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October is National Crime Prevention Month

OCTOBER 03RD 2013 BY DEE LOFLIN

October is National Crime Prevention Month

Submitted by Dee Loflin, SMT Manager/Editor

Missouri - The Missouri State Highway Patrol joins the National Crime Prevention Council in observing October 2013 as National Crime Prevention Month. It is always smart to keep safety in mind, no matter where you are. Missourians can help decrease crime with these simple habits: Anticipate potential crime situations; recognize when there is a problem; and, take action to remove or reduce the risk of a crime occurring. The Patrol urges residents and visitors to be alert and think safety!

Identity Theft:

Once you realize you've become a victim of identity theft:

- * Notify the credit bureaus, your creditors, your bank, and law enforcement.
- * Notify the local postal inspector if you suspect an identity thief has filed a change of address with the post office or has used the mail to commit credit or bank fraud.
- * In dealing with the authorities and financial institutions, keep a log of all conversations, including dates, times, names, and phone numbers. Note the time

spent and any expenses incurred. Confirm conversations in writing. Send correspondence by certified mail (return receipt requested). Keep copies of all letters and documents.

- * If someone is using your driver's license number from your stolen checks, you may need to contact the Missouri Department of Revenue's Fraud Unit.

- * If you have a passport, notify the passport office in writing to be on the lookout for anyone ordering a new passport fraudulently.

For more detailed information, the Patrol has included a brochure on identity theft on its Web site: **www.mshp.dps.mo.gov**. (Select "brochures" under the "publications" heading.)
Home:

- * Make sure you have good locks on all exterior doors--at least dead-bolt locks with a minimum of one-inch throw.

- * Make sure your windows have strong locks.

- * Use the locks you have.

- * Secure sliding glass doors with commercially available bars or locks, or, put a wooden dowel or broom handle in the door track.

- * Porches, entrances, and outside areas should be well lighted.

- * Trim any bushes or trees that hide doors or windows. Maintain your yard and keep ladders and tools inside when they are not in use.

- * Don't hide a house key under the doormat or in a flowerpot. That's the first place a burglar will look! Give a key to a trusted neighbor instead.

- *Consider an alarm system.

In Missouri, a burglary occurred every 12.4 minutes in 2012. (Statistic from Missouri State Highway Crime In Missouri report.)

Car:

- * Always lock your car and take the keys, even if you plan to return in a short time. One motor vehicle theft occurred every 32.3 minutes. (Statistic from Missouri State Highway Patrol Crime In Missouri report.)
- * Keep your car in good running condition to avoid breakdowns.
- * If your car breaks down, raise the hood or tie a white cloth to the street side door handle. Stay in your locked car. Call *55 on your cellular telephone to reach the nearest Missouri State Highway Patrol headquarters and ask for assistance. If you don't have a cell phone with you, wait in your car. If someone stops and offers assistance, ask them to make the call for you.
- * NEVER pick up hitchhikers.
- * Park in well-lighted areas that will remain lighted until you return to your car. Be particularly alert when using enclosed parking garages.

Children:

- * Teach your children how to use the telephone properly in an emergency situation.
- * Make sure your children know their name, address, phone number, and your work number.
- * Teach your children to walk and play with friends, not alone.
- * Tell your children to refuse rides or gifts from someone they don't know well.
- * Teach your children to tell a trusted adult immediately if anyone, even a teacher or close relative, touches them in a way that makes them feel uncomfortable.

* Remind your children to leave the door locked if they are home alone. They shouldn't answer the door if you're not there.

* Teach your children never to tell anyone they are home alone, especially over the phone.

Parents are encouraged to listen to their children's worries and problems. Talk to them. Make sure you know where your children are going, who they will be with, and when they will return. Know their friends' names and phone numbers.

There are other ways to prevent crime. Education through your schools and Neighborhood Watch groups are good first steps. The Missouri State Highway Patrol has public information and education officers assigned to each troop headquarters and the Division of Drug and Crime Control. These troopers are available to present a variety of programs to civic groups, church groups, schools, and companies. Contact the nearest Patrol troop headquarters if you would like a safety or related program presented to your group.

Remember: Anticipate ... Recognize ... Take action.

LAST UPDATED ON OCTOBER 03RD 2013 BY DEE LOFLIN

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Go Pink October: National Breast Cancer Awareness Month

OCTOBER 02ND 2013 BY BETH FARRAH

Go Pink October: National Breast Cancer Awareness Month

United States - October is the national month for Breast Cancer Awareness. Many people all over the nation and even some locals have been affected by this terrible sickness. October is the perfect month to show support to the fighters, survives, and remember the ones who have already passed away. Multiple schools within the Stoddard County area have been raising awareness by participating in the Dig Pink Volleyball games, helping with St. Jude Hospital Research Fundraisers, and 'Pinking Out' when they go to school.

There have been multiple activities to support the ones that are still fighting. Throughout this month, the local volleyball teams from the Stoddard County schools will be selling Dig Pink t-shirts for their Breast Cancer Awareness game that will be scheduled for the near future.

But the local high schools aren't the only ones going Pink for October, there are many people in the community that are honoring all the fighters with pink porch lights, hanging ribbons in their front windows, and are participating in fundraisers their community are involved in.

Although there are many things going on this month to support the Breast Cancer Awareness process, it is important that people participating understand what wearing pink actually means. October is part of the annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

One in every eight women is diagnosed with breast cancer throughout their lifetime, so the problem is very common among people everywhere in the United States. It is important that people are able to be tested for breast cancer as soon as possible because statistics show that if the cancer is found early enough in the localized stage, survival rate of five years is 98%!

