

September 2023

HEALTHY DENT COUNTY

HEALTHY DENT COUNTY



Bring your girlfriends for an evening of pampering, shopping, and of course, eating!

Girls Night Out Thursday, September 14th, 2023

Girls Night Out
September 14th
4:30-7:30 p.m.

Salem Community
Center @ the Armory
& Fitness Center
CLOSED Labor Day
September 4th

Salem Area
Chamber of Commerce
Rodeo September
2nd and 3rd

MEMBERSHIP SPOTLIGHT
Mark Howard

Fall Back into Fitness!
September Special
Healthy Dent County
Fitness Center

Doe Run Job Fair
September 20th



Membership Spotlight: Mark Howard



Follow us on Facebook: Healthy Dent County Fitness Center/Council for a Healthy Dent County to stay up to date

HEALTHY DENT COUNTY



girls night out

A benefit for Healthy Dent County

12th Annual

Bring your girlfriends for an evening of pampering, shopping, and of course, eating!

Vendor booths available with great products to purchase!

**THURSDAY, SEPTEMBER 14TH
4:30-7:30PM**

Salem Community Center @ the Armory
1200 West Rolla Road, Salem

\$5 Admission

Includes food samples, giveaways, door prizes, and vendor demos.
Admission is limited to all women and girls 12 years of age and older.

Food Drive

Bring in any nonperishable canned food good for a chance to win a gift card. One ticket per item. The more you donate, the more your chances increase to win the gift card.

Donations will be given to:
Sacred Heart Food Pantry and Grace Harbor

For additional information, please call (573)729-8163
or email Jackie@salemcommunitycenter.org.





HEALTHY DENT COUNTY FITNESS CENTER

Fall Back Into Fitness

September Special

**During the month of September,
members can bring a friend in for free!**

(This includes classes, gymnasium, cardio, weight, and spin room).



HEALTHY
DENT COUNTY

Salem Community Center @ the Armory
1200 West Rolla Road, Salem, MO 65560

For more information, please contact us at (573) 739-1127
or email Susie@salemcommunitycenter.org



Salem Area
Chamber of Commerce

9th Annual

Rodeo



Salem Chamber
Rodeo

PRO RODEO IS
IPRA/ACRA/MRCA
SANCTIONED

7:30 PM NIGHTLY

Gates open at 5 pm
with Family Activities

The Commons
Hwy. 72, Salem

EVENTS

Bareback Riding • Calf Roping • Breakaway Roping
Team Roping • Bull Riding • Saddle Bronc Riding
Steer Wrestling • Barrel Racing • Ranch Bronc

Calf Scramble Each Night
(Ages 10 and under)

Blake Skaggs
Mini Buckers

CONCESSION STAND • FOOD & RETAIL VENDORS

WEAR RED, WHITE &
BLUE TO HONOR
OUR VETERANS



TICKETS

ADVANCED

\$8 Adults | \$4 Children

AT THE GATE

\$10 Adults | \$5 Children
(ages 5 to 11)

**TICKETS ON
SALE NOW!**

**SPONSORED BY
Platinum**

Tax Masters - Fan Favorite Cowgirl and Cowboy buckles

Titan Paving & Drainage - Ranch Bronco, Saddle Back, and Bareback
Hubbs Tire Center - Half Time Show • **Town & Country Bank** - Contestant Tent
Hutcheson Ford - Barrel Racing • **Dent County Farm Supply & Ag** - Breakaway

Curt's Mobile Homes - Buckle • **Salem Memorial Hospital** - Chute
Terrill Complete Auto Care - Food Court • **Flyin' W Boutique & Twisted H Design** - Chute
Salem Truss Company - Calf Roping • **Sakelaris Ford Lincoln of Rolla** - Team Roping
Bottorff's South-Town Furniture - Steer Wrestling • **Doe Run Company** - Kids Game Calf Scramble
Aaron's - Buckle • **Gahr Truck & Equipment Inc.** - Arena

