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My Daddy's Cheesecake Coming to St. Francis Medical Center

FEBRUARY 24TH 2015 BY DEE LOFLIN

My Daddy's Cheesecake Coming to St. Francis Medical Center

Cape Girardeau, Missouri - Saint Francis Medical Center announced a new partnership with My Daddy's Cheesecake. When Saint Francis' new patient tower opens July 1, The Friends Café in the new lobby will feature food and dessert items from the popular local restaurant, creating a central location for patients' families, visitors and friends to gather for a snack or in respite from the patient care environment.

Kevin Stanfield, co-owner of My Daddy's Cheesecake, says the menu will be very close to that of the main store. "We will have breakfast items in the morning – breakfast sandwiches, oatmeal, muffins, Danishes, fruit, yogurt and granola, biscuits and gravy, juice, coffee, etc. – and throughout the day and the evening we will offer salads, soups, wraps and sandwiches made to order, or grab-n-go salads, wraps, sandwiches and desserts," he says. "We'll also have cookies, pastries, cupcakes, diabetic-friendly desserts and – of course – cheesecake!"

The Friends Café will be staffed by My Daddy's Cheesecake employees and will be open 7 am-7 pm Monday through Friday and 8 am-3 pm Saturday and Sunday.

The Friends of Saint Francis raised \$85,000 in support of The Friends Café by My Daddy's Cheesecake as part of the Building on Excellence expansion and

renovation project.

“Sometimes, it’s just nice to escape the stresses of a hospital,” says Debbie Balsano, president of The Friends Board of Directors. “The Friends Café will offer a comfortable gathering place for families and visitors, as well as a convenient location for them to grab a quick sandwich, coffee or dessert.”

Saint Francis Medical Center is a 284-bed facility serving more than 650,000 people throughout Missouri, Illinois, Kentucky, Tennessee and Arkansas. Guided by its mission to provide a ministry of healing and wellness inspired by its Christian philosophy and values, the Medical Center has become a progressive, innovative regional tertiary care referral center. Saint Francis’ major service lines, which have received national recognition, include the Neurosciences Institute; Orthopedic Institute; Family BirthPlace, featuring the region’s first Level III Neonatal Intensive Care Unit; Heart Hospital; Emergency and Level III Trauma Center with Convenient Care; Cancer Institute; and Fitness Plus. Saint Francis is proud to be the only employer in Missouri ranked on Modern Healthcare magazine’s prestigious Best Places to Work in Healthcare list for six consecutive years (2008-2013).

Shown in the photo: Alex Ogburn (left), Vice President – Ambulatory Services at Saint Francis Medical Center, announced the addition of The Friends Café by My Daddy’s Cheesecake to the lobby of the new patient tower currently under construction as part of the Building on Excellence expansion and renovation project. The new building will open July 1. From left: Susan, Kevin and Zach Stanfield, My Daddy’s Cheesecake; Debbie Balsano, president, The Friends of Saint Francis; and Rich Rathert, director of Food and Nutrition Services at Saint Francis.

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St. Francis Healthcare to Host Open House

FEBRUARY 19TH 2015 BY DEE LOFLIN

St. Francis Healthcare to Host Open House

Dexter, Missouri - Saint Francis Healthcare System's Outpatient Clinic opened in its temporary location at 115 East Business Highway 60 in Dexter on February 2nd of this year.

Saint Francis Medical Partners F. Michael Caldwell, MD; Stephen Nagy, MD; Christopher Montgomery, MD; Gilbert Smith, MD; and Joseph Schuerger, MD, will offer primary care services to patients here along with nurse practitioners. The clinic also offers urgent care and lab X-ray services, as well as outpatient physical therapy services by Donald Zoll, PT.

The Outpatient Clinic is a temporary home for Saint Francis in Dexter while the Dexter Health Campus is under construction, which is scheduled for completion in mid-2016. The future Health Campus will offer everything the Outpatient Clinic offers and more, including Fitness Plus Dexter.

