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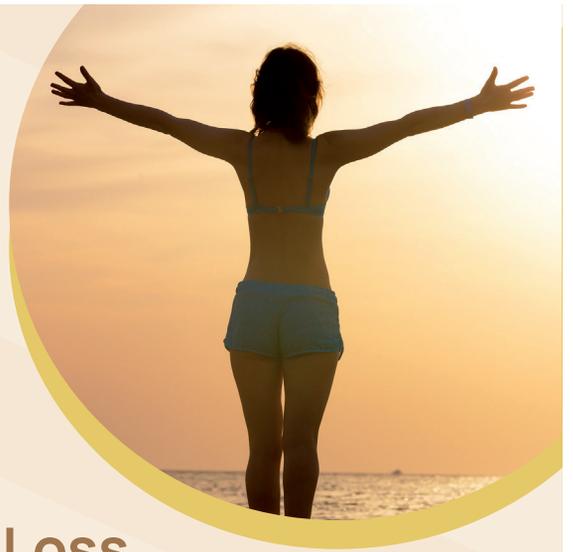
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ON THE COVER A holiday cocktail featured at Shawnee Bluff Winery. BRAD GLIDEWELL PHOTOGRAPHY



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from the EDITOR

The season of celebration and self-care



As I get older, I find myself putting more of an effort into the holidays ...any holiday. I've started a tradition of digging out decorations on the first of the month, year-round, in order to be more festive at home. My philosophy is if they don't stay up for at least a month, they aren't worth putting out at all.

As much as I love the holidays, I've never really understood the stress of it all but that's probably because I'm not much of a hostess and have no idea how to cook for a big crowd. Other than summer dock parties or throwing together a casserole for a neighborhood

potluck, don't expect me to pull off a four-course meal. As much as I love to cook, time constraints and a fairly healthy diet keeps me from sitting down for a big meal on a regular basis. But that doesn't stop me from indulging during the holidays.

If you are like me and could use some inspiration for your next gathering, check out our story featuring some of the best Lake area caterers and chefs. They give us the tips, tricks and recipes that will make your holiday easier and more memorable.

In addition to spending time with family and cozy nights by the fire, winter offers the perfect opportunity to focus on your health and wellness. Why wait until the new year to prioritize your needs?

In our Health, Beauty and Wellness section we feature tips from a local trainer that will help keep the weight off this season. We also get advice from our beauty experts on what makes the best winter-time treatments, especially for those of us that spend long days in the sun on the Lake. Whether it's a quick massage to de-stress or a facial to help keep skin youthful and glowing, it's the perfect time of year to prioritize your well-being.

So as you gather around this holiday season, I'm hoping it is filled with plenty of traditions, laughter and the making of memories.

Wishing you a new year full of health and happiness!

A handwritten signature in black ink, appearing to read 'Cheryl [unclear]'. The signature is stylized and cursive.

3 FAVORITE WINTER ACTIVITIES



Winter Walks

You'll still get impressive views and the trails are less crowded at our state and local parks. This photo is taken from about the half-way point on the Rocky Top Trail located in Osage Beach.



Charity Events

Several toy drives and fundraising events are being in the weeks ahead. Giving back is always one of the best things about the holidays. Participate in the season of giving by supporting a local charity or event.



Spa Days

Even a quick trip to the spa will leave you refreshed and recharged. Make some time to relax between all of the work being done during the holidays!

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Let's Connect

Say hello!

Lake Lifestyles magazine wants to know what you really think! Send your comments, questions and story ideas to charis.lakesun@gmail.com or send snail mail to 4075 Osage Beach Parkway, Ste. 100, Osage Beach, MO 65065.



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Contributors

NOVEMBER/DECEMBER 2023



Paul Leahy

Paul has been a golf professional at the Tan-Tar-A Resort since 1989 and Director of Golf since 2001. He manages the Oaks golf operation at Margaritaville Lake Resort, Lake of the Ozarks. He has been active in the community via the Lake Area Chamber of Commerce, Convention and Visitors Bureau and various charities. Paul has been a contributor in the golf section of Lake Lifestyles Magazine since 2007.

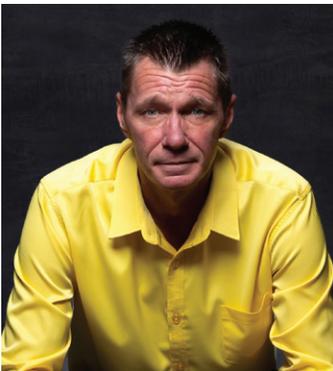


Marie Krolkowski

Marie, her husband Stan and their two children have been coming to the Ozarks every summer for the past 30 years. The family made their dreams come true when they purchased a lakefront home in the Four Seasons neighborhood and became full-time Missouri residents. Marie not only gets to continue enjoying this lift with her husband and children, but also with her granddaughters Layla, Harper and Rooney.

Marie has a bachelor's degree in Journalism and Public Relations. She headed the public relations department in a Chicago area hospital for five years. She's spent many years working as a freelance writer and had articles published in a number of Chicago area newspapers. She also worked as a real estate broker for 14 years.

Residing at the Lake allows Marie the opportunity to fulfill pastimes she is passionate about: writing and enjoying lake life with family and friends.



Brad Glidewell

Brad captured two sunset photos with a disposable camera in Puerto Vallarta in 2003. He then found himself looking for the next shot in everything he did! Brad Glidewell Photography is now a full-time photographer capturing weddings, families, seniors, real estate, sports, boats, events, and more. He recognizes the importance of documenting life's most important occasions; going beyond poses and capturing candid moments resulting in storytelling, emotive images. It is an honor and a dream come true to turn moments into memories with the beauty and lifestyle that surrounds us at the breathtaking Lake of the Ozarks. His multi award-winning work can be found at www.bradglidewellphotography.com.



Judy Goppert

Judy began her career as a radio jingle writer, then upon graduation from college with a degree in Writing from Missouri State University, worked as copywriter for a variety of advertising agencies in Springfield and Kansas City. She had the opportunity to write for some high-profile clients, including Tyson, Helzberg Diamonds and Lodge of Four Seasons. As reporter and editor of a local small-town newspaper, she spent over 15 years interviewing and telling the stories of unique people in all walks of life.

She is a published author of two gift books and is currently a freelance writer for a wide variety of magazines, including HERLIFE New York, SIMPLYkc and Lee's Summit Lifestyle.

Spending time at the Lake with her husband is a frequent, favorite pastime. They stay aboard their Sea Ray cruiser which is docked at a marina near the Bagnell Dam Strip. An avid outdoors girl, she enjoys drawing upon her personal experiences to write about the nuances of everything wonderful about Lake life.

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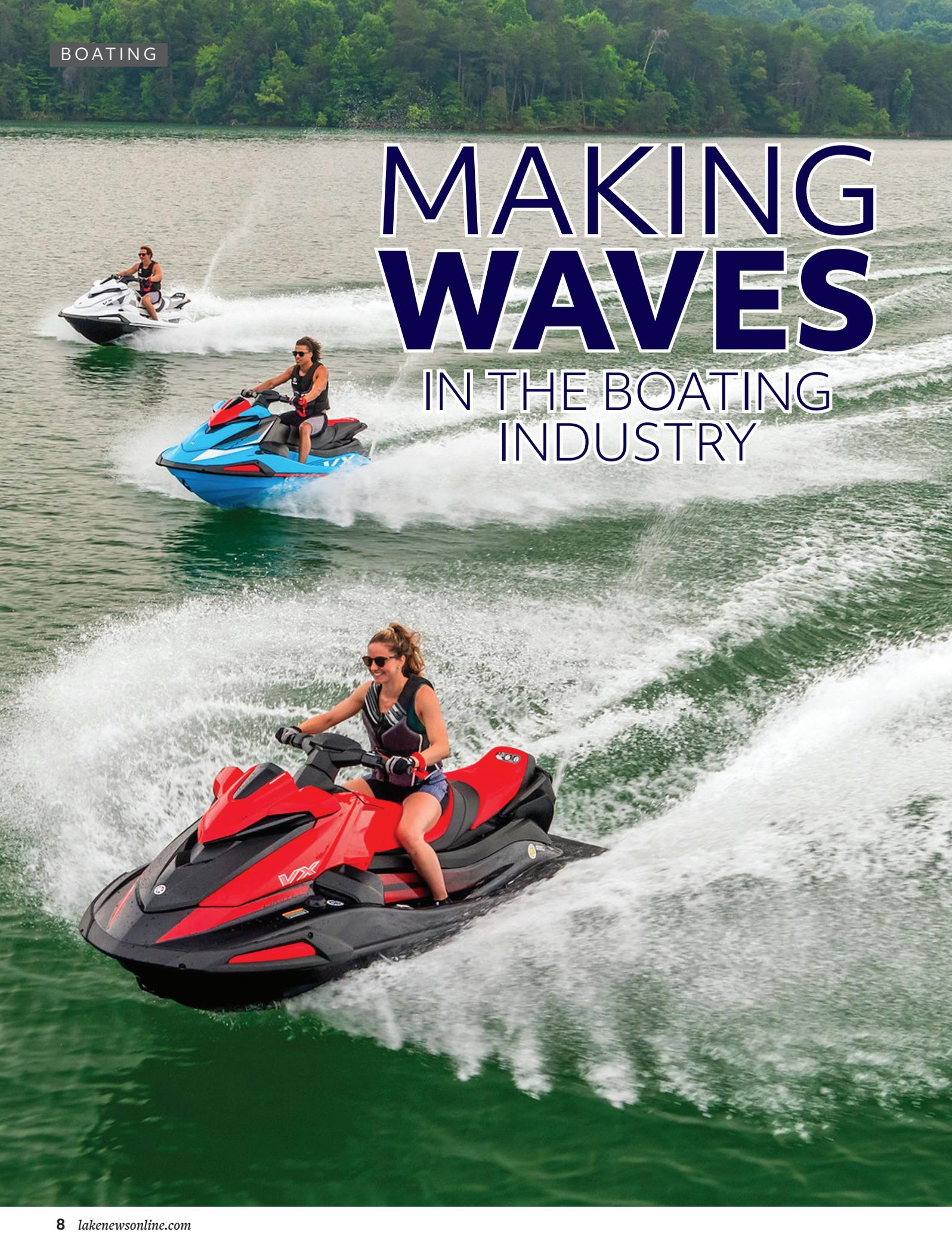
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MAKING WAVES

IN THE BOATING INDUSTRY





Yamaha boats are in stock and 2024 models are arriving at Surdyke in Osage Beach. PHOTO PROVIDED

NEW INNOVATIONS, 2024 MODELS AND INVENTORY ANALYSIS FROM LAKE AREA MARINE DEALERS

Story by JUDY GOPPERT

Although the boating season at the Lake may be over for most of us, it's the perfect opportunity to find the boat of your dreams. In the last couple of years, the marine industry has seen unprecedented growth which lead to inventory issues and shortages but the market seems to have caught up with demand.

No matter what boating lifestyle you choose at the Lake, you can find it. Lake area marine dealers give their predictions for 2024 and discuss the new makes and models of boats emerging from the market.

PLENTY IN STOCK

The professionals at Surdyke Yamaha Marina in Osage Beach say they are ready for the new boating season with plenty of a selection for customers.

