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Russell Wins American Legion Post #59 Gun Raffle

JULY 07TH 2017 BY DEE LOFLIN

Russell Wins American Legion Post #59 Gun Raffle

Dexter, Missouri - The Kenady-Hanks American Legion Post #59 has been working diligently to raise money to purchase a furnace for heating and cooling their post. They recently sold 350 tickets from May until last night at their regularly scheduled meeting raising about \$1,250.00.

There is still more fundraising efforts being discussed as the need for a new air conditioning and heating is of the utmost importance for their building.

Ed Null sold the most tickets of about 250 with the winning ticket going to Jim Russell.

Pictured from left to right are Eric Smith, Post #59 Commander, Les Barker, Services Officer, Russell holding the rifle, and Sherry Whaley, Post #59 First Vice Commander.

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Seniors Get Big Benefits from Outdoor Activities

JULY 07TH 2017 BY DEE LOFLIN

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Seniors get big benefits from outdoor activities

Hiking, hunting, gardening and volunteering are just a few senior-friendly activities.

Cape Girardeau, Missouri - Naturalists at the Missouri Department of Conservation's (MDC) Cape Girardeau Conservation Nature Center have touted the benefits of spending time in nature for children for some time. It's connected to Nature Deficit Disorder (NDD), which stems from a lack of outside time being linked to a higher frequency of obesity, anxiety and stress in children. Jamie Koehler, assistant manager at the nature center, is working to spread that message out further, and include senior citizens.

"I think everyone of all ages should enjoy the benefits of spending time with nature," Koehler said. "We are paying a lot of attention to Nature Deficit Disorder and the impact it has on children, and research is starting to show the many positive outcomes children experience from time spent outside. I think the same must be true for seniors."

Koehler sees the importance of quality of life at each stage of life and she recognizes how health issues affect that for seniors. She says because time spent in nature can help improve physical wellbeing, mood, and mental acuity, and is a great stress reliever, seniors could use outside time to improve their quality of life. She said there are activities for every level of mobility and energy level.

"Just sitting and observing is great way to start," she said. "Use all of your senses to engage and absorb the atmosphere ? the birds singing, butterflies floating on the breeze and the warmth of the sun."

Walking and hiking can be done at many different levels of difficulty, she said.

"We have many conservation areas that offer trails with wonderful views and hiking can be enjoyed all year long with the right clothing and preparation," she said. "Canoeing, fishing, and bird watching are very accessible activities for seniors."

Taking a hobby outside is another great option.

"You can paint outside, play chess outside, do yoga outside, and sew outside," she said. "Just enjoy the sights, sounds and smells of nature while you enjoy your favorite activity."

Koehler said the nature center also has activities that are perfect for senior citizens. If a trail is rated difficult, the staff always promotes that up front, but most trails are moderate and not too difficult, with an easy pace. She said volunteering at the center has proven to be a rewarding experience for many volunteers.

"There's something rejuvenating about sharing your knowledge with younger generations," she said. "We welcome volunteers of all ages, but especially senior citizens because they have a wealth of knowledge to share with us and others."

Volunteers at the center take part in many activities, from leading nature programs to assisting in the native plant gardens.

No matter what seniors choose to do, Koehler hopes they will help pass the legacy of an appreciation for nature on to younger generations.

"Simple activities like taking a hike with grandchildren can ensure they learn to enjoy nature and build memories that will last a lifetime," she said. "Sharing the love of nature is a great relationship builder."

Nature programs and information on how to volunteer at the Cape Nature Center can be found online at www.mdc.mo.gov/CapeNatureCenter.

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Law Enforcement Raises Money for Special Olympics

JUNE 28TH 2017 BY DEE LOFLIN

Law Enforcement Raises Money for Special Olympics

Dexter, Missouri - Local law enforcement officers gathered and carried out their annual Torch Run down Business Highway 60 from Wal-Mart to On the Go to benefit Special Olympics of Missouri.

The statewide Law Enforcement Torch Run for Special Olympics was founded by the Missouri Police Chief's Association; however the local effort was organized by Det. Capt. Trevor Pulley with the Dexter Police Department.

Law enforcement officers from around the state run the torch each year to raise awareness for Special Olympics Missouri and the State Summer Games. The games were held at Springfield this year in the first weekend of June.

What began in 1986 as a 30-mile run has grown into a 4-day relay covering more than 950 miles with nearly 1,000 runners.

Pulley raised money this year by selling Torch Run t-shirts which he still has some available at the Dexter Police Department.

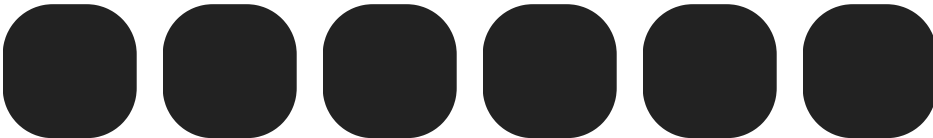
Local law enforcement participating this year include Pulley, Trooper Russ Gibson, Deputy John Atkinson, Deputy Andrew Johnson, SO Kristie Palmer, SO Amy Holden, Mike Vinson, Deputy Derrick Durall, and DPD Cindy James.

