



[TOP](#)

2014 Walkers for Wellness Project

FEBRUARY 06TH 2014 BY DEE LOFLIN

2014 Walkers for Wellness Project

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri - The Regional Healthcare Foundation of Dexter would like to invite you to participate in the 2014 Walkers for Wellness Project. It is a "FREE" program to promote and maintain walking as part of a healthy lifestyle.

Participants will meet at the Bearcat Event Center to sign in on Thursday, February 6th at the Bearcat Event Center from 6:30 p.m. – 7:30 p.m. or Friday, February 7th from 9:00 a.m. to noon and 1:00 p.m. to 5:00 p.m. at the Regional Healthcare Foundation office on Grant Street.

Each person will weigh in and have their blood pressure taken. Participants will have the opportunity to receive "Walk with Ease" materials sponsored by the arthritis Foundation.

Regional Healthcare Foundation's Carla Boxdorfer, Project Coordinator stated, "All information is kept extremely confidential. This is very important to many of our participants and we want them to know it is a priority."

There will be a logbook located at the Bearcat Event Center or at the Regional Healthcare Foundation office so participants can log their time spent walking. You may walk anywhere you choose, the BEC, a treadmill, city park or around

your neighborhood; however the logbooks are only located at the BEC and RHF.

On Thursday, April 24th you will be asked to come in for your final weigh-in and final blood pressure check at the Bearcat Event Center from 6:30 a.m.

Alternative dates will be Friday; April 25th 9 a.m. – noon and 1 p.m. – 5 p.m. at the Regional Healthcare Foundation office located at 215 W. Grant Street.

There will also be opportunities for participants to win prizes! Your name will be entered into a drawing when you sign up in February and when you complete the project in April, each time you sign the log book, if your blood pressure goes down and if you loose weight. Wow! That's a lot of prizes to be given away!!

Regional Healthcare Foundation's Carla Boxdorfer, Project Coordinator says, "The 2014 Walkers for Wellness Project" was created to promote community awareness of the benefits of walking, for fitness and your health."

The 2014 Walkers for Wellness Project does not replace the Fitness Challenge that started in January; however this project only increases those participating of having a healthy lifestyle. You are encouraged to participate in both programs.

For further information, contact Carla Boxdorfer at the Regional Healthcare Foundation at 573-624-6107. or stop in at 215 West Grant Street.

LAST UPDATED ON FEBRUARY 06TH 2014 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/uqjm/2014-Walkers-for-Wellness-Project>

[Go to post](#)



More from ShowMe Times:

TOP

Hunter Hayes Coming to the Show Me Center

FEBRUARY 03RD 2014 BY DEE LOFLIN

Hunter Hayes Coming to the Show Me Center

*Submitted by
Dee Loflin, SMT Manager/Editor*

Cape Girardeau, Missouri – The Show Me Center has a big announcement today! Grammy nominated artist Hunter Hayes will be at the Show Me Center on March 20th! Hayes' "We're Not Invisible Tour," presented in part by Child Hunger Ends Here, with several dates running through the summer. His latest single "[Invisible](#)," which is the debut track from his forthcoming album due this May, world premiered January 26th on the 56th Annual GRAMMY Awards. Hunter was nominated for "Best Country Solo Performance" for his multi-week No. 1 single, "I Want Crazy." For every [download of "Invisible" on iTunes](#), Child Hunger Ends Here will donate the monetary equivalent of one meal to Feeding America, up to 1 million meals**. With special guests Danielle Bradbery from NBC's Emmy award-winning show *The Voice* and Warner Bros. Records new country duo, Dan + Shay, the "We're Not Invisible Tour" comes on the heels of Hunter's sold-out "CMT On Tour: Let's Be Crazy Tour" which wrapped this past December to much critical acclaim.