"Inventory is great right now and we have not had a problem getting units in stock and keeping them in stock," Audrey Smith, Marketing Manager for Surdyke Yamaha Marina, said. "Parts vary with certain units but it is never an unreasonable wait, and we make sure to keep our customers updated."

Yamaha boats are in stock and 2024 models are arriving. The newer models now have 1.9L HO engines that provide quicker and smoother acceleration and top speed. This is achieved through the engine's increased displacement, optimized intake and exhaust paths, and a 10 percent larger throttle body for more power and torque. Surdyke also has Four Winns, Scarab and G3 models in stock.

This year they added two new boat brands to the showroom floor with Beneteau and Axopar. Beneteau offers a 45-foot Gran Turismo that is in-stock. The lower deck features an owner's cabin at the back with a spacious bathroom and shower, a guest cabin at the bow with a second bathroom and shower, a dining area, and a large fully-equipped kitchen.



In November, Kelly's Port is introducing center console boats made by Grady White to Lake of the Ozarks. PHOTOS PROVIDED

A NEW LINE OF BOATS

In an ideal scenario, a marine dealer has less than 10 percent of what they sell for the year in-stock during the off-season, Kyle Kelly, General Manager of Kelly's Port, said. Ideally that number should be closer to four to five percent.

Kelly said they are fortunate to have partners who have recognized the market shift and are getting aggressive by offering special promotions.

"All brands we represent are currently offering rebates and we're well under those thresholds," Kelly said. "So, we have a good collection and we're sitting pretty healthy after a banner year."

In November, Kelly's Port is introducing Grady White to Lake of the Ozarks. The No. 1 center console in the market has many offerings, especially in the 25-33 foot range which is a popular length on the Lake.

Pontoons continue to be a customer favorite with Kelly's Port Bennington lineup. Regal continues to keep pace with some of the best bowriders and cruisers in the market. For more luxury on the water Tiara's line of yachts offer a modern design and technical innovations to keep your friends and family comfortable while cruising all day.

Financing rates continue to be stubbornly high but that's not slowing down their customers, Kelly said.

"Lots do finance, but others have basically 'chosen their interest rate' by either staggering how much they put down and when, as well as buying now with expectations of re-financing when rates inevitably come down," Kelly said. "It's a hurdle, but certainly one our clients choose to jump over in an effort to maximize their time on the water with families."

Replacement of inventory has not been challenging like in the past.



"We're better than we were during COVID, but by no means perfect," Kelly said. "Supply chain issues do still exist, but just in funny pockets that are tough to put our thumb on. We're a lot closer to pre-COVID production times."

Kelly's Port has grown significantly, as have their partners. Bennington, Regal, Tiara, and now Grady White, have all grown their production.

"We're breaking ground on a new service/sales facility to keep up with demand, while still delivering the only Same Day Service Guarantee in the nation," Kelly said. "All in all, 2023 was an excellent year for the entire team at Kelly's. With the best team in the industry, the greatest partners we could imagine, and with some hard work and a little luck of the Irish, we're hoping for another great year in 2024."

MarineMax is well known for their expansive line of Sea Ray boats.

PHOTO PROVIDED



BOATING ISN'T SLOWING DOWN

Dale Law, General Manager of MarineMax, says inventory is higher than it has been the last three years during the COVID pandemic when the Lake saw an influx of visitors. Custom orders are taking longer than usual as manufacturers are still experiencing some supply chain challenges, he said, but the boating industry isn't slowing down. They are expecting another strong selling season in 2024, Law said.

MarineMax is known for their selection of Sea Ray sport boats and sport cruisers, Harris pontoons, and Nautique surf and wake boats, but several other brands are emerging from the market. Aviara luxury sport boats have been a best-seller at MarineMax, and Sterndrive surf boats are gaining in popularity.

Those needing to finance their new purchase will experience competitive rates with terms for up to 20 years.



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The AV40 from MarineMax not only looks sleek and elegant but is a boat equipped for entertaining. It sleeps four, has convertible barstool-style seating, expandable terraces for entertaining, a premium helm and submersible platform. PHOTO PROVIDED

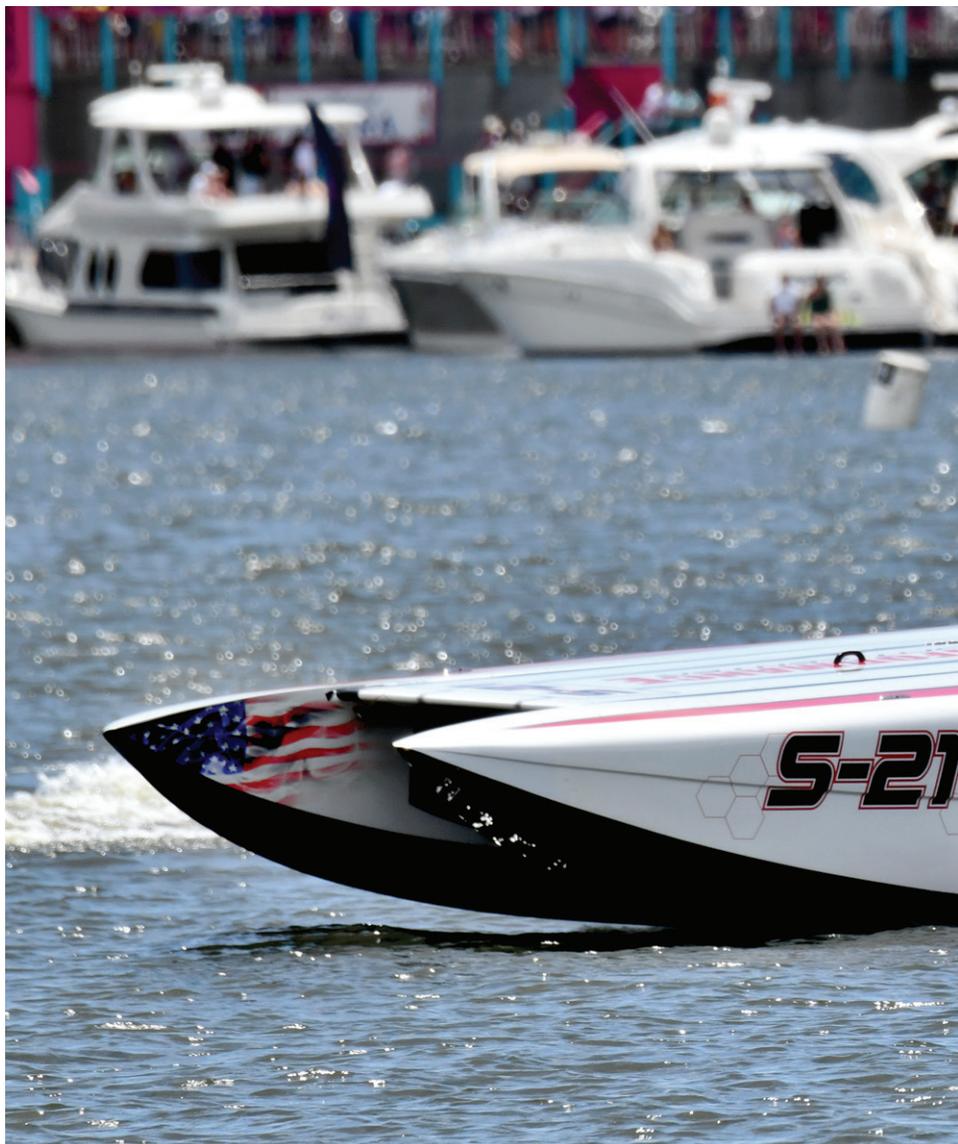
THE NEED FOR SPEED

This past October, Performance Boat Center hosted their annual Fall Fun Run drawing in 60 boats and 250 people to participate. At the end of October, the Fort Lauderdale Boat Show was held, and plans are to finish off the season in Key West for the World Championships and a boat show with the Florida Powerboat Club. In February 2024, the Miami Boat Show and the Florida Powerboat Club Miami Poker Run is held.

It's safe to say it's a busy year for performance boat enthusiasts and the team at Performance Boat Center is equipping boaters with the need for speed so they can keep up with the racing world.

Outboards continue to fuel the industry, according to Brett Manire, co-owner and general manager of Performance Boat Center. The new 500R was recently launched and has been a popular product offering, he said.

"Most of the boats we sell are custom and have to be ordered, however, we do have a nice selection of pre-owned boats and new tri-toons," he said.



Experts in the powerboat racing industry, Performance Boat Center's racing team competes for Top Gun at the Lake of the Ozarks Shootout each year.

GEORGE DENNY PHOTO

ADVANCES IN TECHNOLOGY

Big Thunder Marine is known as the leading center console dealer but carries a selection of boats in all categories. The dealer is launching a new line of boats offering style and quality never before seen at the Lake. The exclusive importer for Invictus and Capeforte yachts from Italy, if you are looking for luxury on the water, you've found it.

Thaddeus (Thad) Jameson, the Director of Sales of Big Thunder Marine, said Big Thunder is the Lake's leading center console dealer but they carry everything from Chris Craft's line of luxury boats to tow boats by Mastercraft and tri-toons. You'll find names such as Fountain, Donzi, Cigarette, Glasstream, Jeanneau, as well as the Monterey line of big bow riders — a favorite choice for Lake boaters.

Customers are looking for the latest in technology including JC's exclusive thrusters for stress-free docking to innovations such as Manitou with their ghost engine technology that provides clear and uncluttered access.

While inventory has bounced back in most cases, industry leaders expect to see inventory fall in the spring as some manufacturers and dealers have taken a more conservative approach, Jameson said.

"We will continue to move forward with our aggressive approach, ensuring we have the buying power to offer our valued clients the best value on the water in all categories," he said.

Additional expansion announcements at Big Thunder are planned in the coming months.

Barletta Pontoons has debut the 2024 Barletta Reserve Leggera fiberglass tri-toon as well as a new twin-engine design, set to be released in the spring of 2024. PHOTO PROVIDED





Maty's Marine is a dealer for Playcraft Pontoons, the originator of the performance pontoon boat. PHOTO PROVIDED

SPECIAL PROMOTIONS AND DEALS

If you are looking for a deal, it's the best time to take advantage of rebates and specials on current 2023 year-end models as well as in-store discounts on accessories being offered at many marinas including Marty's Marine.

According to sales professional and office administrator Katelyn Merritt, with the help of manufacturers, they've been able to adapt to the market and are looking forward to introducing new 2024 models.

Barletta Pontoons will debut the Barletta Reserve Leggera fiberglass tri-toon as well as a new twin-engine design, set to be released in the spring of 2024. Merritt raced a demo twin engine at the Lake of the Ozarks Shootout in August clocking a speed of 68 miles per hour.

With interest rates rising, Marty's Marine offers loans up to 240 months with no penalty for early payoff. Customers have the option to buy a unit of their choosing out of stock or decide to order a brand-new custom unit for next spring.

TEEING OFF for Charity

LAKE AREA GOLFER PLAYS 90 HOLES IN ONE DAY

Story by PAUL LEAHY



Camdenton resident Scott Wingert took his first swing before 6 a.m. PHOTOS PROVIDED



It was a marathon day on the greens. Scott Wingert, a Lake area resident for the last five years, decided to use his passion for golf to raise money and awareness for a local charity.

