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Flooding Closes Parts of Peck Ranch

JULY 09TH 2014 BY DEE LOFLIN

Flooding Closes Parts of Peck Ranch

*Submitted by
Dee Loflin, SMT Manager/Editor*

Winona, Missouri - The Missouri Department of Conservation (MDC) has closed the refuge portion of the Peck Ranch Conservation Area until further notice due to road damage caused by recent flooding. This closure includes the elk viewing route.

Wildlife Biologist Preston Mabry, manager of Peck Ranch Conservation Area, said this puts a temporary halt on auto tours and other activities in the refuge. He said access is still allowed on approximately 12,000 acres outside the marked refuge fence.

The Peck Ranch Conservation Area lies in both Carter and Shannon counties. The refuge portion of the area encompasses approximately 11,500 acres. In the portion of the Peck Area that's open to the public, Mabry still recommends caution wherever roads might have suffered damage due to recent flooding.

For more information, call the Peck Ranch Conservation Area at 573-323-4249 or the Missouri Department of Conservation's Ozark Regional Office in West Plains at 417-256-7161.

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Business After Hours Hosted by Bagby Investment Consultants

JULY 07TH 2014 BY DEE LOFLIN

Business After Hours Hosted by Bagby Investment Consultants

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri – Mark your calendar for this month's Business After Hours sponsored by the Dexter Chamber of Commerce. This month's host is Bagby Investment Consultants at 302 N. Walnut Street.

This event is open to the public from 5:00 p.m. – 6:30 p.m. on Tuesday, July 8th. Everyone is encouraged to attend.

Bagby Investment Consultants mission is to provide wealth management services as well as tactical and strategic investment advice to help their clients build, preserve, and utilize wealth.

They are an independent Registered Investment Advisory firm and use outside qualified custodial forms to hold their client's funds so you can feel confident that your portfolio is secure. Your accounts are SIPC insured.

For more information about Bagby Investment Consultants click **HERE**.

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Dexter Men Newly Commissioned Troopers

JULY 06TH 2014 BY DEE LOFLIN

*Submitted by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri – The Missouri Highway Patrol is proud to announce 34 newly commissioned troopers including two from Dexter, Missouri.

According to Col. Ron Replogle, superintendent of the patrol, the group was commissioned in a ceremony on June 27, 2014, on the south lawn of the Missouri State Capitol.

Landon J. Haggett and Gregory T. Ulm, both Dexter natives, are among the new academy graduates. Haggett has been assigned to New Madrid and Pemiscot Counties in Troop E, while Ulm will be working in Carter and Reynolds Counties in Troop G.

Governor Jay Nixon gave the keynote address at the graduation ceremony. In his remarks, the governor congratulated the new troopers and also issued a charge. Referencing President Thomas Jefferson's comments about Meriwether Lewis, Gov. Nixon encouraged the class to have, "undaunted courage, possessing a firmness and perseverance of purpose ..." He expressed his respect for the Missouri State Highway Patrol, saying the organization not only embraces its traditions, but also embraces diversity, and advancements in technology and equipment. The governor said that the new troopers don't know what challenges they will meet each day, but that he has supreme confidence in the Missouri State Highway Patrol and that confidence now extends to each of them.

Replogle also spoke to the class, offering his congratulations and emphasizing the importance of their family's support throughout the rigorous 26 weeks of Academy training. He instructed the new troopers always remember the **Patrol's core values-- integrity, responsibility, respect, professionalism, compassion, resourcefulness, character, and commitment.** The colonel reminded the troopers that they are ladies and gentlemen who enforce the law, and to treat others as they would want to be treated.

The 98th Recruit Class reported to the Academy on January 2, 2014. The new troopers will report for duty in their assigned troops on July 14, 2014. Listed below are the names, hometowns, and first assignments for the other 32 members of

the 98th Recruit Class:

Matthew P. Acord, Bonne Terre, MO, Troop F, Miller County

Ruthanne A. Altaffer, Springfield, MO, Troop D, Greene County

Grant A. Ayres, Jefferson City, MO, Troop I, Crawford County

Daniel R. Becker, Athens, IL, Troop A, Platte County

Logan M. Bolton, Salem, IL, Troop C, Jefferson County

Jeffrey J. Burnett, Sparks, NV, Troop C, St. Charles, County

Keenan J. Cool, Newton, MO, Troop H, Daviess/DeKalb Counties

Cathryn L. Davis, Wright City, MO, Troop G, N. Howell/Shannon Counties

Krystalyn H. Davis, St. Joseph, MO, Troop H, Andrew/Buchanan Counties

Iris R. Elfrink, Leopold, MO, Troop E, New Madrid/Mississippi/Scott Counties

Matthew R. Freeman, Kennett, MO, Troop E, New Madrid/Pemiscot Counties

Mark A. Frigy, Decatur, IL, Troop C, Franklin County

Gregory T. Hackett, Springfield, MO, Troop I, Pulaski/Maries County

Jacob R. Hardy, McKenzie, TN, Troop F, Camden County

Brandon L. Harris, Jefferson City, MO, Troop F, Boone County

David W. Henley Jr., Nevada, MO, Troop D, Greene County

Kyle L. Huggins, Poplar Bluff, MO, Troop E, Butler/Ripley Counties

Nicholas W. March, Columbia, MO, Troop C, Ste. Genevieve/Perry Counties

Brian N. Marquart, Ballwin, MO, Troop A, Clay County

Thomas W. Meyer, West Plains, MO, Troop D, Greene County

Tyler W. O'Brien, Springfield, IL, Troop B, Randolph/Monroe Counties.

Matthew R. Parker, Springfield, MO, Troop F, Camden County

Matthew H. Riley, Atlanta, MO, Troop B, Clark/Scotland Counties

Roberto A. Rizo, Rolla, MO, Troop I, Phelps/Maries Counties

Jose Sanchez Jr., Glendale, AZ, Troop C, North St. Louis County

Keith D. Scruggs, Overland, MO, Troop C, South St. Louis County

Spencer D. Sears, Gravois Mills, MO, Troop A, Clay County

Alex J. Shibley, Desloge, MO, Troop C, Ste. Genevieve/Perry Counties

Shaun P. Sprague, Agency, MO, Troop H, Andrew/Buchanan Counties

Tyler R. Stults, Branson, MO, Troop B, Marion/Ralls Counties

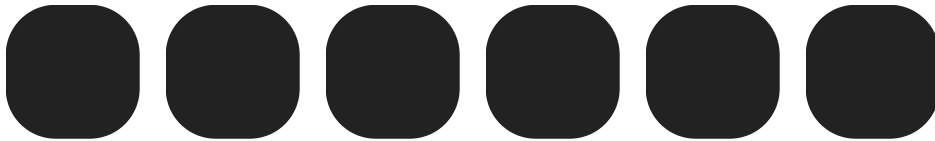
Cody D. Tucker, Corning, AR, Troop E, Wayne County

Ethan N. Wilson, Aurora, MO, Troop A, Platte County.

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Dr. Becking's Testimony of the Chiro Thin Program

JULY 01ST 2014 BY DEE LOFLIN

Dr. Becking's Testimony of the Chiro Thin Program

Written by

Dexter, Missouri - The Becking Clinic is now servicing residents in Stoddard County in beautiful downtown Dexter and they are searching for LOSERS!

Becking Clinic has offered the Chiro Thin weight loss program for nearly 3 years now in his clinic and Dr. Eric Becking has been blown away by the outcomes.

"I wanted to take a few seconds and share my personal story," commented Dr. Becking. "I chose to do the program so I could experience the actual process and be able to relate to our clients. This program is like nothing I have ever done. The first two days require you to, "load". You are required to eat 5000 calories, two days in a row. I know, it sounds crazy!"

"I started on Thanksgiving Day so I could easily achieve the 5000. I did put on 4 pounds and topped off at 181.2 pounds," continued Becking. "That was the heaviest I have ever been in my life. I ended my program on December 15th at 158.2 pounds for a total of 23 pounds lost in 20 days."

As of this morning Becking weighs 151.8 and he is over two years off the program. This program changed his life and many of his family members and close friends. It truly allowed him to change his lifestyle and reclaim the most important aspect of his health.

"I am seeing my shape in a way I haven't in decades. It's true what they say, "You are what you eat." I eat so much different now than I have my entire life. I cannot begin to tell you how amazing it feels to be at a size I was when I was a sophomore in high school, 20 years ago."