Progressive Ozark Bank - Bull Riding • **Wilson Mortuary** - Salute to our Veterans • **Mid Ozark Animal Health Center**
VIP Properties - Picnic Area • **The Bank of Salem** - Chute • **Steven Patterson Attorney at Law**
Patton Diesel Service - Center Gate • **Brown Heating & Cooling** - Bull Fighters • **Dent County Rental**
KSMO Media - Contestant Giveaway and Advance Tickets Giveaway • **Echo Bluff State Park** - Vendor Row
Shooting Star Ranch/Headrick Livestock/Quarter Moon Farms - Rodeo Grounds • **Duncan Family Chiropractic** - Announcer Stand
Inman Insurance - Chute • **Southeast Mo. Behavioral Health** - National Recovery Month • **Trinity** • **Rockin G Western Trading Post**
Four Rivers Community Health Center • **Phelps Health** • **City of Salem** • **Domino's** • **Parsons Chiropractic** • **The Salem News**

Parker Logging - Opening Ceremony • **Servpro of Rolla** - Opening Ceremony • **Kinder Feed** - Mini Buckers • **United County Salem Realty**
Chilton Oil • **South Central Regional Stockyards** • **Country Mart** • **American Family Insurance** - Jonah Schafer • **Zimmerman Meats**
God's Excavating • **Farm Bureau Insurance** • **County Fuels** • **Holliday Welding and Fence** • **4S Cattle Company** • **Century 21 South Central Realty**
Napa/Mooney Auto Supply • **Steelman Abstract** • **Ridge Runner Drilling and Pump Company** • **Gray Construction, LLC** • **Jadwin & Smith Autobody**
State Farm Insurance - Erway Insurance • **Doug, Linda, and Chris Wisdom** • **Town Screen** • **Networth Feed & Rolla Farmers Exchange** • **Wise Medicare**

Roberts Judson Lumber • **Family Trash** • **Brandi Baird, LLC Law Office** • **Village Gallery, Inc** • **Custard By C-Sue** • **Vandivort Drug** • **K&H Auto Supply**
Rainbow Siding and Guttering • **Victor Heating & Cooling** • **Intercounty Electric** • **Common Kitchen and BBQ** • **Darrell and Marianne Skiles**
Heavenly Homestyle Catering & Co • **The Rusty Pig** • **Shelter Insurance** • **Wilson Collision Center** • **Brewer's Ice** • **James and Gahr Mortuary** • **C&E Auto**
Carl Mendenhall • **Radford Car Washes** • **Shade Tree Farm** • **72 Farm Center** • **Watkins Portable Toilets** • **American Automotive and Towing**

NOT RESPONSIBLE FOR ACCIDENTS - Rain or shine!



Bronze



RIVERWAYS
PREGNANCY & FAMILY
RESOURCE CENTER

Annual Fundraising Banquet

CHAMPIONS FOR LIFE



KEYNOTE SPEAKER
Rebekah Hagan

Raised in a Christian home where abortion was never discussed, Rebekah Hagan became pregnant at seventeen and again with a second child in her first year of college.

Feeling ashamed, fearing her family's disappointment, and wondering if she would be forced to drop out of school, Rebekah thought that raising two children alone would be impossible. At just over seven weeks pregnant, she began a medication abortion that would end her child's life.

A passionate advocate for grace-centered outreach, Rebekah Hagan uses her story to unravel the mindset of women in unplanned pregnancies and to equip and encourage others to lead with hope and compassion. Rebekah is now a graduate of William Jessup University.



SALEM COMMUNITY CENTER

1200 West Rolla Road, Salem, MO 65560

November 2,
2023 6:00 pm -
8:00 pm

FREE but RSVP is REQUIRED

573.739.4673

www.riverwaysprc.org/banquet

INVITATION

We are calling all Champions for Life. The prevalence of at-home, medication abortion has increased above 50% and is available to all women regardless of where they live.

Please join us and learn how Riverways PFRC is responding to this challenge. You will be encouraged, informed, and better equipped to stand in the gap for these young moms.