In June, Wingert hit his first tee ball at 5:50 a.m. at Lake Valley Country Club in an effort to play as many holes of golf in one day as he could to raise money for the Lake of the Ozarks Idiots Club. The Idiots Club, or the Jesters of Goodwill, is an all-volunteer group dedicated to helping youth in need at Lake of the Ozarks.

He learned about the club when his wife told him and his first thought was “how can I help.”

The avid golfer plays as often as possible, so it only made sense to pick one of the longest days of the year, and making it a charitable event. His friends and neighbors at Old Kinderhook pledged money for each golf hole he could complete in one day.

Golf marathons are not unique but at the age of 62, Wingert wanted to prove it to himself that he could play more holes of golf in one day than he had ever done before, all while helping out the youth in the community which he and his wife now call home.



PROVIDED PHOTO



On the golf course at Old Kinderhook. CHARIS PATIRES PHOTO

Wingert retired to the Lake five years ago after a long career as a newspaper editor in Iowa. For a good portion of that time he was the editor of the Cedar Rapids Gazette, the third largest paper in Iowa. As a member of Lake Valley Country Club and a resident of Old Kinderhook, he had the perfect opportunity to accomplish his goal.

He set out early on June 19 with the goal of completing as many holes as he could. He finished his first 72 holes at Lake Valley just before 1 p.m. If you do the math, that's just under six minutes per hole, and roughly 350 golf swings in seven hours. That's an impressive feat for anyone at any age. After a stop for lunch and a quick rest, he completed his final 18 holes at Old Kinderhook just before sunset with his family, friends and neighbors cheering him on. With 90 holes complete, more than \$2,000 was raised for the Lake of the Ozarks Idiots Club.

Wingert does not know if this will be an annual fundraising effort but is grateful to have helped the club reach its goal of \$1 million spent for youth in the community. If this was a one-shot event I am certain he will keep helping in other ways and will continue to enjoy the sport he loves for years to come.

ABOUT THE CLUB

You may wonder why the name is the Lake of the Ozarks Idiots Club. According to its members, it's only to get your attention to reach your heart to help. For nine years, this all-volunteer group has helped thousands of children in poverty in the Lake area with school supplies, clothes, food, back packs, sponsoring field trips, scholarships and even car repairs to help a child get to school and work to help support his family. These are all examples of needs that would not be met by other service organizations.

In 2023 the non-profit hit the \$1 million mark for money spent to help underprivileged youth in the community. Several fundraisers are held throughout the year including socials, a golf tournament, and other fundraising activities.

For more information, go to www.lakeoftheozarksidiotsclub.org.



ASK THE EXPERT

SWING INTO SUCCESS:

Your golf questions answered by our
PGA Golf Pro

By PAUL LEAHY

What should I do to keep my game sharp this winter?

Clay B., Lake Ozark

This is something all golfers should think about when the weather gets chilly. If the weather is conducive for play, practice outside as much as you can just like you would in-season. If it turns cold for a substantial length of time, make sure you do some stretching daily to keep your muscles engaged and golf ready.

You can also utilize some of the indoor facilities that have popped up at the Lake in recent years at the LOZ Golf Lounge, Osage National Resort and Eldon Country Club. If you have room in your house, you can also purchase an inexpensive hitting net, chipping net or putting mat for those cold days that you are stuck inside.

The more you keep your muscles and body golf-ready, the more prepared you will be to hit the links in mid-season form this spring.

How do I hit a shot off a severe downhill lie? I have a lot of trouble on hole No. 9 at the Oaks Course getting it over the water.

Betty D., Camdenton

You are not alone trying to hit a golf ball off a downhill lie. This is one of the toughest shots to hit, and particularly if you have to get the ball elevated over water or other obstacles. It starts with selecting the correct club.

With a severe downhill lie the golf club will be de-lofted increasing the odds that the ball will not get elevated. Choose a club that has more loft than you would normally play from the distance you have to go. Play the ball in the middle to the back of your stance and position your shoulders in line with the downhill slope. For a right-handed player that will mean your right shoulder is higher than the left as you address the ball.

Club head speed is the next thing you need. More club head speed at impact will help elevate the ball. Swing harder than you would normally to generate as much speed as you can. The faster you can swing the club the greater chance you have of elevating the ball over that obstacle. Speed is your friend on this shot.

I hope this helps and good luck! It is a very hard shot to master.

Paul Leahy is a PGA Golf Professional and the director of golf at The Oaks at Margaritaville Lake Resort.

If you have a question for Paul, email us at charis.lakesun@gmail.com.

I have been thinking of getting a range finder but don't know if I need one. I typically shoot 95 to 100.

Joe W., St. Louis

This is a great question that does not have a simple yes or no answer. A lot depends on if you know how far you hit given clubs.

If you know within five or 10 yards how far you hit each club, it makes sense to invest in a rangefinder to get the exact distances to the pin. If you hit (for instance) your 7-iron anywhere from 120 to 160 yards, depending how solid of contact you make on a given shot, you would probably be better served with a device that will give you a yardage to the front, middle and back of the green. That way you know how far you need to hit each shot to reach the green, not just the exact yardage to the pin.

Most players under club so knowing front, middle and back distances can assist in club selection especially when there may be trouble short or long of a green. I hope this helps and if you need additional assistance, stop by any of your local golf courses and ask you PGA Professional for guidance.



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The Luxury REAL ESTATE MARKET *at the Lake*

Story by CHARIS PATIRES



Lake of the Ozarks continues to break records when it comes to the real estate market. In late summer, the most expensive waterfront property that has ever been listed on the MLS at Lake of the Ozarks sold in less than 48 hours for \$13 million.

They call it Nantucket Point. Located on the 4-mile marker in Lake Ozark, the property was built in 2015 and is over 6,800 square feet. It sits on a 1.24-acre lot on 500-feet of shoreline facing (yet sitting back from) the main channel of the Lake.

Kelly Bennett, realtor with eXp Realty and owner of The Kelly Bennett Team in St. Louis, represented the seller, along with her partner Bryan Rankins, licensed realtor with eXp Realty.

“Nantucket Point is truly a remarkable property, both in its design and timeless appeal,” she said. “The classical white palette and versatile pops of color for each season is a thoughtful touch that ensures the home will never go out of style. The buyers’ immediate connection with the property on their first tour speaks volumes about its charm and allure.”

“At \$13 million, we listed what is considered to be one of the highest priced waterfront homes at the Lake, and got it under contract the very first weekend,” Bennett said. “It’s no doubt Nantucket Point will bring joy and memorable experiences to its new owners for years to come.”

In addition to being a long-time realtor in both the Lake area and St. Louis markets, Bennett has been a homeowner at Lake of the Ozarks for 30 years and has seen the market take its share of ups and downs.

“The past few years have brought shifting preferences among buyers in the Lake of the Ozarks area,” she said. “The increased interest in higher-end homes, coupled with a desire for uniqueness and a departure from the typical Tuscan-style often found in the higher price range, indicates a changing trend in the real estate market.”

Buyers are willing to invest in the perfect home, especially when it comes to the location and style. It indicates how important individuality and personalization is in today’s market, Bennett said.

“This suggests that buyers are looking for properties that not only meet their functional needs but also resonates with their aesthetic and lifestyle preferences.”



WHAT'S DRAWING LUXURY BUYERS

In the luxury home market at Lake of the Ozarks, buyers often come from diverse backgrounds and locations, Bennett said.

“Overall, it seems that the Lake of the Ozarks real estate market is evolving to cater to a discerning clientele seeking distinctive and personalized properties,” she said. “This shift may be influenced by a desire for a fresh and updated look, as well as an appreciation for the value of unique features and designs. Ultimately, buyers in the luxury home market at Lake of the Ozarks are drawn to the area for its combination of natural beauty, recreational opportunities, and the promise of a sophisticated, yet relaxed, lifestyle. The appeal of owning a high-end property on the lakefront is a powerful draw for these discerning buyers.”

While Kansas City, St Louis, and Iowa are still prominent buyers, Bennett said there has been an influx of clients coming from the East and West Coasts. The natural beauty of the Lake, the incredible value (when it comes to tax and insurance rates, and cost-of-living) is a motivating factor, she said.

“Clients from Florida, for example, have seen their insurance costs either skyrocket or get cancelled every year (or both) so selling a multi-million dollar second home in Florida and coming here, they see all the Lake has to offer for so much less of an investment,” Bennett said.



A BOOMING SEGMENT OF REAL ESTATE

Some say the luxury market is the strongest it's ever been at the Lake. Ed Schmidt has been a longtime Lake realtor since 2008 when he started Gattermeir Davidson with Ryan Gattermeir and Conda Davidson. He started eXp Realty for the state of Missouri in the spring of 2017 and has been a top producer ever since.

“Lake of the Ozarks is on the map and many people have found out that we are still the least expensive lakefront or waterfront in the country,” he said.

Schmidt points to the record-breaking sale of Nantucket as well as higher-end homes selling above the average price per square foot. Recently a new listing at the Lake is shattering all price points at \$17.5 million or \$1,201 per square foot. By comparison homes in the Porto Cima, The Villages, Four Seasons and Osage Beach areas typically sell between \$400-\$650 per square foot. Schmidt points out that a home's value can't be linked by square foot alone. Location and lot play a big role in how much a home costs at the Lake.

“Higher-end lakefront homes are still selling and selling at all-time records,” he said. “These are typically cash buyers that are driving our market, but with the change in interest rates, and new programs targeting second homeowners from Fannie and Freddie, it is changing the condo market, middle-of-the-road vacation home buyers/vacation owners, VRBO buyers, and affects first-time, full-time homeowners or first-time homeowners wanting to upgrade.”

There are some programs to assist these customers like 3 - 2 - 1 buy-downs on interest rates and other tools to assist, but high-end buyers with concerns over the stock market are choosing a more stable investment in real estate.

Schmidt says the market would open up even more if local airports could expand by offering service by Jet Blue, Allegiant or other small carriers. Regardless, he says, Lake of the Ozarks will continue to grow for decades to come.



Located at the four-mile marker, Nantucket Point is one of the most unique properties on Lake of the Ozarks. SQUARE ONE MEDIA, ST. LOUIS MO



Officials in many parts of the Lake are reporting an increase in residential and commercial construction. Many large residential projects are currently underway. PHOTO BY CHARIS PATIRES

FACTORS AFFECTING THE MARKET

Rod Barr, broker/owner of The Sutherland Barr Group and vice president of the Lake of the Ozarks Board of Realtors, says the market is struggling due to interest rates and lack of inventory, but that homes priced \$750,000 and up are selling quickly. He agrees that many wealthier individuals are seeing better gains in the real estate market.

Buyers are mostly coming from out of state and paying cash more often, especially when coming from California, Colorado, Washington, Illinois and Iowa where real estate and property taxes are higher, he said.

The total number of residential sales are down 21 percent from this time last year, but it is due in large part by the fact fewer people are wanting to sell," Billy Boulden, owner/broker with Weichert Realtors - Laurie Realty, said. Boulden is also the president of the Lake of the Ozarks Board of Realtors.

