

FREE PUBLICATION

RED DIRT ROOTS

SPRING 2026

TAX SEASON

MAY THE REFUND BE WITH YOU

TWISTER TIME

BECAUSE NOTHING SAYS SPRING LIKE SIDEWAYS RAIN AND FLYING TRAMPOLINES

LAWN CARE

BECAUSE NOTHING SAYS PRIDE LIKE GREENER GRASS THAN NEXT DOOR.

THE ALGORITHM ATE MY POST

AND OTHER MODERN MYSTERIES.

PLANT IT AND PRAY

GARDENING IN A PLACE WHERE MOTHER NATURE HAS THE FINAL SAY.

HOMEGROWN & HOMEMADE

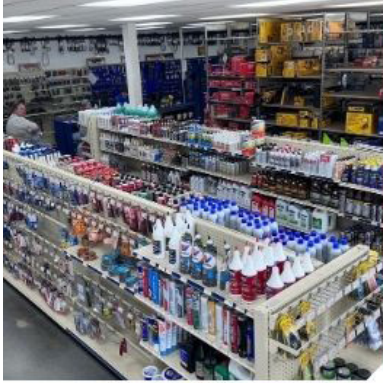
IF IT DIDN'T COME FROM AROUND HERE, WE PROBABLY DON'T NEED IT.

SPRING CLEANING

BECAUSE APPARENTLY DUSTING ONCE A YEAR IS "NOT ENOUGH."

HIGHLIGHTING KINGFISHER COUNTY AND BEYOND





NAPA AUTO PARTS



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Cover photo by AAN Jack Quirk

NOT FOG

A calm winter evening, no breeze at all... then one car passes and kicks up just enough dust to turn an ordinary sunset into something special. Jack was there at the right time to catch it.



WHAT'S INSIDE...

CONTRIBUTORS

There are plenty of publications that highlight Oklahoma, but few truly dig into Kingfisher County at its roots, the people, places, and stories that make this stretch of red dirt one of a kind.

At the All About Network, we bring you real-time news every day. But between breaking stories, ballgames, board meetings, and the occasional cow-in-the-road alert, we don't always have the space to tell the whole story.

That's where Red Dirt Roots comes in.



JACK QUIRK

CEO & FOUNDER, THE ALL ABOUT NETWORK

He grew up in television news, learning the trade from his father, an NBC photojournalist. After moving to Oklahoma, he launched KJ FilmWorks and worked with KOCO 5, CNN, NBC, and The Weather Channel on regional and national coverage.

Seeing smaller towns like Hennessey and Kingfisher overlooked, he started All About Hennessey in 2017 to tell the stories that matter locally. That effort has grown into The All About Network, now serving six north-central Oklahoma communities. As founder and CEO, he leads an 11-person team focused on steady, community-first news year-round.



ANGELA BRUNER

ART DIRECTOR / EDITOR

Angela Bruner serves as Art Director for the All About Network, leading the creative direction and digital communication strategy across all platforms. She designs and maintains the company's websites, email campaigns, and publications.

In addition to managing digital communication, Angela creates and designs all print materials, including newspapers, newsletters, event posters, and promotional pieces. She also helps coordinate local events, making sure everything we create and share lines up with our purpose and the people we serve.



IVAN CABRAL

OPERATIONS

Ivan is the engine that keeps the All About Network running smoothly. As head of operations, he's responsible for the behind-the-scenes logistics that make everything tick from managing production schedules and coordinating distribution to keeping equipment, systems, and people in sync. Ivan is detail-oriented, highly organized, and always ready to jump in wherever needed. Whether it's troubleshooting a last-minute issue or streamlining workflow across teams, he ensures deadlines are met and standards stay high.

MAITLAND WOODY

MULTI-MEDIA JOURNALIST

Maitland is a dynamic Multi-Media Journalist for All About Kingfisher, known for her sharp instincts, creative eye, and commitment to capturing the stories that matter most to the community. Whether she's behind the camera, reporting in the field, Maitland brings a versatile skill set and a storyteller's heart to every assignment. She's skilled in video production, photography, writing, and digital content creation often juggling all four to bring local news to life. Her ability to connect with people and deliver compelling, accurate coverage makes her an essential part of the All About Kingfisher team.

MICHAEL NOAK

DIRECTOR OF MARKETING AND SALES

Michael serves as our Director of Marketing and Sales, leading the efforts that connect our platforms with the businesses and organizations that support them. He works closely with advertisers to create effective marketing strategies across print, digital, and social media, helping them reach the right audience in meaningful ways. From building relationships to developing campaigns, he keeps a steady focus on growth and community partnership. His leadership, communication skills, and forward-thinking approach play a major role in strengthening our network and expanding our reach.

AMY TOWNSEND

BUSINESS DEVELOPMENT

Amy is the friendly face of our sales team and the go-to for customers looking for real solutions with a personal touch. She has a natural talent for building relationships, understanding what clients truly need, and delivering results that hit the mark. With a solid grasp of our products and services, Amy communicates value clearly and confidently, whether she's chatting in person, over the phone, or online. She's organized, approachable, and always focused on making sure customers walk away happy and come back for more. Amy doesn't just sell, she connects, solves, and supports every step of the way.

CAM GRIFFIN

PRODUCTION

Cam is the definition of a jack of all trades for our team. Behind the scenes, he plays a key role in production each week, printing and folding our newspapers and magazine so they're ready for distribution. He films and edits our web shows, shaping the final product viewers see, and manages our network's social media platforms to keep our audience informed and engaged. On top of that, he's out covering news stories, capturing the moments that matter to our community.

EVERY MILE TOGETHER: THE STORY OF THE WITTRICK RACING DUO

by Maitland Woody

It is not uncommon for a parent and child to share interests, but few take that bond to the starting line. For Jeff and Hunter Wittrock, time together means early mornings, race bibs, and finish lines. As a father and son running team, they have completed more than 100 races, with Jeff pushing Hunter in a racing chair mile after mile.

