

Commemorative Bicentennial Series

HANNIBAL, MO

200

BICENTENNIAL

1819-2019

Hannibal

M A G A Z I N E

REGIONAL ENTERTAINMENT GUIDE

APRIL 2019

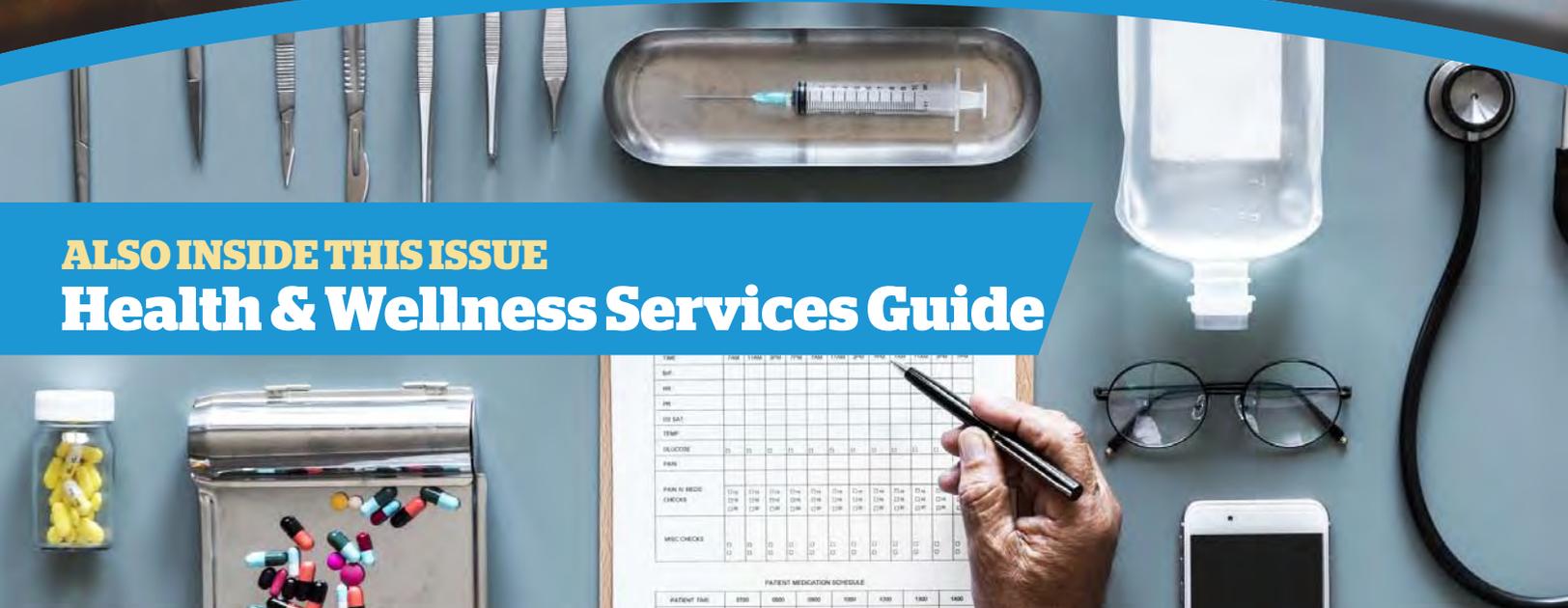
CHRIS JANSON

*GRAND OLE OPRY STAR WILL
ROCK TANYARD GARDENS
TO HELP CELEBRATE
CITY'S BICENTENNIAL*



ALSO INSIDE THIS ISSUE

Health & Wellness Services Guide



PATIENT MEDICATION SCHEDULE

PATIENT NAME	0800	1000	1200	1400	1600
MR. JONES					
MR. SMITH					
MR. BROWN					
MR. GREEN					
MR. BLACK					
MR. WHITE					
MR. GRAY					
MR. HARRIS					
MR. KING					
MR. WALKER					
MR. HALL					
MR. YOUNG					
MR. ANDERSON					
MR. TAYLOR					
MR. PERKINS					
MR. ROBERTS					
MR. WATSON					
MR. FLEMING					
MR. BARNES					
MR. ROSS					
MR. HENRY					
MR. WOOD					
MR. BAKER					
MR. NELSON					
MR. HART					
MR. MCKEE					
MR. PEREZ					
MR. SCHMIDT					
MR. COOK					
MR. BELL					
MR. GARDNER					
MR. HAMILTON					
MR. FOSTER					
MR. BRYAN					
MR. GIBSON					
MR. MCGUIRE					
MR. BURTON					
MR. BOWEN					
MR. SIMMONS					
MR. STEVENSON					
MR. TOLSON					
MR. PORTER					
MR. HARRIS					
MR. FLEMING					
MR. BARNES					
MR. ROSS					
MR. HENRY					
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MR. NELSON					
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MR. PEREZ					
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MR. COOK					
MR. BELL					
MR. GARDNER					
MR. HAMILTON					
MR. FOSTER					
MR. BRYAN					
MR. GIBSON					
MR. MCGUIRE					
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MR. SIMMONS					
MR. STEVENSON					
MR. TOLSON					
MR. PORTER					

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Family Medicine

Dr. Behniaye
Family (Adult) Medicine

Dr. Calmet
Family Medicine

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GUIDING YOU TO BETTER

Hannibal Regional
Medical Group

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Friday, April 26, 2019

Hannibal Regional Foundation

BARN BASH

7:00 PM - 11:00 PM AT THE ORCHARD • 2200 PALMYRA ROAD, HANNIBAL, MO

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Foundation



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Anyone else ready for spring's arrival?

It is that time of year again — spring has arrived, and it's time to think about renewal and regrowth.

As the days get longer, we finally get to head outdoors, stretch our legs, enjoy some sunshine and fresh air.

Thankfully, there are plenty of events coming up to give something for everyone to enjoy, and we have done our best to round them up for you in this issue.

Naturally, we have plenty of information regarding the Bicentennial Celebration, including an updated calendar of events and information

about a concert featuring Nashville star Chris Janson. That concert surely will be one to enjoy, and we know lots of country music fans are looking forward to it.



Other favorites for visitors include the Great Girlfriend Getaway in downtown Hannibal. The Great Gardens Conference will offer something for those blessed with a green thumb — and maybe even for those of

us who are not.

I know our editor is excited for the Big River Comic Convention, if only because it's been his longtime dream to tell a photographer to bring him pictures of Spider-Man.

There also is a new Bluff City Theater production and much, much more.

Of course, staying healthy should be a key goal for all our readers, and there also is plenty of information in these pages on how to do that. We are proud this month to show off the world-class hospitals and clinics that our area is fortunate to have.

This month, we are sharing information on the physicians and services that set them apart, and I encourage you all to take a look and see why we are so fortunate.

As always, thank you for reading. We look forward to seeing you soon.

Ron Wallace

Hannibal

M A G A Z I N E

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Missouri Press
Association**

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Read Hannibal Magazine online at www.hannibalmag.com

**Submit events and calendar
items to hannibalmagazine@qni.biz
by April 5 to be included in May issue.**

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Published monthly by Quincy Media, Inc.
130 S. 5th St., P.O. Box 909, Quincy IL 62301
217-223-5100

www.hannibalmag.com



JANSON HITS HANNIBAL

Country music star performing as part of bicentennial

Tanyard Gardens will host country artist Chris Janson from 7 to 11 p.m. Saturday, May 11 as part of the Hannibal Bicentennial celebration.

Tickets are \$25 and can be bought at visithannibal.com. Tickets can be purchased in person at the Hannibal Convention and Visitors Bureau, 505 North 3rd St.

Janson is a platinum-selling, high-octane entertainer, multi-instrumentalist, award-winning singer/songwriter, and the youngest living member of the Grand Ole Opry. Janson's new song, "Good Vibes," is the debut single from his forthcoming third studio album. His sophomore album, *Everybody*, produced his second No. 1 hit single, "Fix A Drink," the chart-topping follow-up to his No. 1 debut

smash "Buy Me A Boat." His CMA-nominated song, "Drunk Girl," won Music Row "Song of the Year" and has been called "the most important song to come out of Nashville in years." Janson is the only artist

in 2018 who opened the CMA Awards and closed out the ACM Awards, with what *Rolling Stone* called a "must-see performance." Janson continues to sell-out shows on his headlining "Waitin' on 5 Tour," and has been announced as direct support for Chris Young's "Raised on Country Tour."

Janson is currently out on tour headlining his own dates, which included a sold-out show at the historic Ryman Auditorium.

Don't miss your chance to see the youngest living member of the Grand Ole Opry at the top of his game. ■



BICENTENNIAL EVENTS

April 1 to 30 A Journey Through Time: Hannibal MO 1819-2019 - Quilt Exhibition & Contest

April 13 Big River Comic Convention

April 14 Fifth annual Last Dinner on the Titanic

April 18 to 27 "Shame the Devil! An Audience with Fanny Kemble"



GREAT GIRLFRIEND GETAWAY

April 26 to 28 Great Girlfriend Getaway

April 27 POPS Club Spring Dance

May Log Cabin Construction Begins

May to October "Hannibal at the Door"

May 4 Time Capsule Opening

May 4 Spring Festival of Country Music

May 4 to 5 The Wild Midwest - Civil War Reenactment

May 11 Loafers Car Show

May 11 Chris Janson! Live in Concert at Tanyard Gardens

May 24 to Nov 12 Hometown Heroes Banner Display

May 25 to 26 Twain on Main Festival

May 31 to July 1 BOOM! The Rise and Fall of Missouri's Black Business

Districts

June 1 Big Dirt Dig

June 14 Meet Fredbird at Hannibal Hoots Game

June 7 Melanie!

June 7 to 9 Brew Skies Music Festival

June 7 to 9 Lewis and Clark Corps of Discovery Keelboat and Encampment

ment

June 7 to July 6 Transportation Exhibit

June 7 to July 6 Hannibal Today Exhibit

June 7 to July 6 Mark Twain Zephyr Collection Exhibit

June 14 Cliff Edwards's Birthday Celebration (Pinocchio)

June 15 Fifth annual Lone Wolf Bike Show

June 20 to 29 The Insane Sisters -OR- The Price Paid for Challenging a

Company Town

June 22 Cardboard Boat Races

June 28 Fiesta del Sol

June 29 Jerrod Niemann with Feudin' Hillbillies

July 2 to August 15 BOOM! The Rise and Fall of Missouri's Black Business

Districts

July Y-Men's Mud Volleyball Tournament

July 3 Rhonda Vincent and The Rage

July 3 to 6 64th Annual National Tom Sawyer Days

July 4 to 6 Tom and Becky Reunion

July 4 to 6 43rd Annual Samuel L. Clemens Arts and Crafts Festival

July 5 The American Standard Live

HANNIBAL HISTORY MAKER

**MARGARET
TOBIN
BROWN**

"MOLLY BROWN"

ACTIVIST & SURVIVOR

Margaret Tobin was born in Hannibal, Missouri in 1867 in a three-room cottage, the daughter of Irish immigrants. In her lifetime, she and her husband J.J. Brown rocketed to fortune during the gold rush, but Margaret never forgot her Hannibal roots. While rushing back to Hannibal aboard the RMS Titanic, Mrs. Brown became a heroine, urging lifeboat passengers to row to stay warm and sharing her layers of clothing. The "Unsinkable Molly Brown" used her status to fight for children's and worker's rights, an activist and philanthropist to the end.

