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# Bearcats Taking Their Game to the Next Level

JUNE 27TH 2016 BY DEE LOFLIN

## Bearcats Taking Their Game to the Next Level

**Dexter, Missouri** - If you are missing high school football, take heart, we are just 46 days out until the kick-off of the 2016 regular season of Bearcat Football.

The "Boys of Fall" have already started their routine of weight lifting and summer camps along with evening summer practices. Fifty football players participated in the 2016 SEMO Football Camp on the campus of Southeast Missouri State University in Cape Girardeau last week.

The three-day camp was a great way to build confidence, skill, and maintain momentum during the summer months. It also gave the Bearcats a mental edge on the field and build teamwork. Athletes improved on their techniques in blocking, catching, running offensive skill, defensive maneuvers, and specialized skills for position players such as receivers and quarterbacks.

The Bearcat athletes received intensive daily instruction and have mentally prepared themselves for the upcoming season. When they take the field under the Friday night lights for their first game the goal is to be more advanced, know more about the game than their opponent, and be familiar with all of the techniques, drills, and plays they learned over the summer. By the time their season opens they will have mastered their drills and gained more knowledge and experience to succeed on and off the field.

"We are the #1 team in Missouri in conditioning and practice right now," commented Coach Kevin Goltra. "We are one of the few teams sweating it out at camps right now!"

Their challenge is to be more efficient and effective with the ball and most importantly believe in themselves as a team. They have already sacrificed much this summer giving up fun with their friends, trips to the lake, and just hanging out with their school friends, but they know it's all worth it and will pay off when they hit the field in August.

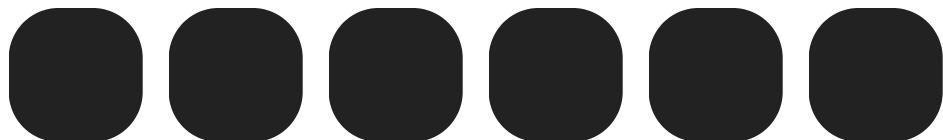
Our Bearcats know what hard work can do for a team. They realize in order to become great they have to hone their craft. If you want to get good, you have to practice!

The 2016 Jamboree is slated for Friday, August 12th at Dexter. Their first game of the season will be at Ste. Genevieve on Friday, August 19th. Game time 7:00 p.m.

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## 7 on 7 Scrimmage and Lineman Challenge Slated for Saturday

JUNE 23RD 2016 BY DEE LOFLIN

## 7 on 7 Scrimmage and Lineman Challenge Slated for Saturday

**Dexter, Missouri** - Join new head football Coach Kevin Goltra and the Dexter Bearcats on Saturday, June 25th beginning at 9:00 a.m. for a 7 on 7 Scrimmage and Lineman Challenge at Charles Bland Stadium in Dexter.

Teams competing are the Hayti Indians, Kelly Eagles, and the Dexter Bearcats.

Football fans will have an opportunity to see what our 2016 football team has been working on at the SEMO Summer Football Camp and at their many summer practices.

"The 7 on 7 scrimmage will be 10 plays of offense followed by 10 plays of defense," commented Coach Goltra. "It will be a controlled practice type of atmosphere that focuses on teaching rather than competition."

The 7 on 7 scrimmage will provide players an opportunity to work on their passing game, running game, passing defense, and adapt to playing in the heat.

"We have focused a ton on our run game the past three weeks as that will be the bulk of our offense this year," continued Goltra. "The pass game will be behind compared to other teams and the majority of our pass plays being play action. The 7 on 7 is not a real good test of where we are, but we will know a lot more about our team after the Buffalo Camp in July. We will compete hard and our very young team will gain a lot of experience."

The Lineman Challenge will consist of squats, tug a war, bench press, tire flip, and an obstacle course.

"We should compete well in the Lineman Challenge," stated Goltra. "All of our players have worked hard in the weight room and they are the reason we are in our run heavy offense."

