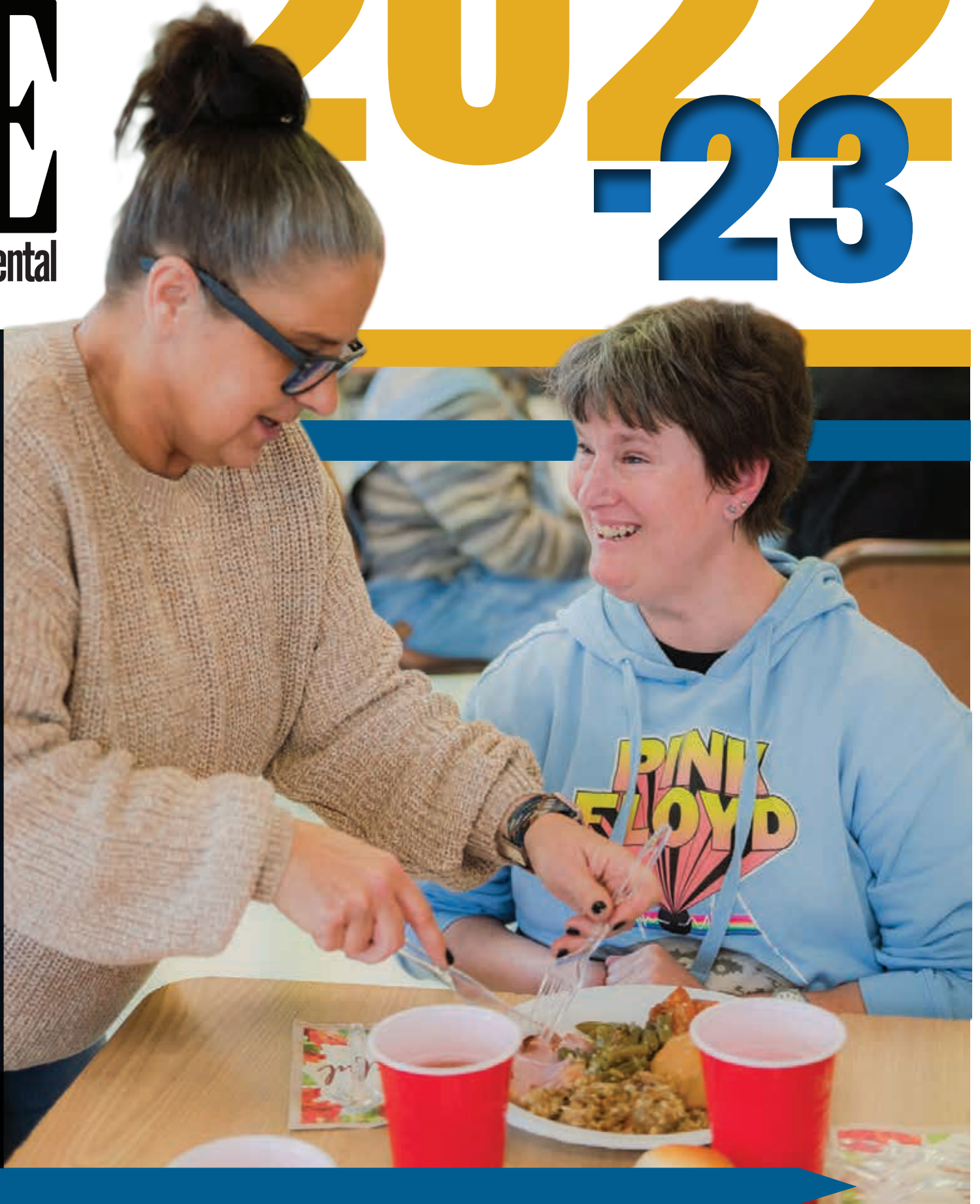


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# Winter 2022-23

**SWI  
Industries  
celebrate  
ALL:**  
adults with disabilities  
a workforce to be  
reckoned with  
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# A Geocache is found with interesting items



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## Right here in Cedar County

By Alana Hindman

**W**ho doesn't love a good treasure hunt? Evidently there are still some leftover treasures right here. Cedar

County residents can take part in an international treasure hunt known as "geocaching." This hunt includes over 3 million hidden containers placed for people to find. It can be a great way for family or friends to experience something unique as they explore the countryside together. Geocaching was a hot topic a few years ago, but they are still out there. In the Stockton area alone, there are at least 150 containers, or geocaches, throughout the area.

