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Content Due	Edition Date
December 5	January
January 5	February
February 5	March
March 5	April
April 5	May
May 5	June
June 5	July
July 5	August
August 5	September
September 5	October
October 5	November
November 5	December

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Dear RESIDENTS

September signals the end of summer as fall begins with the autumnal equinox on the 22nd. Labor Day celebrations and parades give families a mini-break before school schedules kick into high gear. It's still warm enough for picnics and boat rides, hikes and tailgating. Baseball winds down, football picks up steam. Hoodies and sweaters begin to appear. Meeting the Freers will warm your souls. Visit Poplar Bluff businesses that you see represented in *Poplar Bluff Living*. They make these pages possible! Happy September!

"September tries its best to have us forget summer." Bernard Williams

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Teresa Lee

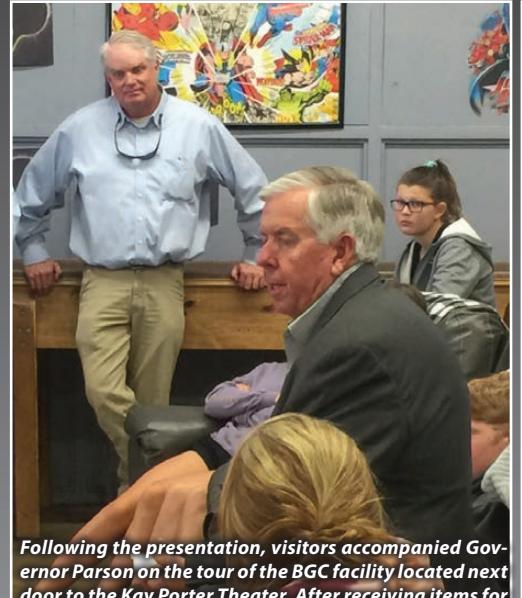


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GOVERNOR Visits PB Boys & Girls Club

BY TERESA LEE



Following the presentation, visitors accompanied Governor Parson on the tour of the BGC facility located next door to the Kay Porter Theater. After receiving items for the state's bicentennial time capsule from PBBGC teen LeAra Hopson, Governor Parson chatted with some of the students. District #25 Senator Jason Bean looks on.



District #153 Representative Darrell Atchison and wife Joanna were among the attendees.



Penny Taylor, Project Coordinator dealing with grant applications and administration, delivered an enlightening presentation emphasizing the impact of intervention and collaboration on the futures of Butler County youth.



The Board of PB's Boys & Girls Club hosted Missouri Governor Mike Parson on Monday, August 2 for a presentation on the positive role it plays in the lives of about 500 Butler County students and its plans for future emphasis on workforce development.



Chris Rushin, CEO of PB's Boys & Girls Club, also spoke to the approximately 60 attendees at Kay Porter Theater.

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TAILGATING? MAMA'S CHILI REQUIRED

BY TERESA LEE

September is normally cooler. Football is on the minds of many, and football means tailgating! This is a great quick chili recipe to go with all that entails. It might also be a great meal to prepare and share with grandparents on their special day this month.

INGREDIENTS - BE SURE TO USE YOUR FAVORITE BRANDS!

2 lbs lean ground chuck
1/2 cup diced onions
5 cups tomato juice
3 to 4 cups of water
1 can (7-oz) of tomato sauce
2 pkgs chili seasoning mix
1 can diced tomatoes
A pinch of garlic powder
1 tsp chili powder
Salt and pepper to taste
4 to 5 cans of chili hot beans



NOW TO MIX THE MAGIC!

Brown the ground chuck and the onion together in a skillet. Drain well. In a large pan heat together the tomato juice, all the seasonings, the water, tomato sauce, tomatoes and the meat. Bring to a boil then add the beans. Reduce the heat to low and simmer for twenty minutes.