Hunter was born with cerebral palsy, and at the age of four he suffered a serious burn accident caused by hot water, an injury that compounded the physical challenges he already faced and reshaped daily life for the family. Over time, Hunter adapted and gained independence through the use of a motorized wheelchair. Jeff says that while living with CP has been physically difficult, Hunter has consistently made the best of it. School also required adjustments. Each of the three schools Hunter attended had to accommodate his wheelchair, and at Gilmour School, there was no ramp before Hunter arrived, so one had to be built.

Running entered the Wittrocks' lives in July 2023. The family had signed up for a local race when Jeff realized someone would need to stay with Hunter while everyone else ran. A friend, Bethany Piotrowski from Kingfisher, volunteered to push Hunter in his wheelchair. Knowing the physical demands, Jeff began searching for a racing chair.

The search led them to Beth James in Woodward. Jeff planned to buy a used chair, but when



Beth saw Hunter in it and saw his reaction, she told the family to take it at no cost. That moment launched their racing journey.

Racing quickly became part of their routine. In 2024 alone, Jeff and Hunter completed 54 races, often competing nearly every weekend. With help from Bethany Piotrowski of Kingfisher and later Karen Rogow of Atlanta, who volunteers pushing athletes with disabilities, they have now participated in well over 100 races. Their medals fill a wall at home, a testament to every mile conquered together. Hunter's accomplishments have even earned him an invitation to participate in an IronMan competition in California this October, another milestone in a journey defined by perseverance.

At most events, Heather Wittrock, Hunter's mother, is there supporting the team. She provides drinks, snacks, blankets, and gloves, and documents races through photography, capturing moments along the course and at the finish line.

One of their most challenging races was the Dopey Challenge at Walt Disney World, a four-day event totaling 48.6 miles across a 5K, 10K, half marathon, and full marathon. Jeff pushed Hunter through all four races.

No matter the distance, Jeff says every race ends the same way, with a smile on Hunter's face and his arm raised in the air.

The atmosphere on the course has become one of the most meaningful parts of their journey. Runners and volunteers often cheer them on, and some have said that seeing Hunter helps them push through their own miles.

Racing has also strengthened their relationship. Early morning drives, shared music, and post-race conversations have become part of their weekly routine. Jeff says Hunter has taught him that you can do anything you put your mind to.

Beyond racing, Hunter gives back through Oklahoma Firefighters Burn Camp, where he attended as a camper and now serves on staff supporting younger burn survivors. He also founded Blazin' Past Burns, a local 5K and one-mile walk that raises money for the camp and accessibility projects, keeping it free for attendees. Over the past two years, the race has raised more than \$50,000. This year, the race is scheduled for March 21, which also marks Hunter's 25th birthday.

Jeff says none of their journey would be possible without community support. Living in Kingfisher, Oklahoma, has meant encouragement both on and off the course.

Looking back, Jeff says the experience has reinforced the importance of resilience and supporting others. Through every mile, the focus remains the same, time together as father and son, moving forward one race at a time.

If Your Lawn Could Talk, Here's Who It'd Call

"Hey... It's me. Your yard."

**Leaves are pleading to come out of the corner.
Weeds are getting a little too comfortable.
Tree limbs whisper, "I'm fine, I swear."
Flower beds hitting snooze... again.**

If any of that sounds familiar, your yard is definitely trying to talk to you. And if you listen closely, it'll let you in on the secret: call the experts who know how to speak "yard." Legacy Lawn and Pest and TruBlue Weed Control handle spraying and prevention, including the pests that woke up this spring without an invitation, giving each yard a chance to thrive and breathe freely.

As things start greening up, the hints get harder to ignore. The grass is begging for a haircut. Edges are looking for attention. That's where Morrison Lawn Service and Tovar's Lawn Care come in, keeping yards looking neat, trimmed, and saying "heyy, I'm looking good" all season long.

Then there are the trees. Winter bent them, broke them, and left a few question marks behind, sometimes literally. Axe & Honor Tree Co. comes in with professional trimming and removals to keep yards safe and looking crisp. Time to wake those flower beds. They've rested enough. Taggart's Garden Center Taggart's Garden Center is ready with blooms, plants, and the kind of advice that keeps them thriving long after spring wakes up.

Around here, spring is a full-yard conversation. And luckily, we've got local businesses ready to listen one yard, one laugh, and one "well... that's better" at a time.



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SIMPLY MARGARET

BY AMY TOWNSEND

“To give real service, you must add something which cannot be bought or measured with money; sincerity and integrity.”

For **Margaret Phillips**, that quote isn’t just a motto; it’s a way of life.

From the moment you meet her, you feel it. Margaret carries a calm strength, a gentle confidence, and a kindness that puts people at ease. She doesn’t need to be the loudest voice in the room; she leads with heart, integrity, and sincerity, the kind you can’t fake.

Raised in Okarche as the youngest of six with four older brothers, Margaret learned grit early. It wasn’t taught; it was simply part of who she is. Before real estate, Margaret was a pediatric nurse

and a devoted wife to her husband, James, whom she married in 1991. After welcoming their first daughter, she felt the familiar pull that many mothers know: the desire for more balance and family time. Real estate answered that call.

Licensed in 1996, Margaret became a broker just ten years later and opened Margaret Phillips Realty in 2022. Her success speaks quietly but clearly, earning her a place among the top 500 agents in the Oklahoma City metro.

Serving residential, commercial, ranch, and farm clients, Margaret values people above all else, their milestones, dreams, and next chapters.

Deeply rooted in her community, she serves through her church, the Kingfisher Chamber Board, and the F&M Bank Advisory Committee. And at home, she treasures time with James, their daughters, sons-in-law, and growing family of grandchildren.

Simply put, sincerity, integrity, and service define Margaret Phillips.

