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## Strong Showing at 7 on 7 Scrimmage and Lineman Challenge

JULY 06TH 2016 BY DEE LOFLIN

### Strong Showing at 7 on 7 Scrimmage and Lineman Challenge

**Dexter, Missouri** - The Bearcats are working hard this summer to bring you the best season possible under new head football coach Kevin Goltra. With just 45 days remaining until kick-off the Dexter high school football team has made a lot of changes, added new players, stepped their weight lifting program up to the next level, and even had additional practices and camps.

On Saturday, June 25th Goltra held his first 7 on 7 Scrimmage and Lineman Challenge at Charles Bland Stadium with the Hayti Indians and the Kelly Eagles. Several Bearcat fans lined the track to watch their favorite football player give his all on the field.

"Overall I was extremely pleased and It went better than I expected except for the last 10 plays against Hayti," stated Goltra. "It seems to be a common theme right now during our SEMO Camp the last 30 minutes of outside practice our guys let up. We actually had to go inside and do it over again. Same situation during the 7 on 7; last 10 plays we just didn't play very well and we weren't focused at all."

"Offensively I sure did not expect to complete the passes we completed and even score," continued Goltra. "Defensively we have really improved getting to the flats and covering the seams. We stressed that at the SEMO Camp and haven't had a lot of practice time, but we have improved greatly in just the past week."

The Dexter Bearcats placed second in the Lineman Challenge to the Hayti Indians. They were only behind by one second.

"We came in 2nd in the Lineman Challenge and we really wanted to win that thing," stated Goltra. "We killed it in the Bench Press, were undefeated in the Tug-A-War and that's what we practiced and preached. We got behind in the Obstacle Course and lost by one point. We keep telling them to give it their all to the last second and that could make a difference in a game"

The Bearcats will continue the next two weeks with weight lifting and a week of practice before traveling to Buffalo, Missouri for a full contact camp the last week of July. That will be their real test of the summer.

"We will be able to run the ball and do our play action," Goltra said of the Buffalo Camp. "It will be invitational only for the varsity and we may take a few freshman based on position need, but overall it will be invitational only."

After the a work-out on the field the football players were treated to pizza and Gatorade before heading home.

The Dexter Bearcats will host a Football Jamboree on August 12th, travel to Ste. Genevieve on August 19th for their first game of the season and their home opener will be on August 26th against the Poplar Bluff Mules.

"Overall I am pleased at where we are and we will fix the problems of letting down at the end. We have a great group of kids and we will get there. They are hard workers and very coachable."

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## Regional Healthcare Foundation Golf Tournament a Success

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## Regional Healthcare Foundation Golf Tournament a Success

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**Dexter, Missouri** - The Regional Healthcare Foundation held their annual 4-Person Scramble Golf Tournament at Hidden Trails Golf Course in Dexter on Friday, July 3rd.

The winning team with a score of 58 was Rainey-Mathis Funeral Home comprised of Aaron Mathis, Cory Mills, Kyle Christian, and Chris Brannan.

More than \$6,000 was raised to ensure the success of future programs of the Regional Healthcare Foundation. Proceeds from the annual golf tournament support local programs such as Prescription Drug Assistance, Mother-to-Mother Program, Scholarships, GED/HSE Classes, First Thursday, Fitness Challenge, Walkers for Wellness, and Special Assistance Programs.

Matt Jackson won the closest to the pin 2nd shot on hole 9 (\$400 in cash)

Royce Snider won the closest to the pin 2nd shot on hole 18 (\$100 in Callaway Golf Balls)

Doc Hayes won the closest to the pin on hole 6 (\$400 cash)

Sean Guethle won the closest to the pin on hole 14 (Yeti Cooler and \$100 in Callaway Golf Balls)

### **Championship Flight Winners:**

1st place team: Rainey Mathis Funeral Home (Cory Mills, Aaron Mathis, Chris Brannan and Kyle Christian)

2nd place team: Jackson Billings Moore and Schott (Matt Jackson, Jo Billings, Legan Moore, Jessie Schott)

