

THE GAZETTE



"Your Hometown Newspaper"
for 21 years



"Heart Awareness Month 2016 Special Edition"

"Serving the Fort Osage and Wellington/Napoleon School districts"

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Monday, February 8, 2016

Olivia's New Song-Easter Collection

by Kristin DeGrace

On April 8, 2014 our daughter, Olivia Janee' DeGrace was born full term weighing 5 pound 8.9 ounces and 18 inches long. I'll never forget the moment she was born, they laid her on my chest and as tears filled my eyes I held her tiny hand and told her how much I love her. Everything seemed so perfect, we had just welcomed our second child into the world, never once did we think our world would be turned upside down in a matter of days. A couple hours after Olivia's birth her oxygen levels weren't where they should be and we were transferred to the NICU. That moment was where the roller coaster would begin. Olivia started out just needing oxygen and I was even able to hold her for an hour and a half. Her stats had never been better and it was clear she shared a very special bond with her mommy, responding to my voice and calming with my touch. Something I will cherish forever.



Just as we felt like everything was getting better we stepped out of the room for a moment to visit with her two year old brother and returning just ten minutes later to find doctors and nurses rushing to her side to resuscitate her.

As I stood there crying and helpless all I could do was pray and beg for God to save her. Olivia was placed on a ventilator and resuscitated countless times over the next few hours. She had multiple blood transfusions and received surfactant therapy which then resulted in a pneumothorax and a chest tube. Eventually the decision was quickly made that she needed to be transferred to Children's Mercy but it was unclear if she would even survive the trip. We made the transfer and Olivia surprised us with her incredible stats and continued to do well through the evening, fighting so hard to live. The next morning wasn't looking as good and our decisions weren't getting any easier, we signed consent for Olivia to be placed on ECMO in hopes that this would give her body and lungs a chance to heal. It's a procedure where they place cannulas in her carotid artery leading into her heart and lungs. The machine would circulate her blood out of her body, oxygenate it and circulate it

back in, all while she remained on a high frequency ventilator called an oscillator. The next few days were filled with many ups and downs; it seemed as if no sooner than we gave our family updates things would quickly turn and go the other way. Olivia had many good and bad moments, I say moments because it literally changed by the second. She was receiving antibiotics, platelets, blood transfusions, and medications for just about everything daily. After almost seven full days on ECMO she was doing so well that doctors felt it was best that she came off. Her body was healing, lungs improving and the risks of hemorrhaging in the brain would only grow greater the longer she remained on ECMO. On April 17 she was removed from ECMO and continued to improve. Her nurses even talked about what the future would look like with Olivia and when she would be able to come home.

(See Olivia's Story con't on p. 8)

A Love that has lasted over six decades

Norma and Ray Williams just celebrated their 65th wedding anniversary.

Ray and Norma met when he would come to every one of Norma's basketball games and finally won her heart.

When Ray was in the service Norma would write to him every single day.

Ray was one of ten brothers and Norma was one of eight siblings. They met, fell in love and their love story continues to this day

The Williams have three daughters, eleven grandchildren and nine great grand children. The reside in Levasy, Mo. and family and friends are an important part of their lives.

Norma left Sonic drive-in in Buckner, MO. after 20 plus years of working there as a cook. She loved her job, the people she worked with and the customers.

Unfortunately she got hurt at home, and injured her back and after being off work for a year plus, she decided to resign from her position.



Norma and Ray on their 65th wedding anniversary



Pictured above: Norma and Ray Williams, when they got married.

She is absolutely a fantastic cook and is greatly missed by all her customers.

Ray owns his own automotive repair garage in Independence, Mo. . and still works five days a week. He prides himself in his work and even uses a floor jack to change flat tires.

Both Ray and Norma are very young for their ages, both being in their eighties.

Up until her accident several years ago, Norma did all her own yard work, gardening, and housework. The William's yard was truly a show case in Levasy and admired by everyone. The home and property still looks beautiful.

Aspirin, water and heart attacks

MAYO CLINIC - DRINKING WATER

This is indeed good information. A cardiologist determined that heart attacks can be triggered by dehydration.

Good Things To Know! From The Mayo Clinic.

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night!!

Heart Attack and Water - Drink 1 glass of water before going to bed avoids stroke or heart attack! I never knew all of this!

I asked my Doctor why people need to urinate so much at night time.