If you would like to ask Dr. Becking questions feel free to email him through the Ask Dr. Becking tab on their homepage of his website by clicking **HERE** or call him at 573-243-9777.

LAST UPDATED ON JULY 01ST 2014 BY DEE LOFLIN

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Make Safety Part of Your Summer Fun

JUNE 30TH 2014 BY DEE LOFLIN

Make Safety Part of Your Summer Fun

*Submitted by
Dee Loflin, SMT Manager/Editor*

Missouri - The Missouri State Highway Patrol reports that thus far, June 2014 has included 10 drownings in Missouri. Colonel Ron Replogle, superintendent of the Patrol, urges everyone to make safety a top priority as they enjoy Missouri's variety of rivers and lakes. Please follow these simple guidelines when swimming, floating, or taking part in any activity near water.

Swimming Safety

Even for children or adults who have good swimming skills, rivers and lakes contain elements that can make swimming dangerous. Swimmers and floaters need to be aware of currents, aquatic life, drop-offs, and floating debris at all times. As a swimmer, know your limits. All swimmers are encouraged to use a U.S. Coast Guard approved life jacket, especially young children and inexperienced swimmers. Everyone needs a swimming buddy—don't allow anyone to swim alone. Supervise all children in or near water, regardless of age. Exhaustion is a real concern. Exhaustion can occur if a swimmer is very tired, if

they swim too long or too hard, if they are dehydrated, or a combination of these and other factors. Younger, inexperienced swimmers may become exhausted before they realize they are in trouble. Drink plenty of water regularly, before you feel thirsty! Avoid drinks with alcohol or caffeine.

River Safety

This time of year finds many Missourians floating our vast number of rivers. A float trip can be a lot of fun, especially when everyone prepares with safety in mind. The group should discuss expectations regarding behavior and safety before the trip begins. Be aware of each person's swimming ability. If you stop along the way to swim, designate a responsible adult to supervise the swimmers at all times. Swim in places with calmer currents that are free of debris. Rope swings and jumping off bluffs/bridges might look like fun. However, you should avoid jumping into the water in this manner as there could be submerged logs or tree branches, which would cause injury.

Here are several more tips specific to floating:

- * Wear a U.S. Coast Guard approved life jacket at all times. Even gentle stretches of water can have unseen undercurrents. Trying to fight a swift current will exhaust swimmers of every ability.
- * Use sunscreen, and wear a hat and sunglasses to protect you from the sun. Wear water shoes. If your canoe/kayak/inner tube capsizes, they will protect your feet. Walking in rivers can be dangerous.
- * No one may have or use glass containers in any vessel that is easily susceptible to swamping, tipping, or rolling.
- * Scout the river section you intend to float. Be familiar with the river and its individual characteristics. Make a rescue plan if necessary. Pair an experienced paddler/floater with someone of less experience.
- * Learn to recognize river hazards such as strainers, dams with reverse hydraulics, boulders, barb wire across the river, eddies, etc.
- * Know your limits and do not attempt a section of river beyond your skill level.
- * Do not paddle or attempt to cross rivers in flood stage or after a heavy rain. Currents can become very swift, even in a normally shallow river.
- * If you capsize, hold onto your craft and move immediately to the upstream side to avoid being trapped between the boat and an obstacle. Float on your back, feet together and pointed downstream. Gradually work your way to the shore. Release

your craft only if it improves your safety.

- * Tie all your gear into the boat, but never yourself, children, or pets. Do not stand up in swift water (feet can get caught in rocks) but swim with the current at a 45 degree angle toward the shore.

- * Carry the proper equipment, including dry clothing and a first aid kit. Store all extra gear in a secure watertight container.

- * Stay sober. Alcohol and drugs affect balance, judgment, coordination, swimming skills, and the body's ability to stay warm.

- * Avoid being "too" — too tired, too drunk, too much sun, too far from safety, too much strenuous activity.

- * Learn basic water rescue techniques. When attempting a rescue, remember the adage of "Reach - Throw - Row - Go for Help." Unprepared rescuers run the risk of being caught in the same dangerous situation and can become a victim themselves. If you have to go after someone in the water, always put on a life jacket first.

The Missouri State Highway Patrol encourages everyone to enjoy Missouri's lakes and rivers. But, remember: A little forethought and planning help make summer fun safer.

LAST UPDATED ON JUNE 30TH 2014 BY DEE LOFLIN

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