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ShowMe Times Sports Spotlight - Kris Rinehart

SEPTEMBER 09TH 2016 BY DEE LOFLIN

ShowMe Times Sports Spotlight - Kris Rinehart

Dexter, Missouri - The ShowMe Times Dexter Athlete Spotlight shines on Kris Rinehart.

Kris is a 5' 7" 170 lbs. RB/LB and #22 on the Dexter Bearcat Football team. He is a junior at the Dexter High School.

He is the son of Ken and Kristi Rinehart.

His grandparents are Buster and Delores Nettleton of Cape Girardeau, Missouri and Max and Irene Rinehart of Bloomfield, Missouri.

Rinehart is active in Rotary Interact and has been a member for two years. He is also active in Future Farmers of America and is Historian for the club. Kris also joined Sr. Beta Club, a new club at Dexter High School.

He has lettered in varsity football two years and varsity baseball for one year.

His future plans are to attend college and join the United States Air Force ROTC.

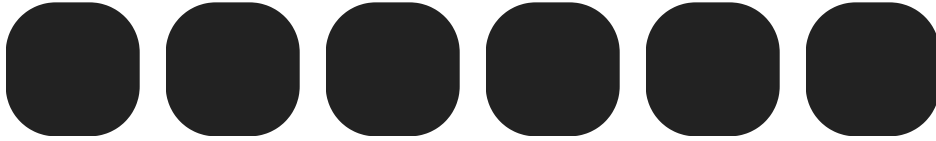
Kris enjoys hunting, football, and baseball.

He has also participated in Babe Ruth Baseball and American Legion Baseball.

He attends Liberty Hill Baptist Church in Aid, Missouri and is a member of Fellowship of Christian Athletes.

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Run DMS Shirts Now Available!

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[Run DMS Shirts Now Available!](#)

Dexter, Missouri - Deadline to order Run DMS shirts is Friday, September 16, 2016. No late order will be accepted. Several shirt sizes are available.

Contact Dave Ellinghouse at (573) 624-1394. Money and orders can be turned in to Dave or Amy Ellinghouse.

Sizes/Color/Price Available:

Short Sleeve Black Tee \$9.00 or \$11.00 for 2XL/3XL

Short Sleeve White Tee \$9.00 or \$11.00 for 2XL/3XL

Long Sleeve Black Tee \$13.00 or \$15.00 for 2XL/3XL

Long Sleeve White Tee \$13.00 or \$15.00 for 2XL/3XL

Black Hoodie or White Hoodie \$18.00 or \$20.00 for 2XL/3XL

Crew Neck Sweatshirt (white) \$15.00 or \$18.00 for 2XL/3XL

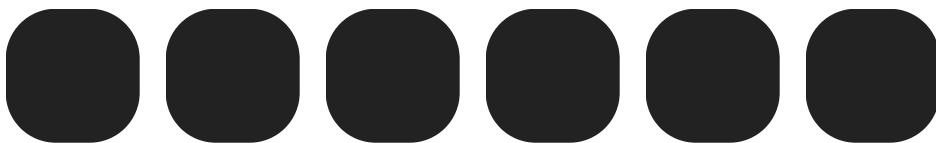
Let's go Dexter Middle School!! Support your school and show your school spirit with a t-shirt!

Weather (pun intended) you run in the spring or fall, cross country or track & field, or just support you favorite runner, enjoy one of these cool designs. Great to be a BEARCAT!

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DMS Cross Country Athletes Earn Medals

SEPTEMBER 08TH 2016 BY DEE LOFLIN

[DMS Cross Country Athletes Earn Medals](#)

Dexter, Missouri - The T.S. Hill Middle School Cross Country team competed in their first invitational at Jackson on Tuesday, September 6, 2016.

Five athletes brought home medals!

"The middle school athletes traveled to their first cross country meet on Tuesday at the Jackson Invitational," commented Coach Leonard Morse. "I am really excited about this year's teams and their potential. It should be a great year!"

Diego McCormick placed 22nd in the 7th grade boys division.

Madelyn Haynes placed 14th in the 8th grade girls division.

Andrew Ellinghouse placed 7th, Carter Dorton placed 9th, and Gavin Cartwright finished 14th in the 8th grade boys division.

The 8th Grade Boys Team finished 3rd, two points behind second place Jackson.

