

Dr. Shuck

Food is Medicine



Feel Like Yourself Again: Stronger, Healthier, and More Energized Than Ever.

If you're over 40, you've probably noticed it:

The energy isn't the same.

The weight's harder to lose.

Sleep isn't as deep.

And your body just doesn't bounce back like it

used to.

But here's the truth, it doesn't have to be this way.

Dr. Rachel Shuck is an expert in integrative healthcare and clinical nutrition who specializes in helping men and women 40+ reverse the root causes of fatigue, hormonal imbalance, inflammation, gut distress, stubborn weight gain, and chronic discomfort.

Through a personalized, whole-body approach, she helps you restore balance, optimize your metabolism, and get your energy and vitality back, without the endless prescriptions, restrictive diets, or guesswork.

Whether you're dealing with brain fog, poor digestion, joint pain, mood swings, or that "off" feeling you can't quite explain, Dr. Shuck uses advanced nutritional strategies, functional testing, and natural therapies to help your body do what it's designed to do naturally: **HEAL**.

This isn't about "managing" symptoms.

It's about getting real answers *and* real results.

Her mission is simple:

To help you thrive in your 40s, 50s, 60s and beyond, with a body that is stronger, sharper, and more vibrant than ever, that has:

- ✦ More energy
- ✦ Balanced hormones
- ✦ A metabolism that works
- ✦ Restful sleep
- ✦ And a gut that feels good

If you're ready to stop guessing and start healing, this is your moment. Your next chapter of health starts here, with Dr. Shuck as your guide who knows the way.

👉 Learn more: www.drshuck.com

👉 Let's Get You Feeling Great Again- book an appointment here: <https://l.bttr.to/1ug8m>



Missed the latest episode of Good Morning, Marshfield? No worries! Watch the latest episode or catch up on past ones here!

[Watch Here](#)

Save The Date

January Networking

January 21, 2026

https://www.columbiamissourian.com/news/state_news/missouri-minimum-wage-set-to-increase-over-a-dollar-in-2026/article_3d33d784-f2f7-4fb3-a7a7-34fe23712ad8.html

Missouri minimum wage set to increase over a dollar in 2026

Charley Duffin, Columbia Missourian
Dec 11, 2025



When Jan. 1 rolls around, Missouri's minimum wage will increase from \$13.75 to \$15 an hour, putting the state ahead of many others.

The Missouri Department of Labor and Industrial Relations announced that the minimum wage is set to increase by \$1.25 beginning in 2026. The minimum wage rate will be in effect for all non-exempt employers.

Missouri's HB 567, signed by Gov. Mike Kehoe into law on July 10, repealed statewide earned paid sick time while simultaneously modifying the state's minimum wage law.

It eliminated the automatic inflation adjustments that were set to begin in 2027 and kept the \$15 per hour rate for public employers. However, it is also removing voter-approved worker protections for businesses as of Aug. 28.

Lily Roberts is the managing director of economic policy at the Center for American Progress, a nonpartisan economic policy institute. She said conversations about adjusting the minimum wage reflect rising prices that have increased in recent years.

"Everybody can tell you about inflation, and everybody can tell you about the cost of rent or groceries or childcare being really expensive, but the flip side of that is wages," Roberts said. "There are many folks who are worse off and less able to keep up with those raising prices because a major pillar of how we make wage policy hasn't been changed since 2009."

The federal minimum wage is \$7.25 and it hasn't been adjusted since 2009, which Roberts said is the longest it's gone unchanged since the introduction of minimum wage in 1938.

"\$7.25 is so unbelievably low that many people don't even believe that it's still that low," Roberts said.

In Missouri, employers who are involved in retail or service businesses and have an annual gross income less than \$500,000 are exempt from having to pay the state minimum wage rate. Instead, those employers can pay their workers any wage at their discretion, according to the Missouri Department of Labor and Industrial Relations.

Roberts said Missouri is unique in the fact that it raised its minimum wage to reflect inflation numbers, but when the state implements a \$15 an hour minimum wage, it is no longer required to factor in inflation.

Between 2015 and 2019, Missouri's minimum wage rose just under a dollar, from \$7.65 to \$8.60. Since 2019, the increase has been at least \$0.75 annually every year except for 2023. The \$1.25 jump will be the second straight year that the minimum wage has increased by more than a dollar.