3rd place team: 1st Midwest Bank (Chris Guethle, Jerry Dorton, Ryan Jeyhle, Bob Jeyhle)

4th place team: Shelton Insurance (Jerry Collier, Matt Thurmon, Eric Parris, Tim Warren)

### **A Flight Winners:**

1st place team: Americare/Cypress Point Nursing Center (Jim Reiker, Clay Crosson, Steve Kinder, Brian Self)

2nd place team: SEMO A (Bobby Jibben, Andrew Moore, Steve Haas, Sue Ann Williams)

3rd place team: Bank of Advance (Mark Becker, Jim Rainey, Mark Guethle, Brian Becker)

4th place team: Bagby Wealth Management (Mark Whitehead, Ed Gargas, Bill Hampton, Chuck Powers)

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## Bearcats Taking Their Game to the Next Level

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JUNE 27TH 2016 BY DEE LOFLIN

## Bearcats Taking Their Game to the Next Level

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**Dexter, Missouri** - If you are missing high school football, take heart, we are just 46 days out until the kick-off of the 2016 regular season of Bearcat Football.

The "Boys of Fall" have already started their routine of weight lifting and summer camps along with evening summer practices. Fifty football players participated in the 2016 SEMO Football Camp on the campus of Southeast Missouri State University in Cape Girardeau last week.

The three-day camp was a great way to build confidence, skill, and maintain

momentum during the summer months. It also gave the Bearcats a mental edge on the field and build teamwork. Athletes improved on their techniques in blocking, catching, running offensive skill, defensive maneuvers, and specialized skills for position players such as receivers and quarterbacks.

The Bearcat athletes received intensive daily instruction and have mentally prepared themselves for the upcoming season. When they take the field under the Friday night lights for their first game the goal is to be more advanced, know more about the game than their opponent, and be familiar with all of the techniques, drills, and plays they learned over the summer. By the time their season opens they will have mastered their drills and gained more knowledge and experience to succeed on and off the field.

"We are the #1 team in Missouri in conditioning and practice right now," commented Coach Kevin Goltra. "We are one of the few teams sweating it out at camps right now!"

Their challenge is to be more efficient and effective with the ball and most importantly believe in themselves as a team. They have already sacrificed much this summer giving up fun with their friends, trips to the lake, and just hanging out with their school friends, but they know it's all worth it and will pay off when they hit the field in August.

Our Bearcats know what hard work can do for a team. They realize in order to become great they have to hone their craft. If you want to get good, you have to practice!

The 2016 Jamboree is slated for Friday, August 12th at Dexter. Their first game of the season will be at Ste. Genevieve on Friday, August 19th. Game time 7:00 p.m.

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## 7 on 7 Scrimmage and Lineman Challenge Slated for Saturday

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JUNE 23RD 2016 BY DEE LOFLIN

## 7 on 7 Scrimmage and Lineman Challenge Slated for Saturday

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**Dexter, Missouri** - Join new head football Coach Kevin Goltra and the Dexter Bearcats on Saturday, June 25th beginning at 9:00 a.m. for a 7 on 7 Scrimmage and Lineman Challenge at Charles Bland Stadium in Dexter.

Teams competing are the Hayti Indians, Kelly Eagles, and the Dexter Bearcats.

Football fans will have an opportunity to see what our 2016 football team has been working on at the SEMO Summer Football Camp and at their many summer practices.

"The 7 on 7 scrimmage will be 10 plays of offense followed by 10 plays of defense," commented Coach Goltra. "It will be a controlled practice type of

atmosphere that focuses on teaching rather than competition."

The 7 on 7 scrimmage will provide players an opportunity to work on their passing game, running game, passing defense, and adapt to playing in the heat.

"We have focused a ton on our run game the past three weeks as that will be the bulk of our offense this year," continued Goltra. "The pass game will be behind compared to other teams and the majority of our pass plays being play action. The 7 on 7 is not a real good test of where we are, but we will know a lot more about our team after the Buffalo Camp in July. We will compete hard and our very young team will gain a lot of experience."

The Lineman Challenge will consist of squats, tug a war, bench press, tire flip, and an obstacle course.