ABOUT HUNTER HAYES

Four-time GRAMMY nominated artist, Hunter Hayes, is a multi-talented performer, musician, producer, and writer. His critically acclaimed Atlantic Records self-titled album garnered three consecutive No. 1 singles, selling over eight million singles to date while the album itself has been certified platinum by the R.I.A.A. His current Grammy nomination for Best Country Solo Performance for his No. 1 single "I Want Crazy" marks his fourth Grammy nomination off his debut release. Hunter is currently featured as one of Forbes Magazine's "30 Under 30" and has played over 500 dates since 2011. The Louisiana native has headlined sold out venues across the US and Canada and recently wrapped the sold out CMT On Tour: Hunter Hayes' Let's Be Crazy tour this past fall. For more information visit www.hunterhayes.com, on Facebook at www.facebook.com/hunterhayes and follow Hunter on Twitter <http://twitter.com/hunterhayes>.

ABOUT DANIELLE BRADBERRY

Seventeen-year-old Danielle Bradbery charmed her way into the national spotlight with her sweet, soulful sound and quintessential personality, winning season 4 of *The Voice* and seeing multiple performances reach #1 on the iTunes Country Singles chart. The youngest to ever take the title, coach Blake Shelton called Danielle, "the most important artist to ever walk across *The Voice* stage." The Team Blake darling made surprise appearances on his TEN TIMES CRAZIER TOUR last summer and is currently opening for Brad Paisley's "Beat This Winter Tour." Danielle's self-titled debut album on Big Machine Records features the Top 15-and-rising lead single "The Heart of Dixie." She has appeared on the CW's *Hart of Dixie*, *KATIE* and ABC's *The View* and NBC is using her song "My Day" for their Sochi Winter Olympics campaign. Follow Danielle's journey here: twitter.com/Dbradbery or facebook.com/pages/Danielle-Bradbery/173145822836649.

ABOUT DAN + SHAY

Nashville newcomers Dan + Shay became the most added new duo of 2013 at country radio with their breakout debut hit "19 You + Me." Rising into the Top 20 on the Country Chart after only 13 weeks, the track was written by the pair along with Nashville songwriter Danny Orton. The nostalgic feel-good single is the first track from their forthcoming album, due out later this year on Warner Bros. Records. Made up of Dan Smyers, a Pittsburgh, PA native, and Shay Mooney, originally of Natural Dam, AR, the two realized they had a special musical connection after meeting at a party at Smyers' house in his tented out living room only one year ago. What started as a late night jam session among new friends, led to daily writing sessions that resulted in songs which quickly caught the attention of publishers, label heads and radio programmers alike. Written entirely by Smyers and Mooney, produced by Smyers and co-produced by Scott Hendricks and Orton, the duo are putting the finishing touches on the yet to be titled debut album. Dan + Shay are excited to bring their infectious original sound to fans on the upcoming Hunter Hayes "We're Not Invisible" and Blake Shelton "Ten Times Crazier 2014" tours. For more info, please visit danandshay.com, and follow <http://twitter.com/danandshay>.

ABOUT CHILD HUNGER ENDS HERE

Child Hunger Ends Here, a ConAgra Foods program, is proud to work with Hunter Hayes, who will lend his voice to spread awareness for child hunger. More than one in five children, including more than one in four Latino children, in this country may not know where their next meal is coming from.* Children who experience even intermittent struggles with hunger may suffer serious, long-term consequences to their health, well-being and educational achievement.* Through the song, "Invisible", Hunter is bringing visibility to the nearly 16 million children who are living in food insecure households in the United States.* For every download of "Invisible" on iTunes Child Hunger Ends Here will donate the monetary equivalent of one meal to Feeding America, up to 1 million meals.** ConAgra Foods and P&G are building a community of people to make a difference and help donate up to 7 million meals in 2014 through the Child Hunger Ends Here program. Look for the red pushpin and locate the code found on specially marked ConAgra Foods and P&G products. For each 8-digit code entered at www.ChildHungerEndsHere.com or [Facebook.com/ChildHungerEndsHere](https://www.facebook.com/ChildHungerEndsHere) from March-August 2014, ConAgra Foods or P&G, respectively, will donate the monetary equivalent of one meal to Feeding America.***

**USDA Household Food Security in the U.S. 2012, (Sept. 2013)*

****** For every "Invisible" song iTunes download between 1/27/14 and 4/4/14, ConAgra Foods will donate the monetary equivalent of one meal (11.1¢) to Feeding America, up to 1 million meals. Valid in U.S. and Puerto Rico only.