"Our oldest daughter, Izzy, already knew what geocaching was. When I told her that I had found one of the caches, she and the rest of our children were ready to hunt for the treasure inside," shared Zachary (Zac) Hindman, Stockton resident.

Hindman found the cache while hunting. After realizing it was an international treasure hunt, he took the kids out to find and open the cache. That container had last been opened in 2009, Inside were plenty of interesting items like toys, mardi gra beads, and a disposable camera. There were also some business brochures written in another language and from another country and an official logbook.

"My favorite part was the adventure of looking for the cache because my dad didn't tell us exactly where it was. We had to look around until we found it," recalled Sophia Hindman, daughter of Zac and Alana Hindman.

Here are some hints as to how a person might find one. The hidden con-

tainers are created by individuals in this "global cache community." To find these stashes, "look for something out of place." Geocaches are normally never buried, and they don't always have to be on the ground. They can sometimes be disguised as rocks, bricks, birdhouses, or it could be a simple container.

Use detective-like instincts, but if it's hard to find, sometimes there will be a hint to help. There are no limits on size, so it may be something noticeable or something very small that requires a closer look.

In larger caches, trackable or items to trade can be found. A "trackable" is a geocaching game piece that is meant to move from one cache to another. There is usually a code on the back because this kind of treasure is meant to be taken and left in another cache. If an item is meant to be traded, make sure to leave something of equal or greater value.

Always bring your own pen. Once the cache is found, there should be a logbook that can be initialed and dated. Never move the cache from where it's found.

No, the Hindmans' won't share where the cache is, but anyone interested will need to sign up for an account to be able to see area maps which are marked with the locations of these hidden treasures. The map will usually get a person within 30 feet of the cache. Visit and create an account on the website, geocaching.com or the game is also featured on a free, downloadable app called geocaching. This geocache was found on Corp ground.

The Cedar County Republican would enjoy hearing from anyone who takes part in this treasure hunt. Take pictures and reach out via email to [news@cedarrepublican.com](mailto:news@cedarrepublican.com) or send a message to our FB page. Happy hunting!

# Not too busy to build a barn



The Barn at Creekside sits on Dick and Karen Rieth's 10 acre farm near Buffalo.

BY STEVE JOHNSON  
stevej@buffaloreflex.com

**D**ick and Karen Rieth are always looking for ways to enrich their lives and the lives of their friends, neighbors and acquaintances.

A busy lifestyle for a busy life

Karen is a health and wellness coach and group instructor who is certified by the American Council on Exercise. Last year, the couple finished a fitness studio and opened Creekside Health and Wellness LLC. Karen, a former motorcycle safety instructor at OTC, also heads up a group of active women called LETS-GO, which stands for Ladies Enjoying the Great Outdoors. She is an ATV and side by side instructor at Rieth Farm.

Dick is a master cabinet maker and woodworker who also is skilled at all types of construction. He has worked in construction and woodworking for nearly 50 years. He owned his own business, Riverside Cabinets, for 30 years. Mr. Rieth is very talented at taking anyone's ideas, especially Mrs. Rieth's ideas and designs, and turning them into a better finished product than they imagined or so says some of his clients.

As if their lives weren't busy enough, the Rieths decided to add wedding and event ownership and managing to their list of duties and credentials. "The Barn at Creekside" is a rustic country loft style barn located just a few short miles from Buffalo. It serves well for the out of the ordinary wedding or event.

## Not slowing down

The Rieths rarely take time to rest. They built the "Barn" in 12 days with help from their sons, Troy and Trenton, and a friend, Jeff Burnum. The idea came to Karen several years ago when she was flying to different cities and teaching safety classes for Yamaha. On the airplane flights, she would doodle in her dream book, and so she sketched out plans for the barn. She showed her sketch to Dick and told him, "I would love to have a barn like this on our 10 acre farm."

"After you get older, you want to do the things you did as a child," said Karen. "After losing loved ones, it makes it easier to step out into your dreams. If you fall, you fall. Get back up and move forward. Maybe God has something else planned," referring to the loss of her oldest son, Travis in the autumn of 2019.

The loft of the barn was made with mortise and tenon beams. The original premise for the barn was to house the miniature horses they already owned. They no longer have the horses and they have cleaned up the barn to be used as a venue. Currently the barn is an open air facility and because there is not heating and air conditioning, temperature and weather can make a



Dick and Karen Rieth work hard to make all their projects successful.