Our Bearcats have worked hard this week at the SEMO Camp. They pushed themselves further than they have ever been pushed. Coach Goltra demands discipline and his newly emerging athletes are developing character. He holds them to a higher standard and expects them to push themselves further than they ever thought they could go.

The game of football literally challenges an athlete's physical courage and what it means to sacrifice, much like life. Coach Goltra is not only preparing them to win under the Friday night lights, he's teaching them to prepare for life after high school.

On or off the field our Bearcats are learning, learning to put others first, learning to be a part of something bigger than themselves, and learning to lift their teammate together. Please join them Saturday for their first tuneup of the season as they take the field under new head football coach Kevin Goltra.

A further note there will not be concessions for the public so bring your own, but please throw your trash away prior to leaving the stadium. Come out and support your Bearcats beginning at 9:00 a.m. The scrimmage should only last a couple of hours so don't miss this opportunity. Our Bearcats have been working very hard in the heat!

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## Annual Golf Tournament Benefits Patients, Families At St. Francis

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JUNE 22ND 2016 BY DEE LOFLIN

## Annual Golf Tournament Benefits Patients, Families At St. Francis

### ANNUAL GOLF TOURNAMENT BENEFITS

### PATIENTS, FAMILIES AT SAINT FRANCIS

**Cape Girardeau, Missouri** - Along with 160 golfers, more than 30 volunteers turned out for the 13th Annual Ken Hayden Memorial Golf Tournament, raising more than \$73,000 in support of patients and their families at Saint Francis Healthcare System.

The tournament has generated over \$686,000 since its 2004 inception helping Saint Francis patients and their families in the region. Named in memory of Ken Hayden, who loved helping people and playing golf, the outing's proceeds assist Saint Francis Healthcare System patients and their families in need in a variety of beneficial ways.

Winners of the morning championship flight were Mark Cicero, Erin Hoffman, Jasvinder Singh and Alexandra Mating. Second place went to Dr. Joseph Mayo, Julie Yankus, Mark Moore and Dr. Colleen Moore. Third place winners were Dan Atkinson, Jen McLemore, Jarett Stafford and Jill Braswell.

Afternoon championship flight winners were Steve Bjelich, Lisa Bjelich, Aaron Wright and Kathy Morris sponsored by GreenPages Technology. Second place went to Ron Harris, Faith Tegel, Bill Tegel and Sara Varner sponsored by DeRoyal Industries. Third place winners were Ian Soutar, Corrine Soutar, Laura Younghouse and Rob Younghouse sponsored by Cape Radiology Group.

The Friends of Saint Francis, formally organized in 1976, assists Saint Francis Healthcare System Foundation in providing patient services and financial assistance to Saint Francis and the community. Since its beginning, The Friends has given more than \$3.5 million in support of Saint Francis Healthcare System. The Friends Board is composed of people from the community and employees who are committed to serving the Healthcare System in an active way.

The Friends support the Healthcare System, its patients and their families; give back to the community through service; and transform lives for the better.

Saint Francis Healthcare System Foundation is a not-for-profit, tax-exempt charitable organization that supports Saint Francis Healthcare System by strengthening the institution overall and reaffirming its mission of supporting the community and the people it serves. Formally organized in 1976, its mission reflects the Healthcare System's priorities through fundraising efforts that support the community. The Foundation hosts several annual events, including golf tournaments, galas and Pink Up, and philanthropic activities such as annual appeals, memorials, endowment funds, planned giving, grants and major gifts. Through the generosity of the community, staff and volunteers, the Foundation accepts contributions each year to purchase state-of-the-art equipment, provides patient and employee assistance, creates new programs that help patients in the region, and improves facilities at the Healthcare System.

