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Aycocks Donate \$50,000 to Three Rivers Endowment Trust

FEBRUARY 17TH 2014 BY DEE LOFLIN

Aycocks Donate \$50,000 to Three Rivers Endowment Trust

*Submitted by
Dee Loflin, SMT Manager/Editor*

Parma, Missouri - Barry and Michelle Aycock have donated \$50,000 to the Three Rivers Endowment Trust for Three Rivers College's Eastern Campus, currently under construction in Sikeston. The Aycocks are residents of Parma, where they own and operate AgXplore.

"Our families have deep roots here in Southeast Missouri," said Barry Aycock of the donation. "We are happy to be a part of Three Rivers College's expansion here in New Madrid County."

Mrs. Aycock, a Three Rivers graduate, added: "We believe in the foundation of junior colleges and the opportunities they give both traditional and non-traditional students."

The Three Rivers Endowment Trust is a 501(c)(3) organization that receives and manages donations on behalf of Three Rivers College. The Endowment Trust provides a mutually beneficial means for individuals and businesses to partner with the college. For information on donating to scholarships, building projects, or other college needs, contact Endowment Trust Executive Director Emily Parks at

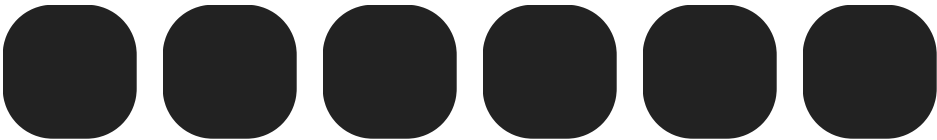
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Shown in the photo are Michelle Reynolds, development officer for Three Rivers College, accepts a \$50,000 donation from Michelle and Barry Aycock to the Three Rivers Endowment Trust, to be used for the Eastern Campus being constructed in Sikeston.

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Jaycees Shoes for Students Success

FEBRUARY 16TH 2014 BY BETH FARRAH

Jaycees Shoes for Students Success

Written by

Dexter, Missouri - The Crowley Ridge Jaycees hosted a “Shoes for Students” shoe and sock drive during the holiday season and successfully donated a total of two hundred and thirty nine pairs of shoes to Stoddard County students! The Jaycees would like to thank the community for all of their support for their new club and all of their events. The shoe and sock drive took place back in December and they successfully donated the shoes to elementary students in all the schools across Stoddard County. The Jaycee members worked case by case to help pass out the shoes to each student in need at each local school.

The Jaycees are thrilled by their first charitable success as a new club and hope to continue the sock and shoe drive and that it will keep growing bigger and bigger. The club is hoping that Shoes for Students will be an annual event, if not semi-annual. All the donations given were truly valued and the help from Dexter Wal-Mart was greatly appreciated in gathering the shoes for the students.

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The Jaycees First Annual Bed Race

FEBRUARY 16TH 2014 BY BETH FARRAH

The Jaycees First Annual Bed Race

Written by

Beth Farrah, SMT Writer

Dexter, Missouri - The Crowley Ridge Jaycees have decided to bring back the old memory of bed races! Bed racing was an event held by the Jaycees up until 1985. The bed races will be held on March 15th, 2014, in downtown Dexter. There will be two categories of winners: Best Theme (dress your team and bed up!) and Race Winner (quickest bed, start running!). Each team must have a total of five members, which includes one rider and four pushers, and do not forget about having a team captain! The bed must have a mattress (not a pad) and wheels. The team members must be 18 years or older to participate and will have to sign an insurance waver. Team members are also encouraged to bring and wear safety gear during this event.

There will also be booths available for local businesses, crafters, and concessions to rent for the exciting racing day. Aside from the shopping and great food held downtown, there will also be a 50/50 Raffle being held throughout the day.

The entry fee will be \$25 per team and the deadline is on March 7th. Make all checks payable to the Crowley Ridge Jaycees. Sign up sheets are available at the Chamber of Commerce in Dexter. All sign up forms and money can be mailed to Lori Bishop, P.O. Box 67, Dexter, Missouri, 63841.

If interested, visit the Crowley Ridge Jaycees Facebook page for more information!

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Dexter Rotary Club to Host Blood Drive

FEBRUARY 14TH 2014 BY DEE LOFLIN

Dexter Rotary Club to Host Blood Drive

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri – 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

The Rotary Club of Dexter is ready to help. They are hosting a Blood Drive on Monday, February 17th from NOON – 5:00 p.m. at the Sacred Heart Catholic Church Hall. The church is located at 102 East Castor in Dexter.

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 or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).

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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."

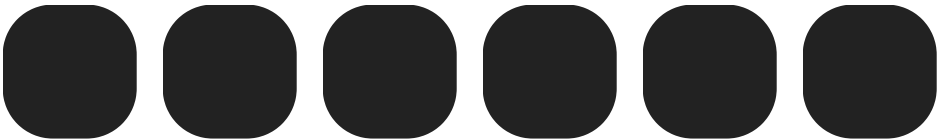
The 2014 Walkers for Wellness Project does not replace the Fitness Challenge that started in January; however this project only increases those participating of having a healthy lifestyle. You are encouraged to participate in both programs.

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

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