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4-H Members Attend State 4-H Congress

JUNE 12TH 2014 BY DEE LOFLIN

4-H Members Attend State 4-H Congress

*Written by
Dee Loflin, SMT Manager/Writer*

Stoddard County, Missouri – Four members of the Stoddard County 4-H attended the 2014 State 4-H Congress held on May 28th – 30th on the University of Missouri – Columbia campus. They learned “Skills of a Superleader” including life skills from experts, experiencing living on a University campus, they elected State 4-H Council Representatives and made lots of new friends.

They attended informative workshops such as Duct Tape Roses, Harry S. Truman and the Atomic Bomb, Interactive Theatre Performance, Veterinary School Admissions, Citizenship Learnshop and they were able to go to the Capital in Jefferson City.

4-H is part of University of Missouri Extension and is publicly supported by county, state, and federal governments. Their motto – to make the best better! If you would like to know more about the Stoddard County 4-H check them out on Facebook by clicking **HERE**.

Shown in the photo are from left to right: Emily Johns, Megan Martin, Celeste Huey, and Megan Cullum.

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18FORE Life Love Offering Recipients Share Their Story

JUNE 10TH 2014 BY DEE LOFLIN

18FORE Life Love Offering Recipients Share Their Story

*Written by
Dee Loflin, SMT Manager/Writer*

Dexter, Missouri - Their spirit, their bravery, their courage and their passion to live is what makes cancer survivors strong.

When you first hear the word cancer you become numb. Your mind begins to race with thoughts of painful treatments, your family, your work, and even death. It is 18 FORE Life's hope that watching this video will empower you to inspire others to support such a wonderful organization and help those who are facing their greatest battle in life.

You will begin to understand what a cancer survivor fears and how a shocking diagnosis has forever impacted their lives. For caregivers, watching their child or loved one endure treatment after treatment and somehow manage to balance work, bills and life is more than challenging. 18FORE Life gives comfort to those who receive these love offerings. It's more than just money. It's about caring and knowing that someone is thinking of you.

David Robinson with October Skies Production, Inc. created an amazing video of 18 FORE Life love offering recipients. It was shown at the 18FORE Life banquet on Friday, June 6, 2014. Take just 15 minutes and watch. Grab a tissue as there was not a dry eye in the house Friday night! These courageous men and women shared stories of their journey and struggles of dealing with cancer.

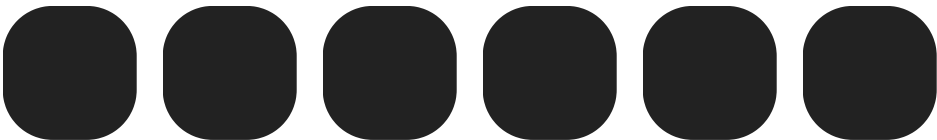
If you were not able to attend the banquet it's a must see. If you were there is well worth watching again.

To view video please click **18FORE Life**.

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Becking Clinic, Not Just a Chiropractic Office

JUNE 10TH 2014 BY DEE LOFLIN

Becking Clinic, Not Just a Chiropractic Office

*Written by
Dee Loflin, SMT Manager/Writer*

Dexter, Missouri – If you've tried and failed to lose weight before, you may believe that diets don't work. The **Becking Clinic** just might be the answer to your prayers. They have many inspiring success stories and over the next few months they will share many of their stories with our ShowMe Times readers.

All of us at one time or another have wanted to lose a few pounds or at the very least live a healthier lifestyle. Dr. Eric Becking who heads the **Becking Clinic** team provides an innovative, integrated care for patients who have made their health a top priority.

Eric and his wife, Chantelle are Dexter natives and though their lives have taken them around the world, they love coming back to the heartland. "We are both passionate about helping people," commented Dr. Becking. "We are very driven to help people make positive changes in their lives."

When he started **Becking Clinic** he mainly offered chiropractic services; however over the years Eric has broaden the scope to much more than just simple alignments and back adjustments. Dr. Becking has created an innovative health care clinic with many services such as:

- €€€€ € € € € * Pain Management Therapy
- €€€€ € € € € * State-of-the-art Exercise Technology with
Whole Body Vibration

- €€€ € € € € * Electronic Self Check-In with helpful videos
- €€€ € € € € * Extraordinary Weight Loss Program
- €€€€ € € €€ * € And much more.....

Eric knew from a very young age he wanted to be a healer. He underwent extensive hand surgery and hand rehabilitation. “I loved the surgeon,” he said. “My therapist was great. They cared for me and it changed my life.”

Dr. Becking earned a Bachelor of Arts degree at the University of Missouri and a Bachelor of Science degree at Logan College of Chiropractic and later a Doctor of Chiropractic degree at Logan College. He earned his Board Certification in 2004.

It takes a team of knowledgeable like-minded individuals to operate his clinic. He works collaboratively with physicians and specialists to ensure a patient’s optimal health and his staff are well versed in helping you achieve your goals.

His wife supports him as **Becking Clinic’s** Strategic Partner and Consultant. “I am involved in our practice by supporting my husband and contributing to the success of our staff,” commented Chantelle. “I meet with the team weekly to help guide and support the most effective processes for a truly enjoyable and productive experience in our clinic. I want to welcome you and I am certain you will find your life improved from working with us.”

