

Features



[TOP](#)

2020 Regional Healthcare Foundation Fitness Challenge

JANUARY 07TH 2020 BY DEE LOFLIN

2020 Regional Healthcare Foundation Fitness Challenge

Dexter, Missouri - The Regional Healthcare Foundation will once again sponsor the “TRI” Team Fitness Challenge!

The first Fitness Challenge began in 2007 and has been a very popular event within the community. This is the 13th year for the annual weight loss tradition!

Many people enjoy the holidays and all the fine dining and special treats knowing they will get serious about losing those extra holiday pounds by participating in the Fitness Challenge! There are many, many success stories from people who have improved their health and found a better of quality of life by following their regiment used for the challenge in their daily life after the challenge.

The main focus of people who participate is to improve their health. People are very conscious that diabetes, heart disease/high blood pressure are on the rise for our population. The Fitness Challenge offers weekly accountability for weight loss. Team support serves as reinforcement for shedding pounds.

Each week handouts will be provided about health and nutrition. Blood pressure checks will be made at the beginning of the Challenge and then at the end of the Challenge for comparison.

The 2019“TRI” Team Fitness Challenge begins Wednesday January 8 and continues until Wednesday April 22nd.

Teams may sign up for the Challenge on January 8, January 15 and January 22.

The teams will consist of 3 people. Teams must have a team name selected before signing up.

Individuals who do not have a team may sign up. Individuals will be combined in teams of 3.

Weekly charts for the “Tri” Team Fitness Challenge will be available to show the progress of each team. Charts will list team names and the percentage of weight loss for the team.

Weights are completely confidential.

Prizes For Fitness Challenge:

Prizes are based on the greatest percentage of weight loss of the team.

1st Place Team - \$1,000

2nd Place Team - \$500

3rd Place Team - \$250

There will be a \$250 cash prize for the individual who loses the greatest number of pounds.

Participants weigh in weekly on Wednesdays from 7:30 a.m. until 5:30 p.m. Team members are not required to weigh in at the same time of day.

For additional information, please call the Regional Healthcare Foundation at 573-624-1607

LAST UPDATED ON JANUARY 07TH 2020 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/vdp0/2020-Regional-Healthcare-Foundation-Fitness-Challenge>

[Go to post](#)



More from ShowMe Times:

[TOP](#)

New Dexter Chamber Directors Recognized

DECEMBER 17TH 2019 BY DEE LOFLIN

New Dexter Chamber Directors Recognized

Dexter, Missouri - Three new Dexter Chamber Directors were recognized at the annual winter membership dinner. The new members are Dustin Mayer, Mark Whitehead and Tiffany Wright.

Dustin Mayer was born and raised in Dexter. After graduating from Dexter High School, he graduated Summa Cum Laude from Southeast Missouri State University. While at law school at the University of Missouri School of law, he met his future wife Ashley. They have three children: Lillian age 5, Abigail age 3, and Louis age 5 months. Prior to opening his own law practice in 2014 he worked at the Missouri Attorney General's office and as an assistant prosecuting attorney in Pemiscot County. Dustin has also founded his own title company, Stoddard County Title and Escrow. He is the elected council member for the young lawyer's section of the Missouri Bar for District 14 and the president of the Stoddard County Bar Association.

Mark Whitehead currently serves as Customer Service Manager for Newwave Communications with offices in Dexter, Poplar Bluff, and Piggott, AR. This is Mark's 14th year with Newwave. Mark's wife, Kristi is a third-grade teacher at Central Elementary and they have three sons. He and his family are members of Risen Church, where Mark is a trustee. He graduated from Southeast Missouri State University and is an ardent supporter of Dexter Bearcat activities.

Tiffany Wright has been working in the Dexter community for almost six years for the Gill Group and Gill Family Properties. In March of this year she moved over to be the Director of Gill Family Properties. Tiffany enjoys being involved in local charities, such as Relay for Life. Tiffany and her husband, Chase have a nine year old son, Ryker, three dogs, and two cats.

LAST UPDATED ON DECEMBER 17TH 2019 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/vdmm/New-Dexter-Chamber-Directors-Recognized>

[Go to post](#)



More from ShowMe Times:

[TOP](#)

Puxico Police Department Receives Prescription Box Donation

DECEMBER 17TH 2019 BY DEE LOFLIN

[Puxico Police Department Receives Prescription Box Donation](#)

Puxico Police Department now has a prescription drop box available to the public who need to dispose of their unused, unwanted, or expired medications, courtesy of Southeast

Missouri Behavioral Health.

LAST UPDATED ON DECEMBER 17TH 2019 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/vdms/Puxico-Police-Department-Receives-Prescription-Box-Donation>

[Go to post](#)



More from ShowMe Times:

[TOP](#)

Express Collision Center Held a Ribbon Cutting to Celebrate Opening

DECEMBER 17TH 2019 BY DEE LOFLIN

[Express Collision Center Held a Ribbon Cutting to Celebrate Opening](#)

Dexter, Missouri - Express Collision Center located at 916 Nina St. held a ribbon cutting to celebrate their opening.

Pictured from left to right front row are Dexter Mayor Jason Banken; Matter Ternes of Pizza Hut, Samantha Allen of Express Collision Center, Alisha Trammell, Dexter Chamber of Commerce president; Cody Allen of Express Collision Center; Steve Allen of

Express Collision Center; Lori Allen of Express Collision Center; Holden Bruce of First Missouri Bank of SEMO; Cecil Haley of Southern Bank; Mark Whitehead of NewWave Communications; Jerry Corder, Dexter Alderman and Andrew Horrell of Aramark.

[Find them on Facebook by clicking HERE.](#)

For more information about their services call (573) 614-7487 or visit them at www.expresscollisioncenter.net

They are your complete auto body collision center and they work with all insurance companies.

LAST UPDATED ON DECEMBER 17TH 2019 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/vdma/Express-Collision-Center-Held-a-Ribbon-Cutting-to-Celebrate-Opening>

[Go to post](#)



More from ShowMe Times:

[TOP](#)

El Bracero Holds Ribbon Cutting

DECEMBER 17TH 2019 BY DEE LOFLIN

El Bracero Holds Ribbon Cutting

Dexter, Missouri - A ribbon cutting was held at El Bracero Mexican Restaurant located at 911 West Business 60 to celebrate their remodel.

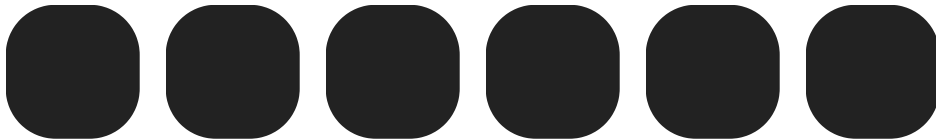
Pictured from left to right are Dexter Mayor Jason Banken; Debbie Stidham, Alisha Trammell, Dexter Chamber of Commerce president; Lindsey Brown, El Bracero; Miguel Angel, El Bracero; Maia Ellsworth, El Bracero; Jose-Fina Martinez, El Bracero; Felipe Viaz, El Bracero; Cecil Haley, Southern Bank, and Dexter City Adm Mark Stidham.

[For more information follow them on Facebook by clicking HERE.](#)

LAST UPDATED ON DECEMBER 17TH 2019 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/vdmb/El-Bracero-Holds-Ribbon-Cutting>

[Go to post](#)



More from ShowMe Times:



SUBSCRIBE TO "FEATURES"

ShowMe Gold Sponsors