

The News

Guymon Chamber of Commerce Newsletter



Guymon, Ok the Panhandle Paradise **By Kip McMurphy**

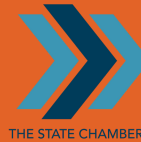
Guymon, Oklahoma, may not be as famous as big cities like New York or Los Angeles, but it has its own charm that makes it feel like a paradise to those who live there. This small city, located in the Oklahoma Panhandle, is known for its warm community, beautiful landscapes, and strong agricultural roots. For people who enjoy a peaceful, friendly environment, Guymon is a perfect place to call home. It may not have beaches or skyscrapers, but it has something even better—a sense of belonging.

One of the best things about Guymon is its close-knit community. The people here are friendly and always ready to lend a helping hand. Whether it's a neighbor bringing over food during tough times or a friendly wave from someone you pass on the street, Guymon's residents make you feel like family. The town is small enough that everyone seems to know each other, which creates a welcoming and safe atmosphere. This sense of togetherness is what many people dream of when they think of an ideal place to live.

The natural beauty of Guymon is another reason why it feels like a paradise. The wide-open plains and stunning sunsets make everyday feel special. Unlike big cities filled with concrete, Guymon is surrounded by nature. You can enjoy activities like hiking, fishing, or simply sitting outside to watch the stars at night. The fresh air and peaceful scenery make it a great place to relax and escape from the noise of the world.

(cont. pg. 2)

The Chamber is proud to partner with:



Main Street **Guymon**



Beaver County
Chamber of Commerce

Guymon is also a hub for agriculture and hardworking people. The city is often called the "Queen City of the Panhandle" because of its important role in farming and cattle ranching. The annual Pioneer Days Rodeo celebrates this heritage with fun events like bull riding, parades, and carnivals. These traditions remind everyone of the hard work and dedication that built the community. Living in a town where people value hard work and celebrate their roots is inspiring and creates a sense of pride.

In conclusion, Guymon, Oklahoma, might be small, but it offers a paradise-like experience for those who appreciate community, nature, and tradition.

Its friendly people, beautiful landscapes, and strong agricultural heritage make it a unique and wonderful place to live. If you ever visit Guymon, you might find yourself falling in love with its charm and wishing you could stay forever. Sometimes, the best paradises are the simplest ones, and Guymon is proof of that.

Submitted by Kip McMurphy through his teacher, Teresa Mathis. Kip presented his essay at the July Guymon City Council Meeting.



On behalf of the Delta Kappa Gamma International Society, the State Essay Committee congratulates Omega Chapter for the **eighth grade first place** essay winner **Kip MuMurphy** for writing on the topic, "WRITE AN ESSAY ABOUT WHAT MAKES YOUR HOMETOWN SPECIAL OR WRITE ABOUT A LOCAL ATTRACTION IN YOUR COMMUNITY AND WHAT MAKES IT UNIQUE."

As a first-place winner, Kip is invited to read aloud his essay, "Guymon, OK the Panhandle Paradise," at the Oklahoma State Organization Convention on **June 7 at 10:30 A.M.** at the Embassy Suites-Will Roger's Airport, 1815 S. Meridian Ave. in Oklahoma City. He will receive a \$100 check and a certificate as a token of appreciation. Kip's family and English teacher are invited to attend. I ask that you **please ask Kip to provide a head count of who is coming, Charly, and please let me know** so that we can provide appropriate seating for him and his guests.



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Business of the Month
Horizon Healing Chiropractic
Dr. Jodi Keasler and Staff

Thank you so much for selecting us for the business of the month! We are very honored.

Dr. Jodi Keasler graduated in 2003 from Panhandle State University and then from Parker College of Chiropractic in 2008. She has been married to her husband Chance for 22 years and has 2 daughters who attend high school in Texhoma. After completing Chiropractic school in Dallas, Dr. Jodi and Chance returned to Texhoma where he resumed farming and ranching and Dr. Jodi started Keasler Family Chiropractic where she leased space in the Gibson Chiropractic Clinic. Dr. Jodi purchased the practice in 2013 when Dr. Gibson retired, and Horizon Healing Chiropractic Center was established.