Answer from my Cardiac Doctor:

Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body seeks level with the kidneys, it is then that the kidneys remove the water because it is easier.

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me. Correct time to drink water... Very Important.

From A Cardiac Specialist

Drinking water at a certain time maximizes its effectiveness on the body: 2 glasses of water after waking up helps activate internal organs - 1 glass of water 30 minutes before a meal helps digestion - 1 glass of water

before taking a bath helps lower blood pressure – and 1 glass of water before going to bed avoids stroke or heart attack.

I can also add to this... My Physician told me that water at bedtime will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a charliehorse.

Mayo Clinic on Aspirin - Dr. Virend Somers is a Cardiologist from the Mayo Clinic who is the lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, When the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The reason: aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the aspirin would be strongest in your system.

2. Aspirin lasts a really long time in your medicine chest - for years. (when it gets old, it smells like vinegar).

"Life is a onetime gift"

Continued on page 6



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Your hometown newspaper for
21 years”



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an idea for a story, pictures, etc.*

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have such an informative and enjoyable
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in many years in the future!*

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*The Gazette
and*

ALL our Advertisers!



Food For Thought

60th High School Reunion

He was a widower and she a widow.

They had known each other for a number of years being high school classmates and having attended class reunions in the past without fail.

This 60th anniversary of their class, the widower and the widow made a foursome with two other singles.

They had a wonderful evening, their spirits high.

The widower throwing admiring glances across the table. The widow smiling coyly back at him.

Finally, he picked up courage to ask her, "Will you marry me?"

After about six seconds of careful consideration, she answered,

"Yes,... yes I will!"

The evening ended on a happy note for the widower. But the next morning he was troubled.

Did she say “Yes” or did she say “No?”

He couldn't remember. Try as he would, he just could not recall. He went over the conversation of the previous evening, but his mind was blank.

He remembered asking the question but for the life of him could not recall her response. With fear and trepidation he picked up the phone and called her.

First, he explained that he couldn't remember as well as he used to. Then he reviewed the past evening. As he gained a little more courage he then inquired of her. "When I asked if you would marry me, did you say “Yes” or did you say “No?”

"Why you silly man, I said ‘Yes. Yes I will.’ And I meant it with all my heart."

The widower was delighted. He felt his heart skip a beat.

Then she continued: "And I am so glad you called because I couldn't remember who asked me!"

FRANCES NADINE WESTERFIELD

Frances Nadine Westerfield, age 85, of Independence, MO, passed away on Feb. 2, 2016. A visitation will be held on Monday, Feb. 8, 2016, from 1-2pm, at Speaks Buckner Chapel, 300 Adams St, followed by a funeral service at 2:00pm. Burial will follow at Buckner Hill Cemetery. Contributions may be made to Crossroads Hospice in her memory.

Frances was born on Oct. 23, 1930, and grew up in Buckner, MO. She graduated Buckner High in 1948. She married Richard Westerfield on May 1, 1949, at Six Mile Church. She taught school at Bone Hill. She was also a nurse and worked 26 years at Independence Regional Hospital.

JO SUE HORNER

Jo Sue Horner, age 80, passed away on February 3, 2016. A visitation will be held on Monday, Feb. 8, from, 8:30-10:00am, at Speaks Buckner Chapel, 300 Adams St. A graveside service will follow at 12:30pm Monday at Robinson Cemetery in Collins, MO.

Jo Sue was born on October 4, 1935, in Weaubleau, MO, to Edgar and D. Louise (Sullivan) Edwards. She worked for nearly 20 years as a photo vision tester for the MO Department of Motor Vehicles. She was a very independent person, and she enjoyed cookbooks and crossword puzzles.

She is survived by her daughter, Jeannie Jo Horner, cousins, Arlie Pemberton (wife, Helen), Beverly

Frances leaves her husband of nearly 67 years, Richard; one son, Rick (wife, Elizabeth); daughter, Sharon; 3 grandchildren, one great-grandchild, and 3 great-great-grandchildren. Frances was preceded in death by her daughter, Diane; parents, Richard and Meta Reese; and brother, Bob Reese. Online condolences at www.speakschapel.com (Speaks Buckner 816-650-5555)



Clark (husband, Jerry), Barbara Bledsoe, and Robert Allen Young (wife, Mary); many extended family, and her four-legged friend, Tyson the dog. She was preceded in death by her parents; cousin, Carolyn Segebartt; and her cat, Tom. Condolences may be sent to www.speakschapel.com. (Arrangements: Speaks Buckner 816-650-5555)



