



[TOP](#)

Mo. Southern Provides New Treatment

JULY 07TH 2011 BY NEWS

Mo. Southern Provides New Treatment

A physical therapist at Dexter's Missouri Southern Healthcare has completed certification in a treatment program, being the first to offer this state-of-the-art treatment.

Missouri Southern Healthcare is pleased to announce that Physical Therapist Kelly Hutcheson, has recently completed ASTYM® certification.

ASTYM treatment is an evidence-based rehab program specifically designed to treat degenerative tendon problems and scar tissue that can interfere with recovery after surgery or injury. It uses deep tissue massage to stimulate the body to regenerate and heal, decrease pain, enhances mobility, and keep patients active.

ASTYM therapy has proven effective in the treatment of tennis elbow, golfer's elbow, carpal tunnel syndrome, plantar fasciitis or heel spurs, chronic ankle sprains, shin splints, and post-op joint replacements, to name a few.

“ASTYM treatment is most effective for chronic tendon problems because it helps tissue re-grow in proper formation. It is usually effective in eight to nine treatments. We are excited to be the first in Dexter to provide this service,” Hutcheson said. “Our patients will no longer have to drive out of town to receive this therapy.”

Physician referral is required. For more information, contact the Missouri Southern Healthcare Physical Therapy Department at 573-614-1919 or visit www.astym.com.

<https://showmetimes.com/Blogpost/uj6i/Mo-Southern-Provides-New-Treatment>

[Go to post](#)



More from ShowMe Times:

TOP

Library To Begin E-Reader Program

JULY 06TH 2011 BY UNKNOWN

Library To Begin E-Reader Program

*By Annabeth Miiler,
ShowMe Times Editor*

It was short, to the point, and a brief meeting.

The Dexter Board of Aldermen had a time-efficient meeting Tuesday night, with very little new business brought before the board.

Keller Library Director Pam Trammell brought the most exciting news to the low-key meeting, announcing an exciting development at the local library. Trammell announced that Dexter's public library would soon launch a new e-reader program for library patrons.

“The library has joined the Missouri State Library Consortium and will begin offering downloadable e-books and audio books,” Trammell reported. She said the library staff has been busy preparing the technology and training for the new- state-of-the art e-books program.

Trammell said the library’s program would be compatible with most of the popular e-reader devices, including the Barnes & Noble Nook, Sony Reader and Apple iPad. The lending period will be for two weeks.

“Amazon, however, has been slower in coming into the program with its Kindle,” but she said Amazon has loosened up some of its requirements.

“The staff will train in August so that we will be able to help patrons with their e-readers,” she said. Trammell explained patrons would go to the library’s website, click on a link, and from there individuals would link to the consortium’s website and proceed with selecting and downloading an e-book.

“You’re moving up in the tech world,” Mayor Joe Weber commented.

Trammell also reported the library was at a mid-point in the Summer Reading Program, with three programs completed and three more to follow. Trammell reported the weekly average attendance at the Wednesday morning programs has been 152, an increase of 24 percent from previous years.

In other business Tuesday night, the board approved a Package Liquor License to Overturf Pharmacy #8424 (Super D) and a Plumber’s License to Lynn Marrow of Dyersburg, Tenn., for work to be done on the new Super D. Both license approvals received unanimous approval.

LAST UPDATED ON JULY 06TH 2011 BY UNKNOWN

<https://showmetimes.com/Blogpost/uj64/Library-To-Begin-EReader-Program>

[Go to post](#)



More from ShowMe Times:

[TOP](#)

Dexter Man Injured In Accident

JULY 05TH 2011 BY UNKNOWN

Dexter Man Injured In Accident

A young Dexter man is in serious condition in a St. Louis hospital following a weekend accident.

Michael C. (Mikey) Kohlbaker was seriously injured in an accident Friday, July 1 on westbound on Route Z, two miles east of Wappapello in Wayne County.