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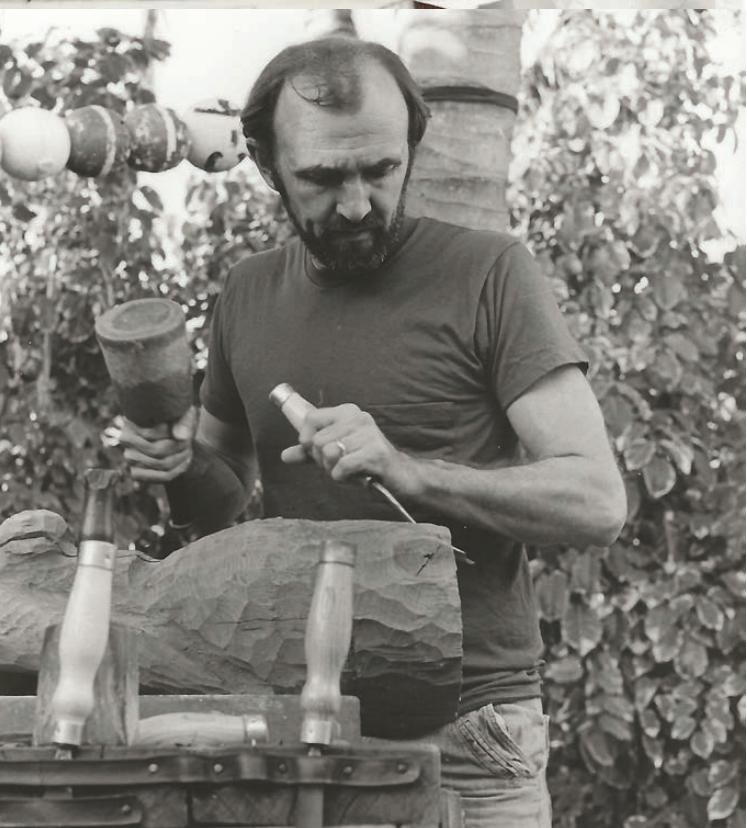
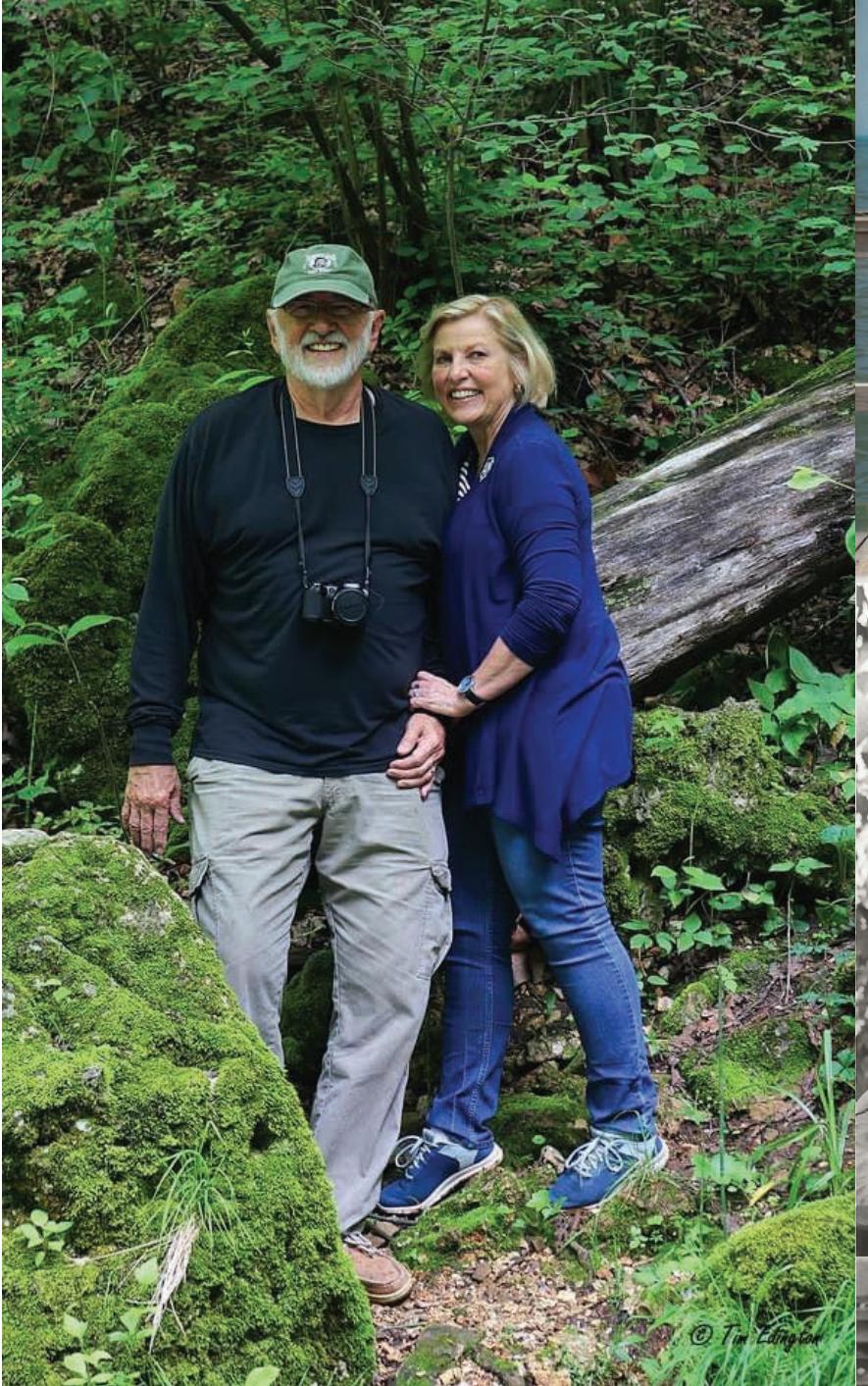
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Can a Contemporary Artist Find Happiness in a Century-Old Farmhouse?