The T.S. Hill Middle School boys and girls cross country team will travel to the Arcadia Valley Invitational on Saturday, September 10th.

T.S. Hill Middle School 2016 Cross Country Schedule

September 6th at Jackson Invitational 4:00 p.m.

September 10th at Arcadia Valley Invitational 9:30 a.m.

September 21st at Van Buren Invitational 4:00 p.m.

September 27th at Bloomfield (SCAA Quad) 4:00 p.m.

October 1st at Notre Dame Invitational 9:30 a.m.

October 6th at Jackson (Saxony/Chaffee Invitational) 4:00 p.m.

October 13th at HOME (SEMO Conference) 4:30 p.m.

October 15th at Farmington Invitational 11:00 a.m.

October 22nd at HOME Dexter Invitational 11:00 a.m.

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DHS Cross Country Enters Season with High Expectations

SEPTEMBER 07TH 2016 BY DEE LOFLIN

DHS Cross Country Enters Season with High Expectations

Dexter, Missouri - Dexter High School Cross Country team is already off to a great start to the new season. Head Coach Leonard Morse is confident their season will be filled with medals.

"I have three seniors this year who are returning, Weston Avery, Caleb Bess, and Trenten Dean," stated Morse. "Nick Phillips has taken over as team manager after developing some knee problems. They are also joined by newcomer Dalton Green, who is preparing for his senior wrestling season as well."

The junior class is well represented with experience with Dylan Long, Sean Rybolt, and Emily Ladd. "They form a significant part of the core of the squad," Morse said of his returning junior. "We have also added several new faces in the junior class this year that include Blake Bolin, Austin Chesser, Nate Drivas, Lucas Goodrich, Dawson Kastings, Jonni Hill, and Shelby Smith."

The sophomore class has two new faces in Justin Kenley and Coby Powers. Both are runners in spring track.

The freshman class includes Cole Barker, Carson Bell, Trey Johnson, Ethan Kirkley, and Margo Nea, and Barker, Bell.

The CC Bearcats' squad only has four girls: Emily, Jonni, Shelby, and Margo. "With only four we will be unable to compete for team titles at most of our meets as a team of five is required for a team score," continued Morse. "Emily and Margo should be contenders at just about every meet we run. However, they should be helped next year with this year's eighth grade girls."

"My freshman class should be competitive. They enjoyed great success last year in middle school and I think that will carry through to this year. I expect solid contributions from this group."

"We are a much more solid team this year. There is a different vibe with this team. Several of our new faces will bring a more competitive edge to the team. Kastings, Kenley, and Powers are proving to be solid runners who are very competitive. They are having a positive impact on the team and helping to get more from Dean, Long, Rybolt, and Ladd. The team works well together, and so far, has shown to be quite cohesive. The veteran runners are running well with the newbies," continued Morse.

Dexter will compete in the Class 3, District 1 against Desoto, Doniphan, Festus, Herculaneum, Kennett, North County, Notre Dame, Perryville, Potosi, Ste. Genevieve, and Imperial.

"This summer the classes in cross country were tweaked," stated Morse. "That tweaking has resulted in Herculaneum, a Class 2 powerhouse, being added to our already tough, tough district. The District also adds new squads from Perryville and Kennett this year. These three replace Affton, Bayless, and Lutheran South, which were shifted to District 2. District 1 still has the power schools of Festus, Cape Notre Dame, Potosi, and Ste. Genevieve."

"If we are to make it to state we will definitely have to earn it. Our District boasts some of the best schools in the state, at any classification."

2016 Varsity Cross Country Schedule

8/27/2016 at Jackson
9/10/2016 at Arcadia Valley
9/17/2016 at Maryville University (St. Louis, MO)
9/21/2016 at Van Buren
10/1/2016 at Notre Dame (Cape Girardeau)
10/6/2016 Saxony Lutheran Neutral Site:Jackson, MO
10/10/2016 at SCAA Quad (Bloomfield, MO)
10/13/2016 SEMO Conference (Dexter, MO)
10/15/2016 at Farmington
10/22/2016 Dexter

The Dexter meet includes many of the smaller schools around Southeast Missouri. Dexter, Doniphan, and Kennett are the only Class 3 schools in the meet. Most of the Class 3 schools are farther north. So far, Advance, Bloomfield, Crystal City, Delta, Doniphan, East Carter, Kelly, Kennett, Leopold, Meadow Heights, Richland, Woodland, and Zalma have added the Dexter meet to their schedule.