Obituary Policy

The Gazette Weekly Newspaper publishes obituaries sent to us via email from Funeral Homes. We ask that the funeral home email us at www.gazetteweekly.com with the obituary with the families consent. A picture may be included with the obituary via email. There is No charge for this service. Thank You

**Dwyer Family, Coach Roberts
Named Best SOMO Family, Coach in State**

**KC METRO MISSOURI RESIDENTS HONORED AT
ANNUAL AWARDS BANQUET**

(Jefferson City) The Dwyer family, Bobbi Roberts, Allen Tobin and David Ring were all recognized for their outstanding contributions to Special Olympics Missouri – KC Metro Area at the SOMO Annual Awards Luncheon Jan. 17 in Branson. Each year, Special Olympics Missouri salutes those who have made significant contributions to the Special Olympics movement. Each area nominee is submitted for statewide recognition, and the overall winners were also announced at the SOMO Summit.

The KC Metro Area would like to recognize:

**OUTSTANDING FAMILY: The Dwyer family,
NAMED BEST IN STATE**

The Dwyer Family has been involved with Special Olympics Missouri for more than 10 years. They have served on planning committees, been Unified Partners, supported athletes and been amazing volunteers. Danny and Sue both serve on the Miles for Medals planning committee and Danny has been the chair for the past few years. Many of our agencies rely on the success of Miles for Medals for much of their year-round fundraising dollars. Not only do Danny and Sue help organize Miles for Medals, but their daughters have become members of the planning committee. They run the Facebook page, help recruit riders and help on event day.

Danny is also on the Polar Plunge committee. Danny and his company, Epic Electric, provide all the electricity needs on Plunge weekend. Danny and his co-workers spend two days working to make the beach and tents ready for the Super Plungers. Sue is part of the Super Plunge tent support crew and makes sure all the Super Plungers have plenty to eat and warm clothes as they plunge for 24 hours. In the past few years, the Dwyers have taken one of our area athletes under their family wing. They, along with civic groups they belong to, have helped him with fundraising efforts for USA Games and World Games.

**OUTSTANDING COACH:
Bobbi Roberts, NAMED BEST IN STATE**

Robin (Bobbi) Roberts has been a coach with Jackson County Parks & Recreation for more than 20 years. She coaches flag football, basketball and softball and is a Unified Partner in bowling. Robin started out helping with the JCPR teams, but it wasn't long before she had her own teams within JCPR. She is a wonderful motivator for her athletes and works hard to keep them focused so they excel in their sports. Robin is also an active member of the Miles for Medals planning committee. This annual fundraiser goes to support agencies/fan clubs to provide uniforms, equipment and SGAs for the teams. This committee works hard to recruit riders, find sponsors and donors to help this event grow every year. Robin wants to see her athletes grow and develop in sports competition and everyday life. She has assisted athletes with job searches, roommate conflicts and other day-to-day problems. She is an asset to not only her athletes but the whole JCPR team!

OUTSTANDING ATHLETE: Allen Tobin

Allen Tobin has been an outstanding athlete in Special Olympics Missouri for 22 years. Over the years, he has competed in almost all of the sports SOMO offers and has excelled on the playing field, earning more medals than he can count! Allen was lucky enough to be selected to be part of the Special Olympics USA - Missouri softball team that won the silver medal in the 2015 Special Olympics World Games in Los Angeles. Being able to bring a silver medal and all the memories from LA back home to Missouri is one of his proudest accomplishments. Not only does Allen find joy in competing in Special Olympics, he has also taken advantage of many of the other opportunities that have been presented to him. He always jumps at the opportunity to help set up or tear down an event. Most times you don't even have to ask him to load 10-foot bocce pipes in the dead of summer or roll up carpet from a sandy Polar Plunge beach in the freezing cold. He has also taken an active role in being a committee member for the Jimmie's Miles for Medals event that raises money for Kansas City athletes. Allen was recently trained as a Global Messenger and has taken the skills he learned in the training to deliver exceptional speeches about his experiences with Special Olympics. With his GM training and being part of the SOMO Class of 2015, Training for Life Campus staff members know they can count on him to attend any presentation or fundraising campaign to help promote the TLC. He has also taken the leadership skills he has learned and applied them to the SOMO TV production team as a reporter. There really isn't anything that Allen won't jump in and do; he likes to try things out of his comfort zone and is always willing to help out the team!