"Many homeowners are finding it hard to sell and then buy with current rates being about double what they currently have," he said. Average residential sale price increased from \$360,000 to about \$380,000 over last year.

"In general we have seen an increase in sales for residential properties in the million-dollar-plus price range," he

said. The Lake market is up about 16 percent in the number of over \$1 million dollar homes sold compared to last year, he said. High-end properties are selling at about 97 percent of the asking price versus about 93 percent the year before.

"There may be a couple of factors as to why higher-end properties are getting more attention this year," Boulden said. "Sellers in this price range may be more realistic in their expectations and because of this, these properties may be coming to market at prices more in line with what buyers are willing to pay. Also, there is some evidence to suggest buyers in this category are not as affected by economic factors or may have the economic freedom to move from one area of the country to another."

The consensus among realtors is that luxury home buyers are coming from areas that have higher cost of living and denser populations.

"We are very blessed to live at and around the Lake. Our rural environment is extremely attractive to many people who are growing tired of urban and suburban areas," Boulden said. "With growth, comes new faces, new opportunities, and new challenges. Local realtors are here to help navigate an ever-changing marketplace, legal landscape, and all the challenges involved with buying and selling at the Lake."



Nantucket Point has been called the "crown jewel of the Lake" for its laid-back luxury, coastal design with a view from every room. The home is more than 6,800 square feet with six bedrooms and eight bathrooms, an office, den, game room, infinity pool, and two decks on 500 feet of shoreline. SQUARE ONE MEDIA, ST. LOUIS MO





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Health, Beauty & Wellness

In a world that uses the catch phrase self care often, the pursuit of better health and wellness is more accessible than ever.

It's time to take advantage of the down-time fall and winter brings to the Lake to nurture and repair from those long boating days in the sun. And, while it's easy to gain a few holiday pounds this time of year, there are plenty of opportunities to get (or stay) in shape around the Lake.

No matter what your goals are, it's time to prioritize your

health, beauty & wellness.



Relaxation room at Margaritaville Lake Resort. PHOTO BY CHARIS PATIRES

Time for Transformation

SPA PRODUCTS AND SERVICES THAT ARE PERFECT WINTERTIME TREATMENTS

By CHARIS PATIRES

Lake life can really do a number on the skin. Between the sun-soaked days of summer and the drying conditions of winter, it's going to take some TLC to keep skin looking vibrant and youthful. Having a ritual, and taking advantage of winter down-time is the best way to fight the signs of aging and maintain a youthful appearance.

Star Cooper, owner of Cia Bella Wellness in Lake Ozark says fall and winter is a great time to undo the damage caused by being outside all summer long. Medical-grade peels and ablative/non ablative laser treatments are recommended this time of year. Using the latest technology, a Co2 laser will further rejuvenate the skin. For those with less time to recover, the Eribum laser is a good option but there are several ways customers can see results without as much downtime. It just might take additional treatments.

Good skin care starts at home by cleaning and moisturizing skin daily, Cooper said. She also recommends avoiding overly hot water because it can cause drying effects on the skin, drink plenty of water, and get at least eight hours of sleep per night. It also helps to consistently take vitamins to

boost winter immunity, among other benefits.

One of the biggest mistakes people make, Cooper says, is not using medical-grade products at home.

"The extra expense is well worth the amazing results they will deliver," she said.

Don't forget...sunscreen is a must all year long.

"Probably the most important tip is to wear a daily sunscreen, even on cloudy days," Cooper said. "The sun damages the skin year-round, but we are more likely to not pay attention in the fall and winter months."

At Serenity Medical Spa in Lake Ozark, owner Lindsey Eveler says as we age, and the exposure to the sun causes pigmentation and skin loses elasticity. By using some of the best medical-grade skincare products in the world, clients can see results better than ever before.

The Vbeam Perfecta will target broken capillaries and pigmentation issues caused by too much time in the sun. Laser services offered target not just the face, but can improve the look of arms and hands. Other services to consider during the winter are laser hair removal, and the Vi Peel for revived and fresh skin.



Lotions and scrubs available at Driftwood Salon & Spa.

Non-invasive services include the HydraFacial, which goes deeper than a more traditional facial, and the DiamondGlow skin-resurfacing treatment that will leave you glowing.

Continuing a beauty routine at home is crucial for continued results. Not being consistent with a routine and forgetting to wear sunscreen year-round are the worst mistakes people make when it comes to their skin, Eveler said. At home, make sure to incorporate an antioxidant into your daily skincare regimen, she recommends.

Machelle Hale, owner of Driftwood Salon & Spa at Margaritaville Lake Resort, said the biggest mistake most people make is not moisturizing daily.

“The humidity levels drop and most of use electric or propane heat, so we need to add that extra moisture to our skincare routines,” she said. “Use hydrating cleansers, exfoliate once a week, and avoid extremely hot showers. Also remember to keep your eyes and lips very hydrated.”

Make sure your routine at home changes with the season by adding products that help moisturize.

“Two of my go-to winter must-haves would be the Ormedic Lip Enhancement and the Vital C serum from Image Skincare.

A new line of organic coffee bean sugar scrub and an organic green tea sea salt scrub has been introduced at the spa in many treatments. Not only does it exfoliate but the antioxidants will help boost new skin growth and the caffeine in the coffee scrub helps stimulate blood supply. They are available for purchase along with a tallow from local Spencer Creek Farms. All of these products are great for home use and will help keep dry skin at bay.

For more of a luxurious experience, book a body scrub followed by a full body paraffin wrap. The paraffin treatment starts with a visit to the steam room before being wrapped in paraffin-soaked cloth like a mummy. The wax has peach oil, aloe vera, vitamin E to moisturize while the heat of the wax helps with arthritis and muscle tightness. Hale’s winter must-haves include the Ormedic Lip Enhancement and Vital C serum from Image Skincare.

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10 tips from the trainer



PHOTO BY CHARIS PATIRES

Achieving your health and fitness goals is never easy but it doesn't have to be complicated. These helpful tips will get you on a path to success.

1. PRIORITIZE MOVEMENT

Anything you can do to make your daily life more active is going to help keep your metabolism running efficiently. Also, the more you move, the more calories you burn. Even if it's as simple as making an effort to stand while doing activities that you normally do while seated.

2. HYDRATION AND REST

It's amazing what getting additional sleep and drinking more water will do for the body. Both are important for muscle function, recovery, injury prevention, performance, immune function and many other factors. A well-hydrated and well-rested body performs better.

3. QUALITY OVER QUANTITY

Rather than focusing on how many repetitions of an exercise you should do, focus on hitting your max effort. For example, if you are trying to hit 10 repetitions, your 10th repetition should be all that you can accomplish. If you can hit 11 repetitions, you should have gone heavier for 10 repetitions.

4. STRATEGIC WORKOUT PERIODIZATION

Periodization is the best way to make sure you are making increases in strength which translates to lean muscle mass.

An easy example of periodization workouts would be to lift three rounds of 10 repetitions for maximum effort on week one. On week two, increase the weight five to 10 pounds and lift three rounds of eight repetitions for maximum effort. On week three, increase the weight five to 10 pounds again and try to lift three rounds of six repetitions for maximum effort. At week four, go back to doing three rounds of 10 repetitions and you should be able to lift more weight for 10 repetitions than you could the first week.

5. TRACK YOUR CALORIES AND DIVE INTO MACROS

Tracking your macros is the only true way to see how many calories are being consumed and burned. If you want to lose weight you need to know how many calories are in certain foods to avoid overeating.

Tracking your carbohydrates, fats, and proteins will help you see which foods to stay away from. Protein is more thermogenic (it burns more calories breaking down) than carbohydrates and lower calories than fat. So, track your macros to see what foods work best for your lifestyle.

6. RETHINK THE SCALE'S SIGNIFICANCE

The scale is one of the easiest and most convenient tools you can use to see if your workout program is going as planned, but it's also just that, a tool. The scale is not going to tell you everything.

Your body weight will fluctuate from your diet depending on how much food or water is in your stomach, and how much water your body is hanging on to from sodium. To avoid these issues, use the scale at the same time every day. For example, right when you wake up and after you use the restroom.

If you seem to struggle on the scale, try pairing before and after photos with it so you can see gains in lean muscle mass.

7. AVOID LATE-NIGHT EATING

By eating late at night and having breakfast first thing in the morning, you are failing to take advantage of an easy opportunity to fast. When trying to lose weight, a good goal is to get a 12 hour fast in every day. Even though that seems daunting, it's not bad if you pair it with your sleep cycle.

If you go to sleep at 9 p.m. and eat breakfast at 7 a.m., you can get a super easy and effective 12 hour fast if you don't eat past 7 p.m.

8. FIND SUSTAINABLE EATING HABITS

Diet is key to any weight-related goals. However, the goal is to have a diet that is sustainable. Often, people eat only salads for three weeks and feel miserable so they end up bingeing on junk food. Not every diet is going to be sustainable for every person. Try counting your calories and tweaking your diet so that you can stick to it year-round.

9. BE MINDFUL OF BEVERAGE CHOICES

Most drinks have calories. If new to dieting or counting calories, don't fall into the trap that you can drink as much Gatorade as you want. If you are counting your calories, always count the calories in each drink. This includes alcohol, energy drinks and coffee. When you start keeping track of it, you might realize these drinks have a lot more calories than you'd expect.

10. CREATE A ROUTINE WITH CONSISTENCY

No workout or diet is going to out-work a routine. If you say you are going to go to the gym three times a week, get it into your routine so that you don't miss any days.

Make sure your routine is maintainable. You are not going to notice results overnight, but if you have a routine and stick to it, you're guaranteed to see the results!

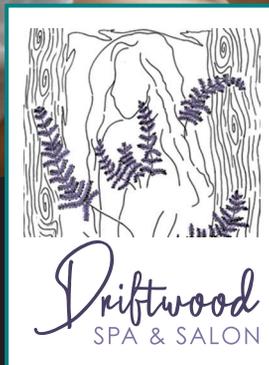
Article provided by Tanner Konz, a certified strength and conditioning coach. He has a degree in exercise science and coaching endorsement. For more information, visit TKTraining on Facebook. He brings the gym to his clients or at the Tri-County YMCA at Lake of the Ozarks.

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By CHARIS PATIRES

FAVORITE FUN WAYS TO GET FIT

We all know getting motivated to go to the gym can be hard but working out doesn't have to be so boring. Whether you are looking to shed a few pounds or need some motivation to get fit, here are our top ways to get moving at venues around the Lake.

GROUP FITNESS

The Tri-County YMCA has all the motivation you need with a number of classes held six days a week. You don't even have to have a gym membership.

Staff recommend the 6:30 a.m. Rise & Grind class where you'll get a great workout focusing on strength and cardio movements. The class is held Tuesday and Thursday mornings.

Other classes include Zumba, yoga, circuit training and other sporting opportunities.

Memberships available, \$8 day pass, www.lakeymca.org.

LIVING IN ZEN

Everyone knows yoga is a good way to combat stress, but a new business at the Lake this year is taking it a step further. Customers who enter the Yoga Dome at Namaste Acres in Rocky Mount will be mesmerized by the climate-controlled peaceful environment. This window-filled studio is complete with tropical plants and a view of the Lake.

