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# Boost Your Brain and Memory Classes Offered

JANUARY 28TH 2019 BY DEE LOFLIN

## Boost Your Brain and Memory Classes Offered

Bloomfield, Missouri - University of Missouri Extension is offering a Boost Your Brain & Memory brain fitness class at the Stoddard County Extension Center, 316 S. Prairie St, Bloomfield, MO beginning Thursday, February 7, 2019.

Just as you can control and improve your general physical health with good habits, so too can you improve the health of your brain - boosting your memory and mental agility, as well as reducing your risk of developing Alzheimer's Disease or other dementia.

Although research is finding links between genes and one's risk of Alzheimer's disease, the exact cause is more likely a combination of genetics and other factors. Practicing good brain health at any age can help stave off the disease, as well as build up your cognitive reserve.

The class uses a whole-person approach that helps you form new habits to live a healthier lifestyle, remember things better, be more organized, pay closer attention, and regulate your emotions. Each participant will receive a workbook including memory exercises, tips on nutrition and exercise, and summaries of evidence-based research on brain health. Our aim is to help participants implement new habits to maintain cognitive health while also practicing new skills for better memory.

**The four- session workshop will be held on Thursdays, from 1:00 – 3:00 pm on February 7, 14, 21 and 28.**

To register, contact the Stoddard County Extension Center, at 573 568-3344.

The class fee is \$25.

**This workshop is open to any and all participants.**

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## Knights of Columbus Free Throw Contest Set for Sunday, January 27th

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JANUARY 23RD 2019 BY DEE LOFLIN

## Knights of Columbus Free Throw Contest Set for Sunday, January 27th

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Dexter, Missouri - Knights of Columbus Free Throw Contest will be held on Sunday, January 27, 2019 at 2:00 p.m. at the Sacred Heart Catholic Church in Dexter.

All boys and girls ages 10 - 14 are invited to participate in the local level of competition for the 2019 Knights of Columbus Free Throw Championship. Registration begins at 1:45 p.m.

The KC Free Throw Contest is free and is sponsored annually with winners progressing through local, district, and state competitions.

The competition is designed for the most basic basketball skill, the free-throw.

Please come out and watch the kids as they compete in the free throw contest.

Last year more than 120,000 sharpshooters participated in over 3,600 local competitions. all contestants on the local level are recognized for their participation in the event. Participants are required to furnish proof of age and written parental consent.

For more information please contact Mark Guethle at 573-624-6361.

The Knights of Columbus is an international catholic family fraternal service organization with over 1.8 million members in 15,000 local councils. Last year, Knights donated over 70 million volunteer hours and \$170 million to charitable and benevolent causes, sponsoring projects to benefit their church, councils, communities, culture of life, families, and youth.

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# Lunch Box Active Adult Center Menu

JANUARY 21ST 2019 BY DEE LOFLIN

Lunch Box Active Adult Center Menu



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Dexter, Missouri - The Lunch Box formerly known as the Stoddard County Nutrition

Center invites you to join them for lunch Monday - Friday and enjoy some fun activities as well.

The Dexter Senior Center is located at 23 W. Stoddard St. in historic downtown Dexter and it's not just for seniors!

You really don't have to be a senior to eat there. The food is great, served hot, and very inexpensive.

They serve lunch from noon - 1 p.m. and the cost is \$3.50 for seniors and \$5.50 for non-seniors. Suggested age for seniors is 60+.

Menu for Monday, January 21st - Friday, January 25, 2019.

Monday - January 21st - Closed for Martin Luther King Jr. Day.

Tuesday - January 22nd - Minestone soup, ham and cheese sandwich, tomatoes, fruit.

Wednesday - January 23rd - Chicken tenders or catfish, potato, broccoli, hush puppies, chocolate and vanilla parfait or fruit.

Thursday - January 24th - Lasagna, garden salad, corn, breadstick, cookie or fruit.

Friday - January 25th - Meatloaf, potato, green beans, roll, orange jello cake or fruit.

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# Bloomfield Chamber of Commerce Meeting - Get Involved With Your Community!

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JANUARY 21ST 2019 BY DEE LOFLIN

## Bloomfield Chamber of Commerce Meeting - Get Involved With Your Community!

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The Bloomfield Chamber of Directors held their first meeting of the new year on January 15th at 12:30 p.m. There will be several events this year including the 4th Annual Heritage Days set for Easter Weekend. Annual Awards Banquet tickets will go on sale near the beginning of February and the Carnival Days will move to the city park.



The regular monthly meeting for members of the Chamber was also held on Friday at 1 p.m. at Elderland Restaurant. Below are the minutes from both meetings.