Dick Rieth and his sons built The Barn at Creekside in 12 days. CONTRIBUTED PHOTOS



The Barn at Creekside is a rustic barn with a spacious interior designed for weddings and other events.



A country style wedding takes place at The Barn at Creekside.  
PHOTO BY STEVE JOHNSON

difference in the time prospective clients would want to schedule an event. Spring and fall are the best times to book an event.

"We like to think of it as a special place to make memories of a special day. Many couples getting married these days want a less formal wedding,



The Barn at Creekside can be decorated for any style of wedding.

more relaxed," informs Karen who has been married to Dick for 46 years. They have hosted chili cook offs at the barn and an event called Hot Dogs and Horseshoes, where you guessed it, those who attended ate grilled hot dogs and played in horseshoe tournaments.

"We have been so blessed," said Kar-



Karen Rieth and some of her LETS-GO Group friends prepare to canoe down the Niangua River near Bennett Spring State Park.

en, "and what is it to be blessed with something and not be able to share it?"

For more information about The Barn at Creekside, Creekside Health and Wellness and LETS-GO group, check out the Creekside Health and Wellness and LETSGP group Facebook page or call Karen at 417-839-2865.

# For God and Country

## Former Pastor and World War II Veteran Turns 100



Mayor Chris Warwick presents Hudson with proclamations from the City of Bolivar and Governor Mike Parson's office on Oct. 25. CONTRIBUTED PHOTOS

By Quincy Young  
quincy@bolivarmonews.com

Just in time for his 100th birthday on Nov. 10, Bolivar resident Gineth Hudson celebrated Veterans Day weekend by reflecting on his years of service in the 21st Infantry, 24th Division of the U.S. Army as a World War II veteran and a recipient of a Purple Heart while stationed in the Philippines.

His family held a small celebration for him on Nov. 12, even inviting the Patriot Guard Riders to ride by the Hudson household during the party. In addition to the birthday celebration, Hudson and his wife also celebrated their 71st wedding anniversary that took place in July.

Hudson was born in the Cat Creek community in Harrison County, MO near Bethany, where he was raised until the summer he turned three. Even though he

was just a youngster at the time, his childhood hometown was a special time and place in his life that gave him long-lasting memories, from Sunday church services to baptisms in icy weather.

"I do remember attending the local Baptist church," Hudson says. "Back then, we had a two-seated buggy that was our transportation, and I can remember them picking me up off the pew one Sunday night, carrying me out to the buggy to go home."

When he was five, his family moved close to Cainsville, near the Missouri-Iowa state line. He attended a country school all throughout grade school and graduated from the public high school in Cainsville.

Hudson says he and his family were at home on the farm when they were notified about the attack at Pearl Harbor. Shortly after, his older brother volunteered to go into service. In July 1944, it was Hudson's

turn to join the military when he was drafted into the U.S. Army.

"I was the main tractor operator of the family at that time, and we had a lot of land to deal with," Hudson explained. "Plus, I had cattle. My father had cattle. My brother had cattle. We had three herds of cattle to deal with, and we had to rent extra pasture for that. But some of the equipment we used was specially made for certain jobs, and I used some of that to do customer work for the neighbors, because they didn't have any help to put up hay. All the guys, young fellows were gone to service, and so I would go, rake it, and put it on the stack for them."

Hudson was sent to basic training in Camp Roberts, California, where he specialized in heavy weapons, notably a water-cooled machine gun and an 81 mm mortar.

"We did a lot of walking, and when we carried those things, one man carried the base plate of the mortar, and another one carried the tube, and another one carried the bipod that we used to aim and set it up," Hudson adds.

One specific night during basic training that Hudson vividly remembers was a 20-mile-long trek to and from camp.

"We started at midnight, and we walked into camp. It was so dark, and when we first started, if the person in front of you didn't have white on, you couldn't see. But after a while it lightened up a little. But that was a long, long walk," he recalls.

When the troops got back to camp, their spirits were lifted when, upon arrival, the band began to play for them.

On Dec. 31, he "was loaded on the ship and sent overseas" to the Philippines. During the war, he was placed on a machine gun squad and assigned various tasks. He also took driver's training in order to carry out his primary responsibility: driving a Jeep with a trailer to haul heavy weapons and supplies wherever

they were needed.

