

## Fiber Internet is coming

centurylink.com/springfield

Service not available everywhere. Restrictions apply. © 2020 CenturyLink. All rights reserved.



The Friendliest Service Guaranteed!  
If You're Not 100% Satisfied: We'll Double Your Money Back



### Bridges for Youth Northside Youth Centers

Nichols: 1033 W. Nichols  
864-4167  
National: 834 N. National  
864-8430  
High Street: 2143 W. High  
864-9906

www.BridgesforYouth.net

Headquarters  
Office: 864-4176  
Fax: 831-3800

Talk to Rick Fay about  
putting this space to  
work for your business.



www.ozarkempirefair.com



c/o DRURY UNIVERSITY  
900 N. BENTON  
SPRINGFIELD, MO 65801



Brent Gilstrap - Realtor  
Cell: 417.693.3313  
brentgilstrap@reecenichols.com  
brentgilstrap.com



2850 West Kearney Springfield, Mo  
417-865-0312 1-800-725-1880  
www.somoag.com



Kevin Randall  
Account Executive  
krandall@inlandprinting.net  
Office (417) 869-6484  
Mobile (417) 839-8295

2932 E. Pythlan St. Springfield, MO 65802  
www.lakelandoffice.com

Canon LEXMARK SHARP  
Springfield - West Plains - Joplin - Miami



Strength. Growth. Vision.

Member FDIC  
417.520.4333  
www.gbancmo.com

Wesley Burrell  
Financial Advisor



Southern Hills Shopping Center  
3000 East Sunshine  
Springfield, MO 65804  
Bus. 417-887-0082 Cell 417-693-0392  
TF. 866-912-0082 Fax 877-222-3785  
wesley.burrell@edwardjones.com  
www.edwardjones.com



www.obannonbank.com

Buffalo 417-343-2251  
St. Louis 417-736-2251  
Fair Grove 417-750-2251  
Warrenton 417-267-2251



nsbanet.com

### \*\*\* Notice \*\*\*

#### October Luncheon One Door (Crisis Cold Weather Shelters)

10/8/2020  
11:30 to 1:00PM  
DoubleTree Hotel  
Cost: \$12

The Zoom Coffee House is open each Wednesday morning from 8:30 to 10 a.m. Join NSBA Board Member Brent Gilstrap and his guests for conversations designed to help carry us through our shared experience.

You can find Brent on Facebook and he'll gladly share the Zoom link.

Interested in learning more about the unique history of north Springfield? In a video series called Love Life/Live North, John Sellers, Executive Director of the History Museum on the Square, discusses this "Tale of Two Cities." You can find the video segment here:

<https://vimeo.com/251875313>

Stay Connected

NSBACARES@GMAIL.COM  
CALL: 417.319.6625



LinkedIn

Stay Informed

# Northsider

Volume 29

October 2020

Issue 10

## CAN A HORSE TELL A LIE?

"We're riding uncertainty and writing the playbook as we navigate COVID-19", according to Lora Newman founder of Zero2Sixty Performance Coaching. Part of this uncertainty is derived from "this being an election season, coronavirus, staffing issues and what is the "new normal," added Newman.

For some she said, "it seems like groundhog day," but outside of all these challenges is the reality that "Every decision impacts the money you make." So, if you're feeling stuck maybe Newman's unique approach to your performance breakthrough is just what you need!

For nearly two decades Newman has been helping business leaders break through the boundaries holding them back in life and in business. Her passion is the psychology of money, particularly how it plays out in business. Her assistants in making these breakthroughs are of the equine variety and reports that horses have the ability to read a person, and communicate back in a remarkable way.



"Horse's will not lie, and can tell a lie," according to Performance Coach Lora Newman, "and believe it or not, because of this they can help you gain an objective perspective on your current life challenge."

Learn more at  
[zero2sixtycoach.com](http://zero2sixtycoach.com)

In the these uncertain times people tend to default to unconscious patterns of decision making, especially when money is part of the equation. Newman talked about how each person has a unique money code with three silent

influences; money personality, a subconscious set-point and your own money story.

In closing, Newman suggested that if you're feeling decision challenged, "Remind yourself, 'I've got time,' find a rhythm that works for you, and keep your head down and nibble away."

## MEMBERSHIP ANNOUNCEMENTS

Did you know that in addition to a monthly email to RSVP for the meetings, members who are interested can now receive a text reminder to help with meal prep accuracy. Let Dr. Hudson know if you're interested in receiving this text. Also, because we had a 5 month interruption in membership luncheons, a credit will be given to members who pre-paid their lunch costs for the entire year, and the 2021 membership fees will be 50% off for those who renew.

## Is It Phishing Season In Your Email?

According to knowbe4.com, Phishing is the process of attempting to acquire sensitive information such as usernames, passwords and credit card details by masquerading as a trustworthy entity using bulk email which tries to evade spam filters.

Emails claiming to be from popular social web sites, banks, auction sites, or IT administrators are commonly used to lure the unsuspecting public. It's a form of criminally fraudulent social engineering.

