid the most is my real response to something I just saw. I want to be agreeable. But I also want to

tell the truth. And yet, do any of us go out in the world and live what we felt in a movie?

I went to the movies today with Katie and Johnny Shelton of The Mixtapes. (Shout out to them and their band!) We went to see *Black Panther*. Other than it not being lost on me that I never actually go to the movies with anyone other than my father, they let me know they had just seen *Peter Rabbit* with the kids the day before. Oh, Larnelle, oh. And here we go to see *Black Panther*. We watched the movie.

After the movie I had to use the bathroom, and I also cried. Another reason I watch movies alone. There were moments in the movie that were hard for me.

◀ Johnny Shelton, Larnelle Foster and Katie Shelton headed to the movies to challenge their perspectives and get out of their comfort zones.

Eventually the three of us were sitting in the very nice Alamo Drafthouse to chat. We picked a table in the middle of the room. Clarity. This was never supposed to be a movie review. And it isn't. And Katie, Johnny and I don't get to spend the day together often.

We talked about the movie. We talked about positive and strong women in a movie, about the underdog and what that really means to us, about how now there are changing images of what we saw growing up.

Katie and Johnny met in high school in Missouri. I grew up in Evanston, Illinois. But here we sit in Springfield talking about *Black Panther*. But more importantly, we are looking at the things that, as children, we didn't see. I never saw many superhero movies with people who looked like me in them. Katie never saw women being so well represented as powerful and beautiful. Johnny found solace in Kurt Vonnegut as a child but is happy to see that there doesn't have to be a superhero that is always white with a white sidekick.

The biggest part for me: Two other people enriched my life today. I'm not going to stop going to the movies alone. (I cried so much at one I had to take my own intermission.) But an action hero, or a woman, or an underdog, or a silent partner who is thoughtful and deliberate might just be a person to go to the movies with sometimes. It's special beyond belief.

We asked someone to take a photo of us at the end of our time, and the lovely woman said: "You guys look just like a *band*!" Wink.

WHAT'S A CULTURE CONVERSATION?

Hi, I'm Larnelle Foster, and I'm the owner of Q Enoteca on Commercial Street. If you haven't already heard, Springfield is awesome. Through conversations with people who are also awesome, we can look at how these 417-landers are strengthening the culture of the place we call home. You can find me exploring this topic and more in my new column in *417 Magazine*, and you can send topic ideas to me at larnellef@gmail.com. Let's do this!



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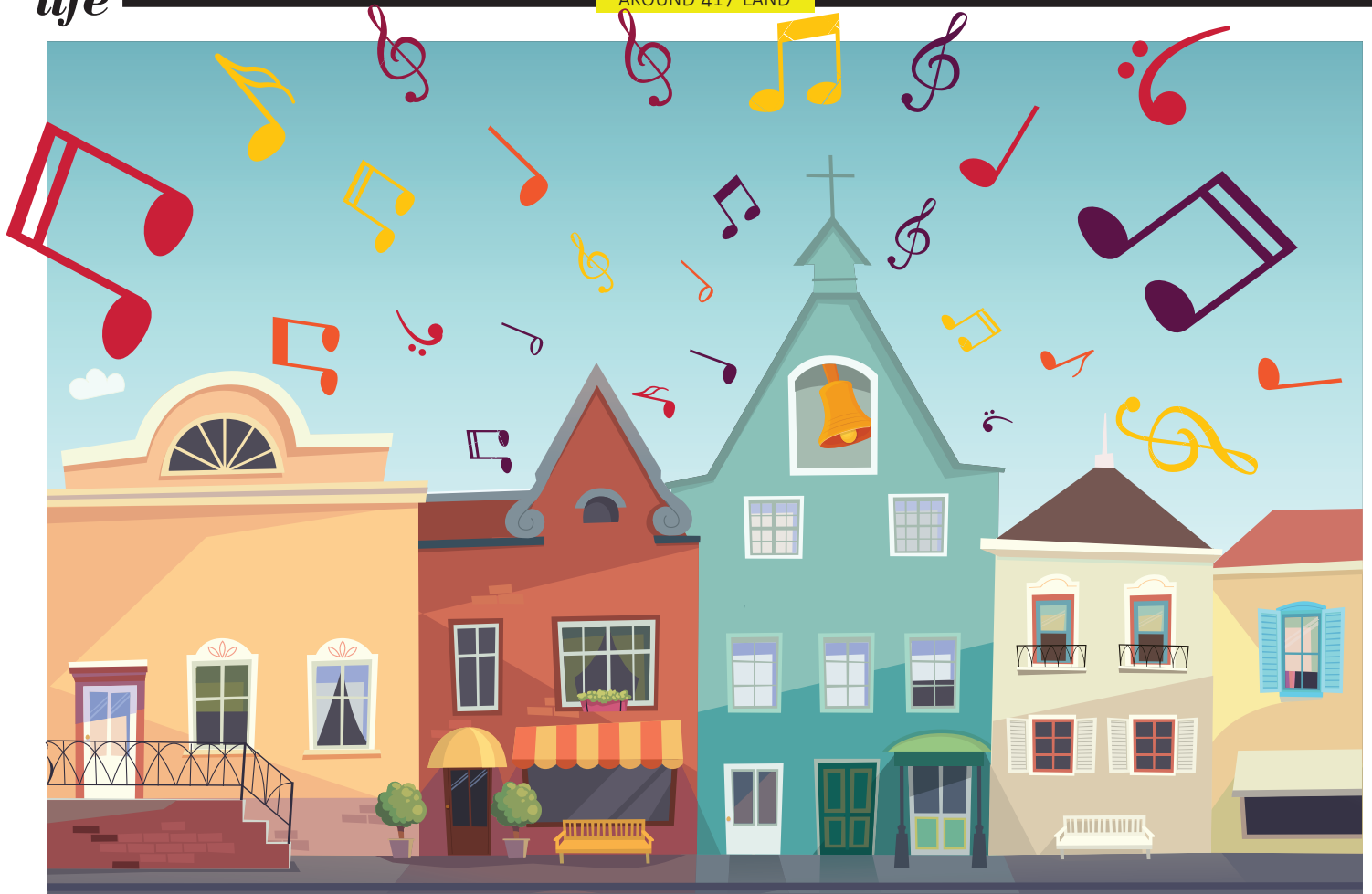
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sweet sounds OF THE CITY

Beneath the noises of the city's hustle and bustle lies a curious, melodious babble of sounds—you just have to stop and listen.

BY SUSAN ATTEBERRY SMITH

With a cacophony of other people's noise, on any given day, Springfield sounds like a typical city. There's the roar of freeway traffic, the bass thumping from someone else's car speakers at a red light. Somewhere, a jackhammer drums into concrete or a siren screams toward an emergency. Free adrenaline jolts—unlike espresso shots—abound. Yet for those who can stop and listen, so do more melodious sounds.

RINGING IN A NEW DAY

At 6 a.m., bells around the world call Catholics to pray the Angelus, a devotion begun by Franciscan monks in 11th-century Italy. Carillon bells in the tower at St. Joseph Catholic Church on North Campbell Avenue don't play hymns until 9:30 a.m., but when they do, everyone in the rectory—from Father Denis Dougherty to the Monday morning coffee group—stops work to say the ancient prayer. Traditionally, Angelus bells ring at 6 a.m., noon and 6 p.m., "But we don't dare play it at 6:00 in the morning," Dougherty says with a chuckle.

In his 18 years as parish priest, however, Dougherty has heard no complaints from neighbors about the thrice-daily repertoire of sacred music or the pealing of the church's original bells before Mass. "We think this reaches out to the

neighborhood and shares the concept that God is with us, and there's a place in our life to remember that," he says.

MUSIC IN THE AIR

Eight blocks north, when a pleasant breeze draws customers to tables outside Big Momma's Coffee & Espresso Bar on Commercial Street, more than traffic and street-level conversation meets their ears. Low, mellow tones float from two large wind chimes suspended above the sidewalk: They belong to Ms. Gilmore's Tea Room and Vintage Suitcase. "We have people sitting outside, and they'll say, 'Oh, how delightful,'" says Big Momma's owner Lyle Foster. "It's soothing, it's melodious, and I can just feel like I'm in a different place and time."

Even when the chimes clang on windy days, Foster doesn't mind. C-Street was "dead silent" when he opened his cafe before the street's revitalization. "All of it's really refreshing today because it symbolizes life and creativity and all that," he says.

MID-DAY CONCERTS

As noon carillon bells play and St. Joseph Academy students stop to pray the Angelus, yet another open-air concert starts at Missouri State University. Music from the 48 bells of the Jane A. Meyer Carillon has

resounded on campus during lunch hours and summer concerts since University Carillonneur Jeremy Chesman came to MSU in 2002.

Yet carillons—and carillonneurs—are rare. MSU's is one of two carillons in Missouri; Concordia Seminary in St. Louis houses the other. Chesman, who has studied with some of the best and performed throughout Europe, guesses he's one of a few hundred carillonneurs in North America. Still, the professor enjoys his anonymous recitals, mixing popular songs with less familiar compositions to connect with listeners he can't see from his perch in the Meyer Library tower. "Nobody knows who's up there, and I don't know who I'm reaching," Chesman says. "But sometimes I'll run into people on campus who say, 'Oh, I heard this last week, and this was a song my mother used to sing to me, and it was so nice to hear that song.'"

NATURE'S SURROUND SOUND

Spilling from pond to pond, water becomes a waterfall. Wind rustles through bamboo; birds sing. The Mizumoto Japanese Stroll Garden is an ideal spot within the Springfield Botanical Gardens at Nathanael Greene/Close Memorial Park to hear the music—and quiet spaces—of nature.

During weekend park events attracting as many as 10,000 visitors—April's Cherry Blossom Kite and Piñata Festival, June's Butterfly Festival or September's Japanese Fall Festival—the stroll garden is crowded. Most days, though, only 20 or 30 may visit, says Springfield Botanical Gardens Coordinator Katie Keith. "For the most part, that really is kind of an isolated garden, and if you come on a non-festival day, that is probably the most peaceful spot in the park," she says. "In some cases, you have almost seven-and-a-half acres to yourself."

With a prison shooting range nearby, even the stroll garden isn't perfectly peaceful. Yet "calming, soothing sounds" usually prevail, Keith says, and "just being in fresh air probably lowers your heart rate, calms you down, connects you with other organisms in the universe that maybe you wouldn't experience if you stayed inside all the time."

FIVE O'CLOCK BELLS

In the St. Joseph rectory hangs a print of *The Angelus*, painted by Jean-Francois Millet in 1859: Standing in a field at twilight, beside a pitchfork and harvest basket, a man and woman bow their heads in prayer.

As day workers leave downtown offices, hymns play once more from the church tower. "One lady called and said, 'Thank you for the bells. I listen to them on the way home,'" Dougherty says.

Such sounds modulate the noise of the city. "It's nice, I think, to hear some kind of organized sound that makes the world a little bit more beautiful," Chesman says.



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When you think of what you love most about your family, you probably think of the little things. Maybe it's your and your husband's shared love of jean jackets and birdwatching; or it could be the way your youngest refuses to leave the house without his blankie in tow; or perhaps it's as simple as the goofy way your dog always perks one ear up when she sees you. Whatever it may be, these quirks are what make our families beautiful, unique and our own.

To capture all the things that make your family unlike anyone else's, skip the Sears family portraits and instead opt for a hand-drawn, completely custom piece of art you can cherish forever... no "cheesing" necessary! Chrisara Designs is a local duo creating one-of-a-kind family illustrations. The twin sisters, Sara Schmitz Olson and Christa Schmitz Tiggemann, are two of 417-land's most creative minds, and together they've built a business doing what they love the most—celebrating family and friends using their artistic talents. Collaborating as twins means they're always in sync and can work even more effectively and efficiently.

When you commission a piece from Chrisara Designs, it's more than just ticking boxes on a form. A custom family portrait requires a custom experience, and the two artists are fantastic at discovering what makes each family unique and interpreting that into a fun, whimsical illustration. There's no better way to capture your family exactly as they are, quirks and all.

The Murphy House Bed & Breakfast is a home within the quaint historic Franklin Boulevard neighborhood of Weston.

getaway to WESTON

Established in the mid-1800s just north of Kansas City, Weston was once the second largest riverboat port in Missouri. Today it's a haven for artists, collectors, makers, creators and growers who welcome visitors. Find out why it's been repeatedly voted No. 1 for best day trip and overnight destination.

BY SONY HOCKLANDER

SHOP

Find treasure behind nearly every historic door on Main Street. Among antique and flea markets, try the **1837 Emporium** (411 Main St., Weston, 816-640-2100, facebook.com/1837Emporium) and **Jeff's Architectural Salvage** (201 Welt St., Weston, 913-669-8516), located near the old riverboat port. (They also rent bikes!)

Linger in the wonderfully cluttered **Sundance Photo Gallery and Mort's Classic Cameras** (525 Main St., Weston, 816-386-4310, sundancephotogallery.com). The walls are covered with fascinating Kansas City vaudeville-era prints from the plates of photographer Orval Hixon. **Renditions Polish Pottery Shop** (522 Main St., Weston, 816-640-2300, renditionsweston.com) boasts the Midwest's largest collection of imports. Visit during the second Saturday in June to catch the annual Polish Pottery Festival.

The town is packed with small shops full of artful wearables, crafted furniture, gallery art, local edibles and unique gifts and decor, so you'll want to explore every inch of downtown.

STAY

Weston is a wonderful day trip, but a weekend is even better. Besides numerous places to dine and shop, there's also a walking and bike trail, plus **Weston Bend State Park** (mostateparks.com) overlooking the Missouri River. Stay downtown at the historic renovated **St. George's Hotel** (500 Main St., Weston, 816-640-9902, westonirish.com), which started serving travelers in 1845. Its in-house bar features Weston-brewed beer.

Find romance at the **Weston Bed & Breakfast** (908 Washington St., Weston, 816-640-9916, westonbedandbreakfast.com), a Queen Anne Victorian with a wraparound porch.

Built in 1895, it offers wedding packages for the minimalist-minded. Other bed-and-breakfast options include the **Benner House** (645 Main St., Weston, 816-640-2616, bennerhouse.com), **Murphy House Bed & Breakfast** (926 Spring St., Weston, 816-640-5577, themurphyhousebb.org) and **The Coal House Lodge** (201 Welt St., Weston, 913-669-8519, coalouselodge.com)—a converted coal elevator feet from the Weston Bluffs Trail.





Green Dirt Farm

(1) Start your day at Green Dirt Farm by sampling beers and nibbling on paired cheeses. **(2)** Learn a little more about what you've just sampled by discovering the cheese making process. **(3)** In the evening, take part in a farm-to-table meal prepared with Green Dirt Farm's finest offerings.



SIP

Tour the **Holladay Distillery** (1 McCormick Lane, Weston, 816-640-3056, holladaydistillery.com) to experience Weston history via the distillery that started in 1856. Purchase spirits at **McCormick on Main** (420 Main St., Weston, 816-640-3149, mccormickdistilling.com). **O'Malley's 1842 Pub** (540 Welt St., 816-640-5235, westonirish.com) is a grill and consumer outlet for Weston Brewing Company, maker of O'Malley's Irish Crème Ale.

Mini-wine tour? Try **Pirtle Winery** (502 Spring St., Weston, 816-640-5728, pirtlewinery.com), housed in a former Weston church; **Riverwood Winery** (22200 State Route 45 N., Rushville, 816-579-9797, riverwoodwinery.com) 7 miles away; and the **Terra Vox** wines tasting room (19310 N.W. Farley Hampton Road, 816-354-4903, vox-vineyards.com) inside Green Dirt Farm Creamery.

DINE

Stop for lunch; stay for dinner. In Weston you'll find everything from fancy cuisine to old-fashioned soda bars, tea rooms, grills and farm-fresh fare, with settings as delicious as their menus. **The Avalon Café** (608 Main St., Weston, 816-640-2835, avaloncafeweston.com) is housed in an antebellum home serving lunch, dinner and Sunday brunch. The menu offers steakburgers, flatbread pizzas and specialties. Adventurous palate? Try the elk strip loin or ostrich sirloin.

Breads and pastries are made in-house at the **Tea Room in Main Street Galleria** (501 Main St., Weston, 816-640-2825, westongalleria.com). A soda bar on the main level has been operating for a century—perfect for a quick treat while hunting antiques. The family-owned **Weston Café** (407 Main St., Weston, 816-640-2224) serves seasonal fresh-baked pies, and the **Weston Coffee Roastery** (413 Main St., Weston, 816-640-7045, facebook.com/WestonCoffeeRoastery) is a good place to start your morning or stop for lunch.

TOUR THE FARM

Green Dirt Farm (1099 Welt St., Weston, 816-386-2156, greendirtfarm.com), minutes from Weston, is an outing in itself. Tour the working farm and cheese kitchen while learning about good dirt; grass-fed sheep; and what goes into cheese-making. The tour ends at the creamery on the edge of town, with samples of smooth, yummy cheese that have earned multiple awards. Check the website's event page for popular farm-to-table dinners using goods also from other regional artisan growers and makers.

Or pop into the creamery for the dine-in deli or a picnic lunch to go. You'll also find beverages and foods from regional makers—including Askinsie Chocolate! The Aux Arcs cheese should make you feel right at home: It's pronounced "Ozarks."



GETTING THERE

Weston, Missouri, is nearly three and a half hours from Springfield and about 30 miles north of Kansas City. Head for Kansas City, eventually merging in the city onto US 29 north then take Missouri 273 about 7 miles into Weston.

HOW LONG TO STAY

Make it a day trip while visiting Kansas City, or plan for a weekend.

WHAT TO PACK

Shopping bags might come in handy, and bring a camera if you like to shoot historic buildings.

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Big Brothers Big Sisters
of the Ozarks

Mentor Spotlight



"Relating to a 9-year-old is surprisingly easy. We share a new adventure every time we hang out. Junior loves being outdoors. We've done everything from fishing to riding bikes to playing sports. Making time for him is really just making time for me. A lot of what we do are first-time experiences for him, too. All it takes is hanging out once a week to help a kid grow up to be a productive, successful adult."

Ryan Sanders, CPCU, CIC
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stuff to do

This month's musical events are sure to please the performing arts lover, but there's so much more in store, including the return of one of 417-land's favorite festivals.

BY JENNIFER ADAMSON



▲ THE PHANTOM OF THE OPERA

MAY 23–JUNE 3

You can't call yourself a fan of theater until you've seen the longest running show in Broadway history live. This month, *The Phantom of the Opera* comes to Springfield with one of the largest ensembles on tour. Familiar songs like "Think of Me" and "The Music of the Night," as well as impressive stage and lighting designs, including the infamous chandelier, make this an evening to remember.

\$35–135; 2 p.m. matinee, 7:30 p.m. and 8 p.m. evening performances scheduled; Juanita K. Hammons Hall for the Performing Arts, 525 S. John Q. Hammons Parkway, Springfield. For tickets and showtimes, call 417-836-7678 or visit hammonshall.com.

PUBLIC TOURS OF ASKINOSIE CHOCOLATE FACTORY

MAY 1

Get a behind-the-scenes look at what makes Askinosie Chocolate one of 417-land's sweetest businesses when you tour the factory on Commercial Street in Springfield. Learn about the company's roots and its global mission, see how its famous bean-to-bar chocolate is made, and, of course, sample the deliciousness. After the 45-minute tour, enjoy a 10-percent discount in the on-site shop. Tours are given weekly on Tuesday.

\$5 for adults, \$4 for students and children; 3:30 p.m.; Askinosie Chocolate, 514 E. Commercial St., Springfield. For more info, call 417-862-9900 or visit askinosie.com.

DWIGHT YOAKAM

MAY 3

When Dwight Yoakam started writing and playing music in the 1980s, the bluegrass undertones and gnarly vocals of his honky-tonk style offered a cross between country and rock that left his sound hard to categorize. Decades later, Yoakam has released many original songs and covers of popular titles that have made him a prolific recording artist.

\$59.50-135 for reserved seating; Doors open 6 p.m., concert begins 7 p.m.; Gillioz Theatre, 325 Park Central East, Springfield. For tickets, call 417-863-9491 or visit gillioz.org.

JUSTIN MOORE: HELL ON A HIGHWAY TOUR

MAY 3

Since signing with his own record label, Justin Moore has a decade of making award-winning music under his belt buckle. Now he's headlining another tour, bringing his talent and twang to Springfield. Expect to hear old songs off his first albums, as well as current hits from his most recent album, *Kinda Don't Care*. Country music newcomer Dylan Scott opens the show.

\$22.75-49.75 for tickets, \$10 for parking; 7:30 p.m.; JQH Arena, 685 S. John Q. Hammons Parkway, Springfield. For tickets, call 417-836-7678 or visit missouristatetix.com.

MISSOURI STATE UNIVERSITY SPRING DANCE CONCERT: PARTS OF THE WHOLE

MAY 3-6

Join the Theatre and Dance Department at Missouri State University for a performance exploring how the many styles of dance can be blended to create an imaginative and thought-provoking experience. The concert features original works choreographed by MSU dance faculty and guest artist Ashley Goos, whose modern dance piece "Distortion" premieres in this concert before the Cincinnati Area Choreographers Festival this summer.

\$14 for adults, \$12 for seniors and students; \$8 in advance with MSU ID; 7:30-10 p.m.; Cogger Theatre, Missouri State University, 901 S. National Ave., Springfield. For tickets, call 417-836-7678 or visit missouristatetix.com.



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BLUEGRASS & BBQ AT SILVER DOLLAR CITY

MAY 3-28

Barbecue fans unite this month at Silver Dollar City for the annual Bluegrass & BBQ festival featuring award-winning performers from around the country and a huge feast of meats. When you're finished eating, catch any number of shows by top bluegrass musicians, including Grammy winner Ricky Skaggs, who performs on May 27. And, as always, new talent in bluegrass competes in the Youth in Bluegrass Band Contest on May 26.

\$54-65 for one-day pass, season passes available; Silver Dollar City, 399 Silver Dollar City Parkway, Branson. For tickets and complete list of performers, visit silverdollarcity.com.

2 FRIENDS & JUNK

MAY 4-5

From antiques to repurposed, find exactly what you need to complete your decor—and probably at least one old treasure you just can't leave behind—at this year's 2 Friends & Junk show. Boutique and craft vendors are also on-site, in case rusted metal and chipped wood don't make your heart pitter-patter. Doors open two hours early on Friday for VIP ticket holders.

\$5 for both days; Friday noon-5 p.m., Saturday 9 a.m.-5 p.m.; Ozark Empire Fairgrounds, 3001 N. Grant Ave., Springfield. For more info, call 620-515-3301 or visit twofriendsandjunk.com.

HOW TO SUCCEED IN BUSINESS WITHOUT REALLY TRYING

MAY 4-20

Climbing the corporate ladder takes hustle, unless you're J. Pierrepont Finch, who believes there's a way to get to the top that doesn't involve hard work (or any work at all, really). In this gut-busting rendition of the Broadway musical of the same name, Finch moves from window washer to chairman of the board using a series of clever ruses—all humorously disguised as dedication to the ideology of big business.

\$16-36; Thursdays through Saturdays 7:30 p.m., Sundays 2 p.m.; Springfield Little Theatre, 311 E. Walnut St., Springfield. For tickets, call 417-869-1334 or visit springfieldlittletheatre.org.

◀ WHOSE LIVE ANYWAY?

MAY 6

How many ways could you use an oddly shaped foam prop? Probably not as many as the cast of the long-running hit television show *Whose Line Is It Anyway?* Join the witty foursome of Ryan Stiles, Greg Proops, Jeff B. Davis and Joel Murray as they compete in wacky improv games and create hilarious songs all based on audience suggestions. When you're live on stage, anything can happen.

\$37-57; 7:30-9 p.m.; Juanita K. Hammons Hall for the Performing Arts, 525 S. John Q. Hammons Parkway, Springfield. For tickets, call 417-836-7678 or visit hammonshall.com.

YOUR LOCAL BREW

MAY 10

For adults only comes a wacky, interactive, live game show combining beer, music and a good time. During the show, audience members answer random, nonsensical questions, and at the end of the night, local musicians use those responses to write and play a ridiculous original tune. There are also games with prizes. Tickets include dinner from Skully's, a beer and the show.

\$20; 6:30-9:30 p.m.; White River Brewing Co., 505 W. Commercial St., Springfield. For more info, call 417-869-1366 or visit theflipside.com/your-local-brew.

SPRINGFIELD INDIAN ARTIFACT SHOW

MAY 11-12

Antiques Roadshow meets Native American culture at this event displaying and offering appraisals for prehistoric Indian artifacts. Collectors from eight states display finds, many of which were discovered in this area thousands of years ago. Feel free to bring your own vestiges for identification, appraisal and authentication or to sell or trade.

\$10 for adults for Friday VIP preview, includes Saturday admission, \$4 for adults for Saturday only, free for ages 12 and younger, additional fee for artifact authentication; Friday 5-8 p.m., Saturday 8 a.m.-4 p.m.; Ozark Empire Fairgrounds, 3001 N. Grant Ave., Springfield. For more info, call 417-619-3269.

BROADWAY REVOLUTION CONCERT

MAY 12

Springfield Symphony Orchestra ends its concert season with a presentation of dramatic scores from some of Broadway's most beloved and powerful productions. Hear music from *Les Miserables*, *The Phantom of the Opera*, *Jesus Christ Superstar*, *Hamilton* and more. Even though you aren't among the glitz and glamor of New York City, the lights are still bright and there's still magic in the air.

\$20-36; Pre-concert music 7 p.m., concert 7:30 p.m.; Juanita K. Hammons Hall for the Performing Arts, 525 S. John Q. Hammons Parkway, Springfield. For tickets, call 417-836-7678 or visit hammonshall.com.

▼ **BLUE OCTOBER**
MAY 13

It might be May, but October is closer than you think—Blue October, that is. Following a recording hiatus, the alternative rock band is making a comeback with its newest albums, *Sway* and *Home*, and a tour that includes a stop in Springfield. Known for their emotionally charged lyrics and soul-stirring melodies, the band's performance is as electric as its beats.

\$28 in advance, \$30 at the door, general admission; Doors open 6:30 p.m., concert begins 8 p.m., Gillioz Theatre, 325 Park Central East, Springfield. For tickets, call 417-863-9491 or visit gillioz.org.



BRANSON LANDING SUMMER CONCERT SERIES KICKOFF

MAY 26

If shows and scenery aren't enough to draw you to Branson, give the Summer Concert Series a chance. From the fountains at Branson Landing, some of Branson's most well-known artists round out a summer lineup that promises to entertain. Additional concerts are scheduled through September, including a special performance with fireworks to celebrate the Fourth of July.

Free; 7 p.m.; Branson Landing, 100 Branson Landing, Branson. For a list of performers and other summer events at the Landing, call 417-239-3002 or visit bransonlanding.com.

FROLIC OF THE MIND: THE ILLUSTRIOUS LIFE OF ROSE O'NEILL

ONGOING

Rose O'Neill is most remembered for her Kewpie cartoons from the early 1900s, but her artistic skill was abundant, encompassing illustration, invention and the written word. This comprehensive exhibition features 150 works, curated from public and private collections, including the National Portrait Gallery and the Smithsonian American Art Museum. This exhibit runs through August 5.

Free; Sundays 1–5 p.m., Tuesdays and Wednesdays 10 a.m.–6 p.m., Thursdays 10 a.m.–8 p.m., Fridays and Saturdays 10 a.m.–6 p.m.; Springfield Art Museum, 1111 E. Brookside Dr., Springfield. For more info, call 417-837-5700 or visit sgfmuseum.org.

Photo courtesy Blue October

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BY TRINH NGUYEN



417
SPONSORED
EVENT

ARTSFEST 2018

Benefiting the Downtown Springfield Association

May 5–6

Pack your sunglasses and caps to join one of the biggest outdoor art events in southwest Missouri: Artsfest. Your participation helps connect the work of artists to art enthusiasts. The event offers artists a free hospitality house, more than \$5,000 in cash awards and access to more than 20,000 art lovers. You can also try delicious food from vendors and some of Springfield's favorite restaurants.

\$4 in advance, \$5 at the door; 10 a.m.–6 p.m. on Saturday, 10 a.m.–5 p.m. on Sunday; historic Walnut Street. Group tickets available at 417tix.com or at the door. For more information visit springfieldarts.org/artsfest.

BEARD AND MOUSTACHE COMPETITION

Benefiting Foster-Adopt-Connect

May 5

There is no doubt that we have competition in everything—including facial hair. Enjoy an event full of magnificent beards and moustaches hosted by the Queen City Beard and Moustache Federation. You have the chance to observe 14 categories of various styles of facial hair, including moustache, partial beard, full beard and fake divisions. Event benefits Foster-Adopt-Connect, providing foster and adopted children a stable and loving family environment.

\$1–20; 2 p.m.; 319 Downtown Event Center, 319 W. Walnut St., Springfield. To purchase tickets, visit eventbrite.com.

SAVE THE DATE

Benefiting the Perspective Preparatory Academy

May 5

Support innovation in the world of education and join Save the Date Gala organized by Perspectives Preparatory Academy. The night consists of cocktail hour, hors d'oeuvres, plated dinner, live auction, live music and after-party. The academy recognizes each student's strengths and different learning styles. Donations go to the school, helping to provide an inclusive learning experience for students.

Tickets depend on sponsorship categories; 6 p.m.; May 5; Gillioz Theater, 325 Park Central East, Springfield. To purchase tickets call 417-714-0073.

STOMP THE BLUES FESTIVAL

Benefiting Stomp the Blues out of Homelessness, Inc.

May 19

Participate in this all-day event to support the prevention of homelessness. There are food vendors, drinks and music performances by great national bands. The event provides a chance to learn about Stomp the Blues' organization and its efforts to help those in need by raising money with the finest music created.

\$25–625; 12 p.m.; 220 W. Farm Road 182, 220 W. Plainview Road, Springfield. To purchase tickets, visit eventbrite.com.

kids CALENDAR

Keep your little ones busy at our favorite kid-friendly events this month

BY JENNA DEJONG

PJ MASKS LIVE! TIME TO BE A HERO

May 9

Be a kid for a night and take your clan out to watch the musical show based on the popular animated Disney Junior TV series. Kids learn a great deal by following the adventures of three young friends who turn into heroes at night to solve mysteries and gain valuable lessons along the way. This production transforms the on-screen series into live performances with immersive interactivity, keeping the series' original music.

\$32-102; 6 p.m.; Gillioz Theatre, 325 Park Central East, Springfield. For tickets, visit gillioztheatre.com or call 417-863-9491.

417 TIX MOTHER'S DAY AT THE DISCOVERY CENTER OF SPRINGFIELD

May 13

Celebrate Mother's Day with free admission for moms and grandmothers at the Discovery Center. Today is the day to try out the hands-on science museum with seven combined floors full of things to touch, play with, examine and experiment with. The center regularly puts together new exhibits where families can dig for dinosaur bones, lay on a bed of nails, investigate with a magnifier—the possibilities are endless.

Free for mothers and grandmothers, \$8 for kids ages 3-15, \$12 for adults; 1-5 p.m.; Discovery Center of Springfield, 438 E. Saint Louis St., Springfield. Visit discoverycenter.org for more information.

AVENGERS CANDY MAKING CLASS

May 29-June 2

Register early for a delicious candy-making class at Bon Bon's Candy House. Classes are held throughout the year, each sporting a new theme, and this roundup has everything centered on the Avengers movies. Options include a Spiderman web chocolate mold, a Captain America Rice Krispie treat and an Incredible Hulk marshmallow pop. Each day has three class times available for reservation.

\$18; 10 a.m., noon or 2 p.m.; Bon Bon's Candy House, 3857 S. Campbell Ave., Springfield. To make a reservation call 417-883-3420. For more information visit candyhousesgf.com.

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Whether you're looking for an activity to do with your kids or you want to pamper your mom for her hard work, these Mother's Day events are designed with your interests in mind.

BY JENNIFER ADAMSON

FOR THE ANIMAL-LOVING MOM

MAY 13

Do you have a little monkey who might want to see a little monkey? Celebrate Mother's Day with your kids at Dickerson Park Zoo, where moms get in free on May 13. Whether you explore the zoo on foot or by train, hundreds of domestic and exotic animals await your arrival, including hungry giraffes you can feed. Before you leave the house, print off a scavenger hunt for added fun.

Free for moms and for children ages 2 and younger, \$12 for adults, \$8 for ages 3 to 12; 10 a.m.–4 p.m.; Dickerson Park Zoo, 1401 W. Norton Road, Springfield. For more info, call 417-833-1570 or visit dickersonparkzoo.org.

FOR THE CRAFTY MOM

MAY 5

If your idea of celebrating Mother's Day is with a paintbrush in hand, sign up for the Mothers Against Ugly Lamps class at Baglady Boutique. While enjoying snacks and conversation with other moms, watch as an outdated lamp is transformed into a stylish decor piece using Annie Sloan chalk paint. Then complete your own project to take home. All materials are provided, including lamps.

\$75 per person; 11 a.m.–noon; Baglady Boutique, 1111 E. Republic Road, Springfield. For more info, call 417-882-4438 or visit facebook.com/baglady-boutique.

FOR THE HUNGRY MOM

MAY 13

Avoid cooking this year and treat your mom to a Mother's Day brunch at Chateau on the Lake. While taking in the resort's stunning views of the water, create your own menu from multiple buffet-style stations, including meats and seafood, breakfast fare and desserts. After you eat, relax with a session for two at Spa Chateau or take an afternoon walk around the beautifully landscaped grounds.

\$56 for adults, \$25 for ages 6 to 12; 10:30 a.m.–3 p.m.; Chateau on the Lake, 415 N. State Highway 265, Branson. For more info, call 417-334-1161 or visit chateauonthelake.com.



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Reward yourself after a challenging class with some new gear from Dynamic Body's fitness boutique. Their Body Boutique is a large display of over 20 brands of "athleisure" wear, perfect for fitness, golf, tennis or everyday leisure wear.

Meeting your fitness goals is their number one priority, and they do everything they can to exceed your expectations. Schedule an appointment or join a class today, and see how Dynamic Body can help you make your body dynamic!

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taste

COOKING UP A MESS

A new cookbook from the team at A Beautiful Mess challenged Managing Editor Claire Porter to radically alter her diet. Find out if she bit off more than she could chew on p. 70.

Fill up on fruits and veggies with the Stacked Apple and Kale Salad from *Weekday Weekend*.



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FOODIE CALENDAR

Sip on a cup of joe, throw back a beer
and chow down on some barbecue at
this month's mouthwatering events.

BY JENNA DEJONG

SPRINGFIELD COFFEE FEST

May 12

Benefiting Safe and Sober is the third annual event every coffee-holic won't want to miss. Multiple local coffee vendors hand out samples of their finest and to heat things up, they'll be judged in a few categories. Eurasia Café, Keen Bean Coffee and Vintage Paris Courtyard and Coffee Shop are all in attendance, and every attendee receives a free donut from St. George's Donuts. Make sure to stick around for the giveaways and live musicians.

\$10; 8 a.m.–noon; Farmers Market of the Ozarks, 2144 E. Republic Road, Springfield. Visit springfieldcoffeefest.com for tickets and more information. Tickets are also available at the door.

8TH EVER MOTHER'S DAY FESTIVAL

May 19

Kick your feet up and sip on 417 Magazine's 20th anniversary beer made in collaboration with Mother's Brewing Co. The new concoction debuts at the festival, where guests listen to live music and try delicious eats from three food trucks. Plus, all of the Mother's beer lineup is on tap. Happening rain or shine. Bring chairs and blankets.

\$10 per person, kids 15 and younger free; 1–9 p.m.; Mother's Brewing Co., 215 S. Grant Ave., Springfield. For tickets and more information, visit mothersbrewing.com.

BLUEGRASS & BBQ

May 3–28

The month of May is one of the best times to visit Silver Dollar City because of its internationally acclaimed bluegrass event. More than 60 bands with big names and rising stars are performing over 24 days, and The House of BBQ offers its 18-hour slow-smoked brisket, pulled pork, chicken and ribs. Wanting to visit it all? Buy a season pass for less than the cost of two single-day tickets.

\$65 plus tax for a one-day adult ticket, \$54 plus tax for kids ages 4–11, \$63 for ages 62 and older; times vary; Silver Dollar City, 399 Silver Dollar City Parkway, Branson. Visit silverdollarcity.com or call 800-831-4386 for more information.

[YUM OF THE MONTH]

BIRRIA TACOS

from Cesar's Old Mexico, 3027 E. Sunshine St.,
Springfield, 417-881-8252

THE ACCOUTERMENTS

Cesar's keeps it fresh and simple with cilantro and chopped onions.

THE TORTILLA

Some of the best tortillas in town, these hold up to the sloppy fillings inside.

THE MEAT

The slow-cooked shredded beef is mouthwateringly tender and delightfully seasoned.

[DRINK OF THE MONTH]

Sinfully Good Sangria



Let's start by clearing the air: I am not a sangria connoisseur, largely because I love it so much that I'll happily drink it even if it's "bad sangria." You've had bad sangria, right? Way too sweet. So sweet that it hardly tastes like anything anymore other than sugary alcohol. I'll drink that, and I'm not ashamed. That's poolside, too-much-sunshine sangria, and it has its place. But when I'm dining out, I want something better than that. I want quality ingredients. I want less sweetness. I want something that surprises me. And I get that when I order a glass of the sangria at **The Pitch Pizza & Pub** (2924 E. Sunshine St., Springfield, thepitchpizza.com). The flavors change with each new batch, but I've never tasted one I didn't think was absolutely stellar. The red sangria with hints of cinnamon and orange was a welcome treat last winter. Even better was the version I tried this spring, which, the server warned, "has a lot of brandy in it." I can take it! For a glass of sangria that awakens the senses and perfectly complements a great slice of pizza, The Pitch wins for me every time.—Katie Pollock Estes

Photos by Vivian Wheeler

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[REVIEW]

simmered to PERFECTION

The husband and wife team behind Haruno, Kai and Koriya enter the ramen game.

BY VIVIAN WHEELER

On his Netflix show, *Ugly Delicious*, celebrity chef David Chang, owner of the famous, ramen-centric Momofuku Noodle Bar, says the way he knows that something is really delicious is that he is already planning the next time he will get to eat it again before he even finishes the dish. Chang was talking about yakitori, which is Japanese skewered chicken, but I had that exact experience when I tried the ramen from Karai Ramen + Handroll. As I was slurping down the perfectly cooked noodles and deeply flavorful broth, I was already planning my next visit. That was less than a month ago. I've been back five times since.

Ramen is not a complicated food, and yet, as it says on the menu at Karai, "True love is hard to find. Good ramen is even harder." There are countless variations of the Japanese soup and endless toppings and ingredients that can be employed to create those variations, but at its most essential, ramen is noodles and broth. And if the noodles and broth aren't good, it doesn't matter how many fancy toppings you throw at it; it's not going to be good.

When it comes to noodles and broth, Karai gets it right. So right. That's because of the painstaking research and development that co-owner Young Jun has put into the menu. This is not Jun's first crack at opening a restaurant. She and her husband, John Jung, also own

KARAI RAMEN + HANDROLL

640 W. Republic Road, Springfield
417-319-5225, facebook.com/kairairamen
Mon.-Fri. 11 a.m.-2:30 p.m. and 5-10 p.m.
Sat., 11:30 a.m.-2:30 p.m. and 5-10 p.m.
\$-\$\$



The Karai Ramen is made with broth that takes 24 to 48 hours to make and noodles shipped in weekly from California.

Haruno, Kai and Koriya, but Karai has been Jun's passion project from concept to creation, and Jun has overseen every detail, so much so that she got her contractor's license in order to execute her precise vision of the design of the restaurant. Jun loves ramen and has eaten it all over the world, so when she decided to bring it to Springfield, she wanted it to be authentic.

Jun spent two years perfecting recipes and sourcing ingredients. The noodles were the hardest to find, with Jun eventually locating a noodle-maker in California who ships them fresh weekly. As far as the broth, Karai's traditional tonkotsu broth is made daily from pork



Finish your feast with the green tea crème brûlée.



In addition to all sorts of ramen, Karai's menu includes handrolls, sandwiches, desserts and more.

bones that are simmered for 24 to 48 hours. Other ingredients—such as ginger, garlic and spring onion—are then added to the mix. The broth is unctuous, salty and downright addictive. The tonkotsu broth serves as the base for several of the restaurant's six ramen dishes, including the signature Karai Ramen.

JUN LOVES RAMEN AND HAS EATEN IT ALL OVER THE WORLD, SO WHEN SHE DECIDED TO BRING IT TO SPRINGFIELD, SHE WANTED IT TO BE AUTHENTIC.

The Karai Ramen is typically served spicy, but you can adjust the level of spiciness to your liking. However, I highly recommend getting it spicy, as the garlic yuzu chili sauce that is used to add the heat also packs a lot of flavor.

You get to pick what protein comes with the Karai Ramen. Trust me here, though, and pick the chashu pork, which is pork belly that has been seasoned and braised for several hours. It's fatty and delicious, and you should probably go ahead and order an extra side of it, because you're going to want more.

In addition to the tonkotsu ramen bowls, there are chicken and vegetarian ramen dishes, so don't be scared if pork isn't your preferred flavor. And if you're not into ramen at all, there are plenty of other options to choose from, including a variety of handrolls. (The spicy tuna handroll is not to be missed.) Handrolls are a type of sushi, and Karai serves its handrolls open-face on a sheet of nori, so you can wrap them yourself. You'll also find rice bowls, sandwiches, sushi and a selection of hot and cold small plates. This is one of the ways Karai differs from traditional ramen restaurants. Typically, ramen places only serve ramen, but the menu at Karai is large and varied. There is also a full bar. Even if someone isn't a ramen addict, there's something on the menu at Karai they'll like. However, I have a hunch that if they try the ramen, they'll quickly become a convert.

▼ Get your fix of fresh seafood by ordering a lobster, shrimp or spicy tuna handroll—which are served open-face for you to wrap yourself.



▼ Pair your meal with a cold Asahi Super Dry, a traditional Japanese beer.



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REVIEWS AT
417mag.com

MORE TO LOVE

CHILL OUT

Karai Ramen + Handroll sells Asahi Super Dry beer, a Japanese lager that is very popular on the coasts and throughout Asia. There is even a special machine the beer is stored in that keeps it extra cold and fresh.

TEA TIME

The green tea crème brûlée is a Japanese twist on a dessert classic that is just the right amount of sweet.

PRIME DESIGN

Every element of the decor was hand-picked by co-owner Young Jun. One of our favorite pieces is the living moss wall hangings, but they're not only pretty to look at. These decorations purify the air and can last up to 10 years.

NOODLE NEWS

Regardless of what you've heard, there is no right or wrong way to eat ramen. Eating ramen is a casual affair, so don't be afraid to pick up that bowl and slurp down the last of the broth.

TRIED AND TRUE

If you're craving ramen but are a sushi lover at heart, have no fear. Several Haruno and Kai classics are available at Karai, like the Oh My God and Sex and the City rolls. Who said you couldn't have your sushi and eat it, too?

In March, a small group of lucky 417 staffers went on a reconnaissance mission to Mother's Brewing Co. to help decide the flavor profile of our collaboration beer.



the mother of all **COLLABORATIONS**

As part of our year-long celebration of our 20th anniversary, we joined forces with Mother's Brewing Co. to create our very own beer.

BY EVAN GREENBERG

At 417 Magazine, we don't do anything halfway. We're keyed in on the happenings of 417-land, striving to bring the best stories and coverage possible to our readers.

We've applied this same mantra in celebrating our 20th anniversary. We've already rolled out the 417 Sundae, our exclusive sundae collaboration with Andy's Frozen Custard. But we wanted to do more—something that allowed us to show how much we care about our community and the local businesses that help it hum.

Mother's Brewing Co. is a lot like us. They are entrenched in 417-land, hosting events and connecting people in the community. With this in mind, we decided we wanted to be a part of the Mother's family. We approached them and asked if they might brew a beer to help us cel-

Photos by Brandon Alms



celebrate our anniversary. After some very serious tasting, deliberation and, alright, more tasting, we are pleased to announce our collaboration with Mother's, the Mother's Brewing Company Collaboration Series: 417 Magazine.

To state the obvious, beer doesn't just appear out of thin air. There's the brainstorming process; in this case, Mother's brewmaster David Soper plotted the types of beer he wanted to present to us to sample. He already had a few ideas in his back pocket prior to connecting with us, and when we arrived at Mother's on a secret mission in March, he gave us two options: an Irish dry stout and a New England-style IPA.

Our No. 1 priority was to choose the beer that we felt best represented us and what we think our audience might like to drink. As a visual aid, Soper laid out ingredients of each of the beers



Mother's Brewing Co. brewmaster David Soper demonstrated possible beer flavors by displaying ingredients as we tried the options.

as a signifier for what they might taste like. We did not sample the finished product, rather the Mother's beer that most resembled what our collaboration would become.

The idea behind the stout was to defy conventions. Soper laid out Askinosie chocolate—again, local!—tangerines and chocolate-covered candy oranges. To simulate the closest thing to what the finished product could be, we tried Mother's GB's Original Dry.

The stout was tasty and very drinkable—something that was important to us given the collab's summer release. But we were wary of a stout in the summertime. At one point, a staffer remarked to Soper that he's a seasonal beer drinker: dark in the winter and light in the summer. He acknowledged that and assured us most people are the same. That certainly weighed on us in the decision-making process.

We turned our attention to the New England IPA. IPAs can be polarizing, but they are far and away the most prominent style of craft beer, and we were excited to see what Mother's had in mind. There are nuances from one IPA to the next; Soper pitched us a beer style that has a hazy, almost pulpy texture and is versatile in its consistencies. In a sense, IPAs are a blank canvas for experimentation and creativity, which is exactly what we hoped our beer would demonstrate.

IPA as a style is sometimes framed as a pejorative. The New England style in particular has been the runt in craft beer circles. But now, Soper says, IPAs are one of the biggest trends in 2018.

For our purposes, Soper set out passion fruit concentrate, vanilla bean and coconut—the same ingredients they have included in our collaboration. He had us taste Mother's Sunshine Chugsuckle, which had a flavor profile that most resembled what our beer tastes like.

We were immediately taken with the idea. We want to have our fingers on what's next, so a trendy New England IPA really appealed to us. It's tasty—that's obviously a prerequisite. But it's also something we feel confident in putting out to the world and to you, our audience. Capturing the feel of 417 in a beer is an abstract concept, but we're satisfied with the end result. We are so excited to share our very own beer with 417-land as we toast to our 20th anniversary. Cheers!

TRY IT

Join us for the debut of Mother's Brewing Company Collaboration Series: 417 Magazine at the eighth annual Mother's Day Festival at Mother's Brewing Co. on May 19. Help us celebrate 20 years of 417 and seven years of Mother's! Gates open at 12:30 p.m., and there is live music from Shaun Munday, Barefoot Revolution and others, as well as food from FireLight Pizza Co., Hörmann Meat Co. and Cecil's To Go.
\$10, free for kids 12 and younger



Try the Cream Sauce Pizza with Raspberries and Arugula from *Weekday Weekend* for a tart, creamy spin on a classic pie.

WEEKDAY WARRIOR

The new cookbook by A Beautiful Mess is so much more than recipes. This handbook is full of tips, tricks and strategies for adopting a clean eating way of life and making healthy lifestyle changes.

BY CLAIRE PORTER

Among my resolutions for 2018 is the promise to be more adventurous in the kitchen. Like a lot of home cooks, when my schedule gets busy, I fall back on the same rotation of quick dishes—many of which aren't exactly the healthiest (hello, pasta!). Also inspired by an eco-conscious friend who cut red meat out of her diet, I was ready to revamp my eating habits for the sake of our ozone and my health.

I picked up a copy of A Beautiful Mess's new cookbook, *Weekday Weekend*. As a typical glut-ton, I had previously tried only a few dessert and cocktail recipes from A Beautiful Mess, the

crafting, home decor and recipe blog started by native 417-landers Emma Chapman and Elsie Larson. Those dishes were consistently tasty, easy to make and beautifully photographed, so I knew this cookbook would follow suit. *Weekday Weekend* is not a typical cookbook, which tend to be merely a collection of recipes. *Weekday Weekend* is more of a manual of how to think about food and make healthful choices—with the added bonus of recipes to get you started.

The name *Weekday Weekend* comes from the format the cookbook sets forth: follow five rules during the week, then eat whatever

you want on Saturday and Sunday. The weekly format keeps you from feeling deprived, but it also gives you a chance to see how your palate changes over time. I created a four-week meal plan, which gave me the chance to work through a lot of the recipes, and it would be a substantial enough time to see how my habits changed. You, of course, have the option to use *Weekday Weekend* like a normal cookbook and pick and choose recipes as you like, but I was looking to overhaul my lifestyle for the long-term. The cookbook is broken into meals (breakfast, entrees, snacks and drinks), and each section includes weekday-compliant recipes and weekend rule-busters.