"Most of the time, I was back behind where the firing was going on, because my job was working back and forth," he says. "I carried out wounded and sometimes carried out soldiers who were killed and took them to the cemetery."

Although Hudson says he never had to use his weapon on an enemy, he is well-acquainted with the sound of bullets zipping over his head. Even in recent years, Hudson is surprised that he keeps finding pieces of shrapnel in his body.

Amidst the chaos of war, Hudson was able to develop a camaraderie with other Jeep drivers and even the commander over his unit.

"We had a motor officer for a while and, after we went to Japan, he would come to me, and he said, 'Get a Jeep. Let's go for a drive.' So we did. We got to view quite a little bit of the area of Japan around the camp where we were stationed and see something of the culture, how they operated their lives," Hudson says.

Driving through the Japanese countryside, he observed farmers as they grew rice and vegetables, often drudging through muddy fields to set out rice plants. Hudson found it interesting to see the tools the farmers used to thrash rice and the motorized equipment they used to work in the fields.

One day while delivering weapons, Hudson drove over a downed telephone line, which wrapped around the left front wheel on his Jeep. He laid on the ground, cut the line, and unwrapped it from around the wheel.

"While I was doing that, just every little bit, I'd hear the bullets go over. It didn't hit any part of my Jeep or even low enough for where I was, and I don't know why or what the person was shooting at but I heard the bullets," he shares. "I was sure glad to be able to move out of that position, because I didn't know when those



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bullets would come my way.”

Staying grounded, Hudson kept in touch with his family by mail, writing letters back and forth.

“They sent me one package; it finally got to me. Took a long time. The cake was still good,” he says humorously.

Hudson was aboard a ship on his way to Japan when the news broke that Japan had surrendered. He even got to take a train ride where he saw the aftermath and destruction of the atomic bomb in Hiroshima.

“I was exposed to radiation, because I was sitting in the Jeep on a flat car on the train. And we stopped at a little station where they’d dropped the first atomic bomb. Of course they didn’t know anything about radiation back then,” Hudson says. “We sat there for 15 to 20 minutes. I saw children playing around there, but there was nothing left but a small concrete object out there in the center in the town of Hiroshima.”

Supposedly due to the radiation, Hudson says he remembers feeling unwell for most of the first year after his time in the service.

“When the war was over, we would transfer to Japan. And those who had been there longer were sent home,” Hudson says. “They kept moving me up. I became a buck sergeant in charge of our motorpool at the end of my service.”

While his crew initially started with three or four Jeeps, throughout his service, they accrued more and more drivers until he was finally discharged in August 1946.

“I was glad to get out. They wanted me to sign up to stay in the service. But I said, no, I’m ready to go home,” he notes.

Then, about five years after the war, he met his beloved bride, Jane.

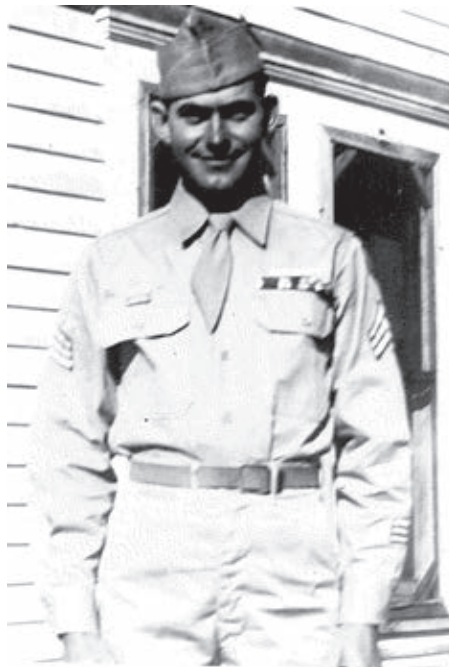
“We were married on Friday, July the 13th, 1951. Make note of that: Friday the 13th,” he says, chuckling.

His wife was fresh out of high school, and while they were planning on getting married, they hadn’t settled on a date for the wedding. When a family member inquired about the date of their wedding, his then-fiancé simply replied, “next Friday,” which just happened to fall on the thirteenth day of the month.