Margaret Phillips - 405-368-7457



Real Estate



BEHIND THE SCENES

- Not only are hummingbirds the only birds that can fly backward, but they can also hover, zip sideways, and even fly upside down.
- They remember every flower they've visited. So no repeat visits till the flower is restocked with nectar.
- The smallest of the hummingbirds weighs less than a penny.
- Migration is no joke for them. Some hummingbirds fly 500+ miles nonstop across the Gulf of America without stopping to eat or rest.

DINNER AND A SHOW (NO TICKET REQUIRED)

By Amy Townsend

Pull up a chair, the tiniest star of spring has arrived, complete with buzzing wings, and a flair for drama. Welcome to the backyard show starring the majestic hummingbird.

As spring arrives, March brings the scouts, early arrivals zipping through town like tiny food critics, sampling menus and deciding which feeders make the cut. Spoiler alert: They can be picky, and not just about what's inside the feeders, so get yours hung in a prime spot, then watch and wait.

By summer, dinner and the show are in full swing. Hummingbirds settle into their favorite feeding spots and defend them like it's the last reservation. There's dive-bombing, chasing, and plenty of vocalization that are all part of the show. The flashy red-throated males usually arrive first, fueling up and showing off, while the females slip in next... and just as feisty.

These tiny performers can be shy at first, but give 'em time and a little patience. Before long, they'll buzz close enough for you to feel the breeze from their wings. I call this their little version of signing an autograph.

Keep the menu simple: fresh nectar made with a 4:1 water-to-sugar ratio. No red dye needed, sweet is plenty. Although red is their favorite color. For the best showtimes, catch them in the early mornings and evenings.

And if you're anything like me, the moment the first one arrives, you're texting your bird-loving friends: "Got my first hummer sighting!!"



SPRING CLEANING: A FRESH START WITH A LITTLE DUST ON THE SIDE

By Angela Bruner

There's something about spring that suddenly makes us notice things we ignored all winter. That pile on the kitchen counter. The coat closet that looks like it lost a wrestling match. Windows that used to be clear. Overnight, the house feels louder about its needs.

Spring cleaning isn't about perfection. It's about shaking off winter, opening the windows, and reminding your house who's actually in charge. It's a reset, not a renovation.

People have been doing this for centuries. Long before matching bins and label makers, homes were scrubbed at the end of winter to clear out soot and stale air. Jewish families clean ahead of Passover. Persian households refresh their homes before Nowruz. In rural America, spring meant airing out bedding and getting ready for planting season. If you're cleaning now, you're not late. You're traditional.

The trick is not to overthink it. Start small. Open the windows, even if it's still chilly. Wash curtains or blinds. Swap heavy blankets for lighter ones. Wipe baseboards and enjoy how satisfying that feels. Toss expired pantry items and leftovers that have become mysteries.

Then there's the stuff we avoid all year. The junk drawer. Shoes that hurt but look cute. Cord with no known purpose. Paper piles labeled "just in case." Face them bravely or

promise you'll get to them later. Either is fine. Old-school rules still apply. One room at a time. Music makes everything better. If you haven't used it in a year, let it go. And stop before you're exhausted.

Tomorrow exists.

Spring cleaning isn't about impressing anyone. It's about feeling lighter in your own space. And when you're done, sit down and enjoy it, even if the junk drawer is still a mess. That's tradition, too.

In early American homes, winter meant wood stoves, coal heat, and oil lamps, and by spring soot and dust covered everything. When warmer weather arrived, families could finally open the windows, air out bedding, scrub floors, and wash away months of grime. It was not just tradition. It was practical. Spring cleaning marked a fresh start after a long winter indoors.



SOCIAL MEDIA: WHY SOME POSTS FLY AND OTHERS FLOP

by Ivan Cabral

Ever feel like you're posting great content... and it disappears into the social media void? One day a post takes off, the next day it barely gets a nod. It's not luck. It's not personal. It's the algorithm.

As spring brings renewed energy and fresh starts, it's also a perfect time for businesses, brand owners, and digital creators to take a closer look at how their content is actually performing. Many assume that posting consistently is enough to reach their audience. But social media doesn't reward effort alone. It rewards engagement.

Behind every feed is an algorithm, a complex system quietly deciding what each user sees and what gets buried under cat videos and vacation photos. Think of it as a digital gatekeeper constantly scanning content and asking one simple question, "Will people interact with this?"

At their core, social media algorithms exist to keep users engaged. Platforms prioritize content they believe will be most relevant based on behavior, what people like, comment on, share, save, or even pause on for a few extra seconds. Yes, that mid-scroll hesitation counts. The more engagement a piece of content generates, the more likely it is to be shown to a wider audience.

This is why two posts published at the same time can perform very differently. One may quietly fade away, while the other gains traction. Algorithms

evaluate early engagement quickly, often within minutes, to determine whether a post should continue circulating. Content that sparks conversation, invites interaction, or holds attention is far more likely to gain visibility.

For businesses, brand owners, and creators alike, success on social media isn't about posting and hoping something sticks. It's about creating content that encourages a response. Visual formats such as short-form video, photo montages, and engaging stories often perform better because they hold attention longer. And in the world of algorithms, a few extra seconds can make all the difference.

Consistency also matters. Regular posting and interaction signal to platforms that an account is active and relevant, not gathering digital dust.

The good news is that understanding social media algorithms does not require a degree in computer science. It requires understanding your audience. When content is created with a clear purpose and real people in mind, visibility tends to follow.

The algorithm may be complex. The goal is not. Create content worth stopping for.

BEHIND THE FEED, HOW SOCIAL MEDIA ALGORITHMS WORK

CINCO DE MAYO: JOIN THE CELEBRATION

BY: MAITLAND WOODY



When people hear Cinco de Mayo, they often picture bright colors, tacos, and cervezas. And yes, all of that is part of the fun. But the day has a history that makes it even more special.

