



TOP

12th Annual Bridge Building Competition

AUGUST 19TH 2015 BY DEE LOFLIN

12th Annual Bridge Building Competition

The Missouri Department of Transportation (MoDOT) is sponsoring its 12th annual bridge building competition for high school juniors and seniors in the Southeast District. The competition challenges students to design and construct the most efficient model bridge using limited materials-15 pieces of balsa wood, thread and glue.

Schools must register by Sept. 8 to compete in the competition. Contest information and registration forms have been mailed to area high schools. If a school is interested in participating and has not received the registration paperwork by Sept. 1, they are encouraged to contact MoDOT. Additionally, an online registration form is available at: www.modot.org/southeast/BridgeBuildingCompetition.htm.

The bridge kits will be delivered to the participating schools on Oct. 5 and 6. Completed bridges will be picked up from participating schools on Nov. 2 and 3.

Bridges entered in the competition will be tested Nov. 19 at Cape West 14 Cine in Cape Girardeau. The lightest bridge to carry the greatest load will ultimately be declared the winner. Prizes will also be awarded for the most aesthetic bridge and to the winner of the electronic bridge competition.

Prizes donated by area businesses and organizations will be awarded to the top bridge building winners.

In addition, MoDOT has partnered with Arkansas State University, Southeast Missouri

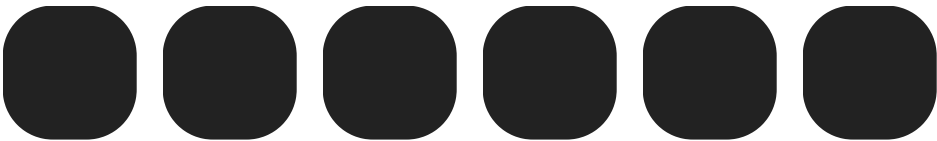
State University, Missouri University of Science and Technology, University of Missouri-Columbia and Southern Illinois University to offer seniors interested in civil engineering up to \$10,000 in scholarships.

For more information about the bridge competition, please contact Senior Highway Designer Anita Clark at (573) 472-5292 or anita.clark@modot.mo.gov, Senior Highway Designer Gretchen Hanks at (573) 472-5294 or gretchen.hanks@modot.mo.gov, or MoDOT's Customer Service Center toll-free at 1-888 ASK MODOT (275-6636). Photos and videos from prior competitions are available at www.modot.org/southeast/programs/BridgeCompetition.htm.

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I-55 in Scott County is Reduced for Pavement Repairs

AUGUST 18TH 2015 BY DEE LOFLIN

I-55 in Scott County is Reduced for Pavement Repairs

Scott County, Missouri - Many drivers traveling to Cape Girardeau this week may have minor delays as Interstate 55 in Scott County is reduced for pavement repairs.

Northbound I-55 in Scott County will be reduced to one lane as Missouri Department of Transportation crews mill the pavement.

This section of roadway is located from Miner City limits to Route HH.

Weather permitting, work will begin Wednesday, Aug. 19 from 8 a.m. to 4 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 N in Stoddard County Reduced for Pavement Repairs

AUGUST 12TH 2015 BY DEE LOFLIN

Route N in Stoddard County Reduced for Pavement Repairs

Stoddard County, Missouri - Missouri Route N in Stoddard County Reduced for Pavement Repairs

Route N in Stoddard County will be reduced to one lane as Missouri Department of Transportation crews perform pavement repairs.

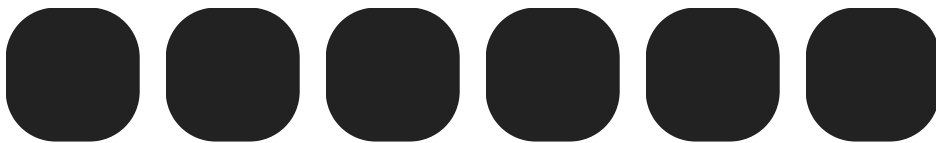
This section of roadway is located from Route AB to Route 91.

Weather permitting, work will take place Thursday, Aug. 13 from 7:30 a.m. to 4 p.m.

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Perseid Meteor Shower Tonight

AUGUST 11TH 2015 BY DEE LOFLIN

Perseid Meteor Shower Tonight

You're in luck — it's a particularly good year for viewing the Perseid meteor shower, which peaks this week and is widely considered to be the best annual shooting star show.