The couple purchased 60 acres of land near Mount Moriah, combining Hudson’s and his father’s properties. The father-



Gineth Hudson (middle) is recognized and thanked for his outstanding achievements by Bolivar mayor Chris Warwick (right) as his wife Jane Hudson (left) stands at his side.



and-son farming operation soon was in full swing, but a newly-married Hudson eventually ended up taking on the farm work once his father’s health started to wane.

In 1957, Hudson was called to Bolivar to prepare for ministry by attending Southwest Baptist College, a two-year college at the time. He graduated in May 1959 and soon after welcomed his fourth and final child to the family.

During part of his first year in Bolivar,

Hudson worked for Kieth’s Turkey Hatchery. After two years in Bolivar, Hudson was led to Shady Grove Baptist Church, west of Warsaw, where he served for about a year.

The family moved again, this time setting out to preach at Pleasant Hill Baptist Church in Dade County. There, the family established deep connections with many members of the church.

The couple said a tearful goodbye when they packed their bags and moved their family to Jamestown. Hudson says that two churches from either side of town were brought together to form the congregation at Jamestown Baptist Church.

“I had the privilege of being the first pastor and helping get the church really established and going good,” he says.

About three to four years later, they “went back to [their] house on the farm” and pastored Immanuel Baptist Church in Bethany. A highlight of his time as preacher was when the missionary association sent him on the Missouri-Australia Crusade, a month-long evangelism tour in Australia.

In 1966, Hudson and his family returned to Bolivar, renting a house about a mile outside of town. By then, Southwest Baptist College had become a four-year institution, and Hudson enrolled for another two years, earning his Bachelor’s degree in Education.

During all of his time in college, Hudson performed a couple of jobs on campus, cleaning the kitchen and the dining hall and enforcing dress regulations.

With four years of schooling, he became a teacher of remedial reading at Pleasant Hope School for 15 years. Hudson also pastored Hopewell Baptist Church in Benton County near Quincy for 22 years.

After his time at Hopewell, he pastored a church in Camden County called Lazy Acres Baptist Church. He and his family resided in a parsonage there for over a decade. Once Hudson decided to move on from Lazy Acres, the couple began visiting other churches.

They set their sights on attending Mount Etna Baptist Church in Bolivar before the congregation asked Hudson to take on the pastoral duties. After about ten years of preaching at Mount Etna, Hudson officially retired at 90 years of age.

“I loved the job of pastoring churches, but it finally got to be a little more than my energy would take care of. So I retired, and I’m not sorry I did,” he said.

As a jack-of-all trades, Hudson also found an interest in carpentry. Once he finished college and began his teaching career, Hudson was able to purchase the plot of land on which his current house stands in Bolivar. In 1971, construction began on the house, and on Oct. 31, the family was finally able to move in.

“It took a while to get it all done, but at least we had a warm place to live when we got it all finished,” he adds.

While living in Bolivar, Hudson has spent a number of years serving at Citizens Memorial Hospital, volunteering as an auxiliary member and working as the first chaplain for CMH Hospice.

As a veteran, family man, and long-time pastor, Hudson relishes the comfort of knowing he has lived a good life and possesses a wealth of knowledge and wisdom from a lifetime of experiences. Living his life by this philosophy, Hudson advises the younger generations to serve God and country.

“Make sure they’ve got the right relationship with God and then live a life that would be pleasing to Him,” Hudson says. “Whatever type of work you want to be in, make sure you can live your faith in that job.”

## Bass Pro Shops donate funds for new Mercy Children’s Hospital aquarium

Headliner News Staff  
news@ccheadliner.com

**A** hospital stay can be scary, especially for kids. Hopefully, a new feature coming to Mercy Kids Children’s Hospital will ease anxiety and be an important part of young patients’ recovery.

The Bass Pro Foundation presented a \$10,000 check on Sept. 1 to Mercy Health Foundation Springfield, to help pay for a new 300-gallon fish tank in the pediatric inpatient unit of Mercy Kids.

“I am honored to be a part of such a meaningful project for Mercy Kids,” said noted conservationist and founder of Bass Pro Shops, Johnny Morris. “We hope this updated aquarium will bring the wonder of the great outdoors to these kids and inspire them as they find their way back to health.”

The new aquarium will replace the current one, which is small and more than 40 years old, but still is serving

a very important purpose.

“We often need kids to get up and move around as part of their healing process,” said Ashley Wilson, manager of Mercy Child Life Services. “Inviting them to come feed the fish can be the motivation they need to leave their beds. The tank also draws patients, and even families, to sit in our playroom and have a moment of calm in an otherwise stressful situation.”