A variety of yoga and fitness classes are held and various spa services are offered including a float pod, Halotherapy Infrared Sauna with Chromotherapy and massage.

During the summer Stand Up Paddleboard classes are available on the water.

Plans available, drop-in \$15, www.namasteacres.yoga.

FLY FITNESS

Protein Barre in Camdenton and Osage Beach Nutrition in Osage Beach both have classes that give you the chance to incorporate a silk hammock into your workout. Using aerial silks, instructors move you through a variety of movements to help stretch, strengthen and tone.

You can fuel up before leaving with a stop at the bar to order a healthy shake or energizing tea.

First class is \$10, www.lozaerialfitness.com.

BURN SOME CALORIES

Looking for something more challenging or really want to see dramatic results? Boot camp and CrossFit classes are regularly held at the Magic Dragon Functional Fitness in Osage Beach. If becoming stronger and more athletic is on your to-do list in 2024, this would be the place to go. Trainers will walk you through how to perform each workout safely and effectively in a group environment so you can cheer each other on.

Memberships available, drop-in \$20, www.crossfitmagicdragon.com.

PEDAL INTO FITNESS

Even if you own a Peloton, sometimes you have to get out of the house. Indoor cycling has really take off over the years and it's easy to see why. This low impact exercise is safe on joints, is great for your heart health and will help you lose weight.

Abs & Glutes Fitness Center in Linn Creek is one of the only places at the Lake you can put the pedal to the metal indoors. A high-energy instructor will keep the music pumping and your legs spinning each Tuesday at 8:15 a.m.

Memberships available, drop-in \$10, www.absandglutes.com.

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Cutting Edge Care

CLINICAL RESEARCH COMES TO THE LAKE

Story by LAKE REGIONAL HEALTH SYSTEM



Kathy Hirst, ACRP-CP

This summer, Lake Regional made a big announcement: Lake Regional Cancer Center now has access to more than 100 clinical studies to offer to patients.

Lake Regional Cancer Center gained access to the studies by becoming an affiliate institution of Cancer Research for the Ozarks NCORP, a member of the National Cancer Institute's Community Oncology Research Program.

"We're excited to give patients, including underrepresented patients, access to new, innovative and potentially life-saving treatments," says Kathy Hirst, ACRP-CP, director of Lake Regional Clinical Research. "With clinical research opportunities being offered right within the heart of the community, local patients will spend less time traveling for these resources."

WHAT IS CLINICAL RESEARCH?

In clinical research, researchers study people to understand health and disease. Through clinical research, researchers learn how the body works; how diseases get better or worse over time; how the body handles a potential treatment; which behaviors help people stay healthy and prevent illness; and which behaviors raise the chance of illness.

WHAT ARE THE TYPES OF CLINICAL RESEARCH?

Clinical trials are research studies where researchers assign participants to receive one or more treatments or interventions. Because of this, clinical trials are also called interventional studies. Often, the treatment/intervention is investigational, which means that it is not approved for doctors to prescribe to people yet. In some clinical trials, researchers assign participants to interventions randomly. Usually, participants (or their doctors) do not choose which intervention they will get when they join a clinical trial.

Observational studies are research studies where researchers simply collect information (called data) from participants or look at data that was already collected. The data may be about participants' health, habits or environments. In observational studies, researchers do not assign participants to receive a treatment or intervention but rather look at the different ways people behave and how it affects their health.

WHO MIGHT BE ELIGIBLE?

Clinical studies have standards outlining who can participate, called "eligibility criteria." Some research studies seek participants who have the illnesses or conditions that will be studied, while other studies invite healthy volunteers to participate. Eligibility criteria are based on characteristics such as:

- People of a certain age or gender
- People who do or do not have a certain illness, disease or health condition
- People with or without a certain health history, such as a prior treatment
- People who are exposed to something that affects their health

Researchers use eligibility criteria to keep participants safe and to enroll the right participants to collect the data they need to answer the research question. There are many kinds of research studies, each with different eligibility criteria.

WHY DO PEOPLE PARTICIPATE IN CLINICAL RESEARCH?

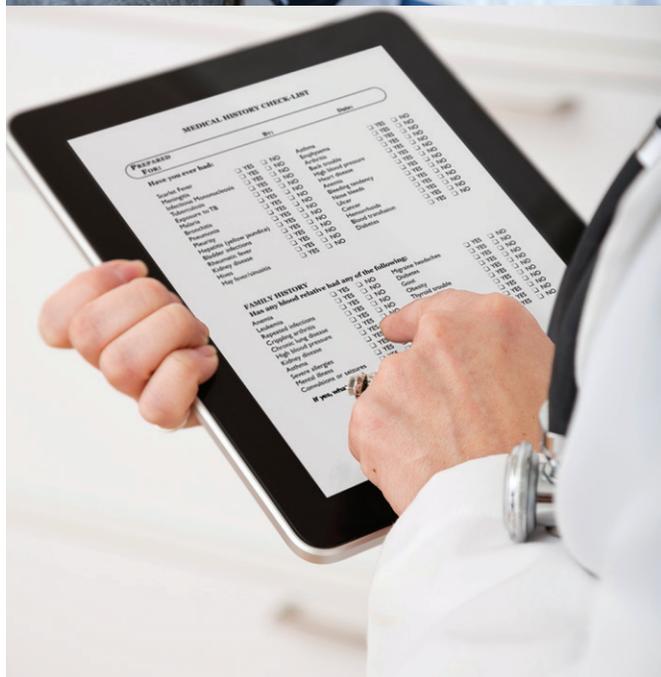
People often volunteer to participate in clinical research studies to:

- Help researchers learn about health, illness or treatments
- Be a part of discovering health information that may help others in the future.
- Possibly get a drug or medical device that is not yet approved to be used in people with a certain health condition

HAVE MORE QUESTIONS?

To learn more about clinical research and the studies available at Lake Regional Cancer Center, call 573-302-2772. To learn more about local cancer care, visit lakeregional.com/CancerCare.

Source: www.clinicaltrials.gov



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**LAKE
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HEALTH SYSTEM**

**OUR
COMMITMENT
RUNS
DEEP**

A MAN OF MANY *Talents* MARK SEXTON

Story by MARIE KROLIKOWSKI

Healer, writer, artist, musician...these are just a few of the adjectives that describe Osage Beach resident Mark Sexton. While some people find one thing in life they do exceptionally well, Sexton has proven that he's a man of many talents.

For over 40 years, Sexton has been treating those with illness and injury. He has a bachelor's, master's and Ph.D degree in Naturopathic Medicine. His wife Sherrie has earned degrees in herbology, massage therapy and Ayurveda, the Hindu system of alternative medicine that serves as the traditional system of medicine in India. Together they are the owners of Castle in the Clouds Alternative Health Center, a facility that offers holistic alternative naturopathic care.

Although the original 14,000 square-foot castle location was destroyed by fire in 2019, Sexton and Sherrie still practice in their Osage Beach location. Their most requested treatment is a complete body detoxification that rids the body of toxins. This treatment, Sexton explained, aids in the treatment for cancer, seizures, diabetes, heart conditions and more.

"A great detox is beneficial for anybody," Sexton explained. "I've had people come for treatment from all over the world, and all from word of mouth. We've even had celebrities."

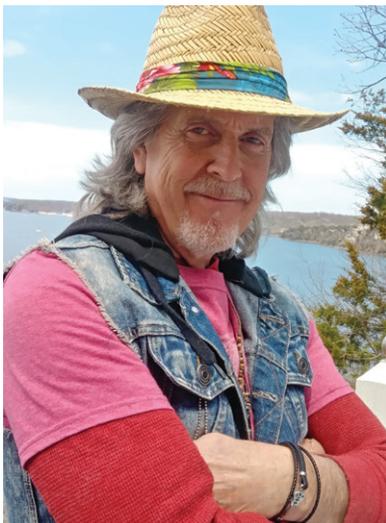


"Pray for Ukraine"



"A Walk in the Morning Mist"

"Autumn Picture"



Mark Sexton



Sexton has taken his years of knowledge and experience and put it in words for others to enjoy. Books he's writing and available for purchase on Amazon include "Simply Well: Effective Alternative Therapies," "I'll Miss You in the Moon", a book he and Sherrie co-authored and "Romantic Poetry for the Soul: Of Dreams and Used to Be's."

The written word isn't the only way Sexton expresses his feelings. He learned to sculpt and self-taught himself to carve and most impressively paint.

"Creativity comes from my mother's side of the family," he explained. "My painting began when I was a child, on the floor between the pews at church with my Ben Hur coloring books. I have a vivid imagination and see the world in ways others don't. People say I have a specific technique but I don't see that. I like anything that is challenging."

Sexton can't define where his inspiration comes from, but said he loves using Ha Ha Tonka State Park as a subject. He's doing an entire series of paintings that depict the four seasons of the park that will be turned into a calendar.

"It's going to be Ha Ha Tonka like you've never seen it," he said. "Some of my paintings have actual fragments of stone from the castle ruins there. Ha Ha Tonka has a soul and I try to put that feeling into my paintings. I want people to be able to see it as they would never be able to see it, before the castle burned."

Sexton said he's a perfectionist when it comes to painting, and his best critic is his wife.

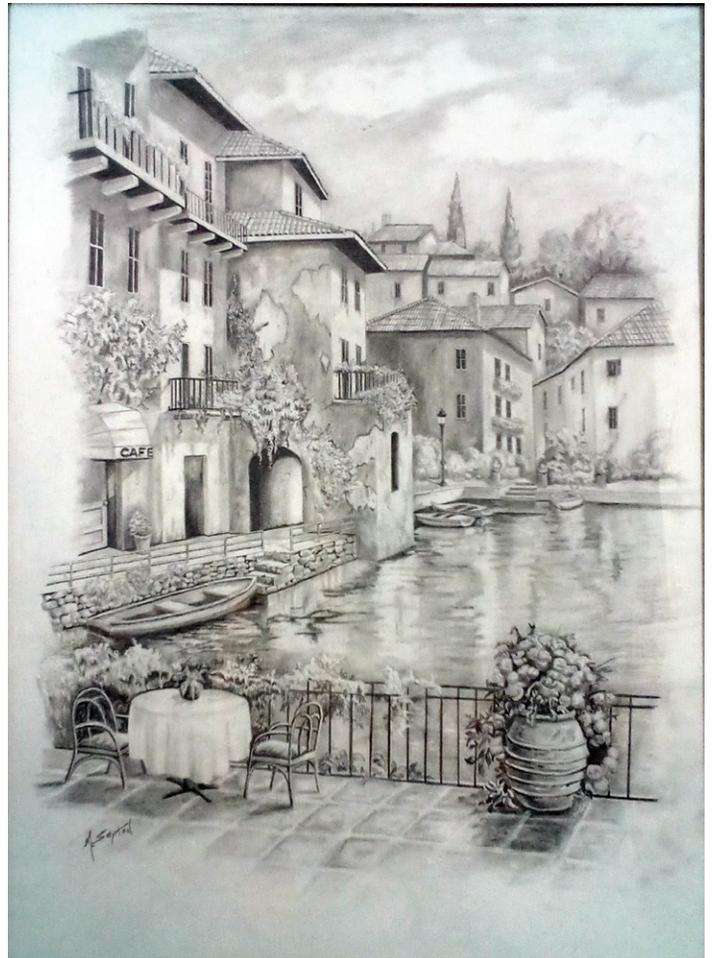


"Purple Tonka Dream"