BY RALPH FREER | Photos submitted by the Freers

Septuagenarian artist Ralph Wayne Freer's country roots run deep. Ralph was born at home, a generations-old dog-trot log home, on the forty-acre farm of his grandparents, Charles and Lena Freer, located on Indian Creek in rural north-central Butler County. He was delivered by his grandmother, a registered midwife. Ralph's mother Letha, a teacher at the nearby one-room Martin School, was living with her in-laws. His father, like most young men in 1943, was in the military training for overseas deployment. He was eventually sent to Europe where he found himself in the middle of the "Battle of the Bulge" a year later.

After World War II, Ralph's father, also named Ralph, decided to re-enter the military, making it a career. As a result, Ralph, his younger brother Ron and sister Carolyn grew up as "army brats" and moved frequently, living in five different states and Germany. Upon graduation from Fort Knox High School in 1961, Ralph entered the army. Trained as a cryptographer; he spent almost three years in the Canal Zone, Republic of Panama. He was stationed there during the busy and tense time of the Cuban Missile Crisis in October, 1962. Leaving the military after his enlistment, Ralph used the G.I. Bill to acquire a teaching degree, attending Three Rivers College and Southwest Missouri State, as it was called then. In 1977 he obtained a master's degree in counseling at Southeast Missouri State.

Ralph spent twenty-seven of his twenty-nine years as a public school educator in Key West, Florida. While living there, Ralph began exploring and developing his love of art, that is, when he wasn't playing in the beautiful tropical waters of the Florida Keys. Ralph's sculptures could be found in several Key West fine art galleries as well as at major outdoor venues such as the annual Old Island Days Art Festival.

Of course, perhaps the most important event of his time there

was meeting his future wife Gaëlle. They met in 1986, the day she strolled into Key West High School in her stylish New York fashion power-suit to interview for a teaching position. They married three years later on the beach at the elegant Casa Marina in Key West.

In 2001 Ralph retired and convinced his wife and son Alexander to leave Key West and return with him to his Missouri roots, or as he put it, to "an Ozark paradise...with rolling hills and pristine rivers." It is said he conveniently left out the part about mosquitoes, ticks, and chiggers. His daughter Blake chose to stay in Florida.

"Life is good here," Ralph says with a smile. "We live on a Missouri Century Farm from my mother's side of the family and use original buildings for my art studio and gallery. There is a relaxing 'Je ne sais quoi' about living in the country which sanctions my urge to be creative. We have wonderful neighbors, and have made many new friends since relocating to Poplar Bluff two decades ago. Our future plans include traveling back to France when it's safe to visit with Gaëlle's family."