"If all goes well, we will also be running in the inaugural SCAA Cross Country Meet that will be hosted by Bloomfield. Advance, Bloomfield, Dexter, and Woodland will be joined by first year program, Richland," Morse said. "That gives us five of the SCAA teams with cross country. Two years ago, we only had three. Cross country is growing throughout the region, which will only make competitions better."

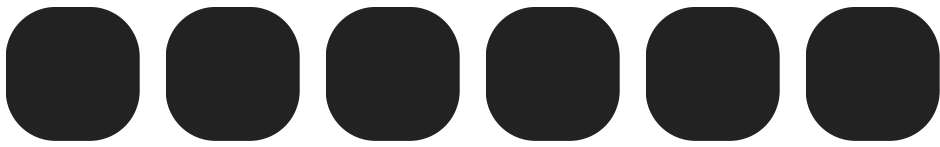
Shown in the photo are Cross Country seniors - Weston Avery, Trenten Dean, Caleb Bess, and Nick Phillips.

"This year's team has come into the season with a more upbeat attitude than in the past. The team is competing well against itself. I am looking forward to a more competitive season at our high school level," Morse said of his 2016 competitors.

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Deer and Turkey Regulation Changes for Fall

SEPTEMBER 07TH 2016 BY DEE LOFLIN

Deer and Turkey Regulation Changes for Fall

The Missouri Department of Conservation (MDC) reminds deer and turkey hunters of regulation changes that apply to hunting this fall.

* Crossbows have been added as a legal method during archery deer and turkey seasons and also during the fall firearms turkey season. As a result, MDC has removed the “hunting method exemption” requirement for hunters to use crossbows during the archery deer season. The regulation change will provide additional hunting opportunities for young hunters and help prolong hunting activities for older participants.

* To offer additional hunting opportunities for youths, MDC has expanded the late youth portion of the fall firearms deer season from two to three days and moved it earlier in the season. It will now start on the first Friday after Thanksgiving instead of in early January.

* MDC has reduced the length of the deer-hunting antlerless portion from 12 to three days and it now begins on the first Friday in December.

* The Department has eliminated the urban-zones portion of the firearms deer season and has moved the areas under statewide regulations.

According to MDC, there were so few deer harvested during this portion that it proved unnecessary.

* To help protect young bucks and increase the number of mature bucks, the harvest limit of antlered deer has been reduced from three to two during the combined archery and firearms deer hunting season. Only one antlered deer may be taken during the firearms deer hunting season, and only one antlered deer may be take prior to the November portion of the firearms deer season.

* Hunters who harvest deer during the opening weekend of the fall firearms November portion (Nov. 12 and 13) in any of the 29 counties of the Department's Chronic Wasting Disease (CWD) Management Zone in northeast, central, and east-central Missouri are required to present their deer for CWD sample collection on the day of harvest at one of 75 MDC CWD sampling locations throughout the 29 counties. Hunters also have the option of presenting just the deer head with about six inches of neck attached. Sampling locations will be open from 7:30 a.m. through 8 p.m. The 29 counties of the CWD Management Zone are: Adair, Boone, Callaway, Carroll, Chariton, Cole, Cooper, Crawford, Franklin, Gasconade, Jefferson, Knox, Linn, Livingston, Macon, Miller, Moniteau, Morgan, Osage, Putnam, Randolph, St. Charles, St. Louis, Schuyler, Scotland, Shelby, Sullivan, Warren, and Washington.

FALL DEER AND TURKEY HUNTING DATES

* Archery Deer and Turkey: Sept. 15 - Nov. 11 and Nov. 23 - Jan. 15, 2017

* Firearms Turkey: Oct. 1 - 31

* Firearms Deer Early Youth Portion: Oct. 29 and 30

* Firearms Deer November Portion: Nov. 12 - 22

* Firearms Deer Late Youth Portion: Nov. 25 - 27

* Firearms Deer Antlerless Portion: Dec. 2 - 4

* Firearms Deer Alternative Methods Portion: Dec. 24 - Jan. 3, 2017

*Get more information from MDC's "2016 Fall Dee

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