OUTSTANDING VOLUNTEER: David Ring

David Ring is an exceptional volunteer in the KC Metro Area. He stepped into the role of being the main contact/lead for the Walmart Distribution Center about three years ago. In this role, he also serves on the Area Spring Games GMT. He has worked hard to make sure the transition from the previous contact was seamless on the SOMO side and that the Walmart volunteers always knew what was happening. The Walmart group runs the field event awards area. This past year they were asked to also take over the throwing events awards area, which almost doubled the amount of volunteers needed for them. David didn't think twice and just said yes they would do it. David also serves on the GMT for our area basketball tournament and runs the 3-on-3 gym all day for this competition. He not only does this but also recruits and trains all the volunteers for this gym on event day. Each year, David and his team look for additional ways they can help with this event and make it easier for staff. He is working with staff to help provide lunches for more than 500 athletes, coaches and volunteers at the KC Metro basketball tournament in 2016.

Other nominees to receive awards for their service to the Kansas City Metro Area in 2015 included: Jackson County Parks & Recreation and the Lee's Summit Police Department Super Plunge team.

Library News

FEBRUARY 2016

**FREE PROGRAMS AT THE
BUCKNER LIBRARY**

**19 EAST JEFFERSON,
BUCKNER, MISSOURI 64016**

816.650.3212

www.mymcpl.org

Storytime for Families – Every Thursday at 10:00

All ages are welcome and no registration is required.

Adult Book Group – Monday, February 1 at 7:00

February's selection is Case Histories by Kate Atkinson. Copies are available at the library.

Adults. No registration is required.

Beginning Census Records – Thursday, February 4 at 6:30

Learn how to access census records to find your family history. Adults. Registration is required.

Beginning Ancestry, Library Edition – Thursday, February 11 at 6:30

Find out how you can use the library's free resources to enhance your search for your ancestors.

Adults. Registration is required.

Beginning Internet Genealogy – Thursday, February 18 at 6:30

Very basic, introductory class to help begin your search for your past. Adults. Registration is required.

All Mid-Continent Public Library branches will be closed on Monday, February 15, for the President's Day holiday.

**Drop off locations
for
The Gazette**

**Heating and Cooling Co. downtown
Buckner
*Wellington/Napoleon School
*Central Bank of the Midwest
*Buckner Thriftway
*Buckner Public Library
*Buckner Elementary School
*Levasy City Hall
*Misty's
*Laundromat in downtown Buckner
*Paper box in 24 highway shopping center
*Senior Center
*Nadler's Meats-Wellington, Mo.
*Tommy G's-24 highway and Central,
Buckner, MO.
*Nora Denise Insurance Agency, Napoleon,
MO.*

*Visit us on line at
www.gazetteweekly.com*

Serving the community for 21 years

Tuscono’s Wood Fired Wine & Roses

Reservation Only Valentine's Event

Sunday February 14,2016

Please Call 816-650-8284, Reservation times available starting at 5p.m.

Special 5 Course Menu
with Wine Pairings

Appetizer
Baked Brie or Shrimp Cocktail
Paired with Enrico Prosecco

Salad
Spinach Salad with Hot Bacon Dressing
(Topped with Bacon, Red onion and Diced Egg)

Spring Mix with Raspberry Vinaigrette
(Topped with Gorgonzola, Strawberries and Candied Pecans)
Paired with Sauvignon Blanc or Pinot Noir

Amuse Bouche-Tangerine Sorbet



Entree’s
All served with House
Made Scalloped Potatoes and our Seasonal Mixed Vegetable

Prime Rib
Bourbon Glazed Grilled Chicken Breast
or
Lobster Tail
Paired with Pinot Noir or Piesporter

Dessert
Turtle Cheesecake
Triple Chocolate Layer Cake
Paired with Port

\$159.99
Price Per Couple
Non-Alcoholic Option \$144.99
(Gratuity included in price)



Special Valentine floral arrangement and a box
of Hand-Dipped Chocolate Covered
Strawberries included in your reservation.

Thank you for allowing Tuscono's to take care of all your valentines needs.
Call 816-650-8284 today!!