******* Enter the 8-digit code found on participating products. For every ConAgra Foods code entered, ConAgra Foods will donate 11.1¢ and for every P&G code entered, P&G will donate 11.1¢, the cost for Feeding America to provide one meal through its network of local food banks. ConAgra Foods codes must be entered by 8/28/14 and P&G codes must be entered by 6/16/14. ConAgra Foods will donate up to 5 million meals with a guaranteed minimum donation of 1 million meals (\$111,111) and P&G will donate up to 2 million meals with a guaranteed minimum of 1 million meals (\$111,111). Limit 5 code entries per person/computer each day. See ChildHungerEndsHere.com for complete details and a list of participating brands. Valid in U.S. and Puerto Rico only. © ConAgra Foods, Inc. All Rights Reserved. © 2014 Proctor & Gamble.

For more information on Hunter Hayes, please visit HunterHayes.com.

LAST UPDATED ON FEBRUARY 03RD 2014 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/uqis/Hunter-Hayes-Coming-to-the-Show-Me-Center>

[Go to post](#)



More from ShowMe Times:

[TOP](#)

MoDOT Advises to Use Caution Traveling Tonight

JANUARY 31ST 2014 BY DEE LOFLIN

MoDOT Advises to Use Caution Traveling Tonight

*Submitted by
Dee Loflin, SMT Manager/Editor*

Jefferson City, Missouri - With snow and freezing rain in the Friday evening and Saturday forecast, Missouri travelers are advised to use caution if traveling tonight and this weekend.

Light snow and freezing rain are expected to continue throughout the afternoon in northern parts of the state Friday with snow, sleet and freezing rain affecting road conditions north of Interstate 44 during the overnight hours.

Up to a quarter-inch of ice is expected in central Missouri, and that glaze could affect travel on Interstate 70 and other routes in the region.

"MoDOT crews will work throughout the night to keep roads plowed and treated," said Beth Wright, MoDOT state maintenance engineer. "We encourage people to stay tuned to local weather forecasts, check road conditions on MoDOT's traveler map, and avoid travel if possible."

Heavier snow is also in the forecast for northern Missouri with accumulations expected to reach from 2 to 6 inches. Precipitation is expected to continue

through Saturday afternoon.

If you must travel, take your mobile phone and winter survival supplies. If you become stranded, stay with your vehicle and call 911. Be aware that emergency responders may have difficulty reaching you. Remember the following winter driving tips:

- Wear your seat belt.
- Slow down, and adjust your speed to the conditions.
- Give snow plows plenty of room.
- Keep your windshield and windows clear to help you see.
- Be alert and remember that road conditions can change very quickly.
- Allow extra travel time to get to your destination.

Stay informed about Missouri road conditions by using MoDOT's Traveler Information Map, available online at <http://www.modot.org/> or through the smartphone app. The map offers current views of road conditions for Missouri interstates and highways. You can zoom in to a particular location, check live weather radar and view images from MoDOT's traffic cameras and message boards.

MoDOT also provides road conditions information through our Customer Service Center. Dial 888-ASK-MODOT (888-275-6636) to speak to one of our customer service representatives. They are available 24 hours a day, 365 days a year.

LAST UPDATED ON JANUARY 31ST 2014 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/uqig/MoDOT-Advises-to-Use-Caution-Traveling-Tonight>

[Go to post](#)



More from ShowMe Times:

TOP

County Wide Insurance Receives Prestigious Award

JANUARY 21ST 2014 BY DEE LOFLIN

County Wide Insurance Receives Prestigious Award

*Submitted Article to
news@showmetimes.com*

Dexter, Missouri - County Wide Insurance Agency of Dexter, Missouri recently received a prestigious achievement award from Columbia Insurance Group (Columbia). Sharon McCord of County Wide accepted the Pinnacle Agency Award on January 20, 2014 from Mike Bullock, Territory Manager for Columbia.

The Pinnacle Agency Award is earned by an elite group of independent insurance agencies who partner with Columbia. These agencies demonstrate consistent professionalism, profit and growth with Columbia, specifically in commercial lines.

