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Make Safety Part of Your Summer Fun

JUNE 30TH 2014 BY DEE LOFLIN

Make Safety Part of Your Summer Fun

*Submitted by
Dee Loflin, SMT Manager/Editor*

Missouri - The Missouri State Highway Patrol reports that thus far, June 2014 has included 10 drownings in Missouri. Colonel Ron Replogle, superintendent of the Patrol, urges everyone to make safety a top priority as they enjoy Missouri's variety of rivers and lakes. Please follow these simple guidelines when swimming, floating, or taking part in any activity near water.

Swimming Safety

Even for children or adults who have good swimming skills, rivers and lakes contain elements that can make swimming dangerous. Swimmers and floaters need to be aware of currents, aquatic life, drop-offs, and floating debris at all times. As a swimmer, know your limits. All swimmers are encouraged to use a U.S. Coast Guard approved life jacket, especially young children and inexperienced swimmers. Everyone needs a swimming buddy—don't allow anyone to swim alone. Supervise all children in or near water, regardless of age. Exhaustion is a real concern. Exhaustion can occur if a swimmer is very tired, if they swim too long or too hard, if they are dehydrated, or a combination of these and other factors. Younger, inexperienced swimmers may become exhausted before they realize they are in trouble. Drink plenty of water regularly, before you

feel thirsty! Avoid drinks with alcohol or caffeine.

River Safety

This time of year finds many Missourians floating our vast number of rivers. A float trip can be a lot of fun, especially when everyone prepares with safety in mind. The group should discuss expectations regarding behavior and safety before the trip begins. Be aware of each person's swimming ability. If you stop along the way to swim, designate a responsible adult to supervise the swimmers at all times. Swim in places with calmer currents that are free of debris. Rope swings and jumping off bluffs/bridges might look like fun. However, you should avoid jumping into the water in this manner as there could be submerged logs or tree branches, which would cause injury.

Here are several more tips specific to floating:

- * Wear a U.S. Coast Guard approved life jacket at all times. Even gentle stretches of water can have unseen undercurrents. Trying to fight a swift current will exhaust swimmers of every ability.
- * Use sunscreen, and wear a hat and sunglasses to protect you from the sun. Wear water shoes. If your canoe/kayak/inner tube capsizes, they will protect your feet. Walking in rivers can be dangerous.
- * No one may have or use glass containers in any vessel that is easily susceptible to swamping, tipping, or rolling.
- * Scout the river section you intend to float. Be familiar with the river and its individual characteristics. Make a rescue plan if necessary. Pair an experienced paddler/floater with someone of less experience.
- * Learn to recognize river hazards such as strainers, dams with reverse hydraulics, boulders, barb wire across the river, eddies, etc.
- * Know your limits and do not attempt a section of river beyond your skill level.
- * Do not paddle or attempt to cross rivers in flood stage or after a heavy rain. Currents can become very swift, even in a normally shallow river.
- * If you capsize, hold onto your craft and move immediately to the upstream side to avoid being trapped between the boat and an obstacle. Float on your back, feet together and pointed downstream. Gradually work your way to the shore. Release your craft only if it improves your safety.
- * Tie all your gear into the boat, but never yourself, children, or pets. Do not stand up in swift water (feet can get caught in rocks) but swim with the current at a 45

degree angle toward the shore.

- * Carry the proper equipment, including dry clothing and a first aid kit. Store all extra gear in a secure watertight container.

- * Stay sober. Alcohol and drugs affect balance, judgment, coordination, swimming skills, and the body's ability to stay warm.

- * Avoid being "too" — too tired, too drunk, too much sun, too far from safety, too much strenuous activity.

- * Learn basic water rescue techniques. When attempting a rescue, remember the adage of "Reach - Throw - Row - Go for Help." Unprepared rescuers run the risk of being caught in the same dangerous situation and can become a victim themselves. If you have to go after someone in the water, always put on a life jacket first.

The Missouri State Highway Patrol encourages everyone to enjoy Missouri's lakes and rivers. But, remember: A little forethought and planning help make summer fun safer.

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National Insurance Awareness Day!

JUNE 28TH 2014 BY DEE LOFLIN

National Insurance Awareness Day!

National Insurance Awareness Day is celebrated each year on June 28.

