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Saint Francis Hosting Free CPR Training

JUNE 03RD 2015 BY DEE LOFLIN

Saint Francis Hosting Free CPR Training

Cape Girardeau, Missouri - In one minute, you can learn how to save a life. On Saturday, June 6, Saint Francis Medical Center will host free CPR trainings as part of National CPR and AED Awareness Week (June 1-7).

According to the American Heart Association, 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival. If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you care about: a spouse, parent, child, friend or co-worker.

The CPR training is available to anyone age 12 and older and will be offered in sessions from 8 am to 3 pm in the Health and Wellness Center conference rooms, Entrance 8 (150 S. Mount Auburn Road). Space is limited and registration is required; please call 573-331-5107 to sign up.

Saint Francis is an authorized CPR training center for the American Heart Association and qualified instructors will teach attendees step-by-step how to perform CPR properly. The cost is regularly \$30 but is free on June 6 as part of the American Heart Association's efforts to increase knowledge of CPR.

Saint Francis Medical Center is a 284-bed facility serving more than 650,000 people throughout Missouri, Illinois, Kentucky, Tennessee and Arkansas. Guided by its mission to provide a ministry of healing and wellness inspired by its Christian philosophy and values, the Medical Center has become a progressive, innovative regional tertiary care referral center. Saint Francis'

major service lines, which have received national recognition, include the Neurosciences Institute; Orthopedic Institute; Family BirthPlace, featuring the region’s first Level III Neonatal Intensive Care Unit; Heart Hospital; Level III Emergency and Trauma Center with Convenient Care; Cancer Institute; and Fitness Plus.

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Sign Up Now to Trotline for Catfish

JUNE 02ND 2015 BY DEE LOFLIN

Sign Up Now to Trotline for Catfish

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Want to Trotline for Catfish on the Mississippi River?

**Fisheries biologists will teach safety and basics of
trotlining on the Might Mississippi!**

Cape Girardeau, Missouri - The Missouri Department of Conservation (MDC) announces a catfishing clinic, Trotlining for Catfish on the Mississippi River, scheduled for Aug. 13-15. This free course, part of the MDC's Angler Recruitment Initiative, is designed to provide local anglers with information and skills needed to

safely navigate and fish the mighty Mississippi.

“The Mississippi River is probably one of the best, yet overlooked, opportunities for catfishing in Missouri,” said Dave Knuth, MDC Fisheries Management Biologist.

Knuth said the mighty Mississippi has earned a reputation for being difficult to navigate and fish. During the course of this hands-on workshop, anglers will learn how to safely traverse navigational hazards including floating debris, wing dikes, fluctuating river stages, and swift currents. They will also learn about necessary gear, species specific fishing information, and trot line safety and setting techniques.

The course will begin at the MDC’s Southeast Regional Office in Cape Girardeau, Aug. 13. The next two days will feature hands-on activities at Red Star Fishing Access Ramp in Cape Girardeau. Thursday night will feature a catfish dinner. Participants will bait and set a 10-hook trotline Friday evening. Lines will be retrieved Saturday morning. All equipment will be provided. Participants must be at least 18 years old. Space is limited, so preregistration is required by July 2 by calling the Southeast Regional Office at (573)290-5730.

For information on fishing opportunities in Missouri, go online to mdc.mo.gov/fishing. Anglers can also get weekly fishing reports, annual prospects, permit information and more through MDC’s “Find MO fish” free mobile app, available for download at mdc.mo.gov/node/15421.

Shown in the photo: Missouri Dept of Conservation staff hold a 45-inch, 50 lb., blue catfish collected while electrofishing on the Mississippi River. From left to right are MDC Resource Assistant Forest Copeland, Fisheries Management Biologist Dave Knuth and Conservation Agent Brian Shelton.

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Notice of Election of Supervisors for Stoddard County

MAY 29TH 2015 BY DEE LOFLIN

Notice of Election of Supervisors for Stoddard County

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Stoddard County, Missouri – Notice of Election of Supervisors for the Stoddard County Soil and Water Conservation District.

To all land representatives of any farms lying within Stoddard County, Missouri, pursuant to the provisions of the Missouri Soil & Water Conservation Districts Law, Section 278.60 to 278.155 RSMo1978, notice is hereby given that on the 4th day of June, 2015, between the hours of 8:00 a.m. – 4:00 p.m. an election will be held to elect the required number of supervisors to the Board of Supervisors of the Soil & Water Conservation District of Stoddard County, Missouri.

All land representatives of any farm lying within Stoddard County, Missouri are eligible to vote. A land representative is the owner or representative authorized by power of attorney of any farm lying within any area of the district, provided, however, that any land representative must be a taxpayer of the county.

Eligible voters shall cast their votes at the following polling place:

Stoddard County Farm Service Agency USDA Building

18450 Ridgeview Lane, Dexter, MO 63841

All land representatives so designated by power of attorney must present their power of attorney form, properly signed, to the polling judges at the time of voting.

Soil & Water Conservation District of Stoddard County

Chairman James W. Stuever

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Notice of Public Hearing in Dexter

MAY 27TH 2015 BY DEE LOFLIN

Notice of Public Hearing in Dexter

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Dexter, Missouri – There will be a Public Hearing on the 2015-2016 Budget for the City of Dexter, Missouri.

This Public Hearing is open to all citizens of the City of Dexter and will be held at 7:00 p.m. on Monday, June 1, 2015 at the Municipal Building, 119 Vine Street, Dexter.

A copy of the proposed 2015-2016 Budget will be available for public viewing in the City Clerk’s Office at the City Administration Building, 301 East Stoddard Street, Dexter.

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The Moving Wall Coming to Dexter	City of Dexter to Hold Annual Spring Cleanup

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Free Fishing Days on Father's Day Weekend

MAY 21ST 2015 BY DEE LOFLIN

Free Fishing Days on Father's Day Weekend

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The Missouri Department of Conservation (MDC) announces several opportunities to enjoy fishing in June, which provides opportunity to celebrate Father's Day outdoors. Missouri's annual free fishing weekend is June 6 and 7, which allows Missourians a chance to try fishing without purchasing a permit first.

The annual Free Fishing Days give everyone the chance to fish in state waters without a permit, trout permit or prescribed area daily tag during those days.

The Cape Girardeau Conservation Nature Center has additional fishing opportunities

in June. Ages 16 and up are invited to attend a fly fishing program Saturday, June 13.

The program is offered once in the morning and once in the afternoon. Participants will learn the basics of fly fishing and pick up new technical skills such as equipment selection and use, reading the water, matching the hatch, fly casting, fishing techniques and essential knots. A fishing permit is required for this course and registration begins June 2. Equipment will be available for loan during the program.

Fishing programs in June wrap up with the Father’s Day Fish Fry at the Nature Center, Saturday, June 20, from 10 a.m. to 12:30 p.m. Guests will learn the basics of fishing such as casting, tying a knot, baiting hooks and cleaning fish before sampling fish recipes. Adult supervision is required for ages 5 to 17. Attendees 16 and up must have a valid fishing permit.

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MDC Expands Pheasant Hunting to Statewide

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