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Ozark Fitness & Therapy Hosts Ribon-Cutting

AUGUST 01ST 2012 BY UNKNOWN

Ozark Fitness & Therapy Hosts Ribon-Cutting

The Dexter branch of Ozark Fitness & Therapy hosted a grand-opening celebration under its new management on Wednesday (Aug. 1). Several members of the Dexter Chamber of Commerce, as well as Ozark staff members, were on hand for the ribbon-cutting festivities, including (front row, from left) Chamber of Commerce Executive Director Janet Coleman, Matt Schindler, Dexter Mayor Joe Weber, Eddie Dortch, Michelle Jackson, Kelley Egan, Sean Miller, and Matt Thornton. Ozark Fitness & Therapy is located at 1521 W Business 60.

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Last Day To Sign Up For Cell No Call List

AUGUST 01ST 2012 BY STAFF WRITER

Last Day To Sign Up For Cell No Call List

Staff Writer for The ShowMe Times

Today is the final day for getting signed up for the cellular phone "No Call List". Missouri Attorney General, Chris Kostner has made this a very simple process online. You can visit his website or use the links below to get to the information to register your cell numbers.

[Register Today](#)
[for the No Call List](#)

There are currently **over 1.8 million** Missouri phone lines registered on the No Call list.

The No Call law allows Missourians to reduce unwanted telemarketing calls made to their homes by signing up for the No Call list, which is managed by the Attorney General's Office. There is no cost to get on the list.

Signing up is simple and can be accomplished by one of the following methods:

No Call logo

- [Online Registration](#)
- Call **866-No Call 1 (866-662-2551)**

To find out if your residential phone has been registered to the Missouri No Call List, visit our [online registration lookup](#).

If you have a question that is not answered [on our No Call FAQs page](#) or within the online [No Call Quiz](#), please [e-mail the No Call Unit](#) or call toll-free **866-buzzoff (866-289-9633)**.

Complaints against telemarketers

Telemarketers are prohibited from calling homes on the list, with some exceptions written into the law. Consumers who believe a telemarketer has violated the law can file a complaint in one of three different ways:

- [Complete an online form](#)
- [Download and print the complaint form in pdf format](#) [Get Acrobat Reader](#)
- [View and print the complaint form in html format](#)

Decrease telemarketing calls by taking our online [No Call Quiz](#) and learning more about telemarketing. Also when telemarketers call, ask them to put you on their no-call lists.

Telemarketers

Telemarketers that violate Missouri's No Call law by calling Missourians that have registered their home phone numbers to the No Call list are in jeopardy of facing a [legal action](#) initiated by the Attorney General.

To date the Attorney General's Office has obtained court orders requiring telemarketers that violated the No Call law to pay **\$3,793,000** to the State.

To comply with the law, telemarketers will need to apply to receive the No Call list. For more information, telemarketers should review the [frequently asked questions](#) on this subject.

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Celebrate MDC milestones at MO State Fair

JULY 31ST 2012 BY STAFF WRITER

Celebrate MDC milestones at MO State Fair

By Rebecca Maples

JEFFERSON CITY, Mo -- It's will be a year of anniversaries at the 2012 Missouri State Fair. As the Missouri State Fair commemorates 110 years of celebrating the state's outdoors and rural lifestyles, the Missouri Department of Conservation (MDC) will be celebrating its own 75-year anniversary of serving nature and you. The Missouri State Fair, with the theme of "Celebrate Then & WOW," will run from Aug. 9-19 in Sedalia.

MDC's Conservation Pavilion, located at the south end of the fairgrounds, will again feature live animal displays and demonstrations as well as special exhibits on topics including black bears, native-plant landscaping and wildlife restoration. The always-popular fish aquaria will again provide a fun and refreshing break, while a display of live amphibians and reptiles will excite fairgoers of all ages.

MDC's air-conditioned Conservation Kids' Discovery Room, open from 10 a.m. to 6 p.m. daily, will provide children's programs and hands-on exhibits designed for family fun and learning about Missouri's forests, fish and wildlife.

Live demonstrations offered at the Conservation Pavilion this year will include:

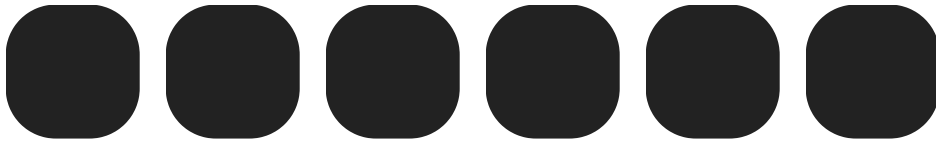
- **The Bald Eagle's Return**, Aug. 9 and 16, 11 a.m., 1:30 p.m. and 4:30 p.m.: Presentations from Springfield's Dickerson Park Zoo, a partner in bald eagle restoration, will feature Phoenix, an adult bald eagle.
- **Fish Cooking and Cleaning**, Aug. 10-11, 11 a.m. and 1:30 p.m.: MDC Fisheries biologists will demonstrate how to clean and fillet Asian carp, and attendees will be able to sample fried fish.
- **Calling All Wildlife**, Aug. 12, 11 a.m. and 1:30 p.m.: MDC Outdoor Education Supervisor Jake Hindman, an expert wildlife caller, will demonstrate how to mimic the calls of a variety of Missouri animals.
- **Know Your Trees**, Aug. 13, 11 a.m. and 1:30 p.m.: MDC Urban Forester Chuck Conner will help homeowners identify Missouri trees and give tips for their care.
- **Living with Wildlife**, Aug. 14, 11 a.m. and 1:30 p.m.: MDC Wildlife Damage Supervisor Rex Martensen will cover the basics of how to live with wildlife around your home or yard, including how to deal with conflicts.
- **Feral Hogs**, Aug. 15, 11 a.m. and 1:30 p.m.: MDC staff will provide updates on the feral hog population in the state and what Missourians can do to help.
- **Insects and Disease in Trees**, Aug. 17, 11 a.m. and 1:30 p.m.: MDC Forestry experts will share information on the season's insect and disease threats to trees, including thousand canker disease and emerald ash borer updates.
- **Turtles of Missouri**, Aug. 18, 11 a.m. and 1:30 p.m.: MDC Herpetologist Jeff Briggler will give a lively and popular talk about the state's turtles, including live animals.
- **CWD and Deer Management**, Aug. 18, 11 a.m. and 1:30 p.m.: MDC Deer Biologist Jason Sumners will cover current deer management in Missouri, along with updates on Chronic Wasting Disease.

MDC conservation agents, biologists and other experts will be on hand at the Conservation Pavilion to answer questions from 9 a.m. to 9 p.m. daily.

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DBBC Selling Old Inventory At Physicals

JULY 31ST 2012 BY UNKNOWN

[DBBC Selling Old Inventory At Physicals](#)

The Dexter Bearcat Booster Club will have an inventory clearance sale during Thursday (August 2) night's Free Physicals at the Bearcat Event Center. T-Shirts will be \$4, sweatshirts will be \$10, and miscellaneous other merchandise will be for sale at reduced prices.

The sale will run for the duration of the MSH Free Physicals, running Thursday from 4:00 p.m. until 6:00 p.m. in the DHS Cafeteria.

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Missouri Senior Medicare Patrol

JULY 31ST 2012 BY STAFF WRITER

Missouri Senior Medicare Patrol

By to the ShowMe Times by,
Missouri SMP

How to Help Your Parents Spot Medicare Scams

Medicare scams can be elaborate or simple, but the results are the same. Everyone pays the price in higher health insurance premiums and the quality of care is often poor. You can help your aging parents stay a step ahead of scammers by looking out for the following.

No, it's not Uncle Sam

Remember, Medicare doesn't call or visit to sell you anything.

</images/AB 2012/Fraud Seniors 2.png>

Review the MSN together

Always review the Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for mistakes. Medicare accounts are available 24 hours a day. Simply visit www.MyMedicare.gov

Look for these three things;

- €€€€€€ Charges for services that were not received

- Billing for the same thing twice
- Services that were not ordered by their doctor

Be wary of potential scams;

- **Great deal on medical equipment – yeah, right**

If someone calls saying he or she represents Medicare and wants to send you medical supplies, assume the person is a phony. Only receive supplies that have been ordered by your physician.

- **Get clarity on health care changes**

There is a potential for scams as a result of confusion over changes in the country’s health care system. Make sure that your parent’s understand changes to their healthcare coverage.

- **Just say no to freebies**

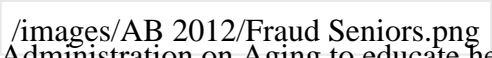
Advise your parents not to accept free offers of medical equipment, health services or gift cards from companies. The catch may be that they are asked for their Medicare or Social Security numbers, which scammers may use for fraudulent purposes, including identity theft.

Talk to your parents

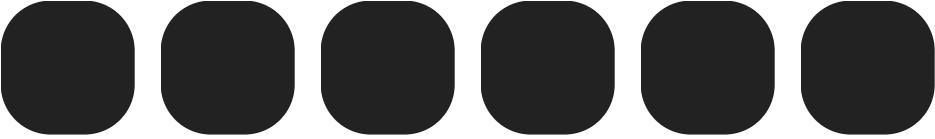
Your parents may not suspect they are being manipulated by fraudsters. Consider making an agreement that when they get a medical statement, you will go over it with them. It also doesn’t hurt to go through your parents’ credit report for any unpaid medical bills or equipment they didn’t receive. Monitor their credit cards for any medical-related charges that shouldn’t be there.

Report suspicious activity if you suspect potential Medicare fraud

If you think someone is trying to scam your parents, speak up. **Contact the Missouri SMP with questions or to report potential fraud at 888-515-6565.**

 from the U.S. Department of Health and Human Services’ Administration on Aging to educate health care consumers about fraud and abuse and to offer assistance in reporting complaints. SMP Volunteers have been trained and are available to assist you with questions and concerns regarding Medicare and Medicaid fraud and abuse at no cost to you.

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