HANNIBAL HISTORY MAKER

**GEORGE
POAGE**

OLYMPIC GROUNDBREAKER

George Coleman Poage was born in Hannibal, Missouri on November 6, 1880. He is known for being the first African-American athlete to win a medal in the Olympic Games, winning two bronze medals in both the 200-yard and 400-yard hurdles at the 1904 Olympic Games in St. Louis, Missouri.

July 6 Hannibal Cannibal 5K and 10K Run/Walk

July 18 to 27 The Almost True and Truly Remarkable Adventures of Israel Potter

July 25 to 27 Third Quadrennial Clemens Conference

July 26 Hannibal Bar-B-Q Festival and Jeep Jamboree

Aug. 3 Mark Twain Corvette Club All-Corvette Show

Aug. 4 Homesteading Life Conference

Aug. 9 Hibernian Festival Singers

Aug. 10 to 11 Fifth annual Bear Creek Rendezvous

Aug. 15 to 24 Madam! (World Premiere)

Aug. 17 Old Time "Base Ball" Game

Aug. 24 Victor Wainwright and The Train

Aug. 26 to 27 Relay of Voices: The Great River Run

Aug. 30 to Sept. 2 Sixth Annual Big River Steampunk Festival

Sept. 7 Rib and Wing Festival

Sept. 12 to 14 Weekend of Mark Twain

Sept. 14 Diversity Days

Sept. 14 Taste of Twain

Sept. 20 Harvest Hootenanny Festival

Oct. 19 to 20 43rd Annual Hannibal Folklife Festival

Oct. 26 Putt or Treat

Oct. 26 Time Capsule Closing

Oct. 27 Pumpkins in the Park

Oct. 27 Halloween Festival

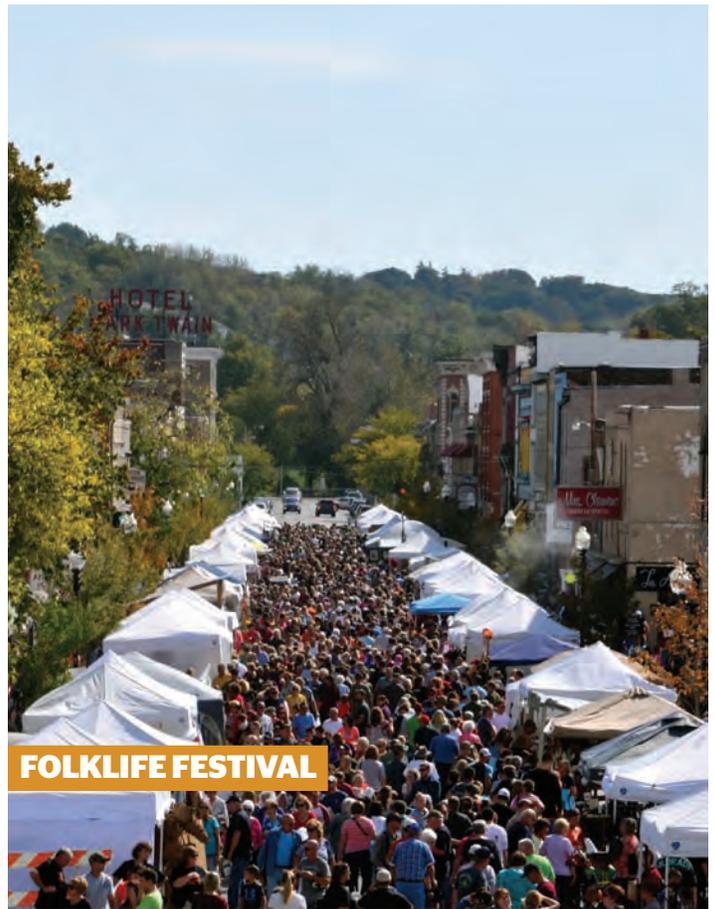
Oct. 31 HHMC's Trunk or Treat

Nov. 9 Veterans Day Parade

Nov. 9 Hangar Ball and Fireworks

Nov. 9 to 20 James Carroll Beckwith Exhibit

Nov. 9 to 20 Time Machine 2.0 Exhibit



FOLKLIFE FESTIVAL

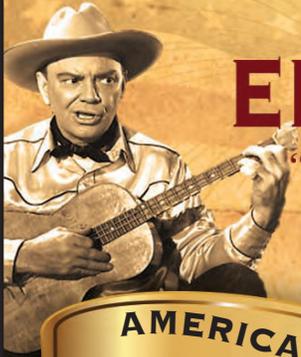
Nov. 23 Small Business Saturday

Nov. 30 Mark Twain's Annual Birthday Bash

Dec. 7 Hannibal Jaycees Annual Christmas Parade

Dec. 14 Hannibal's Living Windows ■

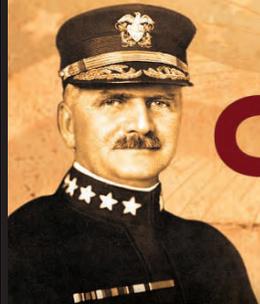
HANNIBAL HISTORY MAKER
CLIFF EDWARDS
"UKULELE IKE"



AMERICAN MUSICIAN

Edwards was born in Hannibal, Missouri. He left school at age 14 and soon moved to St. Louis, Missouri. Edwards taught himself to play ukulele (choosing it because it was the cheapest instrument in the music shop). He was nicknamed "Ukulele Ike" by a club owner who could never remember his name. He is best known as the voice of Jiminy Cricket in Walt Disney's Pinocchio.

HANNIBAL HISTORY MAKER
ADMIRAL ROBERT COONTZ



CHIEF OF NAVAL OPERATIONS

As a young boy, Robert Coontz left his name for posterity by carving it into the rock of Mark Twain Cave, then known as McDowell's Cave. He attended Hannibal College (now Hannibal-LaGrange University). After he graduated from the U.S. Naval Academy in 1885, he rose through the Naval ranks until he reached Chief of Naval Operations, the highest-ranking officer and professional head of the United States Navy. He was the 2nd person to hold this rank.

HEALTH & WELLNESS

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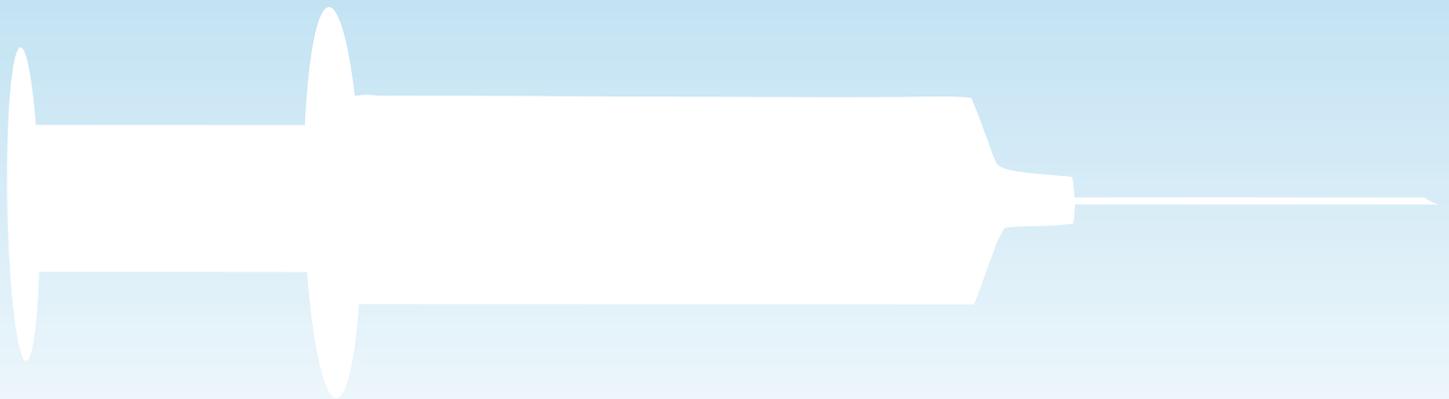
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Hannibal Regional Medical Group welcomes general and breast surgeon Vaishali Patel, DO

Hannibal Regional Medical Group recently announced the addition of Vaishali Patel, DO, to their team. Patel is board certified in general surgery by the American College of Osteopathic Surgeons and completed a Breast Oncology fellowship at Cleveland Clinic Akron General. Patel has a special interest in breast disease and is looking forward to serving the community at Hannibal Regional Medical Group.

"I was initially drawn to breast oncology because it allowed me to be involved in a patient's care as a whole rather than just the surgical side," Patel said. "The multidisciplinary approach needed to care for oncology patients best aligns with how disease affects the body as a whole, not just in a one-dimensional way. I also chose this field because it gave me a chance to develop relationships with my patients."

Surgical oncology uses surgery to assist in treating cancer and



Patel

can be used alone or in conjunction with other treatments. Not all cancers can be treated with surgery, but surgery can help a medical team diagnose a cancer, stage of cancer or plan other needed treatment.

"My priority is helping patients understand their conditions so that they can make well-informed decisions regarding their care, surgical or otherwise. I aim to treat every patient the way I would want my own family members treated," Patel said.

When asked why she chose to join Hannibal Regional Medical Group, Patel said, "Hannibal Regional has a reputation for compassionate care as well as that of philanthropy. It was important to me to work for an institution that is generous to not only its patients but also to its surrounding community."

Patel is seeing patients at Hannibal Regional Medical Group. To

CONTINUES ON 9



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Dealing with surprise back pain

Pain affects more Americans than diabetes, heart disease and cancer combined. According to the National Center for Health Statistics, about 76 million Americans have suffered from pain lasting more than 24 hours. More often than not, back pain can be treated with conservative nonsurgical approaches, but there are times when quick action makes all the difference.

“I advocate for the most conservative treatments for my patients,” said Dr. Rahul Basha, MD, spine surgeon for the Hannibal Regional Spine Center. “When conservative measures fail to give enough relief, then I discuss additional options with my patients.”

Courtney Janes is a full-time instructor at Hannibal



CONTINUES ON 10

Basha

CONTINUES FROM 8

contact her office, call 573-629-3500.

