

## Local News



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# Dexter Senior Center Menu

AUGUST 15TH 2016 BY DEE LOFLIN

## Dexter Senior Center Menu

**Dexter, Missouri** - The Dexter Senior Center lunch menu for Monday, August 15th - Friday, August 19th. Special guest on Wednesday will be the A.P.P.L.E. Project of Southeast Missouri State University with a session on Medicare Benefits. The session is FREE and you may ask questions after the program about Medicare Benefits.

The Dexter Senior Center is located at 23 W. Stoddard St. in historic downtown Dexter. You don't have to be a senior to eat. They serve lunch from 11:30 a.m. - 1 p.m. and the cost is \$3.50 for seniors and \$5.00 for non-seniors.

Menu for this week!

Monday, August 15th - whole grain pasta w/ meatsauce, baked chicken, fried squash, lettuce salad, garlic breadstick, and fruit salad.

Tuesday, August 16th - chicken sandwich, fish sandwich, glazed carrots, coleslaw, bun, and peach crisp.

Wednesday, August 17th - taco salad w/ seasoned beef, cheese, lettuce & tomatoes, corn & black beans, tortilla chips, and apples.

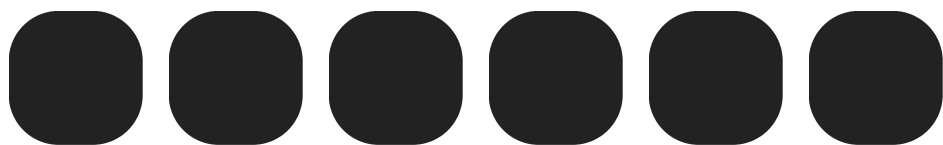
Thursday, August 18th - chicken & dumplings, ham, spinach, beets, cornbread, and gooey buttercake.

Friday, August 19th - pepper steak, catfish, baked beans, fried okra, bread/hushpuppies, and coconut cake.

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## Medicare Benefits Program at Dexter Senior Center

AUGUST 15TH 2016 BY DEE LOFLIN

[Medicare Benefits Program at Dexter Senior Center](#)

**Dexter, Missouri** - Missouri's State health Insurance Assistance Program is sponsoring a FREE informational session on MEDICARE Benefits at the Dexter Senior Center on Wednesday, August 17th from 11:30 a.m. - 12:30 p.m.

The MEDICARE Benefits session will be presented by APPLE Project of Southeast Missouri State University.

After the presentation there will be a Question and Answer session. The public is encouraged to attend. This is not a sales presentation.

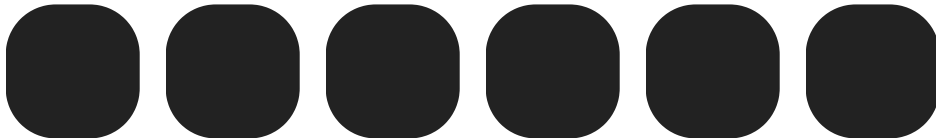
"APPLE Paperwork Service is a senior adult outreach program of the Human Environmental Studies Department in the College of Health and Human Services at Southeast Missouri State University," stated Jean Gooden, Director of APPLE Project. "APPLE services are funded by client contributions and grants from the Cape Girardeau County Senior Citizens' Services Fund Board, United Way of Southeast Missouri and the Southeast Missouri Area Agency on Aging."

Also on Wednesday the Dexter Senior Center will be serving Taco Salad with seasoned beef, cheese, lettuce and tomatoes, corn and black beans, tortilla chips, and apples plus a drink.

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# Bootheel Recycling Price Sheet for August

AUGUST 11TH 2016 BY DEE LOFLIN

## Bootheel Recycling Price Sheet for August

**Dexter, Missouri** - "Bootheel Recycling is a Missouri scrap metal recycling company whose customer base includes regional utility companies, large manufacturing businesses, tool and die shops, local Dexter scrap dealers, haulers, farmers and individuals across Southeast Missouri and Arkansas."

"We comply vigilantly with the laws set forth by OSHA, EPA, federal and Missouri. Our scrap metal recycling policies are honest and transparent. Our scales are certified yearly and calibrated twice a year. We belong to the Chamber of Commerce and the Institute of Scrap Recycling Industries. We are OSHA 10 certified. We have the highest graded material in the industry."

"We buy most forms of ferrous and non-ferrous metals, including copper, aluminum, stainless steel, brass, scrap iron, radiators and catalytic converters. Please consult our Scrap Metal Selling Guide to find out more about how to sell scrap metal, and how to get the most money for your scrap metal. The best indication of our success is our loyal customer base. We are nice people with good business practices. We have a very high level of return business, and our new customers often come to us by way of referral."

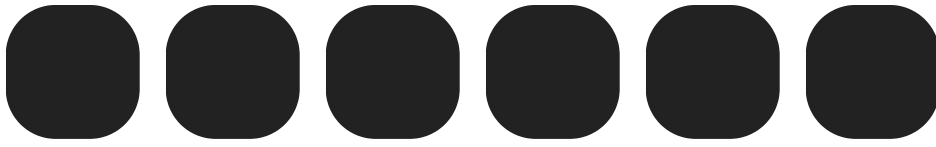
"Our friendly customer service staff will ensure that your recycling experience is simple and hassle-free. Our modern and streamlined processing system allows us to offer competitive prices. Please contact us today if you would like to inquire about our services."

Check out their website by clicking **HERE**.

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# Stoddard County Route F will be Reduced for Pavement Repairs

AUGUST 09TH 2016 BY DEE LOFLIN

[Stoddard County Route F will be Reduced for Pavement Repairs](#)

Stoddard County Route F will be Reduced for Pavement Repairs

Route F 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 Route 60 to Route J.

Weather permitting, work will take place Wednesday, Aug. 10 through Friday, Aug. 12 from 6 a.m. to 5 p.m. daily.

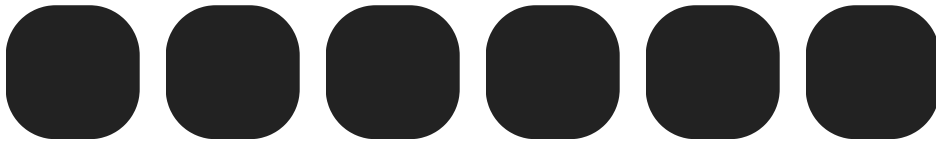
The work zone will be marked with signs. Motorists are urged to use extreme caution while traveling near the area.

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](http://www.modot.org/southeast).

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# Stoddard County Route TT Reduced for Pavement Repairs

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## Stoddard County Route TT Reduced for Pavement Repairs

### Stoddard County Route TT Reduced for Pavement Repairs

Route TT 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 Route 60 to County Road 642.

Weather permitting, work will take place Wednesday, Aug. 10 from 6 a.m. to 5 p.m.

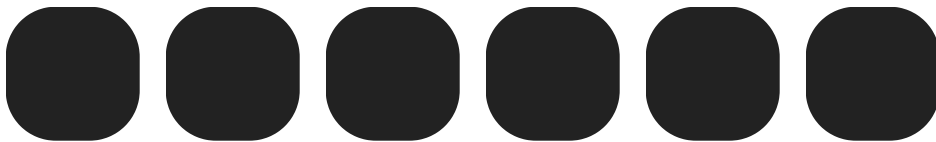
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