Ralph's art can be viewed online through his website www.flyingfgallery.com, or up close and personal at his gallery located in the old Collins Store building at 8740 Highway W, Poplar Bluff. One of his sculptures, "Bobby Soxer," is on permanent display in the Sculpture Garden of the Margaret Harwell Art Museum. He is primarily a sculptor working in wood. His artistic style is contemporary and colorful. Ralph is constantly exploring creative challenges. Most recently, that includes the writing and publishing of four children's books: *Piper's Posse* (2017), *The Abbreviated Life and Times of Iggy Skunk* (2018), *KOZMO The Teeny-Tiny Planet* (2020), and *SAW-HEAD ADVENTURES Featuring Little Ralphie* (2021).

Ralph's wife, Gaëlle, does not have deep country roots, but rather French and American roots. Mon Dieu! She was born in Neuilly-sur-

Resident Feature continues on page 8.

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Seine, a suburb of Paris, France. Her father James, an American soldier, was stationed at the Dreux Air Force Base and at that same time, her mother Jacqueline was a college student attending the L'Ecole Normale, a teacher's college in nearby Chartres. Their chance encounter took place in a small café in Dreux near the army base when Gaëlle's father and his friend were struggling to order from the menu written in French. Jacqueline, who spoke some English, decided to help the two frustrated soldiers with their order. After a pleasant conversation they decided to meet again in a few weeks. Within a year romance bloomed and they were married in her French village of Marchefroy.

Gaëlle's early childhood includes moving twice between France and the United States before finally settling in New York. After serving in the military, her father became a police officer and her mother a French teacher. Gaëlle, along with her brother Hugues and sister Nathalie, grew up in the town of Hempstead on Long Island, a short drive from down-town Manhattan. The family frequently returned to France to visit family and friends. One memorable trip was a summer spent on the French Riviera. Gaëlle graduated from Uniondale High School in 1973. Pursuing a teaching degree, she attended Hofstra University where she received a bachelor's degree in Secondary Education and English Literature in 1979 and her master's degree in Reading in 1986. Gaëlle shares, "With my master's degree in hand, I decided to interview for an English teaching position at Key West High School." When she arrived for the appointment, a charming counselor directed her to the principal's office. His name was Ralph.



When they moved to Poplar Bluff, Gaëlle continued teaching and retired in May of 2020, completing thirty-nine years in education. During her time in Poplar Bluff, she completed a specialist degree in administration from Southeast Missouri University. Gaëlle enjoys staying busy. She has appeared in several local theatrical productions and has served the community as a board member of: Friends of the Margaret Harwell Art Museum, Downtown Revitalization Committee, Black River Public Radio, and Missouri Alternative Education Network. She was a member of Alpha Delta Kappa and currently serves on the board of Haven House.

"We are now both retired; however, neither one of us feels like slowing down anytime soon. Our bucket list continues to grow. As my friend Joe Wilt often reminded me, 'Ralph, life is not a dress rehearsal.' With that in mind, one should just keep on keeping on!"



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Girlfriend's Guide to Aesthetics

BY CELSEY BECKER | AURORA MEDICAL SPA

Self Care: Taking an active role in protecting one's own well-being and happiness Self-care is NOT selfish...so why then do we feel so guilty about taking a little time or spending a little money to do something for ourselves? I wish I had the answers, but what I can say is that in order to be the best version of YOU, it is critical to make yourself a priority. Let's go through my TOP 5 recommendations to help you feel confident, refreshed, and ready to take on the world:

1. BOTOX TREATMENTS EVERY 3 TO 4 MONTHS

Botox is a neurotoxin that can be used to smooth and soften fine lines and wrinkles. We recommend treatment every three to four months to keep those current lines at bay and also prevent new lines from forming. Botox can be used to treat a variety of concerns beyond lines and wrinkles. Some of the most common ones we treat at Aurora include: Hyperhidrosis (excessive sweating), TMJ, Clenching and Grinding, Migraines, and the Masseter muscles.