As part of Hannibal Regional, the Hannibal Regional Medical Group (HRMG) is a growing multi-specialty physician group continuing to expand primary and specialty care services to meet the health needs of northeast Missouri residents. HRMG family and specialty physicians deliver a range of acute, chronic and preven-

tive medical care services. In addition to diagnosing and treating illness, they also provide preventive care, including routine check-ups, health-risk assessments, immunizations, screening tests and personalized counseling on maintaining a healthy lifestyle. Hannibal Regional Medical Group has locations in Bowling Green, Canton, Hannibal, Louisiana, Monroe City and Shelbina. ■

Health & Wellness Services Guide

CONTINUES FROM 9

LaGrange University, a wife, a mom and currently working on her PhD. She's never had any previous back or neck pain issues, so when she woke up with pain so severe that made it difficult to raise her arm, she was concerned. She thought she may have pulled a muscle in her neck or worse, so she reached out to a friend at Basho's office. The friend suggested having Basho review an MRI, and that's when things really started moving. X-rays were ordered the next day as well as a pain injection with Dr. Luvel Glanton. Unfortunately, due to her condition, the effects of the injection were minimal and didn't last very long, which meant she needed surgery. Janes may never know exactly what triggered the sudden onset of pain, but seven days later she was in surgery. The relief was immediate.

"Unbelievable," Janes said. "My care was excellent at Hannibal Regional. Dr. Basho and his team reached out to check on me and how I was doing. I really appreciated it."

"The best treatment for back pain, when possible, is prevention," Basho said. "Simple things like eating a well-balanced diet, regular exercise, weight loss, quitting smoking, good body mechanics with proper posture. These are easy things that can prevent injury."

For Janes, she's now pain free, back to teaching and working on her PhD. For those who would like to see Basho, call 1-844-474-2225. ■

Cancer care

According to the American Cancer Society, in 2018 it was estimated that over 1.7 million new cases of cancer would be diagnosed in the United States.

One of those cases was Carla Ledbetter, diagnosed late last year with breast cancer. The cancer was found during her annual mammogram, and surgery was completed right away.

As a teacher for the Hannibal Public Schools, Ledbetter was concerned about how she was going to balance traveling for radiation therapy and still be able to work at her job in Hannibal — until a friend told her she could get her treatment locally.

After hearing about the James E. Cary Cancer Center and their exceptional radiation oncology team, Ledbetter knew she would



Ledbetter

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e around your schedule

"So far, I've had no side effects from the radiation treatment. The treatment is quick... it's like getting an x-ray, and then I'm done."

Carla Ledbetter

Cancer patient at Hannibal Regional

be able to receive the treatment she needed at home without affecting her work schedule.

She then met with Dr. Kristen Strasser, a medical oncologist with the Hannibal Regional Infusion Center, and Dr. Joseph Bean, a radiation oncologist, to discuss her follow-up care after surgery, and it was decided that she should begin radiation and hormone therapy.

"Everyone did an awesome job," Ledbetter said, "I have full confidence in my care team."

Ledbetter has been able to schedule her radiation treatments over her lunch hour. Her boss and coworkers have been very supportive.

"So far, I've had no side effects from the radiation treatment," Ledbetter said. "The treatment is quick... it's like getting an x-ray, and then I'm done."

Over the past four years, the James E. Cary Cancer Center radiation oncology team has performed over 12,000 treatments and used the new linear accelerator to save countless lives. Most radiation treatments take just five to ten minutes.

"Our linear accelerator uses high-energy x-ray beams which are very precise to destroy cancer cells and help treat cancer patients," said Robert Hess, director of the James E. Cary Cancer Center.

Ledbetter still is receiving treatments for her cancer but is looking forward to hearing these words: "You're cancer free."

For more information about radiation therapy or the services of the James E. Cary Cancer Center, call 573-406-5858. ■



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Hannibal Clinic provides support for patients with breathing-related disorders

Hannibal Clinic is offering the “Better Breathers Club” and is a designated location for patient support through the American Lung Association.

A diagnosis of a chronic lung disease like COPD, pulmonary fibrosis or asthma can have a physical and emotional toll on an individual and their loved ones. The American Lung Association’s Better Breathers Clubs offer the opportunity to learn better ways to cope with these diseases while getting the support from others with similar experiences.

Better Breathers Club meets the third Tuesday of each month at noon and 5 p.m. in the MJB Conference Room at Hannibal Clinic. Meetings feature educational presentations on a wide variety of topics, including medications and treatment options, supplemental oxygen and questions to ask at your next doctors visit. You don’t need to feel alone or isolated when you live with a lung disease. Live the best life you can by joining the American Lung Association’s Better Breathers Club.

For more information, contact Amy Land or Deetra Ingram at 573-231-5250. ■



Hannibal Clinic welcomes new pediatrician

Hannibal Clinic is pleased to announce that Dana Frazine, MD, has joined the Hannibal Clinic family. Frazine is accepting new patients at Hannibal Clinic, in Hannibal immediately.

Frazine graduated from Saint Louis University School of Medicine. She then completed residency at Wright State University School of Medicine in Dayton, Ohio. Frazine is certified by the American Board of Pediatrics and also is a Fellow of the American Academy of Pediatrics.

Pediatricians are primary care providers specializing in care of infants, children and adolescents. Pediatricians are equipped to handle the broad and comprehensive spectrum of illnesses that affect children, and are recognized as experts in diagnosis, in treatment of chronic illness, and in health promotion and disease prevention.

To schedule an appointment with Dr. Frazine call 573-248-1KID (573-248-1543). ■





Dana Frazine, MD

Hannibal Clinic is proud
to welcome
Dr. Dana Frazine
to our Pediatric Department!

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Marion County
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Health & Wellness



Local resident grateful for Hannibal Regional Cardiac Rehabilitation

After quadruple bypass surgery, Tina Ward came to Hannibal Regional to get better. Ward has worked in health care for 40 years, some of them at Hannibal Regional. So when it came to rehabilitating her heart, she chose Hannibal Regional Cardiac Rehab. Ward's recovery involved a 45-minute exercise program, three days a week for 12 weeks. Cardiac Rehab helped her focus on creating a healthy lifestyle through exercising, dietary advice and reducing stress. Her recovery was not smooth. She had to deal with infection, a second surgery and medication changes. But through it all, her focus was to get better.



Ward

"The staff at Hannibal Regional and the Cardiac Rehab unit were great," Ward said.

Because of her excellent care at Hannibal Regional, she switched her primary care to Dr. Behniaye and her cardiologist to Dr. Nwakile.

Hannibal Regional's cardiac rehabilitation is a professionally supervised program to help people recover from heart attacks, heart surgery and percutaneous coronary intervention (PCI) procedures such as stenting and angioplasty. The Cardiac Rehab program provides education and counseling services to help heart patients increase physical fitness, reduce cardiac symptoms, improve health and reduce the risk of future heart problems, including heart attack.

Ward has a new lease on life. She completed the 12-week program in Cardiac Rehab and has continued working at the YMCA of Barry. For more information, call 573-248-5360. ■



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Hannibal Regional celebrates volunteers

Each April, Hannibal Regional turns the spotlight on Hannibal Regional Auxiliary during National Volunteer Week. Hannibal Regional Auxiliary is a group of individuals who generously give their time and talents to guide the community to better. They play an integral role in advancing patient engagement and quality care. Volunteers can be found in a wide variety of areas throughout Hannibal Regional, and they are often one of the first to greet visitors on campus.

In addition to giving their time, Hannibal Regional Auxiliary hosts numerous fundraising events to raise funds to support Hannibal Regional. The Auxiliary recently completed their \$500,000 pledge to support the purchase of a linear accelerator at the James E.

Cary Cancer Center. Funds are raised through various sales hosted on campus, bake sales and the Glitz Gala Jewelry Auction.

Volunteering in your community will have a positive impact for others, but did you know it also benefits you as well? Choosing to volunteer can be a decision which will improve your health. Volunteering will give you a sense of purpose and fulfillment, can help decrease your risk of depression and offers an opportunity to stay physically and mentally active.

There are several areas within Hannibal Regional where you could volunteer your time, including activities with patients, the James E. Cary Cancer Center, Hannibal Children's Center, Judy's Boutique gift shop and many more. For more information, call Alicia Rollins at 573-248-5272. ■



The blessings of a pain-free knee

Eating oatmeal is good for most people. Putting some fresh fruit on top of the oatmeal boosts the nutritional benefit of the meal.

That's the situation with deep tissue laser therapy, available at Performance Spine and Sports Center, the practice of Blessing Physician Services chiropractors, Drs. Wes Creech and Erik Nothold. It's like the fruit on the oatmeal.

"It's another tool we have in our bag to get people better faster,"

Nothold said.

How it works

Deep tissue laser therapy is used with other chiropractic treatments and exercises. It generates a photochemical response, a reac-

CONTINUES ON 21



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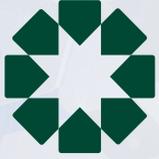
INSIDE:

**CONSTRUCTION
UPDATES**

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complete!

Hannibal
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We are excited to be embarking on a major renovation and expansion project which will nearly double our footprint, allowing us to increase surgical capacity, enhance physician accessibility and specialties, and renovate key areas to optimize privacy and efficiency. **Why are we doing this? To meet the changing needs of our patients, families, community and team.** The *Building Better Tomorrows* Campaign is raising funds to assist with this much-needed expansion. Together we make a difference in this community and we invite you to join us on this incredibly important endeavor. For more information about Hannibal Regional Foundation and how you can help, go to www.hrhf.org or call 573-629-3577.

Hannibal Regional Medical Group

OPENING SOON

This is a very exciting time for Hannibal Regional. By the end of May, the construction of the 4-story Hannibal Regional Medical Group building will be complete. Several of our healthcare providers and services will be in their new homes on the first and second floors of the new building.

Services on the first floor in our new building will include: pulmonology, endocrinology, cardiology, rheumatology and internal medicine. Second floor services will include pediatrics, family medicine and a whole new specially designed women's health services area - for expecting mothers.

Beyond medical services, the new building will also offer a new expanded Caring Cup coffee shop and a large community conference room.

With expanded amenities and a growing breadth of services, Hannibal Regional has the ability to continue meeting the increasing needs of our region.



New entrance will be used for the hospital during the hospital entry construction.

Hannibal Regional

EXPANSION

Progress

With the completion of our Intensive Care units, more private rooms will be available to our patients. These modern patient rooms in our new two-story addition will increase patients' privacy, dignity, and confidentiality. Private rooms decrease potential infections and may even reduce the length of stay for patients.

Due to the closure of the Hospital's main entrance for construction in late May, patients and guests will need to use the new Hannibal Regional Medical Group entrance. Signs will be placed on campus to help guide you.

Finally, Hannibal Regional's surgery suites are nearly complete. The state-of-the-art operating rooms will be using the latest technology and imaging capabilities. Over 12,000 sq. ft. of surgical space has been added along with renovations to another 16,000 sq. ft. of existing surgery and ambulatory care areas. With nearly 500 surgeries/procedures performed every month, modernized and enlarged surgical space is crucial to meeting the needs of the community. The surgical team at Hannibal Regional looks forward to guiding you to better with these updated spaces.

BETTER FOR YOU, BETTER FOR OUR REGION

Did you know that in addition to a hospital, Hannibal Regional has **12 clinic locations with 70 healthcare providers** across Northeast Missouri? Hannibal Regional offers a wide variety of services to help guide you to BETTER. From routine services such as colonoscopies, mammograms and annual wellness visits to more specialized services like cancer care and lymphedema treatments, we are here for you. At Hannibal Regional, we listen and take the time to understand your needs while working with you to individualize your path to better health. We can provide the expert care you need, right here at home. Why go anywhere else?



