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Stoddard County Children's Home March and April Donations

JULY 13TH 2017 BY DEE LOFLIN

Stoddard County Children's Home March and April Donations

The following individuals have made donations in March and April 2017 to the Stoddard County Children's Home, Inc. in Memory or in Honor of a loved one.

MARCH 2017:

Boyce & Kay Wooley and Bobbi Kay Parker in Memory of Gaye Cooper

Bruce & Karen Dawson in Memory of Lyle Davis

Harold & Paula Miles in Memory of Tress Logan

George Gulliams in Memory of Lonnie Guilliams

Carol Klans in Memory of Jerry Guilliams

Joe & Rhonda Gulliams in Memory of Lonnie Marvin Guilliams

Deborah Sabella in Memory of Nancy Wade

Jon & Jo Daniel in Memory of Nancy Wade

Lynn & Kay Mattingly in Memory of Betty Koetting

First Presbyterian Church in Memory of Gaye Cooper

Charlie & Carolyn Bell in Memory of Gaye Cooper

Mary Worley in Memory of Jane Flowers

Bruce & Karen Dawson in Memory of Fred Crosson

Bruce & Karen Dawson in Memory of Ricky Arlon Ayers

APRIL 2017:

Ron & Pam Kingston in Memory of Malinda Allen

The Overby Family in Memory of Charles B. Adams

Ruth A. Guilliams in Memory of Lonnie M. Guilliams

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Stoddard County Children's Home January and February Donations

JULY 13TH 2017 BY DEE LOFLIN

Stoddard County Children's Home January and February Donations

The following individuals have made donations in January and February 2017 to the Stoddard County Children's Home, Inc. in Memory or in Honor of a loved one.

January 2017:

Benny & Nita Lemons in Memory of Carol Ann Lemons

Darrel & Toni Pyle in Memory of Gloria Burleson, Martha Guethle, Allen Kelley, Kyle Patrick Govrea

Robert & Barbara Denton in Memory of Walter Wyman

Jerry & Beverly Brown in Memory of Walter Wyman

Debra Kelley in Memory of Wanda Jackson, Steve Fish, Kathy A. Jones

Billy, Rachel, Bruce, Karen Caroline & Ellie Dawson in Memory of Walter Wyman

Donald & Barbara Webb in Memory of Walter Wyman

Danny & Phyliss Biggs in Memory of Walter Wyman

Bill & Doris Fox in Memory of Walter Wyman

Scott & Karen Hillis in Memory of Walter Wyman and Carol Lemons

Reva J. Raymo in Memory of Gloria Robinson

Bobby & Kerri Lowrey in Memory of Delmer Lane

Bank of Advance in Memory of Gary McIntosh

Merle Taylor in Memory of Walter Wyman

Kathryn A. Ginn in Memory of Lynan Zimmerman

Martha Norris in Memory of Lynan Zimmerman

Parma Methodist Church in Memory of Melba Sherfield

FEBRUARY 2017:

Gail Stallion in Memory of Bill Link

Carol McGowan in Memory of Dora L. Nelson

Rob & Nancey Mayer in Memory of Angie Stuever

Lakeville Lodge No. 489 AF & AM in Memory of Kenneth Emerson

Glenda & Donna McCollough and Michael & Linda McCollough & Family in Memory of Delmar Lane

Merle Taylor in Memory of Melba Sherfield

Mike & Susie Meese in Memory of Rene Tischer, Jordan Evans and Scott Arnold

Harold & Vivian Hart; Butch & Sharon Hart; Sharon Kay Hart; and Mitchell & Mary Hart in Memory of Vera Gilbow Ross

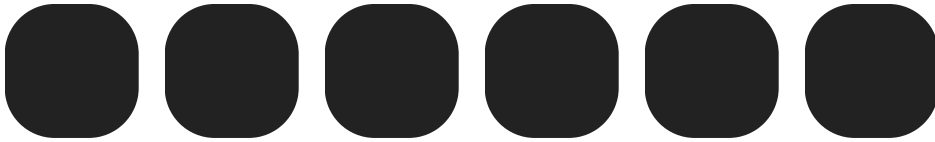
Southeast Heath of Stoddard County Nursing Department in Memory of Lucille Nelson

Jim & Tressa Oliver in Memory of Nadine Gaines and Martina Scott

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Deadline to Register for Back to School Bash Friday, July 14th

JULY 12TH 2017 BY DEE LOFLIN

[Deadline to Register for Back to School Bash Friday, July 14th](#)

Stoddard County, Missouri - Are you worried about how to get your child the things they need to start the school year? Hope International and several other partnering organizations want to help!

Their Back to School Bash are designed to be a "one stop shop". You will be able to get your child's hair cut, get a clothing voucher, get a vision, hearing, and dental check, and leave with a backpack full of supplies for each child.

They have tried to improve Their BASH experience this year by having one event in one location! They have lots of new vendors, more fun for the kids.

NO lines or required booths just FREE school supplies, FREE haircuts, FREE food, FREE eye exams, FREE dental screenings, FREE hearing screening, and lots more! If you or someone you know would like to come to this event please go to www.hope-international.us/school.php to register!!

All you have to do is register! It's TOTALY FREE!!!

Registration is open until Friday, July 14, 2017 Just call (573) 293-4673 to register. Students who are registered and attend will receive a backpack with school supplies.

This year's Back to School Bash will be held at the Dexter Bearcat Event Center on Tuesday, August 1, 2017 from 10:00 a.m. - 3:00 p.m.

If you would like to donate school supplies please contact (573) 293-4673. Hope International is still in need of items as well as volunteers.

This is NOT a low-income only opportunity. They want everyone with children to benefit from these events. Getting a child ready to go back to school can be very stressful and hard on a family. They want to make the Back 2 School process a fun and enjoyable day for everyone.

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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.

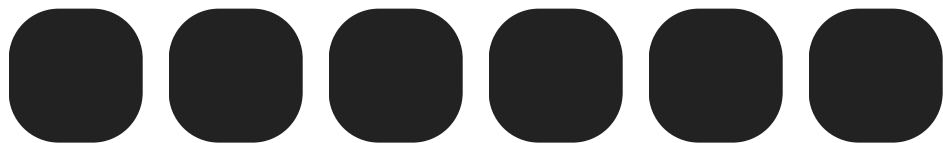
Ed Null sold the most tickets of about 250 with the winning ticket going to Jim Russell.

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

Seniors Get Big Benefits from Outdoor Activities

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.

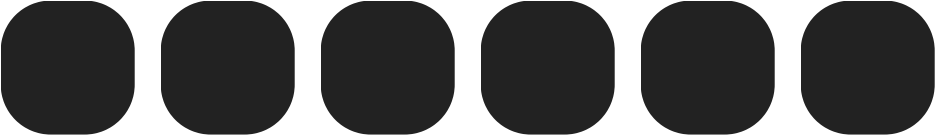
"Simple activities like taking a hike with grandchildren can ensure they learn to enjoy nature and build memories that will last a lifetime," she said. "Sharing the love of nature is a great relationship builder."

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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