***Photo Above: The winners of the morning championship flight were Mark Cicero, Erin Hoffman, Jasvinder Singh and Alexandra Mating.***

***Photo Below: The winners of the afternoon championship flight were Steve Bjelich, Lisa Bjelich, Aaron Wright and Kathy Morris.***

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## MDC Director Robert Ziehmer Announces Resignation

JUNE 22ND 2016 BY DEE LOFLIN

### MDC Director Robert Ziehmer Announces Resignation

**After six and half years, Ziehmer is stepping down as director effective July 15.**

**Jefferson City, Missouri** - The Missouri Department of Conservation (MDC) announces that Director Robert L. Ziehmer is stepping down as director effective July 15, 2016.

“It is with mixed emotions that I am resigning from my position as director,” Ziehmer said. “My decision to leave was not easy. The many years I have spent with the Department have been both professionally challenging and rewarding. However, I am excited about continuing my conservation career through a new endeavor in the private sector.”

Ziehmer has been with MDC for over 25 years. During his last six and half years as director, he has continued to move conservation forward by forging strong statewide and national conservation partnerships and increasing public engagement on key conservation initiatives.

Some milestones during Ziehmer’s tenure include restoration activities for elk, prairie chickens, hellbenders and sturgeon; active efforts to deliver the conservation message in all public schools; implementation of major infrastructure projects, including hatchery renovations, wetland renovations, shooting range renovations, and new regional facilities; working to improve the agency’s business processes; and continuing MDC’s role as a national leader in fish, forest, and wildlife management.

“Bob’s dedication to Missouri Conservation and his career with the Department has made a lasting impact for the betterment of the fish, forest, and wildlife of this state,” said Conservation Commission Chair Marilyn Bradford. “He has chosen to take the next step in his conservation career, and we are indebted to he and his family for his devoted service and commitment to Missouri Conservation.”

Ziehmer was appointed director in January 2010. He is the 8th person to serve in this capacity since MDC’s founding in 1937.

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# Record Crappie Caught on Trotline

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JUNE 21ST 2016 BY DEE LOFLIN

## Record Crappie Caught on Trotline

**Congratulations to Colby Conn on breaking the state record by catching a 1-pound, 5-ounce white crappie with a trotline on Stockton Lake.**

**Dade County, Missouri** - The Missouri Department of Conservation (MDC) reports Colby Conn of Everton became the most recent record-breaking angler in Missouri when he hooked a white crappie on Stockton Lake on a trotline. The new “alternative method” record fish caught by Conn on May 21 weighed 1-pound, 5-ounces with a length of 14 5/16 inches. Conn’s recent catch broke the previous state-record of a 12-ounce white crappie caught on a trotline in 1993.

“Once I pulled the fish up into the boat, I had feeling that the crappie was going to be a state record,” Conn said. “I was super stoked!”

Conn was using goldfish for bait to try to catch catfish, but instead he caught the record crappie. MDC staff verified the fish using a certified scale in the town of Greenfield.

Once MDC gave him confirmation he had a state record, Conn said he was in shock. “This year was the first year I have ever put out trotlines, and out of nowhere I catch a state-record white crappie. I really can’t believe it,” he said. “I would love to break another state record in the future, but I am fine with just having this one.”

Conn added he plans on having the state-record white crappie mounted.

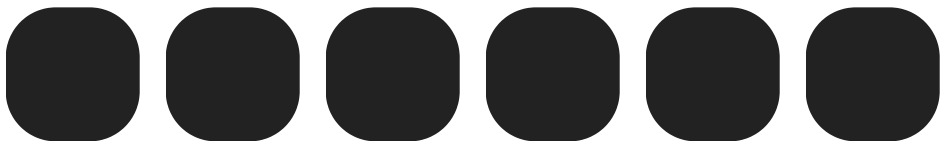
“2016 is shaping up to be a year for state-record fish,” said MDC Fisheries Programs Specialist Andrew Branson. “We have already had 13 new records so far, which is more than we see in an entire year sometimes. The mild weather we have had this year means more anglers are fishing, and catching big fish.”

Missouri state-record fish are recognized in two categories: pole-and-line and alternative methods. Alternative methods include: throwlines, trotlines, limb lines, bank lines, jug lines, spearfishing, snagging, snaring, gigging, grabbing, archery, and atlatl.



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