12th Annual Polar Plunge Raises \$264,492 for Special Olympics Missouri

(Kansas City) The 12th Annual Polar Plunge on Jan. 30 at Kansas City was a splashing success, raising \$264,492 to-date. A total of 853 brave men and women from around the area donned costumes and swimwear to take a chilly dip into Longview Lake Swim Beach. Their Reason for Freezin’... the athletes of Special Olympics Missouri!

Online fundraising is still ongoing. Donations can be made at www.somo.org/plunge.

Top Fundraiser: Laurie Clark----\$2,214
Top Super Plunger: Chad Meyer----\$88,653
Top Fundraising Team: CU In The Water----\$25,146
Top LETR Team: Lee’s Summit Police Department----\$21,265
Top Fundraising School: Raymore-Peculiar Schools ---- \$20,157

The top award for those who wore costumes and took part in the costume contest were:

Golden Plunger Awards
Individual
Gold: Danny Dwyer (Polar Bear)
Silver: “Dalmation”
Bronze: “Slow Poke the Clown”

Team
Gold: Liberty H.S. (Hawaiian Luau)
Silver: Missouri State Highway Patrol Troop A (Shark Week)
Bronze: Liberty North HS (Cavemen)

This year’s event was held in conjunction with Lee's Summit, Belton and Kansas City Police Departments. Presenting sponsors included MetroAir, Ferrellgas, Blue Cross Blue Shield of Kansas City, Bledsoe’s Rentals, Lee, Flooring & More, Greater Kansas City Public Safety Credit Union, NorthPoint Development, All Seasons Tent Rental, Epic Electric Service Corp., National Beef, KC 102.1, Jackson County Parks and Rec and Heritage Tractor.

Safety Tips to avoid fraud against you and your family!

Information provided by Central Bank of the Midwest

Take an active role in the safety of your personal information

In today’s internet environment, there are numerous ways a criminal can inflict damage to you, your credit score, your family, and potentially your bank account.

At the bank, we are diligent about security and are constantly making small to significant investments in our security protocols and systems. However, we can only help protect you to an extent. If you’ve experienced any sort of fraud, you are probably aware of the damage and headaches associated with identity theft. If you haven’t, consider yourself lucky and remember it is important to be aware of potential fraud in the digital world.

STAY AHEAD OF POTENTIAL CYBER THIEVES WITH THESE HELPFUL TIPS:

1.
Never disclose personal financial information to ANYONE - online, text, phone, or email. Unless you are in a bank or call our customer service center, we will not ask you for any personally identifiable information.
2.
Do not open email attachments you are not expecting, or click on suspicious links from a sender you may or may not trust. If you find yourself interested in an email solicitation and it seems questionable, simply type the URL in the address bar instead of clicking on the link provided in the email.
3.
Keep anti-virus software up-to-date. These programs need frequent updates to guard against potential new viruses. Some anti-virus programs offer an “auto-update” feature, where regular updates could be made for you behind the scenes.
4.
Stay alert online and keep tabs on your accounts. It is very important you enter the online world with a suspicious attitude keeping your security and privacy on the top of your mind, especially if you are looking to purchase goods or services. If your account has suspicious activity, do not hesitate to report it to the bank. The quicker you act the better chance you have at mitigating potential theft. When you’re not online, always disconnect from the internet.

5.
If your phone or tablet is lost or stolen, disable it immediately. Contact your cell phone provider if you need assistance. Always use the password function on your phone to heighten security in the event it is lost or stolen.

If you believe you have received a suspicious email, phone call or text message asking for information about your financial accounts, report it to your bank immediately.

In the event you’ve accidentally or unknowingly disclosed sensitive information to a cyber thief, contact the three national credit-reporting organizations and the Federal Trade Commission immediately to place a fraud alert on your name and identity. This will help prevent thieves from opening a new account in your name. Here is the contact information for each bureau's fraud division:

Equifax
800.525.6285
P.O. Box 740250
Atlanta, GA 30374

Experian
888.397.3742
P.O. Box 1017
Allen, TX 75013

TransUnion
800.680.7289
P.O. Box 6790
Fullerton, CA 92634

Report all suspicious contacts to the Federal Trade Commission at www.consumer.gov/idtheft, or by calling 1.877.IDTHEFT (1.877.438.4338)

Don’t forget to file a police report. An official report will help authorities bring criminals to justice and will help authorities gain insight on how the crime was committed.

In addition, federal law allows you one free copy of your credit report each year from the three primary agencies without harming your credit score. To obtain your free report, visit www.annualcreditreport.com . You should review your credit report regularly to monitor potential fraud.