If you have further questions or concerns please contact the Bloomfield Chamber via messenger on Facebook or by contacting Goldie DeGroot, Chamber President.

**Bloomfield Chamber Board of Directors Meeting Minutes January 15, 2019 at 12:30 p.m.**

1. 150 New Membership forms were mailed out for the 2019 Membership Drive.
2. Planning to have the Bloomfield Carnival Days at the city park June 6th, 7th, and 8th. Moving to park will allow for more shade during the summer and decrease the complaints of a couple of stores downtown blocking parking space. Goldie will get with Show Me Amusements from Puxico, MO.
3. It was noted that the Bloomfield Alumni Association will have their annual dinner on April 19th during the Heritage Days Festival.
4. March 12, 2019 The Bloomfield Chamber will host their annual Awards Banquet at the Assembly of God church. Doors open 6:30 p.m. Theme is undecided; however looking at "Building for the Future or Building a Better Future" are two ideas.
5. Toni will contact Fran Henley and Kathy Henley to help with getting the Christmas Parade up and going during "It's a Wonderful Life" event.
6. Goldie will talk to Kay Asbell about getting a Lighting Ceremony of the Courthouse during the "It's a Wonderful Life" event.
7. Ribbon Cuttings are set for Friday, January 18th at 12:30 for Southern Bank and 1 p.m. for Las Brisas.
8. We will ask Mayor Bill Aslin if he can speak at the March 15th regular Chamber Meeting about upcoming election information and city projects.
9. Some discussion on the Bloomfield Improvement Corporation - Goldie will contact the president of that to come and speak at our February regular Chamber Meeting.
10. We are opening up Heritage Days to outside food vendors, Farmers Market, Junk, crafts, antiques etc. Booths will be \$15.00 Furnish their own electric.

11. Need to get with the Lions Club and Women's Club about Heritages and what they would like to help with or sponsor.

12. Feb 1st is Bloomfield Homecoming, Feb 7th Boys Basketball senior night, Feb 11th girls senior night.

### **Bloomfield Chamber Regular Monthly Meeting Minutes January 15, 2019 at 1 p.m.**

1. Reviewed the Board Meeting Minutes with everyone.
2. Missouri Tourism Magazine met with Stars & Stripes. They have a website [visitmo.com](http://visitmo.com). There was much discussion about getting either the Bloomfield Chamber to have a website or update the City of Bloomfield Website to link the two. Some updated information will be needed such as Old Courthouse number if someone wants a tour etc. Mayor Aslin will get with Kevin Francis and see if it can be done to update the city of Bloomfield website to include some local links to [visitmo.com](http://visitmo.com) and others to put Bloomfield more on the map on the internet.
3. Mr. Mayo has the post cards but forgot to bring to the meeting to show everyone. The Bloomfield Chamber donated \$200 to the Stars and Stripes to print post cards. We can't wait to see them.
4. There will be a Trivia Night/Silent Auction/Food on Saturday as a fundraiser for the Stars & Stripes. (It was postponed due to weather to Feb 8, 2019)
5. There are plans to honor Stars and Stripes sometime in November by Herman Morse, State Representative...no formal date has been planned.
6. Mayor Aslin was able to update us on a few city improvements: a) 45 mph speed limit to get lowered to 35 mph, b) sewer side of a city project will get started, lagoon area, c) the old weaver gun shop property was deeded to the city and has been demolished, d) AT&T tower will be built in town near the old apt that burned, Senaca St

Special Note: Ryan Mayo will be the guest speaker at the Chamber Meeting on Feb 15th at noon at Las Brisas. He is on the board of the Bloomfield Improvement Corporation.

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# 2019 Jr. Miss Snowflake Pageant Winners

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JANUARY 17TH 2019 BY DEE LOFLIN

## 2019 Jr. Miss Snowflake Pageant Winners

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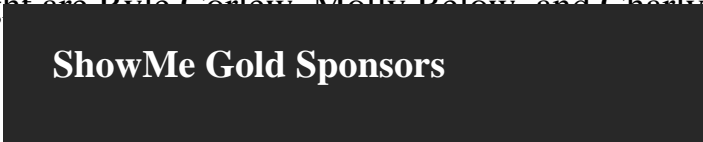
Dexter, Missouri - The annual Snowflake Pageant was held on Sunday, January 13, 2019 at the Dexter High School Auditorium and was sponsored by the Historic Downtown Dexter Association.

2019 Jr. Miss Snowflake Queen is Molly Below.

First Alternate is Charly Johnson.

Second Alternate is Rylee Corlew. [SUBSCRIBE TO "COMMUNITY"](#)

Picture from left to right are Ryle Corlew, Molly Below, and Charly Johnson.



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