The new aquarium will be a huge upgrade in size and features.

“It will have ‘portholes’ that will open to the hallway, which we think will be much more inviting,” Wilson said. “Some patients and families may not be able to enter the playroom due to infection prevention measures, but they will be able to see the fish from the outside.”

With this donation, Mercy Health Foundation Springfield has raised \$12,000 of the \$50,000 necessary to finish the project.

“We’re so grateful to Mr. Morris and the Bass Pro Foundation for



Ashley Wilson, manager of Mercy Child Life Services; Sarah Hough, Bass Pro Shops Community Affairs manager; Bob Zehmer, Bass Pro Shops senior director of Conservation; Jennifer Murray, Mercy executive director of Nursing for Women’s and Children’s Services; David Argueta, president of Mercy Hospitals Springfield Communities; Bill Hennessey, Mercy vice president of Mission; Marie Moore, chief nursing officer for Mercy Springfield Communities; Alyea Alldredge, executive director of Mercy Health Foundation Springfield. SUBMITTED PHOTO

this generous gift,” said Alyea Alldredge, executive director of Mercy Health Foundation Springfield. “The outdoors is such an important part

of life in the Ozarks, and we know bringing some of the ‘outside in’ to our young patients will get them hiking down that path to recovery.”

## SWI INDUSTRIES CELEBRATE ALL: adults with disabilities a workforce to be reckoned with



Employees of SWI Industries excited to enjoy both fellowship and Jerry Nehl's famous cooking. MAIL PHOTOS BY KYLEE MARX

By Alyssa Andrews  
alyssaa@marshfieldmail.com

**F**or the past 42 years, every Monday morning Winfred Jones springs out of bed, ecstatic to start the week. Occasionally, he even arrives 20 minutes early to chat with his coworkers and employees to hear about their weekends. Jones is greeted with many smiling faces, handshakes, and occasional hugs because his coworkers are so happy to see him.

This work scene is unique because almost everyone else you likely know despises Mondays or is not a fan of their coworkers. They drag themselves out of bed, avoid small talk and rush out of the building as soon as 5 p.m. hits. The difference between them and Winfred Jones is that Jones works at SWI Industries (formerly known as Web-Co Custom Industries) in Marshfield, MO. This unique business employs around 70 employees with intellectual and/or developmental disabilities who reside in Webster County. SWI might just be the happiest place of employment in the county.

"I love to come to work every day", Jones wholeheartedly expressed. "Because when I miss work they (coworkers/employees) ask 'why weren't you here?'... Some don't have family, but they have it here."

Mandy Archie, SWI Warehouse Manager echoed the same feelings.

"Every time I get up in the mornings, I'm ready to go to work. If you've had a bad night or something the night before it's like as soon as you walk in the door and you see them it just all changes. All your worries are just left behind and you know it's going to be a great day."



A Thanksgiving feast! A SWI employee excitedly awaits for her feast prepared by Jerry Nehl and fellow Knights of Columbus.

Each employee at SWI is assigned to a job based on their preferences, interests, and strengths, works alongside people with and without disabilities, receives comparable wages, and is

free from workplace discrimination. Employees who require a ride are picked up and dropped off by one of the company's four bus routes organized throughout the county.

Jones emphasizes that without company transportation, working would not be possible for many of his employees.

"That's the key: most employees couldn't work in the outside world because they have no transportation. Whereas we pick them up. We run to Fordland, Seymour, Niangua, and even Radar, Missouri. Also here in town. Likely they wouldn't have an opportunity to work anywhere if it wasn't for that."

This work atmosphere was created and designed just for these individuals in mind according to Jones, who is SWI's Plant Manager and has worked in the industry for the last 42 years.

"In 1977, it started with just a handful of people, parents, and a lady from the school who got together and started (Web-Co Custom Industries) in a building off of the square there on North Crittenden...just north of the jailhouse," explained Jones. "My youngest sister was born with Down Syndrome... and she started working there in 1978."

The organization moved and expanded to Marshfield's industrial park in 1997 and merged with SWI Industrial Solutions in 2020. SWI continues to provide meaningful employment opportunities for individuals with developmental disabilities for those residents in Webster County.