We are here to help you. If you think you are a victim of fraud, take action immediately. We take your security very seriously and will help investigate.

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Contact Us

Central Bank of the Midwest
100 S Hudson St.
Buckner, MO 64016
816.650.3171

Monday-Friday:
9:00 a.m. - 5:00 p.m.

Saturday:
8:00 a.m. - 12:00 p.m.

Wellington/Napoleon School District News
Second Semester A Honor Roll

6th Grade	7th Grade	8th Grade	9th Grade	10th Grade	11th Grade	12th Grade
Eli Adams	Dalton Baer	Nathan Davis	Savannah Crowley	Valerie Barnett	Matthew Block	Neal Barnett *
Alison Dehn	Aaron Baldwin	Katelyn Dickey *	Justin Ford	Dillon Brisbin	Samantha Blystone *	Kaylee Brockmeyer
Brady Hughes	Madison Bolten	Keylea Gray	Alaina Harris	Gavin Collins	Tessa Bushell	Keely Brockmeyer
Landry Key *	Leighann Briggie	Shelby Holliday	Carleigh Jenkins	Ben Cook	Erin Clavin	Ryan Collins
Tucker Leach *	Audrey Garrett	Kenny Manning	Sammie Jo Leach	Mark Dickey *	Danielle Davis	Samuel Fahrmeier
Austin Legate *	Gracie Hager	Alannah Nowak *	Jaycee Mudd *	Elizabeth Fahrmeier	Kelsey Gray	Amanda Grumke *
Lane Rogge	Sydney Niewig	Macy Rodenberg	Emmett Scarborough	Alecia Hearn	Duncan Hughes	Carington Key*
Ayden Shannon*	Bryce Sowerby *	Savana Scarborough	Trey Shannon *	Jordon Hill	Carington Key *	Kyndal Mitchell
Bree Shannon	Avery Todd	Connor Weedman	Emma Williamson	Caitlin Niendick *	Ashlyn Mitchell	Allison Russell
Mackenzie Young		Elliot Zeiler		Kiera Paige	Kyndal Mitchell	John Meierer *
				Makaylyn Ryun	Allison Russell	Morgan Weedman
				Taylor Shaw *	Abbie Soendker	* denotes 4.0
				Kelsi Southard	Monica Thornburg	
				Olan Zeiler*	Jaymie White	

Please wear Red in February,

2016 in Honor of Heart



Awareness

Month!

Please visit us on the web

24/7

at

www.gazetteweekly

Fort Osage School District News

Missouri FFA Members “GOT TALENT”

Over 4500 first year FFA members from more than 320 Missouri High Schools had the opportunity to learn about being positive role models, learning to get involved, making sound choices, becoming active team members and making a positive difference in their lives, school and community at the annual Greenhand Motivational Conferences. These conferences presented by the State FFA Officers and sponsored by MFA Incorporated were held January 6-8, 2016 throughout Missouri.

Through interactive workshops and skits the State FFA Officers encouraged first-year FFA members to explore their talents and reach outside their comfort zone for the opportunities provided through FFA membership. They helped the new agriculture students set goals for their education, careers, and FFA experience.

Eighteen conferences were held at 13 different locations throughout the state: University of Central Missouri, Warrensburg; Bowling Green High School, Bowling Green; Truman State University, Kirksville; Sullivan High School, Sullivan; Three Rivers Community College, Poplar Bluff; Missouri State University, West Plains; Lincoln University, Jefferson City; Southeast Missouri State University, Cape Girardeau; Waynesville High School, Waynesville; Missouri State University, Springfield; Missouri Western State College, St. Joseph; University of Missouri, Columbia; and North Central Missouri College, Trenton.

The FFA is a national youth organization of over 629,000 student members preparing for leadership and careers in the science, business and technology of agriculture with 341 chapters and more than 25,800 members in Missouri. The FFA strives to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education.



The State Officers of the Missouri FFA Association recently conducted eighteen Greenhand Motivational Conferences in Missouri. MFA Incorporated helped sponsor the conferences. Seated from left to right are: Vice President Hunter Corman, Willow Springs; Past State Officer Samantha Marre, Elsberry; State Secretary Alex Stichnote, Ashland; Vice President Rylee Streit, Holden; Vice President Maggie Voisard, Mid-Buchanan; and Vice President , Ty Whittaker, Miller.