Cinco de Mayo marks Mexico's victory over French forces at the Battle of Puebla on May 5, 1862. At the time, Mexican troops were outnumbered and outgunned, yet they stood together and defended their homeland. That victory became a symbol of perseverance, unity, and pride, a story worth remembering whenever the day comes around.

Living in the United States, we are part of a melting pot, surrounded by cultures from all over the world. Celebrating other people's traditions, like Cinco de Mayo, is a way to explore something new, enjoy different foods and music, and connect with the communities around us.

This Cinco de Mayo, don't just watch from the sidelines. Try something new, learn a little history, enjoy the music and food, and take part in the celebration with your Mexican brothers and sisters. It is a day to have fun, celebrate culture, and remember that our diversity is part of what makes America so vibrant.



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Sirens, South Winds, and Missing Lawn Chairs: Tornado Season Is Back in North Central Oklahoma

BY LIBBY SEIGER

Spring has arrived in northwest Oklahoma. The grass turns green, wheat starts stretching, and lawn chairs cautiously return to porches across Kingfisher County. Right on cue, tornado season shows up too, because around here, pleasant weather never comes without a disclaimer.

The same sunshine warming fields from Hennessey to Dover can also mix with lingering cool air and turn an ordinary afternoon into one that sends folks in Loyal and Kingfisher checking radar and wondering if the power flicker “means anything.”

Tornado season is serious business, but it does not require panic. A little preparation keeps surprises from becoming emergencies.

WHY SPRING GETS LOUD

Spring is prime storm season because warm, humid air pushes north while cooler air refuses to leave quietly. When those air masses collide, storms can build quickly. Most bring rain, thunder, and enough wind to rearrange trash cans and trampolines. A smaller number turn dangerous.

The trick is knowing when it is just another Oklahoma storm, and when it is time to stop watching and start moving.

STAYING WEATHER AWARE

Severe weather in Central Oklahoma often develops fast, especially late afternoon and evening.

A FEW BASICS HELP:

Have more than one way to get alerts. Phone notifications are useful, until cell service drops. Weather radios and local coverage still matter.



Know the difference between a watch and a warning. A watch means pay attention. A warning means take cover now. Pay attention to the setup. Warm, muggy days with strong south winds usually deserve more respect than a passing shower.

Being weather aware is not worrying, it is common sense.

Make the Plan Before the Sirens, normally if the sirens are sounding it is too late.

When the sky is calm, decisions are easier.

EVERY HOUSEHOLD SHOULD KNOW:

Where to go. A small interior room on the lowest floor works best. Closets, bathrooms, or storm shelters are ideal. Windows are not.

What to grab. Helmets or pillows, sturdy shoes, and a flashlight can prevent injuries.

Who needs help. Kids, pets, elderly family members, and neighbors should already be part of the plan.

Running through it once or twice a season beats figuring it out at midnight.

