



[TOP](#)

May is Motorcycle Safety Month

MAY 05TH 2015 BY DEE LOFLIN

May is Motorcycle Safety Month

Missouri - Campaign aims to increase motorcycle safety awareness for all road users.

It's springtime in Missouri and everyone wants to be outdoors, and motorcyclists everywhere are eager to hit the road. Riders will be polishing that chrome and tuning those engines for weekend rides, rallies and runs.

The Missouri Coalition for Roadway Safety wants to remind motorists and motorcyclists alike to "Watch for Motorcycles" in order to help prevent motorcycle crashes, deaths and injuries on Missouri's roadways.

"Motorcyclists have the same rights and privileges as any other drivers on the roadway," said Bill Whitfield, executive committee chair of the coalition. "However, drivers of cars and trucks often don't see motorcycles until the last second, or sometimes not at all."

In 2014, 87 motorcyclists were killed in traffic crashes on Missouri roadways. By following a few basic safety rules, we can all help prevent crashes.

The National Highway Traffic Safety Administration offers the following tips to drivers on how to prevent a fatal crash with a motorcycle:

Allow the motorcycle the full width of a lane at all times.

Always signal when changing lanes or merging with traffic.

Check all mirrors and blind spots for motorcycles before changing lanes or merging with traffic, especially at intersections.

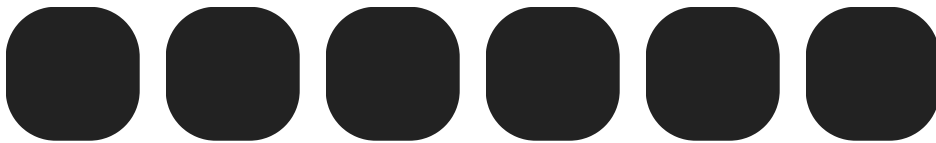
Never drive distracted or impaired.

Read more, including precautions motorcyclists can take to remain safe on the road - **Motorcycle Awareness.**

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Thursday Night Bowlers League Donate to American Legion

APRIL 29TH 2015 BY DEE LOFLIN

Thursday Night Bowlers League Donate to American Legion

Dexter, Missouri - Members of the Thursday Night Bowlers League raised money for a

very worthy cause! They donated \$1,200 to the Kenady-Hanks American Legion Post 59 on Monday afternoon.

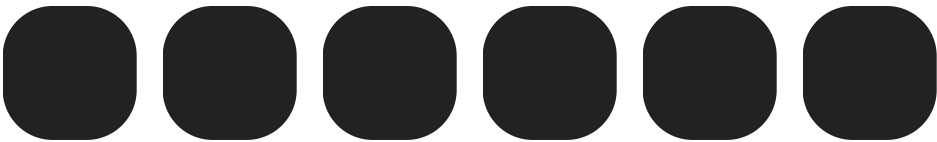
Accepting the check was the American Legion's Finance Officer, Josh Phelps. Presenting the check were Alberta Stover and Beverly Dockins.

The funds will be utilized to help take care of local veterans. The women bowl every Thursday evening at Dexter Bowl and invite all interested women to join them.

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FFA Members Participate in Leadership Workshops

APRIL 29TH 2015 BY DEE LOFLIN

FFA Members Participate in Leadership Workshops

Poplar Bluff, Missouri - Poplar Bluff High School FFA members participated in

leadership workshops and honored their colleagues for outstanding achievements at the Missouri FFA Convention Thursday and Friday, April 16-17, in the Hearnes Center at the University of Missouri in Columbia.

Sophomore Daniel Williams, and juniors Hunter Hudson and Chase Burch received proficiency awards for their supervised agricultural experience projects. Poplar Bluff teams qualified in various career development events including farm management, forestry, FFA knowledge and agronomy. The chapter received a superior rating and a 10 percent growth award since club membership increased this year.

Speakers included Gov. Jay Nixon, Missouri Director of Agriculture Richard Fordyce, Missouri Commissioner of Education Margaret Vandeven, and American Farm Bureau President Bob Stallman.

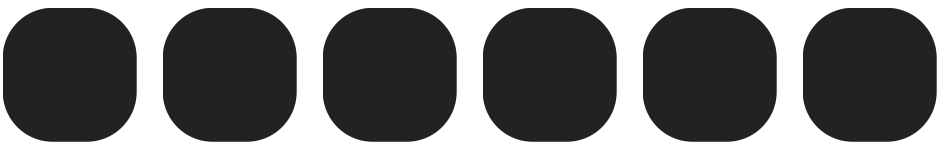
Shown in the photo - The PBHS FFA chapter attended the state convention at Mizzou, and toured Busch Stadium, the St. Louis Zoo and the Rock Bridge Conservation Center along the way.

