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Louw Named Manager of Fitness Plus in Dexter

JUNE 22ND 2016 BY DEE LOFLIN

Louw Named Manager of Fitness Plus in Dexter

Dexter, Missouri - Saint Francis Healthcare System is pleased to welcome Herman Louw to his new position as manager at Fitness Plus Dexter, the newest branch of Fitness Plus.

Under the direction of the health and fitness director, Louw will assist with hiring, training, developing and generally managing the fitness center staff.

He earned his master's degree in exercise science from Southern Illinois University Edwardsville in 2007. Before his position with Saint Francis, Louw worked as an exercise physiologist at Carbondale Memorial Hospital, specializing in early mobility.

Saint Francis Medical Center is a 284-bed facility serving more than 713,000 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 Level III Trauma Center with Convenient Care; Cancer Institute; and Fitness Plus.

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Dexter PD Releases Results of Click It or Ticket Enforcement

JUNE 21ST 2016 BY DEE LOFLIN

Dexter PD Releases Results of Click It or Ticket Enforcement

Dexter Police Releases Results of Click It or Ticket Enforcement

Motorists Reminded to Buckle Up and Arrive Alive

Dexter, Missouri– The Dexter Police Department participated in the national Click

It or Ticket mobilization conducted May 23 – June 5. During the enforcement effort, officers

issued a total of 83 traffic tickets including: 41 seat belt tickets; 13 speeding tickets; and 29 other traffic violations. 2 fugitive arrests were made as a result of the crackdown.

“Seat belts are your single best defense in a crash,” stated Lieutenant Benton. “Law enforcement will continue to encourage drivers to make a simple, smart choice to buckle up and Arrive Alive.”

Six out of 10 people killed in Missouri traffic crashes are unbuckled. Missouri’s seat belt use has remained relatively unchanged in

the last six years. Missouri has a 79 percent seat belt use, which is well below the national average of 87 percent. Teens and pick-up truck drivers are among those least likely to buckle up at 67 and 63 percent.

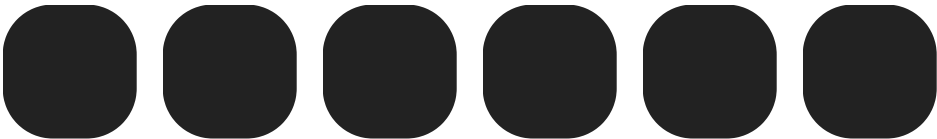
Buckle up and Arrive Alive. For more information on Missouri's seat belt use, visit

www.saveMOlives.com.

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Emily Galloway Named Patient Care Manager at Family Birthplace

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GALLOWAY NAMED PATIENT CARE MANAGER AT FAMILY BIRTHPLACE AND CHILDREN'S CENTER

CAPE GIRARDEAU, Missouri - Saint Francis Healthcare System announces the appointment of Emily Galloway, BSN, RN, as patient care manager of Family BirthPlace and Children's Center.

Galloway is responsible and accountable for the delivery of care, development of policies and procedures, standards of care and protocols, and assigns, directs and evaluates the work of the healthcare providers assigned to a specific area in accordance with the policies, procedures, philosophy and objectives of Saint Francis Healthcare System.

She joined Saint Francis in 2013 as a staff nurse in obstetrics and later became the assistant manager. Prior to coming to Saint Francis, Galloway worked as a staff nurse and childbirth educator for seven years at CoxHealth in Springfield, Mo. She earned her Bachelor of Science in nursing from Missouri State University in 2006.

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MoDOT Begins Mowing Season Across Missouri

JUNE 21ST 2016 BY DEE LOFLIN

MoDOT Begins Mowing Season Across Missouri

MoDOT begins mowing season for Missouri roadsides Motorists asked to slow down and pass crews carefully

Missouri - Pushing the lawn mower back and forth across the yard is a springtime necessity. It can be a pleasure for some and a chore for others. At MoDOT, our crews are beginning the mowing season with a main purpose: safety.

During May and June, there is a good chance you will see MoDOT crews out mowing on tractor mowers so motorists have a clear, safe line of sight as they cruise along state highways.

"We ask motorists to pay attention and slow down when approaching mowing crews. Please take the time to pass carefully and safely especially on rural two lane roads," said MoDOT State Maintenance Engineer Becky Allmeroth.

Major and minor routes will be mowed at least three times through the end of October. Along with the mowing, crews selectively use herbicides to stunt grass growth as well as to control brush and stop the spread of noxious weeds. Wildflowers are an added benefit of not mowing fence-to-fence and careful herbicide usage.

On rural two-lane roads, crews may use a protective "follow" truck to alert motorists they are approaching slow-moving mowers. Drivers are advised to use the following tips to safely pass mowers:

Be alert for trucks and tractors with lights flashing and moving slowly - 2 to 5 mph.

Slow down, and focus on the road ahead of you. Avoid talking and texting on a cell phone or other distractions.

Be prepared to stop or drive very slowly behind a "follow" truck, especially approaching a hill or curve on a two-lane road.

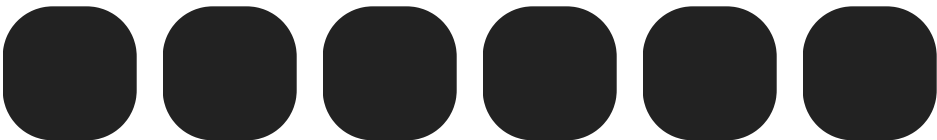
Obey the no passing zone stripes, and only pass when you can see far enough past the "follow" truck to avoid meeting oncoming traffic.

Between mowing cycles, report grass and weeds blocking visibility at intersections along state roads to MoDOT. Contact MoDOT's 24/7 Customer Service Center at 1-888-ASK-MODOT (1-888-275-6636), or fill out an online form at www.modot.org and click on Report A Road Concern.

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Sink Hole Closes State Highway N

JUNE 20TH 2016 BY DEE LOFLIN

Sink Hole Closes State Highway N

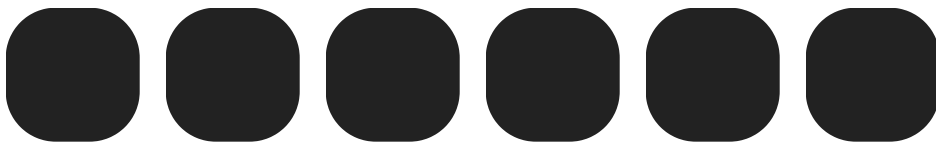
Cape Girardeau County - State Highway N between State Highway NN and County Road 253 is currently closed in Cape Girardeau County due to a sinkhole developing on the highway. MODOT has already begun fixing the hole; however it is unknown when the highway will be reopened.

Photo by Cape Girardeau County Sheriff's Office.

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