2. IF YOU'RE A FILLER PATIENT---FILLER EVERY 12-18 MONTHS

Dermal filler is a highly effective option to restore volume loss and get back that lifted, youthful appearance. It's also a fantastic treatment for tired eyes, or eye bags. We strongly recommend researching injectors and selecting the one that feels right for you. Aesthetic injections are an art and can be truly transformative, but proper placement is KEY. The act of having filler (or Botox) injected isn't what makes a great result. It's the WHO, the WHERE, the WHY, and the HOW that makes all the difference. Dermal fillers can last one to two years, depending on the filler used and the area treated. The most common fear patient's have with filler is not wanting to look fake. Good news...we don't want you to look fake either! Fillers, when placed properly by a skilled injector, can provide natural, subtle, yet significant enhancements. The best injectables are undetectable!

3. MONTHLY AESTHETIC TREATMENTS---DIAMOND GLOW, CHEMICAL PEELS

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When we feel good, we're just happier people. Take the time to do a monthly treatment to keep that skin glowing. The Diamond Glow facial, Hydrafacial, and chemical peels are wonderful for your skin. Regular treatments to exfoliate, extract imperfections, and boost your skin's natural collagen production (not to mention it feels great) are excellent options for some "me time" with the added bonus of improved overall skin health.

4. DAILY MEDICAL GRADE SKINCARE REGIMEN---MORNING AND NIGHT

Throw that apricot scrub in the trash, ladies. Your skin is an investment and YOU'RE WORTH IT! Why medical grade? Medical grade skincare has clinical backing...we're looking at prescription strength topicals that go deep into the dermis. As aesthetic professionals, we like to see the science and clinical evidence of a product's efficacy. We like to make recommendations for you based on YOUR skin and YOUR needs. Skincare can be overwhelming and definitely not a one-size-fits-all approach. Skin changes over time. Our products need to change with it.

Consultations are a great way to talk with a skincare professional to find out what products would be the most effective for you. Injectables and aesthetic treatments play an important role, why not protect your investment by taking care of your skin every day?

5. DAILY SUNSCREEN USAGE ALL YEAR LONG

I've said it before and I'll say it again...sunscreen is NOT SEASONAL. I know, I know...it's cloudy outside or it's cold outside which makes it so easy to say "I don't need my sunscreen today." HOLD UP gals. The sun's rays reach our skin in all weather conditions, all year round.

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VA Medical Center Update on COVID-19 Measures

SUBMITTED BY ANGELA SMITH, PUBLIC AFFAIRS OFFICER

John J. Pershing VA Medical Center encourages Veterans and caregivers to obtain their vaccinations.

Medical Center Director, Drew DeWitt explained, "Research shows that COVID-19 vaccines offer good protection against the Delta variant, which has caused many hospitalizations and deaths and spreads more easily and quickly than other variants. According to the CDC, there is additional concern that the medical treatments we are using to treat people who get COVID-19 may be less effective against this variant."

To prevent vaccine waste and maximize availability, the medical center will offer the Moderna COVID-19 vaccine at each location on designated days:

- Poplar Bluff – Tuesdays and Thursdays, 8:30 a.m. to 12 p.m.
- Farmington – Mondays, 9-10 a.m. and 1-2 p.m.
- Sikeston – Mondays, 8-9 a.m. and 1-2 p.m.
- Cape Girardeau – Tuesdays, 9-10 a.m. and 2-3 p.m.
- West Plains – Wednesdays, 8:30-9:30 a.m. and 2:30-3:30 p.m.
- Pocahontas and Paragould – Wednesdays, 10-11 a.m. and 2-3 p.m.

Veterans and/or their spouses or caregivers who request vaccinations on days other than those listed above will have the opportunity receive the Johnson & Johnson/Janssen vaccine. Veterans do not have to be enrolled for VA health care services to be vaccinated by VA.

Surgical masks are required on the entire Poplar Bluff medical center grounds and at the community clinics in Farmington, West Plains, Sikeston, Cape Girardeau, Pocahontas and Paragould.

DeWitt explained Veterans can also receive VA health care without in-person visits. "Veterans who want to be seen but find it inconvenient to come to their nearest VA clinic can access their VA care team for real-time video appointments using a mobile phone, tablet, or computer and VA Video Connect."