The five weekday rules are straightforward: eat a variety of foods, no refined or artificial sugars or sweeteners, no refined white flour or white rice, no dairy and no alcohol. Additionally, the entire cookbook is vegetarian-friendly, so you won't find any meat-based options within its pages. Reading all the rules at once makes a meal plan seem like an impossible task, but realistically, you probably already follow a lot of these in little ways. For example, during the week I eat a primarily vegetarian diet and avoid alcohol, and you'd be surprised by how many alternative grains are already in your meal-prep rotation. The no dairy rule was my biggest adjustment, but knowing I would only have to wait a few days to tuck into a bowl of macaroni and cheese made it much more bearable (see how the format works?).

In my four weeks cooking my way through *Weekday Weekend*, I had a lot of great meals and discovered some ingredients I wouldn't normally consider, but the biggest change came in my habits. Avoiding added refined sugars meant I was reading a lot more food labels—there are hidden sugars in so many foods! I learned how to rely less on dairy products and starchy carbs to fill me up, and I started discovering the non-meat items that give me the protein I need. *Weekday Weekend* was developed with input from registered dietitians and nutritionists Sarah O'Callaghan and Lindsey Kelsay, so you can trust that you aren't blindly cutting components out of your diet. Even if a full lifestyle overhaul isn't for you, it's worth reevaluating some of your dietary choices at least a few days a week. Not only will your cravings change, but your body will thank you.

Snag a Copy

Weekday Weekend is available online at Amazon, Chronicle Books and Barnes & Noble. You can pick up a copy locally at Barnes & Noble.



CREAM SAUCE PIZZA WITH RASPBERRIES AND ARUGULA

This weekend recipe—note the dairy—is a tart and creamy take on a pizza parlor classic. Serve it as a main dish for two or alongside a salad to feed four.

Recipe Courtesy Weekday Weekend

Ingredients

Olive Oil for greasing
Whole-grain cornmeal for dusting
3 tablespoons unsalted butter
4 cloves garlic, minced
2 tablespoons all-purpose flour
¼ teaspoon onion powder
⅔ to 1 cup heavy cream
1 tablespoon freshly grated Parmesan cheese
Salt and pepper
Prepared whole-wheat pizza dough (homemade or purchased)
1 cup torn fresh mozzarella cheese
⅔ cup fresh raspberries
1 cup packed arugula

To Prepare

Preheat the oven to 400°F. **Grease** a large baking sheet with oil and **dust** lightly with cornmeal. In a saucepan over medium heat, **melt** butter. **Add** garlic and **sauté** until fragrant, about one minute. **Add** flour and onion powder and **whisk** until a roux forms. **Reduce** heat to low and slowly whisk in cream. **Whisk constantly** over low heat until sauce thickens and coats a spoon. If sauce gets too thick, remove pot from heat and whisk in remaining cream until sauce reaches desired consistency. **Stir** in Parmesan. **Adjust** seasoning with salt and pepper.

Roll out pizza dough on lightly floured surface and **transfer** to prepared baking sheet. **Bake** dough for five minutes. **Remove** dough from oven, **top** with sauce, mozzarella and raspberries and **bake** again for another five minutes or until cheese is bubbly and beginning to brown. **Remove** from oven, top with arugula and **return** to oven for one minute more to warm the greens. **Remove** from oven, **cut** into wedges and **serve** hot.

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THE DISH ON *chocolate*

Now you can enjoy a classic sweet treat in your favorite savory dishes.

With inventive uses in meat rubs and sauces or tomato-y bowls of chili, local chef Daniel Ernce shares how to incorporate chocolate into your cooking routine.

BY ETTIE BERNEKING

Next time you head to the grocery store, pick up a few extra chocolate bars. This sweet treat can hide a complex flavor profile. Chocolate can be bitter; it can be rich; it can be savory; and it can be creatively and deliciously worked into several of your favorite savory dishes.

One of the best-known uses for chocolate is in an ultra-rich mole sauce. Melted chocolate gives this spicy staple extra body and a luscious creaminess that balances out the heat from the peppers and spices. It's sweet and savory all at once, and it tastes great slathered on your favorite Mexican cuisine. But a spicy mole offers a mere peek inside Pandora's recipe box. Thanks to its complex flavor, chocolate works great when ground into a meat rub. It pairs wonderfully in a meat-heavy chili already seasoned with cinnamon and nutmeg. Its rich body can balance the acidity of a citrus salad or complement fatty meats including lamb and goat. You can stir

it into your coveted barbecue sauce recipe or incorporate it into a savory granola or spiced-nut mixture. You just have to get creative and change the way you think of chocolate.

One chef who's really stretching the limits of the good stuff is Daniel Ernce, co-creator of the popular pop-up restaurant Progress. At a recent dinner, Ernce redefined dessert entirely and served his guests roasted seaweed ice cream topped with a soy caramel sauce for a dash of that coveted umami flavor. Served on the side was a dark chocolate ganache. It was unexpected to say the least. How often are you served seaweed for dessert? Then again, how often do you pair seaweed with chocolate?

As unusual as it sounds, the flavors made perfect sense in Ernce's culinary mind. "People always associate chocolate with being sweet," he says. "But it's only sweet because we add sugar to it. People forget that. In its raw form, chocolate is bitter and is one of the most savory in-

gredients.” But before you head to the grocery store to start the great chocolate experiment of 2018, Ernce has some recommendations on flavors and ingredients that pair well with nature’s original sweet treat.

For starters, those creamy Hershey’s bars you have in the pantry won’t work well in savory dishes. Ernce recommends buying chocolate bars with 72 percent cocoa. “Working with a higher percentage of cocoa lends itself more towards savory applications,” he says. The higher the percentage, the more bitter the flavor. But cooking is also about balance, which means you need something fatty to cut through the bitterness of chocolate.

This is when red meats like goat, lamb, beef, venison and duck come in. “These meats have really strong flavor that can stand up to the boldness of the chocolate, and they typically have enough fat and richness to balance out the tannic dark chocolate,” Ernce says. If you’re looking for other flavors to add to the mix, Ernce suggests experimenting with bold players such as cherries and oranges for a bright pop of citrus or a more savory flare with rosemary and fennel. Just stay away from most vegetables, fish and white meats, which are all easily overpowered by chocolate.

But find the perfect combination—like Ernce’s seaweed, caramel, salt and dark chocolate—and you’ll have a whole new appreciation for this ingredient. For a savory recipe rich in chocolate, we turned to The Queen City’s reigning chocolatier: Askinosie Chocolate.

COCOA NIB MEAT RUB

Recipe from The Askinosie Family

Note: This recipe’s ratios depend heavily on your own personal taste, so taste the meat rub and adjust its seasoning to your preference.

Ingredients

2 tablespoons Askinosie cocoa nibs
Pinch of coarse sea salt
Pinch of fennel pollen

To Prepare

Start off by **grinding** the cocoa nibs in a spice grinder. **Place** the crushed nibs in a bowl and **add** the sea salt and fennel pollen. (A dash of fennel pollen goes a long way because it is extremely aromatic.) **Mix** everything together and **see** what it tastes like. **Adjust** according to your palate. **Apply** the rub to pork, duck, ribs or steaks for at least 30 minutes before cooking.

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➤ COME SAIL AWAY, 76

➤ HEAVY METAL, 84

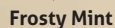
➤ LINER LOVE, 86

style

Hawn tie blouse, \$60;
Olivaceous Gingham
Girl miniskirt, \$45, both
available at Clothe
Boutique

short but **SWEET**

Short skirts are not just for teeny-boppers anymore. The season's sweetest styles come in an array of patterns and slightly longer silhouettes that can translate to any age. See more of our favorite styles on page 78.



Frosty Mint

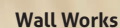
This sea glass bottle (\$50 at *The Market*) has the most beautiful color and texture. For added impact, try using these driftwood branches (\$11 each at *The Market*).

[NECESSITIES]

Sea Change

Beachy sea glass, driftwood and accessories inspired by the ocean create seriously therapeutic spa vibes, and we just can't get enough.

BY HEATHER KANE



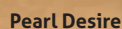
Wall Works

Try this driftwood bowl (\$69.95 at *Me & My House*) as a wall hanging or as a centerpiece filled with shells for a natural display.



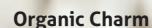
Jug Love

There is just something about these giant jugs, and this one (\$63 at *The Market*) is a favorite.



Pearl Desire

With the perfect combination of glam and natural, this pearlescent vase (\$88 at *James Decor*) is a must-have.



Organic Charm

This coral vase (\$59 at *The Market*) is so versatile. Use it as is in a bathroom or bedroom, or stick a few floral stems in it for an artful display.

Photo by Brandon Alms

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MINI MOMENT

Show a little leg and a lot of movement with these flirty miniskirt styles that we just can't help but shake our booty in. **BY HEATHER KANE**

◀ This In The Beginning, pompom stripe skirt (\$30 at *Clothe Boutique*) is just too cute. Pro tip: Be sure to check out the matching top to complete the set.



▲ Circle skirts are ultra-femme. This mustard FRNCH floral skirt (\$65 at *Boutique Unity*) is a wardrobe necessity.

▲ Gingham is trending hard this season. Get this Lust + Wander day trip mini (\$68 at *MODERN Society*) before it's gone!

Photos by Brandon Alms

BACK TO BASICS

These mini staples act as the perfect blank canvas for cute summer looks.



▲ Very J, Chloe distressed skirt, \$45 at Clothe Boutique



▲ Linda lace-up skirt, \$40 at Clothe Boutique



▲ Just Black Denim best blues frayed skirt, \$58 at The Uptown Boutique

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05



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09



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11



12





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1



2

“There’s something about traditional terra cotta pots all stacked up, ready to be filled with herbs or annuals. I especially love these pots for their tiny scalloped details.”

behind the DESIGN

As 417 Magazine's Creative Director, I pull inspiration from all over. Design is a passion of mine, and when I'm out scouting products to feature in the magazine, I run across items I just have to share with our readers. May is the busiest month for local greenhouses and also the best time to get planting, so I've rounded up a few of my favorite garden goodies with a design twist. **BY HEATHER KANE**

4



3



5

1. A Place for Produce: This three-tiered hanging basket (*The Global Market*, \$19.95 at *Everything Kitchens*) is perfect to hang in a window in order to let your produce ripen naturally in the sunlight.

2. Terra Cotta Love: Traditional pots with a twist and an amazing price point? Yes, please! (small pots, \$4.50 each at *Harrison House Market*)

3. Watering Wonder: Not only is this gold watering can (*Opri Henri*, \$41 at *the Market*) beautiful and would make a lovely display, but the tiny, long spout makes it perfect for watering dainty, small potted plants.

4. Label It: These little plant label stakes help you remember what's sprouting up in your garden and are so cute. (\$3.95 each at *Wickman's Garden Village*)

5. Vintage Style: This style of clay pot is known as the Nemadji style. These colorful gems were sold everywhere from the Grand Canyon to the Alamo during the 20th century and are still popular among collectors today. (Nemadji pot made in Estes Park, \$32.50 at *Harrison House Market*)

6. The Art of the Seed: Hudson Valley Seed Co. has the most lovely seed packets, each designed by an artist. (Hudson Valley seed packets, \$5.50 per pack at *Flora & Fern*)

7. Floral and Bright: These tea towels inspired by the loveliest gardens are as practical as they are beautiful. (Bloomingville purple floral towel, \$8.50 at *Harrison House Market*; April Cornel, yellow towel, \$9.75 at *The Brown Derby International Wine Center*)



6



7



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Tammy Kirks began making beaded jewelry in the early 2000s. Now she works exclusively in metals. Her work includes this Filigree cuff, \$195, Mod Circle pendant necklace, \$225, and Loop de Loop earrings, \$135.



BEAUTY AND THE BEE

Designed and handcrafted by metalsmith Tammy Kirks, Red Bee Designs is an innovative jewelry line that complements any outfit, any day.

BY REBECCA NANAKO

We all know the struggle of finding the perfect piece of jewelry that completes our ensemble. Thanks to the chic and transitional creations by 417-lander Tammy Kirks, we can struggle no more. Her jewelry line, Red Bee Designs (redbeedesigns.com), is crafted so each piece can work for any outfit, whether it's a casual jeans day or a fancy night out. Her jewelry is made to transition with time and adapt to the wearer's changing mood and style.

"I like to look at things that are very simple but also have an elegance to them," says Kirks, who is the marketing director at Harem & Company. "And I like to make things that will work in with other pieces in my wardrobe." Red Bee Designs originally began as beaded jewelry but soon evolved into innovative metalwork. Kirks uses her graphic design experience and metalsmith training to produce a line of chic jewelry that combines art, metal and fire. She likes to add a brushed finish to her pieces, and you can also fre-



▲ Opposite earrings made with carbon steel and sterling silver, \$100

quently find circles as a repeating shape throughout her line. The artist sums up the style of her handcrafted jewelry as “contemporary, modern and clean.”

Each piece is created from materials like gold, sterling silver and steel, which means that, besides being a wearable work of art, it’s also extremely practical. The durable material Kirks uses means that one of her necklaces or steel bracelets stays with you for a long time.

Kirks channels her own creative style for inspiration while also looking to the innovative designs of artists during the ‘40s and ‘50s. “The work they were making [was] way ahead of its time,” Kirks says. True to her inspiration, the one-of-a-kind pieces from Red Bee Designs incorporate elements of simplicity and forward-thinking: clean lines, modern materials and a contemporary look that gives a nod to the past while looking to the future. It’s handcrafted jewelry that is timeless and functional, two elements that never go out of style.



← Tammy Kirks

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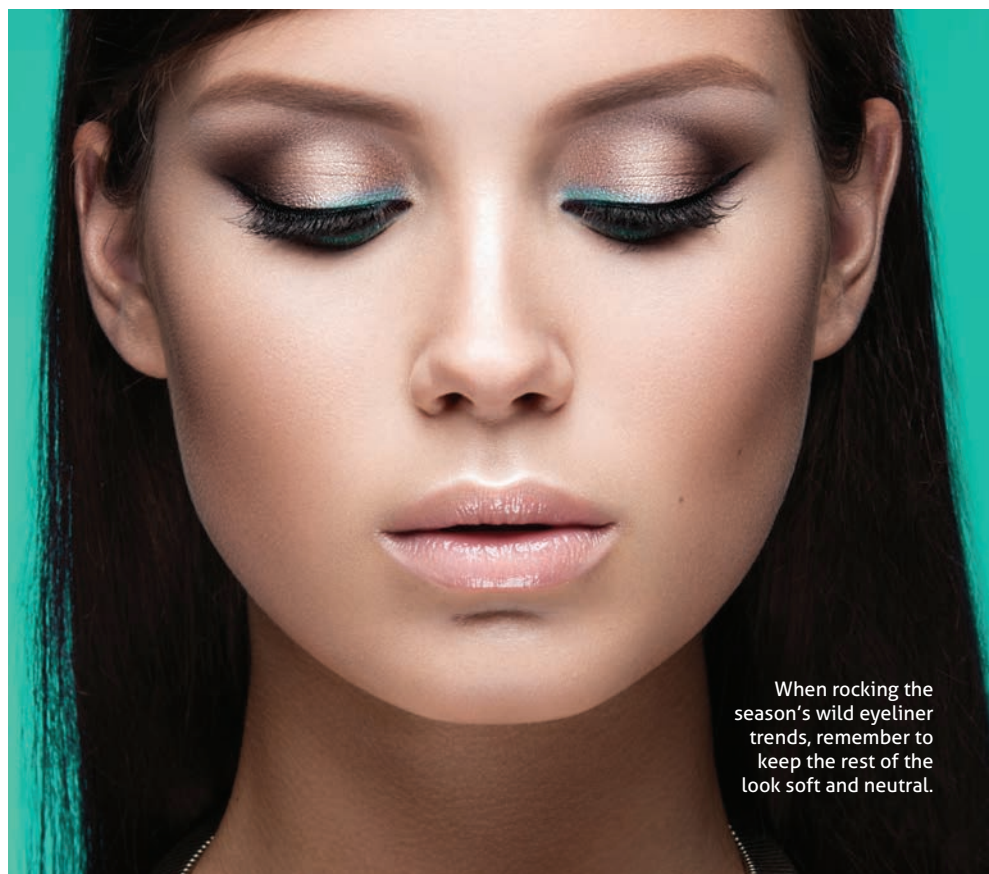


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When rocking the
season's wild eyeliner
trends, remember to
keep the rest of the
look soft and neutral.

LINE UP

Beauty is in the eye of the trendsetter, but these fresh-off-the-runway liner looks are sure to keep all eyes on you.

BY REN BISHOP

On New York, Paris and Milan runways, eyeliner was the show-stopping look for the spring/summer 2018 shows. We asked local beauty experts how to achieve and rock these four eyeliner trends.

Grunge

More rock than glam, grunge-inspired eyeliner invokes a smoky eye that exudes strength. Tommy Hilfiger models rocked the all-black look with matte eyeliner.

Try It: Katie Miller of Katie Miller Makeup Artistry recommends first applying Urban Decay's Potion Primer, a must for any dramatic eye. Then, take an angled brush to Bobbi Brown's gel eyeliner in a pot. "You don't want to get it up to your eyebrows, so take an angled brush and massage it gently back and forth across the eye line," Miller says. "It'll give you that smudged look, but it's not editorial, so it's more wearable for every day."

Glitter

Don't fear a little sparkle! If applied strategically, glitter eyeliner evokes a glow that shines.

Try It: Kandice Alexander, licensed esthetician, makeup artist and owner of 5 Elements Esthetics and Makeup Studio, recommends lining your eye with black liner, then topping it with an Urban Decay Heavy Metal Glitter Eyeliner. Wear a blue glitter liner for a night out or mix up your everyday office look with black or brown. Keep the rest of your look simple. "With glitter eyeliner, you let that glitter shine," Alexander says. "Wear it with a neutral lip and pastel clothing on a hot day for a fresh, fun look. In the summer, anything that shimmers and shines goes."

Bold Color

Blue and mint green eyeliner were the highlight of Missoni's Fashion Week show.

Try It: Go bold with a thin line of color at your

Photos courtesy Shutterstock, Jane Iredale Cosmetics



Jane Iredale
Jelly Jar gel
eyeliner

eye line, just above your lashes. You can add more color as you're comfortable, says Kelly Keys, co-owner of Allure Medical Spa. "We sell Jane Iredale Jelly Jars, and with an angled brush, you can add more color or less," she says. "But our customers are surprised by how much they like green or purple if they try it. You can become an artist with different colors and textures."

Freehand

Skip the perfect wing. A freehand, natural look is making its way to Instagram feeds.

Try It: Use a NYX Jumbo Eye Pencil in your choice of color. "You'll get a nice amount of coverage that looks clean, but also a bit unrefined without looking like you're a 5-year-old playing in your mom's makeup," Miller says. The intentionally unrefined look goes with any lip color or contour. And if you mess up? "Don't take yourself too seriously," Miller says. "The great part about makeup is that it always washes off."

GET THE LOOK

Urban Decay Potion Primer, available at Sephora and ULTA

Bobbi Brown Long-Wear Gel Eyeliner, available at Sephora

Urban Decay Heavy Metal Glitter Eyeliner, available at Sephora and ULTA

Jane Iredale Jelly Jars, available at Allure Medical Spa (3647 E. Sunshine St., Springfield, allurespringfield.com)

NYX Jumbo Eye Pencil, available at ULTA and Target

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Retreat to BAKER CREEK

BY SAVANNAH WASZCZUK | PHOTOS BY CHUCK TRAVERS



Every year on the first Sunday in May, a parade of vehicles slowly inches its way down the small town of Mansfield's old London Road. Houses are few and far between, as blooming trees and open pastures took over miles back. With every hill and every turn, each car gets a bit further from the hustle and bustle of everyday life. These cars are filled with thousands of visitors—many who traveled

from all around the country—and they're all on their way to the Baker Creek Spring Planting Festival. The yearly event attracts thousands of guests from a complexity of backgrounds, and it does it with the simplest of appeals: two days of old-fashioned fun in a pioneer village. To get a true taste of the annual attraction, we sent a writer and a photographer on assignment to experience the event firsthand.



When you need a break from browsing the booths, sit a spell and chat with other visitors in the on-site restaurant.

The Spring Planting Festival has more than just seeds and starts. Stock up on handmade trinkets and home decor while you're there, too.



GET YOUR SEED ON!

2018 Baker Creek Spring Planting Festival

When: 10 a.m.–7 p.m., May 6 and 7

Where: Baker Creek Pioneer
Village, 2278 Baker Creek Road,
Mansfield

Cost: Free for ages 17 and
younger; \$5 for adults

More info: [rareseeds.com/
spring-planting-festival](http://rareseeds.com/spring-planting-festival)

ESCAPING REALITY

I quickly learned there are no strangers at Baker Creek. After parking my car among a sea of dusty vehicles in an open field, I started walking to the festivities and was passed by at least half a dozen cars; all six of the drivers smiled and waved. An older gentleman walked up behind me and asked where I was from, then he recommended the Baker Creek restaurant for lunch (with a smile-sealed promise that I wouldn't regret it). That's when I knew the people here were happy. They weren't thinking about work, or traffic, or emails, or laundry. Everyone who was there had the goal of forgetting about the real world for a little while.

As I looked up and first noticed the number of people there—the thousands and thousands of people—I was amazed. Of course I knew there would be a crowd, but seeing a mass influx of visitors meander their way around more than 100 booths and buildings plopped in an otherwise barren Ozarks field is not exactly

common. It's one of those instances where you wonder, "Why here? Did someone throw a dart at a map?" And that's part of what makes Baker Creek so special.

The story behind this is the story of Jere Gettle. Gettle is a believer in what many consider to be the simpler things in life. He planted his first garden at age 3, and gardening with his grandmothers, aunts, uncles and parents are some of his favorite childhood memories. As he grew, so did his passion for planting—in 1996 he joined Seed Savers Exchange and became familiar with heirloom seeds, and at age 17 he printed the first Baker Creek Heirloom Seed Catalog.

Today the publication is delivered to more than 700,000 gardeners across the country. Each edition advertises Baker Creek's 2,000 varieties of vegetables, flowers and herbs. Gettle is also the reason the festival exists in this small village just outside of Mansfield—Baker Creek started hosting festivals 18 years ago to provide gardeners, homesteaders



▲ Inspired by his passion for gardening, Jere Gettle founded Baker Creek Heirloom Seeds when he was just 17 years old.

and other seed enthusiasts a place to meet, greet and exchange ideas. These original festivals influenced the development of Bakersville, which is the picturesque, old-timey pioneer village where all of this magic happens.

I spotted Gettle soon after I arrived. Dressed in a blue-and-white checkered shirt and denim overalls, he was shaking hands and making small talk with the vendors. He smiled at me, and I felt a little bit like I just saw a movie star. Feeling shy, I simply smiled back, gave a little wave and continued exploring.

These original festivals influenced the development of Bakersville, which is the picturesque, old-timey pioneer village where all of this magic happens.

A WALK THROUGH THE VILLAGE

Baker Creek has a personality of its own. As you look around, you'll notice a range of demographics: There are gardeners and homesteaders. There are people dressed in old-timey costumes. There are free spirits wearing tie-dye tees and chasing their bare-footed children around in the grass. And these guests all have plenty of opportunity to shop—Baker Creek has dozens and dozens of booths selling a huge variety of handmade crafts, artwork, body products (things like homemade soaps, lotions, salves, lip balms), candles, foods and a whole lot of seeds, flowers and plant starts.

The other aspect that makes Baker Creek one of a kind is the fact that all of these vendors are set up in and around Bakersville, a village that dots the scenic country landscape with a speaker barn, music barns, a restaurant, an old-time mercantile, an herbal apothecary, a bakery, a garden museum, a blacksmith and the famous Baker Creek Seed Store. It looks like something you'd see pictured in a history book.

As I made my way from booth to booth, I noticed live music in the background—performers offer their takes on old-time country, bluegrass and gospel tunes. You can sit and watch the musicians, or you can simply enjoy the notes filling the air as you browse vendors and imagine planting your own dream garden. At least that's what I did. I love growing flowers and vegetables (and I love eating the vegetables I grow even more), so I had a hey-day searching for the healthiest starts and imagining ways to grow way more herbs than I actually had



At the Spring Planting Festival, you can purchase seeds at the seeds store (above) or pick out seedlings and starters.



Photos by Chuck Travers, Brandon Alms, courtesy Baker Creek Heirloom Seeds



GET YOUR KICKS

I wore sandals on day one, and it had just rained. Not smart. Wear shoes that are weather appropriate and comfortable to walk in.

BRING CASH

Some vendors may take cards, but you'll want to have cash on hand for all of your goodies.

LATHER UP

Even if it's cool, slather on some SPF—the cool May temps tricked me into forgetting about sunscreen, and I got a sunburn.

COME HUNGRY

There's so much great food here, and you have to try as much as possible. (Note: The cinnamon rolls at the bakery could very well change your life.)

TAKE A LAP

My hands were full two booths in, and that was not fun. I suggest browsing all of the vendors before deciding what you want to buy and take home.



Country, bluegrass and gospel bands take the stage at Bakersville Opry to fill the air with tunes and entertainment.

room for. My hands were full just a few booths in, but then I passed a woman toting a little red wagon spilling with tomato plants and realized my fun was far from over.

After hauling my first batch of goodies to my car, I came back and made a stop by the blacksmith stage to watch blacksmith Matthias Penn in action. He talked to me as he fed his fire and turned his metal creations, explaining how he can build anything from railings to kitchenware to the well-known dinner triangle with nothing more than his own two hands and a couple of tools. "These are one of my most popular items," he said, holding his freshly forged triangle in the air. I wanted to ask him a few more questions (including if I could have his phone number—he had a gorgeous smile), but then he began taking a custom order from another lucky admirer.

My next stop was lunch. A variety of food trucks lined the property and offered items including wood-fired pizza and English pasties, but I had my heart set on Baker Creek's restaurant. It's a bright, open space that serves up fresh fare made from the multitude of plants, herbs and vegetables that are grown right on the property. All of the cuisine is plant-based, and guests can watch it being prepared in the open kitchen. On my visit, the restaurant was serving an Asian-inspired rice dish I thoroughly enjoyed. Could I ever be vegan? Let's just say if I lived at Baker Creek, it'd be a lot easier to forget my love of meatloaf, meatballs and all other things meat.

TALKING WITH THE TOWNSPEOPLE

I spent the rest of day one browsing booths and talking to sellers, and I began day two in the same fashion. That's when I met one of my favorite vendors, Jamie Jackson of Missouri Herbs. "I have an organic farm, and I grow herbs that have naturalized to Missouri," Jackson said, her long, loose dress flowing in the wind. By her story, I knew Jackson had to be several decades older than I was, but her glowing skin suggested otherwise. "I make face butters, body butters, salves and extracts," she said.

Jackson spent several years working in corporate America before she found herself in Missouri. "I was head of QA for a software company," she said. "I was in charge of Y2K, and I literally worked around the clock for three years. I got so, so sick, and I was in the doctor's office almost every week. After that, I decided I wanted to get out of there." She began researching, and she learned the Missouri Ozarks were where she could get the most "bang for her buck," as she called it. "I wanted to live a lifestyle that required very little income," Jackson said. "I wanted to pay off the land, build my own house and grow my own food and my herbs." She knew about Baker Creek from previous research, and she moved within driving distance. Today she works for Baker Creek and on her farm.



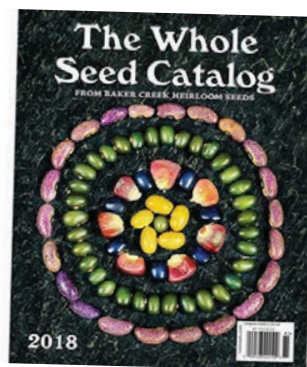
The on-site restaurant draws in a crowd with plant-based dishes made with ingredients grown right on the property.

"We really love the music," said Jim Oxley, a sweet man who shares a booth with his friend, Paula Keith. "We do a lot of the festivals around here, but I'd say this one is more Ozarks style."

Many of the vendors have stories similar to Jackson's—they're into sustainable lifestyles and helping people live the same way. Others are there to make a little money and listen to the music. "We really love the music," said Jim Oxley, a sweet man who shares a booth with his friend, Paula Keith. "We do a lot of the festivals around here, but I'd say this one is more Ozarks style." Oxley's most popular sellers are his "fancy dresses," which are frilly, lace-trimmed and available in sizes preemie to 9. Keith's biggest sellers include aprons, cloth storybooks and baby quilts. "I lie

in bed, and I dream up all these patterns," she said. "I craft about four hours a day."

As guests wove in and out of Oxley and Keith's booth, the two were more interested in making small talk than trying to make a sale. They talked to the gardeners and homesteaders, and they talked to the people dressed in old-timey costumes. They talked to the free spirits wearing tie-dye tees, and they talked to each and every one of their bare-footed children. "I'd say my favorite thing is just to see the people here," Oxley said. "There are so many friendly people here."



▲ The 2018 Whole Seed Catalog from Baker Creek Heirloom Seeds (\$9.95, available at Baker Creek Seed Store or online at rareseeds.com) boasts lovely photos of produce, recipes, advice and history.

► METHODOLOGY

Top Doctors is a nomination-based project in which we ask physicians in the area to vote for doctors in various specialties. We ask the doctors to vote for the physicians they would trust to care for their family and friends—experts who exemplify excellence in their specialties.

This list is a service to our readers, giving them a doctor's perspective regarding the top doctors in dozens of specialty areas. The list is intended to allow patients to see and celebrate their doctors who make the list. It also gives health care seekers a place to see doctors highlighted for achievement and reputation, and can be a great tool for finding the right doctors for their needs.

To complete this nomination project, *417 Magazine* has contracted DataJoe Research to conduct nominations using an online ballot for collecting, vetting and tallying the votes. DataJoe Research is a survey/research company specializing in data collection and verification, and conducts various nominations across the United States on behalf of publishers.

Only licensed doctors practicing in 417-land were eligible to make the list.

► FINAL NOTE

We recognize that there are many good doctors who are not shown in this representative list. This is only a sampling of the huge array of talented professionals in the health care field within Springfield and surrounding areas. Inclusion of a physician in the list is based on the opinions of his or her fellow doctors. We take time and energy to ensure fair voting, and believe that the results of this survey nomination are a good indicator, not an objective metric, of useful and effective doctors within the community. However, we certainly do not discount the fact that many, many good and effective doctors may not appear on the list.

DISCLAIMERS

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TOP

The search for the perfect partners in your health care—from birth through every stage of life—can be daunting. Where do you begin when you need to find the very best care for yourself or a loved one? We hope you'll begin here, in our annual Top Doctors list. It features winning physicians in 78 medical and surgical specialties throughout Springfield, Joplin, Branson, Bolivar and West Plains. These 506 physicians were selected by their peers in the local medical community who voted for them in our Top Doctors survey.

STORIES WRITTEN BY EVAN GREENBERG, CHRISTY HOWELL AND
SAVANNAH WASZCZUK

LISTINGS EDITED BY CLAIRE PORTER



DOCTORS



417-LAND HOSPITALS

SPRINGFIELD

Cox Medical Center South

3801 S. National Ave., Springfield;
417-269-6000, coxhealth.com

Cox North Hospital

1423 N. Jefferson Ave., Springfield;
417-269-3000, coxhealth.com

Mercy Hospital Springfield

1235 E. Cherokee St., Springfield;
417-820-2000, mercy.net

Meyer Orthopedic and Rehabilitation Hospital

3535 S. National Ave., Springfield;
417-269-3282, coxhealth.com

Ozarks Community Hospital

2828 N. National Ave., Springfield;
417-837-4000, oconline.com

BRANSON

Cox Medical Center Branson

525 Branson Landing Blvd., Branson;
417-335-7000, coxhealth.com

Mercy Clinic Internal Medicine— Branson

1065 State Highway 248,
Suite 200, Branson;
417-337-9808, mercy.net

JOPLIN

Freeman Health System

1102 W. 32nd St., Joplin;
417-347-1111,
freemanhealth.com

Mercy Hospital Joplin

100 Mercy Way, Joplin;
417-556-3729, mercy.net

BOLIVAR

Citizens Memorial Healthcare

1500 N. Oakland Ave., Bolivar;
417-326-6000,
citizensmemorial.com

WEST PLAINS

Ozarks Medical Center

1100 Kentucky Ave., West Plains;
417-256-9111,
ozarksmedicalcenter.com

BOLIVAR

► MEDICAL SPECIALTIES

Allergy/Immunology

MATTHEW C. ERICKSEN, D.O.

CMH ENT Clinic
417-328-7000

Anesthesiology

ANDREW M. HUMMEL, M.D.

Citizens Memorial Hospital
417-326-6000

Breast Cancer Oncology

LEO SHUNYAKOV, M.D.

Central Care Cancer Center at
Carrie J. Babb Cancer Center
417-326-7200

Cardiovascular Disease

JOHN F. BEST, M.D. F.A.C.P.,

F.A.C.C., F.S.C.A.I.

CMH Heart Institute Clinic
417-328-6040

Runner-Up

JOSEPH A. MOORE, M.D., F.A.C.C.

CMH Heart Institute Clinic
417-328-6040

Direct Primary Care

WILLIAM S. DONNELL, M.D.

Bolivar Family Care Center
417-326-6021

Runner-Up

KRISTOPHER J. KAUFMANN, M.D.

Butterfield Park Medical Center
417-326-7676
Privileges at Citizens Memorial Hospital

Emergency Medicine

J. GUSTAVO NIX, M.D.

CMH Emergency Medicine
417-326-6301

Runners-Up

MEGAN A. CARTER, M.D.

CMH Emergency Medicine
417-328-6301
Dr. Carter is the medical director at the
CMH Emergency Room.

JEFFREY K. SMIESHEK, D.O.

CMH Emergency Medicine
417-326-6000

Family Medicine

LOUIS B. HARRIS, M.D.

Bolivar Family Care Center
417-326-6021

Runners-Up

BETHANY DHONDT, D.O.

Humansville Family Medical Center
417-754-2223
Privileges at Citizens Memorial Hospital

RONALD A. EVANS, M.D.

Bolivar Family Care Center
417-326-6021

KRISTOPHER J. KAUFMANN, M.D.

Butterfield Park Medical Center
417-326-7676
Privileges at Citizens Memorial Hospital

KEVIN M. PRESLEY, D.O.

Pleasant Hope Family Medical
Center
417-267-2001

LAURA C. VANCE, M.D.

Bolivar Family Care Center
417-326-6021

RONALD L. VANCE, M.D.

Bolivar Family Care Center
417-326-6021

Geriatric Medicine

KURT R. BRAVATA, M.D.

Dallas County Family Medical
Center and Walk-In Clinic
417-345-6100

Hematology/Oncology

LEO SHUNYAKOV, M.D.

Central Care Cancer Center at
Carrie J. Babb Cancer Center
417-326-7200

Hospitalist

GARRETT M. ALDERFER, M.D.

CMH Hospitalists
417-328-6000

Runner-Up

SEAN R. LARIMORE, D.O.

CMH Hospitalists
417-328-6000

Hyperbaric Medicine/Wound Care

MARTIN S. TYSON, D.O., F.A.C.S.,

F.A.P.W.C.A., F.A.P.W.H.C.

CMH Wound and Hyperbaric
Center
417-326-8700

Infectious Disease

EDEMEKONG EKONG BASSEY, M.D.

CMH Infectious Disease & Internal
Medicine Clinic
417-328-7985
Dr. Bassey has moved to Tulsa, Oklahoma,
and no longer practices in 417-land.

Internal Medicine

GARRETT M. ALDERFER, M.D.

CMH Hospitalists
417-328-6000

Neurology

CURTIS P. SCHREIBER, M.D.

CMH Neurology Clinic
417-327-3530

Obstetrics and Gynecology

D. SHELLY MEENTS, M.D.

Bolivar OB/GYN
417-777-8131
Privileges at Citizens Memorial Hospital

Runners-Up

SARAH B. KALLBERG, D.O.

Bolivar OB/GYN
417-777-8131
Privileges at Citizens Memorial Hospital

ASHLEY M. LANE, D.O.

Bolivar OB/GYN
417-777-8131
Privileges at Citizens Memorial Hospital

Occupational Medicine

GREGORY A. HON, D.O.

Parkview Primary Care, Sports &
Occupational Medicine Clinic
417-777-6161

Dr. Hon was voted into the Occupational
Medicine category; however, he does
not practice occupational medicine.

Ophthalmology

CHETAN R. SONI, M.D., M.S.,

M.H.A., F.A.C.S.

CMH Eye Specialty Center
417-328-7000

Otolaryngology (Ear, Nose and Throat)

MATTHEW C. ERICKSEN, D.O.

CMH ENT Clinic
417-328-7000

Pain Management

MARK J. BULT SR., M.D.

CMH Institute of Pain Management
417-328-7246

Pediatrics (General)

SHANNON L. CALVERT, M.D.

Butterfield Park Pediatrics and
Walk-In Clinic
417-777-2121

Privileges at Citizens Memorial Hospital

Runners-Up

ANGELA D. COLLINS, M.D.

Butterfield Park Pediatrics and
Walk-In Clinic

Nick Cuccia took some time to reconnect with friends at Rogers Heritage Flight Night after being hit by a bus. He is now out of a wheel chair and in physical therapy.

MEDICAL MIRACLE

Sometimes the lifesaving work done by local physicians can seem miraculous. This story of a young man's recovery from life-threatening injuries is just one example. **BY EVAN GREENBERG**

Nick Cuccia was heading home on his bike from his summer job when he attempted to navigate around a trash can. His handlebar clipped the can and he lost control, drifting into oncoming traffic. He was struck by a bus and landed 100 feet from the point of impact.

Cuccia was rushed to Mercy Hospital Northwest Arkansas in Rogers, Arkansas. Once it became clear he would need a higher level of care, he was transported to Mercy Emergency Trauma Center in Springfield. In total, Cuccia suffered a broken femur, had a collapsed lung, cracked his skull, fractured his pelvis in four places, had a lacerated kidney, broke his C6 and C7 vertebrae in his lower back and suffered a brain injury.

At the time of the accident, doctors at Mercy gave the teen a 5.5 percent chance of survival. He was treated by orthopedic surgeon Dr. James Black of Mercy Clinic Orthopedics and neurosurgeon Dr. Sami Khoshyomn of Mercy Clinic Neurosurgery, who performed Nick's surgeries. Now, almost a year later, Cuccia has made an almost full recovery.

His handlebar clipped the can, and he lost control drifting into oncoming traffic. He was struck by a bus and landed 100 feet from the point of impact.

Cuccia had three surgeries in total. The first two were performed by Dr. Black to repair his pelvis and femur. This is usually an extremely tricky procedure, but in surgery, Nick's pelvis "came together like a puzzle piece," says Erin Cuccia, Nick's mother. The third surgery, performed by Dr. Khoshyomn, was to repair an unstable cervical spine involving two vertebrae in his neck, inserting a bone graft, plates and screws.

Doctors believe that because Cuccia is young, in shape and active, he was able to recover at a

rate that exceeded their expectations. "For lack of a better word, [it was] a perfect storm," says Jace Cuccia, Nick's father.

Cuccia underwent occupational and physical therapy—he's still in physical therapy—and other than the occasional sharp nerve pain is close to normal. It's a remarkable recovery given the severity of the accident and his injuries.

"Nobody would know that he's been in this accident if they met him or had a conversation with him," Erin says.

417-777-2121

Privileges at Citizens Memorial Hospital

JAMES G. LIESEN, D.O.Butterfield Park Pediatrics and
Walk-In Clinic

417-777-2121

Privileges at Citizens Memorial Hospital

*Podiatry***BRAD JONES, D.P.M.**CMH Foot and Ankle Clinic
417-328-7560*Psychiatry***BRYAN E. FLUECKIGER, M.D.**Citizens Memorial Hospital
417-326-6000*Pulmonary Disease***DONALD K WANTUCK, M.D.**CMH Pulmonology Clinic
417-328-6055*Radiation Oncology***GARRY J. BROWN, D.O.**Central Care Cancer Center at
Carrie J. Babb Cancer Center
417-326-7200*Radiology***DOUG HORNER, D.O.**CMH Radiology
417-328-6447

Runners-Up

JANA HORNER, M.D.CMH Breast Care Center
417-328-7860**CHAD J. POTTER, M.D.**CMH Radiology
417-328-6447*Sports Medicine***JURIS P. SIMANIS, M.D., R.M.S.K.,
F.A.A.F.P.**Parkview Primary Care, Sports &
Occupational Medicine Clinic
417-777-6161

Runner-Up

GREGORY A. HON, D.O.Parkview Primary Care, Sports &
Occupational Medicine Clinic
417-777-6161*Urology***JOHN A. BOULLIER, M.D., PH.D.,
F.A.C.S.**CMH Urological Clinic
417-326-2550**► SURGICAL SPECIALTIES***Cardiovascular Surgery***JOHN F. BEST, M.D. F.A.C.P.,
F.A.C.C., F.S.C.A.I.**CMH Heart Institute Clinic
417-328-6040**JOSEPH A. MOORE, M.D., F.A.C.C.**CMH Heart Institute Clinic
417-328-6040*General Surgery***BRENT A. BARTGIS, D.O.**CMH Surgical Services
417-326-8700

Runners-Up

**MARTIN S. TYSON, D.O., F.A.C.S.,
F.A.P.W.C.A., F.A.P.W.H.C.**CMH Wound and Hyperbaric
Center
417-326-8700**W. WAYNE WOLF III, D.O.**CMH Surgical Services
417-326-8700*Laparoscopic Surgery***W. WAYNE WOLF III, D.O.**CMH Surgical Services
417-326-8700*Ophthalmologic Surgery***CHETAN R. SONI, M.D., M.S.,
M.H.A., F.A.C.S.**CMH Eye Specialty Center
417-328-7000*General Orthopedic Surgery***TROY D. MORRISON, D.O.**Parkview Orthopaedic Clinic
417-777-2663

Runners-Up

JONATHAN E. GRAY, D.O.Parkview Orthopaedic Clinic
417-777-2663**DAVID B. ROGERS, M.D.**Parkview Orthopaedic Clinic
417-777-2663**K. RON SMITH, M.D.**Parkview Orthopaedic Clinic
417-777-2663*Orthopedics (Joint Replacement
Surgery)***K. RON SMITH, M.D.**Parkview Orthopaedic Clinic
417-777-2663*Orthopedics (Spinal)***TROY D. MORRISON, D.O.**Parkview Orthopaedic Clinic
417-777-2663*Orthopedics (Sports Medicine &
Arthroscopy)***TROY D. MORRISON, D.O.**Parkview Orthopaedic Clinic
417-777-2663*Dr. Morrison was voted into the
Orthopedics (Sports Medicine &
Arthroscopy) category. He does not
practice sports medicine, but he does
practice arthroscopy.***JURIS P. SIMANIS, M.D., R.M.S.K.,
F.A.A.F.P.**Parkview Primary Care, Sports &
Occupational Medicine Clinic
417-777-6161*Dr. Simanis was voted into the Orthopedics
(Sports Medicine & Arthroscopy) and
Sports Medicine categories, but he does
not practice orthopedics or arthroscopy.**Otolaryngology/Head and Neck
Surgery***MATTHEW C. ERICKSEN, D.O.**CMH ENT Clinic
417-328-7000*Podiatric Surgery***BRAD JONES, D.P.M.**CMH Foot and Ankle Clinic
417-328-7560*Trauma Surgery***BRENT A. BARTGIS, D.O.**CMH Surgical Services
417-326-8700

Runner-Up

**MARTIN S. TYSON, D.O., F.A.C.S.,
F.A.P.W.C.A., F.A.P.W.H.C.**CMH Wound and Hyperbaric
Center
417-326-8700**BRANSON****► MEDICAL SPECIALTIES***Anesthesiology***SANDRA J. SNIDER, M.D.**White River Anesthesia Associates
Inc.
417-239-3392
*Privileges at Cox Branson**Cardiovascular Disease***NARIN ARUNAKUL, M.D.**CoxHealth, Interventional
Cardiology
417-336-4112*Emergency Medicine***ELI N. DENNEY, D.O.**CoxHealth, Emergency Services
417-335-7218**LANE B. GARNER, M.D.**CoxHealth, Emergency Services
417-335-7218*Endocrinology (Diabetes &
Metabolism)***NAGA NALINI SAMMETA
TIRUMALASETTY, M.D.**CoxHealth Diabetes and
Endocrinology
417-348-8990
*Dr. Tirumalasetty no longer practices at
CoxHealth.**Family Medicine***CHARLIE SCOTT RASMUSSEN, D.O.**Jordan Valley Community Health
Center
417-334-8300*Hematology/Oncology***GUS GONZALEZ, M.D.**CoxHealth, Oncology
417-348-8032
*Privileges at Cox Branson and Cox South
Springfield**Hospitalist***CODY BARRET HOEFlicker, D.O.**CoxHealth, Internal Medicine
417-335-7128

Runner-Up

SHENY ALEX, M.D.CoxHealth, Internal Medicine
417-335-7128*Internal Medicine***CASSANDRA L. ASHLEY, M.D.**CoxHealth, Internal Medicine and
Infectious Disease
417-335-7020*Nephrology***JOHN R. MARTINEZ, M.D.**CoxHealth, Nephrology
417-335-5797**DWIGHT P. ZABEL, M.D.**CoxHealth, Nephrology
417-335-5797*Neurology***DIANE L. CORNELISON, D.O.**CoxHealth, Pain & Neurology
417-335-7222

Runner-Up
LUIS C. NATALI, M.D.
Dr. Luis Natali
417-335-7222

Otolaryngology (Ear, Nose and Throat)
JAMES TRAVIS BRAWNER, M.D., F.A.C.S.

Ozark Mountain Ear, Nose and Throat
417-335-3636
Privileges at Cox Branson

Pain Management
DIANE L. CORNELISON, D.O.
CoxHealth, Pain & Neurology
417-335-7222

Psychiatry
SHAHID S. INSAF, M.D.
CoxHealth, Psychiatry
417-243-7777

Radiology
ANTHONY LEE WHEELER, M.D.
CoxHealth, Radiology
417-335-7223

Urology
JERRY S. GIVENS, M.D.
CoxHealth, Urology
417-875-3000

►SURGICAL SPECIALTIES

General Surgery
JOHN J. MOLL JR., M.D.
CoxHealth, Surgery
417-348-8080

Runner-Up
DIRK MCMURRAY, M.D.
CoxHealth, Surgery
417-348-8080

General Orthopedic Surgery
CHAD DOUGLAS EFIRD, M.D.
CoxHealth, Orthopedics
417-348-8100

Orthopedics (Joint Replacement Surgery)
CHAD DOUGLAS EFIRD, M.D.
CoxHealth, Orthopedics
417-348-8100

Orthopedics (Sports Medicine & Arthroscopy)
CHAD DOUGLAS EFIRD, M.D.
CoxHealth, Orthopedics
417-348-8100

JOPLIN

►MEDICAL SPECIALTIES

Allergy/Immunology
MICHAEL E. JOSEPH, M.D.
Midwest Regional Allergy, Asthma, Arthritis & Osteoporosis Center
417-624-0050
Privileges at Mercy and Freeman Health

Runners-Up
LEA SARAH HUMPHREY, D.O.
Mercy Clinic Ear, Nose, Throat and Allergy - Joplin
417-556-8566

ROBERT H. McDONALD, D.O.
Mercy Clinic Ear, Nose, Throat and Allergy - Joplin
417-556-8566

Anesthesiology
KALAICHELVI R. HUFF, M.D.
Mercy Hospital Joplin
417-556-3750

Runners-Up
DONITA KI BOAN, D.O.
Freeman Health System
417-347-5222

MICHAEL L. HILL, M.D.
Freeman Health System
417-347-5222

MARK L. KERR, M.D.
Mercy Hospital Joplin
417-556-3750

BRADFORD LYNN RAMSEY, D.O.
Freeman Orthopaedics & Sports Medicine
417-347-5400
Dr. Ramsey has resigned from Freeman Health.