Hannibal Regional Medical Group

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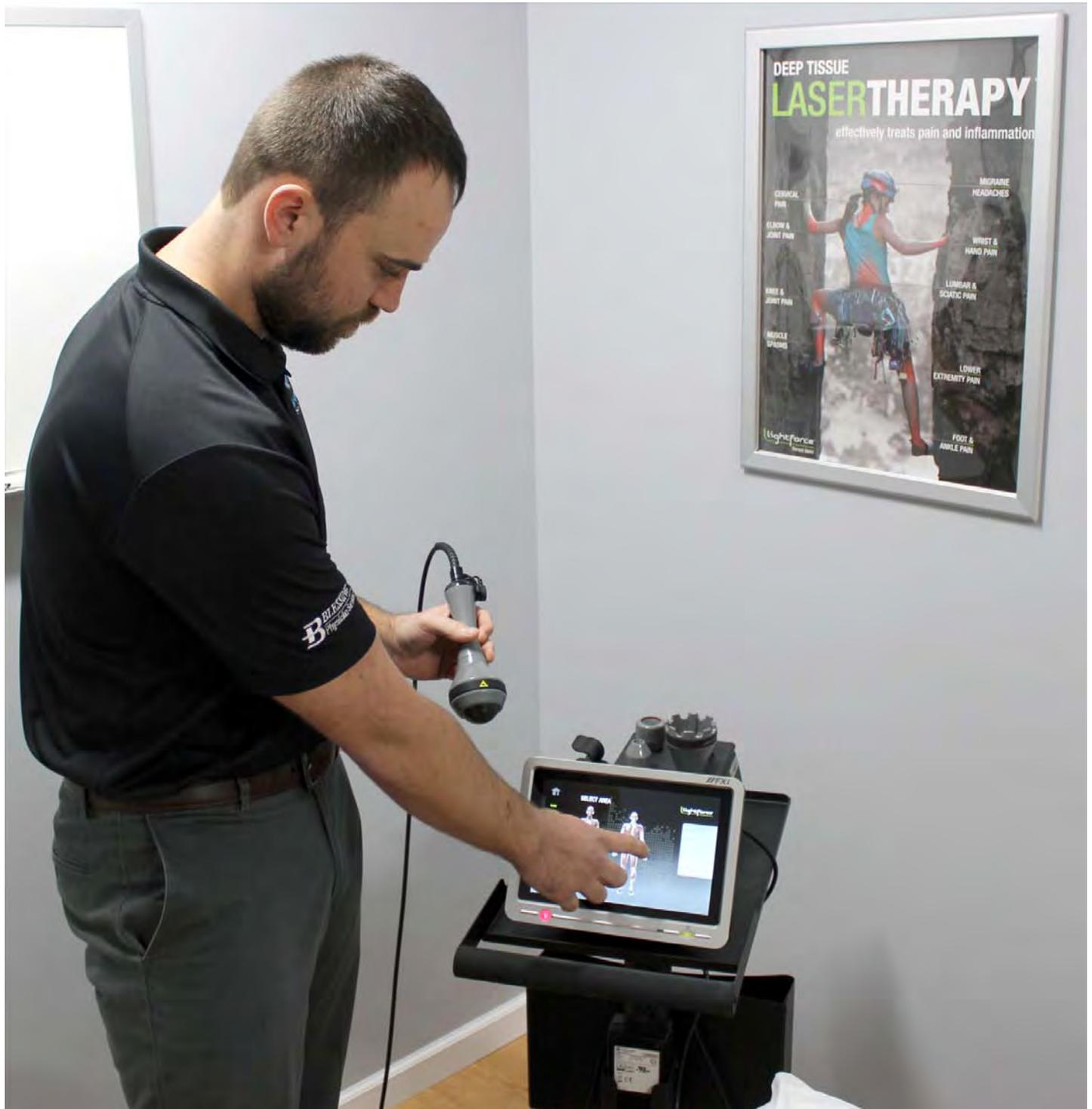
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Health & Wellness Services Guide



CONTINUES FROM 16

tion that takes place by absorption of energy in the form of light. The chemical reaction occurs in the body's cells, allowing them to more rapidly produce energy and speed the healing process.

"It helps address inflammation and pain," Nothold said. "It feels like a little heating pad, providing a deep heat."

A treatment takes between two and eight minutes, and patients

often feel better immediately.

Nothold said deep tissue laser therapy can be used "from head to toe" on most patients. It cannot be used on patients with open wounds or those receiving chemotherapy.

CONTINUES ON 22

A total turnaround

Pam Shepherd is a Blessing Health System employee who dislocated her left knee as a high school student. Over the years she would experience periods of stiffness and soreness in the knee. Over-the-counter remedies would take care of the flare-ups for years to come.

Then, in 2017, Shepherd welcomed a granddaughter to the family and noticed that getting on the floor to play with her granddaughter brought her knee pain to a new level. She called the pain excruciating.

"I could hardly put any pressure on it or walk comfortably. I was avoiding all normal activity because of the pain," Shepherd said. "It would not work itself out like it had in the past. I was doing stretches but it was not working. It just hurt so badly."

Coworkers recommended Performance Spine and Sports Center to Shepherd. She had her first appointment in August and is amazed by the effects of chiropractic treatment and exercise, accompanied by deep tissue laser therapy.

"I am back to full use of my knee. I am walking on the treadmill, using a rowing machine and stationary bike, and walking in my neighborhood when the weather cooperates," the 60-year-old said. "I am just amazed at the improvement and the strength I feel in my knee. I used to be afraid of falling because the knee felt so unstable. It is a total turnaround."

For more information, go to blessinghealth.org/chiropractic. ■



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Blessing cardiologist brings new care option to patients



People at risk for a stroke because of a blocked carotid artery have a new option for their care at the Blessing Heart & Vascular Center, thanks to Jeffrey Cook, MD, cardiologist, Blessing Physician Services. In February, for the first time at Blessing, Cook placed a stent in a patient's carotid artery.

Located on each side of the neck, the carotid arteries are two large blood vessels that

CONTINUES ON 24

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supply blood to the front part of the brain, where thinking, speech, personality and sensory and motor functions reside. Over time, the buildup of fatty substances and cholesterol can narrow one or both carotid arteries. This narrowing decreases blood flow to the brain and increases the risk of a stroke.



"Blocked carotid arteries are not as common as blockages in the arteries of the heart, legs or kidney arteries," Cook said. "But blocked carotid arteries contribute to as many as 30 percent of all strokes."

The first choice for treatment of this condition is surgery called carotid endarterectomy, during which a surgeon opens the carotid artery and removes the blockage.

"Stents are used for patients who are not candidates for surgery. There are several reasons why that would be, including pre-existing conditions that would complicate surgery and an individual's anatomy that could make surgery impossible."

During the procedure, a small tube is placed into the artery through an incision. A balloon tip within the tube is inflated to push the blockage to the side and widen the artery. Then a metal mesh tube, known as a stent, is inserted in the artery through the tube to reduce the risk future clogs.

The first patient to receive a carotid artery stent at the Blessing Heart & Vascular Center was an 88-year-old man who had experienced a clogged carotid artery previously and a Transient Ischemic Attack, or TIA, because of it. A TIA is a warning sign that a full stroke could occur in the future. The man underwent surgery, but over time the blockage reformed, leading to placement of the stent.

Cook had experience with placement of carotid artery stents in his previous practice in northern Illinois, allowing him to bring the procedure to the Blessing Heart & Vascular Center as a new care option for its patients. He works with the vascular surgeons on the Blessing Heart & Vascular medical staff to offer this care option.

Stroke facts from the National Stroke Association:

- Stroke is the fifth leading cause of death in the U.S.
- Stroke is the leading cause of adult disability in the U.S.
- Each year nearly 800,000 people experience a new or recurrent stroke.
- A stroke happens every 40 seconds.
- Every 4 minutes someone dies from stroke.
- Up to 80 percent of strokes can be prevented. ■



Three generations of dedicated family care

A doctor is one you rely on to take care of your health, but for Anne Mays and her family, the role of doctor has become much more.

Over the past several years, John Scott, M.D., FACP, with Quincy Medical Group has cared for three generations of Mays' family, beginning with her parents and aunt, then she and her husband, and eventually her son and daughter-in-law.

"He's special to me," Anne said. "I know that the generations after me are getting good care, just like the generations before me."

Her son, John Frank, said receiving care from Scott is somewhat of a family tradition. In fact, when he moved back to Quincy in 1999 to be closer to family, he said the decision to establish care with Scott came easy.

"It wasn't a question of who I was going to have for a primary care

CONTINUES ON 26

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CONTINUES FROM 25

physician it was basically instinctive," John said.

He points to a connection with Scott that makes his family's relationship with him so special.

"When we get together, I'm more than a patient to him, and he's more than a doctor to me," John said. "He's not just a friend; he's spiritually a member of the family."

For Scott, that feeling is mutual. His practice philosophy is centered around focusing on the physical, mental and spiritual health of his patients. He began his practice at Quincy Medical Group in 1983 and through the years has become close with many families in the

area including the Mays family.

"One of the reasons I came to Quincy, Ill., was so I could start a primary care practice where I'm taking care of grandma and grandpa, then mom and dad, and then their kids," Scott said. "It's really an honor to be able to do that."

Scott encourages all his patients to take an active role in their health. That advice stuck with John and Anne and led to valuable mother and son time. Upon arriving back in Quincy, John found himself less and less active.

CONTINUES ON 30

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CONTINUES FROM 26

"I wasn't normally a sedentary person, but I was overweight because I had stopped working out the way I had in

my 20s," John said. "When we moved to Quincy, it was just a matter of me being a couch potato."

John was encouraged by Scott

to make a change.

"I remember him telling me 'I'm not asking you to do a half hour or an hour yet, I'm just asking you to get off the couch and

walk two minutes around the block,'" John said.

Those two minutes around the block turned into daily walks with his mom at the Kroc



Center in Quincy. This has been their daily routine for about five years, until recently when Anne experienced a fall.

"We would accomplish over

a mile and a half," John said. "I'm 55, and she's 84, and we would be passing people that are younger than me. It wasn't like we were super fast, but we were

steady."

John cherishes those walks with his mom.

"That time evolved into us getting together as much for the

socialization and joy of being able to get together once a day and having exercise as the rallying point," John said. "You didn't even care about the exercise. You just looked forward to getting together to chat. We would wind up talking and before you know it we're done. Oftentimes that would happen."

On their walks around the track, they would often see Scott, proving that he just doesn't give advice, he follows it too.

"Our walks started with encouragement from Dr. Scott," John said. "So, seeing him was inspiring because this guy is putting his money where his mouth is. And, then for probably over a year, we kept seeing him exercise at the Kroc Center about the same time we were. As much as I depended on seeing my mom every day, you could count on seeing him as well."

Scott said he looks forward to seeing them too.

"With their family, we just really fit well together," Scott said. "I enjoy seeing them out and about. It's just a really nice relationship."

Anne, John and their family continue to count on and turn to Scott.

