



[TOP](#)

New Feature of the Leadership Dexter Program

OCTOBER 15TH 2015 BY DEE LOFLIN

New Feature of the Leadership Dexter Program

NEW FEATURE OF THE LEADERSHIP DEXTER PROGRAM

Dexter, Missouri - The Dexter Chamber of Commerce has added a new feature to the Leadership Dexter Program this year. This year's last session will be held on Thursday, November 19th. The Leadership Participants will begin the day with a breakfast and presentations from representatives from the various service clubs. At 8:00 they will travel to the chamber office on Market Street to participate in the True Colors Training program.

The Chamber is extending an invitation to its members via this email to consider attending the True Colors Training program. The program presentation will be from 8:30 AM until Noon followed by lunch. The fee for the training for the non-leadership participants will be \$30. Attendees will receive booklets to keep for reference after the seminar. If you or any of your employees would like to register, please send an reply email stating the names of the registrants and their contact information. The chamber will in turn mail an invoice to cover the cost of the seminar. Registration deadline will be Friday, November 13th.

What is [True Colors](#) and [what can it do for me?](#)

True Colors® is a model for understanding yourself and others based on your personality temperament. The colors of Orange, Gold, Green and Blue are used to differentiate the four central personality styles of True Colors®. Each of us has a combination of these True Colors that make up our personality spectrum, usually with one of the styles being

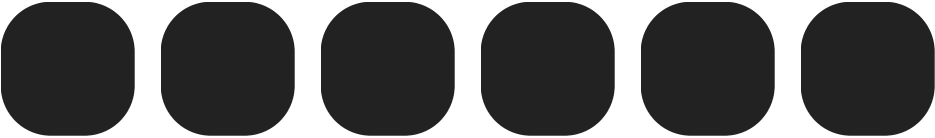
the most dominant. Identifying your personality and the personalities of others using True Colors provides you with insights into different motivations, actions and communication approaches. True Colors works because it is based on true principles and easy to remember and use – in all kinds of circumstances – from personal relationships to professional success.

For more information about True Colors go to - **True Colors Intl**

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[TOP](#)

Route 60 Reduced for Bridge Maintenance

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Butler County, Missouri - East and Westbound Route 60 in Butler County will be reduced with a 16 foot width restriction as Missouri Department of Transportation crews complete routine repairs to the overpass over Route 67.

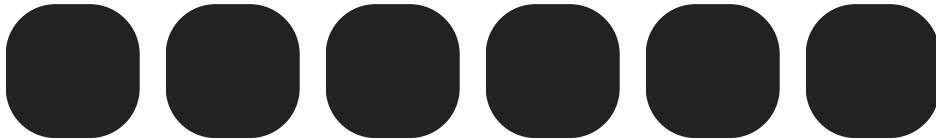
This is the Route 60 overpass, located north of Poplar Bluff.

Weather permitting, work will be performed Monday, Oct. 26 through Monday, Nov. 16 from 6 a.m. to 7 p.m. daily.

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Route M in Stoddard County Reduced to One Lane

OCTOBER 05TH 2015 BY DEE LOFLIN

Route M in Stoddard County Reduced to One Lane

Stoddard County, Missouri - Route M in Stoddard County will be reduced to one lane as Missouri Department of Transportation crews perform pavement repairs.

This section of roadway is located from Missouri Route 25 to Route PP.

Weather permitting, work will take place Tuesday, Oct. 6 through Friday, Oct. 9 from 8 a.m. to 3 p.m. daily.

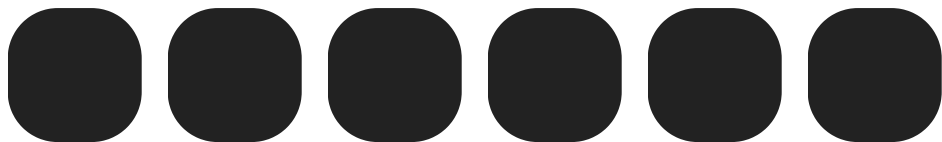
The work zone will be marked with signs. Motorists are urged to use extreme caution while traveling near the area.

For additional information, contact MoDOT's Customer Service Center toll-free at 1-888-ASK-MODOT (1-888-275-6636) or visit www.modot.org/southeast.

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Deer Hunters Can Help with Save the Harvest Program

OCTOBER 05TH 2015 BY DEE LOFLIN

Deer Hunters Can Help with Save the Harvest Program

Missouri - Many Missouri families can't afford to put high-quality, low-fat red meat on the dinner table. Deer hunters can help by sharing their harvests through Missouri's Share the Harvest program. The venison-donation program connects deer hunters with hungry Missourians through participating meat processors and local hunger-relief agencies around the state.