Breast Cancer Oncology
DAVID W. CROY, M.D.
Mercy Clinic Oncology and Hematology - Joplin
417-782-7722

SAMIR MUKUNDRAY DALIA, M.D.
Mercy Clinic Oncology and Hematology - Joplin
417-782-7722

Runners-Up
IRVING E. LAFRANCIS, M.D.
Mercy Clinic Oncology and Hematology - Joplin
417-782-7722

MATTHEW D. MILLER, D.O.
Freeman Cornell-Beshore Cancer Institute
417-347-4000

Cardiac Electrophysiology
RAFAEL JOSEPH GAYTAN, M.D.
Mercy Clinic Cardiology - Joplin
417-781-5387

Runner-Up
JOHN F. SWARTZ, M.D.
Freeman Heart & Vascular Institute
417-347-5000

Cardiovascular Disease
JOSE C. DE HOYOS, M.D.
Mercy Clinic Cardiology - Joplin
417-781-5387

C. RYAN LONGNECKER, M.D.
Freeman Heart & Vascular Institute
417-347-5000

Runners-Up
JOHN M. COX, D.O.
Freeman Heart & Vascular Institute
417-347-5000

WILLIAM R. CRAIG, M.D.
Mercy Clinic Cardiology - Joplin
417-781-5387

DARWIN D. JEYARAJ, M.D.
Freeman Heart & Vascular Institute
417-347-5000

JOHN NICHOLAS, M.D.
Freeman Heart & Vascular Institute
417-347-5000

JAHAN QAMAR ZEB, M.D.
Mercy Clinic Cardiology - Joplin
417-781-5387

Dermatology
DEREK S. TOWERY, M.D.
Dermatology & Skin Cancer Center
417-624-0440

Direct Primary Care
RUSSELL LEE KENNEDY, D.O.
Mercy Clinic Family Medicine - Stone's Corner
417-781-0408

Emergency Medicine
DAVID SEAN SMITH, D.O.
Mercy Emergency Department - Joplin
417-556-2300

Runners-Up
MATTHEW D. GROUNDS, D.O.
Freeman Health System
417-347-3377

AMY MARIE HINKLE, M.D.
Mercy Emergency Department - Carthage
417-358-8121

CLINTON RAY LOY, D.O.
Mercy Emergency Department - Joplin
417-556-2300

JACOB N. MASENA, D.O.
Freeman Urgent Care - Joplin
417-347-6656

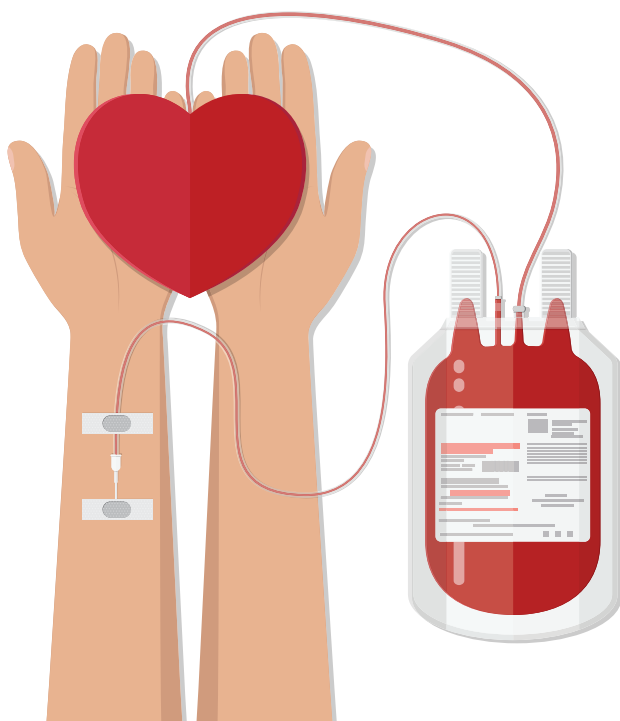
ROBERTO ANTONIO MORAN-BOJORQUEZ, M.D.
Mercy Emergency Department
417-556-2300

MICHELLE PANNELL, M.D.
Mercy Emergency Department - Joplin
417-556-2300



A Note About Board Certification

A physician's placement on our Top Doctors list is not a guarantee of board certification in his or her listed specialty. Although we do double check physicians' practice areas when we fact check this list—and we encourage voting physicians to choose doctors with board certification—we cannot control who receives votes from their peers. It is possible that a physician was voted into a category in which he or she does not have board certification, despite practicing in that area. We encourage readers to do their due diligence when seeking professionals for their medical care and to ask questions about qualifications and board certifications before choosing a physician.



GIVING BACK AROUND 417-LAND

People and organizations throughout the medical field are working to facilitate donations to those that need them most. Donating blood, organs and tissue is one of the most selfless things we can do to help those in need.

BY EVAN GREENBERG

BLOOD

The Community Blood Center of the Ozarks supplies blood for patients at 40 area hospitals. "The need for blood is just relentless," says Chris Pilgrim, the center's Media Relations Representative. The center is also prepared at any time for a natural disaster—it has a three-day "reserve supply," as Pilgrim puts it. The center also can receive blood from the American Blood Center, and the Community Blood Center gives to the organization from time to time as well. To find out how you can donate blood, head to cbco.org and click "Donate" to find a drive near you.

EYES

Cox Medical Center South is a leader in eye donation, and has been recognized by its collaboration partner Saving Sight for a 2016

Excellence in Eye Donation award. Cox South is one of the largest hospitals the organization works with. In 2017, Cox had 218 donors that resulted in 161 tissues made available for cornea transplants, according to data supplied by Saving Sight. Those numbers are up from 2016. Annie Kuhl, Chief Communications Officer of the eye bank, praised Cox's ability to work with families of the deceased in facilitating donation and talking them through the process.

ORGANS AND TISSUE

According to the Missouri Department of Health and Senior Services, if you are an adult, an emancipated minor, or a minor who can apply for a driver's license, you can register to donate your organs or tissues. Fill out a registry form at health.mo.gov/living/organdonor, or complete and mail in a paper copy.

2018 TOP DOCTORS

JAMES M. RISCOE, M.D.

Mercy Emergency Department - Joplin
417-556-2300

Endocrinology (Diabetes & Metabolism)

SEAN R. HAMLETT, D.O.

Freeman Diabetes & Endocrine Institute
417-347-8740

Runners-Up

ALLISON L. GALLOWAY, D.O.

Freeman Endocrinology Associates
417-347-8730

GRETCHEN DENISE SHULL, M.D.

Mercy Clinic Endocrinology - Joplin
417-556-8555

Family Medicine

RUSSELL LEE KENNEDY, D.O.

Mercy Clinic Family Medicine - Stone's Corner
417-781-0408

Runners-Up

MARIA F. BRUCE, M.D.

Mercy Clinic Family Medicine - 50th Street
417-556-3400

MARY LEONE KENNEDY, D.O.

Mercy Clinic Family Medicine - Stone's Corner
417-781-0408

GLEN W. KING, D.O.

Mercy Clinic Family Medicine - Stone's Corner
417-781-0408

STEPHEN R. THOMAS, D.O.

Freeman Family Medicine
417-347-8525

Gastroenterology

XUJUN WU, M.D.

Mercy Clinic Gastroenterology - Joplin
417-556-8455

Runners-Up

SUDHAKAR ANCHA, M.D.

Ozark Gastroenterology
417-623-5250

Privileges at Mercy and Freeman Health

CHARBEL MAKSOUD, M.D.

Freeman Center for Digestive Health
417-347-8636

DAVID A. SEIDL, M.D.

Digestive Health Professionals
417-781-7110

Geriatric Medicine

HENRY D. PETRY, D.O.

Freeman Center for Geriatric Medicine
417-347-4374

Hematology/Oncology

SAMIR MUKUNDRAY DALIA, M.D.
Mercy Clinic Oncology and
Hematology - Joplin
417-782-7722

Runners-Up
DAVID W. CROY, M.D.
Mercy Clinic Oncology and
Hematology - Joplin
417-782-7722

ANISA HASSAN, M.D.
Freeman Cornell-Beshore Cancer
Institute
417-347-4000

IRVING E. LAFRANCIS, M.D.
Mercy Clinic Oncology and
Hematology - Joplin
417-782-7722

MATTHEW D. MILLER, D.O.
Freeman Cornell-Beshore Cancer
Institute
417-347-4000

ATMAN U. SHAH, M.D.
Freeman Cornell-Beshore Cancer
Institute
417-347-4000

Hospitalist

JULIE A. HOFFMANN-JANISCH, M.D.
Mercy Hospital Joplin
417-208-3754

Runners-Up
ADAM D. FAHRENHOLTZ, D.O.
Freeman Health System
417-347-1111

JEREMY GOINS, D.O.
Freeman Health System
417-347-1111

WILLIAM D. KESSLER JR., M.D.
Mercy Hospital Joplin
417-208-3754

ROBERT MCNAB, D.O.
Freeman Health System
417-347-1095

TIMOTHY M. O'KEEFE, M.D.
Mercy Clinic Hospitalists
417-208-3754

Hyperbaric Medicine/Wound Care

JOSEPH A. NEWMAN, M.D.
Freeman Wound Care
417-347-4800

Runners-Up
DONALD R. COTTON, M.D.
Freeman Wound Care
417-347-4800

DAVID HAGEDORN, M.D.
Freeman Wound Care
417-347-4800

Infectious Disease

NICOLE JARJOURA SLEIMAN, M.D.
Mercy Clinic Infectious Disease -
Joplin
417-556-6813

Runners-Up
EDEN M. ESGUERRA, M.D.
Mercy Clinic Infectious Disease -
Joplin
417-556-6813

UWE A. SCHMIDT, M.D.
Freeman Infectious Disease
417-347-8322

Internal Medicine

BERNARD F. BETTASSO, M.D.
Freeman Internal Medicine Group
417-347-8318

Runners-Up
**SAMUEL R. CARTER III, M.D.,
F.A.C.P.**
Samuel R. Carter, M.D.
417-659-4661
Privileges at Mercy and Freeman Health

BRANDON G. GIBSON, D.O.
Freeman Internal Medicine Group
417-347-8711

SAMUEL K. TURNER, D.O.
Samuel K. Turner, Adult Internal
Medicine
417-782-3032
Privileges at Mercy and Freeman Health

Neonatology

DEBORAH L. PICKENS, M.D.
Mercy Neonatal Intensive Care
Unit - Joplin
417-556-6428

Nephrology

LESLIE M. HAMLETT, D.O.
Freeman Kidney Center
417-347-8570

Runners-Up
AHMED ABOUL-MAGD, M.D.
Joplin Nephrology Consultants
417-782-5000
*Privileges at Mercy, Freeman Health and
Landmark Hospital of Joplin*

NADINE A. ABOUL-MAGD, M.D.
Joplin Nephrology Consultants
417-782-5000
*Privileges at Mercy, Freeman Health and
Landmark Hospital of Joplin*

ALETA GREATHOUSE, M.D.
Freeman Kidney Center
417-347-8570

ABDUL M. NAGARIA, M.D.
Freeman Kidney Center
417-347-8570

MICHAEL SELBY, D.O.
Mercy Clinic Nephrology - Joplin
417-556-6877

Neurology

GULSHAN UPPAL, M.D.
Freeman NeuroSpine -
Neurosurgery
417-347-7300

Runners-Up
AHMED T. M. ROBBIE, M.D.
Freeman NeuroSpine -
Neurosurgery
417-782-5500
Privileges at CoxHealth, Pain & Neurology

**ANNA M. WOJCICKA-MITCHELL,
M.D.**
Freeman NeuroSpine -
Neurosurgery
417-347-7300

Obstetrics and Gynecology

JASON K. SLOAN, D.O., F.A.C.O.G.
Mercy Clinic Women's Health -
Joplin
417-623-6056

Runners-Up
CHERYL FOGARTY, M.D.
The Juno Group
417-624-2621
Privileges at Mercy and Freeman Health

ANGELA M. LANGER, M.D.
Ozark Obstetrics & Gynecology
417-347-2525

JEFFREY BRYAN MANLEY, M.D.
Mercy Clinic Women's Health -
Joplin
417-623-6056

Occupational Medicine

DENNIS A. ESTEP, D.O.
Freeman OccuMed
417-347-6625

Tech Talk

A NEW USE FOR IPADS

Mercy Health Systems' iPads run a program called Insight Language. The program allows whatever dialect a patient speaks to show up on the screen, and the patient is able to pick which language works best for them. Language barriers can be an issue in communicating in what is very much a two-sided conversation between doctor and patient. Now, that barrier is being torn down.

Ophthalmology

RAMESH R. SHAH, M.D.
Ramesh R. Shah, M.D.
417-781-2616

CHARLES SHERROD III, M.D.
Regional Eye Center
417-781-3630
Privileges at Mercy and Freeman Health

Runners-Up
EARL L. JORDAN JR., D.O.
E. L. Jordan Jr., DO PC
417-781-0044
Privileges at Freeman Health and Mercy

JOHN A. YUHAS, M.D.
Regional Eye Center
417-781-3630
Privileges at Mercy and Freeman Health

Otolaryngology (Ear, Nose and Throat)

FRANK W. SHAGETS, M.D.
Frank W. Shagets MD
417-623-5111
Privileges at Freeman Health and Mercy

Runners-Up
LEA SARAH HUMPHREY, D.O.
Mercy Clinic Ear, Nose, Throat and
Allergy - Joplin
417-556-8566

ROBERT H. MCDONALD, D.O.
Mercy Clinic Ear, Nose, Throat and
Allergy - Joplin
417-556-8566

KENT MCINTIRE, D.O.
Freeman Ear, Nose & Throat Center
417-347-6767

LARRY MCINTIRE, D.O.
Freeman Ear, Nose & Throat Center
417-347-6767

Tech Talk

SPIRE SOLUTIONS' O2 SAFETY STRAP

When Samuel Hall tore his patella tendon after he tripped over the cannula hose that supplies his oxygen, he knew he needed to change something. He discovered that his injury was far from an isolated incident for oxygen tank users like him, so he devised a product to fix it. The O2 Safety Strap eliminates the hazard of the cannula hose and helps prevent injuries, making life easier for those on oxygen.

Pain Management

ANTHONY CASANOVA, M.D.

Freeman Pain Management Center
417-347-8355

Pathology

SUSAN PINTADO, M.D.

Mercy Clinic Pathology - Joplin
417-556-2130

Runners-Up

MARGARET E. JANSSEN, M.D.

Ferguson Medical Laboratory
417-623-6330

CRAIG P. PATTERSON, M.D.

Ferguson Medical Laboratory
417-623-6330

Pediatrics (General)

FREDRIC R. WHEELER, D.O., F.A.A.P.

Pediatric Associates of Southwest Missouri
417-782-5522
Privileges at Mercy and Freeman Health

Runner-Up

SHARI L. SMITH, D.O.

Hometown Pediatrics of Joplin
417-626-7337
Privileges at Mercy and Freeman Health

Physical Medicine and Rehabilitation

MELVIN KARGES, M.D.

Melvin D. Karges, MD
417-782-1700

Runners-Up

LAURIE BEHM, M.D.

Freeman NeuroSpine - Neurosurgery
417-782-5500

REBECCA D. JEYASEELAN, M.D.

Freeman Physical Rehabilitation Unit
417-347-1234

Psychiatry

JAMES ORLANDO III, M.D.

Mercy Clinic Behavioral Health
417-781-7337

TAMON B. PAIGE, M.D.

Mercy Clinic Behavioral Health
417-781-7337

Pulmonary Disease

RICKY L. SCACEWATER, M.D.

Mercy Clinic Pulmonology - Joplin
417-556-8377

Runners-Up

SYED ANWAR AHMED, M.D.

Mercy Clinic Pulmonology - Joplin
417-556-8377

FESTUS ANAYO NDUKWU, M.D.

Mercy Clinic Pulmonology - Joplin
417-556-8377

TOUFIC TONY SAAD, M.D.

Mercy Clinic Pulmonology - Joplin
417-556-8377

NAVID S. ZAIDI, M.D.

Freeman Lung Institute
417-347-8315

Radiation Oncology

DUANE E. MYERS, M.D.

Mercy Clinic Radiation Oncology
417-556-4462

Runner-Up

CHANCE MATTHIESEN, M.D.

Freeman Cornell-Beshore Cancer Institute
417-347-2200

Radiology

RICHARD JOHN PRICE, M.D.

Mercy Clinic Radiology - Joplin
417-556-4762

STEPHEN ERIC SLAWSON, M.D.

Mercy Clinic Radiology - Joplin
417-556-4762

Runners-Up

MARK E. FARNHAM, M.D.

Freeman Radiology
417-347-1111

JANE SETO, D.O.

Freeman Radiology
417-347-6611

STEVEN JAMES TAGGART, M.D.

Mercy Clinic Radiology - Joplin
417-556-4762

JOHN K. WILLIAMS, M.D.

Freeman Radiology

417-347-5825

Dr. Williams has permanently closed his private practice and practices exclusively at Freeman Radiology.

Rheumatology

ANAN BASSAM AFANEH, M.D.

Mercy Clinic Rheumatology - Joplin
417-556-5210

Runners-Up

MARK J JAREK, M.D.

Mercy Clinic Rheumatology - Carthage

417-359-2675

Dr. Jarek is affiliated with Mercy and sees patients in Carthage. He also sees patients at CMH Rheumatology and Osteoporosis Center.

MICHAEL E. JOSEPH, M.D.

Midwest Regional Allergy, Asthma, Arthritis & Osteoporosis Center
417-624-0050

Privileges at Mercy and Freeman Health

ANNE WINKLER, M.D.

Mercy Clinic Rheumatology - Carthage

417-359-2675

Dr. Winkler also sees patients at CMH Rheumatology and Osteoporosis Center.

Sports Medicine

RUSSELL LEE KENNEDY, D.O.

Mercy Clinic Family Medicine - Stone's Corner
417-781-0408

Runner-Up

ROBERT K. LIEURANCE, M.D.

Freeman Orthopaedics & Sports Medicine
417-347-5400

Urgent Care

RONALD D. EDWARDS, M.D.

Freeman Urgent Care - Joplin
417-347-2273

JEFFREY M. GREEN, D.O.

Freeman Urgent Care - Joplin
417-347-2273

Urology

JAMES FROGGE, M.D.

Freeman Urology Associates
417-347-3703

Runner-Up

G. SCOTT BREHM, M.D.

Freeman Urology Associates
417-347-3703

> SURGICAL SPECIALTIES

Bariatric Surgery

DANNY T. LIU, M.D.

Mercy Clinic General and Specialty Surgery - Joplin
417-781-4404

Runners-Up

DAVID L. BAKER, D.O.

Freeman General & Vascular Surgical Group
417-347-7272

T. BRAD COY, D.O.

Freeman General & Vascular Surgical Group
417-347-7272

DAVID E. HARGRODER, M.D.

MGB Surgery, LLC
800-387-0514

Cardiovascular Surgery

CLYDE RAY REDMOND II, M.D.

Mercy Clinic Cardiac, Thoracic and Vascular Surgery - Joplin
417-556-8600

RAYMOND VETSCH, M.D.

Freeman Heart & Vascular Institute
417-347-5001

Runner-Up

STEPHEN L. MEYER, M.D., F.A.C.S., F.A.C.C.P.

Mercy Clinic Cardiac, Thoracic and Vascular Surgery - Joplin
417-556-8600

Colon and Rectal Surgery

KENNETH LEROY WATTS, M.D.

Mercy Clinic General and Specialty Surgery - Joplin
417-781-4404

Runners-Up

BROCK A. CARNEY, M.D.

Freeman Surgical Associates
417-781-6844

T. BRAD COY, D.O.

Runner-Up
Freeman General & Vascular Surgical Group
417-347-7272

INNOVATIVE SOLUTIONS

From a simpler urgent care experience to the donation of Narcan, the local medical community is engineering solutions to needs that unique to our area.

BY EVAN GREENBERG



The medical field is one constantly in a state of flux, as doctors, hospitals and organizations strive towards ingenuity and improved processes to better people's lives. Across 417-land, hospitals and organizations are applying this idea, and they are working hard to develop and institute ideas that will make things easier and more streamlined for hospitals, clinics and patients.

COXHEALTH SAVE MY SPOT

CoxHealth has a new pilot program called Save My Spot. The gist: patients can go online and choose a CoxHealth clinic, urgent care center, retail center or DirectConnect telemedicine setup and pick an appointment time. It's essentially a medical FastPass to skip the line—just show up for your appointment, and your time has already been saved for you. Essentially what this does is make things easier for all involved. Patients can come and go more quickly and of their own volition, and CoxHealth has a better understanding of when its patients will come in and what they need.

NARCAN DONATION

Narcan is a sort of antidote used to combat heroin overdose. "If someone is unconscious from using something like heroin, they can use the spray to help them get out of this overdose to save their life," Kaitlyn McConnell, the Media Relations Coordinator for CoxHealth, says. CoxHealth has led the charge in educating health care professionals on narcan as well as supplying narcan to school nurses and law enforcement.

THE NEST

The Springfield-Greene County Health Department has offered services related to pre- and post-natal care and education for several years. But it found its message wasn't being communicated as well as it could have. People did not have a clear idea of the services offered, so the department decided to simplify things.

This is where The Nest, a collaboration with the Jordan Valley Community Health Center, comes in.

The Nest assists expectant mothers and mothers who have recently given birth, giving

them the care they need. It has three nurses, all health department employees, two of whom focus on pregnancy, with the other specializing in infant care.

Each nurse has around 15 to 20 clients who receive free services from basic information to specific advice and visitation. "One of the benefits of this program is that the nurses have been in the community for a long time," Kathryn Wall, the Public Health Information Administrator for the health department, says. "They're well connected."

In addition to one-on-one visits at home or elsewhere, The Nest also has a full-service clinic set up at the Jordan Valley Community Health Center, where patients can be advised and attended to. The Nest, for lack of a better phrase, is still in its infancy, and Wall is excited for future initiatives and is exploring how it can grow further and provide the most comprehensive care.

"We want to be the connector," Wall says. "Maybe they don't need our services, but they just need to know where to get diapers. That's what we can help with."

*General Surgery***CHARLES YOUNGHO RO, M.D.**

Mercy Clinic General and Specialty
Surgery - Joplin
417-781-4404

Runners-Up

BROCK A. CARNEY, M.D.

Freeman Surgical Associates
417-781-6844

KURTIS S. COX, M.D.

Freeman Surgical Associates
417-781-6844

T. BRAD COY, D.O.

Freeman General & Vascular
Surgical Group
417-347-7272

DANNY T. LIU, M.D.

Mercy Clinic General and Specialty
Surgery - Joplin
417-781-4404

KENNETH LEROY WATTS, M.D.

Mercy Clinic General and Specialty
Surgery - Joplin
417-781-4404

*Laparoscopic Surgery***DANNY T. LIU, M.D.**

Mercy Clinic General and Specialty
Surgery - Joplin
417-781-4404

CHARLES YOUNGHO RO, M.D.

Mercy Clinic General and Specialty
Surgery - Joplin
417-781-4404

Runners-Up

DAVID L. BAKER, D.O.

Freeman General & Vascular
Surgical Group
417-347-7272

T. BRAD COY, D.O.

Freeman General & Vascular
Surgical Group
417-347-7272

*Maxillofacial Surgery***KENT MCINTIRE, D.O.**

Freeman Ear, Nose & Throat Center
417-347-6767

FRANK W. SHAGETS, M.D.

Frank W. Shagets MD
417-623-5111
Privileges at Freeman Health and Mercy

MATTHEW W. SHEFFER, DDS

Joplin Oral Surgery PC
417-625-1122
Privileges at Mercy.

*Neurological Surgery***BRIAN CURTIS, M.D.**

Freeman NeuroSpine -
Neurosurgery
417-782-5500

MARGARET ELLEN NICHOLS, M.D.

Freeman NeuroSpine -
Neurosurgery
417-782-5500

Runners-Up

BARRY KATZ, M.D.

Mercy Clinic Neurosurgery - Joplin
417-556-6876

JOSHUA C. SWEANEY, D.O.

Freeman NeuroSpine -
Neurosurgery
417-782-5500

CHERYLON A. YAROSH, M.D.

Freeman NeuroSpine -
Neurosurgery
417-782-5500

*Ophthalmologic Surgery***CHARLES SHERROD III, M.D.**

Regional Eye Center
417-781-3630
Privileges at Mercy and Freeman Health

*General Orthopedic Surgery***JAMES R. BOYLE, M.D.**

Freeman Orthopaedics & Sports
Medicine
417-347-5400

Runners-Up

DAVID L. BLACK, M.D.

Freeman Orthopaedics & Sports
Medicine
417-347-5400

ROBERT K. LIEURANCE, M.D.

Freeman Orthopaedics & Sports
Medicine
417-347-5400

DEREK W. MILLER, D.O.

Freeman Orthopaedics & Sports
Medicine
417-347-5400

TODD J. TWISS, M.D.

Freeman Orthopaedics & Sports
Medicine
417-347-5400

*Orthopedics (Foot & Ankle Surgery)***JAMES R. BOYLE, M.D.**

Freeman Orthopaedics & Sports
Medicine
417-347-5400

DEREK W. MILLER, D.O.

Freeman Orthopaedics & Sports
Medicine
417-347-5400

*Orthopedics (Joint Replacement Surgery)***DAVID L. BLACK, M.D.**

Freeman Orthopaedics & Sports
Medicine
417-347-5400

Runners-Up

ROBERT K. LIEURANCE, M.D.

Freeman Orthopaedics & Sports
Medicine
417-347-5400

DEREK W. MILLER, D.O.

Freeman Orthopaedics & Sports
Medicine
417-347-5400

*Orthopedics (Sports Medicine & Arthroscopy)***JAMES R. BOYLE, M.D.**

Freeman Orthopaedics & Sports
Medicine
417-347-5400

ROBERT K. LIEURANCE, M.D.

Freeman Orthopaedics & Sports
Medicine
417-347-5400

*Orthopedics (Trauma Surgery)***JAMES R. BOYLE, M.D.**

Freeman Orthopaedics & Sports
Medicine
417-347-5400

*Otolaryngology/Head and Neck Surgery***FRANK W. SHAGETS, M.D.**

Frank W. Shagets MD
417-623-5111
Privileges at Freeman and Mercy

Runners-Up

LEA SARAH HUMPHREY, D.O.

Mercy Clinic Ear, Nose, Throat and
Allergy - Joplin
417-556-8566

SCOTT M. MCCLINTICK, D.O.

Freeman Ear, Nose & Throat Center
417-347-8301

ROBERT H. McDONALD, D.O.

Mercy Clinic Ear, Nose, Throat and
Allergy - Joplin
417-556-8566

KENT MCINTIRE, D.O.

Freeman Ear, Nose & Throat Center
417-347-6767

LARRY MCINTIRE, D.O.

Freeman Ear, Nose & Throat Center
417-347-6767

*General & Reconstructive Plastic Surgery***WILLIAM S. HUGHES, M.D.**

Mercy Clinic Plastic Surgery -
Surgery Center
417-820-9330
Dr. Hughes was voted into the Joplin category. He actually practices in Springfield.

Runners-Up

TALON MANINGAS, D.O.

Maningas Cosmetic Surgery
417-437-0303
Dr. Maningas sees patients at Mercy and Freeman Health.

FRANK W. SHAGETS, M.D.

Frank W. Shagets MD
417-623-5111
Privileges at Freeman Health and Mercy

*Plastic (Abdominoplasty)***WILLIAM S. HUGHES, M.D.**

Mercy Clinic Plastic Surgery -
Surgery Center
417-820-9330
Dr. Hughes was voted into the Joplin category. He actually practices in Springfield.

TALON MANINGAS, D.O.

Maningas Cosmetic Surgery
417-437-0303
Dr. Maningas sees patients at Mercy and Freeman Health.

*Plastic (Breast Augmentation)***TALON MANINGAS, D.O.**

Maningas Cosmetic Surgery
417-437-0303
Dr. Maningas sees patients at Mercy and Freeman Health.

*Plastic (Facial Surgery)***FRANK W. SHAGETS, M.D.**

Frank W. Shagets MD
417-623-5111
Privileges at Freeman and Mercy

Runner-Up

TALON MANINGAS, D.O.

Maningas Cosmetic Surgery

417-437-0303

Dr. Maningas sees patients at Mercy and Freeman Health.

Trauma Surgery

BROCK A. CARNEY, M.D.

Freeman Surgical Associates

417-781-6844

Runners-Up

DAVID L. BAKER, D.O.

Freeman General & Vascular

Surgical Group

417-347-7272

CHARLES YOUNGHO RO, M.D.

Mercy Clinic General and Specialty

Surgery - Joplin

417-781-4404

Vascular Surgery

STEPHEN L. MEYER, M.D., F.A.C.S.,

F.A.C.C.P

Mercy Clinic Cardiac, Thoracic and

Vascular Surgery - Joplin

417-556-8600

Runners-Up

T. BRAD COY, D.O.

Freeman General & Vascular

Surgical Group

417-347-7272

RAYMOND VETSCH, M.D.

Freeman Heart & Vascular Institute

417-347-5001

SPRINGFIELD

► MEDICAL SPECIALTIES

Allergy/Immunology

WILLIAM SAMUEL MICKA, M.D.

CoxHealth, Allergy/Immunology

417-875-3742

Runners-Up

BRETT WILLIAM HRONEK, M.D.

CoxHealth, Allergy/Immunology

417-875-3742

SILVIA HUEBNER, M.D.

Allergy and Asthma of Springfield

417-885-0823

MINH-THU NGOC LE, M.D.

CoxHealth, Allergy/Immunology

417-875-3742

GREGORY K. LUX, M.D.

Allergy and Asthma of Springfield

417-885-0823

Anesthesiology

BRADLEY A. BOWENSCHULTE, M.D.,

F.A.S.A.

Mercy Clinic Anesthesiology -

Springfield

417-820-2300

Runners-Up

DAVID MELROY DELAHAY JR., M.D.

Mercy Clinic Anesthesiology -

Springfield

417-820-2829

CHRISTOPHER KERR, M.D.

Ozark Anesthesia Associates Inc.

417-269-4550

CLAUDINE MANSOUR, D.O.

Ozark Anesthesia Associates Inc.

417-269-4550

YOUSSEF Y. YASSA, M.D.

Mercy Clinic Anesthesiology -

Springfield

417-820-2829

Breast Cancer Oncology

JOHN W. BUCKNER III, M.D.

CoxHealth, Surgery

417-875-3761

Runners-Up

BRIAN BIGGERS, M.D.

Crighton Olive Dunn Surgical

Group Inc.

417-882-2349

JOHN R. BUMBERRY, M.D., F.A.C.S.,
M.H.A.

Mercy Clinic General and Specialty

Surgery - South Fremont

417-820-3800

RAJESH R. NAIR, M.D.

Mercy Clinic Cancer and

Hematology - Chub O'Reilly

Cancer Center

417-820-8099

JESSICA NICOLE SNIDER, D.O.

Mercy Clinic Cancer and

Hematology - Chub O'Reilly

Cancer Center

417-820-8099

Burn Treatment

KENNETH W. LARSON, M.D.

Mercy Clinic General and Trauma

Surgery - South Fremont

417-820-7250

Runners-Up

KRISI ANN CAUSA, D.O.

Mercy Clinic General and Trauma

Surgery - South Fremont

417-820-7250

ROBERT CLAY JOHNSON JR., M.D.

Mercy Clinic General and Trauma

Surgery - South Fremont

417-820-7250

ERIC ALAN LUEHR, M.D.

Mercy Clinic General and Trauma

Surgery - South Fremont

417-820-7250

JOE A. OLIVI, M.D.

Mercy Clinic General and Trauma

Surgery - South Fremont

417-820-7250

Cardiac Electrophysiology

STANLEY D. WIGGINS, M.D.,

F.A.C.C.

Mercy Clinic Cardiology -

Whiteside

417-820-3911

Runners-Up

KEESAG A. BARON, M.D.

Baron Cardiology Group, P.C.

417-883-5500

JOHN BRIAN GARNER, M.D.

CoxHealth, Cardiology

417-875-2624

SHANG-CHIUN LEE, M.D., PH.D.,

F.A.C.C.

Mercy Clinic Cardiology -

Whiteside

417-820-3911

SUNTHOSH VENKATA

PARVATHANENI, M.D., F.A.C.C.,

F.H.R.S.

Mercy Clinic Cardiology -

Whiteside

417-820-3911

Cardiovascular Disease

DONALD W. MYEARS, M.D.

Mercy Clinic Cardiology -

Whiteside

417-820-3911

Runners-Up

MARK D. ANDERSON, M.D.

CoxHealth, Cardiology

417-225-9770

DAVID S. COCHRAN, M.D., F.A.C.C.

Mercy Clinic Cardiology -

Whiteside

417-820-3911

JOHN WILLIAM HAWKINS, M.D.

Mercy Clinic Cardiology -

Whiteside

417-820-3911

STEVEN K. ROWE, M.D.

CoxHealth, Cardiology

417-875-2625

Dermatology

JOSHUA R. DIMMICK, M.D.

Dimmick Laughlin Dermatology,

LLC

417-882-1818

Runners-Up

JENIFER INSLEY, M.D.

Ozarks Dermatology Specialists

417-889-3332

CRAIG NAUGLE, M.D.

Ozarks Dermatology Specialists

417-889-3332

JAY L. PEARCY, M.D.

CoxHealth, Dermatology

417-875-3664

RAFFAELE PENNELLA, M.D.

Ozarks Dermatology Specialists

417-889-3332

Tech Talk

NEW EDUCATION PROGRAMS

Cox College graduated its

first Masters of Occupational

Therapy Class in December.

The group develops ways for

people with injuries or disabili-

ties to live at home or function

on their own more easily,

says Kaitlyn McConnell, the

media relations coordinator for

corporate communications at

CoxHealth. Cox is also in the

process of instituting a nurse

practitioner program, that

emphasizes specialization in

mental and psychiatric issues.

Clyde and Christy Howell traveled to St. Louis for the fertility treatments that helped them conceive their bundle of joy.



NAVIGATING INFERTILITY TREATMENT IN 417-LAND

Couples everywhere struggle with infertility, but in 417-land, fertility resources are especially scarce. Christy Howell shares how she navigated the system to conceive her son.

BY CHRISTY HOWELL

Infertility. It's an ugly word. Especially if you're the one experiencing it. It crushes dreams, changes lives, ruins relationships, damages careers, depletes bank accounts... and that's just scratching the surface.

If you're reading this and going through infertility, I want to start by saying that I'm so sorry. It's terribly unfair. No one expects to find themselves struggling to conceive, so most find themselves completely unprepared for what's ahead. I hope that my experience can help.

THE LOCAL RESOURCES

I hate to say it, but 417-land is behind in reproductive medicine. There's only so much that our local doctors and their facilities have the capacity to help with. I didn't know or understand that at the beginning of my journey. And so, after months of trying, my husband and I went to my OB-GYN, certain that she would have the resources we'd need to succeed.

She didn't.

But I didn't realize this until we'd spent eight months in her office, waiting and trying and paying thousands and thousands of dollars using popular but outdated medications along with a technique that only boasts a 10 percent chance of working for some couples.

Every month we hoped and we prayed for a positive pregnancy test, and we did everything we could to ensure that this would be the cycle that we conceived our baby. And every month, our hearts were broken, all because we didn't have the right testing or the right tools to help us conceive a child here in 417-land.

And so we branched out. We began treatment with a fertility clinic in St. Louis whose sole focus is advanced reproductive medicine. We were finally in the hands of a team of professionals who could give us a diagnosis and make our dream a reality.

THE CHALLENGES

It wasn't an easy road to get there. In fact, their office is three and a half hours from my home. The road became so familiar to me that I jokingly swore I could travel it with my eyes closed.

But I was lucky. I found the funds to pay for our fertility treatments and the travel expenses necessary to get to St. Louis and stay in hotels there when it was necessary. I have a reliable vehicle that transported me safely time and time again. I have employers and a team of co-workers who remained supportive and flexible with my need to work nights and weekends to make up for my excessive travel days. But many 417-landers aren't so lucky. Some have to choose between their current job and their desire to start a family. Many couples' options run out when the care isn't available within our region.

And the need for help is bigger than anyone probably realizes. I was vocal about my experience, but many only open up after finding out that it's something you have in common. When I shared that I was going through in vitro fertilization, countless others reached out to me saying that they'd had to travel for IVF as well, including several close friends, many acquaintances, relatives, a neighbor, a client, my dentist and hygienist and more.

5 PARTS OF FERTILITY TREATMENTS

1

The first part is scheduling a consultation. You don't need a referral to get started. My advice? Don't wait. Get a consultation on the books, then find the courage to brave this first big step by showing up on the day of your appointment.

2

The scariest part is the unknown. I thought testing was scary until I'd done it. Shots were scary until they became the norm. Once you've been through IVF, it's no longer scary, because you're educated and empowered.

3

The financial part can be difficult. Surprisingly, insurance might cover some of the costs. Often, hopeful grandparents might offer to help. And personal loans for "fertility financing" are a common thing.

4

The hardest part is the emotional journey. You're investing hopes and dreams and a lot of money into something that's not guaranteed to work. The right clinic will understand and point you in the direction of emotional support. Whether it's online, one-on-one or in a group setting, help is there.

5

The rewarding part is beyond compare. When you get that positive pregnancy test, you won't forget what you went through for it. But your heart will be that much bigger to receive your precious baby!



Christy Howell conceived her son with IVF treatments. She hopes to help other 417-landers through sharing her experience.

SILVER LINING

There is good news. The experts are finally taking notice and making strides in helping southwest Missourians' fertility needs.

A small step in the right direction has been initiated by CoxHealth, which is making it possible to have your initial consultation with select out-of-town fertility specialists here locally through their telemedicine online service. (Personally, I found it important to consult with my potential doctor in person and to tour the clinic to get a feel for their standards. But I appreciate that Cox has recognized the challenges of traveling hours for advanced care and is attempting to help.)

A big step in helping: St. Louis-based fertility clinic MCRM Fertility (1135 E. Lakewood Street, Suite 112, Springfield; 417-986-0999; mcrmfertility.com) has recognized the need for specialized care in 417-land and has opened a satellite office here in Springfield. I can't tell you what a difference this could have made in my own fertility experience, and I am passionate about what a difference this could make for others.

How does the satellite experience work? Essentially, MCRM's doctors and nurses come to you for the majority of your care. Your consultation, testing, office visits, checkups, lab work and more are all done at their Springfield office. You would travel to St. Louis only as needed for advanced procedures; in the case of IVF, you would travel once for your egg retrieval and once for your embryo transfer. That's two trips. Two scheduled times off work. Two, instead of countless.

In the end, our baby is worth every mile we drove. I literally would have traveled to the ends of the earth for him. But since infertility is stressful enough without the added challenges, expenses and pressures of traveling, I hope that more 417-land couples simply won't have to.

THE MORE YOU KNOW

• 1 in 8 couples have trouble getting pregnant

• When should you ask for help? For women older than 35, ask for help after six months of trying to conceive. For women younger than that, ask after 12 months.

• You don't need a referral to start with a fertility clinic.

• Infertility is hard. Find emotional support through online Facebook groups, or the faith-based support group: Moms in the Making (momsinthemakinggroup.com).

2018 TOP DOCTORS

MICHAEL SWANN, M.D.

Swann Dermatology Esthetics
417-888-0858

CHRISTOPHER R WILBERS, M.D.

CoxHealth, Dermatology
417-875-3384

Dermatology (Cosmetic)

MICHAEL SWANN, M.D.

Swann Dermatology Esthetics
417-888-0858

Runners-Up

MATTHEW ALLEN KIENSTRA, M.D.

Mercy Clinic Facial Plastic
Surgery - South Fremont
417-887-3223

CRAIG NAUGLE, M.D.

Ozarks Dermatology Specialists
417-889-3332

Dr. Naugle was voted into the Dermatology (Cosmetic) category; however, he does not practice cosmetic dermatology.

Direct Primary Care

DOMINIC M. MELDI, M.D.

Mercy Clinic Internal Medicine -
Smith Glynn Callaway
417-888-5658

Runners-Up

LAURA BETH DEN OUDEN, M.D.

CoxHealth, Internal Medicine
417-269-0700

Dr. Den Ouden was voted into the Direct Primary Care category, but she practices internal medicine at CoxHealth.

MATTHEW PRESTON GREEN, D.O.

CoxHealth, Hospitalist
417-269-2227

Dr. Green no longer practices with CoxHealth.

JENNIFER A. MCNAY, M.D.

Mercy Clinic Internal Medicine -
Smith Glynn Callaway
417-888-5658

TERESA A. OLSEN, M.D.

Mercy Clinic Internal Medicine -
Smith Glynn Callaway
417-888-5658

Emergency Medicine

BRYAN A. FINKE, M.D.

CoxHealth, Emergency Medicine
417-269-4983

Runners-Up

MATTHEW D. BRANDT, M.D.

CoxHealth, Emergency Medicine
417-269-4983

HOWARD E. JARVIS III, M.D.

CoxHealth, Emergency Medicine
417-269-4983

STEPHANIE MARIE LEWIS, M.D.

Mercy Emergency Department -
Springfield
417-820-2115

THOMAS CRAIG LEWIS, M.D.

Mercy Emergency Department -
Springfield
417-820-2115

Endocrinology (Diabetes & Metabolism)

GREGORY A. LEDGER, M.D., F.A.C.P., F.A.C.E., C.P.E.

Mercy Clinic Endocrinology -
Smith Glynn Callaway
417-888-5660

Runners-Up

DANIEL F. LYONS, M.D.

CoxHealth, Endocrinology
417-269-4450

RANI K. RADHAMMA, M.D.

Mercy Clinic Endocrinology -
Smith Glynn Callaway
417-888-5660

JONBEN DALE SVOBODA, M.D.

CoxHealth, Endocrinology
417-269-4450

JOHNSON THOMAS, M.D.

Mercy Clinic Endocrinology -
Smith Glynn Callaway
417-888-5660

Family Medicine

WILLIAM RUSSELL DETTEN, D.O.

CoxHealth, Family Medicine
417-269-1362

Runners-Up

MARTIN R. ALUMNO, M.D.

Mercy Clinic Family Medicine -
Smith Glynn Callaway
417-890-4136

BARBARA A. BUMBERRY, M.D.

Mercy Clinic Family Medicine -
HealthTracks
417-820-5015

BRIAN JAMES DUFF, M.D.
CoxHealth, Family Medicine
417-269-2227

JULIA LEE FLAX, M.D.
CoxHealth, Family Medicine
417-269-1362

CANDISE D. KROUTIL, M.D.
CoxHealth, Family Medicine
417-875-3013

RACHELENE MIDDLETON, M.D.
Mercy Clinic Family Medicine -
Smith Glynn Callaway
417-888-6709

JAY L. SPARKS, M.D.
Mercy Clinic Family Medicine -
Smith Glynn Callaway
417-633-7425

SEAN P. TARSNEY, M.D.
Mercy Clinic Family Medicine -
Smith Glynn Callaway
417-888-6709

Fertility
ROBERT F. FRASER II, M.D.
Mercy Clinic Maternal and Fetal
Medicine - South Fremont
417-820-3715

KRISTY A. MCCALL, M.D.
CoxHealth, OBGYN
417-269-7900

THOMAS M. SHULTZ, M.D.
CoxHealth, OBGYN
417-882-6900

MATTHEW ALLEN WEIS, M.D.
CoxHealth, OBGYN
417-875-3000

Gastroenterology
GREGORY L. LYFORD, M.D.
CoxHealth, Gastroenterology
417-875-3760

Runners-Up
DANIEL EDWARD BRADY, M.D.
Mercy Clinic Gastroenterology -
Whiteside
417-820-5200

MUBASHIR HASSAN KHAN, M.D.
Mercy Gastroenterology -
Whiteside
417-820-5200

DONALD HERBERT MANGUM, M.D.
Mercy Clinic Gastroenterology -
Whiteside
417-820-5200

PETER JAMES RAMSEY, M.D.
CoxHealth, Gastroenterology
417-875-3250

Geriatric Medicine
OVAIS ZUBAIR, M.D.
CoxHealth, Geriatric Medicine
417-269-9220

Runners-Up
SHERI LYNN BETHMANN, D.O.
Mercy Villa
417-820-8500

MARIA C. DELA ROSA, M.D.
Mercy Clinic Internal Medicine -
South Fremont
417-820-3500

NABIL SHAFIK KAMEL, M.D.
CoxHealth, Geriatric Medicine
417-269-9220

WILLIAM K. ROSEN, M.D.
CoxHealth, Geriatric Medicine
417-269-3915

Gynecologic Oncology
ALBERT J. BONEBRAKE, M.D.
CoxHealth, GYN Oncology
417-875-3065

Runners-Up
**JAY WALTER CARLSON, D.O., M.S.,
F.A.C.O.G.**
Mercy Clinic Women's Oncology -
Chub O'Reilly Cancer Center
417-820-3554

MARCIA HERNANDEZ, D.O.
Mercy Clinic Women's Oncology -
Chub O'Reilly Cancer Center
417-820-3554

**DARREN L. LEHNERT, M.D.,
F.A.C.O.G.**
Mercy Clinic OB/GYN - South
Fremont
417-820-3890

LAURA BETH LUEHR, M.D.
Mercy Clinic Obstetrical
Hospitalists
417-820-3890

SHANON TUTER, D.O.
Mercy Clinic OB/GYN - Smith Glynn
Callaway
417-885-0828

**BARBARA ELLEN WOTHERSPOON,
M.D.**
Mercy Clinic OB/GYN - S. Fremont
417-820-3890

Hematology/Oncology
ROBERT JOHN ELLIS, M.D., F.A.C.P.
Oncology Hematology Associates
417-882-4880

JESSICA NICOLE SNIDER, D.O.
Mercy Clinic Cancer and
Hematology - Chub O'Reilly
Cancer Center
417-820-8099

Runners-Up
RAJESH R. NAIR, M.D.
Mercy Clinic Cancer and
Hematology - Chub O'Reilly
Cancer Center
417-820-8099

SRIKANT NANNAPANENI, M.D.
CoxHealth, Oncology
417-875-2607

LAVANYA TIRIVEEDHI, M.D.
Mercy Clinic Cancer and
Hematology - Chub O'Reilly
Cancer Center
417-820-8099

MOHAN KRISHNA TUMMALA, M.D.
Mercy Clinic Cancer and
Hematology - Chub O'Reilly
Cancer Center
417-820-8099

Hospitalist
BALA SUDHAKAR R ALLAM, M.D.
Mercy Clinic Hospitalists -
Springfield
417-820-2600

Runners-Up
**MELINDA A. CROCKETT-MAPLES,
M.D.**
Mercy Clinic Hospitalists -
Springfield
417-820-2600

REGGIE L. GEORGE, M.D.
CoxHealth, Hospitalist
417-269-7728

RYAN MICHAEL NORMAN, D.O.
Mercy Clinic Hospitalists -
Springfield
417-820-2600

THOMAS THOMAS, D.O.
Mercy Clinic Hospitalists -
Springfield
417-820-2600

SHAWN NEWTON USERY, M.D.
CoxHealth, Hospitalist
417-269-7728
Dr. Usery was voted into the Springfield category, but actually practices in Branson as Cox Branson's Chief Medical Officer.

Hyperbaric Medicine/Wound Care
LARRY K. CHASE, M.D.
CoxHealth, Hyperbaric Medicine
417-269-9950

Runners-Up
JASON JAY FORBES, D.O.
Mercy Wound Care and Hyperbaric
- Springfield
417-885-0868

JON F. SNOW, M.D.
CoxHealth, Hyperbaric Medicine
417-335-7792

Infectious Disease
ROBIN L. TROTMAN, D.O.
CoxHealth, Infectious Disease
417-269-7784

Runners-Up
ERIC JEROME FULNECKY, M.D.
Mercy Clinic Infectious Disease -
Whiteside
417-820-3905

ALASTAIR D. HADDOW, M.D.
Mercy Clinic, Infectious Disease -
Whiteside
417-820-3905

**WILLIAM W. SISTRUNK, M.D.,
F.A.C.P.**
Mercy Clinic Infectious Disease -
Whiteside
417-820-3905

ROBERT LEE SWORDS JR., M.D.
Mercy Clinic Infectious Disease -
Whiteside
417-820-3905

Internal Medicine
DOMINIC M. MELDI, M.D.
Mercy Clinic Internal Medicine -
Smith Glynn Callaway
417-888-5658

Runners-Up
LEHMAN W. GODWIN, M.D.
CoxHealth, Internal Medicine
417-875-3000

JENNIFER A. MCNAY, M.D.
Mercy Clinic Internal Medicine -
Smith Glynn Callaway
417-888-5658

WILLIAM COLLINS MOORE, M.D.
CoxHealth, Internal Medicine
417-875-3270

HEATH A. MORGAN, D.O.
Mercy Clinic Internal Medicine -
Smith Glynn Callaway
417-888-5658

TERESA A. OLSEN, M.D.
Mercy Clinic Internal Medicine -
Smith Glynn Callaway
417-888-5658

*Maternal Fetal Medicine
(Perinatology)*

ROBERT F. FRASER II, M.D.
Mercy Clinic Maternal and Fetal
Medicine - South Fremont
417-820-3715

Runners-Up
PATRICIA M. DIX, M.D.
CoxHealth, Perinatology
417-269-4037

JEFFREY STUART GREENSPOON, M.D.
CoxHealth, OBGYN
417-269-4037

Neonatology
JOSEPH M. ECCHER, M.D.
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Runner-Up
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Tech Talk

A PEDIATRIC INNOVATION PLAN

Mercy Innovation, formerly
Mercy R&D, plans to sit in on
pediatric visits in the area,
observing where there could
be room for improvement and
then developing ideas for de-
vices based on those sessions.
"One of the reasons we chose
pediatrics is it's a known area
of medical device inadequacy,"
says Kim Collison Farr of Mercy
Innovation.

