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Work Zones Are NO PHONE ZONES!

MAY 30TH 2017 BY DEE LOFLIN

Work Zones Are NO PHONE ZONES!

Missouri - To help ensure summer travels are as carefree as possible, MoDOT has developed a list of significant work zones to be on the lookout for this summer. Drivers will encounter delays in work zones on Interstate 44, Interstate 55 and Interstate 70 for resurfacing and bridge repairs across the state. Lane restrictions are also expected on several other major routes including Route 54 and Route 63 north of Jefferson City and Route 65 in Springfield.

Driver inattention was the number-one cause of work zone crashes last year. The average text takes five seconds to read. Traveling at 55 mph, you will travel more than the length of a football field blindfolded. MoDOT's slow moving maintenance operations move as slow as 10 mph and if you aren't paying attention to the road, you will come up on the closed lane very quickly.

"You are driving two tons of steel. It's hard to do more than one thing at a time so focus on the road," said MoDOT Chief Engineer Ed Hassinger. "Put your phone down and make work zones no phone zones."

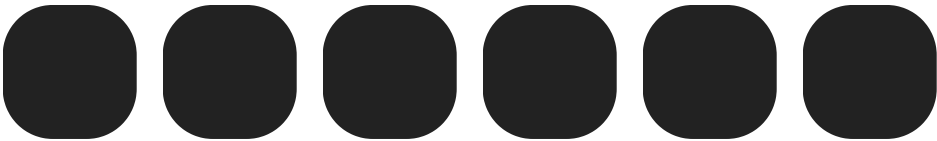
Motorists should pay attention to all signing, follow the posted speed limits and take turns merging every other car, like a zipper, where lanes are closed. Always wear safety belts and be alert for slowed traffic, narrowed lanes or a reduced number of lanes. Many of these work zones may cause congestion and traffic delays especially during the peak travel times of daily rush hours and weekends such as Friday evenings and Sunday afternoons.

MoDOT created a list that provides information on how the major interstate work zones will affect travel and for how long. Information on all MoDOT work zones statewide is available up to a week in advance on the department's Traveler Information Map located at www.modot.org. The map is available as a free app available for iPhone and Android phones. The map also displays current traffic speed conditions and live camera views. Motorists can also call MoDOT's 24/7 customer service toll free at 1-888-ASK-MoDOT (275-6636).

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Johnson Named System Risk Manager for St. Francis Healthcare System

MAY 30TH 2017 BY DEE LOFLIN

Johnson Named System Risk Manager for St. Francis Healthcare System

Cape Girardeau, Missouri - Saint Francis Healthcare System announces the appointment of Vereline Johnson, RN, MSN, to her new role as system risk manager.

Johnson has been a part of the Saint Francis Family since August 2005 where she has served as the quality and patient safety officer in performance improvement.

Prior to joining Saint Francis, Johnson has worked in many areas of healthcare. She was a candy striper, a nursing assistant and an ICU nurse.

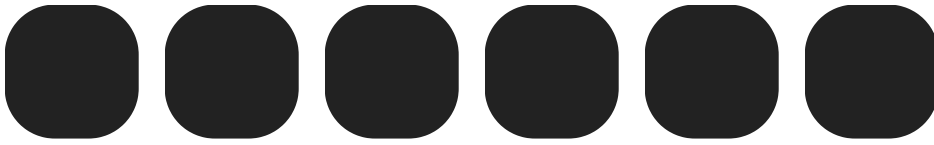
She earned her BSN from the University of North Florida in Jacksonville, Fla., and her MSN from the University of Southern Indiana in Evansville, Ind.

Saint Francis Medical Center is a 308-bed facility serving more than 713,000 people throughout Missouri, Illinois, Kentucky, Tennessee and Arkansas. Guided by its mission to provide a ministry of healing and wellness inspired by its Christian philosophy and values, the Medical Center has become a progressive, innovative regional tertiary care referral center. Saint Francis' major service lines, which have received national recognition, include the Neurosciences Institute; Orthopedic Institute; Family BirthPlace, featuring the region's first Level III Neonatal Intensive Care Unit; Heart Hospital; Emergency and Level III Trauma Center; Cancer Institute; and Fitness Plus.