Shown in the photo from left to right are: Stoddard County Deputy Andrew Johnson, Deputy Derrick Durall, Sheriff's Office Communicator Kristie Palmer, Deputy John Atkinson, Trooper Russ Gibson, Sheriff's Office Manager Amy Holden, Capt. Trevor Pulley, Sheriff's Office Communicator Mike Vinson, and Cindy Jones with the Dexter Police Department.

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MDC's Discover Nature Girls Camp Teaches Outdoor

Skills

JUNE 27TH 2017 BY DEE LOFLIN

MDC's Discover Nature Girls Camp Teaches Outdoor Skills

Wappapello, Missouri - Discover Nature Girls Camp is a three-day, two-night camp hosted by the Missouri Department of Conservation (MDC) across the state each year. This week, 28 girls, ages 12 to 14, from across southeast Missouri stayed at Camp SEMO at Wappapello Lake. Camp Coordinator and Conservation Agent Alan Lamb said it's important for the future of hunting and conservation that more girls, specifically, are introduced to outdoor skills -- and that's the purpose of the camp.

"As time progresses, we're losing more hunters and anglers and outdoorsmen in general. Women are a very important part of the outdoor tradition and we want to continue that," Lamb said.

Discover Nature Girls Camps teach girls outdoor skills from a young age.

"With the hunter education program, we really stress firearm safety," Lamb said. "Along with that, we teach them skills for archery and everything that goes along with that."

Lamb said the girls were taught how to climb safely in and out of a tree stand, how to use a fall-arrest system, basic water safety skills, and how to throw safety devices to a drowning victim. Other activities included duck decoy painting, a fish dissection exercise, camp fire fun, and opportunities to taste wild game.

Camp Counselors, such as Ellington High School Science Teacher Katie Neece, chaperoned and guided their groups of girls throughout the activities. Neece appreciated the emphasis on science, as well as the repeated message that girls can accomplish anything they want in life.

"We had several women from the Missouri Department of Conservation come and talk to the girls about their careers, the paths they took, and how to get there. And they encouraged the girls to not limit themselves and know they can do anything they set their minds to," Neece said. "Being a girl does not limit you in any way."

Anna Albertson, a 12 year old from Cape Girardeau, said she learned new things throughout the week that she hopes to be able to do again on her own or with her family.

"I would love to try hunting again and archery," Anna said. "I was pretty good at shooting and that made me feel good, so I'd like to keep on doing it."

Anna also learned something besides outdoor skills.

"You got to learn that girls can do whatever they want," she said.

Lamb and Neece both said they witnessed a transformation in the girls' confidence as well.

"Every year we've done this, the girls come in on the first day and they're pretty shy, not wanting to engage with the instructors very much, especially those of us in uniform. By the end of the camp, it is completely different," Lamb said.

"Seeing the girls get interested and watching them go from being very shy the first day they got here to very outgoing was a wonderful experience for me as a camp counselor," Neece said.

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Mother-to-Mother BEAT THE HEAT CAMPAIGN!

JUNE 26TH 2017 BY DEE LOFLIN

Mother-to-Mother BEAT THE HEAT CAMPAIGN!

Stoddard County, Missouri - Summer is officially here, and along with it comes all the best loved traditions: swimming, camping, 4th of July fireworks, vacations. However, since around 1998 another event has crept into our collective psyches: news flashing over the TV that yet another child has died in a hot car due to heatstroke.

Collectively we shake our heads and wonder out loud how a parent could possibly leave his or her child in the backseat of a car for a short time or perhaps for hours. Either way the result can be the same. The child's core body temperature reaches over 107 degrees F. This means that the child's organs have started to or have shut down and death or severe brain damage probably has occurred.

Since 1990, According to KidsNCars, a national clearing house for data and information on car related injuries, over 800 children have died after having been left in a hot car. This averages to about 37 deaths per year.

Dexter Community Regional Healthcare Foundation's Mother-to-Mother (M2M) Program, in cooperation with Missouri Children's Trust Fund, is initiating its third annual Beat the Heat Campaign.

M2M knows how important it is to remind all caregivers...birth parents, grandparents, baby sitters, older siblings... that it is a lifesaving responsibility to always check the backseat before leaving the vehicle.

For the past fifteen years, M2M has been actively involved in child abuse and prevention

activities throughout Stoddard County. Empowering young first time mothers to be able to provide for the physical, emotional and financial needs of their children, the program's primary focus is reducing incidences of child abuse and neglect, thus providing another generation with brighter and more productive futures.

Mother-to-Mother's 2017 Beat the Heat Campaign will center around the sharing of information on this important topic.

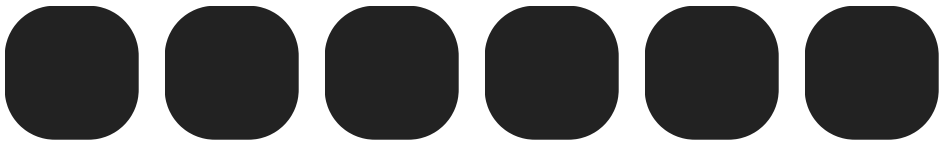
"With guidance from the Mother-to-Mother Advisory Council, we will be working with communities throughout the county to increase public awareness about vehicular heatstroke," explains Teresa Overall, M2M Program Coordinator.

This effort will include posters, public service announcements, newspaper articles, and displays on marquees.

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