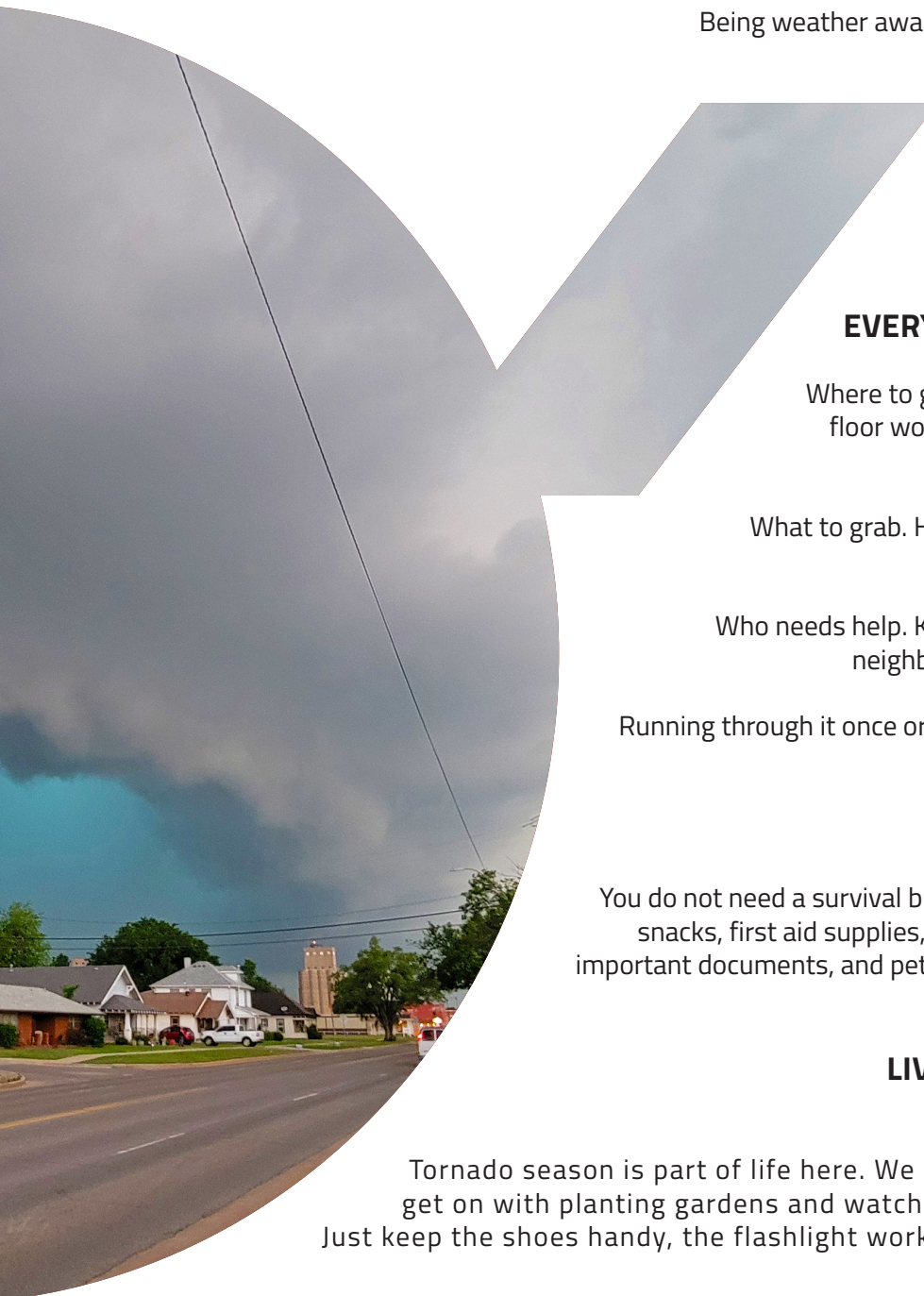
KEEP THE KIT SIMPLE

You do not need a survival bunker. A basic kit should include water, snacks, first aid supplies, flashlights, batteries, phone chargers, important documents, and pet supplies if needed. Store it where you shelter, not buried in the garage.

LIVING WITH OKLAHOMA SPRING

Tornado season is part of life here. We respect it, prepare for it, and then get on with planting gardens and watching storms roll across open fields. Just keep the shoes handy, the flashlight working, and the plan in place. Around here, that counts as being ready.

Photo by AAN Jack Quirk



Tax Season

EVERYBODY'S FAVORITE TIME OF YEAR

By Talon Woody



Talon Woody is a staff accountant at SmithCarney, where he assists clients with tax preparation, compliance, and financial reporting. Known for his attention to detail and dedication to accuracy, Talon provides reliable accounting solutions that help both individuals and businesses manage their finances effectively.

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It's that time again. Tax season. The magical period when you dig through piles of paperwork, squint at numbers, and silently wonder how the government knows so much about you. Don't worry. You are not alone. Here's the rundown on the forms you actually need to pay attention to, without all the confusing mumbo jumbo.

The W-2 is the form that comes from your employer. It shows what you earned and how much they already sent to Uncle Sam. It is the backbone of your return and the part that makes you feel either smug or slightly nauseous depending on the deductions.

If you did any freelancing, side hustles, or work in oil and gas, the 1099-NEC or 1099-MISC is your form. This is proof that you are your own boss whether you like it or not. Freelance income is exciting but it also comes with headaches so keep it organized.

The 1099-R covers retirement distributions. If you pulled money from a 401(k), IRA, or Roth IRA, this form will show it. Consider it your future self giving you a nod for thinking ahead even if you are cursing your current self for spending too much on beer last year.

The 1099-G is government money for unemployment benefits or state tax refunds. Yes, they send it to remind you to report it. It is a gift with strings, but free money is free money.

The 1099-DIV and 1099-INT show dividends and interest. In other words, your money actually did some work while you were busy living your life. It is the adult equivalent of a good job sticker.

The 1099-CONSOLIDATED combines the DIV and R forms. Think of it as the sampler platter of tax paperwork, convenient, efficient, and mildly confusing.

Your health insurance provider sends a 1095-A to prove you had coverage. The IRS is checking in on your well-being which is somehow comforting and mildly judgmental at the same time.

If you have a mortgage, the 1098 shows how much interest you paid. It is a reminder that owning a house is rewarding, expensive, and occasionally infuriating. The 1098-T from school is the same idea for tuition, proof that you invested in your education and maybe deserve a medal or at least a tax credit.

Finally, contributions to charities or churches matter. Keep the statements. They can lower your tax bill and make you look good on paper even if your neighbors are still grumbling about last year's fantasy football bet.

So gather your forms, pour yourself a drink if necessary, and get to work. Tax season might not be fun but it is here, it is inevitable, and it is everybody's favorite time of year.



GROWING AT HOME

by Libby Seiger

There's something strangely satisfying about growing things. You put a tiny seed in the ground, add water, sunshine, and a little hope, and somehow it turns into food or flowers. It's basically magic, just with more dirt under your fingernails.

The good news? You don't need a farm, a greenhouse, or a degree in botany. You just need a patch of space, a little sunlight, and the willingness to occasionally Google, "Why are my tomato leaves turning yellow?"

DESIGN YOUR SPACE

Before you start digging, ask yourself, what vibe are you going for? Wild cottage garden that looks like it belongs in a storybook? Clean rows of vegetables that make you feel wildly productive? Even a balcony can become a green oasis with a few pots and a little ambition.

Pay attention to sunlight. Plants are dramatic about lighting. Too much, they faint. Too little, they sulk. Find that sweet spot.

KNOW YOUR ZONE

Your growing zone is basically your garden's instruction manual. Choose plants that actually like your climate and you'll avoid heartbreak. Nothing is sadder than a plant that was never meant to survive July.

PLANT WHAT YOU'LL ENJOY

Love cooking? Grow herbs. Want bright color? Pick cheerful, pollinator-friendly flowers. Prefer low-maintenance? Native plants and hardy perennials are the reliable friends who show up every year without needing constant attention.

SOIL AND WATER, THE UNSUNG HEROES

Great gardens start with good soil. Add compost and top it with mulch to keep weeds from staging a takeover. When watering, skip the quick daily sprinkle. Plants prefer a deep drink in the morning, not a light mist that leaves them confused.

START SMALL

You don't need to transform your yard overnight. A raised bed, a few containers, or even one thriving tomato plant is a win. A small garden you enjoy beats a big one that feels like a chore.

In the end, gardening isn't about perfection. It's about stepping outside, slowing down, and celebrating when something actually grows. And if it doesn't? Well, there's always next season.

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Paula Leffingwell is a lifelong Kingfisher resident and the Junior and Senior counselor at Kingfisher High School, where she is dedicated to helping students navigate their final years and prepare for life after graduation. She also serves on the Kingfisher Chamber of Commerce Board of Directors (2023–2025), supporting local growth and community initiatives.