VA Video Connect is a secure and private video connection for Veterans who prefer to receive care from home or a non-VA facility, find getting to a VA facility difficult or time consuming, are too busy to attend in-person appointments regularly, or need to see a VA specialist who is not located nearby for treatment. To facilitate these exams, VA can provide a free internet-connected iPad and peripherals to include a weight scale, pulse oximeter, blood pressure monitor, thermometer and/or stethoscope so Veterans can be examined by their VA care team through telehealth. For more information, Veterans are encouraged to talk to their primary care provider about a consult.

"We are making every effort to protect our Veterans and their loved ones during this worldwide pandemic," DeWitt continued. "And with the Delta variant, time is of the essence; we urge our Veterans to make their vaccination a priority."

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NEW VA FACILITY

BY TERESA LEE

Soon there will be a new facility to serve our area veterans - the Health Care Center in Cape Girardeau, MO at 711 S. Mount Auburn. It will fall under the jurisdiction of John J. Pershing VA Medical Center in Poplar Bluff directed by Mr. Drew DeWitt. Last month Ms. Libby Johnson, who will be the administrator of the new clinic, hosted a tour of the new clinic. She is especially proud of the seal inlaid in the tile of the foyer. The 45,000 square-foot clinic will be able to serve approximately 8000 veterans. Currently about 5000 are enrolled. The service inventory will be basically the same as offerings at the VA here in Poplar Bluff but with the addition of site amenities to better serve female veterans and provide for more private consultations for all. Approximately 100 staff members will be hired to join the 30 already employed. The expected date of completion of HCC is early November, 2021, with the anticipated opening date of February 1, 2022. Veterans can enroll at <http://www.vets.gov> or by calling 573-778-4680. For job opportunities, check www.usajobs.gov.



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September Exhibit at Margaret Harwell Art Museum

Karla Breeding Trammell grew up in the Eastern Arkansas Delta and was drawing by the time she was old enough to hold a pencil. In her hometown of Clarendon on the lower White River, she was taught by her family and neighbors the importance of wildlife preservation as well as the value of farmland, forests and wetlands. Her father and grandparents were her introduction to hunting and fishing and the art that was inspired by them. She won her first statewide contest in 6th grade and while in high school received honorable mention in the Arkansas Game and Fish Commission's trout stamp contest, competing against adults.

A 1975 graduate of the Marvell Academy, she was self-taught except for a correspondence course in commercial art, until earning her BFA in painting at the University of Arkansas in 1993 as a non-traditional student. Karla's work has been showcased in several solo shows in both Arkansas and Missouri and she has received national recognition in Washington DC through Business and Professional Women USA. One of her dearest honors was being chosen to design a series of everyday angel figurines for the late entertainer Della Reese. She has illustrated several local, regional, state and national publications and has won numerous awards.

Highlights of her career have been inclusion in the prestigious Watercolor USA at the Springfield Art Museum three times, winning a cash award in 2012 and a merchandise award in 2013. Her 2012 painting "Aspen III" was a patron purchase and is now in the permanent collection of the Ella Carothers Dunnegan Gallery in Bolivar, Missouri. Earning membership in the WATERCOLOR USA Honor Society in 2012, she has served on the organization's board of directors as recording secretary and currently as a member at large. She has shown four times in the organization's member show Watercolor NOW!, two of those at the Margaret Harwell Art Museum in Poplar Bluff.

One of the founding members of the artists' cooperative Fresh Gallery in Springfield in 2009, Karla specializes in nature and antiquity featuring wildlife, portraits, landscapes and architectural renderings and enjoys drawing in graphite, Prismacolor pencil, pen and ink, charcoal and pastel, as well as painting in oil, watercolor and acrylic while some-