- [Meteor shower calendar](#)
- [Meteors and night skies: Photography tips and tricks](#)

"It is usually the strongest one of the year, so you see more meteors per minute than other meteor showers," says J. Randy Attwood, executive director of the Royal Astronomical Society of Canada.

"This is the one in the year where I would say that it would be worth someone's while to make an effort to see it."

The best times to watch it are expected to be after midnight on Tuesday (early Wednesday morning) and Wednesday (early Thursday morning.)

This year is better than most for viewing the Perseids, as Aug. 14 is a new moon, so there will be no "light pollution" in the form of moonlight to wash out the fainter meteors.

Here are some tips for catching the most falling stars:

Go someplace dark

If you're up at the cottage or camping, you should "definitely" look for this meteor shower, Attwood says.

"If you can get outside the city, the darker the sky the better."

NASA says if you're somewhere with a dark sky, you can expect up to 100 meteors per hour at the very peak of the meteor shower. That may include some particularly bright ones known as fireballs that the Perseids are known for.

Attwood says it's more typical to see a meteor every couple of minutes or 25 to 30 per hour during the peak of the Perseids, although you may only see one every hour or two if you're in an urban area like Toronto that's flooded with artificial light.

Try to catch the peak

The meteor shower is expected to peak at 4 a.m. ET or 1 a.m. PT on Aug. 13, according to NASA.

While you'll see the most meteors early Wednesday and early Thursday morning, there should be an above-average number of them already, right through to Aug. 24.

Also, there may be other periods when you can see an unexpectedly high number of meteors.

That's because the meteor shower is caused by the Earth passing through a trail of dust and debris left behind by the comet Swift-Tuttle, which can be thicker in some places than others.

"There's a chance you might get a few hours where we're going through one of these thicker, denser clumps of material, so you'll get more meteors," Attwood said.

Watch after midnight

Whether it's the peak night or not, you'll see more meteors in the early morning than the late evening.

The geometry means you'll see more meteors, just as you'll see more bugs hitting the front windshield of the car than the side or back windows.

Later in the night, the part of the sky where the meteors originate will also be higher overhead, giving you a better view, NASA says.

Look toward Perseus and Cassiopeia

The meteors will streak across the sky at about 60 kilometres per second from near the constellation Perseus that the meteor shower is named for.

NASA recommends lying with your feet pointing toward the northeast, with a view of as much of the sky as possible.

"You don't need telescopes or binoculars," he says.

Be patient

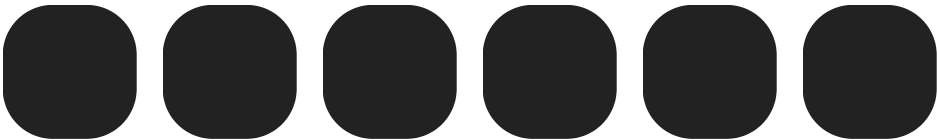
NASA suggests that you give your eyes 30 minutes to fully adjust to the darkness to improve your chance of seeing meteors.

And if it happens to be cloudy on the night you hoped to see the meteor shower, don't worry. Try again the next night.

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St. Francis Adds Physician at Jackson Family Care

AUGUST 11TH 2015 BY DEE LOFLIN

St. Francis Adds Physician at Jackson Family Care

/images/2015 Images/SF Logo.jpg

Jackson, Missouri - Saint Francis Medical Center welcomes primary care physician Laura E. Glueck, DO, as a new Medical Partner. She joins fellow primary care physician Kennett D. Asher, DO, CMD, at Jackson Family Care, 545 Broadridge Dr., Jackson.

An Oak Ridge native, Glueck completed her bachelor's degree at University of Missouri-Columbia, and earned her medical degree from A.T. Still University-Kirksville College of Osteopathic Medicine in Kirksville, Mo. She later completed her family medicine internship and residency at University of Arkansas for Medical Sciences Northeast in Jonesboro, Ark. Board certified in family medicine, her clinical interest is caring for people of all ages, from newborns to older adults.

“Dr. Glueck’s new insights on primary care will be a welcome addition to the Jackson Family Care practice,” says Steven C. Bjelich, FACHE-D, President and Chief Executive Officer of Saint Francis Medical Center. “Patients of all ages in Jackson will greatly benefit from her comprehensive, compassionate approach to care.”

For more information on Dr. Glueck or Jackson Family Care, call 573-331-3996.

Saint Francis Medical Center is a 289-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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