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SoutheastHEALTH of Stoddard County Supports Fitness Challenge

MARCH 22ND 2018 BY DEE LOFLIN

SoutheastHEALTH of Stoddard County Supports Fitness Challenge

Dexter, Missouri - Southeast Health provided cutting boards for participants in the Regional Healthcare Foundation “TRI” Team Fitness Challenge.

Pictured, LeVeda Scates, Coordinator of the Fitness Challenge and Sue Ann Williams, CEO Dexter Southeast Health.

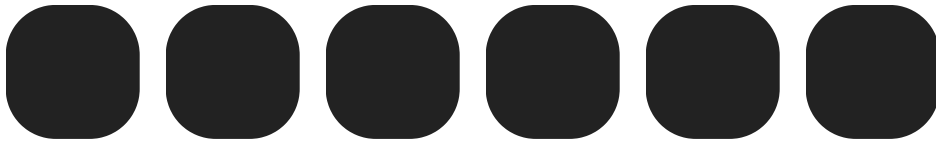
One of the key points stressed in the competition is healthy nutrition.

Participants appreciated the cutting boards because salads are a focus food for weight loss.

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Supporting Regional Healthcare Foundation Challenge

MARCH 22ND 2018 BY DEE LOFLIN

Supporting Regional Healthcare Foundation Challenge

Dexter, Missouri - First Missouri Bank is supporting the Regional Healthcare Foundation Fitness Challenge!

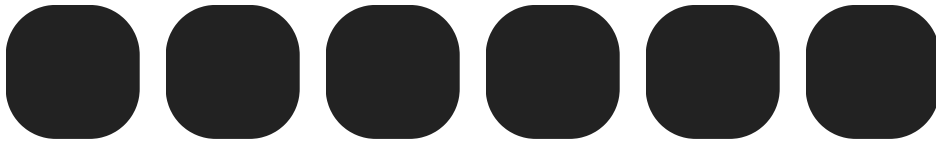
Mike Hobbs, FM Bank president and Tracy Hoton, FM Bank Human Resource Officer presented LeVeda Scates, Regional Healthcare Foundation Fitness Challenge Coordinator with shaker bottles to make nutritional drinks for the Foundation Fitness Challenge participants.

Submitted photo.

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Adoption Day at Shoe Sensation

MARCH 22ND 2018 BY DEE LOFLIN

Adoption Day at Shoe Sensation

Poplar Bluff, Missouri - The Dexter Animal Shelter mobile adoption will be at Shoe Sensation in Poplar Bluff, Missouri on Saturday from noon - 4 p.m.

Shoe Sensation is located at 1415 N. Westwood Blvd.

"We will have all animals available on hand and you will possibly be able to take your new fur baby home with you that day," commented Animal Control Officer Darren Dixon of Dexter Police Department.

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Ham and Beans Fundraiser

MARCH 22ND 2018 BY DEE LOFLIN

Ham and Beans Fundraiser

Dexter, Missouri - Preferred Hospice will have a Ham & Beans, Cornbread and Cake lunch plate available on Friday, March 23, 2018 from 11 a.m. - 1 p.m. to raise money for their Relay for Life team.

Preorder if possible by calling (573) 614-4774. Plate lunch is \$7.00

Pick Up your order at Preferred Hospice, located at 423 Business Hwy 60 W.

Support these fine men and women who take care of our loved ones. They are raising money for people battling cancer!

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Dexter Police Dept Raising Money for Special Olympics

MARCH 19TH 2018 BY DEE LOFLIN

Dexter Police Dept Raising Money for Special Olympics

Dexter, Missouri - The Dexter Police Department is selling 2018 Special Olympics Missouri Law Enforcement Torch Run shirts.

All proceeds are sent to Missouri Special Olympics.

The date of the Dexter Special Olympics Missouri Law Enforcement Torch Run will be Thursday, May 24, 2018 at 10 a.m. The route will be Bus 60 and Route AD (Wal-mart) to Bus 60 and Mo 25. Several agencies will be participating in the Special Olympics Torch Run in Dexter MO.

The shirts can be purchased at the Dexter Police Department by contacting: Detective Capt Trevor Pulley at 573-624-5512 Ext 1 or via email: Trevor.pulley@dexterpd.com or stopping by the Dexter Police Department.

Contact Detective Trevor Pulley at (573) 624-5512.

Short sleeve shirts come in Youth Medium - Adult XXL and are \$15 each. Adult 3XL and larger up to 6XL are \$20 each.

Long sleeve shirts are \$20 each and are green with a torch and flag on the front.

Please support the Dexter Police Department as they raise money for Special Olympics!

"Known as Guardians of the Flame, law enforcement members and Special Olympics athletes carry the "Flame of Hope" into Opening Ceremonies of local competitions. They also carry it into Special Olympics State, Provincial, National, Regional and World Games. There are over 97,000 law enforcement members that carry the "Flame of Hope" annually. The flame symbolizes courage and celebration of diversity uniting communities around the globe.

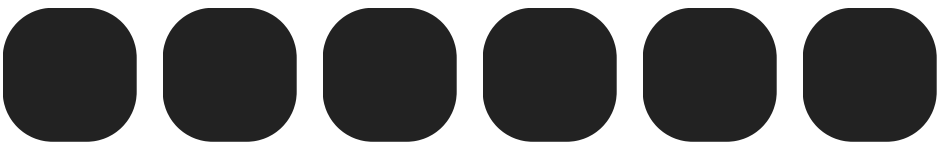
Torch Run has grown over the years and now includes many fundraising platforms. These platforms include: Plane Pulls, Polar Plunges, Tip-A-Cops, and more. Since the beginning, LETR has raised over \$600 million for Special Olympics programs.

As retired Chief Richard LaMunyon once said, "What started in 1981...as a flicker of hope for Special Olympics has now become a roaring flame of stability for Special Olympics athletes worldwide." LETR is changing the future for people with intellectual disabilities. Through the LETR and Special Olympics partnership we are lighting the way for acceptance and inclusion."

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