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# Stoddard County Nutrition Center Menu and Activities

APRIL 17TH 2017 BY DEE LOFLIN

## Stoddard County Nutrition Center Menu and Activities

**Dexter, Missouri** - The Stoddard County Nutrition Center aka Dexter Senior Center lunch menu for Monday, April 17, 2017 - Friday, April 21, 2017.

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.

Monday - Whole grain fettuccine alfredo with chicken, Italian blend vegetables, lettuce salad, garlic breadstick and cookie.

Monday Activities - Bewitched at 10:30 a.m. Toss 'N Talk at 11:00 a.m. and BINGO at 1:00 p.m.

Tuesday, April 18th - Spinach, bacon and egg quiche, country potatoes, biscuit & gravy, and applesauce cake.

Tuesday Activities - Sit & motion at 11:00 a.m., singing at 11:30 a.m. and nail spa at 12:30 p.m.

Wednesday, April 19th - Finger lickin' chicken, mashed potatoes & gravy, peas and carrots, whole grain roll and chocolate cake.

Wednesday Activities - Activity Chair BINGO at 11:00 a.m. and old westerns at 1:00 p.m.

Thursday, April 20th - Chopped steak with mushrooms & onions, baked potato, Brussels Sprouts, whole grain bread and banana pudding.

Thursday Activities - Name 10 To Play at 11:00 a.m., Dexter Senior Choir at 12:30 p.m. and Arts & Crafts at 1 p.m.

Friday, April 21st - Broccoli, rice, and ham casserole, catfish, potato salad, slaw, hushpuppies, and pineapple upside down cake.

Friday Activities - Finish Lines at 11:00 a.m. and My Community Guest Speaker at 1:00 p.m.

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## Kiwanis Easter Egg Hunt Winners - 2nd and 3rd

# Grade Division

APRIL 17TH 2017 BY DEE LOFLIN

## Kiwanis Easter Egg Hunt Winners - 2nd and 3rd Grade Division

Dexter, Missouri - The Kiwanis Club of Dexter held their annual Easter Egg Hunt on Saturday, April 15th at 1 p.m. in West City Park. Ages pre-school - 3rd grade participated. Local Boy Scout Troop 4200 hid more than 2,250 eggs along with nine special prize eggs.

The Easter Bunny made a special appearance before his long night of hiding eggs and treating children to Easter baskets on Sunday morning.

In the 2nd - 3rd grade age division all three children found the prize eggs and returned them to the Kiwanis.

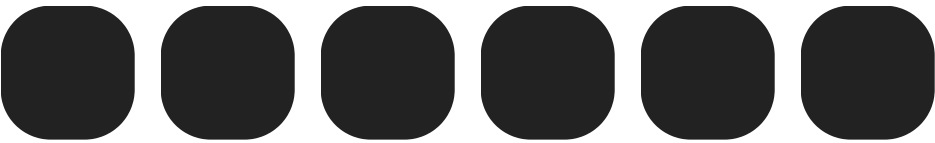
First place was a tie with Miracle Campbell and Michael Currie, both age 8, 2nd place, Lana St. Pierre, age 9 and Camden Stoner, age 9, received 3rd place.

Pictured from left to right are: Michael Currie, Miracle Campbell, Lana St. Pierre, and Camden Stoner.

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# Kiwanis Easter Egg Hunt Winners - K-1st Grade

APRIL 17TH 2017 BY DEE LOFLIN

## Kiwanis Easter Egg Hunt Winners - K-1st Grade

Dexter, Missouri - The Kiwanis Club of Dexter held their annual Easter Egg Hunt on Saturday, April 15th at 1 p.m. in West City Park. Ages pre-school - 3rd grade participated. Local Boy Scout Troop 4200 hid more than 2,250 eggs along with nine special prize eggs.

The Easter Bunny made a special appearance before his long night of hiding eggs and treating children to Easter baskets on Sunday morning.

In the kindergarten - 1st grade age division all three children found the prize eggs and returned them to the Kiwanis.

First Place, Ethan Davis, age 7, 2nd Place, Jack Lee, age 5 and Paelynn Fraley, age 5 received 3rd place.

Shown in the photo from left to right are Ethan Davis, Jack Lee, and Paelynn Fraley.

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## Kiwanis Easter Egg Winners - Pre-School

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APRIL 17TH 2017 BY DEE LOFLIN

### Kiwanis Easter Egg Winners - Pre-School

Dexter, Missouri - The Kiwanis Club of Dexter held their annual Easter Egg Hunt on Saturday, April 15th at 1 p.m. in West City Park. Ages pre-school - 3rd grade participated. Local Boy Scout Troop 4200 hid more than 2,250 eggs along with nine special prize eggs.