This day was created as a day to review your insurance coverage's and all of your insurance needs.

Don't forget to contact Countywide Insurance on Monday!

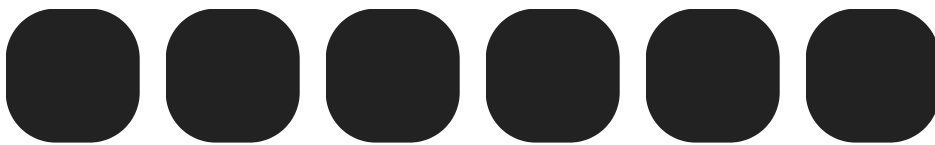
Insurance does offer one peace of mind knowing they are financially protected in case of loss, damage, illness or death.

Happy National Insurance Awareness Day!

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Route AF in Stoddard Co. Reduced for Pavement Overlay

JUNE 26TH 2014 BY DEE LOFLIN

Route AF in Stoddard Co. Reduced for Pavement Overlay

*Submitted by
Dee Loflin, SMT Manager/Editor*

Stoddard County, Missouri - Route AF in Stoddard County Reduced for Pavement Overlay

Route AF in Stoddard County will be reduced to one lane with a 9 foot width restriction as contractor crews perform pavement overlay.

This section of roadway is located from County Road 637 to Route 25.

Weather permitting, work will take place Monday, June 30 through Wednesday, July 30 from 6 a.m. to 7 p.m.

The work zone will be marked with signs. Motorists are urged to use extreme caution while traveling near the area.

For additional information, contact MoDOT's Customer Service Center toll-free at 1-888-ASK-MODOT (1-888-275-6636) or visit www.modot.org/southeast.

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Route Z in Stoddard Co. Will be Reduced to One Lane

JUNE 25TH 2014 BY DEE LOFLIN

Route Z in Stoddard Co. Will be Reduced to One Lane

*Submitted by
Dee Loflin, SMT Manager/Editor*

Stoddard County, Missouri - Route Z in Stoddard County will be reduced to one lane with a 9 foot width restriction as contractor crews perform pavement overlay.

This section of roadway is located from Route 25 to Route 153.

Weather permitting, work will take place Monday, June 30 through Wednesday, July 30 from 6 a.m. to 6 p.m. daily.

The work zone will be marked with signs. Motorists are urged to use extreme caution while traveling near the area.

For additional information, contact MoDOT's Customer Service Center toll-free at 1-888-ASK-MODOT (1-888-275-6636) or visit www.modot.org/southeast.

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Frog Days of Summer Begin at Sunset June 30th

JUNE 24TH 2014 BY DEE LOFLIN

Frog Days of Summer Begin at Sunset June 30th

*Submitted by
Dee Loflin, SMT Manager/Editor*

Missouri - The Missouri Department of Conservation (MDC) encourages Missourians to celebrate summer with a favorite outdoor pastime for many -- frogging season. It begins at sunset on June 30 and ends Oct. 31.

Missouri has two frog species that are legal game — bullfrog and green frog. Bullfrogs are larger and therefore more sought-after. The taste and texture of frog meat is similar to that of fresh-water fish. For recipes, visit the MDC website at mdc.mo.gov/node/15131.

Frogging can be practiced with either a fishing permit or a hunting permit. Children under the age of 16 and Missouri residents over the age of 65 are not required to have a permit. The Wildlife Code of Missouri allows those with a fishing permit to take frogs by hand, hand net, atlatl, gig, bow, trotline, throw line, limb line, bank line, jug line, snagging, snaring, grabbing or pole and line. With a hunting permit, frogs may be harvested using a .22-caliber or smaller rifle or pistol, pellet gun, atlatl, bow, crossbow, or by hand or hand net. The use of an artificial light is permitted when frogging.

The daily limit is eight frogs of both species combined. The possession limit allows you to store no more than 16 frogs at a time.

Once a frog is speared, it must be harvested. The Wildlife Code of Missouri prohibits the release of a speared frog as “wanton waste” because the animal is not likely to recover. Any frog taken into actual possession, unless immediately released unharmed after being caught, is included in the daily limit.

For more information on bullfrog and green frog regulations, visit mdc.mo.gov/node/10834.

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