HOMEGROWN & HOMEMADE

By Paula Leffingwell

Spring is just around the corner, and that means fresh spring greens are popping up everywhere. It's the perfect time to fold them into something cozy and delicious—like a homemade quiche that tastes like the season changing. I love anything with a crust, and my brother Dennis makes the best... which means you get double the recipes this month!

CRUST (MAKES 2):

2 cups all-purpose flour

1 cup butter-flavored Crisco

Cut the flour into the Crisco until fully combined.

Add:

½ cup cold water

¼ tsp salt

1 tsp vinegar

Fluff with a fork.

Divide the dough in half and roll out on a floured surface.

Place in pie pans.

Baking Directions (Shell Only):

Pierce the bottom with a fork and bake at 425°F for 12–14 minutes.

GREEN GODDESS QUICHE

Ingredients:

1 lb sausage (I prefer Blue & Gold)

4 large eggs

1 cup half-and-half

1 cup chopped fresh spinach

1 cup asparagus tips, slightly blanched

2–3 green onions, finely chopped

1 cup shredded Swiss or Gruyère cheese

1 tablespoon minced garlic

1 teaspoon black pepper

1 teaspoon salt

Steps:

Preheat oven to 350°F.

Brown the sausage with the garlic.

Blanch the asparagus tips for 2–3

minutes; drain. Add the asparagus, green onions, and spinach to the sausage.

Cover with a lid to allow the spinach to wilt slightly.

In a bowl, mix the eggs, half-and-half, cheese, and seasonings. (Feel free to add other seasonings of your choice besides salt and pepper.) Stir in the sausage and greens mixture.

Pour the mixture into your pre-baked pie shell.

Cover the rim of the pie crust with foil to prevent burning.

Bake for 35–40 minutes, until the center is set and a knife comes out clean.

As spring begins to bloom, take a moment to slow down, savor each bite, and enjoy the fresh flavors the season brings.



JOY YOU CAN FEEL

By Amy Townsend



Some places feel different the moment you walk in. Not because of what's on the shelves, but because of who's inside. At **Vintage Joy**, that difference has a name.

It's Laura Callaham.

If you've ever stopped in, you know the feeling. A friendly greeting. A quick smile. A sense that you're welcome to look around at your own pace. Laura has a way of making people feel comfortable without trying, and that ease carries through every part of the shop.

Her love for antiques and vintage pieces has grown over decades, but what truly brings her joy is connection, helping someone find an item that sparks a memory, feels familiar, or carries meaning beyond the moment (you know the one like Grandma had). At the center of Laura's life and business is her faith. It's the foundation of her joy and the quiet guide behind everything she does. She hopes that

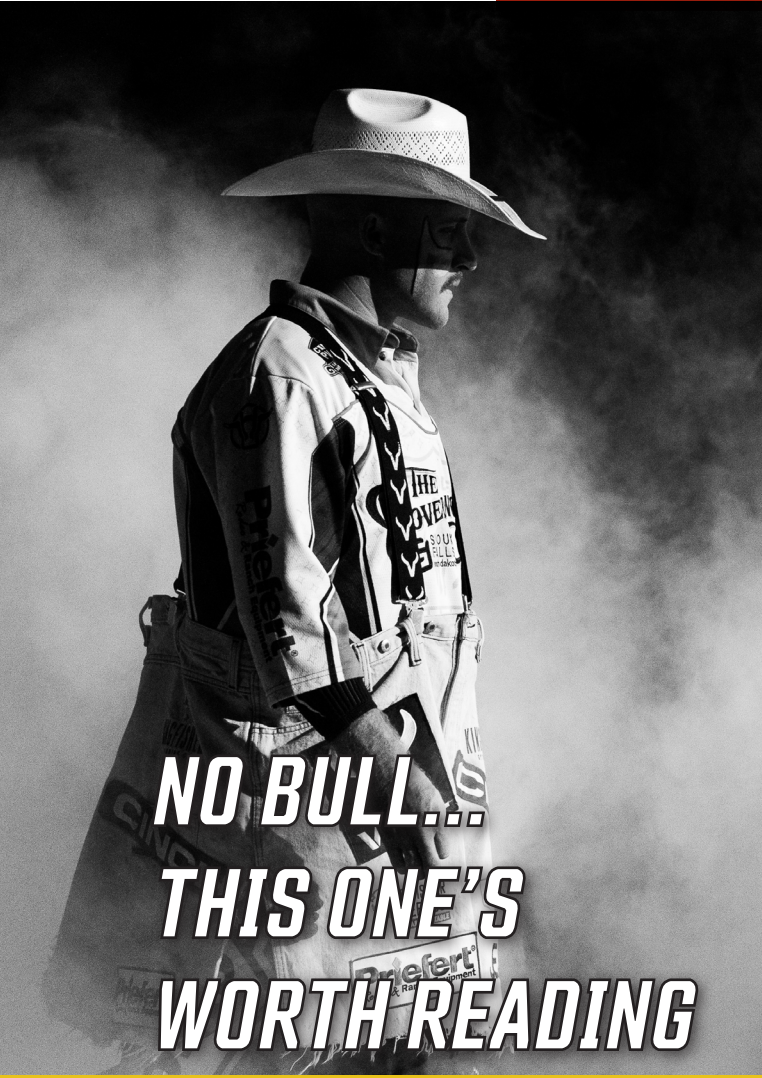
sense of peace and hope is felt by everyone who walks through the door. Vintage Joy is meant to feel unhurried and welcoming, a place where people can browse, breathe, and feel at ease. After more than 20 years of renting booths in antique stores, Laura felt called to open something of her own. She saw an opportunity, not just for a shop, but for a space that supported local makers and offered something for everyone. That vision became a little treasure tucked into downtown Kingfisher. Today, Vintage Joy blends antiques, consignment items, Oklahoma-made goods, and thoughtfully chosen gifts you won't find in a big-box store. Nearly all of her vendors are from Oklahoma, many from nearby communities, and supporting them is something Laura values deeply.