Missouri is one of 34 states that set above the national minimum wage.

Roberts said Missouri is in line with nearby states, such as South Dakota, Nebraska and Arkansas. All of those states, plus Missouri, have consistently been working on increasing their respective minimum wages.

"Some of them are doing it gradually over time to get to (\$15 an hour) and others are passing individual laws," Roberts said. "These longer-term predictable changes are really the trend right now, where you give businesses and employees a sense of how their wages will grow over time, and it means that it's easier to predict and easier for employers to budget for."

She said business owners are often fighting for higher wages, contrary to popular belief, because they need to be able to compete.

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“The higher your wages that you pay, in general, the lower your turnover is,” Roberts said. “So businesses that pay really small dollars tend to have a lot of turnover. It actually gets really counterproductive and expensive very quickly because the business owner has to spend all of their time hiring, training and trying to retain folks.”

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Charley Duffin

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\$15.00 MISSOURI MINIMUM WAGE

IN EFFECT FOR 2026

Beginning August 28, 2025, the minimum wage will be based on the provisions set forth by HB 567 (2025), signed into law on July 10, 2025.



TIPPED EMPLOYEES

Employers are required to pay tipped employees at least 50 percent of the minimum wage, \$7.50 per hour, plus any amount necessary to bring the employee's total compensation to a minimum of \$15.00 per hour.



OVERTIME COMPENSATION

Overtime compensation must also be paid at a rate of at least one and one-half times a covered employee's regular rate for all hours worked over 40 in a workweek.



EXCEPTIONS

All non-exempt employers are required to pay, at minimum, the \$15.00 per hour rate, except retail and service businesses whose annual gross sales are less than \$500,000.

The law does not apply to certain exempt employees/employers defined in Section 290.500(3), RSMo, and employees/employers engaged in agriculture in Section 290.507, RSMo, nor does it supersede more favorable laws or interfere with collective bargaining agreement rights.



EMPLOYEE RIGHTS

An employee not being paid the correct wages can file a minimum wage complaint at labor.mo.gov/DLS/MinimumWage and is entitled to pursue a private legal right of action to collect any wages due.

An employer who unlawfully pays sub-minimum wages will be liable for the full amount of wages due (plus twice the amount left unpaid as liquidated damages) less any amount actually paid. The employer is also liable for costs and reasonable attorney fees as may be allowed by the court or jury.

LEARN MORE AT [LABOR.MO.GOV/DLS/MINIMUMWAGE](https://labor.mo.gov/DLS/MINIMUMWAGE)



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Missouri Department of Labor and Industrial Relations is an equal opportunity employer/program. TDD/TTY: 800-735-2966 Relay Missouri: 711
LS-52 (10-25) AI*

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✨ Thankful Thursday Spotlight: Sheila Davis ✨

Today we're celebrating someone whose impact on Marshfield can be felt far beyond her kitchen. Sheila Davis (**Sheila's Place**) pours her heart into serving our community every single day, and her team had the most incredible things to share about her:

"Dedication to community: feeding folks for 30+ years, but in the past month she has made sure people are fed, loved and seen. She feeds businesses, civic groups, student athletes, senior citizens, families, travelers and of course her staff. She gives back in every way possible from Community breakfast, to blessing box deliveries, to just a high quality meal at a fair price. She hears of someone in need and she steps up to answer the call. She orchestrates more than anyone could ever imagine in her little space on the square. She teaches & mentors her staff through multi event catering days. She makes sure every detail is on point and tastes amazing. This Thanksgiving season alone She fed upwards of 75 Thanksgiving take home meals to the general public on top of multiple business employee application meals. She helped many people shine at their gatherings with delicious homemade pies. She does it with pride and love. She makes us all laugh and have our own pride in our work and community. She is a fearless leader. We are extremely thankful for her."

Sheila, your dedication, generosity, and leadership enrich our community in countless ways. Thank you for always showing up, lifting others, and leading with kindness and excellence.

We are so grateful for you—and we hope you enjoy your special treat to [Ruth's Flowers and Gifts!](#)

Who do you know that goes above and beyond to serve our community?
Nominate them for Thankful Thursday

[Submit a Thankful Thursday Nomination](#)



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