"He's a friend," Anne said. "His nurses are wonderful too. I know they are all going to take the best care of me."

John agrees.

"He takes total care of the total person. I don't think I've ever met anybody who is as proactive about a person's health and wellness," he said. "He takes personal responsibility to make sure you're ok."

Simply put, Anne said, "He cares." ■

TOGETHER FOR YOU



Across the current of the Mississippi lie two historic places we call home. Quincy and Hannibal are a short, 30-mile ride up or down stream. We claim two different states. We celebrate in two different communities. But we all have one shared need, our health. It's why Hannibal Clinic and Blessing Health System merged together to become one. One health system means more doctors, locations and services. That makes it easier to get the care you need, when you need it.

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LOAFERS CAR SHOW

Club gears up for another spectacular show of cars

| By Sue Downing

The Loafer's car club will host its 24th annual car show Saturday, May 11, in downtown Hannibal. More than 300 historic and special interest vehicles are expected to fill North Main Street. The show features a range of vehicles including antiques, classics, street rods, rat rods, Mustangs, Corvettes, imports and many more cars that will be on display until mid-afternoon. Spectators are welcome, and there is no admission fee.

Pre-registration is \$20 through April 28. Registration the day of the car show is from 8 a.m. until noon at \$25.

There is guaranteed parking until 10:30 a.m. for pre-registered show vehicles. Gates close at noon.

Trophies will be awarded to the top three vehicles in each of the 31 judged classes. In addition, there will be eight special awards, as well as an assortment of door prizes.

This year, to celebrate the bicentennial, Jay Thorpe designed a special award to be given. A raffle will feature an antique gas pump. 500 raffle tickets will be sold at \$10 each and are available from club members. Tickets will be sold at the show, and the winner is not required to be present to win. The pump will be delivered for free within 100 miles. There also will be a 50/50 raffle available through-



out the day.

The Hannibal Jaycees will be presenting a concert as part of the bicentennial celebration the evening after the car show. Country star Chris Janson will perform at 7 p.m. See hannibal2019.com for more information.

Two top awards are for the Best of Show and the Loafers Favorite. The Best of Show for last year was awarded to Karmy Schone of Chapin, Ill., for his 1957 Chevrolet 150 Sedan. The Loafers Club doesn't compete with show cars but will display their cars, and show participants are encouraged to vote for their favorite Loafers car. Ron Raney and his 1970 El Camino was voted Loafers Favorite last year. Both the Best of Show and the Loafers Favorite will appear on the T-shirt for the next years car show. T-shirts will be on sale the day of the show.

Voted Loafers Favorite

Ron Raney and his 1970 El Camino last year won the Loafers Favorite, voted on by car show participants. Ron's El Camino will be featured on the 24th annual car show T-shirt, along with Karmy Shones' 1957 Chevrolet 150 Sedan, last year's Best of Show. Raney has been a member of the Loafers Car Club since 1999. He has held various positions in the club, and this year he is co-chairman for

CONTINUES ON 38



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CONTINUES FROM 33

the car show. Raney is the area expert on Chevilles and has restored several. Raney is always ready to share his knowledge about Chevilles and help new owners with resources to increase their knowledge. Raney is a committed member of the Loafers Car Club and is insuring a future that knows the history of motor vehicles.

The Loafers Car Club is open to anyone who has a classic car or vehicle of interest. The car club meets twice a month. Anyone interested in becoming a member can contact the club through its Facebook page. ■



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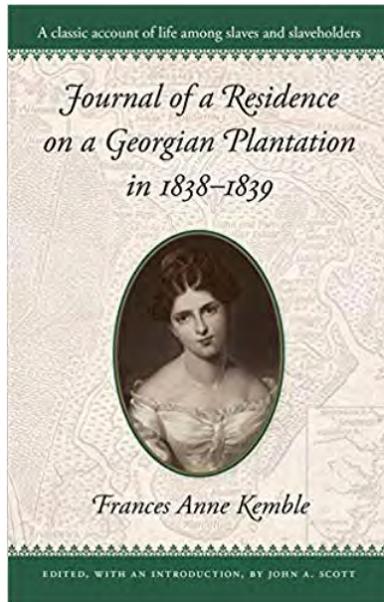
* Season Passes must be purchased by May 27, 2019

'Shame the Devil! An Audience with Fanny Kemble' starts April 18

In 1850, Fanny Kemble burst into her home spouting lines from Othello. Her former husband launched a scurrilous public attack on her character the very night she made her New York City debut as a solo presenter of Shakespeare, and now you are invited to be a guest in her parlor to witness her defense.

Frances Anne (Fanny) Kemble (1809-1894), was once the preeminent ingénue in Great Britain and America. Born into the English Kemble-Siddons theatre family, she was a self-professed reluctant celebrity. Although her personal desire was for a quiet life of writing and study, her spectacular acting skills in her theatrical debut in "Romeo and Juliet" helped save her family and their enterprise, London's Covent Garden Theatre, from ruination and bankruptcy.

On a money-making theatrical tour of the American northern cities with her father, Kemble met her future husband, Philadelphia



lawyer Pierce Butler. Butler courted her at nearly every stop on the tour, culminating in a marriage proposal in 1834. Kemble's American earnings allowed her to provide for her parents in their old age and fund her brothers' studies. She announced her retirement from the stage and her plan to marry her betrothed.

Several years later, with her two babies in tow, Kemble traveled with her husband to his new holdings at the mouth of the Altamaha River in Georgia. What lay before her would change her from romantic to reformer:

"The family into which I married are large slave holders. A fact of which I knew nothing when I married Pierce Butler. I had, of course, an Englishwoman's prejudice against slavery – the slave trade having been outlawed in

England before I was born."

CONTINUES ON 40

WGEM News Today 5am -7am

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Wake Up with the Tri-State's News Leader



CONTINUES FROM 39

Kemble continued her writings while on Butler Island, chronicling her experiences and attempts to improve the conditions there. Her book, “Journal of a Residence on a Georgian Plantation in 1838-1839” was one of the first accurate windows into the gross injustice and oppression of slavery. This book, coupled with her other essays and writings (of which her husband was legal financial beneficiary under law) prompted Butler not only to divorce her but to acutely limit her time with their children and to initiate an assassination of her character.

In her darkest hour, the formidable Fanny Kemble never wavered. She reinvented herself and lived on her terms — a thoroughly modern woman for the ages.

“Shame the Devil!” features Erin Kelley, who partners again with Bluff City veteran director John Contini. Their last BCT collabora-



Kelley

tion was the solo show “You Caught Me Dancing” in 2016. “Dancing” required Kelley to play not only Katy Leary (30 year servant and caregiver to the Clemens family), but Twain himself, plus 13 characters. “Shame the Devil!” also a solo show, presents another unique element, as playwright Anne Ludlum has peppered the script with Shakespeare quotes and monologues to embrace Fanny Kemble’s claim that she “thought in Shakespeare” — Virtue is bold and goodness never fearful.

“Shame the Devil! An Audience with Fanny Kemble” runs at Bluff City Theater from April 18 to 27. For more information, go to eventshannibal.com. Tickets are \$27 per person or may be purchased as part of a 2019 Four-Ticket Flex Pass (\$95 for four tickets to any production). Every Great Girlfriend Getaway participant will receive a coupon for 33 percent off a single ticket (\$18) for the 2 p.m. Saturday, April 27, performance. ■



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Great Girlfriend Getaway

APRIL 26 TO 28

Downtown Hannibal

Ladies, prepare to be pampered. Gather your girlfriends and family, and enjoy a weekend of shopping, dining and activities just for you. The Great Girlfriend Getaway takes place from April 26 to 28 in downtown Hannibal. A schedule of events, tickets and merchandise can be found at historichannibal.com/girlfriend-getaway.

balmo.com/girlfriend-getaway.

Highlights

Survival Tote

The Shoppers' Survival Tote has goodies to make your weekend better, plus coupons to local stores.

Pub Crawl

Those attending the Pub Crawl will

receive an exclusive souvenir glass, plus tickets for special drinks in downtown Hannibal.

Gift Basket Drawing

Save your receipts to enter a drawing to win an awesome gift basket. Each receipt from a downtown business gets you one entry to win. ■

Big River Comic Convention



APRIL 13

**Admiral Coontz Recreation Center,
301 Warren Barrett Dr**

Big River Comic Convention 2019 is northeast Missouri's first "true" comic convention. The convention will take place April 13, at the Admiral Coontz Recreation Center.

Cosplay contests will take place throughout the day. A kids cosplay contest runs from 10:30 to 11:30 a.m. An adult "novice" cosplay contest runs from 2 to 3:30 p.m. Another adult cosplay contest takes place from 3:30 to 4:30 p.m.

There also will be a Dragon Ball Super sanctioned tournament and Magic the Gathering Draft. For times, go to brcchannibal.com/tournament.

Registration and rules are online at brcchannibal.com. The one-day event features the best in comic books, as well as fantasy, sci-fi and superhero television and film.

Online tickets cost \$15 plus a \$1.49 electronic fee. Children 12 and under get in free.

For more information, go to brcchannibal.com. ■

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Twisted Juniper Yogathon

APRIL 14 • 1 to 4 p.m.

Rialto Banquet Hall, 601 Broadway

| By Bella Erakko

Have you ever wondered what goes on in a yoga class?

Five women in the process of furthering their understanding and becoming teachers at Emily Trevathan's yoga studio, Twisted Juniper, want to offer the community an introductory yoga afternoon on Sunday, April 14, from 1 to 4 p.m., with sessions for beginners (1:15 to 2 p.m.),

families with children (2:15 to 2:45 p.m.), and adult "all levels" (3 to 4 p.m.); accompanied by the instrumental blues/jazz music of Jerry Rosenkrans), hosted by Rialto Banquet Hall at 601 Broadway.

To attend the Yogathon, bring a donation in cash or product to give to one or more charities, and experience for yourself why women and men from all walks of life and body types find themselves drawn to yoga.

Each student-teacher has picked a charity they are passionate about: the NEMO Humane Society for animals needing adoption, Avenues for women and children in vulnerable situations, Buddy

CONTINUES ON **46**

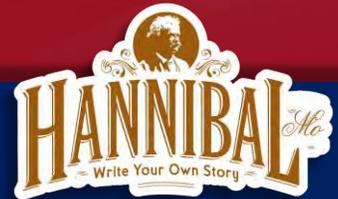


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FEATURED UPCOMING EVENTS

- APRIL 1-30** A JOURNEY THROUGH TIME: QUILT EXHIBIT & CONTEST
- APRIL 13** BIG RIVER COMIC CONVENTION
- APRIL 26-28** GREAT GIRLFRIEND GETAWAY
- MAY 4** TIME CAPSULE OPENING

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CONTINUES FROM 44

Packs for children facing hunger, Down Country for their mission of inclusivity for all children with all abilities and Loaves and Fishes helping the hungry and homeless.

The teachers—Kallie, Karen, Natasha, Talya, Tara—wanted to take a step beyond classes. They wanted a deeper experience because they found a way to integrate their lives in yoga. As wives, mothers, professional women, women of faith, entrepreneurs, they know what a busy, chaotic life can look like. But with yoga, they find themselves renewed—and part of yoga is sharing.