"Tattered Sails"

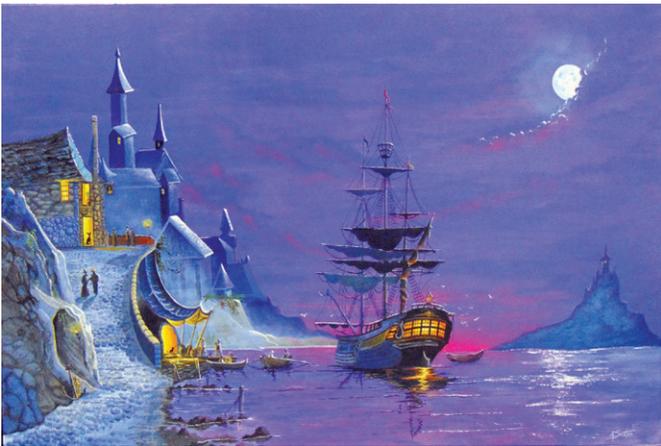


"Italian Villa (Master)"

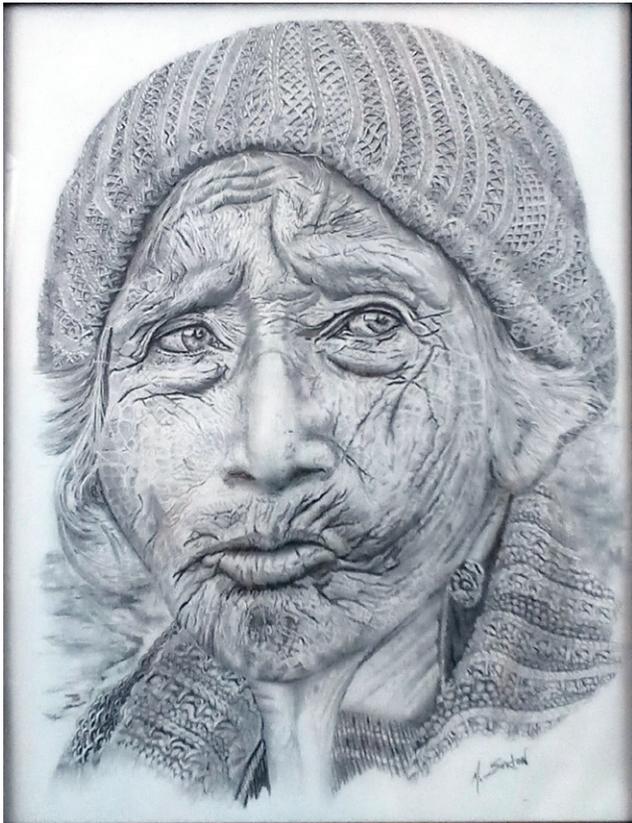




"Laughing Water"



"Morrocan Night"



"Ancient Thoughts"

"I've spent as much as 280 hours on one painting," he said. "Sherrie is my best critic. She gives me her honest opinion."

Sexton stressed that his wife is the most beautiful work of art he's ever seen, but he does have a favorite painting that he has done. It's called "Pray for Ukraine" and the focus is a church, with people walking up the hill to enter. "People say it draws them into the painting," Sexton explained.

When he doesn't have a paintbrush in his hand, Sexton can be found holding a guitar or microphone. Noting once again that his talent comes from his mother's side of the family, it's where his love for music originated also he said.

"My mom was a singer and guitar player, and she and her sisters played on a radio show in Kansas City called Brush Creek Follies," he said. "My mom's stage name was Little Vera. The name of their group was The Missouri Sweethearts. My mom sang with Hank Williams, Hank Snow, Chet Atkins and others." Several years in a row, Sexton's mom earned the title of Missouri State Yodeling Champion.

When he was nine years-old, Sexton's aunt taught him to finger pick the guitar. When he was 16, his dad taught him classical guitar. With the consent of his parents, he began playing in a Kansas City bar at the young age of 12. "All the band members were 25 to 30 years old," he recalled. "They liked me because I could play the funky guitar sounds of James Brown and others."



"Cover Boats (Master)"



"The Dogwood Tree"



"Campfire (Master)"



"Birds Eye View"



"Serenity Falls"



"Tonka Moon"



"Pirates Kindle"



"Tonka in Lightning"

Sexton eventually left Kansas City and moved to Las Vegas. There he played guitar, fiddle and sang as the opening act for Don Rickles, Sammy Davis Jr., and Lou Rawls to name a few. He wrote a show called "Cross Country", which depicted the history of country music. He moved to the Lake, bought a building and opened what was known as Star World Showroom.

"We took old country music and rocked it up," he explained. "It was a production show with lasers, impersonators and 64 songs that reflected the history of country music." The lasting memory, Sexton said, was when he sang happy birthday to a woman in the audience. When leaving, he saw the older woman was leaving with her daughter. The daughter was crying.

"The woman sang happy birthday along with me," Sexton said. "The daughter told me that was the first time she had spoke in 25 years."

Sexton continues to paint and see patients in his Osage Beach clinic. Other than an occasional open mic in a coffee shop, the singing and guitar playing he does to entertain himself.

"We ride around in our old Jeep CJ5, jump in the boat and have fun," he explained. "We are so lucky to live here in the Ozarks."



NICHOLE BALME
employee of Roaming Gypsy Boutique

WHAT SHE'S WEARING:
Vegas Nights sequin sweater, \$54.99;
Black Bottom flare jeans, \$52.99;
Laberynth necklace, \$26.99; Leona bracelet set, \$26.99.

DANIELLE MOORE
owner of Roaming Gypsy Boutique

WHAT SHE'S WEARING:
Sequin sleeve top, \$34.99;
Onyx Delight tulle skirt, \$42.99;
Athena necklace (smoke), \$29.99.



WINTER WONDERLAND *of Style*



Compiled by CHARIS PATIRES
Photography by GEORGE DENNY

There's a look for you this winter that fits every mood and occasion. With the number of family gatherings, office parties and holiday outings planned in the weeks ahead, you'll want to be ready with the right wardrobe. Comfortable and classy, check out these styles for every celebration this season.

CHLOE BALMER

employee of Roaming Gypsy Boutique

WHAT SHE'S WEARING:

Lonesome Dove mini dress, \$52.99;
Gypsy True Turquoise Cuff Collection
(multi-stone beaded), \$34.99; Gypsy
True Turquoise Ring Collection (turquoise
drop), \$26.99; Boho Expanse belt, \$38.99.





WHAT SHE'S WEARING:

Oversized ruffled button-down coverup, \$34.99; Curvy Pleasant flow top (fired brick), \$36.99; \$25; Hodge Podge Trunk LV silver gemstone necklace, \$30; Hodge Podge Trunk cross leather cuff bracelet, \$25.



WHAT SHE'S WEARING:

Nashville Nights bells, \$54.99; The Denim Medley (taupe), \$54.99; True Turq Dutton Squash necklace, \$94.99; Gypsy True Turquoise Ring Collection (Boho Aztec), \$24.99; Gypsy True Turquoise Earring Collection (square drop), \$25.99.



WHAT SHE'S WEARING:
Curvy Jenny jumpsuit, \$39.99;
Selena necklace, \$28.99; Hodge
Podge Trunk bracelet (natural
blue stack), \$40.



ABOUT THE STORE:

Women's western and boho style clothing and accessories, size small to 3x. The store features exclusive custom hats, tees and jewelry are made by local artisans.
3797 Osage Beach Pkwy. N., Unit F7
(Stone Crest Mall)
www.roaminggypsyboutique.com



Starts at Night top, \$29.99; Nashville Night bells, \$54.99; True Turq Jolean's Dream necklace, \$124.99.

Bon Fire Betty shaket, \$54.99; Black Bottom flared jeans, \$52.99; Silver Arrowhead necklace, \$21.99.

Rock & Roll graphic dress, \$49.99; Gypsy True Turquoise Earring Collection (gemstone dangles), \$29.99; Gypsy True Turq slab bracelet, \$39.99; True Turq Wheeler Squash necklace, \$144.99.



Holiday Hosting

CREATE MEMORABLE GATHERINGS THIS SEASON WITH LOCAL PRODUCTS AND LAKE AREA CHEF'S TIPS

By MARIE KROLIKOWSKI

The holidays are fast approaching and for many that means a house full of guests. Aside from the turkey dinner for Thanksgiving, holiday décor and gifts only one question remains ... what to serve.

MAKING HOLIDAYS EASY

Charcuterie boards still seem to be all-the-rage, and you can't go wrong with one as an appetizer or staple for any event. Amber Elpers, the manager at Harmy's Cheese Store & More in Osage Beach, explained that putting a board together doesn't have to be difficult. In fact, a single trip to Harmy's and you can have all the ingredients you need to put on an impressive display.

Although there is no right or wrong in deciding what to use, Elpers has some ideas that will appeal to just about everyone.

"I would start with four kinds of cheeses," Elpers explained. "Go broad in your choices such as a smoked swiss and a buffalo wing flavor, or blueberry cobbler and bourbon gouda. Then add a couple kinds of crackers."

A dip or relish, she said, makes for a flavorful accompaniment. Elpers suggests Goose Poop, one of their best sellers, and Duck Butter which is a combination of mustard and horseradish.

Next comes the meat, and the list of possibilities is endless. Pickles or olives, she said, is also a good addition to the board along with a sweet option or nut.

"People can put together an entire board from Missouri-made products we carry that can't be found in other stores," she explained. "The majority of our cheeses, crackers, dips and sauces can be sampled and we can assist customers in making the right choices for their event."

Harmy's also offers their own line of hooch, otherwise known as flavored whiskey. Made by a St. Louis Distillery, hooch comes in a variety of flavors including peach and pecan pie.

For those looking to serve something heartier and more filling, The Butcher Shop in Camdenton has what you need.

Chris Stevens and his wife Sherry have owned the shop since 2009. They offer a wide range of products, including smoked meats, sausages, homemade bacon, staple cuts of beef and pork, homemade ready to serve items, and a full deli selection. The shop also offers a variety of seafood staples. Whatever they don't carry in stock, Stevens said, can most likely be special ordered.



Make it!

Joseph Cope shares his favorite recipes.



ARTICHOKE DIP

- 1 cup artichoke hearts, drained
- 1 cup Rotel, drained
- 1 cup mozzarella, shredded (+topping)
- 1 cup parmesan, grated
- 1 cup mayonnaise

Set oven to 375 degrees. Make sure the artichokes and Rotel are drained of as much liquid as possible. Mix ingredients well and place in an oven-safe casserole, cast iron, or crock. Top with an even layer of shredded mozzarella and bake for about 12 minutes, or until the cheese is browned. If oil settles on top, use a towel to blot. Serve with tortilla or wonton chips. Add spinach if desired.

