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Science Experiment 101 - Freeze Bubbles for Fun

JANUARY 04TH 2014 BY DEE LOFLIN

Science Experiment 101 - Freeze Bubbles for Fun

*Written by
Dee Loflin, SMT Manager/Editor*

Missouri - It's going to get very cold outside! Did you know that you could freeze bubbles? These temperatures are perfect for using that left over bubble mix from the summer or make some new.

Go outside on any day when the temps are way below freezing. Blow a bubble and catch it on the bubble wand. Wait just a few moments while it freezes and it will turn into a cool crystal ball before it shatters.

You can also make icy crystals with your bubble solution. To do this just dip a large loop in the bubble solution, don't blow instead watch the crystals grow. They will form a lattice structure.

So who is brave enough to do this and stand the bitter cold? Let us know if it works and better yet, submit a photo to news@showmetimes.com of your creation!

Just remember to bundle up with layers of warm clothing before heading outside to perform your science experiment

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Weight Loss Challenge is Back!

JANUARY 03RD 2014 BY DEE LOFLIN

[Weight Loss Challenge is Back!](#)

*Written by
Dee Loftin, SMT Manager/Editor*

Dexter, Missouri - Have you made your New Year's Resolution yet? It's time for the 2014 Team Fitness Challenge hosted by the Regional Healthcare Foundation on Grant Street in Dexter.

The Challenge will begin on Wednesday, January 8th. Sign up days will be January 8th, 15th and 22nd. Get three of your co-workers or friends to join you. Come up with a coll team name and begin your weight loss an you might just win \$1000. Either way it's a win win for you!

Teams of 4 will compete to lose the greatest percentage of weight. Last year everyone weighed in on Thursdays, this year the weigh in day is WEDNESDAY from 7:30 p.m. to

5:30 p.m. each week.

1st place winners winners will receive \$1000! Second place team will receive \$500 and 3rd place team will receive \$250. There will also be an individual prize of \$250 for the one person who loses the most pounds.

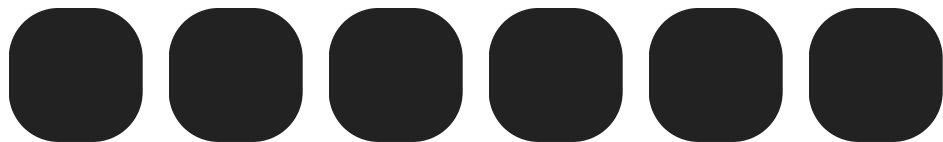
It's time to get your team together and lose weight. This is your year!

If you have questions contact the Regional Healthcare Foundation at

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Reale Cook is January 2014 Calendar Girl

JANUARY 02ND 2014 BY DEE LOFLIN

[Reale Cook is January 2014 Calendar Girl](#)

*Written by
Dee Loftin, SMT Manager/Editor*

Dexter, Missouri - Reale Cook has been chosen as the January 2014 Calendar Girl.

Cook is the daughter of Shannon and Karen Cook. She is a senior at Dexter High School. She is active in Fellowship of Christian Athletes, Future Teachers of America and Varsity Football Cheer. She is also a member of the Dexter Honor Society.

Reale works at Hickory Log part-time while attending high school and plans to attend the University of Missouri - Columbia in the fall of 2014.

Congratulation Reale Cook!

Each year Miss Dexter and the attendants are chosen as Calendar Girls throughout the year. Miss Dexter contest is sponsored annually by the Dexter High School Music Department.

Photo submitted by Shannon Putnam. Thank you!

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Teenage Republicans Help Local Mission

DECEMBER 24TH 2013 BY STAFF WRITER

Teenage Republicans Help Local Mission

*Submitted by a
Loyal SMT Reader*

Dexter, MO - The spirit of the season was in the air on Friday as the Stoddard County TeenAge RepublicanS (TARS) club was on hand at the Stoddard County Gospel Mission to help distribute holiday baskets for the Christmas season.

Teenage Republican groups are common among high school level students throughout the United States. The group's objective is to encourage young men and women ages 13 to 18 to actively participate in the political process.

Students involved with the TeenAge RepublicanS find opportunities to expand their leadership skills while gaining a deeper understanding of the conservative principles of the Republican Party.

Service to our community remains one of the primary activities of the group. The group's adviser is Mrs. Nancy Mayer. On hand for a quick picture for the group is (l to r): Joe Foster, Micah Cox, Lexi May, Mary Kate Miller, and Alexis Smith.

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Governor's Caring for Missourians: Mental Health Initiative

DECEMBER 19TH 2013 BY DEE LOFLIN

Governor's Caring for Missourians: Mental Health Initiative

*Submitted by Jill Temples
SMT Writer*

Columbia, Missouri – Gov. Jay Nixon today announced that his balanced budget proposal for Fiscal Year 2015 will include \$20 million in grants for Missouri's public colleges and universities to educate an additional 1,200 students for careers in high-demand mental health care fields through the Governor's Caring for Missourians: Mental Health initiative.