Each of these women connect self-care with community care and giving back.

Yoga is not for women only. More men are becoming avid participants. The Sunday, April 14, Twisted Juniper Yogathon embraces all body types, abilities, and children.

"Kids go into turtle pose or spaghetti body, and they become so still, teachers admit they've never seen such a thing," Trevathan said.

Yoga, perhaps, is our way back to that childhood wonder. Come and experience it.

For more information, contact Emily Trevathan at 573-719-8545, Emily@twistedjuniper.com or on Facebook Event Page: Twisted Juniper. ■



Great Gardens Conference

The inaugural Hannibal Great Gardens Conference will be held from 8 a.m. to noon, Saturday, April 13, in the Partee Center at Hannibal-LaGrange University. The conference will feature programs on gardening with native plants, creating wildlife and pollinator gardens, best plant choices for successful gardens and discussion of results from a nationwide survey of over 2000 gardeners.

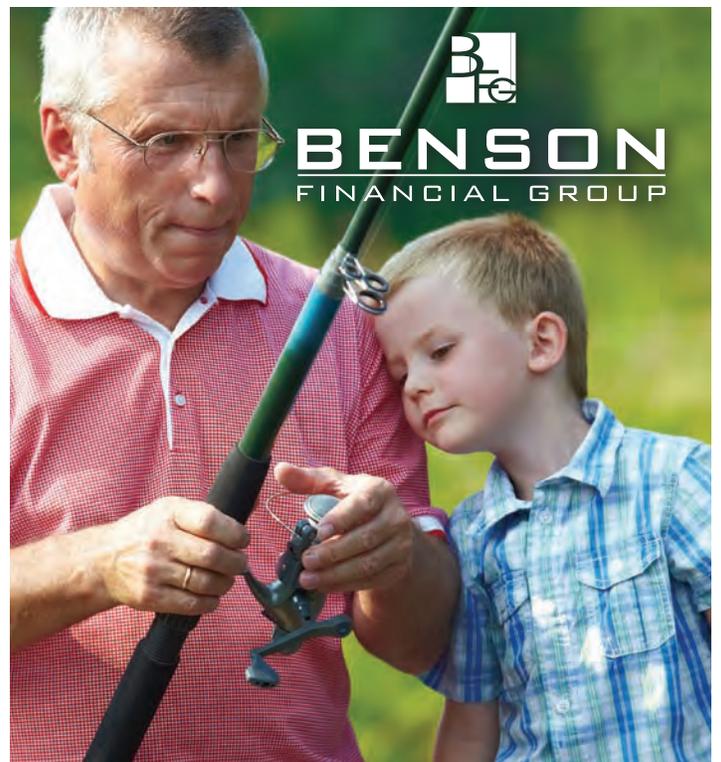
Presenters are Missouri State Arboretum Director Pat Ward, St. Louis Audubon Society Director of Programs Mitch Leachman, Missouri Master Naturalist Bob Kendrick, Forrest Keeling Nursery's Mary Gibler and garden researcher Robert Hendrickson.

There will be a sale of native plants, pollinator plants and perennials supplied by Forrest Keeling Nursery and information from local gardening organizations.

Registration cost is \$20, which includes conference admission, handout material and refreshment breaks. Students and those under 17 are free.

Registration can be made at greatgardensconference.brownpapertickets.com

For more information, contact Kyle Monroe at 573-248-2530. ■



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Spring into service

Spring brings many things to mind – rain, green grass, flowers, planting season for the many farms surrounding Hannibal, spring cleaning, spring break. But for the Hannibal Chamber of Commerce, it also brings to mind service to our community. The Chamber starts April with municipal elections. The candidates on that ballot, running for mayor, city council, board of education and other elected offices sacrifice much to serve their community. They give of their resources — the most valuable of which is time — to serve in office.

The public servants holding these offices spend time not only in meetings but behind the scenes reading, researching and working with constituents. It takes time away from their families, their businesses. You may not agree with every policy or every vote, but the Chamber hopes everyone can appreciate the sacrifices they make to keep our community moving forward. In the age of constant banter on social media, “fake news” and political divisiveness, serving in an elected position in rural America can be a thankless job. It doesn’t have to be that way. The Chamber encourages you to take time to get to know elected officials. Thank them for the sacrifices they make,

have a conversation with them about what’s important to you. We all have a common goal of making Hannibal an even better place to live, to work, to do business and to visit. For Hannibal to thrive, we must build upon what we have in common.

After we turn in our ballot on April 2, we will focus on Citywide Clean Up, a partnership with Hannibal Parks & Recreation, Board of Public Works and the Stream Team. On Saturday, April 27, community volunteers young and old will meet at the Y-Men’s Pavilion between 9 a.m. and noon to hit the streets equipped with gloves and trash bags to get Hannibal into shape. Cleaning up our community is not just for tourists — it gives us all a sense of pride to see Hannibal looking its best, especially during the year of our Bicentennial celebration.

Whether you can give many hours to serve on a board or in public office, or only a few, volunteering to pick up trash, greeting riverboat passengers or helping your favorite nonprofit organization, service is vital to our community. We each have a responsibility to do what we can to ensure Hannibal’s success for the next 200 years. ■

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- Community Psychiatric Rehabilitation Program (Case Management)
- Substance Use Disorder Treatment (Opioid Use, Alcohol Use, and Tobacco Cessation)
- Consultation and Educational Services (Community and School)
- Supportive Groups
- Access Crisis Intervention/24HR Crisis Service



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Artists can create beauty anywhere

Sometimes being a “plein air” outdoor artist doesn’t work out too well. Deb Baughman, Alliance Art Gallery’s featured artist for April 2019, admits this.

“At one event, I knocked over the easel and the painting went face down in the dirt,” she said.

If that wasn’t bad enough, she

later laid the frame flat on the ground, and sand blew over her art, basically ruining it.

So what draws Baughman outdoors, and how does she handle “weather?”

“A group of friends got to painting together,” Baughman said. “A lot of us go to the same plein aire competitions. We help each other out. It’s like being in

a class.”

Sometimes that class includes rain, endless rain. Baughman sits under the raised tailgate of her van, protecting her art with an umbrella attached to the easel. Occasionally she treks out in winter.

“I went out one Saturday in December,” Baughman said. “It was 23 degrees. My paint was

freezing, and when I got into the car, it melted.”

Growing up without any art classes, everyone in her family seemed talented in drawing or music. In college, Baughman got a teaching degree that focused more on teaching than studio art. After teaching art for 33 years, Baughman didn’t find free time for her own explora-



artistic,” Baughman said. “There might be something there — if you look again.”

Mary Jae

Mary Jae, featured member artist, constantly explores new techniques for making jewelry.

While she continues her popular glass bead, gem and pendant necklaces, she is fascinated by the peyote beading technique. Searching the internet for interesting bracelet and necklace patterns, she creates dramatic pieces, often using geometric designs. With tiny glass beads and thread, she uses straight peyote designs for bracelets, which can have a delicate fern leaf patterned into it, or an undulating wave, or with bigger beads, even a piano keyboard.

Using a netting technique, she creates softly draped scarves and necklaces with a lacy filigree effect. Most unusual are her PWAT, or peyote with a twist, designs.

“A tube is inserted to keep them from flattening,” Jae said. “The end result looks like a beaded cord. One advantage to peyote beading: it is easy to take with you in a purse.”

Jae can create on the go, but she gets the same satisfaction of a jeweler working with color, design and creation.

Opening reception

An opening reception will be held from 5 to 8 p.m. Saturday, April 13. A piece of Jae’s work will be given away in a free drawing held at 6. This reception coincides with Hannibal’s Second Saturday Gallery Night.



tions of watercolor and oil until she retired.

She is drawn to industrial scenes. A train engine. A silo. A barn. Living in a town of 250 with fields all around, she often paints the barn across the way, often with sheep or cattle grazing. Whether using watercolor or oil, her work portrays Midwest industrial and rural warmth, a sense of home.

“I think people need to look at things they do not think are

GREAT TIMES IN THE GREAT OUTDOORS

HANNIBAL PARKS & RECREATION DEPARTMENT
www.HannibalParks.org

Check out these nature programs in April!

SENSING SPRING:
How did the plants and animals survive winter?
April 14th • 2-3 pm at Riverview Park

SPRING BEAUTY BATH:
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April 24th • 10 am - 11:30 am at Riverview Park

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A visit to the Hannibal Arts Council gallery is always a good time. Give yourself a break, step into the gallery and discover the creative works exhibited by the featured artists. You'll be amazed at how good for the soul disappearing into art can be.

HAC GALLERY HOURS

9 a.m. to 5 p.m. Monday, Wednesday, Thursday and Friday

11 a.m. to 2 p.m. Saturday

APRIL 1 TO 31

Closing reception/awards: 4 to 6 p.m. Tuesday, April 30, 4-6pm (awards at 6 p.m.)

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HANNIBAL Arts



2018 Best of Show - Seth Steinman - Woman in Orange

YOUNG MASTERS: Selected works by Hannibal's fifth grade, eighth grade and HHS students. Exhibit showcases selected works from Hannibal's fifth grade, eighth grade and high school students in both public and parochial schools. The top 15 awards are given special recognition.

Sponsored by Hannibal Pirate Family Foundation, George H. Riedel Private Foundation, General Mills Hometown Grant Program, Missouri Arts Council.

FIRST FRIDAY ART ADVENTURE

First Friday Art Adventure
creative workshops for children ages 6 to 12

First Friday Art Adventures are an opportunity for kids ages 6 to 12 to create hands-on projects, nurture their creativity and make something that is cool and fun.

NEWSPRINT COLLAGE

Friday, April 5

5:30 to 6:30 p.m.

Hannibal Arts Council, 105 S. Main St.



*Participation is limited. Program fees \$5 per child, with scholarships available upon request.

Registration is required by contacting HAC at 573-221-6545 or reservations@hannibalarts.com.

PROJECT DESCRIPTION: For the April project participants will use newspapers, magazines, markers and buttons to create a spring collage. Principles of design and use of warm and cold colors will be discussed prior creating the collage. The project will be led by Hannibal artist and HAC Program Coordinator Brenda Beck Fisher.

Funding assistance provided by: General Mills Foundation Home-

town Grantmaking Program, George H. Riedel Private Foundation, Community Foundation Serving West Central Illinois and Northeast Missouri, Missouri Arts Council, a state agency and HAC Scholarship Fund Donors.

ARTY PARTY



What is an Arty Party? Explore the arts in a new way with this art experience with no art experience required. Participants are welcome to bring snacks and beverages. HAC provides all project supplies, a project leader, plates, cups and napkins.

Arty Party programs now open to anyone 13 and up.

MACRAME WALL HANGING

Friday, April 12



CONTINUES ON 54

TONY CORNISH, JR. **ALEXANDRA CARTER** **DYLAN AUSTIN** **MIKE COLE**

WEEKNIGHTS ON
WGEM 
The Tri-States' News Leader

CONTINUES FROM 53

Hannibal Arts Council, 105 S. Main St.

