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# Athletes Making Strides in Newly Remodeled Weight Room

AUGUST 10TH 2017 BY DEE LOFLIN

## Athletes Making Strides in Newly Remodeled Weight Room

Dexter, Missouri - Athletes are taking advantage of the new and upgraded weight room at Dexter High School. Both middle school and high school athletes have been working hard in their newly remodeled weight room. With more weight lifting equipment and better design, more athletes can get their work-out done in a timely fashion and ready to hit the field or court.

Through local donations from the community the Dexter Schools were able to purchase new equipment and upgrade the entire weight room.

"There was a need for a facility upgrade," commented Dexter's head football coach Kevin Goltra. "A few business men offered to help and a complete overhaul was made. I think this is the best high school weight room in southeast Missouri."

The weight room is designed so that any athlete from middle school to high school can utilize the equipment.

"Every sport, every athlete have the opportunity to use this facility," continued Goltra.

"We have rehab equipment, kettle bells, and nine new racks and platforms. We can also do two or more major lifts at a time and within a 35-40 minute window which will give our football athletes more time on the field during practices."

Earlier in 2017 prior to the renovation, the Goltra's weight lifting athletes participated in weight lifting competition in Scott City and earned a first place finish. It is his hope that they continue to compete and perhaps host a competition in the future.

With the new renovations, athletes can increase their productivity 30 - 40% during weight lifting classes. They are able to put 3 students to each station now.

"The weight room is absolutely gorgeous. It is the vision of many people and it took many to make it happen," commented Dexter High School Activities/Athletic Director Aaron Pixley. "The room has new paint, flooring, ceiling, and equipment. Something that our kids deserve. It will be a valuable tool for all our athletes in every sport. Every athlete (male and female) is highly encouraged to make their workouts daily and now they have something to be proud of."

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## 2017-2018 Bernie Mules High School Basketball

# Schedule Released

AUGUST 03RD 2017 BY DEE LOFLIN

## 2017-2018 Bernie Mules High School Basketball Schedule Released

Bernie, Missouri - The 2017-2018 Bernie High School Boys Basketball schedule has been released. The Bernie Invitational Basketball Tournament will be held on November 27th - December 1st. The Bernie Junior Varsity Tournament will be held on December 4th, 6th, and 9th.

The Mules will once again participate in the Bloomfield Christmas Tournament slated for December 26th - December 29th.

The Stoddard County Athletic Association (SCAA) Tournament will be held at the Bearcat Event Center in Dexter on January 22nd - January 26th.

The ShowMe Times will post this article again in November as a reminder; however mark your calendar now for an exciting Mules Basketball season!

### **2017-2018 Bernie Mules High School Basketball Schedule:**

Nov 27th - Dec 1st Bernie Varsity Invitational Tournament (TBA)

Teams participating are: Bernie, Campbell, Holcomb, Risco, T.R., Puxico, Neelyville, and Bloomfield

Dec 4th, 5th, and 9th Bernie Junior Varsity Tournament (TBA)

Teams participating are: Bernie, Malden, Clarkton, Holcomb, Gideon, Hayti, Cooter, Doniphan

Fri Dec 8th vs Gideon (HOME) 6 p.m.

Tues Dec 12th vs Woodland (HOME) 6 p.m.

Fri Dec 15th vs Bell City (HOME) 6 p.m.

Tue Dec 19th @ Neelyville 6 p.m.

Tues Dec 21st @ Naylor 6 p.m.

December 26th, 27th, 28th and 29th Bloomfield Christmas Tournament (TBA)

Tues Jan 2nd vs Oran (HOME) 6 p.m.

Fri Jan 5th vs Advance (HOME) 6 p.m.

Mon, Jan 8th, Wed, Jan 10th, and Sat, Jan 13th Malden Junior Varsity Tournament (TBA)

Tue Jan 9th @ Notre Dame 6 p.m.

Fri Jan 12th @ Dexter 6 p.m.

Tues Jan 16th @ Bloomfield 6 p.m.

Fri Jan 19th vs Puxico (Homecoming) 6 p.m.

Jan 22nd - 26th SCAA Tournament @ Dexter (TBA)

Tues Jan 30th @ Twin Rivers 6 p.m.

Fri Feb 2nd @ Holcomb 6 p.m.

Tues Feb 6th vs Hayti (HOME) 6 p.m.

Fri Feb 9th @ Malden 6 p.m.

Tues Feb 13th vs Richland (HOME) 6 p.m.

Feb 17th - 22nd District Tournament @ Bernie (TBA)

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## 2018 Bernie Junior High Volleyball Schedule Released

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AUGUST 03RD 2017 BY DEE LOFLIN

### 2018 Bernie Junior High Volleyball Schedule Released

Bernie, Missouri - The 2018 Bernie Mules Junior High Volleyball Schedule has now been released. Though they don't have their first game until March 6th, it's never too early to get your calendar up-to-date!