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*Otolaryngology (Ear, Nose and
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Runners-Up
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JEFFREY R. FENWICK, M.D.
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A. DANIEL PINHEIRO, M.D.
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Surgery Center
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JACOB EDWARD SMITH, M.D.
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Pain Management

BENJAMIN A. LAMPERT, M.D.
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Runners-Up
JAY P. BAKER, D.O.
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HOLDING ON TO HOPE

After an unknown case of double pneumonia spiraled into a slew of life-threatening complications, Charlene Waszczuk went from Christmas shopping one weekend to fighting for her life at Mercy Springfield's Intensive Care Unit a few days later. Read on for her daughter's firsthand account of the experience, and learn a few tips for surviving if you ever find yourself in a similar situation.

BY SAVANNAH WASZCZUK

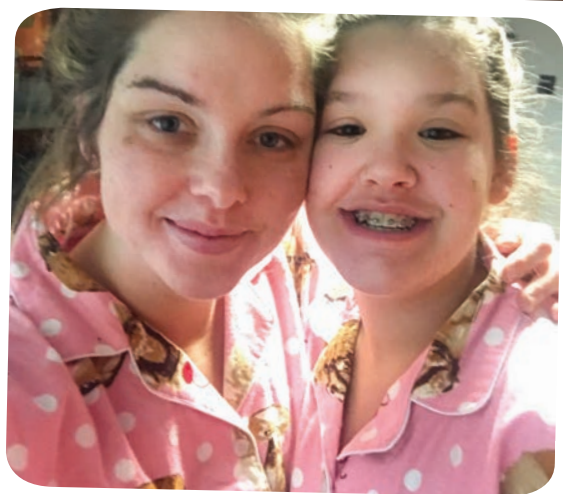
Ask a group of kids to recite their worst fears, and you'll hear a slew of common answers. Snakes. Spiders. Sharks. The dark. But not me. Among a sea of 7-year-olds, my worst fear stood out: I was afraid of losing my mom.

Fast forward 25 years, and all is the same. Now I'm 32, but I don't have kids or a husband of my own. My mom is still the No. 1 person in my life—the one I always text before bed and call on my way home from work. She's my listening ear and my personal cheerleader, my shopping buddy and my life-long Scrabble opponent. My mom is my best friend, and I can't imagine living without her. That's why my life changed forever last December 22.

THE MORNING THAT STARTED IT ALL

It was the last day that I had to work before Christmas break, so I was in a great mood despite waking up to gray skies and a cold drizzle. I was about

Due to a string of health complications, Charlene Waszczuk almost lost her life. Her daughter, Savannah (left in inset), learned how to adjust to the stress of living life on the edge.



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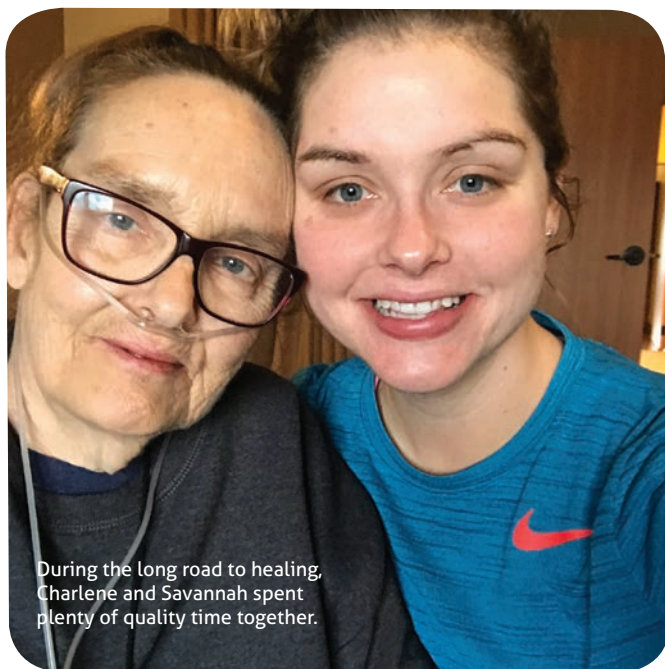
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LAURA ELIZABETH WATERS, M.D.

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Christmas was in three days. I pictured what would be the first Christmas morning of my life where we weren't all gathered in my parents' living room.



During the long road to healing, Charlene and Savannah spent plenty of quality time together.

Pediatrics (Allergy)

WILLIAM SAMUEL MICKA, M.D.

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Runners-Up

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Dr. Mertensmeyer was voted into the Pediatric Allergy category; however, he is actually an otolaryngologist.

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FREDERICK K. EMGE, M.D.

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417-447-4700

to leave my house when I got a text from Chris, my second-oldest brother: "What in the world is going on with Mom? Cayla tried dropping off the girls, and the house was dark. No one answered the door, and she's not answering her phone. Something is wrong."

My heart sank. I immediately panicked as I realized I hadn't heard from Mom last night or that morning, either. She was supposed to watch my nieces, and she wasn't even awake. That's not like her. I ran to my car and began what felt like the longest drive of my life—I was headed to the old hilltop farmhouse where I grew up, and I had no idea what would be waiting for me when I arrived. So many thoughts flooded my brain. Christmas was in three days. I pictured what would be the first Christmas morning of my life where we weren't all gathered in my parents' living room. Alternative scenarios forced tears down my cheeks. After half a dozen calls, I finally got in touch with my nephew, Zane, who lived in the home with my brother, my dad and my mom: "Grandmom is coughing up blood and can't breathe."

Mom was at 30 percent oxygen by the time we got her to the Mercy emergency room, and her body went into septic shock (a medical condition that affects the body after organs are injured or damaged as a result of a severe infection). She was immediately intubated. We soon learned she also had double pneumonia, a condition that's bad for anyone, but extra-concerning for someone with her other chronic conditions: COPD, emphysema and a compromised lung due to a severe case of scoliosis. A few hours later we were told she made it to the ER just in time, but her outcome was questionable. They said the next 12 to 24 hours were critical.

My brothers and I sat subdued. We prayed together. We prayed over Mom. We paced the floors. We texted family back east and updated Facebook requesting prayers. Soon we all made a bittersweet walk to the Mercy ICU; each step was weighted with the fear of what might happen next. As days went on, those steps became all too familiar. ICU room No. 6118 became mom's home for the next 14 days, and each day brought a new set of uncertainties.

NIGHT ONE

All nights were hard, but night one was among the worst. Mom's blood pressure was dipping, then spiking. They were uncertain of what infection caused her body to go septic, which meant they didn't know what antibiotics to use to treat it. Her temperature had risen to more than 105 degrees by 9 p.m. I felt sick to my stomach as I watched her lying lifeless in that stark, dark room, machines breathing for her.

Before I left, I asked the nurses how they'd lower her temperature since they hadn't been able to so far. The plan was to cover her body in cooling blankets and pump her veins full of Tylenol. I continued asking questions. How do the cooling blankets work? How much Tylenol? When will we know if it's working? What will we try if it doesn't? I wrote everything down.

I looked at my dad, who is on a plethora of medications of his own due to a history of mental illness. He was staring down the empty hospital hallway—I knew he was in shock. I then looked at my two brothers, both who love my mom every bit as much as I do but also have two kids of their own to worry about. That's the moment that I realized that this was my job. I was the one who needed to ask questions and learn about medications. I was the one who needed to connect bridges from nurse to nurse, from therapist to therapist, from doctor to doctor. It was time for me to step up and be my mom's advocate. As the days continued, I learned that this was far more important than I even knew.

I hated leaving knowing I wouldn't get a goodnight text that night. I hated it even more when I thought about how I might never talk to my mom again. I didn't sleep at all. Instead, I prayed. A lot. It was one of the only things that brought me any comfort. Mom's temperature dropped about a degree and a half every two hours, and it was down to 101 around 4:30 a.m. At 4:45, the ICU nurse called me and told me to get my family there as soon as possible—Mom's heart was suddenly out of rhythm, and they didn't know why. She had



▲ Throughout her mom's recovery, Savannah learned how to be an advocate for her loved one's health—and how to stay positive during the process.

possibly had an unknown heart attack previously, or she had an unknown, pre-existing problem that quickly became a much bigger problem considering the state of her body. I called my brothers and Dad. After spending what felt like an eternity in Mercy's sixth floor waiting room, we learned that she had survived this stint. Her heart went into Atrial Fibrillation (AFib), and they had another issue to fix: now they had to find a way to get her heart back into a regular rhythm. After a few scary days, they found the appropriate meds to control it.

LEARNING HOW TO LIVE AGAIN

My life since that very first night has been a blur. The full story is riddled with multiple events like the heart incident—it has been a journey full of ups and downs and highs and lows. As I write this, we're at a high point: Mom is finally home after two weeks in the ICU, a week in a regular hospital room and a month at The Maples Health & Rehabilitation Center. Tied to this is another low point—Mom's home isn't that same picturesque farmhouse where I grew up anymore. That home burned to the ground two weeks into her stay at The Maples. My dad, nephew and brother all made it out alive, though, and for that, we're thankful.

People often ask me how I've remained so optimistic with all of these things going on. Seeing all of the bad—and having doctor after doctor tell me how lucky we are that my mom is still alive—has made me much more appreciative of all of the good. I'll never forget the first time Mom squeezed my hand to let me know she could hear my voice. I won't forget the first time she talked to my brother and me again. I won't forget when she could drink water again, or when she could swallow food again, or when she could walk again. These things all used to be normal, but now they're the things I celebrate. Sure, my life changed forever on December 22, but to me, it has become so much more beautiful. Now when Mom and I have an after-work talk or play a lazy Saturday game of Scrabble, I can't help but think about how these moments were so close to being gone forever. And now they're happening, day after day. For that, how can I be anything but grateful?

HOSPITAL HOW-TOS

When a family member becomes critically ill, your life changes in an instant. Here are a few tips for surviving the challenging time and being a health advocate for your loved one.

ASK QUESTIONS.

It's important to understand what's going on with your loved one, and it's crucial that you understand the medications they're taking. Ask lots of questions. I found that many doctors and nurses were happy to explain things to me, and they even broke it down in simpler terms when I needed it.

WRITE THINGS DOWN.

Things change often and happen quickly—especially in the ICU. I took notes during my conversations with medical staff, and I wrote down all of my mom's medications—this helped make sure I didn't miss anything and also helped me update my other family members.

BRIDGE THE GAPS.

The doctors and nurses in the Mercy ICU communicated well with each other, but the communication among staff members isn't quite as involved on the regular hospital room floor or in the rehabilitation center. Each time I met new doctors, nurses or therapists, I updated them on Mom's case and made sure they knew of her pre-existing conditions (such as her scoliosis, which made a huge difference in the way she could lay or move).

FIND YOUR STRENGTH.

My mom was on the sixth floor of Mercy Springfield, which is also where the hospital's chapel is located—my family and I recited the rosary together in the chapel daily. I also talked to friends, which helped. Find activities that bring you peace, and try to engage with them each day.

EAT THE PIE!

Plenty of people will tell you this (and if you're like me, it might frustrate you at times), but don't forget to take care of yourself. My advice on this is to be aware of your limits, but let yourself be at the hospital if you feel you need to be. When you do have an appetite (and if you're at Mercy Springfield), go down to the cafeteria, and eat the pie—the mint chocolate was my favorite, but all were delicious!

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Rehabilitation
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JOHN W. CLOUSE, M.D.

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417-820-2468

*Tech Talk***A STREAMLINED
COMMUNICATION PROGRAM**

Cox Medical Center South's
nurses have a faster way to
communicate with patients.
CareAware Connect, a smart-
phone program put in place
last year, allows nurses to talk
with patients as well as other
staff members in real-time. The
software has been integrated
with the nurse call system and
has app capabilities, allowing
nurses easy access to pertinent
information on patient medica-
tion and illnesses.

NATHAN TONLAAR, M.D.

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*Radiology***CHRIS EDWARD CHERNESKY, M.D.**

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GERALD J. ONDR, M.D.

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417-269-6272

JACOB TAUSSIG, M.D.

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Springfield
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*Reproductive Endocrinology***RANI K. RADHAMMA, M.D.**

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Glynn Callaway
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*Rheumatology***DAVID GREGORY TRUE, D.O.**

Mercy Clinic Rheumatology -
Carthage
417-359-2675

*Dr. True was voted into the Springfield
category, but he is affiliated with Mercy
and sees patients in Carthage.*

Runners-Up

JO ELLEN FEUGATE, M.D., PH.D.

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Glynn Callaway
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TIMOTHY HAYES, M.D.

Mercy Clinic Rheumatology - Smith
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JOSEPH L. MAYUS, M.D.

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EUN JOO PARK, M.D.

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Dr. Park no longer practices with CoxHealth.

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F.A.C.S.**

Mercy Clinic General and Specialty
Surgery - South Fremont
417-820-3800

Runners-Up

DANIEL R. CARDWELL, M.D.

CoxHealth, Surgery
417-875-3230

MATTHEW EARL SIMPSON, M.D.

CoxHealth, Surgery
417-875-3593

TIMOTHY D. WOODS, M.D.

CoxHealth, Surgery
417-875-2796

*Cardiovascular Surgery***JOHN B. STEINBERG, M.D.**

CoxHealth, Cardiothoracic Surgery
417-875-2622

Runners-Up

KEITH R. ALLEN, M.D.

Mercy Clinic Cardiac, Thoracic and
Vascular Surgery - Whiteside
417-820-3960

KUO FON HUANG, M.D., F.I.C.S.

Mercy Clinic Cardiac, Thoracic and
Vascular Surgery - Whiteside
417-820-3960

**SIRISH V. PARVATHANENI, M.D.,
F.A.C.S., MBA, F.C.C.M.**

Mercy Clinic Cardiac, Thoracic and
Vascular Surgery - Whiteside
417-820-3960

DAVID ZOLFAGHARI, M.D.

CoxHealth, Cardiothoracic Surgery
417-875-2622

*Colon and Rectal Surgery***JOSE M. DOMINGUEZ, M.D.**

CoxHealth, Colorectal Surgery
417-875-3276

Runners-Up

**JAMES PATRICK BROOKS, M.D.,
F.A.S.C.R.S.**

Mercy Clinic General and Specialty
Surgery - South Fremont
417-820-3800

JOHN CRIGHTON, M.D.

Crighton Olive Dunn Surgical
Group Inc.

417-882-2349

*Dr. Crighton also sees patients at CMH
Surgical Services.*

**BRIAN RICHARD SWENSON, M.D.,
M.S., F.A.C.S., F.A.S.C.R.S.**

Mercy Clinic General and Specialty
Surgery - South Fremont
417-820-3800

JOHN MATTHEW TROMBOLD, M.D.

CoxHealth, Colorectal Surgery
417-875-3276

*General Surgery***TIMOTHY D. WOODS, M.D.**

CoxHealth, Surgery
417-875-2796

Runners-Up

**JOHN R. BUMBERRY, M.D., F.A.C.S.,
M.H.A.**

Mercy Clinic General and Specialty
Surgery - South Fremont
417-820-3800

DANIEL R. CARDWELL, M.D.

CoxHealth, Surgery
417-875-3230

**CHRISTOPHER A. EDWARDS, M.D.,
F.A.C.S.**

Mercy Clinic General and Specialty
Surgery - South Fremont
417-820-3800

NICHOLAS F. SHOULTS, M.D.

Mercy Clinic General and Specialty
Surgery - South Fremont
417-820-3800

*Laparoscopic Surgery***TIMOTHY D. WOODS, M.D.**

CoxHealth, Surgery
417-875-2796

Runners-Up

DANIEL R. CARDWELL, M.D.

CoxHealth, Surgery
417-875-3230

JOHN CRIGHTON, M.D.

Crighton Olive Dunn Surgical
Group Inc.
417-882-2349
*Dr. Crighton also sees patients at CMH
Surgical Services.*

**CHRISTOPHER A. EDWARDS, M.D.,
F.A.C.S.**

Mercy Clinic General and Specialty
Surgery - South Fremont
417-820-3800

MATTHEW EARL SIMPSON, M.D.

CoxHealth, Surgery
417-875-3593

*Maxillofacial Surgery***MATTHEW ALLEN KIENSTRA, M.D.**

Mercy Clinic Facial Plastic Surgery -
South Fremont
417-887-3223

Runners-Up

GEORGE E. ARQUITT III, DDS, M.D.

Oral & Maxillofacial Surgery Group,
LTD
417-887-8800

J. DAVID GIPSON, DDS, M.D.

Oral & Maxillofacial Surgery Group,
LTD
417-887-8800

**CHRISTOPHER M. MEYER, DDS,
M.D.**

Oral & Maxillofacial Surgery Group,
LTD
417-887-8800

STEVEN P. QUINN, DDS

Oral & Maxillofacial Surgery Group,
LTD
417-887-8800

ROBERT B. SHAW JR., M.D.

CoxHealth, Plastic Surgery
417-875-3246

*Neurological Surgery***SAMI KHOSHOMN, M.D.**

Mercy Clinic Neurosurgery -
Surgery Center
417-820-5150

Runners-Up

SUNGHOON LEE, M.D.

Mercy Clinic Neurosurgery -
Surgery Center
417-820-5150

J. CHARLES MACE, M.D.

CoxHealth, Neurosurgery
417-885-3888

CHAD J. MORGAN, M.D.

CoxHealth, Neurosurgery
417-885-3888

SALIM RAHMAN, M.D.

CoxHealth, Neurosurgery
417-885-3888

*Ophthalmologic Surgery***SHACHAR TAUBER, M.D., F.A.A.O.**

Mercy Clinic Eye Specialists
Ophthalmology - Surgery Center
417-820-9393

Runners-Up

BRENDON DELPORT, D.O.

Jordan Valley Community Health
Center
417-831-0150

**JAMES B. MATTAX JR., M.D.,
F.A.C.S.**

Mattax Neu Prater Eye Center
417-886-3937

THOMAS G. PRATER, M.D., F.A.C.S.

Mattax Neu Prater Eye Center
417-886-3937

WENDELL J. SCOTT, M.D.

Mercy Clinic Eye Specialists
Ophthalmology - Surgery Center
417-820-9393

JACOB K. THOMAS, M.D., F.A.C.S.

Mattax Neu Prater Eye Center
417-886-3937

*General Orthopedic Surgery***WILLIAM HAYWARD DUNCAN, M.D.**

CoxHealth, Orthopedic Surgery
417-875-3800

Runners-Up

PIERRE L. CLOTHIAUX, M.D.

CoxHealth, Orthopedic Surgery
417-269-3800

J. PETER CRITES, M.D.

Mercy Clinic Orthopedics -
Orthopedic Hospital
417-885-3000

WILLIAM WARD GOODMAN III, M.D.

Mercy Clinic Orthopedics -
Orthopedic Hospital
417-885-3000

**ROBERT F. MAHNKEN, M.D.,
F.A.A.O.S**

Mercy Clinic Orthopedics -
Orthopedic Hospital
417-885-3000

WILLIAM T. WESTER, M.D.

CoxHealth, Orthopedic Surgery
417-875-3800

*Orthopedics (Foot & Ankle Surgery)***DAVID CHRISTOPHER HICKS, M.D.**

CoxHealth, Orthopedic Surgery
417-875-3800

Runners-Up

**ROBERT F. MAHNKEN, M.D.,
F.A.A.O.S**

Mercy Clinic Orthopedics -
Orthopedic Hospital
417-885-3000

DARIN LEE TALLEY, M.D.

Mercy Clinic Orthopedics -
Orthopedic Hospital
417-885-3000

*Orthopedics (Hand Surgery)***ERIN KENT GREER, M.D.**

CoxHealth, Orthopedics (Hand
Surgery)
417-875-3800

Runners-Up

VICTORIA DIANE KUBIK, M.D.

Mercy Clinic Orthopedics -
Orthopedic Hospital
417-885-3000

DAVID WILLIAM SCHIPPET, M.D.

CoxHealth, Orthopedic Surgery
417-875-3800

JOHN SCOTT SWANGO, M.D.

Mercy Clinic Orthopedics -
Orthopedic Hospital
417-885-3000

ROBERT B. WYRSCH, M.D.

Mercy Clinic Orthopedics -
Orthopedic Hospital
417-885-3000

*Tech Talk***ADVANCEMENTS IN
TRANSCATHETER AORTIC
VALVE REPLACEMENT**

In layman's terms, Transcatheter Aortic Valve Replacement (TAVR) is a procedure that uses a tube to get to the heart through an artery in the thigh. Mercy was the first to bring the procedure to the Ozarks in 2012, and it's worked to great results. Until now, TAVR was only performed as a final option for those who might not have any other options. But Mercy is now testing what is called an Evolut R System Trial to determine whether or not TAVR is viable for low-risk patients.

*Orthopedics (Joint Replacement
Surgery)***WILLIAM T. WESTER, M.D.**

CoxHealth, Orthopedic Surgery
417-875-3800

Runners-Up

PIERRE L. CLOTHIAUX, M.D.

CoxHealth, Orthopedic Surgery
417-269-3800

J. PETER CRITES, M.D.

Mercy Clinic Orthopedics -
Orthopedic Hospital
417-885-3000

WILLIAM HAYWARD DUNCAN, M.D.

CoxHealth, Orthopedic Surgery
417-875-3800

MICHAEL P. NACHTIGAL, M.D.

Mercy Clinic Orthopedics -
Orthopedic Hospital
417-885-3000

RICHARD A. SEAGRAVE, M.D.

Mercy Clinic Orthopedics -
Orthopedic Hospital
417-885-3000

*Orthopedics (Spinal)***PAUL M. OLIVE, M.D., A.B.O.S.,
A.A.O.S., N.A.S.S.**

Mercy Clinic Spine Center - Surgery
Center
417-820-2064

Runners-Up
SUNGHOO LEE, M.D.
 Mercy Clinic Neurosurgery -
 Surgery Center
 417-820-5150

J. CHARLES MACE, M.D.
 CoxHealth, Neurosurgery
 417-885-3888

Orthopedics (Sports Medicine & Arthroscopy)
CHRISTOPHER M. MILLER, M.D.
 CoxHealth, Orthopedic Surgery
 417-875-3800

Runners-Up
WILLIAM HAYWARD DUNCAN, M.D.
 CoxHealth, Orthopedic Surgery
 417-875-3800

DAVID CHRISTOPHER HICKS, M.D.
 CoxHealth, Orthopedic Surgery
 417-875-3800

WILLIAM T. WESTER, M.D.
 CoxHealth, Orthopedic Surgery
 417-875-3800

VICTOR W. WILSON, M.D.
 Mercy Clinic Orthopedics -
 Orthopedic Hospital
 417-885-3000

Orthopedics (Trauma Surgery)
DAVID JOSHUA MERRIMAN, M.D.
 Mercy Clinic Orthopedics -
 Orthopedic Hospital
 417-885-3000

Runners-Up
JAMES CLINTON BLACK, M.D.
 Mercy Clinic Orthopedics -
 Orthopedic Hospital
 417-885-3000

BRIAN WALTER BUCK, D.O.
 CoxHealth, Orthopedics
 417-875-3846

WILLIAM T. WESTER, M.D.
 CoxHealth, Orthopedic Surgery
 417-875-3800

TIMOTHY D. WOODS, M.D.
 CoxHealth, Surgery
 417-875-2796

Otolaryngology/Head and Neck Surgery
A. DANIEL PINHEIRO, M.D.
 Mercy Clinic Ear, Nose and Throat -
 Surgery Center
 417-820-5750

Runners-Up
ALLAN L. ALLPHIN, M.D.
 Mercy Clinic Ear, Nose and Throat -
 Surgery Center
 417-820-5750

ANTHONY ARNOLD BENTLEY, M.D.
 CoxHealth, Otolaryngology (ENT)
 417-875-3600

JEFFREY R. FENWICK, M.D.
 CoxHealth, Otolaryngology (ENT)
 417-875-3600

AARON RUSSELL MORRISON, M.D.
 Mercy Clinic Ear, Nose and Throat -
 Surgery Center
 417-820-5750

JACOB EDWARD SMITH, M.D.
 CoxHealth, Ear, Nose and Throat
 417-875-3600

MARK J. VAN ESS, D.O.
 Mercy Clinic Ear, Nose and Throat -
 Surgery Center
 417-820-5750

DOUBLE THE WINNERS

Last year in our 2017 Top Doctors list, we accidentally omitted the Otolaryngology/Head and Neck Surgery category for Springfield. We sincerely regret the error. The 2017 rankings have been included below—many of this year's winners also made an appearance last year.

JACOB EDWARD SMITH, M.D.
 CoxHealth, Ear, Nose and Throat
 417-875-3600

Runners-Up
ALLAN L. ALLPHIN, M.D.
 Mercy Clinic Ear, Nose and Throat -
 Surgery Center
 417-820-5750

ANTHONY ARNOLD BENTLEY, M.D.
 CoxHealth, Otolaryngology (ENT)
 417-875-3600

JEFFREY R. FENWICK, M.D.
 CoxHealth, Otolaryngology (ENT)
 417-875-3600

A. DANIEL PINHEIRO, M.D.
 Mercy Clinic Ear, Nose and Throat -
 Surgery Center
 417-820-5750

Pediatric General Surgery
TROY L. SPILDE, M.D.
 Mercy Clinic Pediatric Surgery -
 South Fremont
 417-820-4000

Runner-Up
SCOTT JAMES KECKLER, M.D.
 Mercy Clinic Pediatric Surgery -
 South Fremont
 417-820-4000

Pediatric Orthopedic Surgery
JEREMY DAVID ONNEN, M.D.
 Mercy Clinic Orthopedics -
 Orthopedic Hospital
 417-885-3000

Runner-Up
WILLIAM WARD GOODMAN III, M.D.
 Mercy Clinic Orthopedics -
 Orthopedic Hospital
 417-885-3000

General & Reconstructive Plastic Surgery
BHARAT SHAH, M.D., F.A.C.S., M.H.A.
 Mercy Clinic Plastic Surgery -
 Surgery Center
 417-820-9330

Runners-Up
ARTHUR S. HAWES, M.D.
 CoxHealth, Plastic Surgery
 417-875-3246

ROSELLEN S. MEYSTRIK, M.D.
 Mercy Clinic Plastic Surgery -
 Surgery Center
 417-820-9330

CARL I. PRICE, M.D.
 CoxHealth, Plastic Surgery
 417-875-3246

ROBERT B. SHAW JR., M.D.
 CoxHealth, Plastic Surgery
 417-875-3246

Plastic (Abdominoplasty)
ROBERT B. SHAW JR., M.D.
 CoxHealth, Plastic Surgery
 417-875-3246

Runners-Up
ARTHUR S. HAWES, M.D.
 CoxHealth, Plastic Surgery
 417-875-3246

ROSELLEN S. MEYSTRIK, M.D.
 Mercy Clinic Plastic Surgery -
 Surgery Center
 417-820-9330

CARL I. PRICE, M.D.
 CoxHealth, Plastic Surgery
 417-875-3246

BHARAT SHAH, M.D., F.A.C.S., M.H.A.
 Mercy Clinic Plastic Surgery -
 Surgery Center
 417-820-9330

Plastic (Breast Augmentation)
CARL I. PRICE, M.D.
 CoxHealth, Plastic Surgery
 417-875-3246

Runners-Up
ARTHUR S. HAWES, M.D.
 CoxHealth, Plastic Surgery
 417-875-3246

ROSELLEN S. MEYSTRIK, M.D.
 Mercy Clinic Plastic Surgery -
 Surgery Center
 417-820-9330

BHARAT SHAH, M.D., F.A.C.S., M.H.A.
 Mercy Clinic Plastic Surgery -
 Surgery Center
 417-820-9330

ROBERT B. SHAW JR., M.D.
 CoxHealth, Plastic Surgery
 417-875-3246

Plastic (Facial Surgery)
MATTHEW ALLEN KIENSTRA, M.D.
 Mercy Clinic Facial Plastic Surgery -
 South Fremont
 417-887-3223

Runners-Up
CARLA GARRISON, M.D.
 Garrison Plastic Surgery
 417-877-0630

ARTHUR S. HAWES, M.D.
 CoxHealth, Plastic Surgery
 417-875-3246

CARL I. PRICE, M.D.
 CoxHealth, Plastic Surgery
 417-875-3246

BHARAT SHAH, M.D., F.A.C.S., M.H.A.
 Mercy Clinic Plastic Surgery -
 Surgery Center
 417-820-9330

ROBERT B. SHAW JR., M.D.
 CoxHealth, Plastic Surgery
 417-875-3246

Podiatric Surgery

DAN PARK, D.P.M.

Mercy Clinic Podiatry - Smith Glynn
Callaway
417-888-6708

Runners-Up

GEOFFREY C. BRICKER, D.P.M.

OCH Medical Offices Clinic
417-837-4000

RUSSELL T. DIRKSEN, D.P.M.

The Foot Doctors P.C.
417-883-1881

MARK A. SEIDEN, D.P.M.

The Foot Doctors P.C.
417-883-1881

Surgical Oncology

CHARLES EZEKIEL WOODALL III, M.D.

CoxHealth, General Surgery
417-875-3525

Runners-Up

BRIAN BIGGERS, M.D.

Crighton Olive Dunn Surgical
Group Inc.
417-882-2349

ALBERT J. BONEBRAKE, M.D.

CoxHealth, GYN Oncology
417-875-3065

**JAMES PATRICK BROOKS, M.D.,
F.A.S.C.R.S.**

Mercy Clinic General and Specialty
Surgery - South Fremont
417-820-3800

JOHN W. BUCKNER III, M.D.

CoxHealth, Surgery
417-875-3761

**JOHN R. BUMBERRY, M.D., F.A.C.S.,
M.H.A.**

Mercy Clinic General and Specialty
Surgery - South Fremont
417-820-3800

Trauma Surgery

TIMOTHY D. WOODS, M.D.

CoxHealth, Surgery
417-875-2796

Runners-Up

KEVIN CLAY CHRISTIAN, D.O.

CoxHealth, Trauma Surgery
417-875-2620

KENNETH W. LARSON, M.D.

Mercy Clinic General and Trauma
Surgery - South Fremont
417-820-7250

ERIC ALAN LUEHR, M.D.

Mercy Clinic General and Trauma
Surgery - South Fremont
417-820-7250

JOE A. OLIVI, M.D.

Mercy Clinic General and Trauma
Surgery - South Fremont
417-820-7250

Vascular Surgery

JOHN R. MULLINS, M.D.

CoxHealth, Vascular Surgery
417-875-2626

Runners-Up

JON A. REESE, M.D., F.A.C.S., R.P.V.I.

Mercy Clinic Cardiac, Thoracic and
Vascular Surgery - Whiteside
417-820-3960

ZACHARY C. SCHMITTLING, M.D.

CoxHealth, Vascular Surgery
417-875-2626

CHRISTOPHER STOUT, M.D.

Mercy Clinic Cardiac, Thoracic and
Vascular Surgery - Whiteside
417-820-3960

ROBERT W. VORHIES, M.D.

CoxHealth, Vascular Medicine/
Surgery
417-875-2627

WEST PLAINS

► **MEDICAL SPECIALTIES**

Breast Cancer Oncology

CHARLES H. MORGAN, M.D.

Ozarks Medical Center Cancer
Treatment Center
417-257-5900

Cardiovascular Disease

KEVIN E. CROWE, M.D.

Ozarks Medical Center Heart Care
Services
417-257-5950

Family Medicine

JASON K. SPURLING, M.D.

Ozarks Medical Center
417-255-8645

Hematology/Oncology

CHARLES H. MORGAN, M.D.

Ozarks Medical Center Cancer
Treatment Center
417-257-5900

Hospitalist

ALEXANDRE MAKARIAN, M.D.

Ozarks Medical Center Hospitalist
Team
417-257-5800

Internal Medicine

CHARLES N. SWIFT, D.O.

Burton Creek Medical Clinic
417-256-2111

Neurology

CLARA N. APPEGATE, M.D.

Ozarks Medical Center
Neurosciences
417-257-6777

Ophthalmology

ROBERT W. JONES, M.D.

Jones Eye Center
417-256-4111

*Otolaryngology (Ear, Nose and
Throat)*

JEFFREY J. HULL, M.D.

Southern Missouri ENT & Allergy
417-255-1373

*Dr. Hull also practices at Ozarks Medical
Center and at West Plains Ambulatory
Surgical Center.*

Pathology

R. GIDEON MORRISON, M.D.

Ozarks Medical Center Pathology
Department
417-257-6771

Pediatrics (General)

GARRY E. FINKE, M.D.

Southern Missouri Community
Health Center
417-255-8464

Psychiatry

JESSE RHOADS, D.O.

Ozarks Medical Center Behavioral
Healthcare
417-257-6762

Rheumatology

ANTHONY TAY, M.D.

Ozarks Medical Center
Rheumatology Clinic
417-256-1764

*Dr. Tay also sees patients at CMH
Rheumatology and Osteoporosis Center
in Bolivar.*

Urology

W. RICK HOLLOWAY, M.D.

Ozarks Medical Center Urology
Clinic
417-255-8337

► **SURGICAL SPECIALTIES**

General Surgery

ANTONY JOSEPH, M.D.

Ozarks Medical Center Surgical
Specialists
417-256-1774

General Orthopedic Surgery

GREGORY W. HUBBARD, D.O.

Hubbard Bone & Joint Clinic LLC
417-255-2063

*Otolaryngology/Head and Neck
Surgery*

JEFFREY J. HULL, M.D.

Southern Missouri ENT & Allergy
417-255-1373

*Dr. Hull also practices at Ozarks Medical
Center and at West Plains Ambulatory
Surgical Center.*

SAFETY | COMPASSION | INTEGRITY | RESPECT

When you love your work, patients are always at the center.



DOCTORS, FOR ALL YOU DO – THANK YOU.

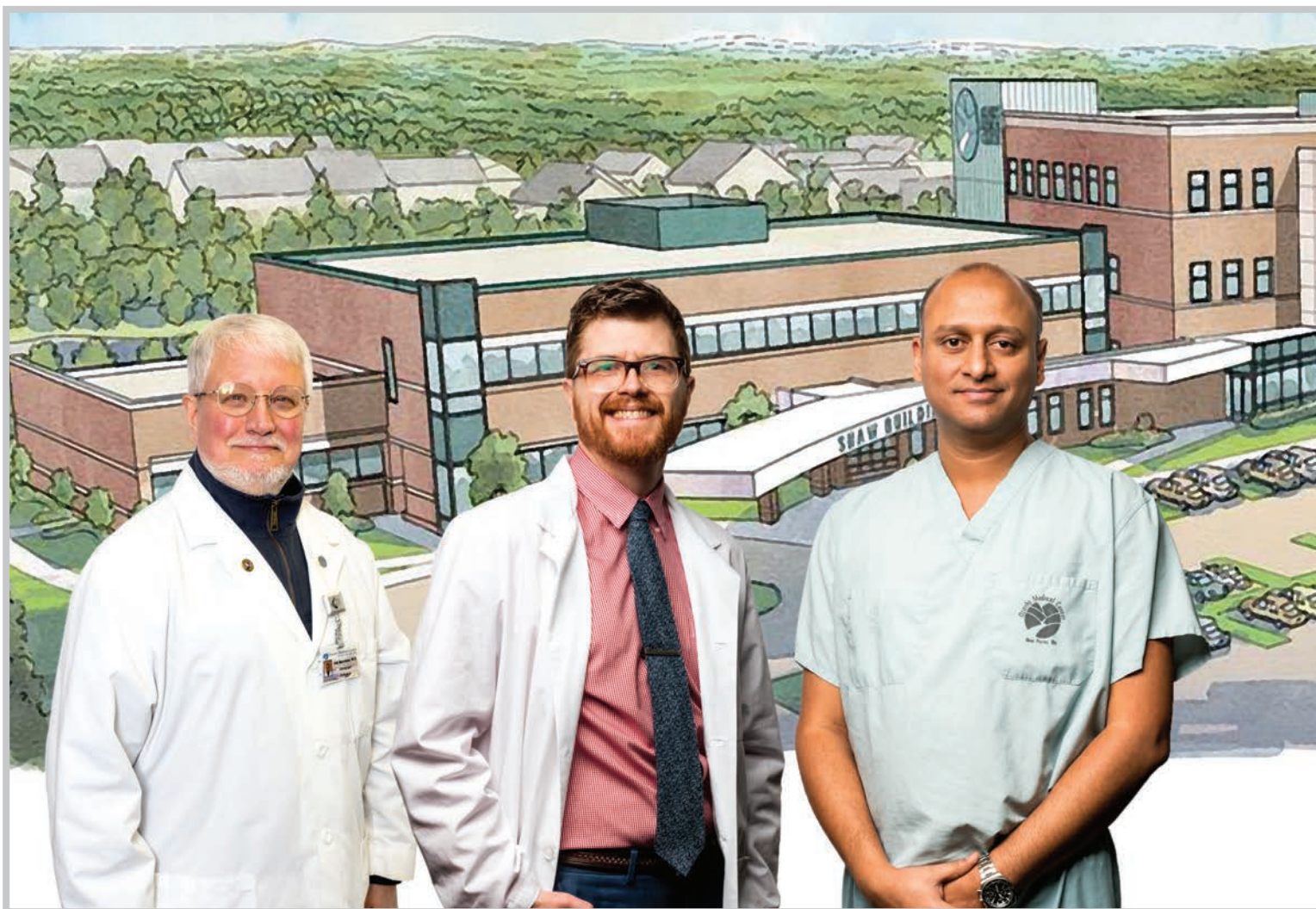


MEDICAL PROFILES

first-rate physicians

Photographed by Alex Solomon





Pictured left to right: Dr. Gid Morrison, Pathologist; Dr. Jesse Rhoads, Psychiatrist; Dr. Antony Joseph, Surgeon

OZARKS MEDICAL CENTER

1100 Kentucky Ave.
West Plains // 417-256-9111
ozarksmedicalcenter.com

For more than 59 years, Ozarks Medical Center (OMC) has been changing the way medical care is delivered to West Plains and the surrounding area by providing the rare combination of advanced medicine and compassionate care you can only get at home. A 100,000-square-foot expansion joining the main hospital building with the Shaw Medical Building will break ground this summer, providing a convenience of care for patients. This 40 million dollar investment in the community will allow OMC to continue to expand services so that patients can have more access to specialized care.

OMC is a leading expert in behavioral health care,



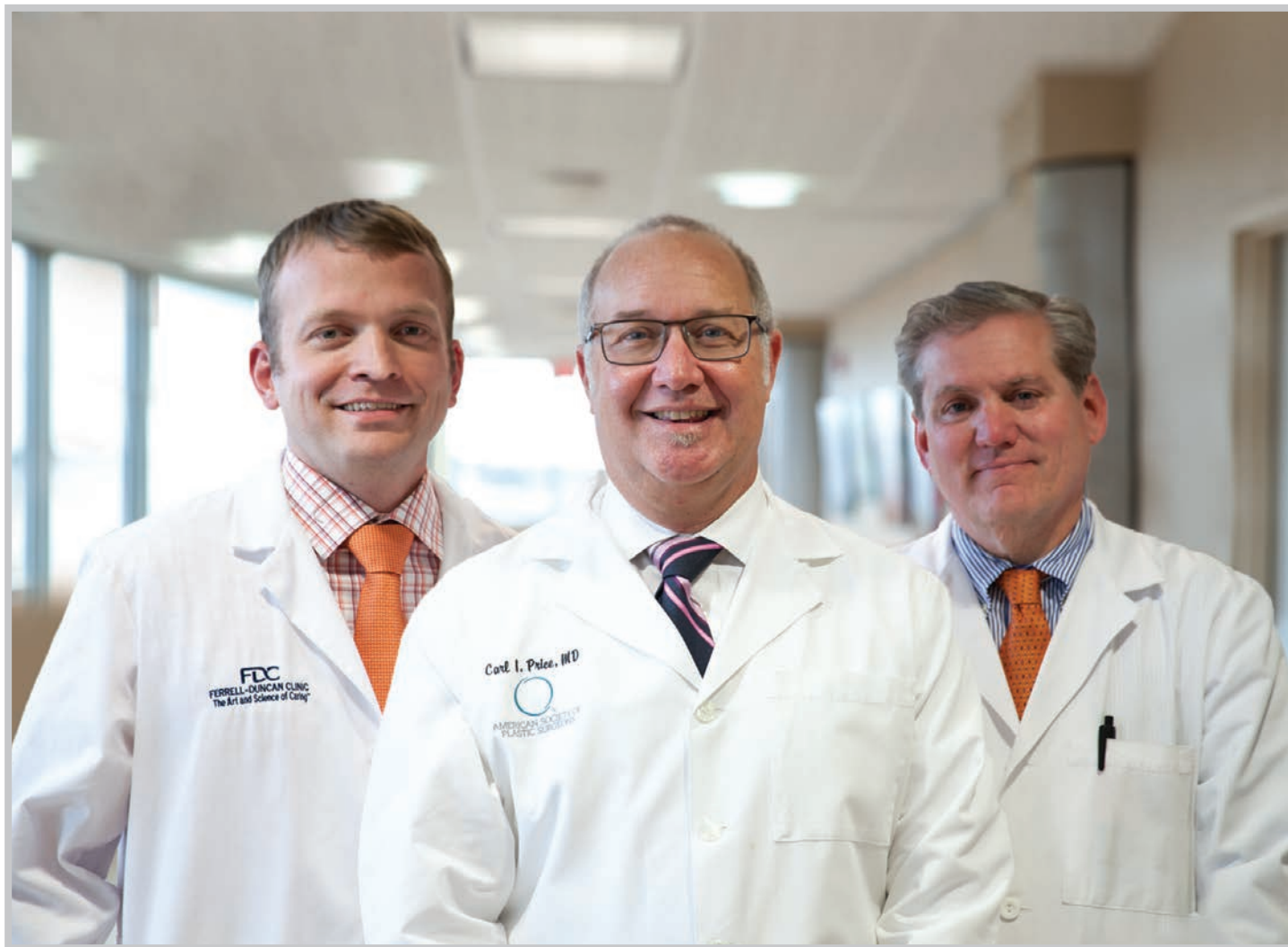
Dr. Anthony Tay, Rheumatologist; Dr. Charles Morgan, Oncologist; Dr. Clara Applegate, Neurologist
 Ozarks Medical Center "Top Doctors" not pictured: Dr. Walter "Rick" Holloway, Urologist; Dr. Kevin Crowe, Interventional Cardiologist; Dr. Alex Makarian, Hospitalist

cancer treatment, heart care, gynecology and obstetrics, internal medicine, neurology, neurosurgery, oncology, orthopedics, pediatrics, rheumatology, surgery and urology. They provide a continuum of care and a breadth of services surprising to find in the rural Ozarks, 100 miles from Springfield. Interventional cardiac care, open-heart surgery, radiation oncology and neurosurgery are just a few of the acute services they offer so that patients can stay close to home while receiving the care they need.

OMC is a not-for-profit medical referral center with more than 1,200 employees. Services include a 114-bed acute care hospital, seven primary care clinics in

the rural Missouri communities of Alton, Gainesville, Mountain Grove, Mountain View, Thayer, West Plains, and Winona, along with 15 specialty clinics in West Plains. Complete rehabilitation (physical, occupational and speech therapy) is offered in West Plains as well as in OMC rural clinics. Home care services also are offered in OMC's eight-county service area.

OMC delivers top-quality, compassionate medical care with less interruption to life and family when it matters most. By nurturing hope, improving health and encouraging wellness, they are changing the lives of rural Ozarks residents.



Robert Shaw, MD; Carl Price, MD; Arthur Hawes, MD

THE CENTER FOR PLASTIC SURGERY

3555 S. National Ave.
Springfield // 417-875-3246
417plasticsurgery.com

The Center for Plastic Surgery was founded on the belief that aging is a treatable condition, not a foregone conclusion. Their approach to slowing, preventing and even reversing the signs of aging is through early detection and appropriate intervention, combining state-of-the-art plastic surgery with scientifically proven anti-aging therapeutics and products.

The Center for Plastic Surgery is dedicated to providing patients with individualized and effective plans. While ensuring the highest quality result, they strive to make your experience comfortable, convenient and effective. The doctors are board-certified by the American Board of Plastic Surgery and have more than 50 years combined experience.

Dr. Shaw is an international expert on facial aging and cosmetic surgery, Dr. Price is the originator of endoscopic plastic surgery procedures and Dr. Hawes has trained with world-renowned experts who developed microvascular endoscopic and breast reconstructive techniques widely used today.

The Center for Plastic Surgery is proud to have a doctor in every 417 Magazine Top Doctors plastic surgery category.



Dr. Luke Van Kirk, DO; Danae Van Kirk, RN; Samantha Goodall, FNP; Natalie Mayfield, LPN

As a Direct Primary Care physician, Luke Van Kirk, DO of Command Family Medicine provides services to patients without insurance, along with nurse practitioner Samantha Goodall. They go above and beyond to give people command of their health. Dr. Luke and his team aim to make people feel like they are part of a family, not just a number.

Aside from providing a high-quality, welcoming clinic, Dr. Luke and Samantha strive to make visits as convenient as possible. Their passion is helping people avoid everything that frustrates them when they go to a primary care doctor. Health care costs (labs, imaging and medications) are cut significantly, and wait times are virtually zero. They almost never recommend that patients go to urgent care and make every effort to see patients as soon as possible. Same- or next-day appointments are always available, appointments are never double-booked, and every patient's time is highly respected and never rushed. Dr. Luke and Samantha are on call 24/7 via email and phone, so if someone has a question after hours, they get back within the hour. If patients need to be seen on the weekend, they see them.

Call today and take command with Command Family Medicine.

COMMAND FAMILY MEDICINE



2659 E. Normandy Drive, Ste. 108
Springfield // 417-351-2900
command.md



M Nanette Crighton, MD

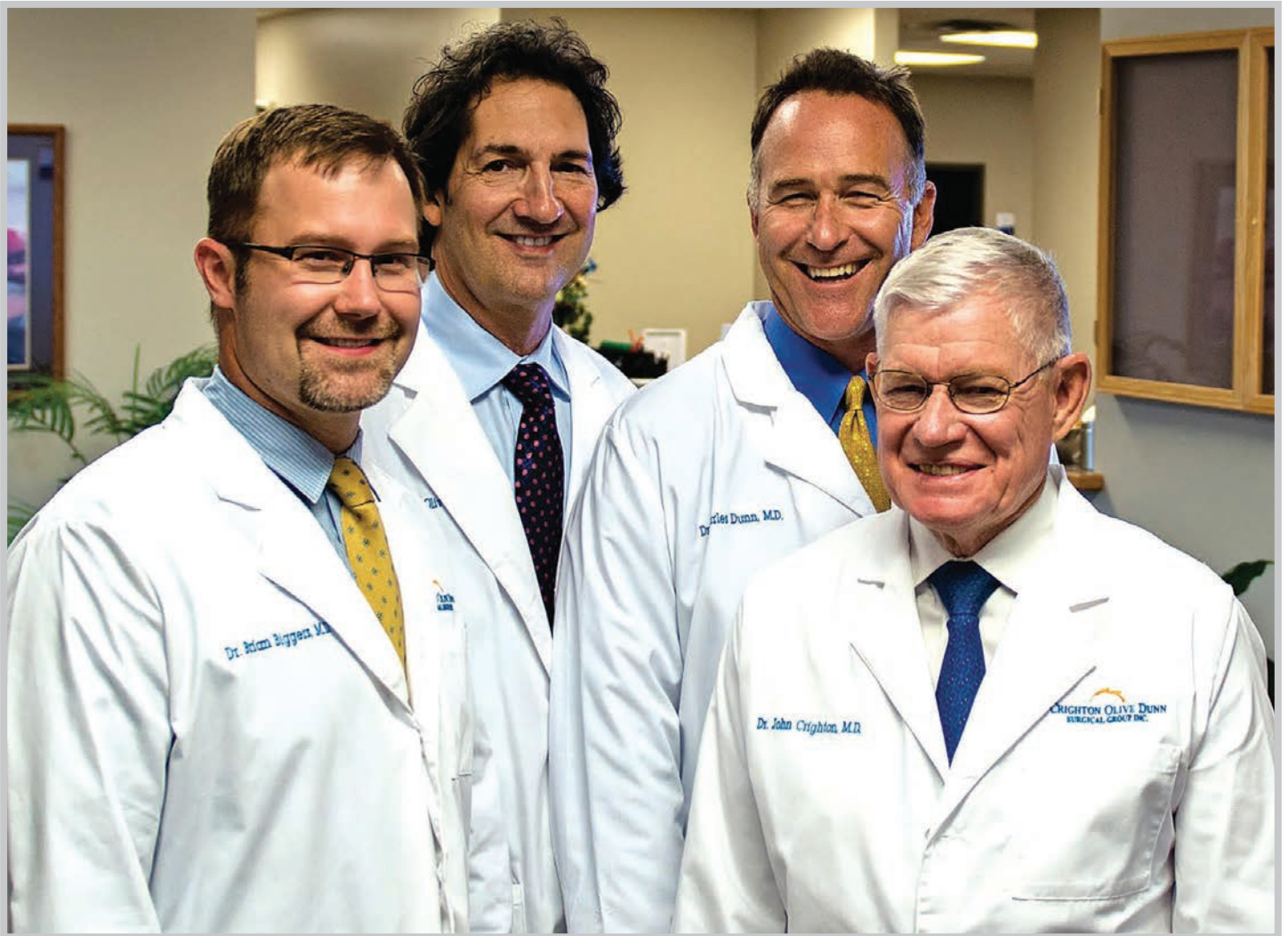
CRIGHTON AESTHETIC STUDIO, M NANETTE CRIGHTON, MD

1230 E. Kingsley St., Ste. C
Springfield // 417-875-3730
crightonaesthetic.com

Let's say you're 40 years old. One day, you take a good look in the mirror. You look tired and you have aged... seemingly overnight. Why? Well, it could be those nights you stayed out a bit too late, drank a bit too much, went to bed without washing your face and failed to drink enough water. And it didn't happen just once: you may have repeated this behavior many times over the past 10 years. On top of that, you have done nothing to stimulate collagen production for 10 years! AND your idea of washing your face is basically soap and water with a bit of hand lotion at the end. Oh my!