\$25 per person

Registration Required: 573-221-6545 or reservations@hannibalarts.com

Project/Leader: Participants will learn modern macramé techniques to create a wood and macramé wall hanging. The project will be led by Becky Evans.



JADE PENDANT AND EARRINGS

Saturday, April 27

7 to 9 p.m.

\$25 per person

Registration Required: 573-221-6545 or reservations@hannibalarts.com

Project/Leader: Participants will make sterling silver and dyed jade pendant and earring set. Choose from five color options: lilac, blue, periwinkle, peach or teal. Chain not included. The project will be led by Brandy Hurt of AVA Goldworks.

Go to the Arty Party page at hannibalarts.com to discover upcoming Arty Party programs.

HANNIBAL ARTS COUNCIL THEME PARTY FUNDRAISER

A Night In Havana

Saturday, April 6,

Rialto Banquet Hall, 601 Broadway

6:30 p.m. - Social hour

7:30 p.m. - Dinner and entertainment

\$40 per person (\$320 per table of 8)

All proceeds benefit the Hannibal Arts Council

Information/Tickets: 573-221-6545.

The theme party fundraiser is held each year to provide an opportunity

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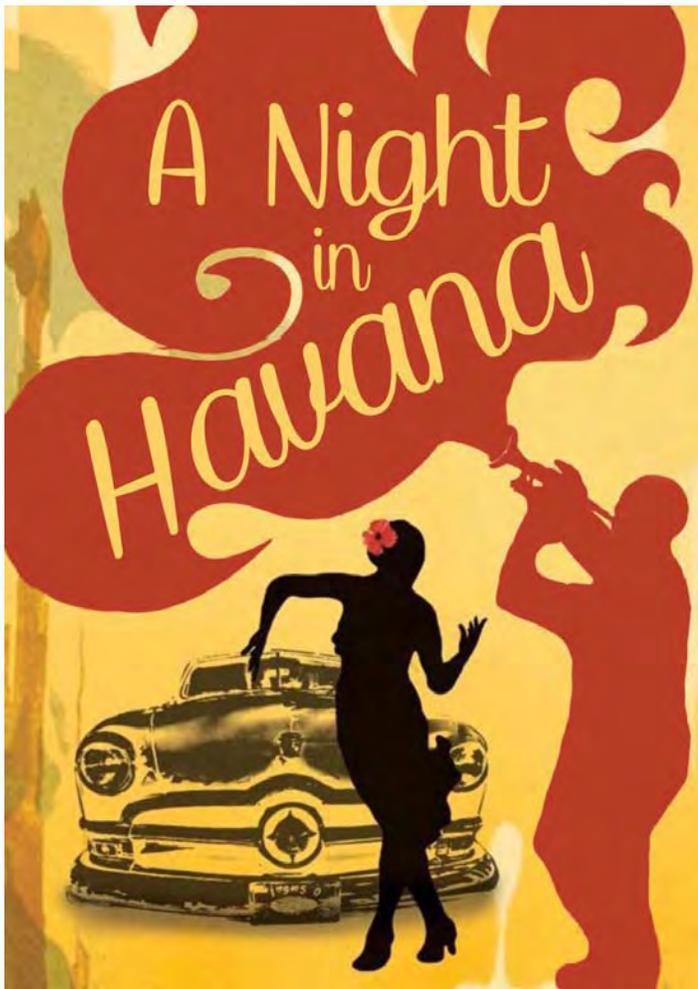
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DROP-IN PICKLEBALL
at the Admiral Coontz Recreation Center
MONDAYS IN APRIL
5:30 P.M. - 8:30 P.M.
All Skill Levels Welcome
\$3 PER PERSON

www.HannibalParks.org



for the community to show its support and appreciation of the programming and services HAC brings to the community and have fun while supporting the arts. It is events like this which allow HAC to fulfill its mission and present programs that are affordable, approachable and accessible to all.

Everyone who appreciates the arts are encouraged to attend.

CASUAL CLASSICS SERIES

Casual Classics

The Casual Classics Series is being presented in partnership with the Culver-Stockton College Division of Fine, Applied and Literary Arts. All performances will be free and open to the public and held at the Hannibal Arts Council, 105 S. Main St. The series is sponsored by the Hannibal Arts Council, Hannibal Concert Association, Culver-Stockton College Division of Fine, Applied, and Literary Arts, Area Culver-Stockton College Trustees and the Missouri Arts Council, a state agency.

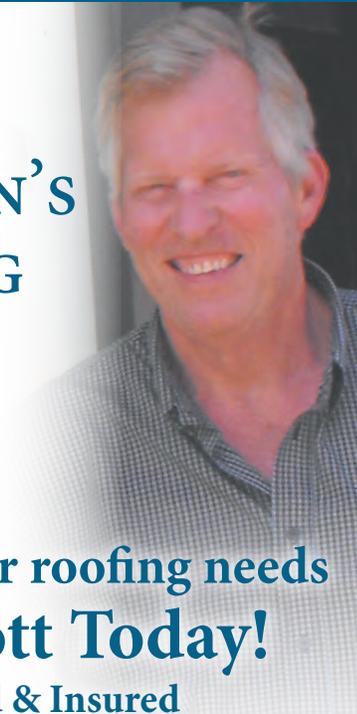
Faculty Chamber Concert

Dr. Dylan Marney, Piano
Aren Van Houzen, Trumpet

CONTINUES ON 56

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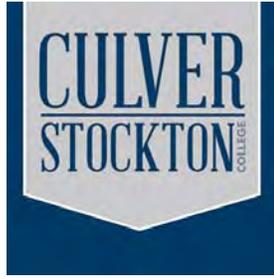


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mdc.mo.gov

Trent Hollinger, Saxophone
Scotty Allison, Tenor
Joe Skertich, Composition
Saturday, April 13 at 2 p.m.
Hannibal Arts Council, 105 S. Main St.
Free



Saturday, April 27 at 2 p.m.
Hannibal Arts Council, 105 S. Main St.
Free

HANNIBAL CONCERT ASSOCIATION



Dr. Dylan Marney, Piano

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Hip, Mixed-Vocal Quartet

Thursday, April 11 at 7:30 p.m.

Calvary Baptist Church, 4605 West Ely Road

Without a season or patron membership, tickets are \$20 for adults and \$5 for students.

7th Avenue is a group of four singers, two women and two men, brought together in 2016 by Chris Rupp, the founder and musical director of the country vocal band Home Free for 15 years. Rupp is taking his skills and talents to his latest and greatest project, 7th Avenue, which is aiming to reinvent and up root the standard definitions of vocal music, combining elements of pop, swing, rockabilly, country and much more. 7th Avenue is ready to forge a new identity in the music world.

Holy Rocka Rollaz

Rockin' the late 50's Hits

Saturday, April 27 at 7:30 p.m.

Parker Theatre, HLGU Roland Fine Arts Center

Without a season or patron membership, tickets are \$20 for adults and \$5 for students.

Minnesota's own Holy Rocka Rollaz brings back the sound, the look, the memories and the nostalgia of one of America's most treasured eras. Nothing pleases these rock 'n' roll veterans more than seeing different generations enjoy their classic music together. If it's the classic early rock 'n' roll of Elvis Presley, Buddy Holly, Chuck Berry, Johnny Cash and many others that you want, played just the way those legends played it, you have found your dream band.



For more information regarding the Hannibal Concert Association and its programs, contact HCA President Sara Anton North at 573-221-0822, like the Hannibal Concert Association on Facebook or visit their website at hannibalconcerts.com.

CONTINUES ON 58

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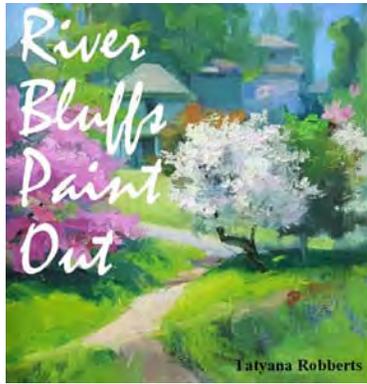
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RIVER BLUFFS PAINT OUT



Painting the Missouri communities of Canton and Hannibal en plein air

Canton Painting Day - May 4
Hannibal Painting Day - May 5

Plein air artists will be working in the communities of Hannibal and Canton over two days where they capture the community by creating paintings outdoors and on-site. Painters will converge upon Canton on May 4 and Hannibal on May 5.

ARTIST REGISTRATION: There is still time to register to participate by going to hannibalarts.com/gallery/river-bluffs-paint/.



AVA Goldworks and the Hannibal Arts Council have joined forces to sponsor a jewelry design contest with some amazing prizes.

The Contest: Get creative designing the most beautiful jewelry you can imagine. Pick up an official design contest sheet at AVA Goldworks (211 Center St.), the Hannibal Arts Council (105 S. Main St.) or download/print a contest form at hannibalarts.com.

Ages: Ages 2 to 17 are encouraged to participate.

Deadline: May 1

The Prize: The winner in each of four age divisions will receive a custom-made sterling silver pendant with a one-of-a-kind design created by AVA Goldworks for their mom. Each pendant will be able before Mother's Day. ■

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APRIL local events

THROUGHOUT APRIL

Times vary. Admiral Coontz Recreation Center open 7:30 a.m. to 5:30 p.m. Monday through Thursday and 7:30 a.m. to 5 p.m. Friday. There is a walking track (12 laps equal 1 mile) and two basketball courts. Pickleball courts, sports equipment, games and puzzles are available for use. An attendant on duty can lend out equipment. The Play without Boundaries Sensory Room is open during regular hours. There are games, puzzles and supplies for all-inclusive indoor play for adults and children.

Times vary. Ramp Park at Huckleberry Park is open 3:45 p.m. to dark daily and noon to dark on weekdays.

MONDAY, APRIL 1

9 a.m. 'A Journey Through Time: Hannibal, Missouri 1819-2019' quilt contest and exhibition at Mark Twain Boyhood Home & Museum.



DROP-IN PICKLEBALL

5:30 p.m. Drop-in Pickleball at Admiral Coontz Recreation Center. All skill levels welcome.

WEDNESDAY, APRIL 3



SENIOR ADULT DANCE

Noon Senior Adult Dance at Admiral Coontz Recreation Center. Music provided by Uptown Strings.

7 p.m. Partner Dancing at Admiral Coontz Recreation Center. Beginners and intermediate dancers go from 7 to 7:45 p.m. There will be open dance time from 7:45 to 8:30 p.m. Cost \$5 per person.

FRIDAY, APRIL 5



TORCH RUN

11 a.m. Show-Me State Games Torch Run starts at Central Park.

SATURDAY, APRIL 6

9 a.m. Hannibal Library Easter Egg Hunt at Hannibal Free Public Library. Event is free and open to the public. For more information, contact Caitlin Greathouse at cgreathouse@hannibal.lib.mo.us or call 573-221-0222.

MONDAY, APRIL 8

5:30 p.m. Drop-in Pickleball at Admiral Coontz Recreation Center.

