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Stoddard County Nutrition Center Menu and Activities

OCTOBER 20TH 2017 BY DEE LOFLIN

Stoddard County Nutrition Center Menu and Activities

Dexter, Missouri - Stoddard County Nutrition Center lunch menu for Monday, October 23, 2017 - Friday, October 27, 2017.

The Dexter Senior Center is located at 23 W. Stoddard St. in historic downtown Dexter.

You don't have to be a senior to eat. They serve lunch from 11:30 a.m. - 1 p.m. and the cost is \$3.50 for seniors and \$5.50 for non-seniors. Suggested age for seniors is 60+.

Monday, October 23, 2017 - Swiss steak, potatoes, beets, biscuit, and peanut butter cookie.

Sit and Sing Motion at 11:30 a.m. and BINGO at 1 p.m.

Tuesday, October 24, 2017 - Spinach, bacon, and egg quiche, hash browns, biscuit, and peaches.

Activity at 11:30, BINGO at 12:30 and Line Dancing at 1 p.m.

Wednesday, October 25, 2017 - Chicken and wild rice, soup, glazed carrots, WG crackers, and German chocolate cake.

Activity Chair BINGO at 11:15 a.m. and Video at 12:30 p.m.

Thursday, October 26, 2017 - Meatloaf, mashed potatoes, seasoned broccoli, roll, and moist spice cake.

Activity at 11:30 a.m. and Arts and Crafts at 1 p.m.

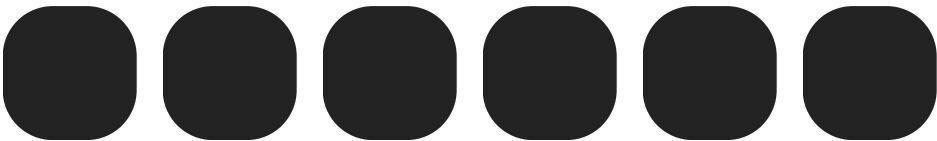
Friday, October 27, 2017 - Chicken strips or catfish, California blend vegetables, cornbread, cinnamon roll, and pizza.

Eat Smart at 11:00 a.m. and BINGO at 1 p.m. Movie Night from 5 p.m. - 7 p.m.

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Dexter Senior Center Menu Week of September 19th	Dexter Senior Center Bake Sale
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[Dexter Senior Center Menu Week of September 19th](#)

[Dexter Senior Center Bake Sale](#)

Route K in Stoddard County Closed for Bridge Replacement

OCTOBER 19TH 2017 BY DEE LOFLIN

Route K in Stoddard County Closed for Bridge Replacement

Stoddard County, Missouri - Route K in Stoddard County will be closed as contractor crews replace a bridge.

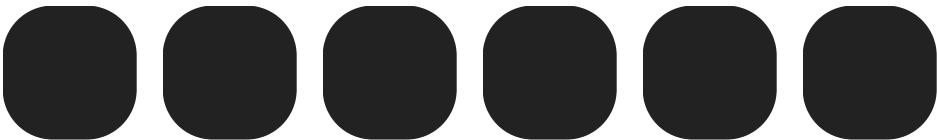
This bridge is located over the Castor River between County Road 267 and Route V.

Weather permitting, work will begin Monday, Oct. 30 about mid-day and expected to re-open Tuesday, Jan. 23.

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Southbound Interstate 55 in Scott
County Reduced for Bridge
Maintenance

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Buckle Up - Phone Down - Take the Challenge

OCTOBER 19TH 2017 BY DEE LOFLIN

Buckle Up - Phone Down - Take the Challenge

Missouri - Remember that Friday, Oct. 20, 2017 is "Buckle Up/Phone Down Day." The challenge is simple: when you get into any vehicle, buckle up your safety belt. If you are a driver, put the cellphone down. Turn it off if you have to. No texting and no talking unless hands free. By buckling up and putting your phone down - even for one day - you will be doing your part to make Missouri's roads safer. Let's save lives and turn this day into a week, a month and eventually every trip, every time.