What makes you think that anything you do now will erase ten years of neglect in just a single treatment? There are maintenance treatments that will slow the aging process down, but you have to do them... routinely! And that maintenance includes using good skin care products.

Talk to the experts at Crighton Aesthetic Studio. Consultations are complimentary. They will keep you manufacturing collagen, restore the volume you have lost and maintain your budget without overwhelming your schedule. It's what they do, and they're the very best at it!



Brian D. Biggers, MD; Chapman Olive, MD; Charles W. Dunn, MD; John C. Crighton, MD

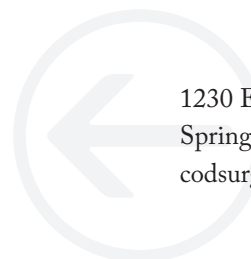
Crighton Olive Dunn Surgical Group (COD) is the area's only Intersocietal Accreditation Commission (IAC)-accredited vein center of excellence. When choosing a provider for diagnosis and treatment of varicose veins, IAC accreditation can make all the difference.

IAC accreditation is not something bestowed lightly—or quickly. For COD, the process required a year, during which time their processes and protocols were intensively evaluated. They were required to present studies for expert review and essentially prove they were providing the excellent care that the commission and the public expect. Every part of the COD team, from doctors to technicians and support staff, met stringent standards for training, education and experience. In addition, COD has a dedicated ultrasonographer and an in-clinic, IAC-accredited vascular ultrasound lab.

The choice of Crighton Olive Dunn ensures that you are receiving the highest-quality vein care and health care from dedicated professionals who meet the most rigorous industry standards of the IAC accreditation.

Crighton Olive Dunn doctors are leading experts in the treatment of varicose veins. They are committed to providing the most pleasant experience possible with the best treatment outcomes. Call (417) 882-2349 to schedule a free varicose vein screening with a COD doctor or go online to codsurgical.com.

CRIGHTON OLIVE DUNN SURGICAL GROUP



1230 E. Kingsley St., Ste. C
Springfield // 417-882-2349
codsurgical.com



Alisha Breanna Dean, APRN, PMHNP-BC; Dr. Alok Jain, MD-Psychiatrist

EUSTASIS: PSYCHIATRIC AND ADDICTION HEALTH

3100 S. National Ave., Ste. 103
Springfield // 427-322-6622
eustasis.com

Dr. Alok Jain, board-certified psychiatrist of 20 years, 16 years running as 417 Top Psychiatrist, in collaboration with Alisha Breanna Dean, board certified psychiatric nurse practitioner, announce their new innovative private practice in the heart of Medical Mile: Eustasis Psychiatric and Addiction Health.

Their vast experience is now practiced in a delightful, modern and colorful setting. They designed a cohesive model of care with immediate openings for child, adult and elderly patients in need of comprehensive psychiatry. Their philosophy addresses the whole body with an evidence-based practice model, accurate psychiatric evaluation and medication management, psychotherapy and lifestyle modification and up-to-date treatment options—including telemedicine. They also specialize in treatment-resistant conditions, streamlining medications and acute and chronic mental and physical co-morbidities.

This private practice setting provides immediate openings, combined services and experienced treatment from providers who care and listen to give individualized treatment plans, before patients suffer the intolerable consequences of debilitating emotional conditions. All patients deserve Eustasis: the optimal balance of emotional and physical functioning through times of distress.

“We welcome you to our private practice and will help you achieve emotional wellness. We are giving the 417 community all the resources we have; our patients deserve it!”



Carrie Smallwood, LPN; Shelby Miller, medical secretary; Jessica Spencer, PA-C; John W. "Bucky" Buckner, MD, FACS

For more than 25 years, Dr. J.W. "Bucky" Buckner has been helping ladies and their families through the difficulty of dealing with breast cancer. As the first surgeon in southwest Missouri to perform ductal lavage and partial breast radiation, Dr. Buckner has devoted much of his practice to promoting women's breast health. He started the first high-risk breast clinic in southwest Missouri, now in its second year.

Dr. Buckner serves on the Breast Cancer Foundation of the Ozarks Board of Trustees after acting many years as a Board member. He was a founding member of the CoxHealth Breast Advisory Committee. Dr. Buckner enjoys running, reading and spending time with his wife Rochelle, his children and grandchildren. He recently retired from the Army as a Colonel—some of the proudest moments in his career are caring for America's heroes.

He approaches patients as individuals and offers them options as they deal with their breast cancer. "Patients should be actively involved in these difficult decisions. I find that patients are happier when they get all the information in an honest, straightforward way and are allowed to choose their course," says Dr. Buckner. "Lifestyle and prevention have to be addressed if we ever expect to impact real change in health. The magic going forward will not be in new drugs and surgery, but in how we eat, live and love one another."

FERRELL-DUNCAN CLINIC, GENERAL & BREAST SURGERY JOHN W. BUCKNER, MD, FACS

1001 E. Primrose St.
Springfield // 417-875-3761
ferrellduncan.com



FERRELL-DUNCAN CLINIC, DR. WILLIAM DUNCAN

3555 S. National Ave., Ste. 200
Springfield // 417-875-3000
coxhealth.com

Dr. Bill Duncan's family has been caring for the people of Springfield for over 70 years. His grandfather, the late Dr. Robert Duncan, helped pioneer modern clinical practice in the region along with Dr. Ferrell when the Ferrell-Duncan Clinic began in the 1940s. His uncle, Dr. Doug Duncan, continues to practice orthopedics in the Bone and Joint Building at CoxHealth Systems.

Dr. Duncan is proud to continue the tradition of providing care for the people in 417-land and beyond. As a board-certified orthopedic surgeon, Dr. Duncan works with his colleagues at Ferrell Duncan Clinic Bone & Joint Surgeons and serves as a team physician for Drury and Evangel Universities. By performing minimally invasive and arthroscopic procedures to treat simple and complex sports injuries, Dr. Duncan is able to help athletes return to the fields and courts quickly and safely. In addition to sports-related problems, Dr. Duncan performs joint replacement surgeries of the shoulder, hip and knee, relieving patients of chronic joint pain and returning them to active lifestyles.

Dr. Duncan attended undergraduate and medical schools at the University of Kansas and completed a prestigious internship and orthopedic residency at the Mayo Clinic in Rochester, Minnesota. He has published papers and has presented at both national and international orthopedic conventions. When not in the office or OR, Dr. Duncan enjoys spending time with his wife, Tiffany, and their kids, Evie, Will, Dori and Stu.



Charles E. Woodall, III, MD, MSC, FACS

Today it seems that cancer plays some role in everyone's life, whether it's diagnosed in a friend, a family member or even yourself. Thankfully, successful recovery stories are just as common, and that's all thanks to the dedicated medical professionals in 417-land, like Dr. Charles Woodall with CoxHealth.

As the only fellowship-trained surgical oncologist in southwest Missouri, Dr. Woodall offers expert cancer care to those working to overcome their illness. His expertise ranges across many types of cancer including esophageal, sarcoma, pancreas, liver and melanoma. Although beating cancer can require surgery, the treatment options have seen vast improvements over the years. Now, patients can expect more targeted therapies that are better tolerated and more effective, even in advanced stages.

Dr. Woodall offers these treatment options locally, so patients can get better where they're most comfortable: at home. With his help, patients can detect and treat cancer earlier and with more success. It can mean the difference between suffering from cancer and surviving cancer.

FERRELL-DUNCAN CLINIC, DR. CHARLES E. WOODALL, III

1001 E. Primrose St.
Springfield // 417-875-3525
ferrellduncan.com



Howard E. Shayne, DDS; Mary Lynn Shayne, DDS

FOX GRAPE FAMILY DENTISTRY

3250 E. Battlefield Road, Ste. S
Springfield // 417-882-3335
foxgrapefamily.com

Fox Grape Family Dentistry has been creating healthy, beautiful smiles in the Ozarks for 25 years. Dr. Howard E. Shayne (Dr. H) and Dr. Mary Lynn Shayne (Dr. ML) provide the latest advancements in dentistry, including CEREC one appointment ceramic crowns and veneers, implant restorations, Invisalign clear braces, tooth colored fillings, laser assisted procedures, teeth whitening options and more. Fox Grape Family Dentistry is a friendly and family oriented dental practice where any member of your family will feel right at home. The practice is conveniently located near Battlefield and 65, and they offer early morning and lunchtime appointments.

Every stage in life brings different dental care needs, and Fox Grape Family Dentistry caters to every member of your family both young and old. Whether you or a family member needs simple preventative and restorative care to keep your teeth healthy or full mouth rehabilitation, Fox Grape Family Dentistry takes the time to listen to your concerns and, after a thorough evaluation and discussion of options, tailors a treatment plan to fit your needs.

Now is the best time to take your smile to the next level! Fox Grape Family Dentistry looks forward to meeting you and exceeding your expectations.



Carla Garrison, MD

Fortunately, the plastic surgery specialty demands innovation. While there are tried and true methods, new techniques and treatments are always evolving. At Garrison Plastic Surgery, patients are confident that they are receiving the most up-to-date, best medical care.

Dr. Garrison is a board-certified plastic surgeon with patients' greatest interests in mind. Patient education and treatment options are important to her. It is necessary to understand the treatment or procedure people are considering. If she does not think surgery is best for someone, she is honest and provides alternatives.

Breast implant manufacturers are always striving to make a better product. Higher profile implants and high cohesive gel implants have been a welcome and popular addition. One of the newest fillers available is Voluma XC, which is used for midface augmentation and pairs nicely with Juvederm and Juvederm Ultra Plus. They also now have procedures for truncal fat reduction with Vanquish and skin tightening with Exilis, which both use radiofrequency and require no downtime.

From the beginning, the warm, comfortable, professional atmosphere is evident. The team consists of an amazing group of well-trained women who are honored to take care of anyone's plastic surgery needs.

GARRISON PLASTIC SURGERY, CARLA GARRISON, MD



1530 E. Bradford Pkwy.
Springfield // 417-877-0630
garrisonplasticsurgery.net



Dr. Grant Olson, DDS; Dr. Megan Westrich, DDS

INNOVATIVE DENTAL

3424 S. Culpepper Court
Springfield // 417-889-GRIN
idspringfield.com

Temporary crowns are a thing of the past at Innovative Dental. Thanks to CEREC technology, patients don't have to wait for crowns, bridges or veneers to be completed at a lab. Restorations are completed in house, providing beautiful results in a single visit. As one of only 300 CEREC mentors worldwide, Dr. Grant Olson completes extensive education each year, actively training other doctors on CEREC.

Innovative Dental is the only Platinum 1% Invisalign provider in the region. Using accelerating techniques, they guide patients through orthodontic treatment up to 70 percent faster. They even offer extra perks such as included whitening, and cosmetic bonding and contouring.

Innovation is especially evident in their use of surgically guided implant technology. 3-D technology ensures safe and precise results. Dentures can also be designed to integrate with implants, providing a more comfortable and natural feel.

Even their patient experience is innovative, with made-to-order beverages, an outdoor patio, cookies and heat and massage in every treatment chair. They are always looking for ways to improve how you visit the dentist!

At Innovative Dental, patients are the priority. "We want to help you achieve the smile you've always wanted, that will give you the confidence to light up every room you enter," says Dr. Olson. "Every smile has a story. It's those stories that inspire our innovation."



Dr. Mira Aubuchon, MD, FACOG; Dr. Peter Ahlering, MD, FACOG

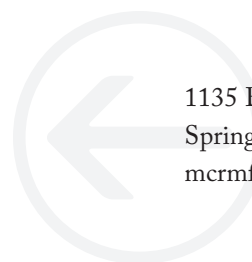
Fertility care is more than just medical treatment. It requires meaningful relationships between fertility experts and future parents, a deep understanding of patients' needs and a true investment in their success. More than anything, it requires compassion.

Fortunately for 417-land, compassionate fertility care can now be found close to home. MCRM Fertility, in partnership with the Woman's Clinic, is now the first advanced fertility provider to see patients right here in Springfield. Dr. Ahlering and Dr. Aubuchon have over 30 years of combined experience in reproductive medicine and are excited to extend care to those in 417-land.

MCRM Fertility aims to provide individuals with the most advanced fertility care that exceeds industry standards. They have pioneered a specialized technique to select the purest sperm with the highest quality and DNA integrity for use with IVF treatment. They are also one of only a few dozen fertility centers across North America to be able to offer patients the advanced technology of the Embryoscope(r) time-lapse incubator system.

At MCRM, they treat every patient's treatment as a journey and provide support every step of the way. Most major insurance carriers are accepted, and in most cases, a referral is not needed to speak with a fertility expert. If you're facing fertility challenges, reach out to MCRM today to get help on your journey to parenthood.

MCRM FERTILITY



1135 E. Lakewood St., Ste. 112
Springfield // 417-986-0999
mcrmfertility.com



Left to right: Carrie Hartigan, OD; Top Doctor Mark Cascairo, DO; Top Doctor Wendell Scott, MD; William (Bill) Chism, OD; Alison Hood-Kirar, OD; Donna Currier, OD; Top Doctor Shachar Tauber, MD

MERCY CLINIC EYE SPECIALISTS

1229 E. Seminole, Ste. 430
Springfield // 417-820-9393
mercy.net/417TopEyes

Mercy Clinic Eye Specialists help patients see their best. They are the area's largest group of subspecialty trained surgeons, are board-certified and offer comprehensive cornea, cataract, retina, glaucoma, LASIK, oculoplastics and pediatric ophthalmology.

— Mercy Clinic offers state-of-the-art technology to treat and correct vision problems across all age ranges. Their physicians were the first in the area to implant a telescopic lens in a patient with macular degeneration and the first nationwide to use the femtosecond laser to remove a cataract on a pediatric patient.

Mercy Clinic Eye Specialists were the first in the area to offer true laser cataract removal. This new technology yields a gentle, accurate result and a fast recovery. Their physicians have performed more than 12,000 laser cataract surgeries in the past four years. They are the only provider in the nation to provide this option at the same cost as traditional cataract surgery for all patients.

Call Mercy Clinic Eye Specialists today at 417-820-9393 to schedule an appointment and learn more about the options they provide.



Front row, left to right: Benjamin Hodnett, MD, PhD; Erich Mertensmeyer, DO; Christina Mimikos, DO; Daniel Pinheiro, MD, PhD; back row, left to right: Mark Van Ess, DO; Allan Allphin, MD; Aaron Morrison, MD

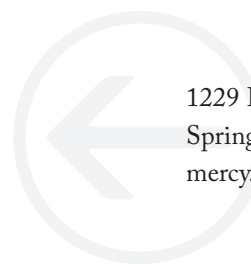
Mercy Clinic – Ears, Nose and Throat is comprised of seven board-certified physicians, seven NP/PAs and one speech language pathologist. Together they cover all areas in this diverse specialty and bring 118 years of practice experience with expertise in areas ranging from cochlear implants to robotic surgery for treatment of head and neck tumors.

For those who suffer from environmental allergies, they offer testing and desensitization with traditional allergy shots and sublingual drops. Both are safe and effective treatments to improve the quality of life for allergy sufferers.

Other areas offered include videostroboscopy to help in diagnosis and treatment of voice disorders. Throat cancer caused by HPV virus is on the rise, but these physicians are well-versed in all of the latest techniques for removal of these tumors including TORS (transoral robotic surgery). They also offer the most advanced microvascular reconstruction techniques to restore appearance and function for those affected by trauma or cancer. Treatment of hearing and balance problems is also covered by this specialty whether it's through microscopic ear surgery or surgically implantable hearing devices. Children and infants have special problems and require specialized care.

Whether it's treatment of congenital cysts or tumors of infancy or restoration of hearing loss, Mercy Clinic – ENT has the expertise to deliver the most advanced care.

MERCY CLINIC - EAR, NOSE AND THROAT



1229 E. Seminole St., Ste. 520
Springfield // 417-820-5750
mercy.net



Dr. Matthew A Kienstra, MD

MERCY CLINIC FACIAL PLASTIC SURGERY

1965 S. Fremont Ave.
Springfield // 417-887-3223
facialplasticsurgeon.com

Faces are our specialty. Board-certified in facial plastic and reconstructive surgery and otolaryngology (head and neck surgery), Dr. Matthew Kienstra focuses on all things face, allowing him to achieve results that are beautifully natural and uniquely you. Because of Dr. Kienstra's guiding philosophy—If it doesn't look natural, it doesn't look good—and his commitment to excellence, physicians and surgeons have voted him one of 417's top facial plastic surgeons year after year.

"By balancing minimally invasive and traditional techniques, we achieve results that look natural and fit within your lifestyle," says Dr. Kienstra. This approach benefits patients who are seeking rhinoplasty or looking to reverse the signs of aging with another of his rejuvenation procedures, such as facelifts, eyelids, brow lifts, laser skin resurfacing, Botox and fillers.

Dr. Kienstra's friendly, easy-going style combined with his training and experience exclusively in the face gives patients peace of mind and has kept those in the Springfield area coming through the doors for more than 12 years.



Left to right: Brooke Gillett, DO; Dushyant Verma, MD; Roger Holden, MD, PhD; Robert Ellis, MD; Jiantao Ding, MD; William Cunningham, MD

The medical care team at Oncology Hematology Associates (OHA) has been providing Advanced Cancer Care to patients in the area since 1979. OHA is a strong, cohesive, independent, community oncology practice that is committed to exceptional patient care. They put patients at the center of their treatment plan while respecting their dignity and life choices. Patients have a constant support system throughout their journey and are informed about every aspect of their cancer care and treatment.

Oncology Hematology Associates has dedicated their practice to advancing cancer care. As part of their commitment, OHA is providing a new opportunity for patients to participate in clinical trials research, close to home. Clinical trials research provides insight into changes in types of therapies for cancer and offers life-saving and sustaining answers for patients and physicians. OHA is excited about this new, innovative opportunity to give patients the option to participate in these trials without having to travel far from home. Clinical trials research is a key component in developing new treatment options for cancer patients.

Cancer care is constantly changing. OHA stays on the leading edge of technology, providing the most advanced care and treatment options available. Clinical Trial Research is one more way OHA puts patients first.

ONCOLOGY HEMATOLOGY ASSOCIATES



Springfield Clinic // 3850 S. National, Ste. 600
 Monett Clinic // 802 Highway 60
 417-882-4880
 ohaclinic.com



Bharat Shah, MD, FACS

BHARAT SHAH, MD, FACS

Mercy Clinic Medical Spa
Mercy Clinic Plastic Surgery
1229 E. Seminole St., Ste. 310
Springfield // 417-820-9340
shahplasticsurgery.com

Dr. Bharat Shah is a double board-certified plastic and reconstructive surgeon who specializes in breast enhancement, facial rejuvenation, body contouring and hair restoration. He has been voted Best Plastic Surgeon by the readers of *417 Magazine* since 2013 and has consistently been recognized by his peers as a leader and Top Doctor in plastic surgery.

Highly skilled in the various methods of breast surgery, Dr. Shah offers women advanced techniques in breast reconstruction including nipple-sparing mastectomy reconstruction. He also accepts patients who desire a more natural look from their previous breast procedures.

In addition to his surgical practice, Dr. Shah offers a full range of non-surgical treatments at Mercy Clinic Medical Spa. From skin rejuvenation to laser hair removal, Botox and more, they can help you look your absolute best. Call today to schedule your consultation!



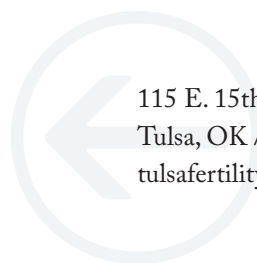
Dr. Stanley Prough, MD; Dr. Shauna McKinney, MD

While no one would call you lucky to experience infertility, there has never been a better time to pursue fertility treatment. Tulsa Fertility Center brings you more options than ever before to overcome infertility, with new IVF protocols, fertility preservation prior to cancer treatment, advanced egg freezing, genetic testing (PGD/PGS) and donor services.

Patient-centered care means that you always see a fellowship trained reproductive endocrinologist, and have access to 24/7/365 attention from Tulsa Fertility Center on-call staff and physicians. An advanced IVF lab positions our fertility clinic to offer life-changing options, such as fertility preservation and genetic testing. Comprehensive fertility treatment options include IUI, IVF, minimally invasive fertility surgery for uterine fibroids and an in-house donor program.

You've read enough negative pregnancy tests, so the team at Tulsa Fertility Center emphasizes the positive. Making the decision to seek fertility treatment will change your life, and help create the legacy of a family.

TULSA FERTILITY CENTER



115 E. 15th St.
Tulsa, OK // 918-359-2229 (BABY)
tulsa fertilitycenter.com

COLLINS EYE CLINIC

1342 E. Primrose, Ste. B
Springfield // 417-869-3200
collinseyeclinic.com

Many of us take our vision for granted—that is, until we no longer have it. Dr. W. Patrick Collins of Collins Eye Clinic is 417-land's expert in ophthalmology and is dedicated to serving the visually impaired. For 20 years, Dr. Collins has been on the cutting edge of ophthalmology, leading innovation in multi-focal implants and astigmatism surgery. He is board-certified with the Ameri-

can Academy of Ophthalmology and is a recipient of the American College of Eye Surgeons "Best Surgeon Award." Dr. Collins is experienced, passionate and thorough: a dedicated Ophthalmologist.

A Springfield native, Dr. Collins is a Kickapoo High and Drury University alum. In his spare time, he enjoys turkey hunting, traveling and tinkering with old cars.



Dr. W. Patrick Collins, MD

ENDODONTICS OF THE OZARKS

DR. BRADLEY M. NEWBERRY, D.D.S., M.S.
DR. JACOB M. PACK, D.D.S., D.P.T., M.S.
DR. JOSEPH D. MCFARLAND, D.D.S., M.D.S.

3762 S. Fremont Ave.
Springfield // 417-893-3636
ozarksendo.com

Root canals aren't what they used to be, and at Endodontics of the Ozarks, you'll find that they can be surprisingly pleasant. By utilizing state-of-the-art technologies that shorten chair time and improve treatment accuracy, Dr. Newberry, Dr. Pack and Dr. McFarland are able to provide outstanding professional care in a friendly, comfortable environment.

The doctors at Endodontics of

the Ozarks know that preserving your natural teeth is almost always the best solution, but if they cannot save a tooth, they provide the best endodontic surgery and dental implant options available.

No matter what your endodontic needs are, you can trust that you're in good hands. Visit one of their two locations and see what Endodontics of the Ozarks can do for you.





William A. Wagasy, DDS; Wendy Wille; Jaime Harris; Jennifer Brengle; Lance S. Robbins, DDS

ITooth FAMILY DENTISTRY

3211 E. Battlefield Road, Ste. 100
Springfield // 417-883-8515
itooth.net

Being heard is important. If there's one thing iTooth Family Dentistry does well, it's hearing their patients. Then they use skill and technology to accomplish each person's unique goals.

Together, Dr. Robbins and Dr. Wagasy have over 50 years of dental experience. They use the latest technology like digital X-ray sensors that reduce radiation and offer 4K resolution.

This means they can diagnose problems before they become serious—and expensive.

No one wants root canals or implants. Regular visits to iTooth Family Dentistry means early detection of dental problems before they become serious. Whether their dental needs are routine or complex, iTooth patients can count on being heard and treated with care and skill.

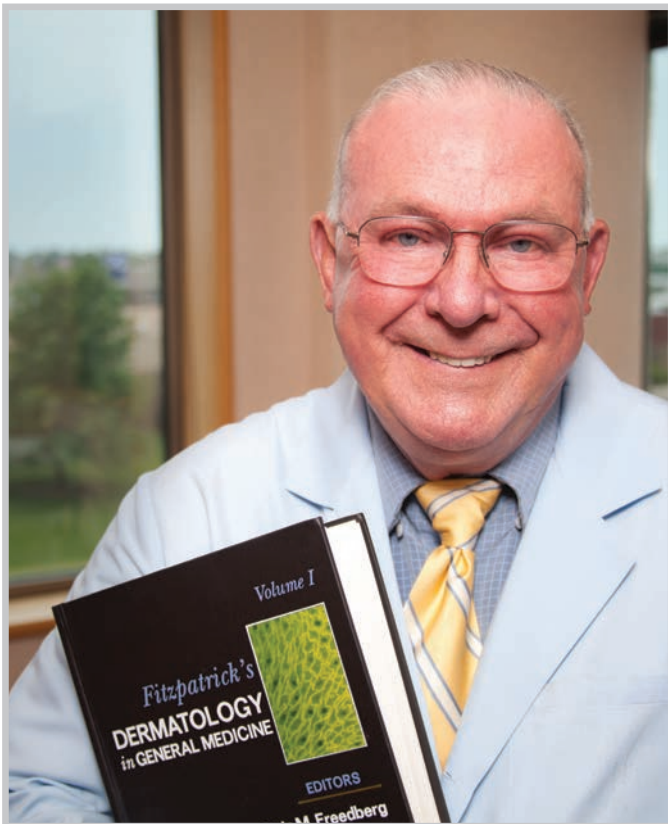
TROY E. MAJOR II, MD, LLC, DERMATOLOGY

1000 E. Primrose, Ste. 340
Springfield // 417-881-7220

Dr. Major is board-certified in dermatology and specializes in skin cancer screening and treatment. "You need to see a dermatologist if you have had a lot of sun exposure, you get a new suspicious skin lesion, you have multiple moles or spots or a family history of skin cancer," says Dr. Major. "Early detection and prevention are so important."

One of his achievements was developing an effective treatment for brown recluse spider bites. Recommendations to treat brown recluse bites have been published in The Greene County Medical Society and Missouri State Medical Journal.

Dr. Major graduated with honors from the University of Missouri Medical School and practiced internal medicine in the USAF.



MERCY PLASTIC SURGERY

DR. ROSELLEN MEYSTRIK, MD

1229 E. Seminole St., Ste. 340

Springfield // 417-820-9330

mercy.net

Plastic surgery is progressive, innovative and frequently a life-changing surgical specialty. Many of the surgical procedures at Mercy Plastic Surgery can change your outlook on life, improve your self-image, slow the aging process and improve your function. Dr. Meystrik is board-certified by the American Board of Plastic Surgery and has over 30 years of surgical experience. Her extensive experience in breast augmentation and body

contouring, including abdominoplasty, can help you achieve the body you have always wanted. Life happens, and they can help you with the changes that occur as life progresses. Not ready for surgery? They may have the answer for you. Consider in-office procedures such as Botox or facial fillers to slow the facial aging process. At Mercy Plastic Surgery, they love their life; they want to help you love yours.



FIND THEM ONLINE

SEARCH DOCTORS



417MAG.COM/DIRECTORIES



Congratulations to our Medical Director, Dr. Hollis Bell, and Dr. Ronald Pak on earning Top Doctors recognition in the category of Physical Medicine and Rehabilitation.



Mercy Rehabilitation Hospital is Nationally Ranked in the Top 6% of Rehab Hospitals for 2017.

We have also recently been named a Top Performer for Kindred Rehabilitation Services for 2017, in addition to holding Highest Patient Satisfaction honors in all of Kindred Inpatient Rehabs for three years running. Top Performer status based on ranking in the top decile of Uniform Data System for Medical Rehabilitation's program evaluation model for nearly 1000 facilities.



Mercy Rehabilitation Hospital
In Partnership with Kindred Healthcare

417.227.9000
mercy.net/rehabspringfield
Located at Hwy 65 and Evans Rd
facebook.com/mercyrehabspringfield

cmh care.

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PEOPLE YOU KNOW AND TRUST

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Hospitalist



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General Surgery



John Best, MD
Cardiology



John Boullier, MD
Urology



Kurt Bravata, MD
Family Medicine



Garry Brown, DO
Radiation Oncology



Mark Bult Sr., MD
Pain Management



Shannon Calvert, MD
Pediatrics



Angela Collins, MD
Pediatrics



John Crighton, MD
General Surgery



Bethany Dhondt, DO
Family Medicine/OB



William Donnell, MD
Family Medicine



Matthew Ericksen, DO
Ear, Nose, and Throat



Ronald Evans, MD
Family Medicine



Bryan Flueckiger, MD
Psychiatry



Jonathan Gray, DO
Orthopaedics



Louis Harris, MD
Family Medicine



Gregory Hon, DO
Sports Medicine



Doug Horner, DO
Radiology



Jana Horner, MD
Radiology



Andrew Hummel, MD
Anesthesiology



Mark Jarek, MD
Rheumatology



Brad Jones, DPM
Podiatry



Sarah Kallberg, DO
Obstetrics/Gynecology



Kristopher Kaufmann, DO
Family Medicine



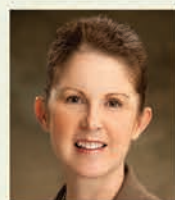
Ashley Lane, DO
Obstetrics/Gynecology



Sean Larimore, DO
Hospitalist



James Liesen, DO
Pediatrics



D. Shelly Meents, MD
Obstetrics/Gynecology



Joseph Moore, MD
Cardiology



Troy Morrison, DO
Orthopaedics



J. Gustavo Nix, MD
Emergency Medicine



Chad Potter, MD
Radiology



Kevin Presley, DO
Family Medicine



David Rogers, MD
Orthopaedics



Curtis Schreiber, MD
Neurology/Memory



Leo Shunyakov, MD
Oncology/Hematology



Juris Simanis, MD
Sports Medicine



Jeffrey Smieshek, DO
Emergency Medicine



K. Ronald Smith, MD
Orthopaedics



Chetan Soni, MD
Ophthalmology



Anthony Tay, MD
Rheumatology



Martin Tyson, DO
General Surgery, Wound



Laura Vance, MD
Family Medicine



Ronald Vance, MD
Family Medicine



Donald Wantuck, MD
Pulmonology



Anne Winkler, MD
Rheumatology



W. Wayne Wolf III, DO
General Surgery



Call **417-328-7245** for a FREE
2018 Medical Staff Directory or
use our "Find a Physician" tool
at citizensmemorial.com

Not pictured: Megan Carter, M.D.

CONGRATULATIONS TO ALL 2018 TOP DOC HONOREES

Our team of compassionate and dedicated health professionals are committed to serving our communities and caring for the region. You'll be treated as a member of our family because our healthcare professionals are the friends and neighbors you know and trust.

888-328-6010 • Bolivar, MO
citizensmemorial.com



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➤ NEW STACKS, 148

➤ FIRE READY, 154

spaces

Turn A New Page

Sporting the same facade and most of the interiors from its original 1970s design, the Schweitzer-Brentwood Branch Library was due for a renewal. Turn the page to see how Dake Wells transformed the branch, including adding plenty of space for small group meetings.





a library RENEWED

The Schweitzer-Brentwood Branch Library was due for a face-lift, and Dake Wells Architecture had the fix.

BY EVAN GREENBERG

PHOTOGRAPHY BY GAYLE BABCOCK

In a grand twist of irony, the Schweitzer-Brentwood Branch Library was long overdue for a renovation. Built in the 1970s, it underwent an expansion in the '90s but remained largely untouched until Dake Wells Architecture was recently tasked with giving it a face-lift. The firm's task was twofold: modernize a building that announced itself as archaic upon entry, and do so without rupturing the integrity of what many in the area call "my library."

"There's a bit of history with the library," says Jason Hainline, product manager for Dake Wells. "Patrons have a fondness for the existing library."

With this in mind, Hainline and his team wanted to "maintain perspective," keeping intact what made one of the heaviest trafficked libraries in the area special. Brentwood is community-based—Hainline says people who move away still consider it their home library.

◀ A STREAMLINED SPACE

Dake Wells Project Manager Jason Hainline and his team created a space right by the entrance for silent reading. "Before, people [trying to read] were close to the computers," he says.





DAKE WELLS INCREASED THE SQUARE FOOTAGE OF THE LIBRARY AND RAISED THE CEILINGS TO CREATE A MORE OPEN AND WELCOMING ENVIRONMENT.

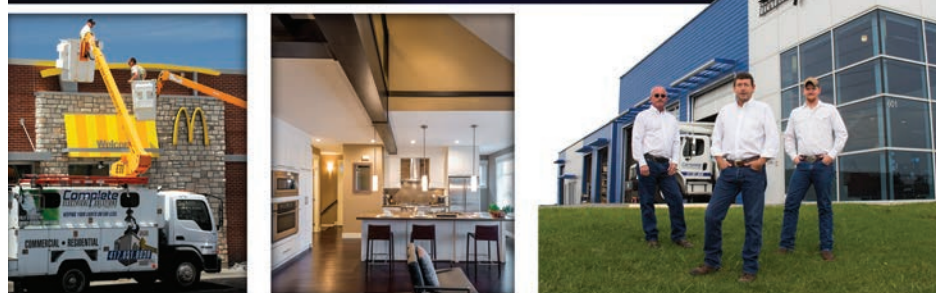
In addition to keeping the library's sanctity, the Dake Wells team had a few key areas to address: the physical library structure needed renovation, the interior space wasn't being maximized, and the mechanical and electrical output left a lot to be desired. Dake Wells improved the latter, increased the square footage of the library and raised the ceilings to create a more open and welcoming environment.

The team also added additional staff parking on land the library owned; which creates more open spots for patrons. The facility is also now LEED-certified, which means that it has a minimal environmental footprint.

It is in total a welcome and necessary renovation to a space that carries with it a special brand of nostalgia.

◀ OPEN COMPUTERS

Functionality was the biggest emphasis in stationing the computers, which are located in an open space near the stacks. The area is not closed off—librarians want to be able to monitor usage on the public computers.

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SECTIONAL SEPARATION ►

The desks at the library are clearly labeled. They allow for specialization and for each librarian to have his or her own station. Each librarian has a department he or she is most knowledgeable about, and within the new design, patrons can easily identify where to turn for help.





▲ A MORE INVITING LIBRARY

Raised ceilings and friendly light are highlights in the interior redesign. "The intent was to open up the space as much as possible," Hainline says. "The ceiling tiles were low before, and the finishes were dated." The updates give the space a fresh, modern appeal.

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James Haik built a masonry fireplace on his family's back patio in summer 2017 after watching videos on YouTube.



WOOD-FIRED WARMTH

A crackling fire is a magnet in any season, and a stacked-stone or masonry fireplace adds luxury and warmth to your outdoor seating area for all those summer nights outdoors. **BY BETH CAMPBELL**

Who doesn't dream of having an outdoor kitchen or living room, especially one that has a stunning fireplace as a focal point? An outdoor fireplace is an increasingly sought-after home feature that allows you to extend your living space and spend more time outside by providing warmth and light during fall and winter months and a great place to gather during summer nights spent under the stars. (Not to mention providing an insta-worthy backdrop in every season.) An outdoor fireplace is also a good investment. The National Association of Home Builders es-

timates that an outdoor fireplace can increase a home's value by an average of \$3,500, and they are practically considered "must-haves" in luxury homes.

You can add a touch of luxury to your own patio and save a ton of money if you are willing to take a DIY approach. Building your own outdoor fireplace takes a bit of expertise, good instructions and a fair amount of hard work. Pre-fabricated kits that make the job easier are widely available, or you can go old-school and build a classic masonry fireplace, which allows you to tailor the design and size to your specific preferences.

Janelle and James Haik added an outdoor kitchen to their home in Nixa in summer 2017. "I think an outdoor fireplace is kind of a fantasy for many people, a place where you can have a glass of wine or a beer, visit with friends and family," James says. "Janelle wanted one for awhile, and what actually prompted us to do it was a landscaping problem. We had a row of hedges that surrounded our patio, and two bushes died; it was a very mature hedge, and there was not going to be any replacing of what was there. Janelle went to Kansas City to visit her parents one weekend, and I grabbed the Stihl chainsaw and whacked everything down to nothing. When she came home, there was just an F-150 full of shrubs; that's how the project started."

After watching about 200 hours of YouTube videos, James decided to build a masonry fireplace from scratch. "I'm not a mason; I'd never laid a block in my life," he says. But he chose this approach for its solid construction and permanence. "I'd watch a video on how to pour concrete the proper way so it wouldn't crack,

Photo courtesy Janelle Haik

learn how to set the rebar, and then I'd go outside and do it," James says. "Then I'd watch videos on how to construct the base, then I'd go outside and do it. Same thing when I got to the chimney, I'd watch videos to learn how to set flue tiles and know which mortar was best. It was just a process of completing one step at a time and not getting it wrong.

"It was about a four-and-a-half-month process. I did everything myself, working evenings and weekends (and forgoing trips to the lake). The first step obviously was pouring the cement slab. I bought my own cement mixer and poured 300 bags of cement myself because the houses in our neighborhood are so close together, a cement truck couldn't get back there.

"It's not for everyone," James cautions. "I calculated a rough estimate, and I carried a little over 200,000 pounds into my backyard. The cement, the rock, the veneer—it's all heavy. Anyone considering a project like this needs to be in good physical condition. It's not easy. You're handling each product more than one time. The cinder block goes on the trailer, off the trailer, then you have to pick it up again to set it. If you're healthy and don't mind learning, the DIY approach might be a good choice."

Now that the work is done, the Haiks are looking forward to enjoying their new fireplace with friends and family. "It's going to be a long time before we're ready to move from this house," James says with a laugh.

MORE

Visit 417mag.com for instructions on how to build a dry-stack fireplace.

LET THERE BE FIRE

Heat up your outdoor living space with a pre-fabricated kit.

WHERE TO BUY

Midwest Block and Brick
midwestblock.com

Acme Brick, Tile and Stone
acmebricktileandstone.com

INSTRUCTIONS

1. Choose a kit that meets your design and size preferences.
2. Pour a concrete pad.
3. Stack the pieces of pre-engineered masonry in your outdoor fireplace kit.
4. Install the firebrick.
5. Affix the stone veneer of your choice.



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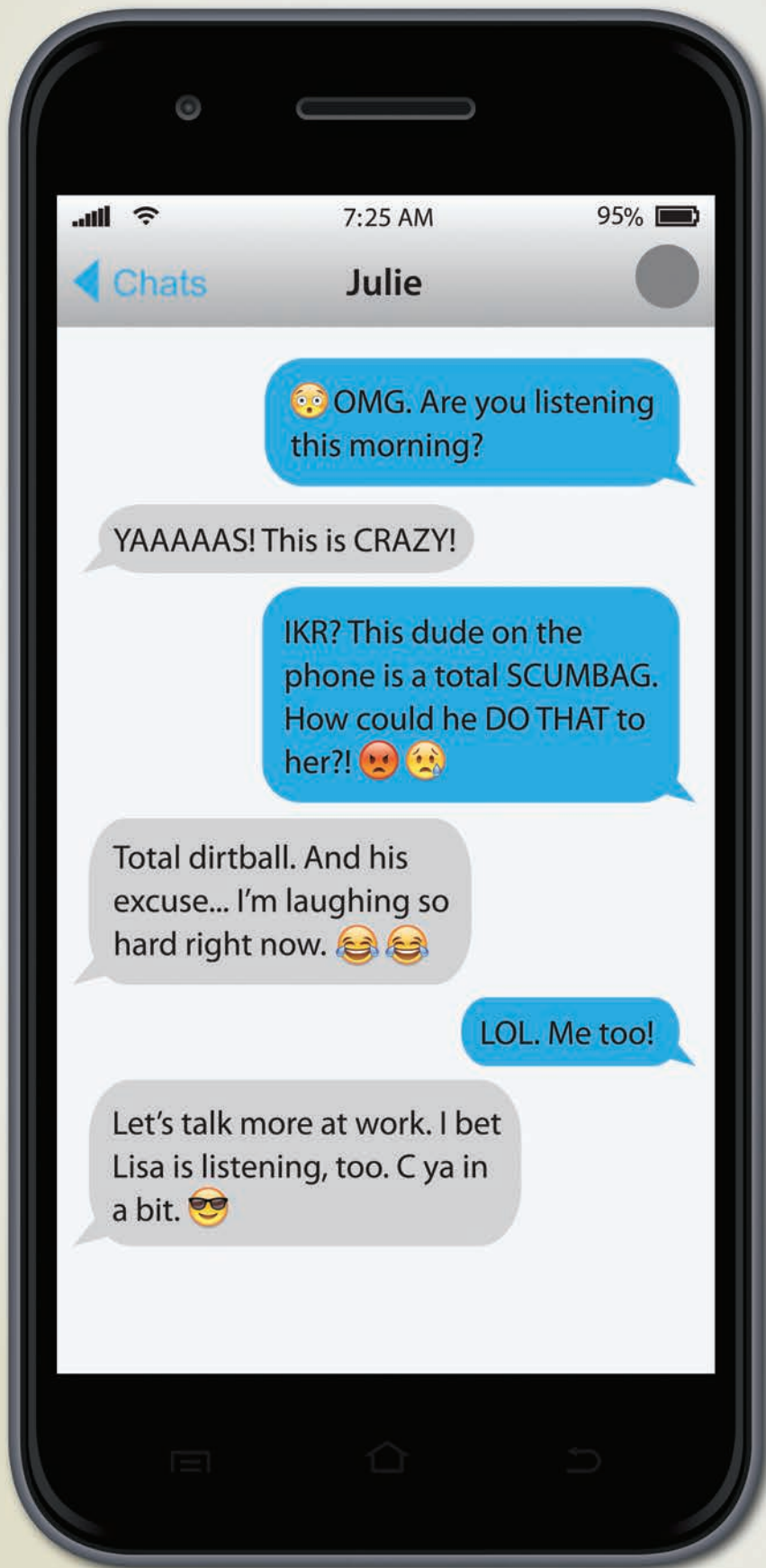
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😱 OMG. Are you listening this morning?

YAAAAAS! This is CRAZY!

IKR? This dude on the phone is a total SCUMBAG. How could he DO THAT to her?! 😡😞

Total dirtball. And his excuse... I'm laughing so hard right now. 😂😂

LOL. Me too!

Let's talk more at work. I bet Lisa is listening, too. C ya in a bit. 😎

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ABOUT
MORNING
SHOW
IN THE
OZARKS

JOHN JAY & RICH

Weekday mornings on

alice
95.5



➤ VR THERAPY, 158

➤ AUTISM RESOURCES, 160

health

Float On

Kayak Branson is hosting a floating excursion on Lake Taneycomo that is the perfect way to kick off your summer. Find more health events on p. 163.



Zip yourself up in the infrared sauna and sweat it out while a cool breeze hits your face for relief.



SPA SLEEPOVER

We sent an editor to spend 24 hours in a spa to see what she could learn about her mental and physical wellness.

BY ROSE MARTHIS

I used to be a stranger to the spa life, and honestly I was a little nervous about massages, facials and forced relaxation. But then I had my first massage, and it changed my life. I almost fell asleep on the table, and it was one of the first times my brain really shut off. I've been chasing that feeling ever since.

While exploring spa packages in 417-land, I found the website for EnlightInn in Joplin. The service list has some standouts—like halotherapy and a mind spa treatment—you don't see among common menus. But then something entirely different caught my eye: an overnight wellness package including an overnight stay in a private cottage, flotation therapy, a massage, a mind spa session, a halotherapy session, infrared sauna session and complimentary smoothies and Bulletproof coffee. Five hours of services and a night away? Sold.

THE INN

The property is easy to see from the highway, which helps pull in traffic for the drive-through cafe. When you park, you see the main office building with five cottages and a fourplex building surrounding it. Four cottages are for lodging, and the rest of the rooms are for spa sessions. I walked in to the main building to meet Christa Tullis, the inn's owner. She checked me in and showed me to my room. The cottages are spacious and promote wellness just as much as a therapy room does. Tullis adds a grounding mat on the bed to reduce effects of electromagnetic fields and pays for the Gaia channel—full of videos, shows and documentaries covering yoga, consciousness and mindfulness—to be included on the Roku packages.

THE SERVICES

After getting my room settled, it was time to start my first day of services. I changed into my provided robe and slippers and met Tullis in the sauna room. Before ever sitting in the sauna, I did a 12-minute whole body vibration session. The machine has a vibrating plate

LOCATION

EnlightInn, 3817 N. Main St., Joplin, 417-499-6618, enlightinn.net

► HOURS

Front Desk and Spa:
Monday, Tuesday, Wednesday, Friday 10 a.m.–4 p.m.
Thursday 10 a.m.–7 p.m.
Saturday 9 a.m.–3 p.m.
Sunday by appointment
Cafe: (Drive-Through Only)
Monday, Wednesday, Friday 10 a.m.–noon; Tuesday and Thursday 7 a.m.–noon; Saturday 10 a.m.–noon

► PRICE

\$249 for Overnight Wellness package; bring a friend for an additional \$135

► WHAT TO BRING

Comfortable clothes, an overnight bag and an open mind!

► STAY TUNED

Tullis is planning to do weekend retreats in the future and make the spa available for others to host their own workshops.

► LEARN MORE

Read Christa Tullis's book, *Mind Mirror: Three Minutes Without Air Three Days Without Water Three Weeks Without Food*, to learn more about her personal wellness journey and her experience with mindfulness and consciousness.



EnlightInn's property has private cottages, some dedicated to spa services and some reserved for overnight guests.

you stand on that contracts your muscles 30 times per second. It's easier if you keep your feet together and harder if they're wider apart. Bending your knees makes you feel it in your thighs, and standing up straight makes you feel it in your hips and abs. You feel *everything* jiggle. I changed my stance a lot to feel it in different places. I started to feel itchy in my left side, and when I told Tullis she said that feeling was my liver getting shaken up and detoxifying my body. Then I moved to the infrared sauna. I sat for 20 minutes and sweated it all out. When the timer chimed, I got ready for my massage.

The hour-long massage focused on my problem areas, which I told my therapist, Trisha, were my neck, shoulders, back and calves. Trisha used medium pressure and dug in to my shoulders a couple times to the point of this-really-hurts-but-in-a-good-way.

TULLIS USED HER 20 YEARS OF EXPERIENCE IN THE WELLNESS AND NUTRITION FIELDS TO DESIGN HER SPA AS A WELLNESS DESTINATION, AND IT SHOWS.

Then it was off to the floatation tank for my last service of the day. Tullis's float tank was custom built into the building. I showered and shampooed to get all the massage oil off me, and I put ear plugs in to help muffle sound and keep saltwater out of my ears. After you shut the door, there are still tub lights, music and ceiling lights that look like stars. After a few

minutes, I turned off both sets of lights and the music to go into total sensory deprivation. I tried to focus on my breathing and nothing else. This calmed me down to the point where I almost fell asleep. Then I realized I almost fell asleep, got freaked out that I almost fall asleep in water and turned on the ceiling star lights and music. The last 15 to 20 minutes of my float I was still relaxed but more awake.

The next morning started with an hour-long Mind Spa session. It started with a guided hypnosis combined with a brainwave device that has pulsating light goggles and entrainment tones in noise-canceling headphones. I sat in a massage chair with a blanket over me and listened to a guided narration start, divide into two stories in each ear with subtle suggestions (like "raise your self-esteem"), and go back to one story to awaken out of a hypnotized state.

Then I started a virtual reality meditation session. I have only experienced VR as a video game, and fighting robot aliens seemed a long way from a form of therapy. Tullis explained that this is good for patients who need to override their current state of mind and be transported to a more peaceful state. I finished with a biofeedback session. Tullis hooked a monitor to my earlobe, and I played a game in which I tried to raise my score by matching my breathing to the computer. It wasn't always calm, slow breathing. The game taught you how to control your body by your breath and heart rate. Tullis says this is good for patients who don't feel like they have control in other areas of their life, like with chronic pain. This was definitely the oddest of the therapies, but it taught me more than I expected.

My last session of the morning was a 45-minute halotherapy. The inn doesn't have a salt cave room, because you only need the halo generator that vaporizes and distributes salt, Tullis explained. I sat in a living room and



The ceiling of the float tank has lights that mimic stars.

breathed in the salt vapor. I went in a little sniffily, and near the end I started sneezing a lot and clearing out my sinuses.

THE EFFECTS

Tullis used her 20 years of experience in the wellness and nutrition fields to design her spa as a wellness destination, and it shows. Mental and physical benefits are considered in every service. I left feeling relaxed and rejuvenated and learned how to focus on my breathing to take control in stressful situations. Now I know how to help calm my brain—and it doesn't take almost falling asleep to do it.