5:30 Doors Open
6:00 Seated Dinner/Raffle
7:15 Center Presentation
7:45 Rebekah Hagan
8:00 Closing

Use Your Camera to RSVP





Marathon & Half Marathon
courses are USATF Certified



26.2 / 13.1 / RELAY / 10K / 5K

November 18, 2023

2023 REGISTRATIONS NOW OPEN

IT'S 2023 AND THE HONORING OUR HEROES MARATHON WEBSITE IS
OPEN FOR REGISTRATIONS!

FOR MORE INFORMATION, **VIEW MAPS**,
OR TO **REGISTER** PLEASE VISIT
HEROESMARATHON.COM



**Marathon & Half Marathon
are now
USATF CERTIFIED COURSES!**



Making Birthday Parties Easy!

Bounce House Birthday Party

Salem Community Center @ the Armory

3 Bounce Houses

4 Hours \$300

(Tables, Chairs, and Kitchen Included)

Questions? Please call us at (573) 729-8163



Open House- Resource Recycling

Wednesday, September 20, 2023

3 p.m. - 5 p.m.

18594 Highway KK, Boss, Missouri

Bring your resume or work history

- Operator starting rate of \$21.85/hour.
- Benefits start day one.
- \$1,000 sign-on bonus subject to terms & conditions as further described at the open house.
- Immediate interview.
- Tour work area.
- 2-weeks vacation after 90 days.



Requirements: At least 18-years old. High school diploma or accredited GED.
DoeRun.com/careers@doerun.com

THE
DOE RUN
COMPANY



Healthy Dent County Fitness Center

Renew Active

by  UnitedHealthcare®

SilverSneakers



Are you a senior or on disability? Want a free gym membership? See if you qualify today!



1. Take your SilverSneakers or Renew Active info to the Healthy Dent County Fitness Center Office
2. Sign up in the Healthy Dent County Fitness Center Office
3. Tour the facility and start working out at no extra cost!

Questions? Please call us at (573) 739-1127 or email Penny@salemcommunitycenter.org





Office Hours

Monday - Friday 8:30 a.m. - 4:30 p.m.

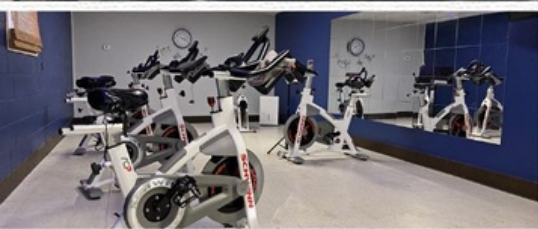
Fitness Center Hours

Monday-Friday: 5 a.m.- 7 p.m.

24 Hour Access Available

- Cardio Room
- Weight Room
- Spin Room
- Classroom
- Gymnasium

For rates and information, call 573-739-1127 | 1200 W. Rolla Rd. | Salem, MO 65560



The Perfect Event Venue



Weddings, Receptions, Reunions, Banquets, and Fundraising Events

- ♡ \$150 for 5 hours.
(\$350 for 10 hours)
- ♡ Available 7 days a week.
- ♡ Seating for up to 250 people.
- ♡ Tables, chairs, & kitchen included.
- ♡ Sound system, projector & tablecloths available.

Salem Community Center

@the Armory
Where Health, Education and Community Meet

For rates and information, call 573-729-8163 | 1200 W. Rolla Rd. | Salem, MO 65560



September Community Events

Salem Community Center @ the Armory and Fitness Center offices are closed Monday, September 4th.

Happy Labor Day!

September 1-4

- Kris Lager's Ozark Revival - Big Rock Candy Mountain's 3rd Annual Ozark Revival Featuring the Kris Lager Band. For more information visit www.bigrockcandymt.com.

September 2-4

- Echo Bluff Summer Concert - 8 p.m. - Bring a blanket or a chair and enjoy a FREE concert under the stars featuring Brandy Lee, a singer-songwriter from nearby Mountain View. Brandy Lee will perform country songs as well as her original music. Hot dogs, hamburgers, brats, chips, ice cream, and beverages will be available for purchase. For details contact Connie Weber at 573-751-1224.