SUBMITTED BY
STEVE WHITWORTH



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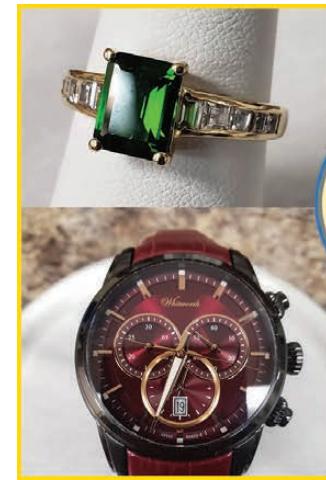
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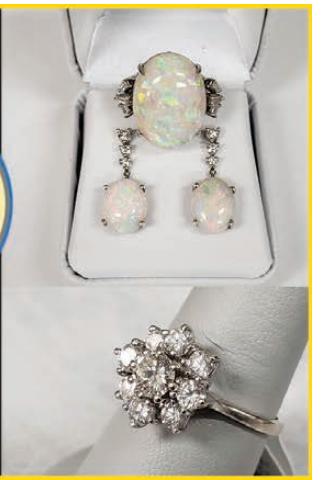
times painting on glass and leather. Designing jewelry has been one of her favorite pastimes, utilizing semiprecious stone beads, freshwater pearls and silver, and she has redeveloped the maritime art of scrimshaw using mother of pearl instead of the now-outlawed ivory. Karla has taught art classes at Ozarks Technical Community College as well as private instruction with individuals and groups. She recently taught her first virtual watercolor class in a joint venture with the Springfield Area Arts Council and Drury University. She is also an accomplished writer with articles and poetry published in local and national publications.

Around thirty years ago, Karla discovered that she had some Cherokee ancestry with her great-great-grandmother, a full blooded matriarch. She has since researched her family genealogy and the Cherokee connection in her spare time, and only recently found upon studying the Trail of Tears that one of the four main routes has been close to her throughout her life, from the day she was born until about nine years ago. Her birth town of Pine Bluff was on the Water Route. Clarendon was on the Bell Route, which was the same route that came through Village Creek State Park, a park in which she and her husband camped and hiked at times. Fayetteville was on both the Benge Route and Northern Route, while Springfield was part of the Northern Trail. While living in Springfield, their home was in the Phelps Grove Community, where according to Missouri State University research, that trail must have gone through what eventually became their backyard! These discoveries inspired her to paint "Trail of Tears" (oil on canvas) that she began and completed during the COVID pandemic last year. She says that while painting "Trail of Tears" she seemed to be guided by some of those who had lost their lives and calls the painting a "labor of love". Karla currently lives in Bolivar, Missouri with her husband and three cats.

painting in oil, watercolor and acrylic while some-



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SEPTEMBER

WED, SEPT 1 - 11
EXPERIMENTATION: PLAYING WITH NATURE'S BOUNTY
ARTIST: MARJ HEDSTROM
 Current River Heritage Museum Doniphan
 Time: 996-5298

WED., SEPTEMBER 1
FRESH WATR WORSHIP NIGHT
 Historic Rodgers Theater
 Time: 6:30 - 9:30 PM

FRI., SEPTEMBER 3
FIRST COFFEE FRIDAY
 Sponsored by Holiday Inn
 Time: 8:30 - 9:30 AM

SAT., SEPTEMBER 4
KARLA BREEDING TRAMMELL EXHIBIT
 Margaret Harwell Art Museum
 Time: 12 - 4 PM Tues - Fri; 1 - 4 PM Sat, Sun

MON., SEPTEMBER 6 LABOR DAY

FRI., SEPTEMBER 10
ARTIST RECEPTION - KARLA BREEDING TRAMMELL
 Margaret Harwell Art Museum
 Time: 6 - 8 PM

FRI., SEPTEMBER 10
13TH ANNUAL THREE RIVERS SHRINERS RODEO
 Black River Coliseum
 Time: 7 - 9:30 PM

SAT., SEPTEMBER 11
PECOS & THE ROOFTOPS
 The Camp at Lake Wappapello
 Tickets: \$20 - \$500 | Time: 7 PM - Midnight

SAT., SEPTEMBER 11
CURRENT RIVER CLEANUP
 Van Buren, MO by Mossy Oak Properties
 Time: 10 AM - 4 PM

SAT., SEPTEMBER 11
13TH ANNUAL THREE RIVERS PRO RODEO
 Black River Coliseum
 (Mini Buckers Matinee - 2 PM)
 Time: 7 - 9:30 PM

SAT., SEPTEMBER 11 PATRIOT DAY

SUN., SEPTEMBER 12 GRANDPARENTS DAY

FRI., SEPTEMBER 17
CHAMBER GOLF OUTING @ WESTWOOD
 4-person Scramble
 \$175/non-member

