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March is Athletic Trainer Month - Featuring Lindsay Hampton

MARCH 22ND 2021 BY DEE LOFLIN

March is Athletic Trainer Month - Featuring Lindsay Hampton

Dexter, Mo - National Athletic Training Month is held every March in order to spread awareness about the importance of athletic trainers.

Lindsay Hampton is employed as an Athletic Trainer at Select Physical Therapy in Dexter, Missouri. She graduated from Missouri State University, Springfield in 2017 with a Bachelors of Science in Sports Medicine and Athletic Training. She continued her education at Missouri State University and graduated in 2019 with a Masters of Science in Athletic Training.

She passed the Board of Certification (BOC) Exam and has been a Certified Athletic Trainer for four years.

"I work at Select Physical Therapy in Dexter to provide coverage for Bloomfield High School sports, Puxico High School sports, and I also see Dark Horse gym members," commented Hampton.

She provides onsite injury evaluations, therapy exercise recommendations such as stretching, strengthening, cupping, and soft tissue manual therapy, and return to play programs.

As an athletic trainer she works to prevent athletes from encountering injuries and other related medical conditions during sporting activities. She applies preventive items, such

as braces or tape and educates athletes on how to avoid injury. She also provides recommendations on helpful exercises and stretches to prevent further injury. She also acts as liaison between the patient and physicians, support staff, and medical assistants when necessary.

Hampton has a very compassionate personality which is an essential quality one must have to be an athletic trainer. She has worked hard over the past two years building a rapport with students who enjoy sports at the high school level.

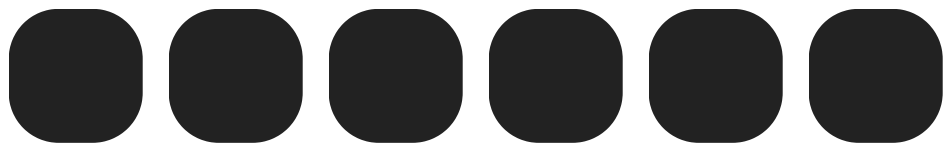
If you are interested in an athletic trainer in your high school, please give Select Physical Therapy a call at 573.624.6405

Select Physical Therapy FB

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Henry's Plants LLC Celebrates Opening with Ribbon Cutting

MARCH 15TH 2021 BY DEE LOFLIN

Henry's Plants LLC Celebrates Opening with Ribbon Cutting

Dexter, MO - The Dexter Chamber of Commerce celebrated the opening of Henry's Plants LLC with a ribbon cutting on Monday, March 15, 2021. The store is located at 907 Mallory Street.

Hours of operation are Monday - Saturday from 8 a.m. - 5 p.m. and Sunday from 1 p.m. - 5 p.m. Henry Kestner is the owner and stated that they will probably stay open until 7 p.m. some evenings as demand for plants increases. To call for more information (573) 820-6168.

"We will carry several varieties annuals and succulents as well as garden vegetable plants and ferns," commented Kestner. "We will have a complete line of garden seed and potting mix as well."

"You don't find anyone with garden seed anymore that is not pre-packaged. We will also have ribbon grass and lemon grass as well as a complete line of herbs and even a few cactus plants," continued Kestner. "We raise plants at our home in our greenhouses and then bring here to this location."

Pictured in front from left are Dexter Chamber President Cecil Haley, Sara Kate Elfrink, Maddie Guethle, Tiffany Wright, owner Henry Kestner, owner Linda Kestner, Tracy Elfrink, Grace Wood, Crystal Bishop, Dustin Mayer and Mark Whitehead. In back from left Chamber Economic Development Coordinator Ed Dust, Stan Elfrink, Anthony Elfrink, Dexter Mayor Jason Banken, Tara Barker, Linda Ulm, Diane Adams, Patrick Adams, Jake Nesselrodt and Dexter Chamber Executive Director Alisha Trammell.

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Three Rivers College Signs Agreement to Purchase TRC-Dexter Building from Dexter Chamber

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Three Rivers College signs agreement to purchase TRC-Dexter building from Dexter Chamber

Three Rivers College signed an agreement with the Dexter Chamber of Commerce on Tuesday, March 9 to purchase the building that houses TRC-Dexter. The four-year lease-to-own agreement will secure a permanent home for the College in Dexter and provide room for growth.

“The Dexter Chamber of Commerce is excited to see Three Rivers College accelerate their growth into our Dexter community. The pathway for Dexter and surrounding communities to further their higher education will remain constant,” said Alisha Trammell, Executive Director of the Dexter Chamber of Commerce.

The property, located at 515 W. Market, is owned by the Dexter Chamber of Commerce Development, Inc. The building has a total of 62,400 square feet. Three Rivers currently occupies 19,613 square feet.

“The potential expansion of the Three Rivers College Dexter campus will create a profound positive economic impact on our community and its citizens. We are thrilled to continue the partnership between the Dexter Chamber of Commerce and Three Rivers College,” said Trammell.

Currently, TRC-Dexter offers a wide range of classes, including several programs that can be completed without a long commute: Behavioral Health Support; General Education; Green Diesel Technology; Information Systems Technology, Medical Coding Option; and Welding.