Both local and national companies such as McCormick, 3M, Amazon Fulfillment, Dead Down Wind, Scent Thief, Sunny Bunny Garden, and many more contract SWI to assemble, or package their products. The assortment of companies that SWI works with provides varied occupational choices and experiences for its employees.

"When employees come to work, we try to assign them for the right job and

see where they best fit in," Jones added.

The high level of quality products and attention to detail is also an attractive quality for companies who are looking to outsource their labor. SWI's reputation is so renowned that many companies send their products for assembly or packaging without touring the facility or meeting in person.

"That's how much these companies trust us to do things. They just let us get the job done because these employees do such a great job" told Jones.

"If we (management) make a mistake, our employees will correct us. They will say 'that is not how we did that last time'. Sometimes we go to them and ask 'how do we do this?'. They seriously don't forget," smiled Jones. "Very seldom do you see them make a mistake."

Numerous individuals within the community have encountered the employees of SWI in one way or another. The company even created a board to represent the interests of its employees and oversees internal developments.

It's not all work and no play. Additionally, board members and community members want in on all the fun employees have at SWI.

The week before Thanksgiving, Jerry Nehl, Jane Alexander, Kylee Marx, Webster County Prosecuting Attorney Ben Berkstresser, and his team offered to serve employees a Thanksgiving feast.

Nehl, a Marshfield resident and a recent recipient of the Lt. Governor Senior Citizen Service Award, has been involved in SWI for many years. Nehl additionally serves up delicious holiday feasts to its employees at no charge.

"I was on board years ago and they got where they were financially struggling. They didn't think they were gon-



Webster County Prosecuting Attorney Ben Berkstresser (in navy jacket) and his staff serve the employees of SWI Industries for Thanksgiving. Plant Manager Windfred Jones (in blue polo) eyes the green beans and homemade cranberry sauce.

na be able to celebrate Thanksgiving or Christmas. I said 'don't worry about it. I'll take care of it,' recalled Nehl.

"For a lot of these folks, this may be the only Thanksgiving or Christmas dinner they are going to have... this is the most impressive bunch you'll ever see. When they go to the line for food they thank every single person that served them and some of these guys

will eat four or five times, you know, which nobody minds. They appreciate it. You don't mind doing stuff for somebody who appreciates it."

Both Jones and Archie plan to work at SWI for as long as they can. Jones is nearing retirement but isn't ready to say goodbye to his fellow employees just yet.

"They depend on you. They depend to

see you here every day... If it wasn't for them we wouldn't be here. It has nothing to do with us, it's about them. Their love is real," added Archie

"If the whole world was like they are, it'd be perfect," expressed Jones.

For more information on employment, volunteering, or general questions visit [swiindustrial.com](http://swiindustrial.com) or call (417) 866-2339.

## CoxHealth now offering mammogram screenings in Ozark

Headliner News Staff  
[news@ccheadliner.com](mailto:news@ccheadliner.com)

Patients in Ozark and surrounding communities now have a new location for mammogram screenings. CoxHealth has added mammography services to the CoxHealth Ozark Clinic, allowing patients to receive regular and 3D mammograms in a location that is close to home.

"Mammograms save lives, and we're thrilled to make it more convenient for patients to be screened," says Susan Smith, manager of the CoxHealth Breast Care Clinic. "When patients receive a mammogram at the Ozark Clinic, our team at the Breast Care Clinic will review their results, giving patients the same expert care closer to home."

Previously, mammography services were only offered at hospital campuses. The Ozark Clinic is the first CoxHealth location outside of a hospital campus to offer regular and 3D mammograms. There are also plans to add mammography services at additional clinic locations in the future.

"Our clinics support all stages of the health care journey, from preventive care to treatment of illness," says Brock Shamel, vice president of Cox Medical Group. "This will be a life-saving addition for the communities



around Ozark, and we look forward to expanding to new preventive services at different locations in the future."

CoxHealth follows the American College of Radiology mammography guidelines, which encourage women 40 and older to schedule yearly mammograms. It is recommended that women in their 20s and 30s schedule a clinical breast exam every three years, and that women of all ages conduct monthly self-exams and report any concerning changes to their primary care provider.

Patients can schedule a mammogram at the Ozark Clinic by calling 417-269-5198 or 417-269-LADY or visit the website to learn more.

