



TOP

Dow Croom Receives DAR Distinguished Citizen Medal

APRIL 18TH 2016 BY DEE LOFLIN

Dow Croom Receives DAR Distinguished Citizen Medal

Dexter, Missouri - On March 19, Dow Croom a Vietnam Veteran who resides in Dexter gave a program to the Chalk Bluff Chapter Daughters of the American Revolution on his experiences during the Vietnam War.

Mr. Croom served two tours with the US Army in Vietnam as a right door gunner on a troop transport helicopter. After the program, Mr. Croom was presented with the DAR Distinguished Citizen Medal.

The DAR Distinguished Citizen Medal is awarded to emergency first responders; active duty military and veterans of the United States Armed Forces; and citizens who have contributed to the defense and security of the community, state, or nation in an exceptional manner.

Mr. Croom also received the Eagle pin. This lapel pin is symbolic. The eagle represents courage, honor and dedicated service to our nation. As one of the most recognizable and notable American symbols, it is emblazoned with distinction on numerous military insignia. The color blue matches the canton of the American flag and signifies vigilance, perseverance and justice. The circle shape and blue color also match the official seal of the Commemoration. Laurel Wreath is a time-honored symbol representing victory, integrity and strength. The stripes behind the eagle represent the American flag. The six stars represent the six allies who served, sacrificed and fought alongside one another: Australia, New Zealand, the Philippines, the Republic of Korea, Thailand, and the United States. The message, "A Grateful Nation Thanks and Honors You," is embossed on the back, closest to the heart of the veteran who wears it.

March 29th represents the date in 1973 when the last troops left Vietnam.

Anyone interested in Daughters of the American Revolution may contact Kay Stevenson at kaystevenson82@gmail.com for more information.

Shown in the photo front row: Joyce Malin, Mary Lu Hill; back row: Barbara Lavonia, Ann Polsgrove, Regent, Mr. Dow Croom, Frieda Blakemore, Mary Bess Green; not pictured Kay Stevenson.

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[Go to post](#)



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[TOP](#)

Pancake Breakfast by Dexter Kiwanis Club

APRIL 15TH 2016 BY DEE LOFLIN

Pancake Breakfast by Dexter Kiwanis Club

Dexter, Missouri - The Dexter Kiwanis Club is having a Pancake Breakfast on Saturday, April 16th at the Sacred Heart Catholic Church Hall.

They will be serving from 6:00 AM to 11:00 AM and tickets are \$5.00 each.

The Dexter Kiwanis Club focuses its efforts on improving the lives of children in our community.

The Boy Scouts, Girl Scouts, Goodwill Games, Shop With a Hero, Stoddard County Gospel Mission Christmas, are just a few examples of how your support of their club will be used.

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[Go to post](#)



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Pets Are Worth Supporting (P.A.W.S.)

APRIL 08TH 2016 BY DEE LOFLIN

Pets Are Worth Supporting (P.A.W.S.)

Dexter, Missouri - Girl Scout Troop 71208 is participating in the 2016 Council-Wide Service Project "Pets Are Worth Supporting!" Girl Scouts are helping local animal shelters by collecting dog food, cat food, newspapers, bleach, and paper towels.

Doorhangers with information were placed all over Dexter last week and on Saturday, April 9th. Please place items on your front porch or in a bag and the Girl Scouts will collect them on Saturday.

If you have items and want to donate, please contact Angela Cochran at (573) 891-8230. All items will go to the local animal shelter.

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[Go to post](#)



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[TOP](#)

Forever Fit Ribbon Cutting

APRIL 07TH 2016 BY DEE LOFLIN

Forever Fit Ribbon Cutting

Dexter, Missouri - The Dexter Chamber of Commerce recently held a ribbon cutting for Forever Fit owned by Josh and Lori Robinson.

Together they have opened a private training facility in what used to be the Petal Stone in Dexter. Forever Fit is located at 13147 State Hwy D. They have outfitted their gym to "fit" the needs for a diverse group of clients and members who are looking to improve their fitness level, lose weight, gain muscle and improve their overall health and wellness.

Due to the desire to keep Forever Fit a private facility, the memberships will be capped at 30 total members. The Membership fees are \$125 per month and the fee includes a training program to help guide you while you are working toward your health and fitness goals. This program is sent to you in a text message daily and you will also be given access to Josh and Lori's secure library of exercise video tutorials to aid you in understanding how to safely and efficiently perform each exercise to maximize your efforts spent in the gym.

Nutritional programs can also be tailored to your specific goals. This will include a one to two hour consultation to discuss lifestyle and behavioral modification necessary to be successful as rapidly as possible. Josh or Lori will work to

produce the meal plan that is just right for you.

For more information about personal training contact Josh or Lori at (573) 625-9159 or (573) 625-3842.

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Story Hour Events at Keller Public Library

APRIL 06TH 2016 BY DEE LOFLIN

May Story Hour Events at Keller Public Library

Dexter, Missouri - Exciting things are happening in May at the Keller Public Library! Children's Story Hour continues with magic, fire trucks, and conservation! Story Hour is each Tuesday morning at 10:15 a.m. for pre-school ages.

Children's Story Hour May 2016, 1015 a.m.

May 3 - "May Magic!" presented by 2016 Friend of the Year Kim Cook

May 10 - "Fire Engine Red!" presented by Dexter Fire Chief Don Seymore

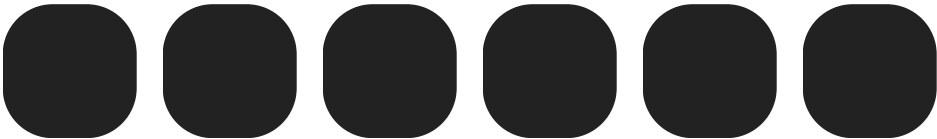
May 17 - "Hides and Furs!" presented by Missouri Department of Conservation Agent Mark Reed

Thursday, May 26, 5:15 P.M., Keller Public Library Board of Director's meeting, Library Community Room

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