“We were pleased to make this agreement with the Dexter Chamber of Commerce,” said Dr. Wesley Payne, President of Three Rivers College. “It not only shows our ongoing commitment to the Dexter community, it also gives us the option to expand our facilities in the future so that we can better serve them.”

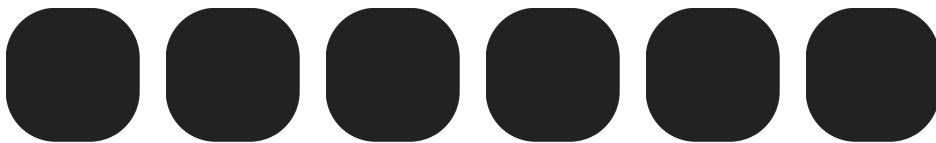
For more information about courses and degree pathways offered at TRC-Dexter, please call 573-614, 1081.

Three Rivers College is committed to contributing to the quality of life in Southeast Missouri with quality, affordable higher education opportunities and community services that support and encourage the economic, civic, and cultural vitality of the region. For more information about college and workforce programs and upcoming events, visit trcc.edu.

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The Late Mark Stidham Receives 2020 Community Lifetime Achievement Award

MARCH 08TH 2021 BY DEE LOFLIN

The Late Mark Stidham Receives 2020 Community Lifetime Achievement Award

Dexter, MO - The Dexter Chamber of Commerce held its annual awards ceremony on Saturday, March 6, 2021 at The Gathering. A reception, tasty finger foods and a delicious cake bar was held along with the 2020 awards ceremony.

Missouri State Representative for the 151st District Mr. Herman Morse and Missouri State Senator for the 25th District, Mr. Jason Bean, presented proclamations to the winners along with Alisha Trammell, Dexter Chamber of Commerce Executive who handed out the awards.

"A little over a year ago I interviewed for the Executive Director position," commented Alisha Trammell. "In that interview the very first question I was asked was, what is Dexter's greatest asset. My response was, it's people."

"As I have reflected on that question, I realize I was speaking primarily of one individual. That one individual, Dexter's greatest asset was the person asking the question...Mark Stidham."

Mark started his work for the City of Dexter in 1997 as Ward 3 alderman. In March of 2001, Mayor John Pruitt appointed Mark as Dexter's first City Administrator.

During Mark's 20 years with the City, he worked tirelessly for Dexter. And it shows. From 1997 to 2020, Dexter has consistently seen a yearly sales tax increase.

Mark was a huge driving force in making sure this city and its departments were supported.

He didn't just think of today, he thought of the future. He planned for Dexter's future.

Mark served on several state and local boards to ensure Dexter's today and tomorrow were bright.

Such boards were the Three Rivers Endowment Trust, The Bootheel Regional Planning Commission, the Transportation Advisory Council,

and most notably last year he was appointed by Governor Mark Parson to the Missouri 911 board.

Mark was Dexter's fiercest advocate and its biggest supporter.

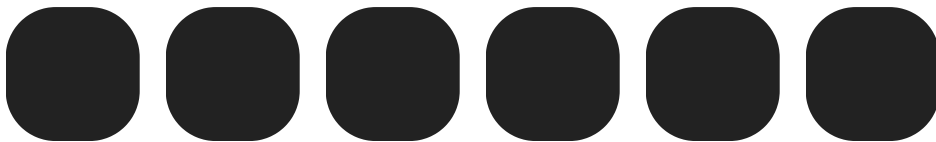
There is one thing I know for certain. Mark is up there giving God pointers of how to protect this city and his family. That is his level of commitment.

Pictured from left accepting for the late Mark Stidham are Senator Jason Bean, Debbie Stidham, Brent Stidham, Lauren Stidham and Representative Herman Morse.

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Dee Loflin Named 2020 Citizen of the Year!

Our 2020 Citizen of the Year is an individual who has always been a positive force in our community.

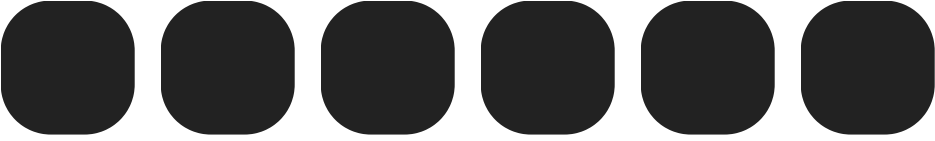
"You will find her at virtually every Dexter event and she never misses a Dexter Bearcat sporting event," commented First Vice President Dustin Mayer. "She enhances our daily lives with photos and articles that truly represent Dexter in a positive light and showcases what an amazing community we get to live in."

"Ms. Dee Loflin is able to do all of this through her business, ShowMe Times, which is celebrating its tenth year in business. Dee serves on many non-profit committees, is always willing to advertise our local fundraisers and at no cost to the organization. 2020 was a tough year for many. Numerous events and school functions were cancelled. This did not slow Dee down. She remained positive and dedicated to our Dexter community."

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