Texting increases the risk of car crashes by 50 percent. Sixty-seven percent of this year's fatalities involved unbuckled drivers or passengers that may have survived if they were only properly restrained. The loss of one life is too many.

Join the movement - stand up and be counted on Buckle Up/Phone Down Challenge Day Friday, Oct. 20.

Take the challenge here - Buckle Up/Phone Down.

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Various Closures on Route 51 and Route B in Butler and Stoddard County for Bridge Repairs

OCTOBER 17TH 2017 BY DEE LOFLIN

[Various Closures on Route 51 and Route B in Butler and Stoddard County for Bridge Repairs](#)

Route 51 and Route B between Fisk and Poplar Bluff, Mo., will have various closures as contractor crews perform bridge repairs. The crew will be working on a total of 10 bridges located between US 60 and Business 60.

Improvements are already underway from Route 60 Outer Road to Route FF in Fisk, Mo. The repairs in this location are expected to be completed Oct. 23, weather permitting.

Crews will progress from east to west, with each bridge remaining closed for several weeks as repairs are underway.

Completion of the 10 bridges is anticipated in March 2018, weather permitting.

The work zone will have message boards and signs in place. Motorists are urged to use extreme caution while traveling near the area.

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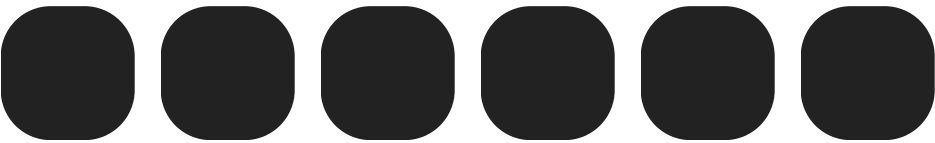
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Route N in Stoddard County
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Interstate 55 in Scott County
Reduced for Environmental Clean
Up

Southbound Interstate 55 in Scott County Reduced for Bridge Maintenance

Route Z in Stoddard County Closed for Bridge Replacement

Southbound Interstate 55 in Scott
County Reduced for Bridge
Maintenance

Route Z in Stoddard County
Closed for Bridge Replacement

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Floyd Named St. Francis Cybersecurity Officer for IT

OCTOBER 16TH 2017 BY DEE LOFLIN

Floyd Named St. Francis Cybersecurity Officer for IT

Cape Girardeau, Missouri - Saint Francis Healthcare System named Wayne Floyd, CISSP, the new cybersecurity officer for Information Technology.

In this role, Floyd is responsible for the implementation of Information Technology security policies, procedures, standards, technical safeguards and solutions in response to ongoing assessment and evaluations as well as other identified business exposures.

Floyd has over 20 years of experience in information technology and has focused on cybersecurity for the last five years.

He earned his undergraduate degree from Southern Arkansas University and his MBA from University of Arkansas at Little Rock. Floyd is a certified information systems security professional through (ISC)², which is the world’s leading cybersecurity and IT security professional organization.

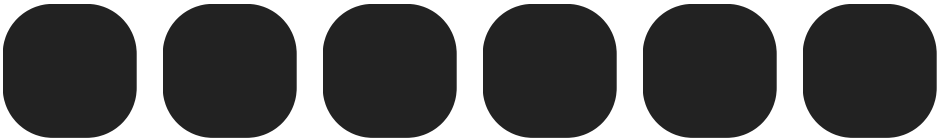
Saint Francis Medical Center is a 308-bed facility serving more than 713,000 people throughout Missouri, Illinois, Kentucky, Tennessee and Arkansas. Guided by its mission to provide a ministry of healing and wellness inspired by its Christian philosophy and values, the Medical Center has become a progressive, 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; Cancer Institute; and Fitness Plus.

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