Chantelle and Eric both graduated from Dexter Senior High School and have been

</images/2014 Images/Becking 1.jpg>

married 17 years. They weren’t sure if they wanted children early on, but now they have four children. Adopting from two countries, Guatemala and Ethiopia, they have created a warm and caring environment for their children. “We are very passionate about adoption,” stated Eric. “Three years ago we did something we never thought we would do either and became foster parents after learning the level of need in our area. As parents we love big, mess up daily, learn and move forward. It takes a lot of grace.”

Dr. Becking is as passionate about his clinic as he is about his family. He truly understands your current health challenge and what your options are to improve. The **Becking Clinic** is committed to getting you better.

All of us know someone who is struggling to lose weight. Their doctor-supervised Weight Loss Program has dramatic results. A typical client can lose 20-35 pounds in 42 days. Imagine what that can do your health and self-esteem. The ShowMe Times will be bringing you a series of wonderful success stories over the next few months so you can see real people in the community doing what they have dreamed of doing for years – lose weight and get healthy.

If you would like more information about the **Becking Clinic** go to their website by clicking **HERE** or give Dr. Becking and his staff a call at 573-243-9777.

The **Becking Clinic** will soon be offering services in the Dexter area and are currently located at 528 E. Jackson Blvd in Jackson, Missouri.

“I want to be authentic and real! Life and people are so much more interesting when they are real,” Becking stated. “Sometimes when I read stuff about people I wish they would be more real.” When you visit with Dr. Becking you will know he is the real deal! He is kind, compassionate, and truly dedicated to helping people. It’s time to start your new journey in life. Eric and his team will be with you every step of the way.

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18FORE Life and the Legendary Whitey Herzog

JUNE 06TH 2014 BY DEE LOFLIN

18FORE Life and the Legendary Whitey Herzog

Written by

Dee Loflin, SMT Manager/Editor

Dexter, Missouri – It all began in 1999 as a way for good friends to get together and do something good for others in the community. Today, it has given hope and a helping hand to those fighting cancer.

This extraordinary weekend is here and it all begins tonight with a banquet to dedicate the memory of Ben Kruse, who together with his brother Scott, and some friends, wanted to do something great to genuinely help people in need.

When Ben's life was tragically cut short in August of 2004, his work was carried on through his brother and all who came together on that first weekend so many years ago.

The Ben Kruse 18FORE Life Foundation has given over one million dollars in love offers thanks to the kind and generous donations of people in our community.

The legendary Dorrel Norman Elvert "Whitey" Herzog will be tonight's speaker at their annual banquet. White led the St. Louis Cardinals to win the 1982 Worlds Series and made two other World Series appearances in 1985 and 1987. He was inducted into the Baseball Hall of Fame on July 25, 2010 and will be inducted into the St. Louis Cardinals Hall of Fame Museum on August 16, 2014. The St. Louis Cardinals retired the number "24", which he wore during his managerial tenure with the club.

Ben Kruse 18 FORE Life Charity Golf will also be held this weekend beginning with the banquet tonight at the Elks Lodge on Two Mile Road in Dexter. Doors

open at 4:30 p.m. with dinner at 6:00 p.m. Saturday tee times are 7:00 a.m. and 1:00 p.m. at the Hidden Trails Country Club with a 4 person scramble, silent auction, and dinner to follow.

We thank Scott and Kerri Kruse for all of their hard work, dedication, and the tremendous efforts of bringing hope to so many in our community.
Celebrate/Give/Remember!

LAST UPDATED ON JUNE 06TH 2014 BY DEE LOFLIN

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Caroline Powers is June Calendar Girl

JUNE 04TH 2014 BY DEE LOFLIN

Caroline Powers is June Calendar Girl

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri – Caroline Francis Powers has been chosen as the June Calendar Girl.

Caroline is the 15 year-old daughter of Chuck and Felicia Powers. She will be attending Dexter Senior High School as a sophomore in the fall.

Miss Powers is involved in Student Council, a member of FCA, Kickin’ Cats Dance Team, Varsity Football Cheer and Honor’s Choir. She received a 1 rating at the State Choir competition.

She also is very involved with First Baptist Church Refuge and choir.

Her hobbies are singing, playing piano, watching Lifetime Movies, fishing, swimming going to baseball games and theme parks. She loves spending time with her family and friends.

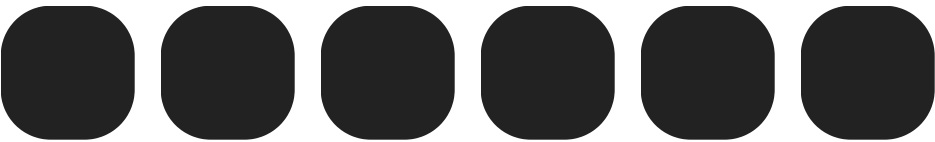
Miss Caroline Powers is an attendant to Miss Dexter 2013, which is sponsored annually by the Dexter Senior High School Music Department. Eash year the attendants are chosen as Calendar Girls throughout the year.

Congratulations Caroline!

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