September 2-3

- 9th Annual Salem Chamber Rodeo @ Dent County Commons. The rodeo starts at 7:30 p.m. nightly-gates open Saturday night at 2 p.m. with a Goat Roping Jackpot show at 3 p.m. and on Sunday night gates open at 5 p.m. Vendors, food, kids carnival, games, and more will be available on the rodeo grounds. Admission at the gate: \$10 Adult \$5 Children under 12 years old. IPRA/MRCA/ACRA Rodeo by Outlaw 5J Rodeo Production, edge-of-your-seat Rodeo!

September 9

- Veterans Free Fishing Day- Military veterans fish for free at Montauk on this day. Project Healing Waters sponsors this day in partnership with the Missouri Department of Conservation and Missouri State Parks to provide veterans free access to trout fishing. Veterans must obtain and display a fishing tag that will be given to them at the Project Healing Waters tent/booth set up in the park that day. Come and join fellow veterans on the river and talk with members of the Project Healing Waters Fly Fishing group to learn about the amazing projects and services!

September 14

- Healthy Dent County is proud to CELEBRATE our 12TH ANNUAL "Girls Night Out" event! It will be held on Thursday, September 14th from 4:30 to 7:30 p.m. at the Salem Community Center @ the Armory. Attendees will experience Shopping with Unique Vendors, Prize Giveaways, FREE Samples, Door Prizes, Food Samples, Wine Tasting, and many other exciting items. Participating exhibitors will bring unique products and services of interest to women. The vendors will display and sell their products and services. Bring your girlfriends for an evening of pampering, shopping, and eating. There is a \$5.00 admission fee and admission are limited to all women and girls 12 years of age and older.
- Survival Skills at Echo Bluff State Park - Bluff Top 6:00-8:00 p.m. Women only, please. NO children. Have you ever heard of the Rule of 3? Or ever want to learn how to build a fire without a lighter or a match? Well, this is the class for you! We will be starting a fire without a lighter or a match! If the fire is big enough, we might even roast a marshmallow or two. Registration is required. For program registration contact Connie Weber at 573-751-1224 or email: connie.weber@dnr.mo.gov.

September 15

- Nature Journaling Workshop-Color Play at Echo Bluff State Park Top Pavilion 10 a.m. - noon. Nature Journaling Workshop - Color Play. Let's get some color in your journal! Black and white is fun but color oh my! What is the best way to get color in your journal? What do you like to use in the field versus at home? Taking Pictures and Journal Later? All the questions will be answered and more. There will be different types of colored media for you to try as well as different types of paper. Let's Journal. To register and for more information contact Connie Weber at 573-751-1224 or email connie.weber@dnr.mo.gov.

September 16-17

- Missouri Trout Fisherman's Association Tournament. The tournament is open to all visitors. Register to participate in the derby at the Dorman L Steelman Lodge on Friday night between the hours of 6:30 p.m. and 8:15 p.m. or on Saturday morning from 6:30 a.m. to 8 a.m. Anglers entering the tournament will pay an entry fee and prizes will be awarded for tagged fish caught during the derby. The prizes will be awarded to all winners on Sunday at noon at the J Ben Searcy building.

September 23

- Open Studio "Makerspace". All ages. Supervisors may vary. This program is designed to let people release their inner artist in a comfortable and safe place. There will be no formal instruction, just come craft and we will clean up. Bring in a project you are working on at home or finish a project you started in a class. Enjoy an atmosphere of creating around other creative people and getting ideas from each other. There will be some supplies available in our supply bins to enhance your creativity, or you may purchase a canvas and paints in a kit for a particular project separately. \$6 per person. For more information email salemartscouncil@outlook.com or phone 573-247-530.