The Easter Bunny made a special appearance before his long night of hiding eggs and treating children to Easter baskets on Sunday morning.

In the pre-school age division only two children found the prize eggs and returned them to the Kiwanis.

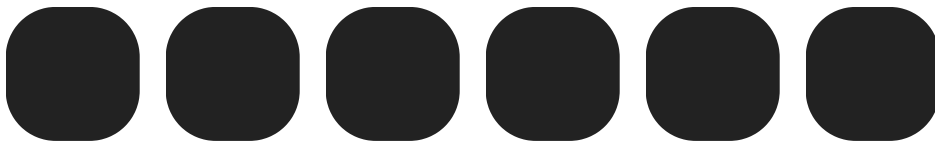
The winners of the pre-school group were 2nd Place, Parker Suttle, age 9 months and 3rd Place, Shaelyn Busse, age 3 years. The First Place prize egg can still be turned in to any Kiwanis member.

Shown in the photo from left to right are Parker Suttle and Shaelyn Busse.

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## National Volunteer Week Salutes 4-H Volunteers in Stoddard County

APRIL 07TH 2017 BY DEE LOFLIN

### National Volunteer Week Salutes 4-H Volunteers in Stoddard County

**Stoddard County, Missouri** - Each year, thousands of volunteers in Missouri donate their time and energy to make their communities a better place to live. These volunteers will be among the millions across the country who will be spotlighted during the 43rd anniversary of National Volunteer Week, April 23-29, 2017.

Research conducted by the Corporation for National and Community Service found that in 26.5% of adult Americans (64.5 million) volunteered 7.9 billion hours of service worth \$175 billion in 2014. In Missouri, approximately 1.45 million volunteers of all types contributed 151.6 million hours of service. The 32.3 volunteer hours per resident ranks Missouri 15th among the 50 states and Washington, D.C.

One group that relies heavily on volunteers is the University of Missouri Extension 4-H Program. In 2017 over 7,000 youth and adults volunteered in some capacity with Missouri 4-H. In Stoddard County, 32 volunteers, both youth and adult, will serve as club leaders, project leaders, committee members, and in advisory capacities for the 4-H Youth Development Program.

“In Stoddard County the number of volunteers has grown over the last few years and more 4-H clubs have started as a result. With more volunteers, 4-H is able to reach more

youth in the county. This helps youth to be more active outside of school and they are able to learn life skills that will last them a lifetime, says Stephanie Milner, 4-H Youth Specialist.”

Volunteers spend numerous hours working on tasks, such as helping organize an event at the county fair, helping a child with a 4-H project, or leading a project to serve the community.

“As a parent that grew up in 4-H I wanted my children to also experience 4-H. Being in 4-H teaches leadership, citizenship, and you have a chance to go to various activities. 4-H is not just about agriculture; but you can learn about drones, robotics, STEM, and cooking; ‘Rodeo Clown’ is even a project now!” Robinn Daves-Huey, Star Banner 4-H Club Leader

4-H Program volunteers are just one group of volunteers who are instrumental in carrying out the mission of the University of Missouri Extension. Volunteers are involved in every aspect of the Extension Service, including determining the needs of the local residents, planning and implementing programs to address these needs, securing resources, and evaluating programs.

An example of these volunteers is the Stoddard County Extension Council. The 12-member board, which consists of appointed county citizens, works with the county Extension staff to plan and oversee Extension activities.

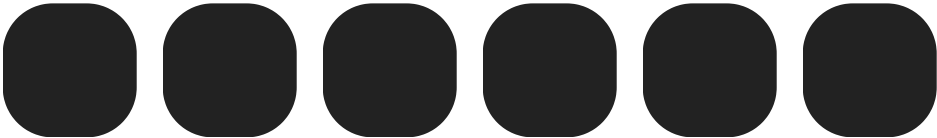
“Having been given the opportunity to work with the 4-h faculty, staff, and volunteers for many years now, I have acquired a deep appreciation for the quality of the 4-H program and the opportunities presented to youth in our community. The local youth who have gone through this program have grown into responsible, caring citizens who go on to become volunteers and leaders in the community and continue their appreciation of lessons and skills learned by paying it forward to the next generation with the gifting of their time, talents, and abilities.” Lesa Morrison, County Office Support Staff

The work of Extension volunteers is continuous. Every day volunteers lend a helping hand to make Extension programs more beneficial to the residents of Stoddard County. Those interested in joining the team of Extension Volunteers are invited to contact the Stoddard County Extension Office at 573-568-3344, [stoddardco@missouri.edu](mailto:stoddardco@missouri.edu), or email [elderra@missouri.edu](mailto:elderra@missouri.edu) .

Submitted by: Rachel Elder, 4-H Youth Program Assistant

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