The Missouri Highway Patrol reports the accident occurred at 8 p.m. Friday as a 1995 Geo driven by Terry Mason of Wappapello was towing Kohlbaker. Kohlbaker was on a 1989 Honda ATV, which overturned and ejected Kohlbaker. Both vehicles then ran off the right side of the roadway.

Kohlbaker was taken Friday evening by Air Evac to Barnes Hospital in St. Louis with serious injuries.

LAST UPDATED ON JULY 05TH 2011 BY UNKNOWN

<https://showmetimes.com/Blogpost/uj60/Dexter-Man-Injured-In-Accident>

[Go to post](#)



More from ShowMe Times:

TOP

Station Gets Modern Look and Functionality

JULY 05TH 2011 BY NEWS

Station Gets Modern Look and Functionality

*By Annabeth Miiler,
ShowMe Times Editor*

After more than 30 years, it was time for a bit of a ‘facelift.’

The Dexter Police Station is undergoing an important transition this summer as construction work is under way right alongside the day-to-day work of the Dexter Police Department. A long-awaited expansion and remodeling project is underway at the facility on Cooper Street.

"The original building was built in the early 1970s," said Police Chief Sammy Stone. "There were two additions to the original structure, but the look and functionality of the facility were not greatly changed."

Now in a new millennium, there are new needs for a community police station. Stone said the new structure will take into consideration the needs of technology – including wiring and Internet and new office equipment as well as improvements in law enforcement tools.

“There’s a greater need for technology today,” Stone said during a tour of the station and the addition.

Many changes within the existing facility will allow for great records storage, a cyber crime lab, and new tools for the Dexter police force. The old portion of the facility will be remodeled to house new administrative offices, new communications department, work space for officers, new booking room, as well as a new entrance facing Cooper Street.

“We’ve really needed this for quite a while,” Stone said. He joined the Dexter Police Department in the early 1970s, and has witnessed first-hand the previous two remodeling projects. This project, however, is the most significant change to the facility in his tenure.

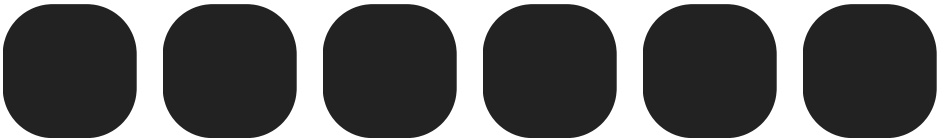
The contractor for the project is Walker Construction of Dexter. Architects are Dille & Travel, LLC, from Poplar Bluff.

Stone said funding for the project is from two sources – a USDA Rural Development grant of \$85,000, as well as money set aside for the expansion by the department for the last several years.

LAST UPDATED ON JULY 05TH 2011 BY STAFF WRITER

<https://showmetimes.com/Blogpost/uj5v/Station-Gets-Modern-Look-and-Functionality>

[Go to post](#)



More from ShowMe Times:

TOP

Fireworks Usher In Independence Day

JULY 03RD 2011 BY UNKNOWN

Fireworks Usher In Independence Day

*By Annabeth Miiler,
ShowMe Times Editor*

Plenty of "oohs and aaahs" were heard Sunday evening as Dexter heralded in the Independence Day holiday with the traditional city fireworks display.

Crowds packed into East City Park and along Airport Road to view the fireworks that had plenty of beautiful fireworks and enough "bang" for thrills for everyone.

The holiday continues on Monday with a parade in downtown Dexter for kids, and picnics and family fun throughout the day.

Photo Above: Crowds enjoyed the traditional Independence Day fireworks display in Dexter on Sunday evening/ (SMT Photo by Annabeth Miller)

And, as reminder of what the holiday is all about, the ShowMe Times is proud to publish this transcript of the Declaration of Independence, adopted by the Continental Congress on July 4, 1776 and signed by 56 brave men.(Source: United States Archives)

IN CONGRESS, July 4, 1776.

The unanimous Declaration of the thirteen united States of America,

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they

should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.--That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, --That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security.--Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

He has refused his Assent to Laws, the most wholesome and necessary for the public good.

