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Saakumu Dance Troupe to Perform at Three Rivers

FEBRUARY 04TH 2014 BY DEE LOFLIN

Saakumu Dance Troupe to Perform at Three Rivers

*Submitted by
Dee Loflin, SMT Manager/Editor*

Poplar Bluff, Missouri - The Saakumu Dance Troupe, a world-touring performance group out of Ghana, Africa, will perform at Three Rivers College for Black History Month on Wednesday, Feb. 5, at 6 p.m. in the Tinnin Fine Arts Center. The performance is free to the public.

Led by master musician Bernard Woma, the troupe (whose name means “Tradition”) performs traditional music and dance from across Africa, combined with contemporary pieces inspired by African culture. Designated as one of Ghana’s official performing groups in 2007, Saakumu has performed extensively across the United States and West Africa.

“We’re extremely pleased to host the Saakumu Dance Troupe at Three Rivers for Black History Month,” said Hillary Speer, Coordinator of Student Engagement at Three Rivers. “They’re a world-class group that’s had an immense cultural impact across America. We’re looking forward to seeing them perform live for our community.”

Saakumu’s performances are drawn from the spiritual, ceremonial, and recreational music of West Africa, with pieces drawn from the tribal cultures of Ghana, Nigeria, and Benin. Woma then blends the traditional music and dance

forms with contemporary elements to create a unique experience that connects to the traditional while retaining a modern relevance.

“If we understand each other's culture, we'll understand each other's situation...In Africa in music, every mistake is a new style,” said Woma. “My focus is preserving traditional music, in contrast to the Afro-pop, which blends New and Old World styles. Afro-pop has its own language.”

Three Rivers College is committed to contributing to the quality of life in Southeast Missouri with quality, affordable higher education opportunities and community services that support and encourage the economic, civic, and cultural vitality of the region. For more information about college and workforce programs and upcoming events, visit trcc.edu.

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Bootheel Counseling Awarded 3-Year CARF

Accreditation

FEBRUARY 03RD 2014 BY DEE LOFLIN

Bootheel Counseling Awarded 3-Year CARF Accreditation

Submitted by
Dee Loflin, SMT Manager/Editor

Southeast Missouri - Bootheel Counseling Services has earned the highest level of accreditation possible by CARF International, the premier accreditation body of health and human service organizations. Bootheel Counseling Services has been accredited for a period of three years on the following programs:

- * Community Integration: Mental Health (Children, Adolescents and Adults)
- * Crisis Intervention: Mental Health (Children, Adolescents and Adults)
- * Health Home: Comprehensive Care (Children, Adolescents and Adults)
- * Outpatient treatment: Mental Health (Children, Adolescents and Adults)

CARF is an independent, non-profit accrediting body whose mission is to promote the quality value and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served. Founded in 1966, as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.

This accreditation decision represents the highest level of accreditation that can be awarded to an organization and shows the organization's substantial conformance to the CARF standards. An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process and has demonstrated to a team of surveyors during an on-site visit that its programs and services are of the highest quality, measurable and accountable.

"The accreditation received from CARF communicates to our community and clients that Bootheel Counseling Services staff meet international standards for

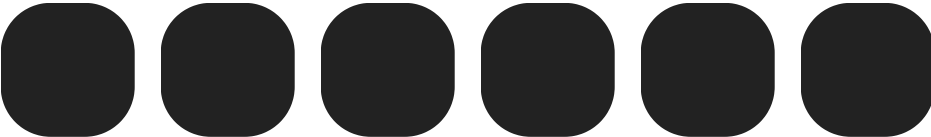
quality and consistently work toward excellence in providing programs and services to our consumers, “ said Cheryl Jones, Executive Director of Bootheel Counseling Services & Family Medical Clinic. “We are very proud to share the accreditation results with our consumers and our community.”

Bootheel Counseling Services & Family Medical Clinic is a private, not for profit charitable organization committed to providing excellent comprehensive behavioral and primary health care to residents in Scott, Stoddard, Mississippi and New Madrid County. Bootheel Counseling Services has been providing mental health services to our community since 1976 the Family Medical Clinic has been providing physical health care since 2011 helping residences in our community to lead healthier, happier, more productive lives.

