

Features



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The Lair Event Center Holds Ribbon Cutting

OCTOBER 15TH 2020 BY DEE LOFLIN

The Lair Event Center Holds Ribbon Cutting

Dexter, MO - The Lair Event Center located at 13583 Highway 25 in Dexter held a ribbon cutting.

Susan Kimball is the Owner and Brandy Kearbey is the Event Director.

You can contact them at 573.793.6591 (Susan) or 573.718.1195 (Brandy) or email them at thelaireventcenter@yahoo.com

The Lair Event Center will be hosting several upcoming events including a Trunk or Treat, Midget Wrestling, and a Parents Night Out!

Pictured in front from left are Dexter Mayor Jason Banken, owner Susan Kimball, Event Director Brandy Kearbey, Johnna Sprouse, Amanda Holiman, Carol Kimball, Rebecca Fields, Florence Johnson, Lanie Wilkerson, Susan Lee, Dexter Chamber Director Sue Ann Williams, Dexter Chamber Director Mark Whitehead and Dexter Chamber Executive Director Alisha Trammell .

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Family Matters Adult Dayhab Holds Ribbon Cutting

OCTOBER 15TH 2020 BY DEE LOFLIN

Family Matters Adult Dayhab Holds Ribbon Cutting

Dexter, MO - Family Matters Adult Dayhab held a ribbon cutting celebrating their grand opening located at 13583 Highway 25 in Dexter.

Brandy Kearbey is the director and she says she has several events planned throughout the year.

She is currently building their Behavior Buck Store. If you would like to donate items please give her a call at 573-718-1195. She is there from 8 a.m. - 5 p.m. Monday - Friday.

"We teach accountability for ourselves, how to save for things we would like and not instant gratification."

A consumer will be running the store to put in place job skills training.

They have already had a cooking class, apron making class and several other fun activities.

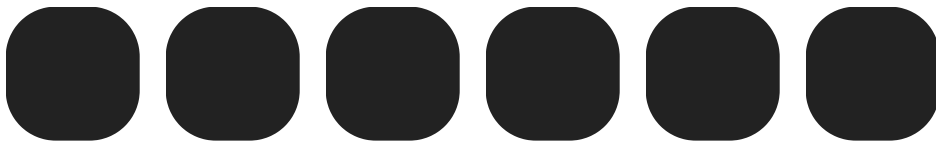
Pictured front row from left are Dexter Mayor Jason Banken, Cindy Decker, Lauren Blaigh, Sikeston Dayhab Director Susan Kimball, Dexter Director Brandy Kearbey, Johnna Sprouse, Amanda Holiman, Carol Kimball, Rebecca Fields, Florence Johnson, Lanie Wilkerson, Susan Lee, Dexter Chamber Executive Director Alisha Trammell,

Dexter Chamber Director Sue Ann Williams and Dexter Chamber Director Mark Whitehead.

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Cottonwood Early Learning Academy Ribbon Cutting

OCTOBER 06TH 2020 BY DEE LOFLIN

[Cottonwood Early Learning Academy Ribbon Cutting](#)

Dexter, MO - The Dexter Chamber of Commerce held a ribbon cutting for Cottonwood Early Learning Academy, LLC on Friday, September 25, 2020.

The Cottonwood Early Learning Academy is located at 1017 Arvin Road. Phone number is (573) 421-3025.

Pictured from left to right are Dexter Mayor Jason Banken, Tara Barker, Bank of Advance, Lea Jenkins, Southern Bank, Bonnie Cooper, Tommy Stafford, owner, Davina Stafford, Krista Stafford, Lisa Britton, Kevin Britton, Sara Selvidge, Dexter City Administrator Mark Stidham, Dexter Chamber of Commerce Executive Director Alisha Trammell, and Cecil Haley of Southern Bank.

[Follow Cottonwood Early Learning Academy on Facebook by clicking HERE.](#)

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Select Physical Therapy is Proud to Offer Blood Flow Restriction Therapy (BFR)

SEPTEMBER 29TH 2020 BY DEE LOFLIN

Select Physical Therapy is Proud to Offer Blood Flow Restriction Therapy (BFR)

Dexter, MO - Injury, age or poor physical condition can prevent you from gaining muscle mass. Personalized blood flow restriction (PBFR) is a form of rehabilitation that increases strength with low intensity exercise that puts less stress on your joints.

How does it work?

A licensed and trained physical or occupational therapist places a cuff around your limb during exercise. The cuff is attached to a compression pump (similar to that used to take blood pressure) that causes it to inflate, keeping the blood in the muscle and temporarily preventing its flow from the area.

A personalized pressure reading is performed to ensure safe training. The amount of pressure applied will depend on your physical condition, strengthening needs and therapy goals.

A session can last anywhere from six to 30 minutes. During that time, you will perform various exercises, including strength training and aerobic conditioning.

What are the benefits?

As your muscles relax and contract during the exercises, the device maintains constant pressure, enabling:

- Fewer exercise repetitions
- Use of lighter weights
- Enhanced muscle growth
- Overall strength gains

PBFR training may help:

- Increase muscle size (hypertrophy) and strength
- Improve cardiovascular capacity
- Decrease joint/tissue stress

Who are good candidates?

PBFR can expedite and bridge the gap between rehabilitation and recovery with training and performance. It has been shown to be beneficial for:

- Athletes
- Individuals with limited or restricted mobility
- Post-operative rehabilitation patients or those dealing with pain issues
- Patients seeking pre-surgical strengthening

At Select Physical Therapy, we are proud to provide the care you need either in our centers or virtually via telerehab. During these times, we are taking extensive preventative measures – guided by the CDC, state and local government – to protect you and our staff. For in-center care we have screening protocols, hand hygiene, disinfecting and mask requirements in place.

Contact Select Physical Therapy to learn more 573-624-6405

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Bella Bean Boutique Ribbon Cutting

Bella Bean Boutique Ribbon Cutting

Dexter, MO - Bella Bean Boutique celebrated its grand opening with a ribbon cutting on Thursday, September 17, 2020.

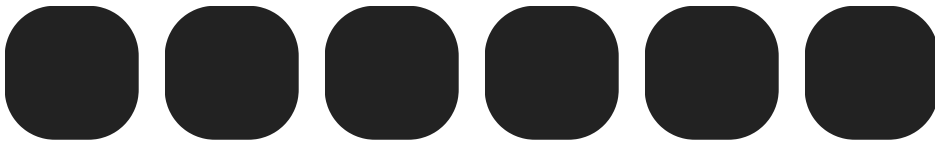
They are located at 221 N. Walnut St. Phone number is (573) 614-7623 and their hours are Monday - Friday 10 a.m. - 5 p.m.

Pictured from left are Leah Sok, Dexter major Jason Banken, Holden Bruce, Dexter Chamber President Matt Ternes, Brandon Mitchell, Austin Seabaugh, Tori Seabaugh, Rosa Cortez, Bella Bean Boutique owner Tim Smith and Heather Foster, Braxton Foster, Andrew Davis, Brittney Hanner holding Kahlani London, Jenny Brown, and Dexter Chamber First Vice President Cecil Haley.

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