Behind the shop is another space close to Laura's heart: the Create Joy classroom. Designed as a place for gathering and connection, it hosts

workshops, craft nights, and weekly Bible study. In a world that feels increasingly busy and disconnected, Laura wanted to offer a space where people could slow down, be creative, and spend meaningful time together.

Laura's life outside the store is just as full. She's been married to her high school sweetheart, Blake, for 29 years, and together they're enjoying life as empty nesters—and proud "Grammy and Pop" to their granddaughters. Family, church, reading, thrifting, and cheering on her grandbabies all shape the woman behind the counter. Her personal motto says it best: Leave everything—and everyone—a little better than you found them.

Laura is grateful for her community and never takes a single visit for granted. Vintage Joy continues to grow, evolve, and welcomes new faces, but its heart remains the same: faith-filled, community-driven, and overflowing with joy.



Some stories don't start behind a desk. They start in the dirt with dust on the boots, faith in the heart, and a cowboy who knows how to roll with whatever life throws his way.

Meet **Chuck Swisher of Swisher Beef Co.**, a down-to-earth, do-anything-for-anyone kind of guy who spent 20 years fighting bulls and building something meant to last longer than an 8-second ride.

Swisher Beef didn't begin as a big business plan. It started as a Plan B. "We've gotta eat," Chuck says. "No matter what's going on in the world... or even if we're living on Mars."

After buying a small set of momma cows, Chuck learned quickly that the cattle market can buck harder than a rank bull. Instead of guessing, he adapted, cutting out the middleman, keeping the calves, and raising them right. The result? Freezers full of good beef.

Swisher Beef is all about quality over quantity. No shortcuts. No mystery meat. Just locally raised beef you can feel good about feeding your family, and money that stays right here in the community.

Ribeyes may top the scoreboard, but don't sleep on the hamburger; it's earned a fan base of its own.

Now in his final season in the arena, Chuck looks ahead with gratitude and faith. "We're excited to see the doors God is going to open next."

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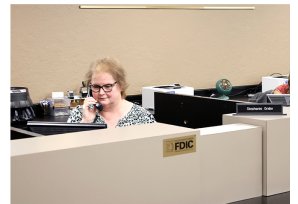
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CAROLYN SWISHER

Seven years ago, **Carolyn Swisher** made a move that still causes a brief pause, with a follow-up question: “Wait... from Canada... to Kingfisher, Oklahoma?” It wasn’t easy, but meaningful. That move opened a deeper understanding of what home really is, not just walls and a roof, but comfort, belonging, and the feeling that you’re exactly where you’re supposed to be.

Carolyn doesn’t just understand houses; she understands people, how they think, what stresses them out, and why buying or selling a home can feel equal parts exciting and terrifying. With a background in marketing, psychology, and sales, real estate was a natural fit. Her job became helping people through one of life’s biggest changes without losing their sanity along the way.

What she loves most about real estate isn’t the sold sign. It’s the sigh of relief. The moment a client says, “Wow... that was actually way easier than I expected.”

That’s the good stuff. She also thrives on the creative side, staging, marketing, and figuring out how to make a home look like it has its life together before it meets the internet.

Let’s be real, though, real estate is far more than opening doors and pointing out square footage. And while clients are busy living their lives, Carolyn is quietly managing risk, spotting problems before they become problems, and protecting interests like it’s her own name on the line. As Carolyn puts it, “My job isn’t just to get you from point A to point B. It’s to think five steps ahead so you don’t have to.”

Clients will tell you she’s fun, and she is. She’s easy to talk to, quick with humor, and knows how to keep things calm when emotions are running high. But behind that lightness is a focused professional who takes her clients’ goals, money, and time very seriously. She’s detail-oriented, strategic, and fully



invested, all without making the process feel intimidating. You shouldn't need a stress ball to buy a house.

There's more to Carolyn than real estate. Most of her schooling was in French (oui, really), she rode Hunter/Jumper horses well into her twenties, and still saddles up when she can. She loves to sing; consider this your official notice to invite her to karaoke. You're just as likely to find her at the gym or grabbing one more coffee than necessary (because it's all about balance).

Recently, she picked up watercolor painting thanks to what she lovingly calls an intrusive thought, because why not add a new hobby? The inspiration came from her maternal grandmother, Mémère, who loved watercolor painting and had far more talent than she

ever admitted. Whether that gift runs in the family remains to be seen, but the curiosity, creativity, and heart are already there.

When it comes to advice, especially for first-time buyers and sellers, Carolyn is big on starting early. Meet with your agent before you think you're ready. The most confident, least-stressed clients are the ones who start with a plan. And her favorite reminder for first-time buyers? Your first home doesn't need to be perfect. It needs to be smart, a stepping stone toward what comes next.

Carolyn Swisher brings humor, heart, and a whole lot of intention to real estate. She understands that moves are emotional, details matter, and feeling at home starts long before the boxes are unpacked.

For those considering buying or selling, **Carolyn can be reached by call or text at (405) 669-1703, by email at carolyn.swisher@stetsonbentley.com, or on Facebook and Instagram @ [carolynaswisher](#).**

And if nothing else, talking with her might just make the process feel a little lighter, which, honestly, is half the magic.





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A Place That Feels Like Home

By Amy Townsend

For families across our area, from Kingfisher to Enid to Okeene, Guthrie, and beyond, finding the right place for a loved one is a big decision. That's where **Homestead of Kingfisher** steps in.

Homestead offers assisted living and memory care services in a setting that feels warm, welcoming, and personal. Residents receive individualized support, whether that's help with daily activities, medication management, or specialized memory care, all while maintaining dignity and independence.

Beyond the care itself, it's the atmosphere that stands out. Comfortable common spaces. A secure enclosed courtyard. A dining room where meals are shared and friendships are built. And a team that truly understands that this isn't just a facility, it's home.