A go-to recipe for entertaining that is simple and easy to increase for any size party. If putting in a crock pot, first brown the cheese in the oven, then set the crock pot to the lowest setting. This can also be used on top of chicken served over rice for a hearty and delicious meal. Cook chicken, top with cool artichoke dip and cheese and place in oven to brown



STOCK ART

“Prime rib and beef tenderloin are always popular around the holidays,” Stevens said. “What also looks impressive, but is lower-priced, is the pork crown roast. It looks great and tastes great but is not as high priced as prime rib.” Pulled pork and brisket are other good options. For Thanksgiving, he said, their fresh turkeys are top sellers.

Make it easy with prepared side dishes sold at the store include hashbrown casserole, baked beans, green bean casserole and sweet potato casserole. Appetizer favorites include a selection of their five different flavored smoked wings and shrimp trays.

Steven’s advice for the chef is to not freeze the meat. When it thaws, he explained, it loses juices that add to the taste. Season the meat and let it sit on the counter for 45 minutes, then cook it. After it’s done, letting it rest for a few minutes will help distribute the juices. Keep in mind, Stevens added, that the meat continues to cook an additional five degrees after pulled from the heat. If you want the meat served at 165 degrees, he suggests you pull it from the heat when it reaches 160 degrees.

The holidays are especially busy for the store, and Stevens advises that customers pre-order their holiday meats. The shop offers fully cooked meals that can be picked up or delivered and can also set up and personally serve at your event buffet-style.

Festive Table Ideas:

- Tie cloth napkins with festive colored ribbon and a twig of fresh fern and place it on top of the dinner plate. For buffets, pre-wrap utensils with napkins and tie with a ribbon.
- An ornament at each place setting adds color and makes for a keepsake for your guests to take home.
- Centerpieces can range from candles to floral, a gingerbread house, or a bowl of pinecones with a few ornaments mixed in for color.
- Don’t be afraid to add color. Christmas doesn’t have to be limited to red and green. Add touches of blue, purple, and even pink and orange.
- For buffets, display food at different heights. A sturdy box covered in fabric makes for an inexpensive pedestal for a dish.





Chef Joseph Cope.
PROVIDED PHOTO

TIPS FROM THE PROS

Chef Joseph Cope describes himself as a “cook by hard knocks.” The former owner of JJ’s at the Copper Pot said he learned a lot in his 11 years there. He now uses his culinary expertise in cooking and serving in client’s homes.

“I provide everything from the food to the plates and linens,” he said. “I can do everything from progressive appetizers to a five-course sit-down dinner.”

When it comes to holiday entertaining, Cope believes the world has become more casual. Appetizers are easy and a lot of fun to do, and he believes in pushing the limits.

“Wild game meatballs made with ground camel are a twist to the usual fare,” he explained. “The Pillsbury brand dough is sadly delicious,” he

added. “You can treat that as your canvas. Top it with some caramelized onion, pears, goat cheese and a dollop of cranberry.”

Oysters are another great appetizer. It’s nice to serve items people don’t have often, he stressed. The guilty pleasure he likes to prepare is duck breast. Cope makes a unique duck breast taco, with a special cranberry preserve in place of the traditional salsa.

Presentation, Cope noted, is crucial.

“People eat with their eyes,” he explained. “Even if what you serve is simple, table design is everything. Use platters and create levels to make it interesting.”

To keep costs down, Cope suggests mixing quality ingredients with more budget-friendly items. For example, crostini bread is inexpensive. This base layer can be dressed up with a shrimp or scallop.

Not everyone is a wine connoisseur, and Cope said choosing the right wine is easy. Serve what you like and don’t go so far off-beat to try to impress.

“Wine opinions are objective and everyone has a different opinion,” he explained. “Find one universal wine glass that works for both red and whites, and that has a 18-20 ounce bowl on it.”

It is okay to pair whatever you like with your meals. For red wines, Spanish and South American wines are good values. Pinot Grigio is a safe white wine that appeals to many but instead of pouring one from California, he suggests serving one from France.

Dessert is where Cope gets traditional. Crème Brûlée is not difficult to make and is impressive, he said. Chocolate Mouse is also very simple. His favorite acronym is KISS: Keep it Simple Stupid. The holidays are for togetherness, and not stressing over, he emphasized.

Make it!

BLUEBERRY CHIPOTLE SAUCE



Use as a sauce, glaze, or basting sauce for chicken, poultry, and seafood. Delicious on lamb. Pour over a block of cream cheese and serve as a dip with crackers. Use as a sauce for meatballs or cocktail sausages.

- 1 tablespoon olive oil
- 1/2 cup small diced onion
- 2 teaspoons minced garlic
- 2 teaspoons chipotle chiles in adobo, chopped
- 2 pints fresh blueberries, rinsed
- 1/2 cup apple cider vinegar
- 3/4 cup light brown sugar
- 1/2 teaspoon salt

In a medium saucepan, heat oil over medium-high heat. Add the onions and cook until soft and slightly caramelized. Add the garlic to the pan and sauté for one minute. Add the chipotles and cook, stirring continuously, for one minute. Add the blueberries and cook until soft, but not disintegrated. Add the vinegar and stir to deglaze the pan. Add sugar and salt, and bring to a boil.

Reduce the heat to medium and simmer until thickened and reduced by half, 8 to 10 minutes. Remove from the heat and cool before using.

For a clear glaze, strain through a fine mesh strainer, pressing on the solids with the back of a spoon to extract as much liquid as possible. At this point you can use gelatin per instructions to create a unique jelly that will surprise guests.



Timing is everything to make sure dishes are served at the right temperature.



Appetizers prepared by Chef Chris McDonnell. He suggests planning at least eight bites per person if additional food is being served.



PHOTOS PROVIDED BY WHIMISICAL WEDDINGS & EVENTS

Chef Chris McDonnell, also known as the owner of Chef DuJour at the Lake.

Chris McDonnell, owner of Chef DuJour at the Lake, grew up in the restaurant business. As a young child, he would visit his mother who worked in a Chicago suburban restaurant. The family moved to the Lake, and she continued in the industry as the food and beverage catering director for the Tan-Tar-A Marriott resort.

“My mother was an excellent, excellent cook,” McDonnell said.

He graduated from the Culinary School of America in upstate New York and worked with several of the best chefs in the country. His chef talents took him many places throughout the world, including Memphis, Switzerland, Arizona and Hawaii to name a few. He then settled in Columbia, Mo. where he owned a restaurant for 31 years. He retired, got bored, and thought a personal chef would be a great asset to those at the Lake.

McDonnell started bringing his culinary talents into people’s homes just a year ago, and requests for his culinary delights has been steady.

“John Elliott of John Elliott Interiors kick-started this company for me,” he explained. “He promoted me and put me in touch with his clientele.”

McDonnell said that in-house, high-end smaller parties are his preference. Last year’s holiday requests were very traditional, he said, comprising of prime rib, beef tenderloin, rack of lamb, roasted vegetables and fresh green salads. This year, he predicts, will be much the same.

His recommendations to those doing the cooking this holiday season are simple. First and foremost, purchase quality ingredients and choose recipes that almost everyone will enjoy.

“With technology now there’s access to five-star recipes and videos at the touch of a finger,” he added. “Find a recipe you can do technique-wise with the equipment you have.” In addition, McDonnell said it’s important to choose recipes with ingredients that are readily available. Don’t shop for ingredients too early, he advises, as the product won’t hold up, and be sure to shop the sales.

Appetizers are always a favorite, and the right amount is important. He suggests five to eight individual pieces per person if a meal is going to be served after and 12-14 pieces if the appetizers are in place of the meal.

For a main dish, McDonnell said seasonal vegetables are less expensive and flavorful if properly roasted. Gulf Shrimp is his preference over South Pacific Shrimp and salmon that is wild caught out of Alaska presents and tastes good.

“I’m a fan of buffets because I like to choose what I want,” he said. In setting one up, McDonnell said thought must be given to the serving dishes and utensils needed. As with any meal, timing is everything in guaranteeing that all the dishes are served at their preferred temperature.

The meal, he said, can be simple. He suggests two proteins or meats, two starches such as potatoes and a few different green salads. A vinaigrette type salad dressing and a creamy dressing are good choices. Dessert can be anything chocolate paired with red wine. An after-dinner eggnog is also a nice offering.

Above all, McDonnell suggests you don’t over-extend yourself or stress out.



Don’t be afraid to get creative. This dish was made for an 80s themed private party held at the Lake this summer planned by Whimsical Wedding & Events.

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Spirits

OF THE SEASON

Compiled by CHARIS PATIRES

The holidays are coming...you'll need to plan a cocktail menu that will go great with your holiday meal. Here are a few ideas of what to serve that are sure to please your guests.



SAMOA STARK

The delicious blend of caramel, chocolate, and coconut lace this classic cream (sweet) stout. It keeps one pining over that time of year when a crisp striped cookie is on your mind.

Available in November on draft and to-go by the howler, growler and cans.

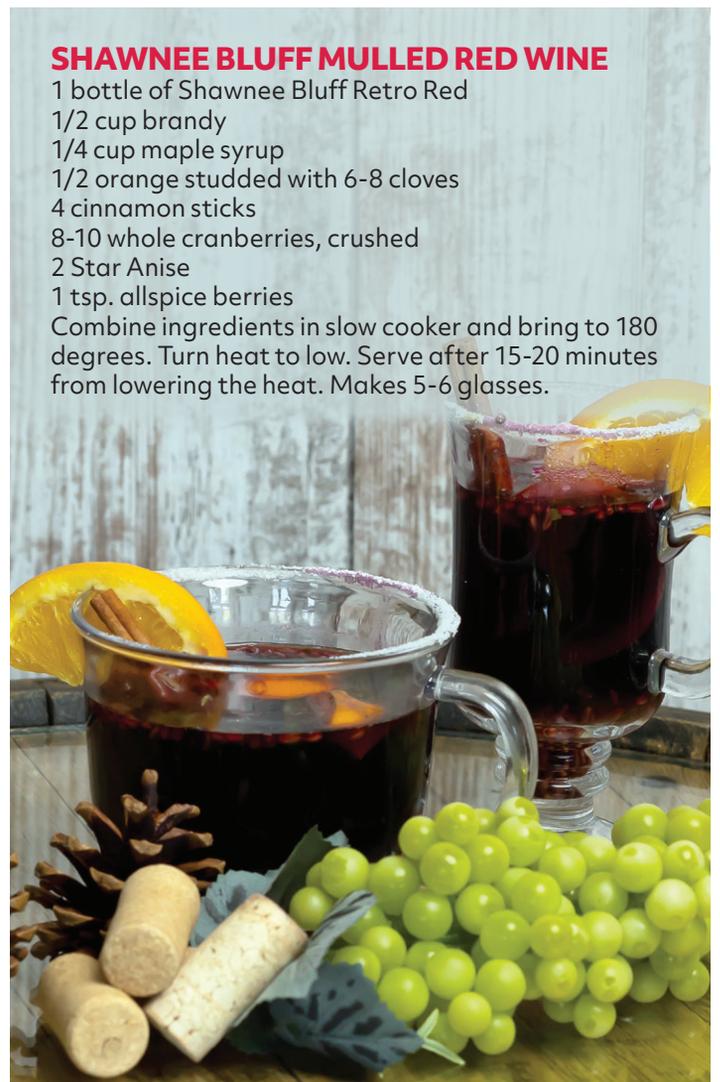
Find it at Shortleaf Brewing Co., 311 Business Rte. 5, Camdenton.