The Bernie 8th Grade Volleyball Tournament is slated for Monday, March 26th and Tuesday, March 27th. Teams participating are Advance, Bell City, Bloomfield, Dexter, Portageville, Woodland, and Sikeston.

The Stoddard County Athletic Association (SCAA) Tournament is set for Saturday, April 7th, Monday, April 9th, and Tuesday, April 10th to be held at the Bloomfield High School gym.

The ShowMe Times will announce again in March the schedule as a reminder.

### **2018 Bernie Mules Junior High Volleyball Schedule:**

Tue March 6th vs Woodland (HOME) 6 p.m.

Thur March 8th @ Poplar Bluff 6 p.m.

Fri March 9th vs Richland (HOME) 6 p.m.

Tue March 13th @ Bell City 6 p.m.

Mon March 19th @ Sikeston 6 p.m.

Tues March 20th @ Dexter 6 p.m.

Fri March 23rd vs Twin Rivers (HOME) 6 p.m.

Mon March 26th and Tues March 27th Bernie 8th Grade Tournament 4 p.m.

Teams participating are Bernie, Advance, Bell City, Bloomfield, Dexter, Portageville, Woodland, and Sikeston

Tues April 3rd vs Advance (HOME)

Thur April 5th vs Puxico (HOME) 6 p.m.

Fri April 6th @ Bloomfield 6 p.m.

Saturday, April 7th, Monday, April 9th and Tuesday, April 10th SCAA Tournament @ Bloomfield (TBA)

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# Ozark Angler Hooks State-Record Quillback

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AUGUST 03RD 2017 BY DEE LOFLIN

## Ozark Angler Hooks State-Record Quillback

**MDC congratulates Timothy Keene on breaking the pole-and-line state record by catching a 5-pound, 13-ounce quillback on Bull Shoals Lake.**

Ozark, Missouri - The Missouri Department of Conservation (MDC) reports that Timothy Keene of Ozark became the most recent record-breaking angler in Missouri when he hooked a quillback on Bull Shoals Lake in Taney County using a rod and reel.

The new “pole and line” record quillback caught by Keene on June 26 weighed 5 pounds, 13 ounces. It broke the previous state-record of 2 pounds, 12 ounces. Keene and a fishing buddy were using red and purple-colored spoons trying to catch walleye when he hooked the state-record quillback.

“The quillback put up a pretty good fight. I fought it for at least four minutes until I got it in the boat,” Keene said.

Keene said once he got it in the boat he didn’t really know what type of fish it was, but his fishing buddy did.

“I’m pretty new at fishing so I don’t know all the fish species, but my fishing buddy knew we had a really nice size quillback,” he said. “After some quick research, we were confident we had a new state-record fish.”

Keene says he still can’t believe he has a Missouri state record, which was confirmed by MDC staff using a certified scale at Shepherd of the Hills Hatchery.

“I can’t believe it! This is an event I would have never dreamed of,” he said.

The quillback fish is a part of the sucker family. It is deeper-bodied than most suckers, leading to a carp-like appearance. It can be distinguished from carp by the lack of barbels around the mouth.

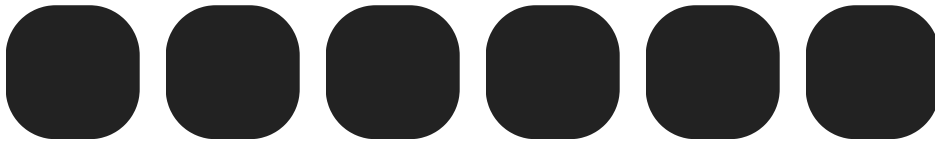
Keene is unsure if he is going to mount the fish or not.

Missouri state-record fish are recognized in two categories: pole-and-line and alternative methods. Alternative methods include: throwlines, trotlines, limb lines, bank lines, jug lines, spearfishing, snagging, snaring, gigging, grabbing, archery, and atlatl.

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## Bearcat Community 5K Run Slated for September 16th

AUGUST 02ND 2017 BY DEE LOFLIN

**Bearcat Community 5K Run Slated for September 16th**

Dexter, Missouri - Time to get in shape to run the first ever Bearcat Community 5K Run to benefit the Dexter Cross Country Teams. Coach Leonard Morse has put together a great run on September 16, 2017 beginning at 7:30 a.m.



Top 3 athletes in each Division for male and female will win a medal. T-shirts will also be given to each participant.

Age Divisions are High School age, ages 19-30, ages 31-50, and ages 51+ for both women and men.

Coach Morse can be reached at (573) 820-5851 or you can register at the Concession Stand the day of the race. Check-in times are between 7:00 a.m. - 7:20 a.m. Cost to enter is \$25 and all proceeds go to benefit the Dexter High School Cross Country Teams.

Pre-Registration deadline is September 10th. This will ensure the correct size t-shirt as they have to be ordered in advance.

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