County Wide Insurance Agency was founded in 1978 and provides professional insurance and financial services to Southeast Missouri and surrounding regions. They have represented Columbia in their office since 2001.

For nearly 140 years, it's been the mission of Columbia to build enduring relationships with customers by providing value and exceptional service in fulfilling the promise of all their insurance products.

Columbia is rated as “Excellent” by A.M. Best, the leading financial analysts for the insurance industry. This rating is only assigned to companies that have an excellent ability to meet their ongoing obligations to policyholders.

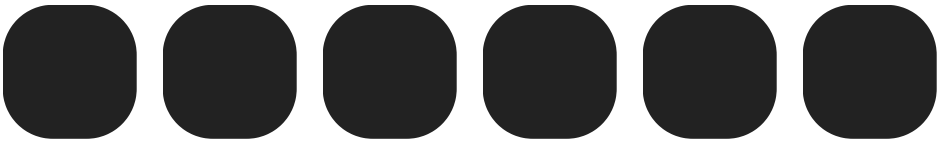
Columbia has five branch locations: Atlanta, GA; Austin, TX; Columbia, MO (Home Office); Omaha, NE; Salina, KS. The Columbia Branch office serves select independent agents and policy holders in Arkansas, Illinois, and Missouri.

Shown in the photo are County Wide Insurance Agents Sharon McCord and Tracy Horton. Congratulations County Wide!

LAST UPDATED ON JANUARY 21ST 2014 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/uqgk/County-Wide-Insurance-Receives-Prestigious-Award>

[Go to post](#)



More from ShowMe Times:

[TOP](#)

Winter Weather Impacts Blood/Platelet Collections

JANUARY 09TH 2014 BY DEE LOFLIN

*Submitted by
Dee Loflin, SMT Manager/Editor*

Missouri - As severe winter weather begins to subside, the American Red Cross is asking all eligible blood and platelet donors to help offset a weather-related shortfall in donations.

Approximately 300 blood drives across 25 states were cancelled across the U.S. due to snow and extreme cold. The blood drive cancellations resulted in a shortfall of nearly 8, 800 blood and platelet donations since Jan. 2. In the Missouri-Illinois Blood Services Region, severe winter weather forced the cancellation of nearly 30 Red Cross blood drives, resulting in about 875 fewer than expected blood donations over the past five days.

“It’s the blood products already on the shelves that help save lives when severe weather hits,” said Scott Caswell, CEO of the Red Cross Missouri-Illinois Region. “Thanks to generous Red Cross blood and platelet donors, blood products were available for patients who still needed transfusions despite the weather. Now we invite those previously ‘frozen out’ from giving blood or platelets to come in soon.”

Platelet donors, as well as blood donors with the most in-demand blood types — O positive and negative, A negative and B negative — are urgently needed to give blood in the days and weeks ahead to offset the shortfall.

Platelets, a key clotting component of blood often needed by cancer patients, must be transfused within five days of donation, so donations are constantly needed. Red blood cells, the oxygen carrying component of blood, are the most widely transfused blood product and must be transfused within 42 days.

How to donate blood

Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information. A blood donor card or driver’s license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

About the American Red Cross

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides

international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [redcross.org](https://www.redcross.org) or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).

Upcoming Blood Drives in Stoddard County

Jan. 11 from 12-4 p.m. at American Legion Post 59, 620 W. Oak St. in Dexter, Mo.

Jan. 16 from 1:30-6:30 p.m. at Fraternal Order of Eagles, 13583 Old Highway 25 in Dexter, Mo.

Jan. 17 from 1:30-6:30 p.m. at Fraternal Order of Eagles, 13583 Old Highway 25 in Dexter, Mo.

Jan. 18 from 10:30 a.m. to 3:30 p.m. at Fraternal Order of Eagles, 13583 Old Highway 25 in Dexter, Mo.

LAST UPDATED ON JANUARY 09TH 2014 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/uqfa/Winter-Weather-Impacts-BloodPlatelet-Collections>

[Go to post](#)



More from ShowMe Times:



SUBSCRIBE TO "LOCAL NEWS"

ShowMe Gold Sponsors