▼ The virtual reality guided meditation sessions help transport you to a new place for stress relief.





AUTISM *in the* OZARKS

When faced with a child's diagnosis of a developmental disability, families might feel unmoored and isolated in learning how to equip their child with the tools to lead a successful, independent life. Fortunately, 417-land is full of resources ready to support individuals with autism from childhood and beyond.

BY ERIN GREGORY

Parenting is hard enough as it is, but where do you turn for help when your child is diagnosed with autism? Autism is a developmental disability typically recognized when an individual has difficulty with social interaction, problems with verbal and nonverbal communication and repetitive or obsessive behaviors. Autism is almost five times more common among boys than girls. Fortunately for local parents, 417-land is full of resources that help families understand this diagnosis and equip their children with valuable life skills through childhood and beyond.

"Autism is on the rise in the country and a very important diagnosis families are dealing with now," says Danielle Wise, Director of Development at The Arc of the Ozarks, an organization dedicated to serving individuals with a variety of disabilities. "The community is essential in assisting families in understanding and coping with the diagnosis."

The Arc is one of several organizations in the Ozarks that seek to help families cope with autism and help individuals live an independent life. The Arc provides a variety of resources for families dealing with autism, including the family advocacy department. The Arc is one of the only groups in the area that offers this service, allowing individuals the

opportunity to gain an understanding of what steps they will need to take when facing a diagnosis of this type.

The Arc also hosts several educational and recreational programs with a variety of activities to encourage students to broaden their social skills and independence. For students elementary school age and older, The Arc's academy, Rivendale Institute of Learning & Center for Autism, provides an alternative education for students ages 6 to 21, including a one-on-one learning environment for each individual. "The goal is for individuals to move out of this school and into the public-school system, or the workforce, and become a functioning member of society," Wise says. Although scholarships aren't offered, The Arc works to provide services that each family needs individually. "We can even provide 24-hour support to several individuals," Wise says.

Another growing organization in Springfield which seeks to offer services to growing adults with autism is the Perspectives Preparatory Academy (PPA). "PPA is a tuition-free private school that places an emphasis on inclusion, strength-based learning and advocacy in the community," says Nacy Ryerson, co-founder of PPA. "Currently, PPA serves 24 students ages

Kindergarten through seventh [grade]. Our unique student population is served in a personalized learning environment at each student's pace. Approximately 50 percent of the student population qualifies under IDEA as a student with a disability (however, PPA prefers the term *differing ABILITY*), and the other 50 percent does not qualify and would spend 100 percent of their day in a general education setting if they were in a traditional setting. Eight percent of the student population is gifted or twice exceptional."

PPA plans to grow into a K-12 school and desires to support students and families in the transition to college and the workforce. PPA has already begun creating relationships with local businesses to begin an internship program for high school students to support student interests. PPA knows that allowing students to utilize their strengths puts graduates in a place to succeed and enjoy their chosen careers and degree programs.

PPA believes that putting students in an environment early to explore their passions and strengths leads to better outcomes upon graduation. Every student has a Strength-Based Learning Plan that places an equal emphasis on what a student's strengths are, and PPA encourages students to be a part of these plans so they learn to advocate for themselves upon graduation.

Because PPA is a tuition-free school, it relies on donors to support more students and families. PPA desires to add more classrooms in the next several years and needs support from the community to be able to support more learners. The school hosts monthly tours and social events as well as free informational events to the community, making itself an even more visible resource for families learning how to live with an autism diagnosis.

AUTISM RESOURCES IN THE OZARKS

The Arc of the Ozarks
thearcoftheOzarks.com

Perspectives Preparatory Academy
perspectivespreparatory.com

Springfield Regional Center/Autism Speaks
autismspeaks.org/resource/springfield-regional-center

Judevine Center for Autism
judevine.org

Southwest Missouri Autism
dmh.mo.gov/dd/autism/autismprojects.html



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Josh Bates, Rob Clements, Kris Taylor and Holly Hill

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calendar

Keep your heart healthy and happy at these get-up-and-move events.

BY JENNA DEJONG



[PLANT]

SPRING PLANTING FESTIVAL

May 6–7

Celebrating the burst of greenery and blooming bulbs, Baker Creek Heirloom Seed Company is hosting an outdoor spring event where attendees can browse endless varieties of plants and learn how to grow them with guest speakers. Expect to hear music and experience the culture of gardening with historic foods, national speakers, food activists, gourmet chefs, Ozarkian crafters, seed collectors, historic demonstrations and more.

\$5, kids 16 and younger are free; 10 a.m.–7 p.m.; Baker Creek Heirloom Seed Company, 2278 Baker Creek Road, Mansfield. Visit rareseeds.com for more information.

[RUN]

RUN AND REMEMBER

May 24

Celebrate and remember a loved one who has died at Lost & Found Grief Center's annual memorial event and 5K. The run's course is mostly flat and focused downtown and the remembrance walk is usually less than one mile for those wanting something a little easier. Afterward write memories in their honor, send off a lit lantern and listen to a remembrance program including readings and a moment of silence. Lanterns sold separately.

Race registration options vary; 6 p.m.; Jordan Valley Park, 635 E. Trafficway St., Springfield. Visit lostandfound.com/run-and-remember for more information, for tickets or to make a donation.

[FLOAT]

2018 SPRING FLOTILLA

May 19

Work up a hot summer sweat and choose your method of floating as you join Kayak Branson for an eight- or four-and-a-half-mile relaxed paddle down Lake Taneycomo. Tour guides lead you through pretty scenery and give a history of the area (in the past, they've even played a mandolin!). Single, double or triple kayaks as well as canoes are available for rent, and the business is offering 25 percent off normal prices.

Prices vary; 1 p.m.; Kayak Branson, 5403 State Highway 165, Branson. For more information and to reserve your kayak or canoe, call 417-336-2811. For more information, visit kayakbranson.com.

[CYCLE]

SPRINGFIELD MO'S SATURDAY MORNING BIKE RIDE

Recurring Saturdays

Start your weekend off with a breath of fresh air and an early-morning 50-mile ride. The route starts at Springfield Brewing Company and takes you out of Springfield, setting a pace goal for 15 to 18 mph. The ride is for moderately experienced cyclists wanting to develop their strengths, and all riders should bring a spare tube, a CO2 cartridge and necessary tools and knowledge for changing a tire. Short breaks are taken throughout the ride and an option to bail is available at 17.5 miles.

Free; 7 a.m.–noon; Springfield Brewing Company, 305 S. Market Ave., Springfield. For more information visit facebook.com/SBCAthletics and click "Events."

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Where Friends and Family Come Together

After you've seen all the best shows in Branson, ridden all the roller coasters and done all your shopping, there's one last stop to make before you head home:

Lindwedel Winery. Nestled in the Ozark hills just west of Branson, Lindwedel is a different kind of fun. The quaint, intimate atmosphere is perfect for when you want to unwind, relax and spend time with those you love.

Their delightful wine selection includes varieties produced right here in Missouri and in other parts of the United States. Enjoy your favorites or discover something new, like their blackberry wine that's a crowd favorite! Sample a wide variety of wines until you find

the perfect one for you, then enjoy a glass while soaking up the magnificent view from the back porch. Their friendly, welcoming tasting guides will turn your visit into a true winery experience.

"The quaint, intimate atmosphere is perfect for when you want to unwind, relax and spend time with those you love."

Lindwedel Winery has more to offer than incredible wine. They have wine and food pairings, live music, event space and stunning Ozark mountain views you can't get anywhere else.

If you think you've done everything there is to do in Branson, think again. Discover something new at Lindwedel.

It's more than just a winery: it's where friends and family come together.

Lindwedel Winery



3158 State Hwy 265, Branson



417.338.0256



lindwedelwinery.com

➤ FLAVOR FUSION, 169

➤ DINING GUIDE, 168

dining

minty **FRESH**

Van Gogh's Eeterie brings unorthodox flavors to Springfield with its fresh mint tea, Indo-Dutch classics and all manner of pancakes. Turn the page to read the full review.



[REVIEW]

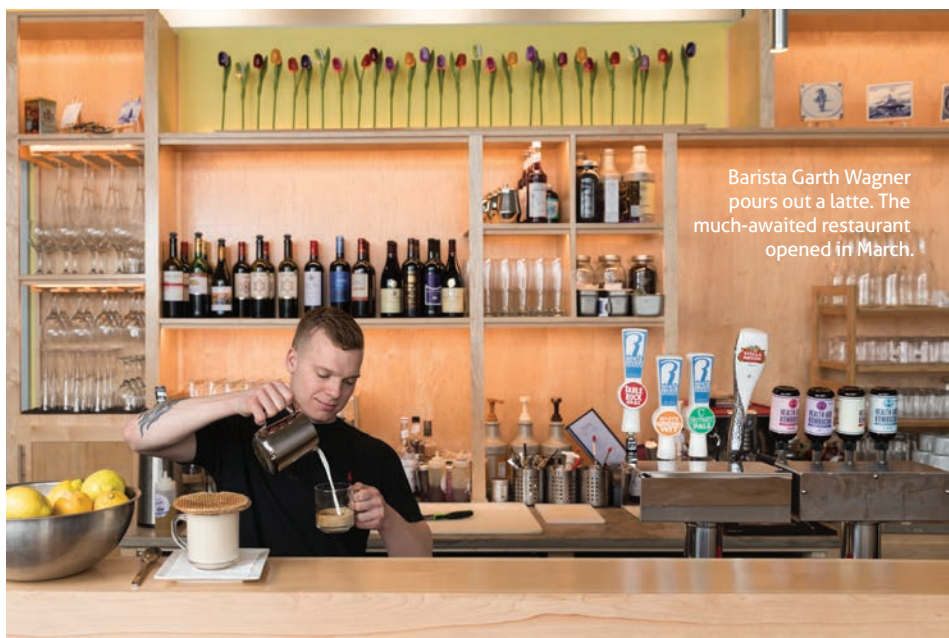
GO DUTCH

Dine out at Springfield's only Dutch-inspired restaurant to get your fix of sweet and savory pancakes, herring and tons of cheesy comfort food.

BY KATIE POLLOCK ESTES



Try the Rotterdam masterpiece pancake at Van Gogh's Eeterie if you are looking for a savory bite. The dish includes shwarma beef, lettuce, cucumber and two types of sauce.



Barista Garth Wagner pours out a latte. The much-awaited restaurant opened in March.

Usually I give restaurants a minute to get their sea legs before I dine there (and I typically avoid soft openings), but I was so excited about the much-anticipated Indo-Dutch restaurant on Commercial Street that I gathered up my family for a Saturday night dinner just a couple of days after Van Gogh's Eeterie opened.

The place was absolutely packed, and every table looked full. Clearly we were not the only people who were champing at the bit to try this place! Luckily, the bright and airy space didn't feel cramped, and we enjoyed the energy of the other diners around us.

My husband, Eli, and my kids, Oliver and Eloise, were my dinner buddies that night, and we started our meal with the cheese dip made with Edam cheese and brandy. The brandy flavor was so subtle we could hardly detect it, but it lent a bit of depth to that bowl of hot, melted cheese.

I ordered the Braised Beef Hutspot, a dish that starts with a base of mashed potatoes made with carrots and sautéed onions that is then topped with tender, slow-cooked beef. It was the definition of comfort food, and I enjoyed every bite. But I found myself wishing I'd ordered something a bit more adventurous.

Something like the savory pancake Eli ordered. He went with the Rotterdam, which comes topped with shwarma beef, arugula and cucumber, along with a creamy garlic dill sauce and curry ketchup. At first, we thought it would taste dry. It seemed like a high pancake-to-toppings ratio. But Eli dug in by cutting off wedges of pancake and then rolling them up like a burrito before taking a bite. The ingredients got a little smushed together, but it worked. Every bite was delicious, with a bit of fresh-

ness from the peppery arugula along with the more boldly flavored sauces.

The kids menu consists of various combinations of cheese and bread, and Oliver ordered the Apple Moes & Cheese sandwich with fruit and fries. Apple moes is like applesauce or apple butter, and on fresh bread with a thick slice of sharp cheese, it made a surprisingly yummy sandwich.

Please don't judge us, but we ordered three desserts along with two hot drinks to finish off our already filling meal. But a menu with a new type of pancake is worth exploring, and I was just doing my duty as a dedicated reviewer. We asked our server to bring us a Pirates of the Caribbean pancake, a Starry Night pancake with ice cream and a stroopwafel, along with a cup of black coffee for me and a cup of fresh mint tea for Eli.

Wrapping my fingers around that hot mug and smelling the sweet cookie on top was a moment of zen.

The stroopwafel came served atop my cup of coffee, so the warmth from my drink would heat the treat and make the caramel center a little bit gooey. Wrapping my fingers around that hot mug and smelling the sweet cookie on top was a moment of zen.

Eli's tea was worth writing home about, which I've never known to be the case with a simple cup of hot tea. But this mint tea is ever-so-slightly sweet and is made by brewing a big sprig of fresh mint

▼ Van Gogh's serves its stroopwafels over cups of coffee, which warms the caramel center of the treat in the best way.



leaves in a clear mug for a strikingly fresh appearance and taste.

The Pirates of the Caribbean was Oliver's choice (he's obsessed with Captain Jack Sparrow right now), but it was definitely the pancake with the more grown-up flavor of the two we ordered. Plump brandy-fired raisins and banana slices joined cinnamon and caramel for a gooey and warmly sweet treat.

My favorite dish of the night, however, was the Starry Night pancake. It is topped with blueberries and berry compote with a lemon-ginger drizzle. That ginger absolutely makes the dish. The combination of berries, zesty lemon and the subtle, peppery sweetness of ginger is a winner that was surprisingly sophisticated. Definitely make sure you order it with ice cream on top. It's the ultimate meal-ender that will make you anxious to come back and try more.

Don't miss out on the zesty, sweet goodness of the Starry Night pancake, one of six dessert pancakes on the menu.



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VAN GOGH'S EETERIE

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Sunday 8 a.m.–2 p.m.

417 DINING GUIDE

EDITED BY EVAN GREENBERG

➤ Restaurant Listings, 168

➤ 7 Good Things, 169

[LISTINGS KEY]

- \$=Under \$10
- \$\$=Mostly \$10–20
- \$\$\$=\$20 and up
- B** =serves breakfast
- L** =serves lunch
- D** =serves dinner
- ☼ =outdoor seating
- 🎵 =live music
- K** =offers kids menu
- M** =meeting space
- 🍷 =serves alcohol
- 🚭 =smoke free
- 📞 =reservations recommended
- ♿ =wheelchair accessible
- WIFI** =free wifi
- BEST** =best of 417 winner

The 417 Magazine Dining Guide is a select list of restaurants in southwest Missouri. Implicitly, the magazine's editors recommend all these restaurants. The Dining Guide is not related to advertising, and 417 Magazine doesn't accept freebies in exchange for reviews or listings.

Listings are updated often; they appear based on space availability. Restaurants that are written about in Dining Guide items such as restaurant reviews, restaurant update stories and "7 Good Things" are chosen by editors as a service to readers.

Restaurant owners: If you have news about your restaurant or a correction to our listing about your restaurant, we're all ears. Send an e-mail to editor@417mag.com, or call 417-883-7417 and ask for Katie Pollock Estes.

FINE DINING

AVANZARE ITALIAN DINING

1908 S. Glenstone Ave., Springfield, 417-567-3463, avanzareitaliandining.com. Northern Italian. Veal dishes are top-notch at this Italian eatery, but you'll have to pick the right night, as they're only served once or twice a week. Customers love the Bistecca Rosemarino steak and the pasta with seafood in a spicy tomato-based sauce. They also serve tasty lunch specials. Open Mon.–Fri., 11 a.m.–3 p.m.; Sun.–Thurs., 5–10 p.m.; Fri.–Sat., 5–11 p.m. \$\$–\$\$\$ **L D** 🍷 ☼ **K M** 📞

BRUNO'S IL RISTORANTE

416 South Ave., Springfield, 417-866-0007, brunos-restaurant.net. Sicilian. The pizzas here are baked in a brick oven, and every one of them is delicious. The lobster, shrimp and scallop ravioli is to die for. They fly in fresh fish every week, so don't hesitate to order the catch of the day. This spot is great for a weekend date night, and great for a quick lunch during the week as well. There's a wine bar upstairs. Open Mon.–Thurs., 11 a.m.–9:30 p.m.; Fri. and Sat., 11 a.m.–10:30 p.m. \$\$ **L D** 🍷 ☼ **K M** 📞

BUCKINGHAM'S STEAKHOUSE

2820 W. Hwy. 76, Branson, 417-337-7777. Steakhouse and grill. For fine dining on the strip in Branson, this is your spot. A favorite here is the bourbon glazed pork shank. The prime rib is also a star—it's a customer favorite. We love the restaurant's signature prime rib soup. It's truly delicious. Sun.–Thurs., 4–9 p.m.; Fri.–Sat., 4–10 p.m. \$\$ **D** 🍷 ☼ **K** 📞

CAFÉ 37

37 Court Square, West Plains, 417-256-3780, cafe37.biz. Contemporary American. Head to West Plains for some stellar eats. Try the goat cheese fritters or the pork medallions made with Berkshire pork that's raised in Missouri. Come for sushi night the first Saturday of every month. Open Tues.–Fri., 11 a.m.–2 p.m.; Tues.–Sat., 5–9 p.m. \$\$ **L D** **WIFI** 🍷 ☼ **K M** 📞

CHATEAU GRILLE

415 N. State Hwy. 265, Branson, 417-334-1161, chateauonthelake.com. Contemporary American. An upscale experience with a top-notch menu, Chateau Grille at Chateau on the Lake has a dining room with big windows that give a gorgeous view of Table Rock Lake. The steaks are delightful. Chef Paul Trout changes the menu with the seasons to reflect local fresh ingredients and experiments with molecular gastronomy. Stop by Sunday for a sumptuous champagne brunch. Open daily 7 a.m.–9 p.m. \$\$\$ **B L D** 🍷 ☼ **K M** 📞

CRABBY'S SEAFOOD BAR AND GRILL

815 W. Seventh St., Joplin, 417-206-3474, crabbysseafood.com. Contemporary American. This Joplin hotspot serves up some fantastic seafood, and we've enjoyed everything we've tried there. The Chilean sea bass is a specialty, and customers rave about the crab legs. Open Mon.–Sat., 11 a.m.–10 p.m.; Closed Sundays. \$\$ **L D** **WIFI** 🍷 ☼ **K M** 📞

ELEMENT

Location varies, facebook.com/elementpopup. Themed. Ryan Michael, the bar manager at Kai and Brandon Dinger and Caleb Stangroom from The Order team up to serve a four to 10 course meal every month. Each meal has a theme—a past iteration leaned on European cuisine and was shaped around the season. A 39-day aged pork was a diner favorite at a previous dinner. Venue and menu change every month, and the most up to date information can be found on their Facebook page. \$\$\$ **D** 🍷

FARMERS GASTROPUB

2620 S. Glenstone Ave., Springfield, 417-864-6994, farmersgastropub.com. Contemporary British and American. The menu here features locally sourced ingredients wherever possible and changes regularly. The entrees are well-priced and satisfying, like the scotch eggs, Cream of mushroom and sage soup with homemade croutons, and the Chop Chop Salad (arugula, kale, cabbage, bleu cheese, boiled egg, pumpkin seeds, butter-milk dressing). There's also a great selection of beer, and the burgers and fish and chips are always delicious. On a nice day, sit outside on the patio. Brunch Saturdays and Sundays. Open Mon.–Fri. 11 a.m.–10 p.m.; Sat.–Sun., 10 a.m.–10 p.m. \$\$ **B L D** **WIFI** 🍷 ☼ **K M** 📞

FLAME STEAKHOUSE & WINE BAR

314 W. Walnut St., Springfield, 417-862-4444, flamesteakhouse.com. American steakhouse. The restaurant specializes in dry-aged steaks that are truly delicious. Don't miss the lobster macaroni and cheese (we're serious; you have to try this stuff). The desserts are always divine, and we can't get enough of the appetizer menu. Head to Red Room downstairs for killer happy hour food and drink specials (don't miss the burgers!). Open for dinner Mon.–Thurs., 5–10 p.m., Sat. and Sun., 5–11 p.m. Red Room open 4 p.m. to bar hours. \$\$\$ **D** **WIFI** 🍷 ☼ **K M** 📞

GILARDI'S

820 E. Walnut St., Springfield, 417-862-6400, gilardisonwalnut.com. Northern Italian. Owner James Martin focuses on handmade pasta and fresh ingredients at this charming little Italian restaurant. Don't miss the amazing meatballs in red wine rosemary cream sauce served over goat cheese polenta. Open Mon.–Sat., 5–10 p.m. \$\$\$ **D** **WIFI** 🍷 ☼ **K M** 📞

HARUNO JAPANESE SUSHI BAR & GRILL

3044 S. Fremont Ave., Springfield, 417-887-0077, harunosushi.com. Japanese. The Oh My God roll and the Sex and the City roll are trademarks here. If simple nigiri is your style, you'll love the tuna sampler. Be sure to venture off the sushi menu and try some of the delectable entrées as well. Don't miss the delicious bibimbap or the fresh mango-jalapeno ahi tuna entrée. If you love a spicy bite, make sure you try the so-hot seafood soup. It makes a great lunch when you pair it with a little bit of nigiri or one of the spot's tasty maki rolls. Open for lunch and dinner daily. \$\$\$–\$\$\$ **L D** **WIFI** 🍷 ☼ **K M** 📞

7 GOOD THINGS



Nashville flavors meet Asian-style chicken in Social on Patton's Hot Chicken Karaage.

These seven dishes or drinks have passed our taste buds this month and made us rave. They are ranked by level of yumminess.

1 ▲ Check out the **Hot Chicken Karaage** with pickles, kimchi mayo, green onion and pickled onion at **Social on Patton** (314 S. Patton Ave., Springfield, cbsocialhouse.com) With the skin and texture of the best Asian-style chicken and the flavors of Nashville, it's a mashup we didn't know we needed.

2 **Moscow mules** from **Missouri Spirits** (507 W. Walnut St., Springfield, missourispirits.com) are a sure bet for a great cocktail. The flavors and varieties change, so the specials are always a bit of a surprise. But they are made with Missouri Spirits liquor and are always top-notch.

3 When we're not in the mood for meat, we gravitate to the **grilled vegetable focaccia sandwich** from **Bruno's Italian Restaurant** (416 South Ave., Springfield, brunositalian-restaurantdowntown.com). Hearty eggplant, peppers, zucchini and onions top homemade bread and are bound with fontina cheese, pesto and balsamic vinaigrette.

4 The perfectly sharable **Oysters Rockefeller appetizer** from **Touch Restaurant & Oyster House** (1620 E. Republic Road, Springfield, touch-restaurant.com) is a happy hour favorite. The oysters are topped with bacon, Touch's lobster bisque and crispy breadcrumbs.

5 We are suckers for the **macaron ice cream sandwiches** from **The Press Coffee & Juice Bar** (2144 E. Republic Road, Suite A102, Springfield, 417-501-1014). Sweet and creamy ice cream is perfectly packed between two delicate macarons.

6 For something super-hearty when you get post-movie munchies, the **Jalapeno N' Cheese Bratwurst Sliders** are a must try from **The Backlot** at Alamo Drafthouse (4005 South Ave., Suite A, Springfield, alamobacklot.com). Bonus: They feature brats from Hörrmann Meats and sauerkraut made with Springfield Brewing Co. beer.

7 We love the sweet-and-spiced combo of the **mango guacamole** from **Arnie's Barn** (150 Top of the Rock Road, Ridgedale, topoftherock.com). It features pickled chili peppers, grilled mango and smoky paprika.

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HARVEST RESTAURANT

8011 E. State Hwy. AD, Rogersville, Contemporary American. 417-830-3656. Dining at Harvest Restaurant is an experience like none other in 417-land. The menu changes weekly according to what is perfectly ripe. It's à la carte and organized by courses. The idea is to order one item from each course to create a full meal. Although the menu is constantly in flux, Craig is known for his mushroom risotto and scallop trio. Open Thurs.–Sat., 5:30–9:30 p.m.; Open Sunday for brunch, 11 a.m.–2 p.m. \$\$\$    

JIMM'S STEAKHOUSE & PUB

1935 S. Glenstone Ave., Springfield, 417-886-5466, jimmsteakhouseandpub.com. American steakhouse. We love the tasty steaks here. The stuffed peppadew peppers are a must-try appetizer; trust us, you need to try those things! The Brewmaster's Steak is one of our favorite dinner options. A seven ounce sirloin is served with smashed red potatoes, sautéed mushrooms, onion, Gorgonzola cheese and Sam Adams cream sauce. And if you love a good self-serve salad bar, Jimm's has one. Open Sunday, 11 a.m.–9 p.m.; Mon.–Thurs., 11 a.m.–10 p.m.; Fri.–Sat. 11 a.m.–11 p.m. \$\$    

KAI

306 S. Campbell Ave., Springfield, 417-832-0077, kaiafterdark.com. Contemporary Japanese. Looking for a dinner spot that has a big-city feel? This lounge-like restaurant has fantastic sushi. The Kai Confidential roll is a great spicy choice. Don't miss the black cod or sea bass entrées with delicious wasabi risotto. There are some great cocktail and appetizer options here as well. Also be sure to stop in for happy hour from 4 p.m.–6:30 and 9 p.m.–11 p.m. Lunch Mon.–Fri., 11 a.m.–2 p.m.; Dinner Mon.–Sat., 5 p.m.–1:15 a.m. \$\$\$-\$\$\$    

LEVEL 2 STEAKHOUSE

The Hilton Branson Convention Center Hotel, 200 E. Main St., Branson, 417-243-3443, level2steakhouse.com. Steakhouse. This Branson restaurant specializes in steaks, but its gooey butter cake is gaining a following. Try the Kansas City strip steak and the egg noodles with cheese. Also, don't miss the fresh Hawaiian ahi tuna served on a Himalayan salt block: delightful! At lunchtime, try the Hereford beef tenderloin served on a crispy baguette. Open daily, 6:30 a.m.–2:00 p.m., 5–10 p.m. \$\$\$    

METROPOLITAN GRILL

2931 E. Battlefield, Springfield, 417-889-4951, metropolitan-grill.com. Eclectic fine dining. Known for their delectable flash-fried spinach, this restaurant specializes in its steaks and seafood. The salads are always fresh and delicious, and the soup creations are among the best we've tried. Open Mon.–Thurs., 3:00 p.m.–10 p.m.; Fri., 11:30 a.m.–11 p.m.; Sat., 4–11 p.m. \$\$\$    

NICOLA'S

3631 E. Sunshine St., Springfield, 417-886-3700, nicolasspringfield.com. Italian. This restaurant serves a delicious sea bass. Try the lumache: fresh snails sautéed in garlic butter and baked with Parmesan cheese. Gluten-free pasta and pizza is available. The chicken parmigiano is a highlight definitely worth ordering. The Gilardi pizza here is also super tasty, and the dessert menu is impressive. Enjoy the spacious outdoor patio when the weather permits. Open Mon.–Sat., 4 p.m.–close. \$\$\$-\$\$\$    

NONNA'S ITALIAN CAFÉ

306 South Ave., Springfield, 417-831-1222, nonnascafe.com. Italian. The seafood lasagna is a must-try dish, and the spicy arrabbiata lasagna is crazy-good. We particularly love the delectable chocolate torte and the rich and delicious tiramisu. Nonna's also does a Sunday brunch with regular menu items from 11 a.m.–2 p.m. Open Sun.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–10 p.m.. \$\$    

OCEAN ZEN PACIFIC RIM RESTAURANT

4117 S. National, Springfield, 417-889-9596, tans-oceanzen.com. Asian fusion. Try Chilean sea bass or the macadamia nut chicken. We particularly love ordering the Hawaii Five-O sushi roll; with seared rare tuna and a pineapple salsa, it's a tasty combination of savory, sweet, spicy and refreshing. Don't miss the delicious top-notch steaks that are on the menu here, too. Open Sun.–Thurs., 11 a.m.–10 p.m.; Fri.–Sat., 11 a.m.–11 p.m.; bar closes at 11 p.m. \$\$    

THE ORDER

at the Hotel Vandivort, 305 E. Walnut St., Springfield, 417-832-1515, theordersgf.com. The atmosphere is trendy but relaxed while the food is an elevated take on locally inspired dishes. Crowd favorites include the goat cheese Rangoons and Hurts Donut bread pudding. The Order also has an excellent cocktail menu. Open for dinner Mon.–Sat. 5–10 p.m., Sun. 5–9 p.m.; brunch Mon.–Fri. 7 a.m.–2 p.m., Sat.–Sun. 8 a.m.–2 p.m.; bar open Mon.–Fri. 11 a.m.–close, Sat.–Sun. 9 a.m.–close. \$\$\$-\$\$\$    

OSAGE RESTAURANT

at Top of the Rock, 150 Top of the Rock Rd., Ridgedale, 1-800-225-6343, topoftherock.com. American. Take in beautiful views from the dining room here, and enjoy fine dining that includes steaks and roasted chicken. The fried chicken is some of the best around, and we can't get enough of the pork chop topped with pistachio-sage pesto. So delish! Downstairs is the End of the Trail wine cellar with a wine tasting bar and whiskey room. Reservations recommended. Collared shirts recommended after 5 p.m. Open Tues.–Sat. 5–9:30 p.m. Wine cellar and Buffalo Bar open later. \$\$\$    

TOUCH

1620 E. Republic Rd., Springfield, 417-823-8383, touch-restaurant.com. Mediterranean/American. Check out the oyster bar, which features a rotating menu of eight different oysters that are flown in at least twice a week. The menu here is full of dining variety. With a romantic dining room and a hopping bar side, this spot is perfect for date night or dinner and drinks with friends. Restaurant open Mon.–Thurs., 5–9 p.m.; Fri.–Sat., 5–10 p.m.; lounge open Mon.–Sat., 3–close. \$\$    

CASUAL DINING

ANDY B'S ENTERTAINMENT CENTER

1127 E. Battlefield, Springfield, 417-883-1234, andyb-springfield.com. American fare. The restaurant at Andy B's offers lane-side service and a menu full of delicious burgers, pizzas, pasta and more. Get the Italian nachos appetizer, or dig into the extra-yummy balsamic Swiss burger served on a pretzel bun. Bonus: There's a full-service bar, too. Open Sun.–Thurs., 10 a.m.–midnight; Fri.–Sat. 10 a.m.–1:30 a.m. \$   

AVIARY CAFÉ

400 E. Walnut St., Ste. 100, Springfield, 417-866-6378, aviarycafe.com; 2144 E. Republic Rd., Suite E120, Springfield, 417-881-9736. Crepes and bistro fare. This spot offers much more than just crepes—which you can find there in both savory and sweet varieties. There are also beautiful salads and delicious non-crepe entrées that have a little bit of French flair. Walnut St. location open Sun.–Thurs., 8 a.m.–9 p.m.; Fri.–Sat., 8 a.m.–11 p.m.; Republic Rd. location open Mon.–Thurs., 8 a.m.–9 p.m.; Fri.–Sat., 7 a.m.–11 p.m.; Sunday, 7 a.m.–9 p.m. \$-\$\$    

THE BACKLOT

4005 South Ave., Springfield, 417-708-9599, alamo-backlot.com. American fare. Dinner and a movie is a whole lot easier at Alamo Drafthouse Cinema's in-house bar and restaurant, The Backlot. Enjoy your meal at the restaurant or in front of a movie screen. The menu features locally sourced ingredients from vendors including Hormann Meats, Askinosie Chocolate and White River Brewing Co. Try the popular Royale with Cheese burger, a classic hamburger topped with delicious smoked bacon and aioli. Open Sun.–Thu. 11 a.m.–midnight, Fri.–Sat. 11 a.m.–1 a.m. \$\$ Lunch, dinner, Sunday brunch. \$\$  

BAIR'S SPORTS GRILL

3821 S. Campbell Ave., Springfield, 417-368-5919; 631 S. Kimbrough Ave., Springfield, 417-866-2700; 1644 Highway 60 East, Republic, 417-732-5077; 105 W. Sherman Way, Nixa, 417-725-3777; bairsburgers.com. American. There are 22 apps and 50 burgers on the menu at Bair's, plus plenty of sandwiches and salads. Try the Ultimate Mac Daddy burger, if you dare: four pounds of meat, 16 slices of bacon and 16 slices of cheese. Hours vary by location. \$    

BIG WHISKEY'S AMERICAN RESTAURANT & BAR

311 Park Central East, Springfield, 417-862-2449; 1440 E. Republic Rd., Springfield, 417-882-2249; 1550 E. Battlefield, Springfield, 417-883-5999; 301 Branson Landing Blvd., Branson, 417-334-4478; bigwhiskys.com. Customers love the fish tacos, the chicken ranch alfredo pasta and the hand-cut steaks. Try the Big Bleu Strip, topped with melted bleu cheese crumbles and Cajun seasoning. Open Mon.–Sat., 11 a.m.–1:30 a.m.; Sun., 11 a.m.–midnight. \$\$    

BISTRO 58

15038 Business Hwy., 13, Branson West, 417-773-1985, vcellers.com. This restaurant is off the beaten path and offers a stellar selection of wine and tasty menu. Yummy sandwiches fill the lunch menu, like the Steph sandwich. A ciabatta roll is topped with roasted chicken, Gorgonzola cheese, fig jam and bacon. Or the Cuban, which is filled with thinly sliced ham, pork tenderloin, provolone cheese, dill pickles and peppadew peppers. Also be sure to check out their Friday night dinners. Open Tues.–Sat., 11 a.m.–2 p.m.; Fri., 5–8 p.m. \$  

BLACK OAK GRILL

601 Branson Landing Blvd., Branson, 417-239-0063, blackoakgrill.com. American. Visit this tasty, casual spot while you're spending the day shopping and strolling around at Branson Landing. On the menu here are classically pleasing flavors, like the bacon cheeseburger (topped with a fried egg and served on a brioche bun) and meatloaf. We also love their seared ahi tuna salad. Open Sun.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–10 p.m. \$\$    

BLACK SHEEP BURGERS & SHAKES

209 E. Walnut St., Springfield, 417-319-5905; 2160 W. Chesterfield Blvd., Springfield, 417-368-0227. This swanky but comfortable burger joint is located in downtown Springfield, with an outpost in Chesterfield Village. Boozy shakes and upscale burgers fill the menu while a rock 'n' roll atmosphere fills the air. Open Mon.-Thurs., 11 a.m.-10 p.m.; Fri.-Sat., 11 a.m.-midnight; Sun., 11 a.m.-9 p.m. \$    

CAFE CUSCO

234 E. Commercial St., Springfield, 417-868-8088, cafe-cusco.com. This menu is packed with fun and unexpected dishes that are inspired by the cuisine of Peru and the Andes Mountains. A few stand-outs: the black bean quinoa burger with avocado spread, the Lomo Saltado, and a host of delicious-looking entrees. Desserts are tasty here, too, like the coconut tres leches. Open Mon.-Thurs., 11 a.m.-9 p.m.; Fri.-Sat., 11 a.m.-10 p.m.; Sun., 11 a.m.-8 p.m. \$     

SOCIAL

314 S. Patton Ave., Springfield, 417-368-0778, cb-socialhouse.com. Social, formerly CB Social House, traffics in specialization. "S" foods have proven to be popular, with salmon, squash, sprouts and spuds among the buzziest dishes at this downtown spot. We can't wait to try the updated menu and sip on the finely crafted cocktails. Be sure to call ahead, as seating is limited! Open Tues.-Sat. 4-10 p.m. \$    

CHERRY PICKER PACKAGE + FARE

601 S. Pickwick, Springfield, 417-986-5800. What do you get when you combine a coffee shop, bar, cafe and liquor store? Cherry Picker Package + Fare, a tiny building on the corner of Pickwick Avenue and Cherry Street in Springfield. A small selection of sandwiches, soups and salads is served daily. We're excited to try the To Brie or Not to Brie—an Artisan Oven baguette topped with salted butter spread, thinly sliced ham, apricot preserves and a slice of brie. Open Mon.-Thurs., 7 a.m.-10 p.m.; Fri.-Sat., 7 a.m.-midnight. \$    

CIVIL KITCHEN & TAP

107 and 222 Park Central Square, Springfield, 417-501-8456, civilkitchenandtap.com. With 28 beers on tap and chicken and waffles on the menu, it is easy to see the appeal of this rustic-but-comfortable restaurant and bar. Specializing in upscale comfort food, Civil Kitchen and Tap draws inspiration from Southern and Midwestern staples. We've also heard the breakfast burger is tasty. Open Tues.-Sat., 11-1:30 a.m., Sun., 9 a.m.-midnight \$    

CLUB 609

609 S. Main St., Joplin, 417-623-6090. Casual fine dining. The menu is large at this Joplin mainstay, and it offers up everything from sandwiches to delicious steaks. There is a wide variety of entrée salads, and soups are made fresh every day. The kitchen is open Sun.-Thurs., 11 a.m.-9 p.m.; Fri.-Sat., 11 a.m.-10 p.m.; bar is open till close. \$    

DERBY DELI

2023 S. Glenstone Ave., Springfield, 417-883-4066. American. Located inside Brown Derby International Wine Center, this eatery features sandwiches, salads, a variety of cheese plates and salami plates, a hummus board and more. We love the Martin's salad. Open Tues.-Fri., 11 a.m.-3 p.m. for lunch, Tues.-Fri., 11 a.m.-7 p.m. for small plates; Saturday, 11 a.m.-7 p.m. \$    



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DEVIL'S POOL RESTAURANT

at Big Cedar, 612 Devil's Pool Rd., Ridgedale, 417-335-2777, bigcedar.com. American. Here you can enjoy a tasty meal while watching a gorgeous view of Table Rock Lake. The smoked trout is fantastic. Customers love the buttermilk fried chicken livers, barbecue nachos and house-smoked prime rib. Brunch on Sundays. Open daily for breakfast, 7–11 a.m.; lunch, 11 a.m.–2 p.m.; dinner, 5–9:30 p.m. \$\$\$\$ **B** **L** **D** **WIFI** **♿** **🍷** **🍷** **🍷** (high season) **☼**

DOBYNS DINING ROOM

1 Opportunity Ave., Point Lookout, 417-690-2146, keetercenter.edu. American. The smoked tomato soup is knock-your-socks-off delicious. College of the Ozarks students grow produce and raise meat to use in the restaurant, so the menu has a very farm-to-table quality. Try the hickory smoked prime rib Thursday through Saturday. Don't miss the chocolate cobbler. Brunch on Sundays. Open Mon.–Sat., 10:30 a.m.–8 p.m.; Sun., 10 a.m.–2 p.m. \$\$ **B** **L** **D** **WIFI** **♿** **🍷** **🍷** **🍷**

DOGWOOD CANYON RESTAURANT

2038 W. State Highway 86, Lampe, 800-225-6343, dogwoodcanyon.org. Located on the grounds of the sprawling, spectacular Dogwood Canyon nature preserve, the Canyon Grill Restaurant oozes rustic elegance and boasts a menu inspired by its earthy surroundings. Try the BLT made with delicate seared trout cakes and plenty of thick-cut bacon. Another hit is the meaty, house-made elk bratwurst. Open daily, 11 a.m.–5 p.m. \$-\$\$\$ **L** **D** **♿** **🍷** **🍷** **☼**

FIRE & ICE

2546 N. Glenstone Ave., Springfield, 417-866-5253, oasisfireandice.com. Global cuisine. This spot specializes in dry-aged steaks and has a delicious menu that changes with the seasons. Sit at the bar for a unique experience: You can watch cooks in the open kitchen while resting your drink on the ice bar. Open Mon.–Thurs., 11 a.m.–10 p.m.; Fri.–Sat., 11 a.m.–11 p.m.; Sun., 11 a.m.–3 p.m. \$\$ **L** **D** **WIFI** **♿** **🍷** **🍷** **☼**

THE FORK & SPOON

2340 W. Grand St., Springfield, 417-761-4838, theforkspoon.org. American. From the creative culinary minds behind Simply Delicious Catering, this eatery features fun dishes like the pablano shrimp tostadas with pineapple pico de gallo. Look for entrée salads packed with toppings, scrumptious sandwiches and classic chicken salad and more. Open Mon.–Fri., 11 a.m.–2 p.m. \$ **L** **D** **♿** **☼**

GRAD SCHOOL

434 S. Jefferson Ave., Springfield, 417-866-8163. American. The fish tacos here are to die for. And the chicken tacos. And the falafel tacos. And the steak tacos. See a pattern? If you're not in the mood for a taco, go for the Full-Ride Burger. It is a customer favorite. Plus we just can't get enough of the delicious meat-free Codi Brah burger. Open Mon.–Fri., 11 a.m.–9 p.m.; Sat., noon–9 p.m. \$ **L** **D** **WIFI** **♿** **☼**

HACKETT HOT WINGS

520 S. Main St., Joplin, 417-625-1333, hacketthotwings.com. American. The wings here are fantastic and we've heard rave reviews from numerous readers. There are 13 hot wing flavors, but we're partial to the delicious hot and honey sauce and the tasty house dry rub. In the mood for something sweet? Don't miss the tasty fried sweet potato puff that comes with caramel sauce. Open Mon.–Thu. 11 a.m.–9 p.m., Fri.–Sun. 11 a.m.–10 p.m. \$ **L** **D** **♿** **🍷**

HOULIHAN'S

2431 N. Glenstone Ave., Springfield, 417-862-7777; 2110 E. Republic Rd., Springfield, 417-883-3434; houlihans.com. American. The fish tacos and burgers are fantastic, and we love the enormous nachos appetizer. Grab some friends and share a few of the small plates, or come at happy hour for drink specials. Open Sun., 10:30 a.m.–11 p.m.; Mon.–Thurs., 11 a.m.–11 p.m.; Fri.–Sat., 11 a.m.–midnight. \$-\$\$\$ **L** **D** **WIFI** **♿** **🍷** **🍷** **☼**

INSTANT KARMA GOURMET HOT DOGS

527 S. Main St., Joplin, 417-206-3647. American. Hot dog fans, rejoice. This is your spot. At this bright and modern restaurant, gourmet hot dogs come wrapped in bacon or smothered in creative toppings. Try the Kitchen Sink; it's a hot dog that's topped with just about everything. Open Mon.–Thurs., 11 a.m.–10 p.m.; Fri. and Sat., 11 a.m.–11 p.m.; Sun., 11 a.m.–9 p.m. \$ **L** **D** **WIFI** **♿** **🍷** **☼**

JOPLIN EAGLE DRIVE IN

4224 S. Main St., Joplin, 417-623-2228. American. The creative menu here features incredible gourmet burgers, hand-cut fries and more. The Eagle Burger is a customer favorite. It features an all-angus patty topped with cheddar and swiss cheese, two fried quail eggs, all the fixings and Eagle Sauce. Come in for Steakhouse Night on Fridays and Saturdays, and don't forget to order a frosty pint—they keep nine local brews on tap. Open Mon.–Sat., 11 a.m.–10 p.m.; Sun., 11 a.m.–9 p.m. \$ **L** **D** **♿** **🍷** **☼**

MI MI'S PLACE

3512 S. National Ave., Springfield, 417-890-8300. Italian-American. Highlights include the made fresh daily gnocchi as well as ciabatta bread. Enticing as well is a spicy crab mac and cheese dish. Mi Mi's also features the Downtown Greek—seared chicken breast on top of fettuccine pasta with Kalamata olives, sauteed red onions and more. Open Mon.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 12 p.m.–10 p.m.; Sun. 12 p.m.–6 p.m. \$-\$\$\$ **L** **D** **♿** **🍷** **🍷** **☼**

MOJO BURGER COMPANY

702 S. Maiden Ln., Joplin, 417-624-4232, mojoburgerco.com. The menu is simple here: Just pick your burger and customize it any way you want from their toppings menu. You can get a single, double or triple burger and top it with things like chili, cheese, bacon, numerous sauces, fresh or pickled jalapeños, grilled onions, grilled mushrooms and more. You can also order a handful of other dishes, like Joplin-famous Spaghetti Red (noodles topped with chili). Open daily 10:30 a.m.–close. \$ **L** **D** **♿** **🍷** **☼**

NEARLY FAMOUS DELI & PASTA HOUSE

2708 S. Glenstone Ave., Springfield, 417-883-3403, nearlyfamous.net. Deli and Italian. Regulars love the weekly specials: Egg salad on Fridays, pear sandwiches on Thursdays and more. The tomato soup is fantastic, and it goes well with just about any sandwich at this friendly spot. It's hopping at lunchtime. Open Mon.–Sat., 11 a.m.–9 p.m. \$\$ **L** **D** **♿** **🍷** **🍷** **☼**

ROSIE JO'S CAFE

1711 S. 15th St., Ozark, 417-581-6047. American. This place is a very popular hangout at breakfast time with great daily specials, and it also has great homemade pies, including surprising ones like gooseberry. The fried chicken is delicious at this homestyle eatery, and so are the fried dill pickles and the onion rings. Open Mon.–Sat., 7 a.m.–8 p.m.; Sun., 7 a.m.–2:30 p.m. \$ **B** **L** **D** **♿** **🍷** **☼**

ST. MICHAEL'S SPORTS BAR & GRILLE

301 South Ave., Springfield, 417-865-2315. American. The burgers are top-notch, and the huge salads topped with deliciously seasoned grilled chicken breast are a favorite (try the one with spicy Cajun chicken—yum!). Another tasty dish: The Italian BLT, a sandwich stuffed with a variety of cured meats. Open Mon.–Weds., 11 a.m.–4 p.m.; Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–11 p.m. \$-\$\$\$ **L** **D** **♿** **🍷** **🍷** **☼**

THAT LEBANESE PLACE

338 E. Commercial St., Springfield, 417-536-6677. Lebanese. Everything we've tried has been delicious at this Commerical Street eatery. The kibbeh appetizer is fantastic if you like herbaceous eats, and any of the delicious and meaty kebabs is a great choice. There are plenty of options for diners with vegetarian, vegan or gluten-free diets. Open Tues.–Sat., 11 a.m.–9 p.m. \$-\$\$\$ **L** **D** **♿** **🍷** **☼**

BARBECUE

BUCKINGHAM'S SMOKEHOUSE BBQ

Multiple locations in 417-land, buckinghambbq.com. Diners love the ribs and the burnt ends at this classic barbecue eatery. We can't get enough of the killer smoked salmon topped with horseradish sauce. And don't miss the jalapeño bottle caps side dish. Hours vary by location. \$ **L** **D** **WIFI** **♿** **🍷** **☼**

CITY BUTCHER & BARBECUE

3650 S. Campbell Ave., Springfield, 417-720-1113, citybutchersgf.com. Come early because this Texas-style barbecue spot, where the meat is smoked in small batches for optimal freshness, is known to sell out. If you want a taste of the meaty goodness, you need to get there bright and early and get in line. Killer brisket, pulled pork and other favorites are sold first-come, first-served with a few simple but delicious side dish options. Open daily 11 a.m. until sold out. \$ **L** **D** **♿** **🍷** **☼**

CROSTOWN BBQ

1331 E. Division St., Springfield, 417-862-4646. Try the ribs or the brisket. The Big Pappa Dinner is a signature dish, and it features tons of meat including ribs, brisket and hot links. Another customer favorite (even though it's not barbecue) is the always-tasty and oh-so-crispy fried catfish. Open Mon.–Sat., 11 a.m.–9 p.m. \$ **L** **D** **WIFI** **♿** **🍷** **☼**

DANNA'S BBQ AND BURGER SHOP

963 Missouri 165, Branson, 417-337-5527; 15 Hope Way, Branson West, 417-272-1945; 7930 E. Highway 76, Kirbyville, 417-334-9541; dannasbbq.com. If you want to share a meal with a friend, the Smoked Pit Plate comes with plenty of food for two people and features tender pulled beef, half a chicken, pulled pork, smoked sausage, ribs, barbecue beans, coleslaw, French fries and a roll (wow!). Hours vary by season and location. \$ **L** **D** **♿** **🍷** **☼**

DOWD'S CATFISH & BBQ

1760 W. Elm St., Lebanon, 417-532-1777, dowdscatfishandbbq.com. The smoked pork ribs are a customer favorite. Both the regular and the spicy fried catfish are good, but it's the spicy version that is incredibly delicious here. It's coated in a perfectly crispy and perfectly seasoned cornmeal crust that packs a punch but isn't too spicy. Open Sun.–Thurs., 11 a.m.–8:30 p.m.; Fri.–Sat., 11 a.m.–9 p.m. \$-\$\$\$ **L** **D** **♿** **🍷** **🍷** **☼**

HEADY BAR-B-QUE CO.