"From teaching a child with autism how to interact with peers, to working with law enforcement to respond to a parent in mental health crisis, these health professionals will build on the work we've already done to strengthen communities and make sure Missourians have access to the care they need," Gov. Nixon said. "With our economy continuing to pick up steam, this strategic investment will help Missourians with mental and developmental challenges live up to their God-given potential, while creating more high-paying jobs in our communities."

The Governor made his announcement during a visit to Moberly Area Community College's Columbia Higher Education Center. Under the Governor's Caring for Missourians: Mental Health proposal, Moberly Area Community College would receive a \$167,000 grant to establish classroom and lab space in Columbia to train occupational therapy assistants and create a new behavioral health technician certificate.

"As a former mental health provider, I truly believe that preparing our graduates for this profession will provide them solid career opportunities while strengthening the communities they serve," said Dr. Jeff Lashley, MACC President. "Gov. Nixon's commitment to Missouri's community colleges is greatly appreciated as we continue our work of preparing students for success in a growing economy."

The Governor was also joined by representatives from the University of Missouri System. Under the Governor's Caring for Missourians: Mental Health proposal, the University of Missouri – Columbia would receive a \$6,429,588 grant to prepare more psychiatric nurses, psychiatrists, occupational therapists, speech pathologists, physical therapists and licensed psychologists, including new doctoral internship positions at Fulton State Hospital.

"The University of Missouri System is committed to expanding educational opportunities and improving quality of life for all Missourians, and we greatly appreciate Gov. Nixon's support in helping us achieve this critical mission through initiatives like Caring for Missourians," said Timothy M. Wolfe, University of Missouri System President. "This new effort will help to strengthen Missouri's mental health system and give our graduates real-world experience as they prepare to enter this high-demand field."

The Governor said the initiative would help to address a critical shortage of mental health professionals to provide treatment and support to Missourians with developmental disabilities, mental illness or substance abuse disorders. For example, 104 Missouri counties and most of St. Louis City are designated by the federal government as mental health professional shortage areas. Seventy-two counties of Missouri's 114 counties lack a licensed psychiatrist. And while applied behavior analysis is one of the most effective tools for treating autism spectrum disorders, 90 of Missouri's 114 counties do not have a resident licensed analyst to provide this treatment.

Under the Governor’s Caring for Missourians: Mental Health proposal, a number of Missouri public colleges and universities would receive grants, including:

Missouri State University	\$1,667,930
Southeast Missouri State University	\$1,347,596
University of Central Missouri	\$610,940
University of Missouri -- Kansas City	\$4,156,400
University of Missouri – St. Louis	\$1,676,307
University of Missouri – Columbia	\$6,429,588
Truman State University	\$520,524
Lincoln University	\$172,960
Northwest Missouri State University	\$216,200
Crowder College	\$216,076
East Central College	\$74,453
Jefferson College	\$301,410
Mineral Area College	\$195,803
Moberly Area Community College	\$167,283
Metropolitan Community College	\$439,892
North Central Missouri College	\$114,071
Ozarks Technical Community College	\$579,228
St. Charles Community College	\$155,000
State Fair Community College	\$91,585
St. Louis Community College	\$349,900
Three Rivers College	\$308,965

Launched by Gov. Nixon in 2009, Caring for Missourians is a strategic effort to increase the number of health care professionals being educated at Missouri’s public colleges and universities. Since 2009, \$40 million has been invested in Missouri’s two- and four-year institutions of higher learning to help 1,500 more Missourians pursue careers as nurses, physicians, dentists and other health professionals.

Improving care for Missourians with mental and developmental challenges has been a top priority of Gov. Nixon and his administration. In 2010, Gov. Nixon launched Missouri’s Partnership for Hope to help thousands of Missourians with developmental disabilities live fuller lives. Prior to implementation of the Partnership for Hope, demand for home- and community-based services resulted in a large backlog of Missouri families waiting for help. Because of the backlog,

many families waited years to receive the services they needed. Currently, the Partnership for Hope is serving more than 2,700 people with developmental disabilities in 99 counties statewide and the City of St. Louis.

Gov. Nixon implemented a \$10 million strategic initiative to help identify and treat people with severe mental illness before they reach crisis point, and help communities respond to those who do. The Governor's initiative included placing Mental Health Liaisons at each of the 29 Community Mental Health Centers across Missouri; an expansion of Crisis Intervention and Mental Health First-Aid training throughout the state; and resources for emergency room intervention teams to work with patients needing coordinated care.

Recently, Gov. Nixon announced his proposal for a strategic bond issuance that will make the resources available for the construction of a new high- and intermediate- security psychiatric facility at Fulton State Hospital. Built in 1851, the Fulton State Hospital is the oldest state psychiatric hospital west of the Mississippi River and houses the state's only maximum-security psychiatric facility.

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