### HOW TO STAY "ON TRACK" DURING THE HOLIDAYS

**Everyone wants to enjoy the holidays** – it's the most wonderful time of the year, right? We all enjoy gathering, spending time with friends and family, and eating all of the delicious food. However, 47% of us Americans have hypertension, 20% have acid reflux, 12% have hyperlipidemia (high cholesterol), and 12% have diabetes. The leading risk factors for heart disease and stroke are high blood pressure, high cholesterol, diabetes, smoking, obesity, and physical inactivity. Let's look at some tips for the holidays to help us stay a little healthier during the holidays.

**Tips for Hypertension:** Some modifications that you can make to your diet to help lower your blood pressure include reducing the amount of salt. The recommended amount of salt per day is 2,300 mg per day which about 1 teaspoon, but most American's consume closer to 3,400 mg per day. If you have hypertension, try to avoid that salt shaker this holiday season.

**Tips for Acid Reflux:** In addition to keeping those Tums close by, some foods to avoid or eat in moderation include spicy foods, citrus, tomato-based, chocolate, peppermint, cheese, carbonated beverages. Try not to overeat or eat 2-3 hours before bed.

**Tips for Hyperlipidemia:** The best ways to lower your cholesterol are to eat heart-healthy foods, exercise, stop smoking and drink alcohol in moderation. Heart healthy foods are low in saturated fats so reduce the amount of red meat and full-fat dairy products. This means, go ahead and eat that turkey, but eat smaller portions of that creamed corn. Also, try to avoid trans fat foods. Margarine is an example of trans fat and lots of cookies, cakes, and crackers are made with it. Lastly, increase the amount of omega-3 fatty acids in your diet which can be found in salmon, flaxseed, walnuts, and others.

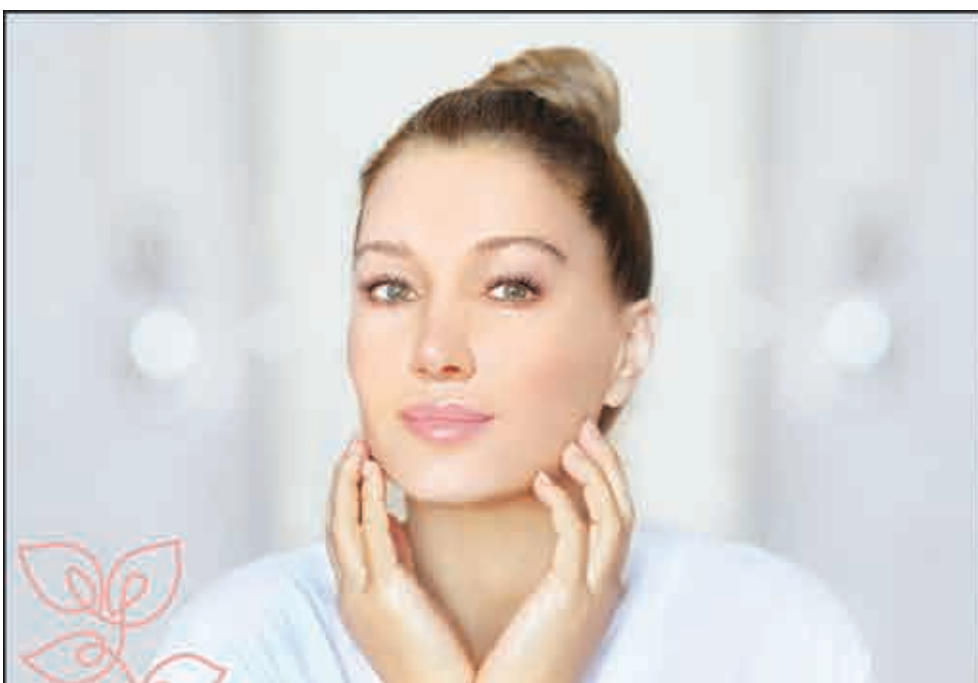
**Tips for Diabetics:** During digestion, carbohydrates are broken down into glucose and will raise your blood sugar. Some foods high in carbs are breads, pastas, corn, potatoes, cakes, pies, candy. Our bodies need carbohydrates for energy so some of the healthier carbs that can be ate in moderation include fruits, vegetables, whole grains, and beans.

**Thank you** for reading and considering our tips. If you have any questions or concerns about your health, make an appointment with us at the CCMH Medical Mall Clinic. We hope you enjoy your holiday season!

Tedi Payne, FNP and  
Chandler McKinney, PA-C



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