Photos and article by Tim Krakowiak, Communications/Marketing Coordinator, Poplar Bluff R-I School District

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[TOP](#)

Missouri Juror Appreciation Week

APRIL 27TH 2015 BY DEE LOFLIN

Missouri Juror Appreciation Week

Have You Ever Served for Jury Duty?

It's Missouri Juror Appreciation Week!!

Missouri - Judges, lawyers and court clerks thank the 70,299 Missourians who reported for jury duty in state courts in 2014 as part of Missouri's Juror Appreciation Week to be held this year from Monday, April 27 through Friday, May 1, 2015. During the week, court staff and legal professionals will emphasize to jurors how important their contributions are to the courts, their communities and our legal system.

Missouri Bar President Reuben Shelton said the right to trial by a jury is one of the fundamental guarantees included in the Bill of Rights.

"I know that reporting to jury duty can be inconvenient to our lives," Shelton said. "But in order to advance justice, we must all show up when called upon so that our juries are truly representative of our communities. We thank the more than 70,000 Missourians who reported to jury duty last year and believe their service will help others recognize that jury service is fundamental to upholding our constitution and democracy."

More than 50 courthouses throughout the state will observe the week in different ways. Many will display a Missouri Bar poster that thanks jurors for doing their part. Judges also may take additional time to thank jurors and to acknowledge the significance of their service.

This year's poster features a quote from Founding Father, principal author of the Declaration of Independence and third President of the United States, Thomas Jefferson, in which he noted a "trial by jury as the only anchor yet imagined by man by which a government can be held to the principles of its constitution."

Missouri is one of only a few states that hold a statewide Juror Appreciation Week. The

observance began in 2000 by order of the Supreme Court of Missouri, which states, “Each year thousands of Missourians perform one of the most significant civic duties granted to citizens -- they serve as fair and impartial jurors in communities throughout the state. To honor those citizens who have performed their civic duty, all Missouri courts are directed to observe Juror Appreciation Week...”

Visit the event webpage to learn more about Juror Appreciation Week, watch a video on the importance of jurors, or take a quiz to test your knowledge on jury service.

The Missouri Bar is a statewide organization that is dedicated to improving the legal profession, the law and the administration of justice for all Missourians. Created in 1944 by order of the Supreme Court of Missouri, it serves all 30,000 of Missouri’s practicing lawyers. The Missouri Bar provides a wide range of services and resources to its members, as well as the media, educators and the citizens of Missouri. To learn more about The Missouri Bar, visit www.mobar.org and www.MissouriLawyersHelp.org.

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St. Francis Medical Center to Offer FREE Stroke Screening

APRIL 27TH 2015 BY DEE LOFLIN

St. Francis Medical Center to Offer FREE Stroke Screening

Saint Francis Medical Center is offering a free stroke screening on Thursday, May 14, from 7 to 11 am in the Saint Francis Conference Center (Entrance 8, 150 S. Mount Auburn Road) as part of its community education programming during National Stroke Awareness Month in May.

Someone in the United States has a stroke every 40 seconds and nearly one-third of victims are younger than age 65. Risk factors for stroke include high blood pressure, diabetes, high cholesterol, heart disease and certain blood disorders.

Cape Girardeau, Missouri - Saint Francis Medical Center is offering a free stroke screening on Thursday, May 14, from 7 to 11 am in the Saint Francis Conference Center (Entrance 8, 150 S. Mount Auburn Road) as part of its community education programming during National Stroke Awareness Month in May.

The free screening includes a stroke risk assessment, blood pressure and cholesterol test, and a consultation with a medical professional. For accurate results, a 10- to 12-hour fast is required. Participants should continue to take prescribed medications and drink water to avoid dehydration. To register for the screening, call 573-331-3996.

Someone in the United States has a stroke every 40 seconds and nearly one-third of victims are younger than age 65. Risk factors for stroke include high blood pressure, diabetes, high cholesterol, heart disease and certain blood disorders. Other factors such as physical inactivity, smoking, obesity and excessive alcohol and drug use can increase the likelihood of a stroke.

Strokes can happen fast, so it is important to recognize the signs and call 911 immediately if you experience symptoms such as numbness or weakness of the face; arm or leg weakness on one side of the body; confusion or trouble speaking or understanding; vision trouble; difficulty walking; or a severe headache with no

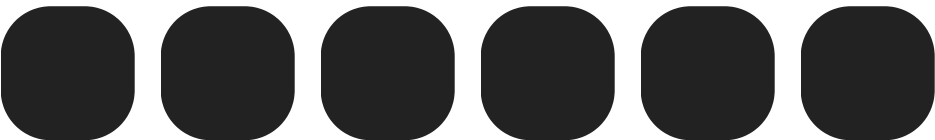
known cause.

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.

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