\*\*\*\*\*

Here are some Email **Red Flags** noted by iLock360

**From:** If the email looks like it might be sent from someone you know, but it's very unusual that they would be contacting you

**To:** If all the names on the email send list start with the same letter

**Date:** Date and time of the email is abnormal

**Subject Line:** Is the email a reply to something that you never sent?

**Content:** Does the email not make sense or have bad spelling errors or is there a negative consequence associated with not clicking the link or opening an attachment?

**Hyperlinks:** Did you receive an email with no message and just a long hyperlink?

**Attachments:** A The attachment is not expected or file name doesn't fit with the content of the email message



Bernadean McAfee is the owner of McAfee Real Estate Group LLC and has been a member of NSBA this time for a year.

### Why did you joined NSBA:

*I have been a part of NSBA in the past with my various former employers. I have lived in the Northside since 1997*

### Why do you like North Springfield?

*It has been home for over 20 years*

### Is there anything personal you would like to share with us?

*I am a Ventriloquist – we are Bernie and Clyde*

If you'd like to network with Bernadean, please connect with her at:



Office: 417-751-5121

Cell: 417-880-2051

Email: bernadeanmcafee@gmail.com

## Who We Are



### Our Purpose:

To encourage and promote worthwhile and honorable endeavors which will make North Springfield a better place in which to work and live. Our intent is to be alert to our community's needs and well-versed and knowledgeable in order to take constructive action for community betterment.

### NSBA BOARD OF DIRECTORS/OFFICERS

#### PRESIDENT

JACQUE BREEDLOVE-HARNES

#### VICE-PRESIDENT

DR. MATTHEW HUDSON

#### TREASURER

JUDY SPENCER

#### SECRETARY

TERRY ALLCORN

#### BOARD MEMBERS

BRANDON AYERS, JORDAN CANNEFAX, DEBBIE CHRISTOPHER, CHAUNCIE CLARK, KING COLTRIN, ROY EDGE, RICK FAY, BRENT GILSTRAP, DR. COURTNEY MARTIN, JUSTYN PIPPINS, KEVIN RANDALL, MARCY DOLLENS-REAR, KIM RIPPY, RITA SILIC, ANDY SIMMONS

#### FOUNDING PRESIDENT

RALPH H. SLAVENS

#### NSBF BOARD OF DIRECTORS

KING COLTRIN, PRESIDENT;

BRIAN INMAN, VICE-PRESIDENT;

STACY CARDWELL, SECRETARY;

JOHN COOPER, TREASURER;

GAIL CLITHERO, JESSICA GUCCIONE,

JUDY SPENCER, TONY SHALLLOUP

Printed by Lakeland Office Systems

Mailed by NDC Mailing Service

Northsider; October 2020; Volume 29, No. 10  
Northsider is published monthly and intended to encourage North Springfield business owners and residents to engage in activities, which better their community. All articles should be submitted to the editor three weeks prior to the scheduled luncheon.

NORTHSIDER STAFF  
STEVE MILLER, EDITOR  
RICK FAY, PRODUCTION COORDINATOR

HOW TO CONTACT US  
Mail to: NSBA c/o Drury University,  
900 N. Benton,  
Springfield, MO 65802

Email: Northsider@nsbanet.com

## Letter from the NSBA President



I want to remind everyone that our monthly meetings are now found on the North Springfield Betterment Association YouTube Channel, and there is a link on the Members page at nsbanet.com.



We are excited to finally host our Annual Membership Awards during our November luncheon. For those new to our association this is a time for us to recognize members and community leaders who go above and beyond to make NSBA shine. We usually host them in June, but like all things, current conditions changed that this year. We hope you can make it!

Plus, we will soon be taking on-line payments through our website; for annual membership fees or other donations.

As always, thank you to everyone for what you do to make north Springfield a great place to live, work and raise a family!

*Jacquie Breedlove-Harness, NSBA President*

## Nate's Notes



DID YOU KNOW?

Attendance Works recently published this newsletter to help us navigate the importance of school attendance during the pandemic.

*Covid-19 Calls for a Positive, Problem-Solving Approach available at:*

<https://conta.cc/3431YJA>

## NSBA Notes

### Become an NSBA Member Today!

#### Membership Dues

Retired Individuals: \$25

Neighborhood Associations: \$25

Single Membership: \$75

Corporate for 2 individuals: \$125

Corporate for 3 individuals: \$150

*Plus 3-person Corporate Memberships will get to present a 10-minute company profile at an NSBA General Meeting*

*Contact any board member for more information.*

*\*A Single Membership is one person, with or without a company affiliation, who wants to join NSBA.*

# SUNBELT

ENVIRONMENTAL SERVICES, INC.

HOME OF THE SUNBELT SYSTEM  
A full service environmental company

ONE contractor. NO subs

We use the Sunbelt System to remove asbestos, mold, lead, and radon...and of course the big spills

This is the system state regulators continue to count on to clean up the big messes for 25 years and counting.

It's simple to remember. Five words...Green earth. Clean environment. Sunbelt.



621 N. Prince Lane, Springfield, MO 65802  
[www.sunbeltenv.com](http://www.sunbeltenv.com) 417-831-5052

## Have you thought about serving on a NSBA Committee?

*Here are the various committees you can be involved with: Attendance Party, Betterment, Fundraising, Glenstone Islands, Membership, Program and Public Communication.*