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Women's Rabbit Hunt Clinic

JANUARY 18TH 2014 BY DEE LOFLIN

Women's Rabbit Hunt Clinic

Submitted by

Dee Loflin, SMT Manager/Editor

Puxico, Missouri – The weekend before Valentine's Day is the perfect time for Southeast Missouri women to relax and have fun hunting rabbits, according to the Missouri Department of Conservation (MDC). The MDC announces the annual Women's Rabbit Hunting Clinic is scheduled for Feb. 8, beginning at 8 a.m., near Duck Creek Conservation Area (CA).

"This is a very hands-on course and is an environment where anyone can learn, even if they've never fired a gun before," said Conservation Agent Mic Plunkett.

The clinic begins with an introduction to rabbit hunting at the conservation area headquarters, where the women learn rabbit species identification, hunting techniques, safety and regulations. They then learn how beagles assist in hunting rabbits before testing their shooting capabilities with expert instruction.

"We ensure each participant gets an opportunity to target shoot with one-on-one instruction before we take them to the field to hunt," Plunkett said.

"This is an opportunity where someone who's never hunted before, or had little opportunity to hunt, to get a hands on experience and really become comfortable with heading to the field to hunt," Plunkett said. After target practice and classroom instruction, the group is accompanied by guides while they try their hand at hunting rabbits. At the end of the day, there's instruction on cleaning and cooking the harvest, before the new hunters share their stories around a dinner table. Because of the proximity to the Valentine's holiday, there's usually some chocolate involved in the dinner as well.

Plunkett said those who sign up should come prepared for camaraderie, shared adventures and excitement.

"Every part of the clinic is designed to take someone through the whole experience step by step to ensure safety, a fun time and an understanding of why hunting is important," Plunkett said.

For more information and to sign up for the 2013 Women's Rabbit Hunting Clinic, call the MDC's Southeast Regional Office at (573)290-5730. For more information about rabbit hunting in Missouri, go online to mdc.mo.gov.

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Stoddard County Board of Real Estate - New Officers

JANUARY 15TH 2014 BY DEE LOFLIN

Stoddard County Board of Real Estate - New Officers

Article Submitted to news@showmetimes.com

Dexter, Missouri - Members of The Stoddard County Board of Real Estate met Tuesday, January 14th at the Hickory Log in Dexter for installation of the 2014 officers for their organization.

The Christmas dinner and installation had been postponed due to bad weather in December. The large crowd enjoyed a good meal, Christmas gifts and fellowship with each other.

The officers were installed by Leslie Kyle. Pictured from left to right are Board of Directors; Linda Collier, Audrey Holifield, and Sherry Burnett, Treasurer Mary Worley, Secretary Alisha Trammell, Vice President Shirley Carney and President Melonie Payne.

Thank you Linda Collier for your submitted article. Without the support of our beautiful community the ShowMe Times could not exist! What a wonderful group of people we have!

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Bernie PAT Receives \$500 Grant

JANUARY 08TH 2014 BY DEE LOFLIN

Bernie PAT Receives \$500 Grant

Submitted by Dee Loflin, SMT Manager/Editor

Bernie, Missouri - The Dexter Wal-mart recently provided Bernie's Parents as Teachers program with a \$500 grant to be used to help the parent educators better service their families.

A larger variety of parent/child activities will be available, which will provide the parent educators better resources to meet the needs of their families and children.

Furthermore, additional group activities will be arranged. This will provide more community support and result in stronger families for the children of Bernie.

Check out their Facebook page by clicking HERE.

PAT wants to assist you in giving your child the best possible start. Please call or email Mrs. McGarity or Mrs. Williams to set up your first appointment. Appointment times are limited, so please don't delay!

If you would like more information call 573-293-5335 ext. 293 or email to **mcgaritc@bernie.k12.mo.us**

williamp@bernie.k12.mo.us

For more information you can also visit the National Parents as Teachers website. www.parentsasteachers.org

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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!

Weight Loss Challenge is Back!

Written by Dee Loflin, 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.

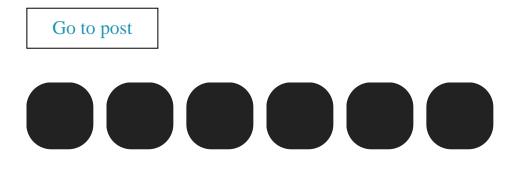
1st place winners winners will receive \$1000! Second place team will receive \$500 and 3rd place team will receive \$250. There will also be an individual prize of \$250 for the one person who loses the most pounds.

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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