It is inspiring to see websites, networks, businesses, schools, social media, restaurants, and all sorts of others go pink this month for such a great cause! As a community, it is important to support each and every fighter and their family as they battle through this journey. The rest of this month will be full of sporting events in honor of Pink October, fundraiser money for Breast Cancer foundations and organizations, and other great activities that will support our fighters. The ShowMe Times will be sure to keep you updated on all those upcoming events this month!

LAST UPDATED ON OCTOBER 02ND 2013 BY BETH FARRAH

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Madeleine Launius Receives Ilena Aslin Service Award

OCTOBER 01ST 2013 BY DEE LOFLIN

Madeleine Launius Receives Ilena Aslin Service Award

*Article Submitted to
news@showmetimes.com*

Dexter, Missouri - Madeline Launius was recently recognized for her exceptional volunteer service with the cardiac rehabilitation program at the SoutheastHEALTH Center of Stoddard County. She received the Ilena Aslin Service Award. Ten years ago, Launius suffered a heart attack. She was treated at Southeast Hospital. As a longtime Dexter resident, she completed her cardiac rehabilitation at Southeast's rehab clinic at the Dexter hospital. She subsequently started volunteering at the hospital in Dexter.

She has contributed more than 7,800 hours of service. She volunteers three to four days a week for five to six hours each day. She assists the cardiac rehab staff. Launius is a role model and inspiration for patients, encouraging them to embrace exercise and healthy eating. Bray said, "Staff members sing her praises and patients love here."

The service award is named for Ilena Aslin who continues to serve as a volunteer at the Hospital, in the community and throughout the region. A past president of the Auxiliary, she was Missouri's Auxilian of the Year in 2002 and served as president of the Missouri Association of Hospital Auxiliaries from 2008 to 2009.

Madeleine Launius of Dexter, Mo., center, receives the Ilena Aslin Service Award from Auxiliary President Judy Brown, left, and Ilena Aslin.

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Stoddard County Fair Parade Winners

SEPTEMBER 30TH 2013 BY DEE LOFLIN

Stoddard County Fair Parade Winners

Winners of the Stoddard County Fair Parade for the Commercial entries were:

1st Place Young Real Estate LLC

920 West Business 60, Dexter, MO

2nd Place Central Gardens

302 North Elm, Dexter, MO

3rd Place

Ferguson Medical

1516 West Business 60, Dexter, MO

Congratulations to everyone who participated in the Stoddard County Fair Parade and made this event memorable.

Schools/Clubs -

1st Place

Bloomfield FFA

Chad Upchurch

505 Court Street

Bloomfield, MO 63825

2nd Place

Dexter FFA

Gary Wyman

Dexter Senior High School

1101 West Grant

Dexter, MO 63841

3rd Place

T. S, Hill Middle School

Cheerleaders

Scott Kruse

Brown Pilot Road

Dexter, MO 63841

Churches & All Other-

1 st Place	Ducks Unlimited Darren Burnett 2303 CR 480 Dexter, MO 63841
2 nd Place	Farm Safety for Kids Sherry Crisel 111 W. Reed Puxico, MO 63960
3 rd Place	Stoddard County Gospel Mssion Kim Slavings 207 North One Mile Road Dexter, MO 63841

2013 Stoddard County Fair Parade / Band Competition

1st Place – Puxico High School
 2nd Place – Advance High School
 3rd Place - Bernie High School

**2013 – Second Annual Stoddard County
 Photography Contest –**

Agricultural Scenes in Stoddard County

1st Place ----- Megan McKay, Dexter, MO ----- \$100.00
 2nd Place ----- Megan Cullum, Essex, MO ----- \$ 75.00

3rd Place ----- Audrey Lutmer, Dexter, MO ----- \$ 50.00

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Monday is National Chewing Gum Day

SEPTEMBER 29TH 2013 BY DEE LOFLIN

Monday is National Chewing Gum Day

Submitted by

Dee Loflin, SMT Manager/Editor

USA - For all the gum chewers across the nation you can officially celebrate National Chewing Gum Day each year on September 30th.

Humans have used chewing gum for over 5,000 years.

Various forms of chewing gum has existed since the Neolithic period. 5,000-year-old chewing gum which was made from bark tar, with tooth imprints in it, was found in Kierikki, Yli-li, Finland. The bark tar, from which the gum during that time was made, is believed to have antiseptic properties and other medicinal advantages.

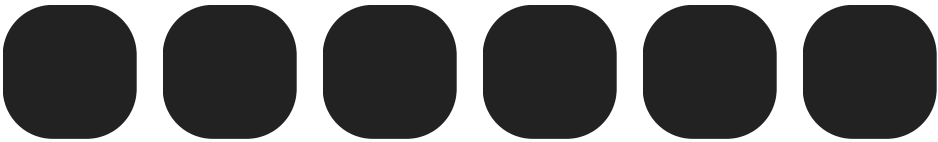
- Many other cultures chewed gum made from the resin of the mastic tree, from plants, grasses and other resins.
- In 1848, John B. Curtis developed and sold the first commercial chewing gum which was called “The State of Maine Pure Spruce Gum”.
- Around 1850, a gum made from paraffin wax was developed and surpassed the spruce gum in popularity.
- December 28, 1869, William Semple filed an early patent on chewing gum, patent number 98,304.

Celebrate National Chewing Gum Day by buying a pack of your favorite flavor of chewing gum and sharing it with your friends.

LAST UPDATED ON SEPTEMBER 29TH 2013 BY DEE LOFLIN

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