CONTINUES ON 60

APRIL

local events

CONTINUES FROM 59

WEDNESDAY, APRIL 10

Noon Senior Adult Dance at Admiral Coontz Recreation Center. Music provided by Uptown Strings.

7p.m. Partner Dancing at Admiral Coontz Recreation Center. Beginners and intermediate dancers go from 7 to 7:45 p.m. There will be open dance time from 7:45 to 8:30 p.m. Cost \$5 per person.

THURSDAY, APRIL 11

10a.m. Shuttle Tours of Sodalís Nature Preserve. Attendees should meet at Admiral Coontz Recreation Center.

FRIDAY, APRIL 12



NIGHT HIKE

7p.m. Night Hike through Sodalís Nature Preserve. Event is free, but reservations must be made by calling 573-221-0154 or emailing mlrichards@hannibal-mo.gov.

CONTINUES ON 68



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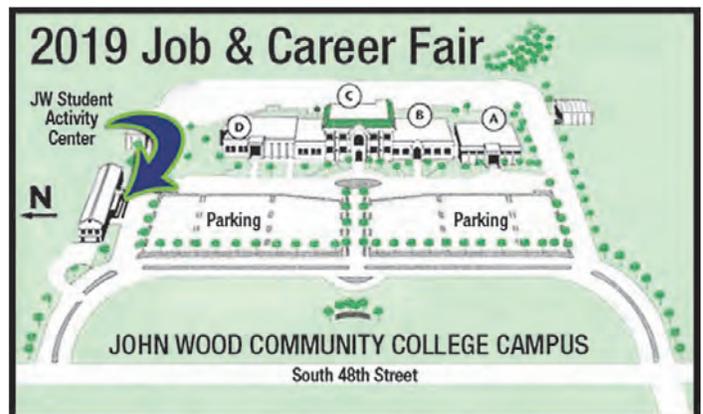
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events not to miss **BEST BETS**

APRIL

Mondays in April Drop-in Pickleball at Admiral Coontz Recreation Center. Page 58

April 1 to 30 A Journey through Time Quilt Exhibit and Contest in Hannibal. Page 45

April 13 Big River Comic Convention at Admiral Coontz Recreation Center. Page 45

April 14 Sensing Spring at Riverview Park. Page 51

April 14 Mother & Daughter Look Alike Contest voting on whig.com. Page 64

April 16 Hannibal Regional Foundation Barn Bash at the Orchard. Page 1

April 24 Spring Beauty Bath at Riverview Park. Page 51

April 26 to 28 Great Girlfriend Getaway in downtown Hannibal. Page 45

May 4 Time Capsule opening in downtown Hannibal. Page 45

May 11 Chris Janson performs at Tanyard Gardens. Page 45

May 27 Deadline to purchase season pass for Mark Twain Landing. Page 38



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APRIL local events

CONTINUES FROM 60

SATURDAY, APRIL 13



9 a.m. Big River Comic Convention at Admiral Coontz Recreation Center.

9 a.m. Mark Twain Area Coin Show at Hannibal Middle School. There are expected to be over 20 dealers and up to 40 tables of coins on display. For more information, contact Pat Janes at 573-231-6683 or jane-spat1948@gmail.com.

SUNDAY, APRIL 14

2 p.m. Sensing Spring Nature Program in Riverview Park. Group size is limited, and reservations must be made by calling 573-221-0154 or emailing mlrichards@hannibal-mo.gov.

5 p.m. Fifth annual Last Dinner on the Titanic at LaBinnah Bistro. For more information, call 573-221-8207 or visit labinnahbistro.com.

MONDAY, APRIL 15

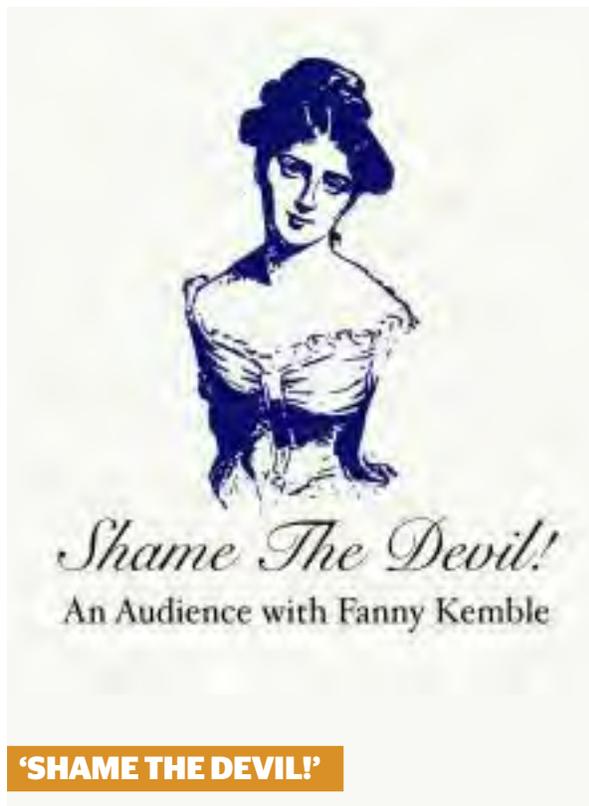
5:30 p.m. Drop-in Pickleball at Admiral Coontz Recreation Center.

WEDNESDAY, APRIL 17

Noon Senior Adult Dance at Admiral Coontz Recreation Center. Music provided by Uptown Strings.

THURSDAY, APRIL 18

10 a.m. Senior Expo "Our Story Our Town" at the Admiral Coontz Recreation Center. About 600 senior adults are expected to attend with 80 vendors.



7:30 p.m. "Shame the Devil! An Audience with Fanny Kemble" at Bluff City Theater.

FRIDAY, APRIL 19

7 p.m. Open Mic Poetry Night begins at Planters Barn Theater, 319 N. Main St. Novice poets, along with those with notebooks full of verse, share their ideas in a comfortable setting. For more information, contact Patricia Garey at 314-814-3481 or Bella Erakko at 573-406-0646.

7:30 p.m. "Shame the Devil! An Audience with Fanny Kemble" at Bluff City Theater.

CONTINUES ON 68

IN NEXT MONTH'S ISSUE



Twain on Main

APRIL local events

CONTINUES FROM 60

SATURDAY, APRIL 20

2 and 7:30 p.m. "Shame the Devil! An Audience with Fanny Kemble" at Bluff City Theater.

MONDAY, APRIL 22

5:30 p.m. Drop-in Pickleball at Admiral Coontz Recreation Center.

WEDNESDAY, APRIL 24

10 a.m. Spring Beauty Bath Nature Program in Riverview Park. Bring magnifying glass, binoculars, cameras or journals to record your observations. Participants will be walking off the trails. Reservations must be made by calling 573-221-0154 or emailing mlrichards@hannibal-mo.gov.

THURSDAY, APRIL 25

7:30 p.m. "Shame the Devil! An Audience with Fanny Kemble" at Bluff City Theater.

FRIDAY, APRIL 26

All day Great Girlfriend Getaway in downtown Hannibal. Gather



your girlfriends and family to enjoy a weekend of shopping, dining and activities. For more information, go to historichannibalmo.com/girlfriend-

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getaway.

7 p.m. Hannibal Area String Orchestra Concert Spring Concert at

Roland Fine Arts Center. Admission is free. For more information, contact John Ferguson at 573-406-9981 or jd.ferguson@charter.net.

7:30 p.m. “Shame the Devil! An Audience with Fanny Kemble” at Bluff City Theater.

SATURDAY, APRIL 27

All day Great Girlfriend Getaway in downtown Hannibal.

9 a.m. Spring Cleanup starting at Y-Men’s Pavilion. Bags and gloves will be provided. First 100 participants will receive Stream Team shirts and breakfast.

11 a.m. Block Party at Eugene Field Elementary. There will be three bounce house, silent auction, cake walk, food and more.

2 and 7:30 p.m. “Shame the Devil! An Audience with Fanny Kemble” at Bluff City Theater.

7 p.m. POPS Club Spring Dance at Admiral Coontz Recreation Center.

SUNDAY, APRIL 28

All day Great Girlfriend Getaway in downtown Hannibal.

MONDAY, APRIL 29

5:30 p.m. Drop-in Pickleball at Admiral Coontz Recreation Center. ■

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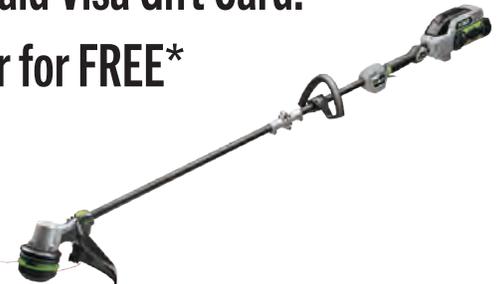
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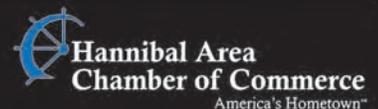
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ENTRIES MUST BE RECEIVED BY APRIL 15TH

WEATHER OR NOT

Many times this past winter I saw ice form on the Mississippi River on our town's doorstep. A short string of warm days allowed the ice to break up and almost vanish. We had a few snows along the way and a couple fair shots of cold weather.

You can't help but to anticipate spring after several days absent of consecutive sunshine.

I saw flights of geese heading north. That is always a good sign. My yard began to assume a light green tone. I saw buds sprout on a few trees. I recognized flowers trying to sprout in our flower beds. Everything seemed to be moving in a favorable direction.

Just as rapidly as life began to reclaim a foothold on the land, the temperatures plummeted into the negative numbers, and the river once free of ice began to solidify again.

So are the seasons of a Missouri River town. The weather changes faster than you can change your apparel. It isn't just the winter season; it's every season.

There is something to be said about the humidity on the Mississippi River. Our cold temperatures seem colder, and our hot days seem hotter. If you choose to live here, you find the residents to be a hardy lot. They can do any season on a moment's notice. It isn't by choice; you just never know what you are waking up to. It is certainly hard to explain to a nonresident.

For someone who has never experienced two or three seasonal changes in a single week, it begins to sound like a tall tale spun by old Mark Twain himself. I would like to verify for any readers who aren't local residents, this is a reality of Missouri life on the Mississippi River. It certainly happens, and it happens often.

The unpredictable weather patters sometimes make an unscheduled appearance in July. I have seen many July days where I looked like a goldfish out of water gasping for air from the staggering heat and humidity. I also have watched monsoon rains roll in where we got 7 inches of rainfall during the July 4th holiday. Even more mind boggling are the National Tom Sawyer Days fireworks displays I watched wearing a medium weight jacket.

I know locals gripe about the cold and heat. The winter finds us longing for the summer, while on blazing hot dry days we are begging for rain and cooler days ahead. The most amazing thing about life on the Mississippi River here in Hannibal, Mo., is the fact that the weather that we ask for could be five months or five hours away. You just never know.

I often wondered as a boy growing up in the town listening to adults complaining constantly about the weather why they don't simply relocate. As a senior adult now I have concluded that if you move away, you have far less to gripe about. ■



Jeffrey Larson, MD

Tina Schuster, DO

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