The rest of the team at Horizon Healing consists of our office manager Melissa, and Chiropractic Assistant, Graciela. These 2 wonderful ladies are the friendly faces that greet you and help to keep the office running smoothly with everything from scheduling to patient care.

Our office strives to provide excellent chiropractic care, with each individual assessed for their specific condition. We see patients of all ages, from newborns to advanced in age. Dr. Jodi has many techniques available to offer, the gentlest of care to those who need it and more traditional adjusting techniques using the drop table or Diversified adjusting. Our office has many services available. An x-ray machine is in office if x-rays are deemed necessary. We have mechanical traction and flexion extension tables for the treatment of disk ailments. A hi-low table that lays the patients down and stands them back up in cases where patients cannot do it on their own. Also 2 tables that adjust to allow pregnant women to be able to lay face down and treated comfortably. Our modalities to help treat soft tissue pain and injuries include Electrical Muscle Stimulation, Therapeutic Ultrasound and Laser Light Therapy. We also carry some nutritional supplements, pillows and braces. The exciting new machine we acquired this year is Foot Levelers Scanner. With this scan, we have the ability to evaluate the feet and order the custom-made orthotics.

We are so grateful to be here in Guymon and to have the ability to treat all the surrounding communities. Thank you again for this honor!

We see new patients Monday-Thursday by appointment. To schedule, please call or text our office @ 580-338-2464.



Business of the Month-H3 Wellness

H3 Wellness was founded in April 2024 by Lynette Helm, a wellness practitioner with over 30 years of experience in physical therapy and massage. With a servant's heart and a calling to give back, Lynette opened H3 to help as many people as possible experience real, lasting healing—physically, emotionally, and spiritually.

The name “H3” stands for Hope, Healing, and Harmony, a reflection of the values at the core of the business. It originated from the Helm family's horse brand and was prayerfully shaped into a vision that now serves as the foundation of every client interaction. What began as a personal family symbol became a mission inspired by God—one that continues to guide the work being done at H3 every day.

Though Lynette's vision is what brought H3 Wellness to life, she is the first to say it's not about her alone. The strength of H3 comes from the team of passionate individuals working alongside her—each bringing unique talents, compassion, and a shared desire to walk with people on their healing journey. Together, they've created a welcoming, uplifting environment that goes far beyond typical wellness services.

From innovative treatments like cryotherapy and PEMF therapy to Qest4 bioenergetic scans and the AllCore360 core training system (one of only two in Oklahoma), the H3 team works together to offer personalized care that supports each client's path to balance and vitality.

Being nominated as Business of the Month by the Guymon Chamber of Commerce is an incredible honor. It's a reflection not only of Lynette's heart and dedication but of the entire H3 team—and the community they serve with joy and purpose.



Things a Chamber Director ought to know...

Which hotels in Guymon have an outdoor pool?

Is this landlord legit?

Do you still have Farmers Market on Saturday?

Do you have a list of landlords in the area?

What is the train schedule?

Do you have any volunteer hours available?

Is there a new place to eat opening in Guymon?

When is Fiesta?

Can I send you this official Pioneer Days Program from 1941?

What is the mailing address for the Pioneer Day's Committee?



Give us a call!! We are here to help!! 580-338-3376



**Volunteers
needed**

Some of these are not events, just suggestions. And, we are always looking for more ideas!!

**Looking for a way to get involved with the
Chamber??**

**Join a committee to help provide great events
for our community!!**

Pioneer Days-Parade, Rodeo, Mercantile, etc.

Golf Tournament

4th of July Event

Food Truck Weekend??

Leadership Guymon

Chamber Banquet

Halloween Palooza

Home for the Holidays

Christmas Parade??