Osage Trail Middle School Students
Travel the World

Independence, MO- Students at Osage Trail Middle School, in the Fort Osage R-1 School District, had the opportunity on Wednesday, February 3, 2016, to travel the world thanks to Google Expeditions.

Google Expeditions is a new product that allows teachers to take their classes on virtual field trips, immersing students in experiences that bring abstract concepts to life and giving students a deeper understanding of the world beyond the classroom. Osage Trail students traveled around the world from 7:00 a.m. to 2:00 p.m. (taking a break from 10:30-11:30 for lunch). With the use of cardboard viewers and phones, the teacher will guide the students through the Historic Philadelphia, the Gettysburg National Military Park, Borneo Animal Adaptations, Galapagos Islands, the Moon, Gombe National Park, and many others.

This is the first time that Google Expeditions is being brought to the Kansas City area for students and teachers to try. The trips are collections of virtual reality panoramas- 360 degree photo spheres, 3D images and video, ambient sounds- annotated with details, points of interest, and questions that make them easy to integrate into curriculum already used in schools.

Special to THE GAZETTE WEEKLY

University of Central Missouri

Fall 2015 Dean's list

Warrensburg, Mo. -- The following local student(s) have earned a spot on the University of Central Missouri Dean's List. Each semester, the Dean's List is divided into two parts. The first list includes the names of students who have achieved a perfect 4.0 grade point average, and the second list includes the names of students who attained a grade point average of 3.50 to 3.99.

4.0 Dean's list at UCM

Buckner

Jordyn C Atagi, Kayla R Woody, Traycie L Williams

3.5 to 3.99 Dean's list at UCM

Buckner

Jesse L McBee, Katlin I Hall, Rachel Emily Powell Garrison, Svea D Flaherty



*Please observe Heart
Awareness Month*



SPEAKS SUBURBAN CHAPEL	CARSON-SPEAKS MIDTOWN CHAPEL	SPEAKS BUCKNER CHAPEL
39th Street at 291 Hwy Independence, MO 64055 816.373.3600	1501 W. Lexington Independence, MO 64052 816.252.7900	300 Adams Buckner, MO 64016 816.650.5555
speakschapel.com • info@speakschapel.com		



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Heart Attack Information

continued from page 1

Something that we can do to help ourselves - nice to know - Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.
Why keep aspirin by your bedside?
It's about Heart Attacks -
There are other symptoms of a heart attack besides the pain on the left arm.
One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.
Note: There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up.
However, if it occurs, the chest pain

may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Afterwards: - Call 9-1-1. - Phone a neighbor or a family member who lives very close by. Say "heart attack!" - Say that you have taken 2 aspirins. Then take a seat on a chair or sofa near the front door and wait for the ambulance arrival and most importantly, DO NOT LIE DOWN!
A cardiologist has stated that if each person after receiving this e-mail, sends it to 10 people, probably one life could be saved! I have already shared this information. What about you?
Do please share this message. It may save lives!

From The Editor
Making a positive difference

During the past 21 years, I have had the pleasure of meeting a variety of individuals, young and old alike, different backgrounds, economic levels of income, single, married, employed, unemployed and the list is endless.
When I say I have had the pleasure of meeting these individuals, I sincerely mean it.
Our society has numerous ideas of who is smart, wealthy, successful, popular and so on.
Just because you drive a new car, live in a multimillion dollar home, have a maid and eat at the finest restaurants, doesn't mean you are wealthy.
Wealth comes in all sizes, shapes and forms. If you take the time to get to know someone, who may not be considered the "right type of person" for you, you could possibly be missing out on a great opportunity to experience something awesome in life.
My parents raised my siblings and myself to respect all individuals, not to be judgemental and give everyone a fair chance in life. I seemed to always gravitate towards the unpopular kids in school. They didn't have the nicest clothes, drive the fanciest cars or live in the best neighborhoods. But, they were real people with hopes, dreams and a desire to improve upon their lives.
When I got on the school bus each day during high school, I always chose to sit near the back of the bus with my friend Christy. The snob kids, as I called them, would yell, "Hey Gretchen, why are you sitting by cootie girl. She's gross! They would then laugh and begin to torment her. Well, that just didn't fly with me and I told them they were rude and to leave my friend alone. This went on for several months and finally I had put up with all I could.