For additional community events, please visit SalemMO.com

Membership Spotlight

Mark Howard

Mark Howard is a devoted husband, father of three young children, and educator at Salem High School. All of which are roles that likely keep him very busy in general. On top of those accomplishments, he can also call himself an Ironman as he has completed one full 141-mile Ironman competition. He is a marathon runner as he has three full 26.2-mile marathons under his belt along with a host of half marathons (13.1 miles) and various 5k/10k races.

This wasn't always Mark's lifestyle though. He has accomplished those feats in just three short years. In 2020 he weighed in at 250 pounds and couldn't even run a mile. He came to the realization that if he didn't make some serious changes, he wasn't going to be around to watch his children grow up. Mark made a choice and a commitment to change his life.

To get started, he sought guidance from others. Mark says, "Having experienced people to train with makes all the difference." He also quickly learned that working out brings him a sense of accomplishment and joy. He loves the challenge of pushing his limits. It helps him stay fit, focused, and serves as a stress reliever. He finds competing in races and events extremely rewarding.

Fitness has had a profound impact on Mark's life. It has taught him discipline, perseverance, and goal-setting. He has found it to be a great way to connect with other like-minded individuals and build lasting friendships. Overall, it has enhanced his physical and mental well-being, making him feel more energetic and positive in daily life.

Mark typically works out five to six days each week for an average of 12-15 hours per week. Normally he allows for one day of rest and recovery. Although, he is currently participating in a challenge called "75 Hard", along with his wife, Ellie, which doesn't allow for off days.

He incorporates both cardio and strength into his training. He especially enjoys the feeling of freedom and endurance that comes with running and participating in triathlons. However, he understands the importance of strength training for preventing injuries and improving overall performance and incorporates both regularly into his routine.

Today exercise and fitness are fundamental aspects of his life, and he plans to continue to make them a priority along with eating a healthy diet. Proper nutrition is essential for optimal performance and recovery and crucial to supporting an active lifestyle.

... (continued on next page)



Follow us on Facebook under Healthy Dent County Fitness Center to stay up to date.

Membership Spotlight

Mark Howard

Mark loves participating in physical activities with his family whenever possible. They enjoy going for runs together, cycling on weekends, and even participating in fun runs or charity events. These activities and events are a great way to bond, stay healthy, and set a positive example for their three children. "Motivation is overrated, discipline wins out every time," says Mark. However, setting new goals for himself helps. Whether that is aiming for a faster marathon time or conquering longer distances in triathlons, having something to work towards drives him to stay consistent and committed to his training. Mark finds it incredibly fulfilling to help others embark on their fitness journey. Whether it is offering training advice, sharing his own experiences, or simply providing encouragement, seeing someone improve and achieve their fitness goals is very rewarding.

Fitness has gifted Mark so much both physically and mentally. It has taught him to be resilient, embrace challenges, and celebrate every small victory. It's not just a hobby; it's a way of life that he is grateful for each day. There is no doubt that Mark can serve as an inspiration to others to discover the joy and fulfillment that an active lifestyle can bring. Chances are high that you will find Mark working out most afternoons/early evenings throughout the week at Healthy Dent County with his workout buddies. He often works out with Jeff Frizzell, Justin Deason, Bryon Capps, and David Ingram. What seems to have started off as mere acquaintances has turned into lifelong friendships among this crew. I think it is safe to say that the decision he made three years ago to lead a healthier lifestyle has brought him much more than simply being fit.