"We should compete well in the Lineman Challenge," stated Goltra. "All of our players have worked hard in the weight room and they are the reason we are in our run heavy offense."

Our Bearcats have worked hard this week at the SEMO Camp. They pushed themselves further than they have ever been pushed. Coach Goltra demands discipline and his newly emerging athletes are developing character. He holds them to a higher standard and expects them to push themselves further than they ever thought they could go.

The game of football literally challenges an athlete's physical courage and what it means to sacrifice, much like life. Coach Goltra is not only preparing them to win under the Friday night lights, he's teaching them to prepare for life after high school.

On or off the field our Bearcats are learning, learning to put others first, learning to be a part of something bigger than themselves, and learning to lift their teammate together. Please join them Saturday for their first tuneup of the season as they take the field under new head football coach Kevin Goltra.

A further note there will not be concessions for the public so bring your own, but please throw your trash away prior to leaving the stadium. Come out and support your Bearcats beginning at 9:00 a.m. The scrimmage should only last a couple of hours so don't miss this opportunity. Our Bearcats have been working very hard in the heat!

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## Annual Golf Tournament Benefits Patients, Families At St. Francis

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## Annual Golf Tournament Benefits Patients, Families At St. Francis

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### **ANNUAL GOLF TOURNAMENT BENEFITS**

### **PATIENTS, FAMILIES AT SAINT FRANCIS**

**Cape Girardeau, Missouri** - Along with 160 golfers, more than 30 volunteers turned out for the 13th Annual Ken Hayden Memorial Golf Tournament, raising more than \$73,000 in support of patients and their families at Saint Francis Healthcare System.

The tournament has generated over \$686,000 since its 2004 inception helping Saint Francis patients and their families in the region. Named in memory of Ken Hayden, who loved helping people and playing golf, the outing's proceeds assist Saint Francis Healthcare System patients and their families in need in a variety of beneficial ways.

Winners of the morning championship flight were Mark Cicero, Erin Hoffman, Jasvinder Singh and Alexandra Mating. Second place went to Dr. Joseph Mayo, Julie Yankus, Mark Moore and Dr. Colleen Moore. Third place winners were Dan Atkinson, Jen McLemore, Jarett Stafford and Jill Braswell.

Afternoon championship flight winners were Steve Bjelich, Lisa Bjelich, Aaron Wright and Kathy Morris sponsored by GreenPages Technology. Second place went to Ron Harris, Faith Tegel, Bill Tegel and Sara Varner sponsored by DeRoyal Industries. Third place winners were Ian Soutar, Corrine Soutar, Laura Younghouse and Rob Younghouse sponsored by Cape Radiology Group.

The Friends of Saint Francis, formally organized in 1976, assists Saint Francis Healthcare System Foundation in providing patient services and financial assistance to Saint Francis and the community. Since its beginning, The Friends has given more than \$3.5 million in support of Saint Francis Healthcare System. The Friends Board is composed of people from the community and employees who are committed to serving the Healthcare System in an active way.

The Friends support the Healthcare System, its patients and their families; give back to the community through service; and transform lives for the better.

Saint Francis Healthcare System Foundation is a not-for-profit, tax-exempt charitable organization that supports Saint Francis Healthcare System by strengthening the institution overall and reaffirming its mission of supporting the community and the people it serves. Formally organized in 1976, its mission reflects the Healthcare System's priorities through fundraising efforts that support the community. The Foundation hosts several annual events, including golf tournaments, galas and Pink Up, and philanthropic activities such as annual appeals, memorials, endowment funds, planned giving, grants and major gifts. Through the generosity of the community, staff and volunteers, the Foundation accepts contributions each year to purchase state-of-the-art equipment, provides patient and employee assistance, creates new programs that help patients in the region, and improves facilities at the Healthcare System.

***Photo Above: The winners of the morning championship flight were Mark Cicero, Erin Hoffman, Jasvinder Singh and Alexandra Mating.***

***Photo Below: The winners of the afternoon championship flight were Steve Bjelich, Lisa Bjelich, Aaron Wright and Kathy Morris.***

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