573 E. Elm St., Republic, 417-732-4227, headybbq.com. This spot specializes in Kansas City-style barbecue, and the menu ais packed with as many surprising dishes as classic ones. Among stellar ribs, brisket and more, you can find unexpected dishes with a barbecue spin: nachos, salads, a burrito. Open Mon.-Thu. 11 a.m.-8 p.m., Fri.-Sat. 11 a.m.-9 p.m., Sun. 11 a.m.-2:30 p.m. \$

PAPPY'S PLACE

943 N. Main Ave., Springfield, 417-866-8744. Be sure not to miss the pork spare ribs with Pappy's barbecue sauce or the barbecue nachos at this long-running Springfield institution. (Extra perk: We've heard people say that Pappy's sells the very coldest beer in town. Try it out and let us know.) Open Mon.-Sat., 11 a.m.-8:30 p.m. \$

WHOLE HOG CAFÉ

224 W. Sunshine St., Springfield, 417-868-0042, wholehogsgf.com. Customers love the pulled pork sandwich. There's a delicious sauce for every taste bud at this eatery (we like the spicy ones, but the mustard base is delicious, too), and we love the extra-indulgent super-loaded potato salad (it is among the best we've ever tried). Don't miss the barbecue nachos or super-juicy chicken. Open Mon.-Sat., 11 a.m.-9 p.m.; Sun., 11 a.m.-8 p.m. \$

WILSON'S CHUCK WAGON

1820 W. Kearney St., Springfield, 417-862-1101. In the mood for something meaty, tender and delish? The barbecue is the star at this little restaurant, but the menu also features burgers, pork tenderloin, ham and beans and more. You can even get barbecue nachos. (Yum!) Desserts are always homemade at this Kearney Street spot, and the sweet treats come in the form of tasty pies and even root beer floats. Open Mon.-Sat., 11 a.m.-8 p.m., Sunday, 11 a.m.-3 p.m. \$

BREAKFAST

ANTON'S COFFEE SHOP

937 S. Glenstone Ave., 417-869-7681. This teeny-tiny charming little spot offers up some great breakfast fare. There isn't a ton of seating, but the wait is worth every single second. There are 32 omelets, and they sell more than 10,000 omelets a year! Or try the Hungry Student, a hearty biscuit-and-gravy meal. We love the malted Belgian waffle, too. It's an indulgent breakfast addition that's big enough to be totally shareable. Open Weds.-Sat., 6 a.m.-2 p.m.; Sun., 8 a.m.-2 p.m., Mon., 6 a.m.-2 p.m. \$

THE BRUNCHEONETTE

424 N. Main St., Joplin, 417-781-3447, thebruncheonette.net. We love the creative takes on eggs Benedict that we've found at The Bruncheonette, and the French toast made with Kings Hawaiian bread looks incredible. Open Weds.-Fri. 6:30 a.m.-2 p.m.; Sat.-Sun. 9 a.m. until supplies run out. \$

EARLY BIRD BREAKFAST PUB

1717 E. Cherokee St., Springfield, 417-885-8088. This spot serves up creative breakfast fare and has a full-service bar churning out hair of the dog in the form of breakfast margaritas. We love the Bird's Nests—puff pastry nests with a variety of toppings. Open Mon.-Fri., 7 a.m.-3 p.m.; Sat., 7 a.m.-4 p.m.; Sun., 9 a.m.-4 p.m. \$

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EUROPEAN CAFÉ

207 Park Central East, Springfield, 417-569-6702, 417europeancafe.com. Along with coffee drinks, this little bakery serves up lovely croissants, cream puffs, desserts, pastries and more. You can even find some savory pastries, like the bacon, egg and goat cheese tart. Their macarons are to die for (try the salted caramel. Open Mon.–Thurs., 7:30 a.m.–9 p.m.; Fri., 7 a.m.–11 p.m.; Sat., 9 a.m.–11 p.m.; Sun., 9 a.m.–9 p.m. \$ **WIFI** & ☎

FIRST WATCH

2946 S. National Ave., Springfield, 417-889-0601, firstwatch.com. At First Watch you can find breakfast power bowls (like the one filled with quinoa, sausage, mushrooms, tomatoes, kale and eggs), lemon-ricotta pancakes, avocado toast, a superfood bowl with chia pudding and fruit, and lots more. Don't miss the lunch treats too. Open daily 7 a.m.–2:30 p.m. \$ **B L D** & ☎

GAILEY'S BREAKFAST CAFÉ

220 E. Walnut St., Springfield, 417-866-5500. The sweet potato hash browns are delish here, and we recommend ordering them in place of the traditional hash browns. We also love The Bear Hug: biscuits and gravy, choice of meat, two eggs and either hash browns or sweet browns. If you're feeling a little British, try The Full Monty. Breakfast and lunch are served all day. Open daily, 7 a.m.–2 p.m. \$ **B L D** **WIFI** & ☎

VESPA KITCHEN

2931 E. Battlefield St., Springfield, 417-889-4951. Helmed by restaurant heavyweight Pat Duran, this breakfast and lunch spot fills the space that was once Metropolitan Grill's Vespa's Room (and yes, there's a Vespa inside the new modern, sleek diner). The menu spans everything from cashew chicken-inspired chicken and waffles to eggs Benedict to specialty coffees and plenty of hair of the dog options. Open Weds.–Fri., 10:30 a.m.–2:30 p.m., Sat.–Sun. 9 a.m.–2:30 p.m. \$ **B L D** **WIFI** & ☎



FOODIE NEWS

ROOST TIMES TWO

THE ROOST'S SECOND SPOT

The Roost Bar and Grill (theroostbarandgrill.com) is opening another location in the Magers Crossing development in southwest Springfield sometime between May and June. This location features an outdoor covered patio, so get ready to sit back, relax and enjoy some of the best bar food around in the warm days to come.—Lillian Stone

VILLAGE INN FAMILY RESTAURANT

Multiple 417-land locations, villageinn.com. Try the breakfast skillet, eggs Benedict and, of course, the super-tasty pies. (Three cheers for the French silk!) We love the crepes and other sweet breakfast offerings, too. At breakfast, you can build your own meal by picking four items from a long list of classic breakfast favorites (we like pairing eggs with bacon, fresh fruit and a half of a sweet Belgian waffle). Hours vary by location. \$ **B L D** **WIFI** & ☎

CAFÉS & BISTROS

FREDA'S UPTOWN CAFE

210 W. Jackson St., Marshfield, 417-859-7251. Home cooking. This little Marshfield eatery specializes in breakfast dishes, such as their stick-to-your-ribs homemade biscuits and sausage gravy. At lunch, there are classic American dishes like the chicken-fried steak and lots more. Repeat customers of Freda's Uptown Cafe say the atmosphere is friendly, and the food is always delicious. Breakfast and lunch daily; dinner Friday and Saturday. \$ **B L D** & ☎

THE GROTTO

301 E. Battlefield, Springfield, 417-886-9600 gogrotto.com. The menu is accessible to meat-eaters and vegetarians alike. The super-indulgent warm bleu cheese chips are a favorite appetizer. Customers like the pizzas and the burgers (especially the burger topped with lots of tangy blue cheese). One of our favorites is the grilled salmon sandwich with a side of the sweet-and-yummy sweet potato fries. The steak salad is delish, too. Also try the black bean burger with sweet potato fries. Open Mon.–Sat., 11 a.m.–9 p.m.; Sun., 11 a.m.–8 p.m. \$ **L D** & ☎

LA GALETTE BERRICHONE

143 E. Main St., Fordland, 417-738-2112, rolandperry.com. Find fine French food in Fordland at this quaint bakery and café. The desserts alone are worth the trip, including the cream puffs. For lunch we recommend the beef Burgandy. Or treat yourself to one of the seven-course dinners that happen every Friday night. Just be sure to make a reservation. Open Fri.–Sat., 9 a.m.–3 p.m.; Friday, open for dinner. \$-\$\$ **B L D** & ☎

LOLA'S PASTRIES & EATERY

110 N. Fort Ave., Nixa, 417-725-9225, lolaspastriesandeatery.com. The honey ham sandwich on soft and salty pretzel bread is a must-try (who can pass up pretzel bread?). Lola's is known for amazing fresh strawberry cake with strawberry icing, and it's definitely not to be missed. Come early to this spot at lunchtime; it gets busy! Try the quiche, the mufaletta sandwich or any enormous entrée-sized salad. Open daily 7:30 a.m.–2:30 p.m. Dinner is served on Saturday. \$ **B L D** **WIFI** & ☎

MARKET HOUSE CAFE & BAKE SHOP

113 N. Second St., Ozark, 417-551-4370. Find homemade breads and pies and plenty of luscious breakfast and lunch options here. We can't wait to try The Spinachoke omelet with spinach, artichoke hearts, mushrooms, kalamata olives, mozzarella cheese and homemade Greek seasoning. The Nassau Grits sound incredible: grits with chmceese, sausage, bacon, ham, onions, garlic, mushrooms and roasted tomatoes. Lunch offers sandwiches, burgers, soups and salads. Get your hands on a pretty little fruit-filled galette. Open Tues.–Sat., 7 a.m.–2 p.m. \$ **B L D** & ☎

NEIGHBOR'S MILL CAFÉ & BAKERY

1435 E. Independence St., Ste.110, Springfield, 417-720-4162, neighborsmill.com. This full time bakery offers a hearty menu packed with sandwiches, soups and salads. Don't miss the honey pecan chicken salad, which comes on Bronze honey wheat bread, or the Reuben, which comes on pumpernickle rye bread. They have two soups of the day, one of which is vegetarian. Don't forget to snag a loaf of fresh baked bread to take home. Open Mon.–Sat., 7 a.m.–8 p.m. \$ **B L D** & ☎

SISTERS IN THYME BISTRO & BAKERY

306 E. Commercial St., Springfield, 417-873-9224. This bakery offers up incredible breads and a dinner menu that's packed with gluten-free options. Among the menu's soups and salads, you can find gluten-free bread pudding and gluten-free pasta dishes like penne with pesto. Open Sun. 10:30 a.m.–4 p.m., Mon.–Wed. 10:30 a.m.–2 p.m., Thu.–Sat. 10:30 a.m.–9 p.m. \$-\$\$ **B L D** & ☎

TEA BAR & BITES BAKERY, CAFE & CATERING

621 S. Pickwick Ave., 417-866-7500, teabarandbites.com. Everything we've tasted at Tea Bar & Bites has been fantastic. Try the curry chicken salad (it's a long-time favorite) or the yummy quiche with beautiful, flaky crust. They are both extra-delicious. We love any of the menu items that have a Mediterranean flair, too. The menu features plenty of vegan, vegetarian and gluten-free options. There are tasty baked goods to try here, too, like giant caramel rolls or sweet coconut cream cupcakes. Open Mon.–Thurs., 8:30 a.m.–8:00 p.m.; Fri., 8:30 a.m.–9 p.m.; Sat., 8:30 a.m.–4 p.m. \$ **B L D** & ☎

CAJUN

THE BAYOU

864 E. Hwy. 60, Suite H, Monett, 417-235-7800. Drive to Monett to get a little taste of the Bayou. While you're there, try the super-yummy mufaletta, a sandwich packed with lots of ham and an oh-so-zippy olive tapenade served on thick and hearty mufaletta bread. Don't miss the fried pickles. Stop by on Saturday night for a Seafood boil. Open Mon.–Thurs., 11 a.m.–8 p.m.; Fri.–Sat., 11 a.m.–9 p.m. \$-\$\$ **L D** **WIFI** & ☎

BIG EASY GRILL

3641 E. Sunshine St., Springfield, 417-832-0040, bigeasyspringfield.com. This casual spot serves up hearty portions of classic Cajun favorites. The jambalaya is fantastic; order it extra-spicy to indulge in a particularly spicy meal. The oyster po'boys are diner faves. Try mix-and-match dishes to create a meal full of your favorite Cajun flavors (a side of red beans and rice with a po'boy, for example). Open Mon.–Sat., 11 a.m.–9 p.m. \$ **L D** & ☎

CHINESE

5 SPICE CHINA GRILL

2058 S. Glenstone Ave., Springfield, 417-799-0215. Chinese fusion. A modern take on Chinese food. Diners love the General chicken, the sweet-and-crunchy crab Rangoon and the mango chicken. The orange chicken is a fresh change of pace. Open Mon.–Sat., 11 a.m.–10 p.m.; Sun., 11 a.m.–9 p.m. \$-\$\$ **L D** & ☎

BAO BAO CHINESE BISTRO

2101 W. Chesterfield Blvd., Suite A104, Springfield, 417-877-7505. Chinese food fans, this is a must try spot for you. We just keep hearing rave reviews about Bao Bao Chinese Bistro. This little spot in Chesterfield Village has a chef who used to own a restaurant in Shanghai, so there are several authentic items on the menu. Try the salt-and-pepper pork or the jiaozi dumplings. Open Sun.-Thurs., 11 a.m.-9 p.m.; Sat, 11 a.m.-9:30 p.m. \$    

CREASIAN

501 W. Chestnut Expy., Springfield, 417-865-8899. This Asian eatery offers Chinese favorites like Mongolian beef, cashew chicken and more for just \$6.99. On the appetizers menu, you can order crab Rangoon in quantities of one or 12. Open Sun.-Thurs., 11 a.m.-9 p.m.; Fri.-Sat., 11 a.m.-10 p.m. \$    

LEONG'S ASIAN DINER

1540 W. Republic Rd., Springfield, 417-887-7500. Chinese/American. The Leong family serves its original cashew chicken at this tasty eatery, among lots of other yummy stuff. The crab Rangoon are especially delicious here, and we like to dip them in the bold and spicy mustard sauce. The egg rolls are a classic, made with peanut butter. Open Mon.-Sat., 11 a.m.-10 p.m.; Sun. 11 a.m.-8 p.m. \$-\$\$     

YUM YUM BOWL

706 E. Battlefield St., Springfield, 417-882-3644. The sweet and sour chicken is popular with customers. Other dishes include a variety of protein-rice-veggie bowls and some typical Chinese box lunch options. For a taste of something different, order the delicious curry noodle entree. The General Tso's chicken is tasty, and if you like your crab Rangoon to be sweet, then you'll love the crab Rangoon here. Open Mon.-Sat., 11 a.m.-9:30 p.m.; \$    

COFFEE SHOP FARE

B2 CAFE

2804 E. Battlefield, Springfield, 417-883-5748, go2b2.com. This spot serves up delicious coffee drinks along with fresh smoothies and a small menu of healthy fare. In the morning, try breakfast paninis and homemade granola. For lunch, choose from quiches, soups, salads and more. Open Mon.-Fri., 7:30 a.m.-9 p.m.; Sat.-Sun., 8 a.m.-9 p.m. \$     

BIG MOMMA'S COFFEE & ESPRESSO BAR

217 E. Commercial St., Springfield, 417-865-9911; big-mommascOFFEE.com. This spot offers coffee, espresso and blended frappes. But there is more on the menu than just drinks. Be sure to try the super-delicious sandwiches that are served up here, too. Try the Jacquelin sandwich with smoked turkey, provolone cheese, basil pesto and honey mustard. Open Mon.-Fri., 7 a.m.-10 p.m.; Sat.-Sun., 8 a.m.-10 p.m. \$     

CLASSIC ROCK COFFEE

1900 W. Sunset St., Springfield, 417-881-7625, classicrockCOFFEE.com. This coffee shop offers espresso drinks with rock 'n' roll-inspired names, plus paninis and even some goodies for the health-conscious customer. Open Mon.-Thurs., 6 a.m.-10 p.m.; Fri., 6 a.m.-midnight; Sat, 7 a.m.-midnight; Sun., 8 a.m.-5 p.m. \$     

THE COFFEE ETHIC

124 Park Central Square, Springfield, 417-866-6645, theCOFFEEethic.com. The cappuccino is fantastic (truly one of the best we've ever had), and the shop also serves wine, craft beers on draft and a small selection of quality liquors. The front windows are a great spot to sit in the early morning, when downtown Springfield is waking up. The people-watching is top-notch. Open Mon.-Fri., 7 a.m.-10 p.m.; Sat, 8 a.m.-10 p.m.; Sun., 8 a.m.-8 p.m. \$     

COUNTRY GIRLS ESPRESSO

2671 E. Sunshine St., Springfield, 417-887-7777. Aside from all of the delicious coffee drinks, the real must-try item here is the authentic Cuban sandwich, served up pressed on Cuban bread. We also love the guava pastry, a huge treat that costs less than \$2 and is filled with delectable, tropical sweetness. Open Mon.-Sat., 6 a.m.-7 p.m. \$    

DANCING MULE COFFEE COMPANY

1945 S. Glenstone Ave., Springfield, 417-883-5114, dancingmuleCOFFEE.com. The mochas are great here—chocolatey but not too sweet. Dancing Mule also does a really good authentic cappuccino that's made just right. Try the Peanut Butter Fandango Frappe if you're in the mood for something a little more funky. Sandwiches are available at lunchtime. Open Mon.-Fri., 6 a.m.-9 p.m.; Sat, 7 a.m.-9 p.m.; Sun., 8 a.m.-8 p.m. \$     

EURASIA COFFEE & TEA CULTURE CAFE

445 E. Commercial St., 417-720-1949, culturestreet.com. This coffee roaster with a mission also serves up some tasty fare in its Culture Cafe. In addition to carefully crafted cups of coffee (and Turkish coffee!), this spot makes fresh smoothies and food that offers up flavors you don't normally find at a coffee joint. There's a Veggie Naan'wich made with chickpea mash, carrots and pickled onions. Open Mon.-Sat., 7 a.m.-10 p.m.; Sun., 8 a.m.-8 p.m. \$     

HEBREWS COFFEE

1604 E. Republic Rd., Springfield, 417-883-6200, hebrewsCOFFEEspringfield.com. This spot does a great job with traditional espresso drinks, like cappuccinos. We've heard the Sweet Berry Chicken salad is good. But our favorite is the French dip sandwich. It's a filling lunchtime option, and it comes served on extra-delicious and herby bread with a flavorful au jus for dipping. Open Mon.-Thurs., 6 a.m.-10 p.m.; Fri.-Sat., 6 a.m.-11 p.m. \$     

KINGDOM COFFEE & CYCLES

211 S. Market Ave., Suite 100, Springfield, 417-350-1234, kingdomsgf.com. Offering up an unexpected combination of products, this spot located in downtown Springfield on Market Avenue sells both coffee (of course) and bikes (yup, really). The coffee menu features all your favorite classic espresso drinks, like cappuccinos, macchiatos, mochas and more. Open Mon.-Sat., 7 a.m.-10 p.m. \$     

MUDHOUSE COFFEE

323 South Ave. Suite B, Springfield, 417-832-1720, mudhouseCOFFEE.com. The coffee is always fantastic here, and Mudhouse also offers up a wide variety of loose-leaf teas. You can also order daily fresh soups and create-your-own sandwiches, and they have some of our favorite smoothies around. If you're looking for a coffee- or tea-related gift, there are a few items to choose from here as well. Open Mon.-Sat., 7 a.m.-midnight; Sun., 8 a.m.-11 p.m. \$     

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318 Park Central East, Suite 105



FOODIE NEWS

WANNA ZOMBIE DOG?

The owners of Hurts Donut are opening Zombie Dogs and Fries in downtown Springfield where you can expect crazy hot dog combinations, gourmet French fries, dessert fries and more.

"One macaroni and cheese hot dog, please." When Zombie Dogs and Fries opens in downtown Springfield, that type of off-the-wall order will be the norm.

Now that the owners of Hurts Donut have claimed the region's craft donut crown, they've got their sights set on another concept: crazy hot dogs and gourmet French fries (including dessert fries).

Partners Kas Clegg, Tim Clegg, Scott Bussard and Ian "Tacolicious" Carlton will set up shop in the original Hurts Donut building located at 301 Park Central West. "People say our original building is cursed because nothing lasts there, but we feel like it's our lucky store," Kas says. Lucky, indeed. Hurts Donut's 24th store just opened. With plenty of drive and overflowing wild culinary ideas, the Cleggs never stopped paying rent on the building.

"This is going to be like the Hurts Donut of hot dog shops," Kas says. "It's going to be crazy, crazy toppings that you can't get at any other hot dog shop in town."

So when can you get your paws on these dogs? "It would be cool to shoot for an October opening, but I just don't know," Kas says. If things go as planned, an October opening would be ideal for a zombie-themed walk/run that would kick off the grand opening celebration. After that, Kas says they're anticipating normal and late-night hours—but not 24/7 service like Hurts Donut.

Follow along on Facebook ([facebook.com/zombiedogsandfries](https://www.facebook.com/zombiedogsandfries)) for more updates.—
Dayle Duggins

THE PRESS COFFEE & JUICE BAR

2114 E. Republic Road, Suite A132, Springfield, 417-501-1014. This whole foods cafe offers organic dishes with ingredients from local market vendors. Juices are organic and cold-pressed, and nut milks are organic too. There are traditional drinks like cold brew coffee as well as more unexpected options like a tumeric latte and a blue algae latte. Food includes organic salads and chicken-rice bowls as well as vegan, paleo, vegetarian and raw options. Don't miss the sweet waffles and bubble teas for a treat. Open Mon.–Sat. 7 a.m.–9 p.m., Sun. 8 a.m.–5 p.m. \$ *

VINTAGE PARIS

260 Birdcage Walk, Hollister, 417-593-7952, vintage-pariscoffeehop.com. In addition to their scrumptious house-roasted coffee, this coffee shop serves a selection of homemade pastries and organic loose-leaf teas. There's a great courtyard with a fire pit and plenty of wine and craft beer choices, too. It's a good destination coffee shop for when you just want to hang out in a cute place or even take someone out for a low-key wine-sipping date. Open Mon.–Thurs., 10 a.m.–10 p.m.; Fri.–Sat., 10 a.m.–midnight. \$ *

DELIS & SANDWICH SHOPS

THE CHICAGO CHEESESTEAK COMPANY

319½ E. Walnut St., Springfield, 417-865-1775; 303 E. Battlefield, Ste. A, Springfield, 417-881-8424. We adore just about everything on the menu of this Springfield staple. The namesake sub is delish. Amorosa bread is topped with rib eye, American cheese and fresh lettuce, onion and tomatoes. Downtown location open Mon.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–2 a.m.; E. Battlefield location open Mon.–Sat., 11 a.m.–9 p.m.; Sun., 11 a.m.–7 p.m. \$ *

J. PARRINO'S QUEEN CITY DELI

1647 E. Sunshine St., Springfield, 417-887-1148, queencitydeli.com. This spot serves up pasta, soups, salads and some super-delicious sandwiches. Don't miss The Burnes (beef tenderloin on garlic bread) or the Italian beef sandwiches (order them wet to get plenty of luscious jus). You can't go wrong with the pastrami sandwich that's incredibly meaty—piled high just like they do it in New York City delis. Open 10:30 a.m.–9 p.m. Mon.–Sat. \$ *

MO' BEEF

405 W. Walnut St., Springfield, 417-771-5111. The hot Italian beef sandwich is the main star at this tiny downtown Springfield sandwich shop, but there are lots of other tasty items on the menu. The Hangover sandwich is a favorite. Shaved ham, fried egg and provolone cheese are served on a toasted croissant. There's also a nice selection of fresh salads. Open Mon.–Thurs., 11 a.m.–9 p.m.; Fri.–Sun., 11 a.m.–2 a.m. \$ *

THE SUB SHOP

1721 E. Seminole St., Springfield, 417-887-3804; 456 W. McDaniel St., Springfield, 417-831-8077. The Fighter Pilot sandwich comes fully loaded with salami, pepperoni, cheese, banana peppers, lettuce and sub sauce. We love the hearty veggie sandwich, too, which is topped with crunchy cashews. Yum! Hit an ATM on the way there, because The Sub Shop is cash-only. Seminole location open Mon.–Fri., 10 a.m.–2:30 p.m.; W. McDaniel location open Mon.–Fri., 10 a.m.–4 p.m. \$ *

TROPICAL SMOOTHIE CAFÉ

3811 S. Campbell Ave., Springfield, 417-887-6600, tropicalsmoothiecafe.com; 3645 E. Sunshine Ave., Springfield, 417-719-4486. Lunches are light and pretty guilt-free. Grab a turkey-bacon-ranch sandwich or a wrap. And of course, don't miss those tasty smoothies. They come in just about every flavor you can think of, but we're partial to the one with berries and oats. Kids eat free on weekends. Open Mon.–Fri., 7 a.m.–9 p.m.; Sat. and Sun., 9 a.m.–6 p.m. \$ *

DESSERTS & SWEETS

ANDY'S FROZEN CUSTARD

multiple 417-land locations, eatandys.com. Frozen desserts. Don't miss the rotating seasonal toppings (our staffers love the key lime pie and blackberry in the summer, and the luscious apple pie and pumpkin pie in the fall). Try the Ozarks Turtle sundae (a classic concoction with caramel, hot fudge and toasty pecans). Or order your own creation by asking for a concrete or sundae made with your favorite tastes. We go for raspberries, peanuts and marshmallow fluff in a sundae. Salty-sweet perfection! Open Sun.–Thurs., 11 a.m.–11:30 p.m.; Fri.–Sat., 11 a.m.–midnight. \$ *

ARTISAN'S OVEN

206 E. Commercial St., Springfield, 417-885-5030, theartisansoven.com. Baked goods, breakfast and lunch. The breads and baked treats here are fantastic and beautiful to boot. We particularly adore the chocolate-dipped coconut macaroons and the pretty little lemon cookies. Stop by at breakfast for yummies like sausage, egg and cheese croissants, or grab a cinnamon roll. At lunchtime, find sandwiches, salads and soups. Open Mon.–Fri., 7 a.m.–2 p.m. \$ *

CRAVE COOKIE DOUGH

325 E. Walnut St., Springfield, <https://www.facebook.com/CraveCookieDough/>. Baked goods. Tues.–Wed., 11 a.m.–1 a.m.; Thurs.–Sat. 11 a.m.–2 a.m.; Sun. 12 p.m.–12 a.m. While Crave Cookie Dough in downtown Springfield does more than just edible cookie dough, the tasty—and safe—treat is its specialty. With out-of-the-box-flavors like chocolate with espresso bean and red velvet mixed with icing. Crave is separating itself from the sweet tooth pack. We can't wait to try their cookie and waffle sandwiches, stuffed with the ice cream or cookie dough of your choice. \$ *

HURTS DONUT

320 Park Central West, Springfield 417-300-6106, 1111 E. Republic Road, Springfield Donuts. Outside-the-box toppings cover these super-delicious donuts, and they are available 24 hours a day in downtown Springfield. A customer favorite is the maple-bacon bar, a huge, salty-sweet concoction that is oh-so-delish. Don't miss the Nutella donut, or the chocolate cake donut topped with Andes mints. We love that minty little donut. Open 24 hours. \$ *

ST. GEORGE'S DONUTS

3628 E. Sunshine St., Springfield, 417-881-7515; 3012 S. National Ave., Springfield, 417-882-1718. Baked goods. Lots of luscious donuts are made fresh daily here. We love the glazed blueberry and the oh-so-fresh chocolate cake donuts. Try the apple fritters and crullers, too. They're great coffee-dippers. Open daily, 4 a.m.–2 p.m. National location closed Sun. \$ *

VIC'S PASTRIES

1545 W. Battlefield, Springfield 417-889-8427. Mini treats are the name of the game at Vic's, which prides itself on its affordable prices. Some of the pricier items are only \$2.50! The mini pies are a big seller—lemon meringue, pecan and coconut are mainstays, while the rest rotate. Come in the morning for a cinnamon roll and a cup of Farmer's Brother's coffee. Open Tues.–Fri. 8 a.m.–6 p.m., Sat. 10 a.m.–6 p.m. \$

DINERS & GREASY SPOONS

BILLY BOB'S DAIRYLAND

1901 W. 76 Country Blvd., Branson, 417-337-9291. Billy Bob's is a greasy-spoon institution that serves up delicious sweets and tasty American food. There are 24 flavors of fried pies here. Cheeseburgers (pro tip: top them with grilled onions) and foot-long hot dogs with chili and cheese are popular. Open daily, 10:30 a.m.–9 p.m. \$

BURGER SHACK

1946 W. 76 Country Blvd., Branson, 417-544-9856. This old-fashioned eatery specializes in burgers hand-formed to order, and you can top them with any of almost 20 toppings. Pair your tasty burger with fresh-cut fries and hand-dipped milkshakes. Open daily, hours vary by season. \$

CASPER'S

601 W. Walnut St., Springfield, 417-866-9750. This local favorite serves up overflowing bowls of chili and a few other yummy diner options (like burgers and hot dogs). Don't forget to order some luscious chili cheese fries while you're there. Open Mon.–Thurs., 10:30 a.m.–4 p.m.; Fri.–Sat., 10:30 a.m.–8 p.m. \$

THE SQUEEZE INN

404 RB Rd., Stockton, 417-276-6302. Head up to Order the Squeeze with Cheese, a third-pound gridle-cooked burger that's smothered in so much shredded cheddar cheese that it overflows the patty and creates a "cheese skirt" of crunchy cheddar. Cash or checks only. Open Mon. and Weds., 11 a.m.–2 p.m., Tues. and Thurs., 11 a.m.–6:30 p.m., Fri.–Sat., 11 a.m.–8 p.m. \$

SLIDER'S

208 W. McDaniel St., Springfield, 417-864-5565, whislershowntown.com. These tiny burgers are gridle-fried, wrapped in wax paper and yum-yummy. It's a great late-night spot in downtown Springfield. You can get a whole bag of cheeseburgers for \$8.20. Open Mon.–Weds., 11 a.m.–9 p.m.; Thurs.–Sat., 11 a.m.–2 a.m. \$

INDIAN

GEM OF INDIA

211 W. Battlefield, Springfield, 417-881-9558, gemofindia.net. The buffet has flavors that range from tame to spicy and exotic. The chai tea is the best around. Don't miss the sizzling tandoori chicken entree with caramelized veggies, the amazing bindhi masala okra dish or the luscious butter chicken entree. Open Mon.–Thurs., 11 a.m.–2:30 p.m.; Fri.–Sun., 11 a.m.–3 p.m.; daily, 5–10 p.m. \$ \$

INDIA CLAY OVEN & GRILL

2005 W. Highway 76, Branson, 417-973-0044, indiaclayovenandgrill.com. Come to this yummy little spot on the Branson strip to indulge in some tasty Indian fare. We loved the karahi lamb (tender lamb, bell peppers and onion in a spicy sauce) and the mushroom aloo matar (mushrooms, potatoes and peas swimming in a creamy sauce). The chicken tikka masala is a classic favorite. Stop by for lunch on Fridays and Saturdays to take advantage of the tasty buffet. Open daily, 11 a.m.–2:30 p.m., 5–10 p.m. \$ \$

TAJ MAHAL INDIAN RESTAURANT

1250 E. Republic Rd., Springfield, 417-719-4573. You can find all your Indian favorites here on the large menu. There is a variety of naan bread, many types of curry and rice dishes and fun desserts like rice pudding and gulab jamun (donuts soaked in syrup). Don't miss the buffet. Open for lunch and dinner daily. \$ \$

ZAYKA

311 s. Jefferson Ave., Springfield, 417-351-4400, zaykaspringfield.com. There's a lot to love about this downtown-Springfield Indian restaurant. The vegetable korma, chicken tikka masala and lamb rogan josh are just a few of our favorite curry dishes. If you're new to Indian food, try a thali, which lets you sample a little bit of a lot of things. The lunch buffet is also killer. Open for lunch Tues.–Sun., 11 a.m.–2 p.m.; open for dinner Tues.–Thurs., 5 p.m.–9 p.m., Fri.–Sat. 5 p.m.–10 p.m., Sun. 5 p.m.–9 p.m. \$–\$ \$

ITALIAN

AVANZARE, please see listing p. 168

BAMBINO'S CAFÉ

1141 E. Delmar St., Springfield, 417-862-9999; 2810-D E. Battlefield, Springfield, 417-881-4442; bambinoscafe.com. This little Italian eatery serves up hearty helpings of tasty Italian fare that won't break the bank, available at two 417-land locations. The Poppa is a popular pasta dish: It comes with penne pasta, Italian sausage, mushrooms and a spicy tomato-cream sauce. The panini sandwiches are delicious with a salad for lunch, and the patio at the Delmar location is great for a meal al fresco. Open Mon.–Sat., 11 a.m.–10 p.m.; Sun., noon–9 p.m. \$

BRUNO'S IL RISTORANTE, please see p. 168

DIGIACINTO ITALIAN RESTAURANT

2259 S. Campbell Ave., Springfield, 417-882-5166. Regulars say you have to try the chicken Alfredo and the spaghetti and meatballs, both signature dishes. Also try the beef cannelloni. All pasta dishes come with salad and fresh-baked bread, and the Philly cheesesteak sandwiches are incredible. Open Tues.–Sat., 5–9 p.m.; \$ \$

FLORENTINA'S RISTORANTE ITALIANO

2690 Green Mountain Dr., Branson, 417-337-9882, florentinasristoranteitaliano.com. This Italian eatery serves up delicious brick-oven pizzas and pastas on a big menu that has a little something for everyone. Customers enjoy the rigatoni Florentina, lasagna and lobster mac and cheese. Open Sun.–Thurs., 11 a.m.–8:30 p.m.; Fri.–Sat., 11 a.m.–9 p.m. Extended summer hours. \$ \$

GILARDI'S, please see listing p. 172

THE HILL

600 E. Battlefield Rd., Springfield, 417-920-8850, thehilldining.com. Come hungry to The Hill, chef Angel Kim's all-you-can-eat destination offering a wide variety of Italian fare in a fine-dining atmosphere. Fill up on plenty of pastas, brick-oven pizzas, soups, salads, crepes and specialty desserts at stations dedicated to those and other mouthwatering items. We've heard the sea bass and eggplant Parmesan are especially excellent. Open for lunch Mon.–Fri., 11 a.m.–2 p.m. Open for dinner Mon.–Thurs., 4:30–9 p.m., Fri.–Sat., 4:30–9:30 p.m., Sun. 4:30–8 p.m. Brunch served Sat.–Sun., 8–4:30 p.m. \$–\$ \$ (for groups of 7 or more).

NICOLA'S RISTORANTE, please see listing p. 170

NONNA'S ITALIAN CAFÉ, please see listing p. 170

PASGHETTI'S

3129 W. 76th Country Blvd., Branson, 417-335-0690, bransonsbestrestaurant.com. Head to Pasgetti's in Branson for a family-friendly atmosphere and all your favorite classic Italian-American staples. Customer favorites include the Pasgetti and Meatball, the sausage rigatoni and the chicken parmesan. This place is huge and boasts two trolley cars, a game room and even a working ferris wheel. We've also heard the alfredo sauce is divine. Open daily, 11 a.m.–9 p.m. \$ \$ \$

PASTA EXPRESS

Multiple 417-land locations, pastaexpress.com. The baked mostaccioli is a favorite, and it's smothered in gooey melted cheese. The house salad is also delish here; make sure you ask for it with cheese and tomatoes. Don't miss the tasty and indulgent hot Pasta Express sandwich topped with lots of salami and some of the restaurant's tasty salad. For similar flavors (plus loads of meat, too), try the enormous anti-pasto salad. Another not-to-be-missed favorite Pasta Express flavor: the zippy and satisfying flash-fried spinach, which comes with bacon and lemon. Open Mon.–Sat., 11 a.m.–9 p.m.; Sun., 11 a.m.–8 p.m. \$

PICCOLO

107 West Aldersgate Dr., Suites 1 and 2, Nixa, 417-374-7291, eatpiccolo.com. When you're craving indulgent Italian fare, Piccolo delivers with a range of piled-high pastas, pizzas, steak and chicken entrees. Start things off with the Italian Nachos (fried wonton chips, homemade alfredo sauce and toppings), or the Balboa balls, juicy meatballs stuffed with mozzarella and finished with a dollop of goat cheese and house-made D'Arpino's marinara. Open Tuesday–Sunday, 11 a.m.–9 p.m. Closed Mondays. \$–\$ \$

SALVATORES FRESH RISTORANTE ITALIANO

1932 W. Retail Ln., Ozark, 417-485-3838, salvatoresfresh.com. The menu here is packed with handmade pastas that are freshly crafted every day. If you're lucky, you might even catch a glimpse of them making the fresh pasta. We can't wait to try the creamy pesto chicken rigatoni. The menu also boasts everything from fried artichokes to a Tuscan T-bone steak, plus paninis, burgers, pizza and Italian sandwiches. Open Mon.–Sat. 11 a.m.–9 p.m.; Sun., 11 a.m.–8 p.m. \$–\$ \$

JAPANESE

FUJI

2909 S. Campbell Ave., Springfield, 417-889-0088, fujiospringfield.com. This spot has all the typical hibachi favorites, like steak and shrimp combinations. There are even early-bird hibachi specials if you show up from 4:30 to 5:45. Try the Lazy Joe roll, too. Open Mon.–Fri., 11 a.m.–2 p.m., 4:30–10 p.m.; Sat., 11 a.m.–10 p.m. \$\$

HAN THE SUSHI MAN

1901 E. 32nd St., Joplin, 417-208-5060. This sushi spot in Joplin gets high marks for having some of the most creatively named sushi rolls around. For instance, there's one called Kick Start My Heart has crab, shrimp, avocado, lettuce, carrots and cucumber inside with sweet chili sauce and peanut butter sauce on top. Open Mon.–Fri., 10:30 a.m.–2 p.m. and 4–8:30 p.m.; Sat., 12–8:30 p.m.; Sun., 12–4 p.m. \$\$

HARUNO, please see listing p. 168

HINODE JAPANESE STEAKHOUSE

4301 S. National Ave., Springfield, 417-877-1777. Come to see the show at the hibachi grills. And don't forget to try something tasty from the sushi menu while you're there. Open daily, 11 a.m.–2 p.m.; Sun.–Thurs., 4:30–9 p.m.; Fri.–Sat., 4:30–10 p.m. \$\$

IZUMI HATAKE

302 E. Walnut St., Springfield, 417-865-0366, izumiha-take.com. The Spiral Ecstasy roll, the Crazy roll and the Lobster Crunch roll are all favorites among the customers at this yummy and low-key downtown Springfield spot. The gyoza and the lobster grilled roll are also delicious. Open Mon.–Thurs., 11 a.m.–9:30 p.m.; Fri.–Sat., 11 a.m.–10:30 p.m. \$-\$\$

KAI, please see listing p. 170

KARAI RAMEN + HANDROLL

640 W. Republic Rd., Springfield 417-319-5225. With Karai, Chef Young Jun, of Haruno, Kai, and Koriya, has her own take on ramen. Jun takes ramen seriously, and it shows in her food. The naked ramen with sesame noodle spinach, wood ear mushrooms, bean sprout, seaweed and sprinkled with lime is a highlight. If you're feeling adventurous, order it with a hard-boiled egg. Open Mon.–Fri., 11 a.m.–2 p.m., Mon.–Fri., 4:30–10 p.m., Saturday 11:30 a.m.–2:30 p.m.; Fri.–Sat. 4:30 p.m.–11 p.m. \$

LITTLE TOKYO

1635 N. Glenstone Ave., Springfield, 417-866-5596. There's behind-the-scenes hibachi here at this unassuming little restaurant, and some very yummy food, including a serve yourself salad bar with just a handful of simple but also fresh ingredients. Sushi is tasty here, and it's inexpensive, too. Open Mon.–Sat., 11 a.m.–9:30 p.m.; Sun., 11:30 a.m.–8:30 p.m. \$

MARU SUSHI & GRILL

1745 James River Rd., Ozark, 417-485-6278. Head to Ozark for a taste of some yummy sushi. Our favorite menu item: This Japanese restaurant offers up a dish called the Tower of Love, a three-part sushi tower topped with a pretty hunk of tuna. Open daily 11 a.m.–9:30 p.m. \$\$

MIJURI SUSHI & GRILL

2710 S. Campbell Ave., Springfield, 417-889-9593. All of the sushi is top-notch, and the prices are always reasonable. The variety includes something for every sushi tastebud. Customers love the spicy Dynamite roll. The Yellowtail Fever roll is a simply delicious treat, and the lunchtime bento boxes are a bargain. Mon.–Fri., 11 a.m.–2 p.m.; Sat., 11 a.m.–3 p.m.; Mon.–Thurs., 5–9 p.m.; Fri.–Sat., 5–10 p.m. \$\$

NAKATO JAPANESE STEAKHOUSE & SUSHI BAR

2615 S. Glenstone Ave., Springfield, 417-881-7171, nakato.com. Performance-style hibachi dining is what Nakato is known for. And all of the sushi is top-notch and authentic. Don't miss the Jenny Roll, a customer favorite. The Hope Roll is yummy, too: fried shrimp, crab and cream cheese inside soy paper and topped with tempura crumbs and sweet eel sauce. Open Mon.–Fri., 4:30–10 p.m.; Sat., 4–10 p.m.; Sun., 11:30 a.m.–2:30 p.m., 4:30–9 p.m. \$\$

NEW TOKYO

1402 W. Sunshine St., Springfield, 417-351-5199. You might not be surprised to find hibachi and sushi on the menu at New Tokyo. (We can't wait to try the Hot River Roll, which contains spicy tuna, spicy crab, spicy scallop, spicy mussel and wasabi fish eggs. Whew!) What you might not expect, though, is the enormous Vietnamese menu featuring favorites like banh mi, pho and hot pot as well as ton more. Open Sun. 11 a.m.–2:30 p.m., Mon.–Sat. 11 a.m.–10 p.m. \$

OHANA JAPANESE STEAKHOUSE & SUSHI

310 W. Battlefield, Springfield, 417-823-7788, ohanaofspringfield.com. There's sushi and hibachi dining. Customers love the Godzilla roll. The Samurai Wrap is surrounded by soy paper instead of seaweed for a nice change of pace. Try the Volcano Roll, a California roll that's topped with scallops. Open Sun.–Thurs., 11:15 a.m.–2 p.m., 4:30–9 p.m.; Fri.–Sat., 11:15 a.m.–2 p.m., 4:30–10 p.m. \$\$

RICE N ROLL

107 Aldersgate Dr., Nixa, 417-725-4006, ricenrollnixa.com. This Nixa spot serves up sushi of all varieties, from the simple stuff like nigiri and sashimi to some rather wild maki options, some of which are served on fire. The Soldier Roll comes filled with spicy tuna and shrimp tempura, topped with seared salmon and mäsago. Open Tues.–Fri., 11 a.m.–2 p.m. and 4–9 p.m.; Saturday 11 a.m.–9 p.m., Sun., 11 a.m.–8 p.m. \$\$

SAKURA

3230 S. National Ave., Springfield, 417-882-8000. There's a solid sushi menu, and you can order a sushi donburi box to really get some bang for your buck. The bento boxes are packed with choice of entrée, California roll, rice, salad, miso soup, fruit, spring rolls, veggie tempura and ice cream. Open Tues.–Thurs., 11 a.m.–9:30 p.m.; Fri.–Sat., 11 a.m.–10 p.m.; Sun., 11 a.m.–9 p.m. \$\$

UMI SUSHI BAR & GRILL

3046 S. Kimbrough Ave., Springfield, 417-882-1110. Diners love the Kissy Kissy roll that's fried and filled with cream cheese, avocado, crab and salmon. Continuing the naming theme, the Kiss & Cry Roll features spicy crab, red snapper and jalapeno on the inside with avocado, flying fish roe and four sweet and spicy sauces on top. Open Mon.–Sat., 11:30 a.m.–10 p.m.; Sun., 11:30 a.m.–9 p.m. \$\$

WAKYOTO

2005 E. Hwy. 76, Branson, 417-336-1177. This is a great spot to stop for a tasty roll while you're shopping and hitting up the shows in Branson. According to the staff, the most-ordered items are the California rolls, the chicken and steak teriyaki entrées, the tempura shrimp and the edamame. The Wasabi Special roll is the signature flavor. Open daily 11:30 a.m.–9:30 p.m. \$-\$\$

YOSHI JEN

3250 E. Battlefield Rd., Springfield, 417-887-2888, facebook.com/YoshiJenSpringfield. Yoshi Jen does a lot of things right. Cleverly named cocktails like the Samurai Mule and the Sakerita along with the popular General Tso's Chicken and the beef bulogi—a grilled sirloin with special in-house marinade—are highlights. The chicken teriyaki as well as the Yakisoba, a chicken and vegetable dish with noodles are also customer favorites. Be sure to stop in on Saturdays for brunch too—the pancakes with vanilla bean gelato, homemade whipped cream and berries has our mouths watering. Open Mon.–Fri., 11 a.m.–8:30 p.m.; Sat. 8 a.m.–2 p.m. \$\$

KOREAN

GOLDEN KOREAN RESTAURANT

1406 W. Sunshine St., Springfield, 417-832-1093. This spot serves up delicious and authentic Korean food. The beef bulgogi and dolsot bibimbap are best sellers here. We also love the fried dumplings and kimbop. Try the tasty kimchi fried rice or spicy octopus stir fry. You can also make a reservation for karaoke. Open Wed.–Mon., 11 a.m.–9 p.m. \$

JIN'S FINE ASIAN CUISINE

2185 S. Campbell Ave., Springfield, 417-501-8630. Korean dishes are beautifully served here, and they're packed with flavor, too. The jaeyook has a rich and delicious sauce over tender pork and veggies. And the pork lettuce wraps with a trio of spicy sauces is one of our favorite dishes. Don't miss the kimchi jeon—it tastes just like the jeon in Korea. Entrées come with a variety of banchan—shareable side dishes. \$-\$\$

KORIYA

4121 S. Fremont Ave., Springfield, 417-882-0077. This spot serves create-your-own bibimbap dishes, and you can choose between chicken, beef bulgogi, tofu and shrimp for your protein. Don't miss the zaru soba if you're in the mood for something a little lighter; it's cool soba noodles served with a chilled broth. The menu also includes some ramen bowls and several tasty appetizers. Try the tasty spicy shrimp ramen if you're in the mood for a little kick of heat. Open Mon.–Sat., 11 a.m.–9 p.m. \$

SOO'S KOREAN RESTAURANT

3644 S. Campbell Ave., Springfield, 417-889-2220. We love all of the traditional Korean dishes and soups that you can get at Soo's. Pork bulgogi is a diner favorite, and the dolsot bibimbap (rice and veggies served in a hot pot) is authentically wonderful. The kimchi chigae is like Korean comfort food: a warm and spicy soup of kimchi, tofu and beef. There's also a spicy soup with tofu and lots of seafood that we just can't get enough of. Don't forget to try the array of side dishes (banchan) that you get with your entrees. Tues.–Sun., 11 a.m.–9 p.m. \$

MEDITERRANEAN

MAMA'S STYLE KITCHEN

206 N. First St., Ozark, 417-485-3330. There's a mix of American flavors (like a super-authentic Philly cheesesteak) and Greek tastes (like fantastic gyros and really delicious pizzas topped with Greek ingredients). Try the huge and wonderful meatball stromboli, delicious crust stuffed with meaty goodness and rich red sauce then baked to perfection. Open Mon.-Sat., 11 a.m.-2 p.m.; Weds.-Sat., 5-8 p.m. \$-\$\$     

PAPOULI'S

725 State Hwy. 248, Reeds Spring, 417-272-8243. A great spot to hit up on your way down to Table Rock Lake. We like the dolmades (stuffed grape leaves) to the flaming cheese. Don't miss the fantastic beef kabobs—these enormous kabobs are made with huge chunks of tender, perfectly cooked filet mignon layered on skewers with vegetables. Smoking in designated areas only. Closes seasonally from January until March. Open Thurs.-Sat., 3-9:30 p.m.; Sun., 11 a.m.-8:30 p.m. \$-\$\$     

RIAD 400 South Ave., Springfield, 417-720-1018. The menu features some long-lost Mediterranean favorites from Riad Matar's previous restaurants, like the amazing baba ghanoush. Also look for fun tastes, like the Riad Signature Chicken Pasta. Plus, you just can't go wrong if you order a gyro. It's reliably delicious and packed with perfect, tasty, tender gyro meat. Open Mon.-Thurs., 11 a.m.-9 p.m.; Fri.-Sat., 11 a.m.-10 p.m. \$-\$\$     

TOUCH, please see listing p. 170

VASKEN'S DELI

3200 Gretna Rd., Suite D, Branson, 417-334-9182; 3522 S. National Ave., Springfield, 417-888-0083; vaskensdeli.com. The gyros are fantastic here. Make sure you get them with traditional gyro meat, and don't skip the tzatziki sauce! We are nuts for the chicken shawerma, served on a pita with zippy toppings and plenty of tahini. Springfield location open Mon.-Sat., 11 a.m.-7 p.m.; Sun., 11 a.m.-4 p.m.; Branson location open Mon.-Sat., 11 a.m.-8 p.m.; Sun., 11 a.m.-4 p.m. Extended summer hours. \$     

MEXICAN

ARNIE'S BARN

at Top of the Rock, 150 Top of the Rock Rd., Ridgedale, 1-800-225-6343, topoftherock.com. Mexican. This spot offers a menu full of contemporary Mexican cuisine, including killer guacamole, tasty mango mahi-mahi, skillet fajitas and so much more. Be sure to grab a seat on the deck that overlooks Top of the Rock's beautiful practice facility and Table Rock Lake. Open daily 11 a.m.-9:30 p.m. \$-\$\$     