HEALTHY DENT COUNTY FITNESS CENTER

September 2023

*Spin membership required to attend these classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>9/11</div> <div>MEMORIAL</div>				
<div>4</div> <div>CLOSED</div> <div>HAPPY LABOR DAY</div>	<div>5</div> <div>10:00 a.m. Slow Motion</div> <div>12:30 p.m. Spin*</div> <div>5:30 p.m. Kickboxing</div> <div>5:30 p.m. Spin*</div> <div>6:30 p.m. Yoga</div>	<div>6</div> <div>8:30 a.m. Sweet & Low</div> <div>5:30 p.m. Pilates</div> <div>6:00 p.m. Spin*</div>	<div>7</div> <div>10:00 a.m. Slow Motion</div> <div>5:30 p.m. Tighten & Tone</div> <div>5:30 p.m. Spin*</div> <div>6:30 p.m. Zumba</div>	<div>1</div> <div>8:30 a.m. Sweet & Low</div> <div>4:30 p.m. Gentle Yoga</div>
<div>11</div> <div>8:30 a.m. Sweet & Low</div> <div>10:00 a.m. Slow Motion</div> <div>4:15 p.m. Spin*</div> <div>5:30 p.m. Interval Training</div> <div>6:30 p.m. Zumba</div>	<div>12</div> <div>10:00 a.m. Slow Motion</div> <div>12:30 p.m. Spin*</div> <div>5:30 p.m. Kickboxing</div> <div>5:30 p.m. Spin*</div> <div>6:30 p.m. Yoga</div>	<div>13</div> <div>8:30 a.m. Sweet & Low</div> <div>5:30 p.m. Pilates</div> <div>6:00 p.m. Spin*</div>	<div>14</div> <div>5:30 p.m. Spin*</div>	<div>15</div> <div>8:30 a.m. Sweet & Low</div> <div>4:30 p.m. Gentle Yoga</div>
<div>18</div> <div>8:30 a.m. Sweet & Low</div> <div>10:00 a.m. Slow Motion</div> <div>4:15 p.m. Spin*</div> <div>5:30 p.m. Interval Training</div> <div>6:30 p.m. Zumba</div>	<div>19</div> <div>10:00 a.m. Slow Motion</div> <div>12:30 p.m. Spin*</div> <div>5:30 p.m. Kickboxing</div> <div>5:30 p.m. Spin*</div> <div>6:30 p.m. Yoga</div>	<div>20</div> <div>8:30 a.m. Sweet & Low</div> <div>5:30 p.m. Pilates</div> <div>6:00 p.m. Spin*</div>	<div>21</div> <div>10:00 a.m. Slow Motion</div> <div>5:30 p.m. Tighten & Tone</div> <div>5:30 p.m. Spin*</div> <div>6:30 p.m. Zumba</div>	<div>22</div> <div>8:30 a.m. Sweet & Low</div> <div>4:30 p.m. Gentle Yoga</div>
<div>25</div> <div>8:30 a.m. Sweet & Low</div> <div>10:00 a.m. Slow Motion</div> <div>4:15 p.m. Spin*</div> <div>5:30 p.m. Interval Training</div> <div>6:30 p.m. Zumba</div>	<div>26</div> <div>10:00 a.m. Slow Motion</div> <div>12:30 p.m. Spin*</div> <div>5:30 p.m. Kickboxing</div> <div>5:30 p.m. Spin*</div> <div>6:30 p.m. Yoga</div>	<div>27</div> <div>8:30 a.m. Sweet & Low</div> <div>5:30 p.m. Pilates</div> <div>6:00 p.m. Spin*</div>	<div>28</div> <div>10:00 a.m. Slow Motion</div> <div>5:30 p.m. Tighten & Tone</div> <div>5:30 p.m. Spin*</div> <div>6:30 p.m. Zumba</div>	<div>29</div> <div>8:30 a.m. Sweet & Low</div> <div>4:30 p.m. Gentle Yoga</div>

For rates or questions please call us at 573-739-1127 or email Penny@SalemCommunityCenter.org



Healthy Dent County is dedicated to providing opportunities to improve health and quality of life by partnering with our community.



Contact us:

Phone: (573)729-8163

Email: lacey@salemcommunitycenter.org

Website: salemcommunitycenter.org

 Facebook: Council for a Healthy Dent County

Healthy Dent County Fitness Center

Fitness Center Office Hours

8:30 a.m. to 4:30 p.m. Monday-Friday

Healthy Dent County Office Hours

8:00 a.m. to 4:30 p.m. Monday-Friday

Fitness & Cardio Room Hours:

5 a.m. to 7 p.m. Monday-Friday

(24 hour access code needed for weekends and after hours)