"Most healthcare industry leaders agree that the future in healthcare is not more hospital beds, but in care delivered close to home or at home. It will concentrate on keeping people healthier and out of the hospital," says Steven C. Bjelich, president and chief executive officer at Saint Francis. "Through our strategic planning and outreach, Saint Francis is uniquely positioned to work more closely with the people in Dexter to meet their healthcare needs."

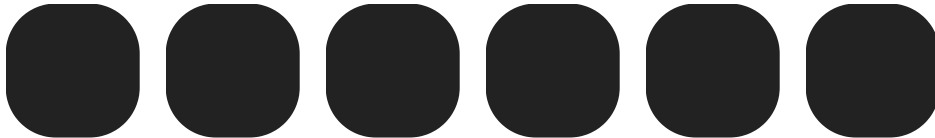
In the coming months, Dexter residents will benefit from the close-to-home convenience of specialties, including comprehensive cancer care from Carlos Robles, MD; OB/GYN expertise from Jessica H. Lemmons, MD, FACOG, and Grant D. McWilliams, DO, FACOG; and expert cardiology care from Joseph C. Dwyer, MD, FACC.

An open house event will be held on February 20 from 8 to 11 am welcoming the community to learn more about the new facility. The Dexter Chamber of Commerce will be on hand at 11 a.m. for a ribbon cutting ceremony. This is an opportunity for the residents of Dexter to meet the physicians and providers while taking advantage of free health screenings, beverages and snacks

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Use MoDOT Tools to Check Road Conditions

FEBRUARY 15TH 2015 BY DEE LOFLIN

Use MoDOT Tools to Check Road Conditions

Jefferson City, Missouri - Missourians may see their first widespread winter event this weekend, as accumulating snow and ice are forecast for much of the state this afternoon

and into Monday.

The Missouri Department of Transportation is carefully monitoring weather forecasts and preparing to plow and treat state routes as needed. Travelers should also take their own precautions, or stay off the roads if possible.

Remember that even light precipitation can cause roads to become slick with ice or snow. While MoDOT works hard to treat and plow Missouri highways when winter weather hits, it's important to allow extra time for travel and to check road conditions before you head out. Remember the following tips when driving in inclement weather:

- Slow down.
- Steer and brake gently.
- Accelerate slowly at intersections.
- Allow extra space between your vehicle and the one ahead of you.
- Stay back 100 feet from snow plows that may be spreading salt. Avoid passing snow plows, even when on a multi-lane road.
- Be aware that bridges and overpasses generally experience freezing conditions first.

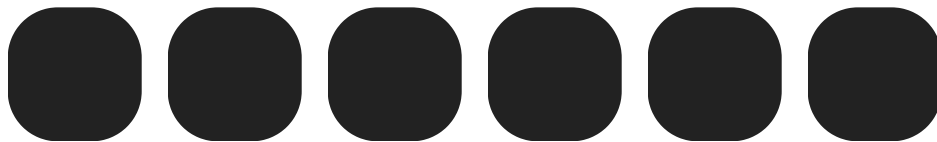
One of the best ways to prepare for winter travel is to check road conditions before you go. MoDOT's Traveler Information Map, at <http://www.modot.org/>, provides current road conditions for Missouri's interstates and major highways. Conditions for these routes are color coded to give you the information you need at a glance.

For smartphone and tablet users, the Traveler Information App brings the same information to mobile devices. The app is available for free from the iPhone and Android app stores by searching for "MoDOT."

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

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Business Leaders Provide Students Real World Budget Lesson

FEBRUARY 12TH 2015 BY DEE LOFLIN

Business Leaders Provide Students Real World Budget Lesson

Poplar Bluff, Missouri - On Wednesday, Feb. 4, in E.T. Peters Gym, Ozark Federal Credit Union hosted a Reality Fair, its third budget-planning event involving Poplar Bluff Schools, with the participation of 280 high school seniors along with 38 local businesses and organizations.

