

Local News



[TOP](#)

Dexter Senior Center Menu Week of September 19th

SEPTEMBER 19TH 2016 BY DEE LOFLIN

Dexter Senior Center Menu Week of September 19th

Dexter, Missouri - The Dexter Senior Center lunch menu for Monday, September 19th - Friday, September 23, 2016.

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, September 19th - Lasagna, Roast Beef & Gravy, Golden Hominy, Lettuce & Fruit Salad w/Poppyseed, Dressing, Garlic Breadstick.

Tuesday, September 20th - Chicken Sandwich, Salmon Cake, Carrots, Coleslaw, Bun/Bread, Spiced Apple Tart.

Wednesday, September 21st - Taco Salad w/Seasoned Beef & Cheese, Lettuce, Tomatoes, Corn & Black Beans, Tortilla Chips, and Cracker Cake.

Thursday, September 22nd - Chicken & Dumplings, Ham, Spinach, Beets, Roll and Pear Cobbler.

Friday, September 23rd - Fish Sandwich, Chicken Salad, Brussel Sprouts, Carrots, Bun/Bread and Peaches.

On Monday they will have Batting Balloons at 10:30 with Bingo starting at 12:30 p.m.

On Tuesday they will have Blood Pressure Check with the Health Department at 10:00 a.m. and Quick Cooking at 12:30 p.m. Tuesday evening will be the annual Chili Supper.

On Wednesday they will have Activity Chair Bingo with Grace Reliant at 10:30 a.m. and Eating Smart, Being Active with Missouri Extension at 11:00 a.m.

On Thursday it's Toss n Talk with Clearwater In-Home at 10:30 a.m. and a music special at 12:30 p.m.

On Friday it's the Word Search at 10:30 a.m., Bingo at 12:30 p.m. and Movie and Popcorn from 5:00 p.m. - 7:00 p.m.

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[TOP](#)

Bloomfield Fall Clean Up

Bloomfield Fall Clean Up

Bloomfield, Missouri - Bloomfield Fall Clean Up is slated for Tuesday, September 27th. Items will need to be set out before 6:00 a.m. that morning.

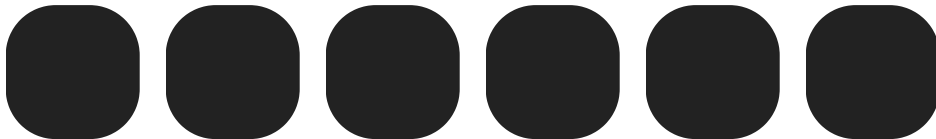
Items that will NOT be taken are Hazardous materials, liquid oil, freon tanks, propane tanks, liquid paint, sheet rock mud, floor glue, tires, batteries, yard waste, major appliances, burnt trash, and construction material.

Please note for those that are insulin dependent, needles should be sealed in metal cans or in sharps container!

There will NOT be a dumpster. All items will be picked up at your residence.

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TOP

Sign Up for DPR Women's Volleyball and Youth Basketball

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Sign Up for DPR Women's Volleyball and Youth Basketball

Dexter, Missouri - The deadline to register is fast approaching for the Dexter Parks and Recreation youth basketball and adult volleyball leagues. Deadline is September 22, 2016.

Basketball is open to girls and boys in the third and fourth grades as well as fifth and sixth grades. The registration is \$45 per athlete.

Women's adult volleyball is open to women 18 years and older. The league is open to anyone who meets the age requirement and signs the player agreement form. All teams must obtain and complete a league packet.

The fee for registration is \$365 per volleyball team. Teams must consist of at least seven players and no more than twelve players.

For more information contact the Dexter Parks and Recreation office at (573) 624-8244 or go to their website at www.dexterparksrec.com

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[TOP](#)

National Child Passenger Safety Week is September 18th - 24th

SEPTEMBER 15TH 2016 BY DEE LOFLIN

[National Child Passenger Safety Week is September 18th - 24th](#)

National child passenger safety week is September 18-24

It's more than just a law

Is your child in the right safety seat? The Missouri Coalition for Roadway Safety wants to ensure all caregivers of young children know the importance of buckling children in an appropriate child restraint.