BIG FAT BURRITO

3354 S. National Ave., Springfield, 417-890-1500. You can order your burritos in baby, big or super size. The pork pibil is delish, filled with Mexican stewed pork and a red chili sauce. Soups are homemade, and the veggie burrito features more than just the typical bell peppers and onions; it also has jicama. Open Mon.-Sat., 11 a.m.-7 p.m. \$     

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CANTINA LAREDO

1001 Branson Landing, Branson, 417-334-6062; 4109 S. National Ave., Springfield, 417-881-7200; cantinalaredo.com. The made-at-the-table guacamole is fantastic. Try the fajita tacos, filled with tender steak and creamy avocado. Be sure to get a seat on the patio. Branson location open daily starting at 11 a.m.; Springfield location open Mon.–Thurs., 11 a.m.–10 p.m.; Fri.–Sat., 11 a.m.–11 p.m.; Sun. 10 a.m.–10 p.m. \$ \$ L D ! ☎ K M ☎ *

CESAR'S OLD MEXICO

3027 E. Sunshine St., Springfield, 417-881-8252. Indulge in authentic Mexican food at incredibly reasonable prices. We love the birria taco, which is filled with succulent shredded beef. Don't miss the delightful little pupusas! Open Mon.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–10 p.m. \$ L D ! ☎ K *

EL MAGUEY

631 N. Glenstone Ave., Springfield, 417-865-1453. Two of our favorite dishes at El Maguey are the Chori Pollo and the Camarones Diablo. The Chori Pollo is a grilled chicken breast smothered in chorizo and cheese (sinfully good). Typical Mexican combos featuring items like tacos and enchiladas make great lunchtime values here. Open Sun.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–10 p.m. \$ L D ! ☎ K *

FRIDA MEXICAN CUISINE & BAR

410 E Republic Rd., Springfield, 417-886-8010. This spot offers up modern fusion Tex-Mex fare in the space once housing The Argentina Steakhouse. We loved the Baja Shrimp Tacos and classic queso dip. The Texas Tacos, which are filled with grilled steak or chicken, plus onions, bell peppers and Jack cheese, look pretty tempting, as do the chimichanga and sizzling fajitas platters. Open Mon.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–10 p.m.; and Sun., 11 a.m.–8 p.m. \$-\$\$ L D ! ☎ K M ☎ WiFi



TASTY TIDBITS

NEW BREW

Tie & Timber Beer Co. is officially open for business. One of our staffers stopped by on opening day and found a favorite in the Life's a Kölsch made with white peach puree. Try it yourself at the Pickwick-area neighborhood brewery, located at 1451 E. Cherry St. in Springfield.—LILLIAN STONE

GREAT AMERICAN TACO COMPANY

2915 E. Battlefield, Springfield, 417-315-8745, great-american-taco.com. This spot offers outside-the-box tacos in a huge range of combinations. A must-try is the Hawaiian taco with chicken, feta cheese, grilled pineapple, hominy salsa, cilantro sour cream and chili sauce in a crunchy blue corn tortilla. Open Sun.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–10 p.m. \$ L D ! ☎ K

IGUANA ROJA

107 W. Church St., Ozark, 417-485-8585; 12051 MO-13, Kimberling City, iguanaraja.net. There are delicious margaritas at this little eatery (don't miss the one made with jalapenos; it has a kick that's so much fun to drink). The chimichanga is a huge and tasty entree, and the chips come with a zippy little seasoning on top. Open Tues.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat. 11:30 a.m.–10 p.m. \$-\$\$ L D ! ☎ K

LA PALOMA

3014 E. Sunshine St., Springfield, 417-719-4484, dinelaPaloma.com. This spot offers a huge range of Mexican dishes including fish tacos, which are excellent. Battered and fried fish is topped with fresh pic de gallo, cabbage and a creamy chipotle sauce and then served with Mexican white rice. The chicken spinach enchiladas are also supposed to be delicious. Open Mon.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–10 p.m.; Sun., 11 a.m.–8:30 p.m. \$-\$\$ L D ! ☎ K *

LESLIE'S MEXICAN CAFE & BAKERY

1915 S. Glenstone Ave., 417-593-8002, mexicanrestaurantbakery.com. This family owned, authentic restaurant also boasts a bakery, grocery store and meat market. Everything is made by hand, and there are a ton of delicious options. The street-style tacos are fabulous and come in over 20 varieties, including cactus! Also be sure to try the pupusas and tamales. On your way out, stop by the bakery to pick up any of the 50 plus traditional Mexican pastry items baked on site. Open daily, 7:30 a.m.–8:30 p.m. \$ L D ☎ K *

MARIA'S MEXICAN RESTAURANT

406 South Ave., Springfield, 417-831-9339, marias-downtown.com. Don't miss the fried tacos or the tortilla bowl with chicken, steak and black beans. Try the queso de cabra, which is cheese sauce topped with chorizo and goat cheese with tortilla chips for dipping. Come on Tuesday when tamales are on special. Open Mon.–Thurs., 11 a.m.–10 p.m.; Fri.–Sat., 11 a.m.–11 p.m.; Sun., noon–8 p.m. \$ \$ L D WiFi ☎ K

MEXICAN VILLA

multiple 417-land locations, mexicanvilla.net. This spot is a favorite among longtime Springfield locals, and it is known for its sweet sauce served with tortilla chips. Also popular is the Sancho Enchilada Style—a huge burrito that is completely swimming in red enchilada sauce. Kids love the chicken fingers. Multiple locations; hours vary by location. \$ L D ! ☎ K *

PRIMA'S MEXICAN RESTAURANT

2101 W. Chesterfield Blvd., Springfield, 417-823-7180; 3662 S. Glenstone Ave., Springfield, 417-890-1212; 1769 W. James River Rd., Ozark, 417-582-2776; primasmexicangrill.com. Diners love the pollo abovado, an 8-ounce chicken breast that's grilled and topped with homemade chorizo, white queso and tomatoes. Our favorite: The Bistek Norteno, grilled flank steak served with fresh slices of avocado and super-spicy grilled jalapenos. Open Mon.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–10 p.m.; Sun., 11 a.m.–8 p.m. \$-\$\$ L D WiFi ☎ K M ☎

PURPLE BURRITO EXPRESS

Multiple 417-land locations; purpleburritocorp.com. We love the street-style tacos. The pastor taco with onions and cilantro is great. And the fish tacos are some of our favorite fish tacos anywhere. A dinner favorite is the carne asada burrito. For something a little different and a lot indulgent, try the super-cheesy chili relleno burrito. Hours vary by location. \$ B L D WiFi ☎ K M

TORTILLERIA PERCHES

1601 W. Sunshine St., Springfield, 417-864-8195. This tiny little authentic Mexican restaurant makes its own tortillas and chips fresh every day. Try a Mexican soda, a traditional Mexican soup or a tamale when you visit. Don't miss Taco Tuesdays and Tamale Thursdays, where the respective dishes are only a dollar. For dessert, get your hands on a crunchy churro topped with vanilla ice cream and chocolate sauce. Open Tues.–Fri., 10 a.m.–8 p.m.; Sat., 8 a.m.–4 p.m.; Sun., 9 a.m.–4 p.m. \$ B L D ☎

PAN-ASIAN

MIKADO SUPREME BUFFET

2501 S. Campbell Ave., Springfield, 417-319-5552. Buffet. There are tons of Chinese and Asian dishes on display at Mikado. Look for more surprising options as well, such as frog legs, whole crabs and a made-to-order hibachi grill. Open Sun.–Thurs. 11 a.m.–9:30 p.m.; Fri.–Sat. 11 a.m.–10:30 p.m. \$-\$\$ L D ☎

NOVO ASIAN BISTRO

2025 W. Sunshine St., Springfield, 417-719-4141, novoasianbistro.com. Asian and American cuisines join forces in one restaurant at NoVo Asian Bistro. Whether you are in the mood for sushi or French fries, it's got you covered. The beef bulgogi is yummy and huge, sure to satisfy those with hearty appetites. For an appetizer, the fried provolone wheel is not to be missed. We can't wait to try the panko-crusted chicken. Open Mon.–Sat., 11 a.m.–2 p.m. and 4:30–9 p.m. \$-\$\$ L D WiFi ☎

OCEAN ZEN, please see listing on p. 170

TASIA

4728 S. Campbell Ave., Springfield, 417-890-6789. Pan-Asian. Four Asian cuisines are represented on this restaurant's menu: Japanese, Thai, Korean and Chinese. The fresh spring rolls are great here, especially with peanut sauce. The curry dishes are always a good bet if you want to try something new. Kids get free frozen yogurt with kid's meal. Open daily 11 a.m.–2:30 p.m.; Mon.–Sat., 4–9 p.m. \$ L D ! ☎ K ☎

PIZZA

ARRIS' PIZZA

1332 E. Republic Rd., Springfield, 417-881-7260, arrispizzaonline.com. Thin-crust pizzas have a Greek flair. Order the Athena (with feta, pepperoni, olives, mushrooms and green peppers) if you want to try one that bursts with flavor. Try the gyro sandwiches, which you can order on a regular or whole wheat pita. The bruschetta is a great app, and it's presented differently than any other bruschetta we've ever had. Open Tues.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–10 p.m.; Sun., 11 a.m.–2 p.m., 5–9 p.m. \$-\$\$ L D ! ☎ K M

THE BIG SLICE

1450 E. Sunshine St., Springfield, 417-720-1928, thebiglicespringfield.com. You can get big New York-style brick oven pizza by the slice here. Or buy a whole pie if you prefer, but either way make sure to try to the chicken bacon ranch pizza. Also on the menu are garlic knots, lasagna and a divine house vinaigrette. Indulge in the pepperoni pinwheels, and dunk them in marinara. Open daily, 11 a.m.–10 p.m. \$-\$\$

BUD & WALT'S PIZZA & PASTA HOUSE

701 McCroskey St., Suite 1, Nixa, 417-724-0070, budandwalts.com. The dough and sauce are made fresh daily from a recipe that's been around since 1964. The Mediterranean pizza has a basil pesto sauce, chicken, artichoke hearts, olives, mushrooms and feta cheese—yum! You can even order take-and-bake pizza pies, and they are pretty darn tasty. Open Mon.–Thurs. and Sat., 11 a.m.–9 p.m.; Fri., 11 a.m.–10 p.m.; Sun., 11:30 a.m.–9 p.m. \$

BYO PIZZA

431 S. Jefferson Ave., Ste. 100, Springfield, 417-501-8212, byopizza.com. BYO Pizza's name says it all. You get to build your own pizza to your exact liking. With nine sauces, eight cheeses, multiple crust options and tons of toppings, the possibilities are endless. The setup is similar to Chipotle's or Subway's: You stand at the counter and choose everything from the crust to the toppings. Open Mon.–Sat., 11 a.m.–10 p.m.; Sun., 11 a.m.–7 p.m. \$

GARBO'S PIZZERIA

2101 W. Chesterfield Blvd., Suite C101, Springfield, 417-883-9010, garbospizzeria.com. If you love a loaded St. Louis-style pizza, try the Grandiose. It's topped with practically everything. Try the Bavarian pizza for something a little different; it is topped with Canadian bacon and sauerkraut. The house salad is tasty, too, with a yummy house vinaigrette dressing that's worth a try. Open Sun.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–10 p.m. \$-\$\$

GUSANO'S CHICAGO-STYLE PIZZERIA

3929 E. Seventh St., Suite E, Joplin, 417-623-9090, gusanospizza.com. This spot specializes in Chicago-style pizza and offers up tons of tasty pies, like the Ditka that's topped with pepperoni, crumbled Italian sausage, fresh jalapenos and fresh basil. Also try the tasty apps, something from the big list of salads or one of the many hearty sandwiches. Hours vary by location. \$-\$\$

HOOK & LADDER PIZZA CO.

26 Downing St., Hollister, 417-336-4665, hookandladderpizza.com. If you find yourself in Hollister and craving some pizza, stop at Hook & Ladder Pizza Co. This spot serves up all your pizzeria favorites, from toasted raviolis to sub sandwiches. The specialty pizzas look great, like the alfredo or the chicken bacon ranch. Open Mon.–Sat., 11 a.m.–9 p.m.; Sun., 11 a.m.–8 p.m. \$\$

JAX AND GABE'S PIZZERIA

1282 E. Republic Rd., Springfield, 417-890-1311, jaxandgabespizzeria.com. This spot serves up delicious New York-style pizza by the slice or by the whole pie. We love the classic supreme pizza with pepperoni, sausage, green peppers, mushrooms, onions and black olives. But the specialty pizzas look great, too. Customers enjoy the spinach and garlic, and the house salad dressings are pretty tasty, too. Open Mon.–Sat., 11 a.m.–9 p.m. \$\$

MASO PIZZA BAR

3653 E. Sunshine St., Springfield, 417-720-1047. Italian. Nicola Gilardi (who has lent his name to the delicious Nicola's Italian restaurant) has revamped his casual nearby bar and eatery to focus on pizza. We can't wait to try options like the Nic Rise and Shine, Italian Stallion and vegetarian-friendly Monica Healthy pies. The menu also spans salads, paninis, pasta, soups and more. Open Mon.–Sat., 3 p.m.–close. \$\$

MCSALTY'S PIZZA CAFÉ

1550 E. Battlefield, Springfield, 417-883-4324. A mainstay in Springfield, McSalty's serves delicious pizza, like the Bear Pie, a tasty supreme that's loaded up with lots of toppings. There are also sub sandwiches, and you can get pizza by the slice at lunchtime. Open Mon.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–10 p.m. \$

MR. G'S CHICAGO PIZZA

202 N. Commercial St., Branson, 417-335-8156, mrgschicagopizza.com. There's a lot to like about this Branson pizza joint: a family-friendly atmosphere, hearty Italian food and excellent Chicago-style pizza. They make all of the pizza dough from scratch. For a hearty taste, dig in to the supreme pizza, which features homemade Italian sausage, green peppers, mushrooms, black olives, onion and pepperoni. Open Mon.–Thurs., 11 a.m.–8 p.m.; Fri.–Sat., 11 a.m.–9 p.m. \$\$

PAPPO'S PIZZERIA

221 E. Walnut St., Springfield, 417-866-1111; 900 E. Battlefield, Springfield, 417-306-9091; pappospizzeria.com. Try the spicy chicken Cholula pie topped with a mixture of red sauce and olive oil, grilled chicken marinated in Cholula sauce, garlic, mozzarella cheese, red onions and cilantro. Also, be sure you try the meatballs. Crust and sauce are made fresh here. You can even get pizza by the slice if you are there at the right time. Open Mon.–Wed., 11 a.m.–10 p.m.; Thurs.–Sat., 11 a.m.–2 a.m.; Sun., 11 a.m.–9 p.m. \$-\$\$

THE PITCH PIZZA & PUB

2924 E. Sunshine Ave., Springfield, 417-368-0277. With a menu full of pizza, pastas, salads, sandwiches and pub fare and a killer beer selection, there's something to please just about everyone. We love the taco pizza, which uses Cesar's Old Mexico's refried beans and enchilada sauce, is yummy. Restaurant open Mon.–Sat., 11 a.m.–10 p.m.; Sun., 11 a.m.–9 p.m.; pub open later. \$\$

PIZANO'S PIZZA

106 E. Jackson St., Willard, 417-742-5115, pizanoand-sauce.com. You can get a little bit of New York up in Willard at this pizzeria. This spot serves New York-style pizza in addition to calzones, sub sandwiches and pasta. The dough is made fresh daily, and there's even a gluten-free option. Tues.–Fri., 11 a.m.–9 p.m.; Sat., 4–9 p.m. \$-\$\$

PIZZA BY THE CHEF

18050 Unit B, Business Route 13 (junction of Highways 13 and 76), Branson West, 417-272-8287, mypizza-by-the-chef.com. The pizza here is truly delish. The dough and sauce are made on-site every day at this tasty pizzeria that serves up hand-tossed pies, tasty subs, gourmet salads, pasta and more. Come for the buffet Monday through Friday at lunch and Thursday at dinner. Open Mon.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–10 p.m.; and seasonally on Sundays, 4–9 p.m. \$-\$\$

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PIZZA HOUSE

312 E. Commercial St., Springfield, 417-881-4073. This restaurant has been a tradition in Springfield for more than 50 years, and the pizza they serve is super-thin and cut into super-tiny pieces. It's a classic that's not to be missed. Our favorite thing there: Any pizza that includes breakfast bacon. Open Tues.–Thurs., 11 a.m.–9 p.m.; Fri.–Sat., 11 a.m.–10 p.m. \$

ROCCO'S PIZZA & SUBS

Multiple 417-land locations; roccospizzaandsubs.com. This Italian eatery specializes in New York-style pizza that has anybody who's been to the east coast swooning. It's legit. Also on the menu are hot subs, like meatball or eggplant Parmesan, plus salads, calzones and a handful of pasta entrées. \$–\$\$

VITO'S KITCHEN

307 S. Jefferson Ave., Springfield, 417-569-7555, vitoskitchen.net. The star of this restaurant has to be the New York-style pizza. The crust is light, airy and crispy. The toppings range from bizarre to classic but are always delicious. Each week you'll find cheese pizza and three special pizzas that are constantly changing. Open Wed., 11:30 a.m.–1:30 p.m.; Thurs.–Fri., 5–10 p.m. \$

PUBS, LOUNGES & BARS

CELLAR + PLATE

2916 S. Lone Pine Ave., Springfield, 417-894-2003, cellarandplate.com. An approachable wine list, relaxing atmosphere and a variety of small plates makes Cellar + Plate an ideal pick when you're looking for an experience and not just a meal. Start with the Romesco Gouda Dip, made with tomatoes, garlic, red peppers, paprika, almonds and smoked Gouda. Open Tues.–Thurs., 4–8 p.m.; Fri., 4–11 p.m.; Sat., noon–11 p.m. \$

CLEAR LOUNGE

at Hilton Branson Convention Center, 200 E. Main St., Branson, 417-243-3433. Located at the Hilton Branson Convention Center is Clear Lounge, a great place to grab a cocktail with friends. This spot is home to tasty food, good music and fun drinks like the strawberry caipirinha. You can even step outside to enjoy a drink by the pool, a fire pit or a cozy cabana. Hours vary; open 6–10 p.m. at press time.

COYOTE'S ADOBE CAFÉ & BAR

1742 S. Glenstone Ave., Springfield, 417-889-7120; 807 N. Main St., Nixa, 417-725-6803, coyotes4wings.com. This spot is known for its chicken wings; there are 40 flavors. If you're a sweet potato fry fan, Coyote's also has those on the menu, and they are quite delish. There's karaoke Thurs.–Sat. Open Mon.–Thurs., 11 a.m.–midnight; Fri., 11 a.m.–1:15 a.m.; Sat., 9 a.m.–1:15 a.m.; Sun., 9 a.m.–midnight \$

DRUNKEN MONKEY

1816 W. Division St., Springfield, 417-862-0809. Stop by for live music and cheap drinks. This north side establishment is a great dive bar with a small but yummy menu. Try a pulled pork sandwich or one of their pizzas. They also have a killer patio, which is the perfect place to take advantage of happy hour specials. Open Mon., 2–11 p.m.; Tues.–Sat., 11 a.m.–1 a.m. \$

DUBLIN'S PASS

2767 W. Republic Rd., Springfield, 417-877-7625; 317 Park Central East, Springfield, 417-862-7625, dublinspass.com. This Irish pub offers a menu of Guinness-based drinks (try the Guinness with Blue Moon or the Guinness with root beer), plus tasty pub fare. To start, don't miss the yummy Reuben rolls appetizer. Open Mon.–Thurs., 3 p.m.–1:30 a.m.; Fri.–Sat., 11 a.m.–1:30 a.m.; Sun., 11 a.m.–midnight. \$

DUGOUT BAR & GRILL & SPORTS & MUSIC

1218 E. Trafficway St., Springfield, 417-866-2255, dugoutsgf.com. This spot serves up meals that are not your typical bar food. Don't miss the big entree salads or the delicious Cuban sandwich. We also love their crispy French fries. Open Mon.–Thurs., 11 a.m.–10 p.m.; Fri.–Sat., 11 a.m.–10:30 p.m.; Sun., noon–9 p.m. \$–\$\$

EBBETS FIELD

1027 E. Walnut St., Springfield, 417-865-5050. The pizzas, burgers and wings are tops here, especially the Duke burger. Yum! We also like the BLT. It's a classic, but they do it really well. We love the pizza that comes topped with hot sauce. The hand-cut French fries here are always crispy and perfectly delicious. Kitchen open Mon.–Tues., 11 a.m.–10 p.m.; Weds.–Thurs., 11 a.m.–10:30 p.m.; Fri.–Sat., 11 a.m.–11 p.m.; Sun., 11 a.m.–9 p.m. \$

ERNIE BIGG'S DUELING PIANO BAR

505 Branson Landing, Branson, 417-239-3670, erniebiggs.com. This piano bar serves up more than great tunes. It has a small but yummy menu of gourmet pub grub filled with appetizers, sandwiches and pizza. The pizzas are thin crust and super popular. Build your own pizza from a variety of toppings. Open Mon.–Sat., 6 p.m.–12:30 a.m.; Sun., 6 p.m.–midnight

GALLOWAY STATION

1281 E. Republic Rd., Springfield, 417-881-9730. We love the Rajun Cajun burger with bacon, Swiss cheese and spicy seasonings. And we can't get enough of the super yummy fries and freshly made potato chips dipped in homemade spicy ranch. The wraps and gyros are also delish here. Be sure to grab a seat on the patio for some dinner in the fresh air. Kitchen open Mon.–Sat., 11 a.m.–midnight; Sun., noon–8 p.m. \$

THE GOLDEN GIRL RUM CLUB

137 Park Central Square, Springfield, 417-425-5162, thegoldengirl.com. This tiki bar serves up hand-crafted cocktails and a made-from-scratch, eclectic, internationally inspired menu. Try the Thai sticky wings for an unusual twist on a bar staple. The sandwiches are yummy, especially the GG Staff Special, which is made with house Korean BBQ pulled pork, house kimchi mayo, and quick-pickled cucumber. After 9 p.m. on Fridays and Saturdays, Golden Girl serves homemade ramen and artisan pizzas. Open Tues.–Sat., 5 p.m.–1 a.m. \$

HARBELL'S GRILL & SPORTS BAR

315 Park Central West, Springfield, 417-862-0477. Lots of items on the menu here have a barbecue twist and feature sweet and smoky barbecue sauce. Don't miss the super-smoky chicken wings (we like the mild buffalo sauce the best) or one of the great burgers. Open for lunch and dinner daily. \$

J.O.B. PUBLIC HOUSE

319 E. Walnut St., Springfield, 417-831-1158. Pop in for tasty drinks (including a great whiskey selection) and some tasty food, too. The French fries here are seriously so delicious. Don't miss the cubicles, delicious mini-sandwiches. Open Mon.–Fri., 11 a.m.–1 a.m.; Sat., noon–1 a.m. \$

LINDBERG'S TAVERN

318 W. Commercial St., Springfield, 417-868-8900, lindbergsbar.com. Forget about basic bar food. This storied watering hole and music venue goes above and beyond with creative takes on hearty comfort food classics. We love The Daily Special, aka Lindberg's signature cashew chicken poutine. Don't miss out on Sunday brunch, which goes fast. Open Tues.–Sat., 11 a.m.–1:30 a.m.; Sun., 12 p.m.–midnight. \$

MISSOURI SPIRITS

507 W. Walnut St., Springfield, 417-501-4674, missourispirits.com. This distillery and bar has a small food menu that pairs well with its artisanal cocktails. It is eclectic and packed with flavor, focusing on sandwiches and small plates. We recommend the Fried Bologna Sammie. Trust us. It's served with an orange marmalade that puts the whole thing over the top. The B.L.T. is also killer. And, on your way out, pick up a bottle of one of its small-batch liquors. Open Tues.–Fri., 4 p.m.–midnight; Sat.–Sun., noon–midnight; limited food on Tuesdays \$

THE MUDLOUNGE

321 E. Walnut St., Springfield, 417-865-6964, mudhousecoffee.com. We love all the cozy seating here, and we love the menu that's packed with 90 beers from all over the world. There's a large selection of single malt Scotch, and this place offers up one of the best bloody marys around. (It's super-peppery!) Try the hummus or the Blue Moon fondue if you're in the mood for an appetizer. Also yummy: sandwiches (like the one with portobello mushrooms). Open Mon.–Sat., 4 p.m.–1:30 a.m. \$

OUTBACK PUB

1924 W. Hwy. 76, Branson, 417-334-7003, outback-branson.com. This Australian-inspired spot boasts two bars, an outdoor party deck and extensive beer list. Enjoy live music most evenings. Try the cornmeal-breaded catfish, hand-crafted burgers or hearty Reuben. We can't wait to try the fresh-from-the-smoker barbecue. Open Mon.–Sat., 11 a.m.–1 a.m.; Sun., 11 a.m.–midnight \$

PARLOR 88

1111 E. Republic Rd., Springfield, 417-882-8882, parlor88.com. There are 88 beers, 88 wines and 88 martinis in Parlor 88's drink menu. That means you head there with a crowd and know that everybody will find something they like. Try the Italian Duo Panini, or the \$2 burgers on Wednesdays. Open Mon.–Sat., 3 p.m.–1 a.m.; Sun., 3 p.m.–midnight. \$

PATTON ALLEY PUB

313 S. Patton Ave., Springfield, 417-865-1188. The beer-cheese fondue is a longtime favorite here. This place also serves up some really tasty wings, and they even serve lunch. There are 42 beers on tap, and 110 bottles. Come for some fun-filled trivia on Thursday and Sunday nights. Open Mon.–Fri., 11 a.m.–1 a.m.; Sat., 2 p.m.–1 a.m.; Sun., 2 p.m.–midnight \$

QUEEN CITY WINE DIVE

105 Park Central Square, Springfield, 417-429-9020, facebook.com/QueenCityWineDive. Visit Queen City Wine Dive to sip on delicious wine by the glass. Pair your vino with Spanish-inspired tapas and charcuterie and cheese plates. Grab an indulgent dish like the Riverside Inn fried chicken, coconut curry steamed mussels or duck confit mac and cheese. Open Tues.–Wed. 4–10 p.m., Thurs.–Sat. 4–11 p.m. \$-\$\$ 

THE ROOST BAR AND GRILL

2025 W. Sunshine St., Ste. 104, Springfield, 417-865-4000, roostbarandgrill.com. There are 19 pizzas and 23 burgers here. Try the Roost burger (a double cheeseburger with egg). We love the boneless chicken wings in classic buffalo sauce. Open Mon.–Sat., 11 a.m.–1 a.m.; Sun., 11 a.m.–midnight \$  WIFI 

SCOTCH & SODA

310 South Ave., Springfield, 417-719-4224, thescotchandsoda.com. Known for its vast selection of Scotch and specialty cocktails, Scotch & Soda also serves up a tasty menu of sandwiches and small plates. And any meal here is improved by a couple of ounces of the house-made Scotch beef jerky. Open Tues.–Sat., 5 p.m.–bar close; brunch is served on Sundays, 11 a.m.–3 p.m. \$  WIFI 

SPRINGFIELD BREWING COMPANY

305 S. Market Ave., Springfield, 417-832-8277, springfieldbrewingco.com. Try the fish and chips paired with the beers that are brewed on-site. Also delicious are the burgers and the mac and cheese. Don't miss the creative breakfast fare on the weekends. Live music. Tues.–Sun. Open Sun., 8 a.m.–11 p.m.; Mon.–Thurs., 11 a.m.–11 p.m.; Fri., 11 a.m.–midnight; Sat., 8 a.m.–midnight. \$\$  WIFI  

VINO CELLARS WINE SHOP & LOUNGE

2137 W. Republic Rd., Springfield, 417-773-1985; 15038 Business Hwy., 13, Branson West, 417-773-1985, vcellars.com. Small plates, snacks and tapas make up the menu at this comfortable spot. The gorgonzola bacon dip is popular as is the asiago spinach dip. Springfield location open Mon.–Thurs., 11 a.m.–8 p.m. or later; Fri.–Sat., 11 a.m.–9 p.m. or later; Branson West location open Tues.–Thurs., 10 a.m.–7 p.m. or later; Fri.–Sat., 10 a.m.–8 p.m. or later \$  WIFI 

W.F. CODY'S

3138 E. Sunshine St., Springfield, 417-887-8083. The cheeseburgers are a specialty, and they are reliably enormous. Don't miss the gigantic ham and cheese sandwiches, another customer favorite. They've been customer favorites for a super-long time. Open daily, 11 a.m.–1:30 a.m. \$  WIFI 

SEAFOOD & FISH

CRABBY'S SEAFOOD BAR & GRILL, please see listing p. 168

HEMINGWAY'S BLUE WATER CAFÉ

1935 S. Campbell Ave., Springfield, 417-891-5100, hemingwaysbluewatercafe.com. There's a loaded buffet every day at this restaurant. Try the Bahamian

Mixed Grill for a meal of salmon, shrimp and mahi mahi. If you bring the kids, they'll love checking out the giant aquarium inside the restaurant. Brunch is served on Sundays. Open Mon.–Sat., 7 a.m.–10 p.m.; Sun., 9 a.m.–8 p.m. \$\$ 

ROCKBRIDGE RESTAURANT

Call for directions to the ranch in Rockbridge; 4297 County Rd. 142, Rockbridge, rockbridgemo.com. This fishing and game lodge is home to a restaurant that specializes in all things trout. Don't miss the delicious blackened trout entrée. A staff favorite is the trio appetizer that features smoked trout, smoked trout salad and smoked trout pate. It's irresistible. There are also steaks and cobblers. While you're there, head across the parking lot and grab a drink in the bar inside the old mill. Smoking in designated areas only. Open daily 8 a.m.–8 p.m. \$  WIFI 

WHITE RIVER FISH HOUSE

5 Bass Pro Drive, Branson, 417-243-5100, whiteriverfishhouse.com. Want to indulge in a little waterfront dining right in Missouri? This is your spot. It's at Branson Landing, right on Lake Taneycomo. We love the delicious fresh cornbread that comes with your meal. The freshwater fish is great, especially the almond-crusted trout or cornmeal-fried catfish. For an appetizer, try the smoked wahoo dip. Another app to try: the mushroom caps stuffed with venison sausage. If you aren't in the mood for seafood, the burgers here are pretty tasty, too. Open Mon.–Sat., 11 a.m.–10 p.m.; Sun., 11 a.m.–8 p.m. \$\$ 

STEAK

BUCKINGHAM'S STEAKHOUSE, please see listing p. 168

CHARLIE'S STEAK, RIBS & ALE

3009 W. State Highway 76, Branson, 417-334-6090. In addition to tasty steaks, this spot serves up some killer barbecue. Don't miss the hand-rubbed pork ribs, the bacon-wrapped filet or the chicken fried steak. Open daily 11 a.m.–11 p.m. \$\$ 

FLAME STEAKHOUSE, please see listing p. 168

JIMM'S STEAKHOUSE, please see listing p. 170

LEVEL 2 STEAKHOUSE, please see listing p. 170

OUTBACK STEAK & OYSTER BAR

1914 W. Hwy. 76, Branson, 417-334-6306, outback-branson.com. There are plenty of standout dishes at this Australian-themed steakhouse and oyster bar. Outback serves hand-cut, aged steaks using Certified Hereford Beef that's raised locally. The alligator tail is a specialty here, as are the ultra-fresh oysters, which are shucked by hand. For a tasty and filling side, try out the Taz taters—perfectly crispy fries topped with cheese and bacon and served with a side of creamy ranch dressing. Another favorite among customers is the rack of lamb. Smoking in designated areas only. Open daily at 11 a.m. Closing time varies seasonally. \$\$ 

RED OAK STEAKHOUSE

Downstream Casino Resort, 69300 E. Nee Rd., Quapaw, Oklahoma, 1-888-396-7876, downstreamcasino.com. If you head to Downstream Casino for a



"We couldn't decide between the Pineapple Mango Upside Down Cake or the Crème brûlée so we got both!"

DIXIE SAMMENS & LEANNE STRANG

FAVORITE DISHES:

VANILLA CRÈME BRÛLÉE, PINEAPPLE MANGO UPSIDE DOWN CAKE



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weekend getaway, don't forget to make a reservation at Red Oak Steakhouse. Dry-aged prime steaks are served in this restaurant's fine-dining atmosphere. While you're there, enjoy the casino that's just outside the doors. The sides are all delicious here, and the desserts are pretty darn tasty, too. Open Sun.-Thurs., 5-9 p.m.; Fri.-Sat., -10 p.m. \$\$\$ 🍷 🍷 🍷 🍷

RERICO BRAZILIAN GRILL

3371 E. Montclair St., Springfield, 417-881-8882, rericogrill.com. Are you a huge fan of all things meaty? Try 18 kinds of meat for dinner, all sliced tableside. Dinner also comes with beef soup, soft rolls and unlimited trips to the cold bar that's packed with things like fresh cheese, pasta salads and more. At lunch, try the panko pork loin with barbecue glaze and big sweet potato fries. Open daily at 11 a.m. Closing time varies seasonally \$ 🍷 🍷 🍷 🍷 🍷

STEAK INN

22290 Waters Edge Dr. on Hwy. 39, Shell Knob, 417-858-6814. A perfectly cooked steak doesn't have to come with a huge price tag. These steaks won't break the bank, and they are cooked to perfection and taste great with garlic bread. If you're really hungry, take your appetite and order The Boss cut. Not in the mood for a juicy steak? Try the portobello mushroom appetizer. Open Sun., Tues.-Thurs., 5-close p.m.; Fri.-Sat., 5-9 p.m. \$-\$\$\$ 🍷 🍷 🍷 🍷 🍷

WILDER'S STEAKHOUSE

1216 S. Main St., Joplin, 417-623-7230, wilderssteakhouse.com. American. Come to Joplin's Wilder's Steakhouse to find steaks in all sizes and varieties, all of which are certified black Angus beef and free of hormones and antibiotics. The restaurant's menu also has a variety of other items like seafood, chicken, pork chops and more. Don't miss the three-onion soup or the truffle macaroni and cheese. Salads look great, too, like the spinach salad topped with goat cheese, red onion, applewood-smoked bacon, crimini mushrooms and a balsamic vinaigrette. Open Mon.-Thurs., 5-9:30 p.m.; Fri.-Sat., 5-10 p.m. \$\$\$ 🍷 🍷 🍷 🍷 🍷

TEA ROOMS

BETH'S BAKE SHOPPE & TEA ROOM

1645-D W. Republic Rd., Springfield, 417-866-5533, bethsbakeshoppe.com. Try a chicken salad sandwich—served on cinnamon raisin bread. If you're in the mood for salad, we love the spinach salad served with warm bacon vinaigrette, and the gigantic couscous salad loaded with fresh veggies and Feta cheese. But first, marvel over everything in the dessert counter; every single cookie here is delicious, but we're partial to the chocolate chip. Tea room is open Mon.-Sat., 11 a.m.-2 p.m.; bakery open 10 a.m.-5 p.m. \$ 🍷 🍷 🍷 🍷 🍷

GARDEN TEA ROOM

201 Helena Ave., Rogersville, 417-753-4777, This tasty little tea room is tucked away behind a furniture store in Rogersville. The crustless quiches change daily, and they are a different take on this tea room classic. Be sure and try the chicken salad sandwich on a croissant. It has tasty bits of dried apricot inside. Yum! Open Mon.-Sat., 11 a.m.-2 p.m. \$ 🍷 🍷 🍷 🍷 🍷

MS. GILMORE'S TEA ROOM AND VINTAGE SUITCASE

211 E. Commercial St., Springfield, 417-886-7000, robinsvintagesuitcase.com. The daily specials and desserts are the star of this quaint tearoom and pastry shop on Commercial Street. There is always a quiche and soup of the day as well as sandwich specials. The bacon and spinach quiche is a customer favorite. Desserts range from French pastries to made-from-scratch pies and decadent cakes. We can't wait to try the strawberry buttercream cake. Don't miss the monthly dinners featuring a variety by Roland Parry. Tea room is open Mon.-Fri., 11 a.m.-2 p.m.; Sat., 11 a.m.-3 p.m. bakery is open Mon.-Fri., 10 a.m.-4:30 p.m.; Sat., 10 a.m.-5 p.m. \$ 🍷 🍷 🍷 🍷 🍷

RELICS ANTIQUE MALL TEA ROOM

2015 W. Battlefield, Springfield, 417-885-0013. Favorites at this tea room include the puff pastry quiche and chicken Waldorf salad served on a fresh croissant. And for your drink, try out a different tea every time you visit (this spot serves 16 kinds). Feed your sweet tooth with the warm scones here, filled with cranberries and nuts and served with freshly made Devonshire cream and jam. After your meal, take some time to explore the enormous and expansive Relics Antique Mall. It's a stellar way to while away the afternoon, and maybe find a little treasure to take home. Open Mon.-Sat., 11 a.m.-3 p.m.; Sun., 12-3 p.m. \$ 🍷 🍷 🍷 🍷 🍷

SPRING CREEK TEA ROOM

107 S. Third St., Ozark, 417-582-1331. The homemade desserts are to die for, and they are a must-try when you stop in for lunch. Just make sure to order them quickly before they run out. We order them at the beginning of our meal! Don't miss the veggie sandwich, the strawberry soup or the chicken salad. This place is hopping at lunch time, so if you have to wait for a table you can spend the time perusing the booths at the attached antiques shop. Open Tues.-Sat., 10:30 a.m.-2 p.m. \$ 🍷 🍷 🍷 🍷 🍷

THAI

RAMA THAI CAFÉ

1129 E. Walnut St., Springfield, 417-865-3204. Step into a charming historic house on Walnut Street, and you'll see why people are loving Rama Thai. The restaurant features a menu full of delicious Thai tastes in a cozy atmosphere with a shady patio out back. Start your meal with the avocado spring rolls. Then dig into the entrees. We love the drunken noodles and couldn't get enough of the potent and delicious tom yum soup that was bursting with ginger, galangal and lemongrass flavors. Open Mon.-Thurs., 11 a.m.-2:30 p.m., 4-9 p.m.; Fri. and Sat., 11 a.m.-2:30 p.m., 4-9:30 p.m.; Sun., 12-2:30 p.m., 4-9 p.m. \$-\$\$\$ 🍷 🍷 🍷 🍷 🍷

THAI PEPPERS RESTAURANT

1411 E. Sunshine St., Springfield, 417-882-1979. Try the Bangkok duck (or any of the duck dishes; they are delicious here). One of our favorites is the spicy string bean entrée with chicken, or the prik king chicken ordered extra spicy. For something packed with flavor, don't miss the delicious green curry or the comforting massaman curry. Open Mon.-Fri., 10:30 a.m.-2:30 p.m., 4:30-9:30 p.m.; Sat.-Sun., noon-2:30 p.m., 4:30-9 p.m. \$\$ 🍷 🍷 🍷 🍷 🍷

THAI THAI CUISINE

1615 W. Highway 76, Branson, 417-334-9070, thaithaibranson.com. If you're in Branson and looking for a satisfying Thai meal, Thai Thai Cuisine is a great option. This little eatery offers really great Thai food and has a sweet staff. Our favorite dish? The panang curry is so delicious, and it's served on a little bed of fresh spinach. The yellow curry is Thai comfort food, and it's served up with plenty of big and hearty potatoes and carrots. It's a solid choice as well. Open Mon.-Sat., 11 a.m.-3 p.m., 4:30-9 p.m.; Sun. 11 a.m.-3 p.m., 4:30-8:30 p.m. \$-\$\$\$ 🍷 🍷 🍷 🍷 🍷

THAI TIME CAFÉ

1804 E. 32nd St., Joplin, 417-781-0055. All of your favorite Thai flavors make an appearance on the menu here. Customers love the pumpkin curry. Don't miss the Larb Mae Janla: ground chicken cooked with spicy chilis and served with lettuce that's perfect for making wraps. For a vegetarian treat, try the crispy mock duck with your choice of red curry or gra pow sauce. Open Sun.-Thurs. 11 a.m.-9 p.m.; Fri.-Sat., 11 a.m.-9:30 p.m. \$-\$\$\$ 🍷 🍷 🍷 🍷 🍷

TONG'S THAI RESTAURANT

3454 S. Campbell Ave., Springfield, 417-889-5280. This spot serves up a menu packed with tasty Thai flavors, and the Esarn lettuce wraps are a longtime customer favorite. Don't forget about the Thairito, a tasty dish that's unique to Tong's. The basa in basil sauce is a delight. The pad Thai and the savory crab Rangoon are among the best in town. Full bar. Open Mon.-Fri., 11 a.m.-2:30 p.m.; Mon.-Sat., 5-10 p.m. \$-\$\$\$ 🍷 🍷 🍷 🍷 🍷

VIETNAMESE

ASIA EXPRESS

2462 S. Campbell Ave., Springfield, 417-883-2462. Don't miss the pho dac biet, a beef noodle soup with thinly sliced brisket, tripe, tendon and meatballs with onions and cilantro. It's served with sprouts, basil, lime and jalapeños on the side, so you can customize your bowl of soup. Open Mon.-Sat., 11 a.m.-9 p.m. \$ 🍷 🍷 🍷 🍷 🍷

BAMBU

1338 E. Battlefield, Springfield, 417-881-9881. The pho is a specialty here. You can add spice, herbs, jalapeños and sprouts to customize it. (Our favorite way to do it: Use all of the herbs, half of the sprouts, a couple of jalapeños and a generous squirt of Sriracha.) Order a taro boba drink with your meal, and don't miss the delicious fresh spring rolls or the spicy beef noodle soup. Open Mon.-Thurs., 11 a.m.-9 p.m.; Fri.-Sat., 11 a.m.-10 p.m.; Sun., 11 a.m.-6 p.m. \$ 🍷 🍷 🍷 🍷 🍷

PHO KIM

3433-C S. Campbell Ave., Springfield, 417-883-9999, phokimspringfield.com. Here you can fill up on Vietnamese staples like pho, spring rolls, bahn mi sandwiches and more at Pho Kim. Everything we've tried is good, but the Pho soup is the star. The broth is rich and complex and full of flavor. And if you've never tried Vietnamese coffee, Pho Kim is the place to start. So sweet, but so good. Open Mon. and Wed.-Sat., 11 a.m.-8:30 p.m.; Sun., 11 a.m.-7:30 p.m. \$ 🍷 🍷 🍷 🍷 🍷

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*Offers cannot be combined

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Javier Olguin, owner

St. Patrick's DAY GALA

Guests arrived at the St. Patrick's Day Gala decked out in their best green outfits to compete in the Best Dressed Irish Contest. The holiday theme was showcased throughout the night with Irish-themed games and a "Foster Family" Irish toast. Guests enjoyed an elegant dinner, had fun in the photo booth and bid on items in the silent auction. The Bill R. Foster "Legacy of Caring" Award Recipients were Jay & Lisa Guffey.

Date
March 3

Benefiting Organization
Council of Churches of the Ozarks

Money Raised
\$44,700

Number of Guests
200

Location
Oasis Hotel & Convention Center

Attire
Cocktail or St. Patrick's Day attire

Food
Oasis Hotel & Convention Center

Entertainment
Kellswater Irish Band & King's Way
UMC Quartet

Sponsors
SMC Packaging Group, Don & Ruth
Martin, Preferred Hospice, Regional
Hospice, Foster Hospitality Group,
Mercy, CoxHealth, Bill & Virginia Darr,
417 Magazine and many more



Rance Loftsgard, Leaster & Jayme Gibson



Lyn Foster, Tony Foster, Parker Foster



John & Marlene Donald



Andy & Lori Drennen



Chuck Ball, Denise Allsop



Jerry & Jean Harmison



Kelly Cox, Michele Decloure



Nathan & Heather Zoromski, Trisha & Tom Doering

Photos by Jonathan Kirby

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[PEOPLE PICS]

Friends of the **FLIGHT 2018**

The annual Friends of the Flight dinner and auction is Honor Flight of the Ozarks' biggest fundraiser of the year, supporting three honor flights to send local veterans to Washington, D.C. Guests enjoyed a seated dinner and bid on items in live and silent auctions. Local media personalities and veterans Ned Reynolds and Jerry Jacob hosted the event, taking the audience through games and moments of honoring those who have served.



Bob Dixon, Jay Wasson



Shelia Collins, James Dale Catron, Tammy Catron



Robert Crampton, Michael Franklin



Daniel Gunther, Sara Stubbins



Will & Emily Johnson



Glenda Wheeler, Pattie Mikulin, Linda Hinds



Melissa Herscend, Jack Hamlin, Gene Gilberath,
Chris Stark



Ryan & Katie Cosby

Date

March 10

Benefiting Organization

Honor Flight of the Ozarks

Money Raised

\$71,000

Number of Guests

210

Location

White River Conference Center

Attire

Business Casual or Service Uniform

Food

White River Conference Center

Sponsors

Ridewell Suspensions, Custom Metalcraft, Integrity Home Care, O'Reilly Auto Parts, Herschend Family Foundation, Central Bank of the Ozarks, SRC, 417 Magazine

Photos by Ryan Kowalski




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[PEOPLE PICS]

Tool Belts & Bow Ties

The 13th annual Tool Belts & Bow Ties gala was a Masquerade Evening in New Orleans. Guests enjoyed a cocktail hour, a plated dinner, a photo booth and signature "Sponsor a Home" live and silent auctions, during which guests bid on buckets of nails, windows and doors to help raise money to build a home for a local family. For Habitat supporters who couldn't attend the gala, a virtual bidding site was set up. The 2018 Honorary Chair is Charlie O'Reilly.



Josh Jones, Abby Glenn



Doug Loch, Teresa Lymch



Jacob Nentrup, Caitlin Brooks



Rick & Molly Hale, Kate & Justin Stringer



Shauntae Taylor, Jalessa Cain



Lynnsey & Ryan Fletcher



Chad & Debbie Holgerson



Bernadette Pry, Kim Brown, Liz Butrick

Date
March 23

Benefiting Organization
Habitat for Humanity of Springfield, MO

Money Raised
\$113,000

Number of Guests
375

Location
University Plaza Hotel and Convention Center

Attire
Cocktail and Masquerade

Food
University Plaza Hotel and Convention Center

Entertainment
The Norman Jackson Band

Sponsors
Charlie and Mary Beth O'Reilly Family Foundation, Keystone Building and Design, LLC, 417 Magazine and 94 additional sponsors

Taste of THE OZARKS

The 16th Annual Taste of the Ozarks featured a silent and live auction, food samples from local fine dining restaurants, entertainment and other activities for guests to enjoy. Restaurants competed to be recognized as people's choice winner, and the event supported Big Brothers Big Sisters of the Ozarks' mission "to provide children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better, forever."



Amy Bates, Stacy Robinson, Brian Pearman



Stephanie Buchanan, Tyson Johns



Chelsey & Kraig Bode



Denise & Kevin Dunaway



Matt Lemmon, Bethany Banion, Susie & David Turner



Shelly & Mike Schatz



Michael & Becky Zerman



Katie Davis, Amanda Tierney, Brook Bigham

Date

March 23

Benefiting Organization

Big Brothers Big Sisters of the Ozarks

Money Raised

Over \$195,000

Number of Guests

550

Location

Oasis Hotel & Convention Center

Attire

Cocktail

Food

Houlihan's, Fire & Ice Restaurant & Bar, Ocean Zen, Nicola's Ristorante, Big Easy Grill, Springfield Brewing Company, B & B Boulangerie & Fair-Weather Cafe, Gilardi's Ristorante, Branson's Center Stage Grille & Bar, Neighbor's Mill Bakery & Cafe

Sponsors

Corporate Business Systems, CoxHealth, PC Net, Bass Pro Shops, BP Builders, Mid-Missouri Bank, Central Bank/Central Trust, Neale and Newman, Kevin & Denise Dunaway, Guaranty Bank, Commerce Bank, 417 Magazine and many more

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20 Years of Mays

In the early years, the May issue of 417 Magazine was all about getting out and enjoying the Ozarks. We showed off some gardens we loved and bragged on the best places to work. Then we started highlighting the best local fare and eating healthy. Our focus changed entirely to health in 2013, when May became the official month of our annual Top Doctors feature. For the sixth year in a row, we're continuing to give you a comprehensive list of the best local physicians, so you're always a quick page turn away from a doctor if you need one.



2018



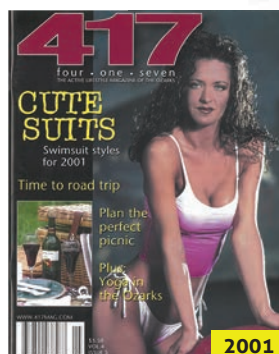
1998



1999



2000



2001



2002



2003



2004



2005



2006



2007



2008



2009



2010



2011



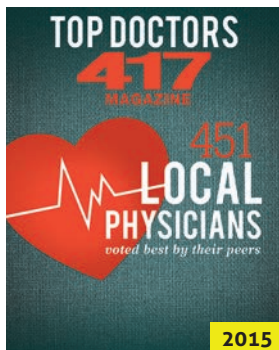
2012



2013



2014



2015



2016



2017



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