Students each received a unique packet stating their occupation, salary, debt history, marital status and whether or not they had children. Then they were assigned to visit with real industry professionals to purchase necessities such as a mock house, transportation, furniture, clothing and food. The object was to attempt to keep within budget in a workbook.

Sponsored by the Missouri Credit Union Association in partnership with the Missouri Council for Economic Education, the Ozark Federal Credit Union Reality Fair has become the largest in the state, according to Davine Conover, business development specialist. The Ozark FCU is a certified community development financial institution under the U.S. Department of Treasury, teaching financial literacy in a six-county region, including Butler.

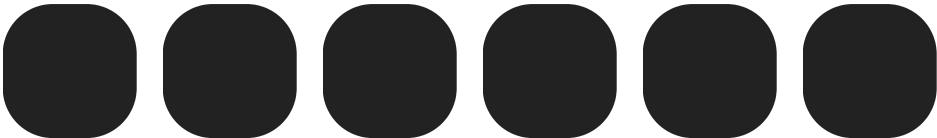
Shown in the photo: Jamie Hobbs, a PBHS senior, visits the ‘fun stuff’ table manned by Sgt. Clark Parrott of the Missouri State Highway Patrol, to select from entertainment activities including sports equipment, hobby supplies, movies, concert tickets and vacation packages.

Submitted by Tim Krakowiak, Communications/Marketing Coordinator, Poplar Bluff R-1 School District.

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MDC Offers Effective Wingshooting Workshop

FEBRUARY 09TH 2015 BY DEE LOFLIN

MDC Offers Effective Wingshooting Workshop

Cape Girardeau, Missouri - The Missouri Department of Conservation (MDC) presents an Effective Wingshooting workshop March 14 from 8 a.m. to 4 p.m. at Duck Creek Conservation Area. This course is designed for upland bird, waterfowl and turkey hunters and is an advanced shotgunning education program designed to evaluate wingshooters and identify problem areas.

“One of the complaints from hunters is that their shooting skills are inconsistent but they can’t determine the cause,” said DeeDee Dockins, MDC Outdoor Skills Specialist.

After evaluating shooting skills, modifications will be applied to existing shooting techniques to improve participants’ wingshooting skills.

“Corrections to existing shooting techniques, gun fit, and gun mount can make huge improvements resulting in more consistent performance in the field,” Dockins said.

“Taking fewer marginal shoots, spending less money on equipment and ammunition, and most importantly reducing the wounding loss of the resource are paramount to being an ethical and successful hunter.”

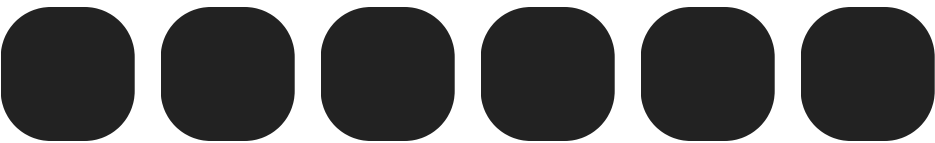
Distance estimation, equipment and ammunition selection will also be topics covered in the course. In addition to boosting wingshooting performance and conservation results, this training can help save money on expenses with fewer wasted shells, she said.

Registered attenders should bring their hunting shotgun, choke tubes, nontoxic shotgun ammunition to pattern, eye and ear protection, a stool or chair, a sack lunch and drink. Clay targets, 12 and 20 gauge non-toxic practice ammunition will be provided.

Dockins said the course is free, but registration is required since space is limited. The MDC’s Southeast Regional Office is taking registrations at (573) 290-5730. For information on other conservation related events in southeast Missouri, go online to

<https://showmetimes.com/Blogpost/uthl/MDC-Offers-Effective-Wingshooting-Workshop>

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