In 2015, four children were killed and 61 suffered injuries as occupants in motor vehicle crashes in Missouri. Thirteen percent of these children killed or seriously injured were not restrained in a car seat or safety belt.

Missouri law requires all children under eight to be in an appropriate child safety seat or booster seat, unless:

They are at least 80 pounds; or

They are at least 4'9" tall.

Motorists can expect increased enforcement of Missouri's child seat safety laws throughout this campaign.

"The goal is to make sure all parents and caregivers are correctly securing all children in the right car restraints for their age and size," said Bill Whitfield, chair of the executive committee for the coalition. "Safety seats prevent serious injuries and could save your child's life.

Child safety seat technicians will provide education and car seat inspections at locations across the state. In central Missouri, you can participate in the Roll & Read event at Ellis-Porter Riverside Park on Saturday, Sept. 24 from 10 a.m. to 12 p.m. A Car-Seat-Check will also be conducted by the Jefferson City Fire Department at the event. A list of car seat inspection stations and locations across the state can be found at seatcheck.org. Appointments may be necessary.

Also, remember that car seats also have expiration dates. Due to the extreme heat and cold that they're subject to, they can break down over time. Used car seats can also be dangerous, especially if you don't know the seat's history.

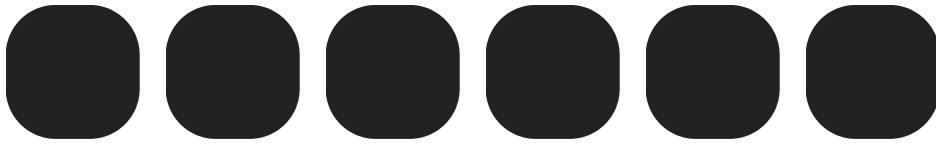
"We urge everyone to get their child safety seats inspected," said Whitfield. "When it comes to the safety of a child, there is no room for mistakes."

For more information on Child Passenger Safety Week, visit saveMOlives.com. You can also follow Save MO Lives on Facebook, Twitter, Pinterest and Instagram.

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[TOP](#)

Former Dexter Man Selected for Board Position

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Former Dexter man selected for board position in statewide economic development organization

Former Dexter resident Brian Thompson was recently selected by regional peers to serve on the Missouri Economic Development Council (MEDC) Board of Directors.

MEDC is the authoritative voice on economic development and related issues in Missouri. A statewide, nonprofit association of economic development professionals and community leaders, MEDC has been the unified voice of Missouri economic developers since 1979. Each year, seven different MEDC districts elect district directors to leadership roles to help unite members within their respective boundaries. Thompson was one of two professionals picked to serve MEDC District 6, which covers 26 counties in southwest Missouri.

He is a 1999 graduate of Dexter High School and earned his associate of arts degree in pre-journalism from Three Rivers Community College (TRCC) in Poplar Bluff. He transferred to Arkansas State University in Jonesboro, Ark., where he earned a bachelor's degree in journalism with an emphasis in public relations in 2003. He is currently the president/chief executive officer of Lebanon Regional Economic Development, Inc. (Lebanon-REDI).

“It is an honor to be chosen to a district leadership position within MEDC District 6,” said Thompson. “The opportunity to network with peers within the economic development realm is critical to becoming a successful professional for both my community and the state of Missouri as a whole.”

MEDC drives economic growth through program initiatives and alliances with other economic development entities. This collaboration gives MEDC members access to industry-leading professional development, public policy, legislation and marketing communications programs. Whether working independently or in cooperation with partners, MEDC, its members and professional staff are effective, efficient and reliable.

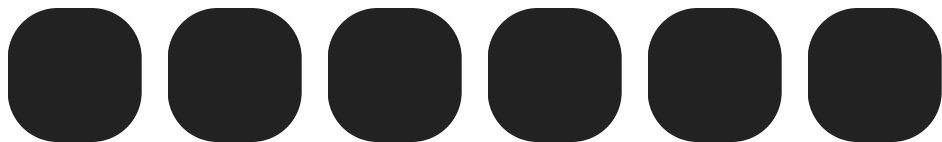
Thompson is the son of Jimmy and Thelma Thompson of Dexter.

For more information on MEDC, visit www.showme.org. Additional information on Lebanon-REDI can be found at www.LebanonREDI.com.

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