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Schools Cash In on Buckling Up

JANUARY 22ND 2014 BY DEE LOFLIN

Sikeston, Missouri - Missouri schools took the challenge to buckle up and made it click with students. Across the state, 195 schools participated in this year's Battle of the Belt Challenge-a competition to raise seat belt use among teens. Forty-three Southeast Missouri high schools participated in the challenge.

Participating schools launched two surprise seat belt checks at each school to measure student seat belt use before and after an educational campaign. In addition, schools had the opportunity to submit a 30-second video spot to encourage their peers to buckle up.

Saxony Lutheran High School of Jackson, Mo., won the Southeast Missouri Coalition for Roadway Safety's award for the Highest Overall Seat Belt Use achieving 98.9 percent seat belt use. Clearwater High School of Piedmont, Mo., won the Southeast Missouri Coalition for Roadway Safety's award for the Most Improved Seat Belt Use improving their seat belt use by 32.8 percent. Both schools will receive \$500 donated by American Family Insurance to be used for future seat belt educational programs at the schools.

Thirty-seven schools will receive statewide recognition for seat belt use that reached gold (99-100%), silver (95-98%) or bronze (91-94%) levels of seat belt use and will receive banners to display at the schools donated by the Missouri College of Emergency Physicians. In Southeast Missouri, those schools include:

- Saxony Lutheran High School of Jackson, Mo.-98.9% (Silver)
- Notre Dame High School of Cape Girardeau, Mo.-98.37% (Silver)
- Thomas W. Kelly High School of Benton, Mo.-96.55% (Silver)

For the 30-second video competition, 42 videos were submitted by Missouri high schools. The top three winning videos will also receive funding to further seat belt educational programs at their schools. The winning videos were submitted by the following schools and can be viewed by visiting <http://www.savemolives.com/>.

- 1st Place-Washington High School of Washington, Mo. for "Stay in the Picture"

- 2nd Place-Pattonville High School of Maryland Heights, Mo. for "4 Seconds"
- 3rd Place-Washington High School of Washington, Mo. for "Buckle Up Arrive Alive"

"We're proud of our local schools for showing a commitment to buckling up and wanting to help other teens understand the importance of wearing a seat belt every time they ride in or drive a vehicle," said Sandy Taurone, regional contact for Battle of the Belt. "Seat belts save lives."

Traffic crashes are a leading cause of death for people 15-20 years old. Results of a 2013 survey among Missouri teens indicate 33 percent of teens are not wearing their seat belt putting them at greater risk to get killed or injured in traffic crashes. Seven out of 10 teens killed in Missouri traffic crashes are unbuckled.

Battle of the Belt was originally brought to southwest Missouri by the Missouri Emergency Nurses Association and St. John's Hospital. In 2006, the Missouri Coalition for Roadway Safety, in conjunction with American Family Insurance, took the competition statewide and continue to sponsor this year's program with the Missouri College of Emergency Physicians.

Is your school ready to take the challenge to buckle up? Learn more at <http://www.savemolives.com/>.

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Rotary Chili Day Is Tuesday, January 21st

JANUARY 20TH 2014 BY DEE LOFLIN

Rotary Chili Day Is Tuesday, January 21st

*Written by
Dee Loftin, SMT Manager/Editor*

Dexter, Missouri - The Rotary Club of Dexter will host their annual Chili Day on Tuesday, January 21st at the Sacred Heart Catholic Church Hall in Dexter. The weather is cold, but the chili is warm!

The serving times are from 11 a.m. until 6 p.m. with carry-outs also available. Call 820-6168 to order a carry-out meal. the cost is \$6.00 per meal with vegetable beef soup available as an alternative.

All proceeds go to fund Dexter Rotary Club projects including Boys State, Girls State, Stoddard County Gospel Mission and high school scholarships, beautification projects and more.

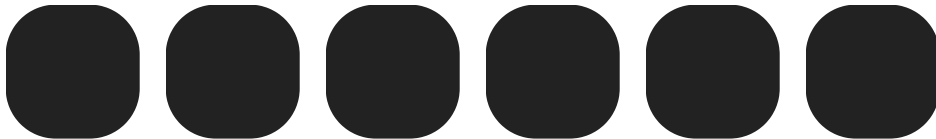
Children under three years of age eat for free.

The public is encouraged to attend.

Shown in the photo are Rotarians Phil Ternes, owner of Pizza Hut and Wayne Jean, owner of Jean & Co.

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Women's Rabbit Hunt Clinic

JANUARY 18TH 2014 BY DEE LOFLIN

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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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