CARAMEL APPLLETINI

In a shaker with ice mix 3 oz. Pennacle Caramel Vodka, 3 oz. Sour Apple Pucker, 1.5 oz. Rumchatta. Garnish with a piece of caramel and an apple slice. Option to rim the glass with cinnamon/sugar.

Find it at Lucy's on the Bagnell Dam Strip, 1311 Bagnell Dam Blvd., Lake Ozark.



SHAWNEE BLUFF MULLED RED WINE

- 1 bottle of Shawnee Bluff Retro Red
 - 1/2 cup brandy
 - 1/4 cup maple syrup
 - 1/2 orange studded with 6-8 cloves
 - 4 cinnamon sticks
 - 8-10 whole cranberries, crushed
 - 2 Star Anise
 - 1 tsp. allspice berries
- Combine ingredients in slow cooker and bring to 180 degrees. Turn heat to low. Serve after 15-20 minutes from lowering the heat. Makes 5-6 glasses.



Santa on a parade float at Christmas on the Square. LAKE MEDIA FILE PHOTO

November 3 & 4

Dinner Theater

7 p.m., Camden County Museum. Enjoy a family night out with the comedy “Blithe Spirit” on stage. Doors open at 5:30 p.m. with dinner served at 6 p.m. and show at 7 p.m. 573-873-2990 or www.camdencountymuseum.org

November 4

Fall Crawl

4 p.m., Lake area. A Fall Crawl is being hosted by the Miller County Business District with more than 16 restaurants and bars along the route. Buses will be running until 12 a.m. making stops at each participating business. Get a wristband to ride the bus all night for \$10. A pre-crawl will be held from 1-4 p.m. at The Encore Lakeside Grill & Sky Bar. On Friday night, a kickoff event will be held at Ugles Cantina where you can purchase wristbands in advance. Lake Ozark Fall Crawl-Hosted by Miller County Business District on Facebook

Art Festival

10 a.m.-4 p.m., Lake Ozark Christian Church. The Lake Arts Council will present the Festival of the Arts. Local artists, makers and creators come together with vendor booths and other entertainment. Festival of the Arts on Facebook

Party with a Purpose

6 p.m., Margaritaville Lake Resort. The 6th annual Party with a Purpose for Wonderland Camp will be held. The theme this year is “Campopoly,” a camping-version of a favorite board game. Food, entertainment and a silent auction is held. Tickets are \$125/ person with sponsorships available. www.wonderlandcamp.org

November 11

Veterans Parade

1 p.m., Osage Beach Parkway. The Osage Beach Elks Lodge and the City of Osage Beach will host a Veterans Parade along the parkway. Anyone is encouraged to participate. After the parade, the Elks Lodge #2571 will offer food and entertainment.

November 12

Holiday Bazaar

11 a.m.-3 p.m., Osage Beach Senior Center. Shop til' you drop at the annual Holiday Bazaar where vendors will sell a variety of homemade items, baked goods and other gifts for the holidays. 573-348-2909

November 15-30

Gala of Trees

Wobbly Boots, various times. Bid on beautifully decorated Christmas trees and wreaths during the annual silent auction. A kick-off party will be held on opening night. Proceeds benefit Lake area charities. 217-779-2768

November 17 & 18

Holiday Market

9 a.m.-4 p.m., Camden County Museum. Craft booths and vendors with Christmas gifts will be set up. Lunch available. 573-873-2990 or www.camdencountymuseum.org

November 18

Old-Time Radio

7 p.m., Barista Go. Radio-Active Players, a talented troupe of actors, will be performing in the style of Old-time Radio at Barista GO Coffeehouse on State Rd. KK. Doors open at 6 p.m. with the show at 7 p.m. 913-909-8603 or 573-462-6623

November 23

Turkey Trot

8:30 a.m., Camdenton High School. Burn off those extra holiday calories at the LOTO Turkey Trot. Male and female finishers in various age groups will receive a plaque, cash prize and free

Holiday light parks can be found in Versailles, Osage Beach and Laurie.

CHARIS PATIRES PHOTO



race entry the following year. The event raises money for the Camdenton Cross Country team and Lake area food pantries. A 1-mile fun run begins at 8 a.m. and costs \$20 to register. The 5K begins at 8:30 a.m. and is \$25 before (before Nov. 8).

www.fundruns.org

November 25

Lighted Parade

6 p.m., Laurie. The Lake West Chamber of Commerce hosts the annual Lighted Christmas Parade with illuminated floats and a visit with Santa. Bundle up and watch the parade as it moves down Hwy. 5 in Laurie. Santa and a few helpers will be at the Laurie Terrace Mall following the parade.

www.lakewestchamber.com

November 29

Blood Drive

11 a.m.-5 p.m., Elks Lodge in Laurie. A blood drive will be held in the banquet room. Donors will receive a coupon for a pint of frozen custard from Culvers.

www.redcrossblood.org

December 1 & 2

Christmas on the Square

Friday 5-7 p.m., Saturday 10:30 a.m.-1 p.m. A Tree Lighting Ceremony will be held on the Camden County Courthouse lawn on Friday evening. Vendor marketplace, food and beverage trucks, free entertainment and other activities. On Saturday, Santa arrives to Christmas on the Square at 11:30 a.m. Children's games, a petting zoo, music, giveaways, hot dogs, hot chocolate and cookies will be offered. This is a free community event.

www.camdentonchamber.com

December 2

Holiday Shopping

9 a.m.-3 p.m., Osage High School. More than 100 vendors will be set up selling unique items at the 43rd annual School of the Osage Holiday Bazaar. Everything from holiday treats to handcrafted ornaments, bath products and great fits for everyone on the shopping list.

573-253-0428 or School of the Osage Holiday Bazaar on Facebook

December 3

Winter Wonderland

1-3 p.m., Tri-County YMCA of the Ozarks. Bring the kids to the Winter Wonderland for food, hot cocoa, cookie decorating, games and free photos with santa.

Winter Wonderland on Facebook

December 9

Christmas Parade

1 p.m., Bagnell Dam Strip. Lake Ozark Christmas Parade will be held along the Bagnell Dam Strip at 1 p.m. Entries will line up along Route 242 and make their way down the Strip.

www.lakechristmasparade.com

December 10

Christmas for Kids

7-11 p.m., The Encore. The Kiwanis Club of Ozark Coast hosts Christmas for Kids. Dueling Pianos, complimentary appetizers, auction items and other entertainment is planned. Attendees are asked to bring a new, unwrapped toy to donate to needy children in the area.

www.lakeareachristmasforkids.com

Christmas for Kids will be held December 10 at The Encore. GEORGE DENNY PHOTO



December 16

Old Tyme Christmas

11 a.m.-2 p.m., Camden County Museum. Celebrate the season by having lunch with Santa, and enjoying crafts and games. At 2 p.m. the Young Museum Players will present a Christmas production. Donation for the play is \$10/family.

573-873-2990 or www.camdencountymuseum.org

Veteran Wreaths

10 a.m., Dale Blair Memorial in Camdenton. A great way to honor veterans, the American Legion Post 624 will be participating in National Wreaths Across America Day. Anyone is welcome to attend to help lay wreaths at the grave sites of veterans.

www.wreathscrossamerica.org

People *in* Places

Photos by GEORGE DENNY

15TH ANNUAL CHAMPAGNE CAMPAIGN

SEPTEMBER 30 @ SHAWNEE BLUFF VINEYARD

The Community Foundation at the Lake hosted their annual fundraiser to provide support to dozens of Lake area charities. The evening included entertainment, and live and silent auctions.



Community Foundation board and volunteers



Jill Bayless, Heather Morrow, Mary Lou Stone



Ann Marie, Scott Bianchi



Lisa Berkstresser, Adrienne Anderson



Tina Keller, Bruce Glenn



Jon Mayer, Brittany Smith



Sara McCurley, Brandon Shoemaker, Rick Bryant, Angie Schejbal



Chris Colter, David Harker



Jane Wright, Dave Garrison, Mindy Jones Bartlett



Debbie Easterla, Roger McCowan



Matthew Laughlin, Jessica Simpson

People *in* Places

Photos by GEORGE DENNY

LOMDA BOAT SHOW

SEPTEMBER 22-24 @ CAPTAIN RON'S

The Lake of the Ozarks Marine Dealer's Association hosts two boat shows at the Lake each year for dealers to showcase new and pre-owned inventory. Other boating-related businesses are on hand to display their products and services.



Joe Norton, Grant Norton



Cyler Jackson, Michael Hall



Scott McDonald, Erick Jensen



Karen and Michael Pool



Tammy and Mike Elliott



Steve Armstrong, Ron Witt



Drew King, Mike Craig



Jason Killian, Brad Bono



Tessa Fears-Hill, Teresa Fears



Chad Franzen, Cordell Goddard,
Michelle Curry, Blake Kelly

Photos by GEORGE DENNY

LAKE OF THE OZARKS BIKEFEST

SEPTEMBER 13-17 @ LAKE AREA VENUES

The ultimate biker event comes to the Lake in September each year with biker-friendly events and restaurants offering entertainment.



Fawn Harless, Gypsy Kraichley



Annette Lucero and Laurie Umfleet



Jim Dodge



Larry Van Houten, Jeremy Erwin



Chris and Sherry Stevens



Rebecca Graham, Todd Storey



Aaron Livek, Craig Finden



Jaun and Michelle Bannister



David Dew, Moy Adams

Photos by GEORGE DENNY

WINGFEST

SEPTEMBER 13 @ THE REGALIA

HOTEL & CONFERENCE CENTER

Lake area restaurants compete for the title of Best Wings each year. The winner was Caribbean Mix. Proceeds go to Lake area charities.



WingFest judges



Tony Pacheco, Jon Mayer,
Brittany Smith



Capri Case, Carrie Case



Ashley and Tim Hair



Rob Capps, Robin Callender



Kristina Pahlman, Amanda Schepers



Big Ed and Margo Albritton



Lisa Edwards, Shawn Lasswell



Sarah and Justin Edwards



Ron and Vervia Mahurin



James Goodlander, Raven Foy, Lance
Utely

People in Places

Photos by GEORGE DENNY

LAKE OF THE OZARKS SHOOTOUT

AUGUST 26 & 27 @ CAPTAIN RON'S

The largest powerboat racing event in the Midwest is held each year at Captain Ron's to determine who will take the Top Gun trophy. Many events are held throughout the summer leading up to racing weekend, raising money for dozens of Lake area charities.



Top Gun team John Cosker, Tony Battiato, Don Onken



Jeanette and Mike Gordon



Sandy Laffoon, Jackie Perry



Jeff and Diana Dorhauer, Jacki and Todd Palmquist, Kerry Willoughby



Andy Beck, Jackie Zahn, Ali Tranchilla, Jimmy Wheat



Eric Odell, Cheyanne Zey



Tony Amy and Ashton Chiamonte



Craig Amptmeyer, Dave McIntyre, Casey VanKeuren, Mike Powell



Don Onken, Amy Onken



Roy Schaumburg, Noknoi Knernschield, Rob Henggeler



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[LAKEREGIONAL.COM/CANCER](https://lakeresional.com/cancer)**

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