**Volunteers
needed**

Upcoming Events

- Saturdays thru September-Farmers Market
- August 1-3-Auditions for "A Christmas Story"
- August 1-2-GSC Sporting Clays
- August 13-GPS First Day of School
- Aug 21-PSC Lunch & Learn
- Aug 27-Fisch & Hitch Night Market
- Aug 28-All in for Oklahoma
- Sept 4-6-Texas County Fair
- Sept 4-Shop & Dine
- Sept 6-Chamber Golf Tournament
- Sept 13-Pink Heals Poker Run
- Sept 27-OPSU Homecoming
- October 9-Chamber Banquet
- October 21-NWOA Teeny Tiny Town Summit
- October 31-Halloween Palooza
- December-Home for the Holidays Light Festival

2025 Chamber Events

- Pioneer Days-April 27 thru May 4
- Fourth of July-July 4
- Golf Tournament-September 6
- Chamber Banquet-October 9
- Halloween Palooza-October 31
- Home for the Holidays Light Festival-December



Main Street
Guymon

FARMERS MARKET

JULY 5TH - SEPT. 13TH | 8AM TO 11AM

In front of the courthouse going down Main Street

Brought to you by Linda Hill Crop Insurance and the City of Guymon

Sponsored by: **FNB**

LUNCH & LEARN

L & L IS PROVIDED TO INSPIRE AND EDUCATE PARENTS, GUARDIANS, YOUTH SERVICE PROVIDERS, AND THE GENERAL PUBLIC ON RELEVANT TOPICS OF CONCERN.

MONTHLY ON 3 RD THURS. 12:00 PM - 1:00 PM

JUNE 19	What is PTSD?
JULY 17	App Education & Internet Safety
AUGUST 21	Bullying
SEPTEMBER 18	Suicide Awareness
OCTOBER 16	Mental Health & Medication
NOVEMBER 20	Co-Parenting after Conflict
DECEMBER 18	Self-Care

2026 TOPICS
Stalking & Human Trafficking, Teen Dating Violence, Child Abuse, Managing Grief, Money Matters.

TOPICS ARE SUBJECT TO CHANGE. LUNCH & LEARN IS FREE, HOWEVER, REGISTRATION IS REQUIRED.

PANHANDLESERVICES.ORG 580.338.7082 HELP@PANHANDLESERVICES.ORG
405 S. Main Street, Guymon, OK 73042

NIGHT MARKET

last Wednesday of every Month
June - September

123 N Main St
Guymon, Oklahoma

GUYMON OK
FISCH & HITCH
FLOWER CO.

All of these events & more can be found on the
Event Calendar at:
www.guymonokchamber.com.
And follow us on Facebook!



20th Annual Golf Tournament
Saturday, September 6, 2025
Sunset Hills Golf Course, Guymon, OK

Name: _____ Title: _____
Company: _____ Phone: _____
Address: _____ Email: _____
City/State/Zip: _____

Saturday, September 6, 2025
Registration @ 7:30 a.m. - Shotgun Start @ 8:30 a.m.
Registration is open until all paid team slots are filled.
\$400 team entry fee includes green fees, carts, lunch and prizes.
Four-person scramble.

PLAYER REGISTRATION - \$400/TEAM (\$100/PLAYER)

Print Player Names: *Please complete one registration form for each team of four (4)*

Player #1: _____

Player #2: _____

Player #3: _____

Player #4: _____

Will you be providing your own cart? YES ☐ NO ☐

BE A SPONSOR!

Presenting Sponsor (1) - \$1,500 - 1 free team registration, advertisement on flyer, hole sponsor, and advertising/special recognition at the tournament.

Birdie Sponsor (1) - \$1,000 1 free team registration, hole sponsor and advertising/special recognition at the tournament.

Par Sponsor (1) \$500 - 1 free team registration, hole sponsor, and special recognition at the tournament..

Hole Prize Sponsors (4) - \$200 each (longest drive, longest putt (2), closest to the pin, putting contest.)

Hole Sponsor (18) - \$100 each

Contact:
Guymon Chamber of Commerce
(580) 338-3376 or
Whitney Bressler
(580) 461-9443

TOTAL # OF PLAYERS REGISTRATION X \$100 _____

TOTAL SPONSORSHIPS = \$ _____

TOTAL AMOUNT DUE = \$ _____