He has forbidden his Governors to pass Laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them.

He has refused to pass other Laws for the accommodation of large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only.

He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their public Records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved Representative Houses repeatedly, for opposing with manly firmness his invasions on the rights of the people.

He has refused for a long time, after such dissolutions, to cause others to be elected; whereby the Legislative powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the mean time exposed to all the dangers of invasion from without, and convulsions within.

He has endeavoured to prevent the population of these States; for that purpose obstructing the Laws for Naturalization of Foreigners; refusing to pass others to encourage their migrations hither, and raising the conditions of new Appropriations of Lands.

He has obstructed the Administration of Justice, by refusing his Assent to Laws for establishing Judiciary powers.

He has made Judges dependent on his Will alone, for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of New Offices, and sent hither swarms of Officers to harrass our people, and eat out their substance.

He has kept among us, in times of peace, Standing Armies without the Consent of our legislatures.

He has affected to render the Military independent of and superior to the Civil power. He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his Assent to their Acts of pretended Legislation:

For Quartering large bodies of armed troops among us:

For protecting them, by a mock Trial, from punishment for any Murders which they should commit on the Inhabitants of these States:

For cutting off our Trade with all parts of the world:

For imposing Taxes on us without our Consent:

For depriving us in many cases, of the benefits of Trial by Jury:

For transporting us beyond Seas to be tried for pretended offences

For abolishing the free System of English Laws in a neighbouring Province, establishing

therein an Arbitrary government, and enlarging its Boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule into these Colonies:

For taking away our Charters, abolishing our most valuable Laws, and altering fundamentally the Forms of our Governments:

For suspending our own Legislatures, and declaring themselves invested with power to legislate for us in all cases whatsoever.

He has abdicated Government here, by declaring us out of his Protection and waging War against us.

He has plundered our seas, ravaged our Coasts, burnt our towns, and destroyed the lives of our people.

He is at this time transporting large Armies of foreign Mercenaries to compleat the works of death, desolation and tyranny, already begun with circumstances of Cruelty & perfidy scarcely paralleled in the most barbarous ages, and totally unworthy the Head of a civilized nation.

He has constrained our fellow Citizens taken Captive on the high Seas to bear Arms against their Country, to become the executioners of their friends and Brethren, or to fall themselves by their Hands.

He has excited domestic insurrections amongst us, and has endeavoured to bring on the inhabitants of our frontiers, the merciless Indian Savages, whose known rule of warfare, is an undistinguished destruction of all ages, sexes and conditions.

In every stage of these Oppressions We have Petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated injury. A Prince whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free people.

Nor have We been wanting in attentions to our Brittish brethren. We have warned them from time to time of attempts by their legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which, would inevitably interrupt our connections and correspondence. They too have been deaf to the

voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity, which denounces our Separation, and hold them, as we hold the rest of mankind, Enemies in War, in Peace Friends.

We, therefore, the Representatives of the united States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these United Colonies are, and of Right ought to be Free and Independent States; that they are Absolved from all Allegiance to the British Crown, and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.

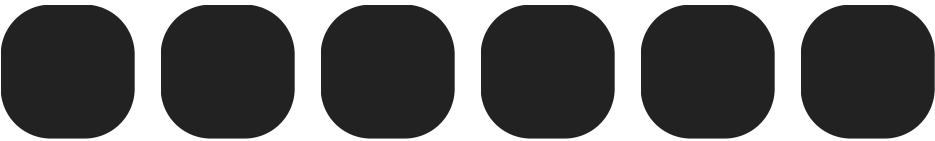
The 56 signatures on the Declaration appear in the positions indicated:

images/Blog Images/Local News/show/uj61

LAST UPDATED ON JULY 03RD 2011 BY STAFF WRITER

<https://showmetimes.com/Blogpost/uj5k/Fireworks-Usher-In-Independence-Day>

[Go to post](#)



More from ShowMe Times:



SUBSCRIBE TO "LOCAL NEWS"

ShowMe Gold Sponsors