\$125/member
 (Includes 18 holes, lunch, beverages)

Time: Noon

SAT., SEPTEMBER 18
THE STATELINE 5
 The Camp at Lake Wappapello
 Time: 7 PM - Midnight

SAT., SEPTEMBER 18
4TH ANNUAL PUMPKIN HOLLOW RUNNIN' SCARED 5K
 Pumpkin Hollow
 Time: 8 PM

SAT., SEPTEMBER 18
FALL - IVERSARY

Currently Chic Boutique
 Van Buren, MO
 Time: 10 AM - 2 PM

WED., SEPTEMBER 22 AUTUMNAL EQUINOX

FRI - SAT., SEPTEMBER 24 & 25
CURRENT RIVER HERITAGE DAYS
 Music, Storytelling, Living History
 Doniphan
 Time: 10 AM Fri

SAT., SEPTEMBER 25
HARRY POTTER ESCAPE ROOM AT SEMO CON
 Black River Coliseum
 Time: 10 AM - 8 PM

SAT., SEPTEMBER 25
IRON HORSE FESTIVAL
 River Race, Music, Food
 Vendors, Free Children's Activities
 Downtown Poplar Bluff
 Time: 10 AM - 4 PM

SAT., SEPTEMBER 25
LITTLE RIVER DRAINAGE DISTRICT DISPLAY
 (History of Clearing & Draining of Bootheel)
 Missouri Bicentennial Event by NSDAR
 During Iron Horse Festival
 Time 10 AM - 4 PM

THURS., SEPTEMBER 30
RON WHITE
 Black River Coliseum
www.ticketmaster.com/event/06005862D41597EF
 Time: 8 PM

FRI., OCTOBER 1
FIRST FRIDAY COFFEE
 FCC Behavioral Health
 Time: 8:30 - 9:30 AM

TECH TIP

BY GREGORY VAUGHN

USE YOUR PHONE AS A LEVEL.

If you need to hang a picture, you don't need to grab a level...Your phone can do it for you.

ON AN IPHONE:

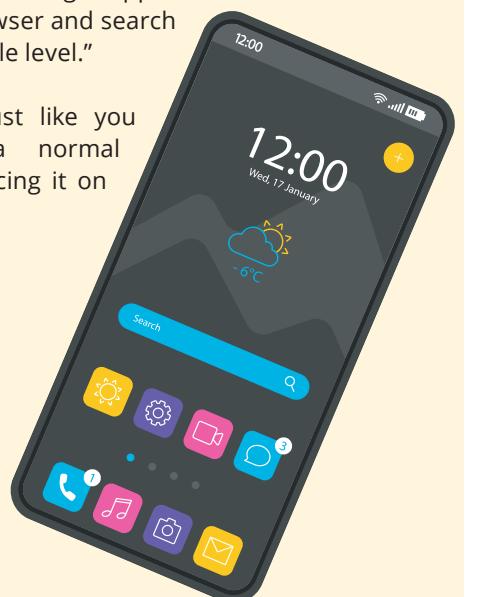
Open the Measure app, then tap Level on the bottom right.

The level will appear on the screen and is ready to use.

ON AN ANDROID:

Open the Google app or your browser and search for "bubble level."

Use it just like you would a normal level, placing it on a surface.



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Happy Birthday, Missouri!

BY TERESA LEE

As part of the statewide bicentennial activities, area organizations worked together to celebrate Missouri's statehood on August 10. At the Community Center in Doniphan, members from the Poplar Bluff chapter of the National Society of Daughters of the American Revolution and the Democratic Women's Club, along with volunteers at the Current River Heritage Museum, greeted visitors who stopped by for ice cream.

WATCH FOR INFORMATION ON UPCOMING BICENTENNIAL PRESENTATIONS BY THE POPLAR BLUFF NSDAR.

-September 25 - Little River Drainage District (History of clearing and draining of the swamps in the Bootheel)

Pictorial Display as part of Iron Horse Festival in Poplar Bluff

-October 14 - Works Progress Administration (WPA) in Missouri - 1:30 at Westside Church of God

-November 11 - 1904 World's Fair in St. Louis - 1:30 at Westside Church of God



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