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Brown Named Manager of
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MDC Asks Public Not to Plant Invasive Bradford Pear Treas

MAY 30TH 2017 BY DEE LOFLIN

MDC Asks Public Not to Plant Invasive Bradford Pear Treas

The invasive Bradford pear tree can cause problems for Missouri native plants and animals.

Missouri - The Missouri Department of Conservation (MDC) encourages homeowners and landscapers to avoid planting Callery pear trees this spring.

Better known as Bradford pears, the Callery pear tree is an invasive species known to

multiply quickly and crowd out Missouri native plants. While it’s been a popular landscaping tree for decades, cultivated forms have spread aggressively throughout the state.

“Different varieties of Bradford pear trees were planted close to each other, which allowed them to cross pollinate and take over natural areas,” said Forestry Field Program Supervisor Russell Hinnah. “But they’re also a poor landscaping choice because they don’t do well in storms, often losing limbs or splitting apart.”

Stopping the spread means selecting alternate trees for yards and forested property.

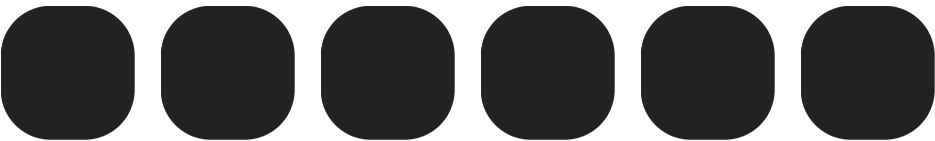
“The best plan is to select a native species to Missouri, and there are several great options,” said Hinnah. “Serviceberry trees produce similar showy white blooms in the spring and have small red fruits that attract wildlife.”

Eastern redbuds and Missouri’s state tree, the flowering dogwood, are also good alternatives. The redbud tree grows quickly with eye-catching lavender flowers in the spring. Dogwoods do best in shady areas but can be somewhat difficult to grow.

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Brown Named Manager of Invasive/Noninvasive Cardiovascular Lab at St. Francis

MAY 26TH 2017 BY DEE LOFLIN

Brown Named Manager of Invasive/Noninvasive Cardiovascular Lab at St. Francis

BROWN NAMED MANAGER OF INVASIVE/NONINVASIVE CARDIOVASUCLAR LAB AT SAINT FRANCIS

CAPE GIRARDEAU, Mo. – Saint Francis Healthcare System announces the appointment of Rodney Brown, RN, BSN, as manager of Invasive/Non-invasive Cardiovascular Lab.

Prior to coming to Saint Francis, Brown acted as the CEO at Landmark Hospital, an affiliate of Saint Francis, where he also worked as the Chief Clinical Officer and a Nurse Manager.

Brown earned his associate degree in nursing from Shawnee College and his bachelor's in nursing from Western Governors University in Salt Lake City, Utah and is currently pursuing his MBA from Western Governors University.

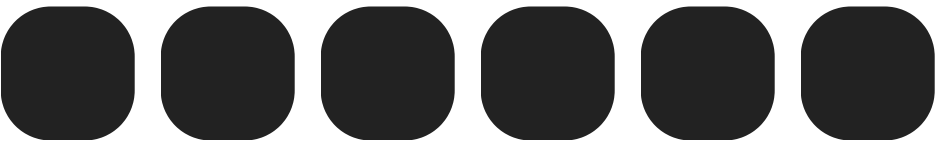
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I-55 Cape County Reduced for Bridge Repairs

I-55 Cape County Reduced for Bridge Repairs

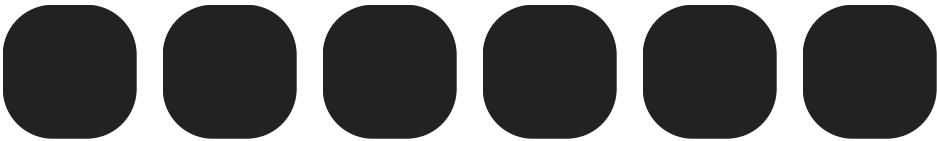
I-55 Cape County Reduced for Bridge Repairs

Northbound I-55 in Cape Girardeau County will be reduced to one lane as Missouri Department of Transportation crews perform bridge repairs. The bridge is located between Route AB and Route 74. Due to these repairs, the Northbound I-55 off ramp at exit 93A will be closed during this time. Weather permitting, work will take place Sunday, June 4 at 6:30 a.m. The work zone will be left up overnight and taken down the following morning, June 5.

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