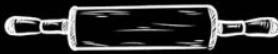
For families looking for trusted senior living close to home, Homestead of Kingfisher offers both peace of mind and heartfelt care.

If you have questions, would like additional information, or want to schedule a tour to see the newly remodeled space for yourself, reach out to Homestead of Kingfisher directly. Their team would be happy to visit with you and help you explore the best next step for your family. **1604 S 13th St. Kingfisher, 405-454-8758.**





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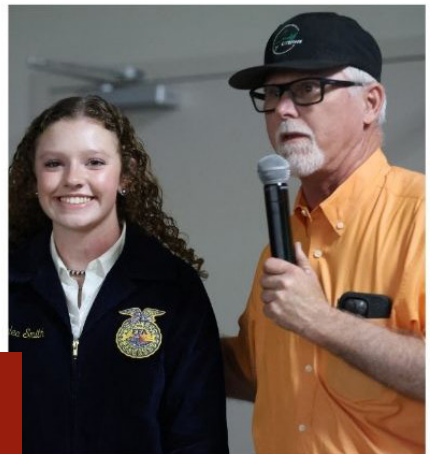
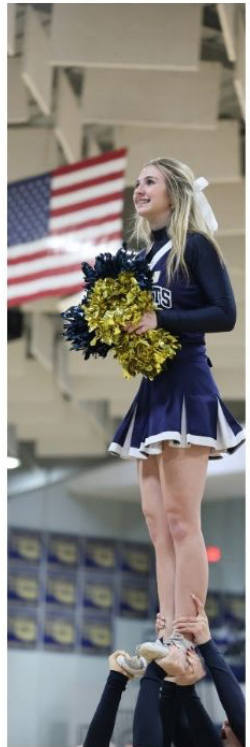
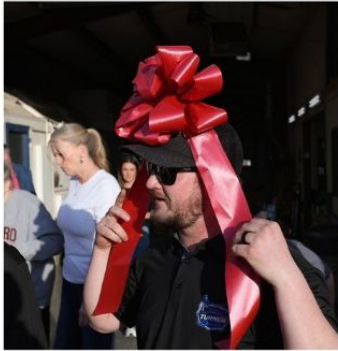
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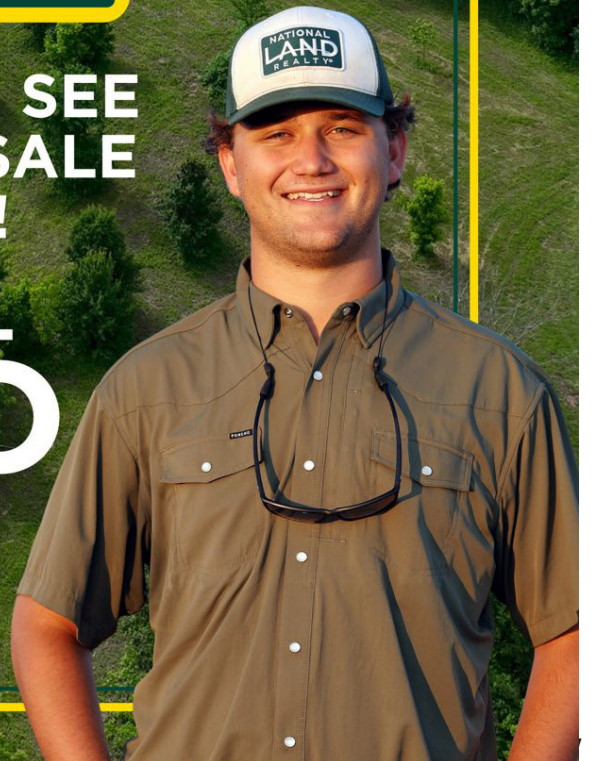
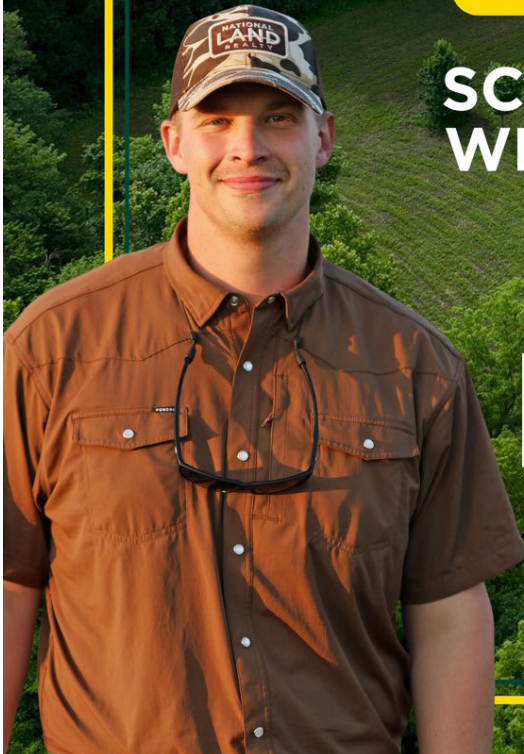
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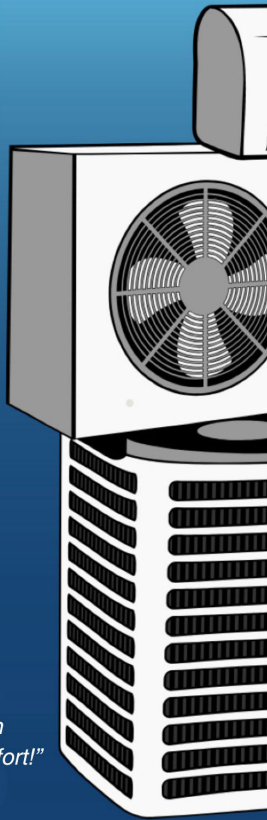


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To learn more or reserve your space in next month's issue, contact Amy Smith at 405-853-1270 or email at Amy@allaboutok.com