I carefully got out of my seat went one row back and dumped a bottle of coke on several mean girls hair. I looked at them and said, "now who is the gross, dirty girl!"
Yes, you guessed it, I got written up, had to explain to their parents why I dumped coke on their precious daughters hair and had detention for a week.
Several of the parents were upset that their daughters were so mean and made them apologize to the girl. The other girls parents thought I was a bully and should be expelled. Well, I wasn't expelled, the two girls whose parents scolded and grounded them became not only my friends but my friends, friends also. The mean girl sat by herself on the bus and actually learned a valuable lesson.
My "gross" friend was asked to prom, graduated top of our class, and went on to become the president of a large corporation after graduation from college. The two mean turned nice girls remained friends with us for sometime, but we eventually all married and went our separate ways. Mean girl, got married, got divorced several times and never learned the true meaning of friendship, compassion and tolerance.
Each generation of children will grow up to be productive or non productive individuals. Life lessons are very valuable to our children and to all generations of children. We as parents have the ability to teach our children right from wrong, compassion and tolerance of others. You, your family and your children can make a positive difference in our world. Let's work together to make the world a better place in which to live.
Have a GREAT week!
Gretchen

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The Gazette's policy on PSA's is we print them on a first come, first serve basis as space allows and they need to be submitted 2-3 weeks before the scheduled publication date. Some examples of PSA's are engagements, birth announcements and church and community events.

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Olivia’s Story continued from page 1

The next morning when I walked into her room I just had a sinking feeling in my stomach and I could tell something was really wrong. Olivia’s Doctor sat down bawling as she explained to my husband and I that Olivia’s lungs were just too sick and they were out of options, there was nothing else that could be done for her. That day and evening Olivia was surrounded by her family, many of them meeting her for the first time. She was held and loved on by her mommy and daddy and her big brother sat ever so closely getting in some snuggles with his baby sister he had been waiting so long to meet. That evening Olivia was called home by our Heavenly Father while being held in her mother’s arms. God chose to take Olivia on April 18, 2014 which was also Good Friday, the same day our Savior gave his life on the cross for each of us. Our family finds great significance in Olivia being chosen on Good Friday and we know without a doubt God has great plans for her. She may have only been here physically 9 months growing inside me and 10 days from her birth but our sweet Olivia has changed the world. Olivia had so many people praying for her and brought so many people closer in their relationship with God. The biggest test of faith is when you know God can do what you’re asking and even when you don’t get what you want, you’re still able to say “you’re still my God and I trust the plans you have for me.” Our faith was put to the biggest test and

because of Olivia our relationship with God has come out even stronger and that’s something I know we never could have done on our own. Olivia will be talked about daily and never forgotten, forever loved and missed more than words can say. She has a big brother and a new little brother that will always know who she is and we’re so thankful to see a little piece of her in them. We will continue finding comfort knowing she is healed in Heaven and one day we will all be together again. It’s important to us that we continue sharing about Olivia and bringing joy and love to the world just as she did in her time here. Last year we started an annual Easter bunny drive in Olivia’s memory to donate to babies and children in the NICU’s and PICU units as well as the sibling of patients at CenterPoint Medical Center and Children’s Mercy Hospital. We collected enough donations to reach almost 300 infants and children last year and we hope this year to be able to reach even more in Olivia’s memory! Now through March 18 we will be collecting stuffed bunnies and sheets of Easter window clings. All stuffed

bunnies need to be new with price tags still attached to meet the hospitals requirements for donation. We chose Easter to donate in her honor because she was chosen on Good Friday and when she was in the NICU she had a pink bunny and we decorated the glass on her bed with Easter window clings. We would love to help other families celebrate with their sick infant/child in the hospital even if



we’re only able to bring a moment of joy. As a family that has experienced having a baby in the NICU and a child in the waiting room with family, we understand that the other children are also very much on this roller coaster ride and it’s important that they are included as well. Each donation includes a stuffed bunny, 10 Easter window clings (one for each day of Olivia’s life) and a special note about Olivia with encouraging words to the families. If you feel lead to donate in honor of Olivia, donations can be left inside at First Baptist Church in Buckner or in the purple container on the front porch of 801 Homeland St. in Buckner. For any questions or more information you can contact me by email kristin.degrace@yahoo.com or by searching on Facebook “Olivia’s New Song” The song of our hearts is our testimony and God has given us a new song to sing, Olivia’s New Song!



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