In 1992, a group of bowhunters in Missouri began the program to share the deer they harvested with those less fortunate. Since then, Missouri hunters have donated more than 3.3 million pounds of venison to the needy through Share the Harvest. Last year nearly 4,000 hunters donated more than 212,000 pounds of venison.

The program is administered by the Missouri Department of Conservation (MDC), the Conservation Federation of Missouri (CFM), and supported by numerous sponsors.

To participate, hunters simply take their harvested deer to one of more than 130 participating meat processors around the state and let the processor know how much venison they wish to donate to the program. Hunters can donate a few pounds to a whole deer. The processor will package the ground meat, which will be given to local charitable agencies for distribution to hungry Missourians.

The cost of processing is the hunter's responsibility, but funds are available to help with processing costs when a whole deer is donated. CFM reimburses processors a predetermined amount for each whole deer donated. This allows processors to reduce the processing fees to hunters. In addition, many processors have local funds available that allow deer to be processed for free or at reduced cost. Contact individual processors to determine if local funds are available.

To find participating processors pick up MDC's 2015 Fall Deer & Turkey Hunting Regulations and Information booklet at MDC offices and nature center, where hunting permits are sold, and online at mdc.mo.gov.

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[TOP](#)

St. Francis Kicks Off Pink-Up Campaign

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[St. Francis Kicks Off Pink-Up Campaign](#)

Campaign Supports FREE Mammography Program

Cape Girardeau, Missouri - Saint Francis Medical Center kicked off its annual Pink Up breast cancer awareness campaign with a bang on Thursday night. Nearly 1,600 guests, including breast cancer survivors, their families and supporters, and Southeast Missouri

State University student athletes gathered at the Medical Center's Cancer Institute for food, entertainment and shopping, all benefitting Dig for Life, Saint Francis' program that provides free mammography screenings and other cancer services for local women who could not otherwise afford them.

The evening featured the return of the Pink Up Choir, made up of singers and musicians from seven local churches and led by Barry Stone of Lynwood Baptist Church and a performance by 7-year-old twins Jayvon and Jayvion Biles of Charleston, Mo. Country music artist Candy Coburn of Dexter, Mo., joined the choir for a performance of her breast cancer anthem, "Pink Warrior." A spectacular fireworks finale brought the evening to a close.

National Breast Cancer Awareness Month also began October 1. Saint Francis and its many community partners will continue to raise awareness and funds for Dig for Life throughout the month. According to the American Cancer Society, death rates from breast cancer have been declining since about 1989, with larger decreases in women younger than 50. These decreases are believed to be the result of earlier detection through screening and increased awareness, as well as improved treatment.

Saint Francis launched Pink Up Cape in 2010 to raise awareness of breast cancer in the community. During the campaign, residents are encouraged to "pink up" their homes and businesses in support of the cause. Proceeds benefit Dig for Life, a joint effort of Saint Francis Medical Center, Southeast Missouri State University and private donors that provides free mammograms to area women who otherwise could not afford them. Dig for Life provides more than 400 free mammograms to local women each year, and has provided nearly 3,000 free mammograms since 2000. Last year, more than 195 local businesses, 50 schools and countless individuals raised more than \$215,000 in support of the program.

Breast cancer is the second-most diagnosed – and second-most fatal – cancer in women. One in eight women will be diagnosed with the disease in her lifetime, but early detection could save her life. Women age 40 and older should have a yearly screening and the Dig for Life program attempts to remove financial barriers for those who need the screening but cannot afford it.

Events supporting Dig for Life are scheduled throughout October and are listed at www.digforlife.com. Please visit the website or call 573-331-5133 to learn more or to donate to the cause.

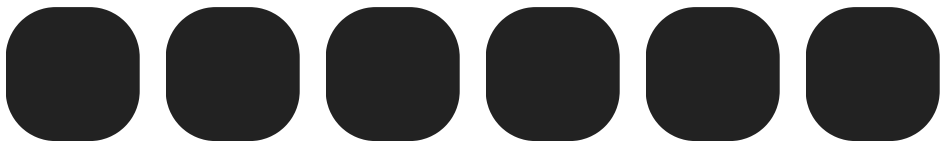
Saint Francis Medical Center is a 289-bed facility serving more than 650,000 people throughout Missouri, Illinois, Kentucky, Tennessee and Arkansas. Guided by its mission

to provide a ministry of healing and wellness inspired by its Christian philosophy and values, the Medical Center has become a progressive, innovative regional tertiary care referral center. Saint Francis' major service lines, which have received national recognition, include the Neurosciences Institute; Orthopedic Institute; Family BirthPlace, featuring the region's first Level III Neonatal Intensive Care Unit; Heart Hospital; Emergency and Trauma Center with Convenient Care; Cancer Institute; and Fitness Plus.

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