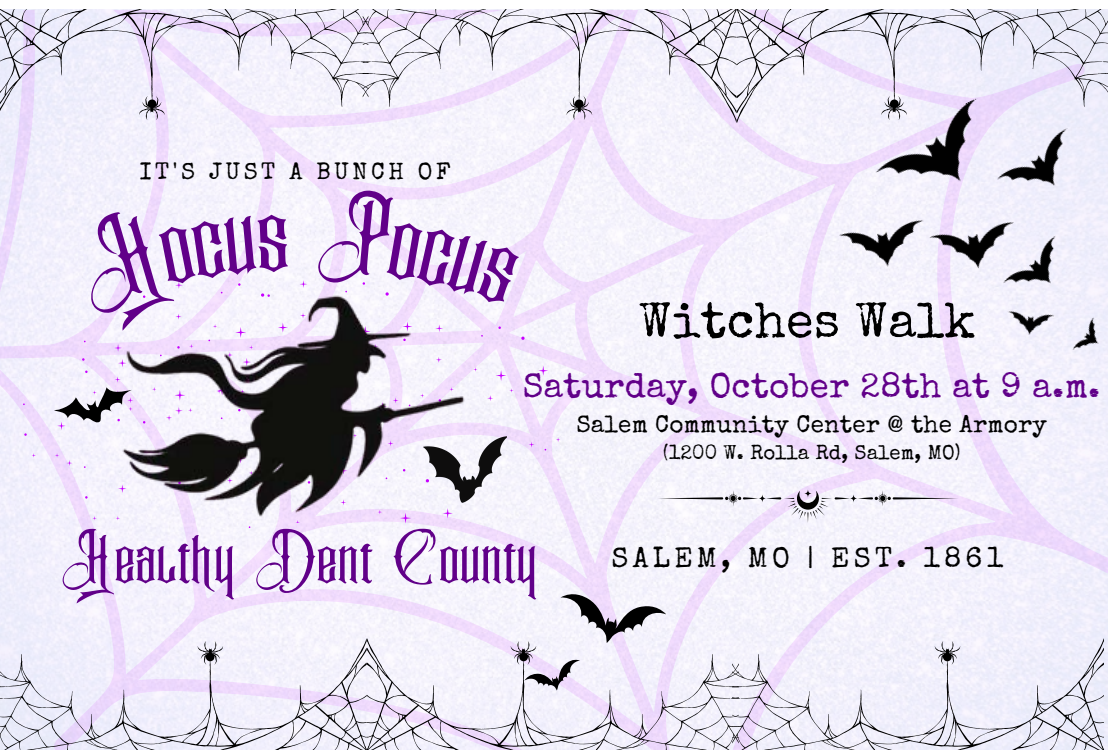


# October 2023

## HEALTHY DENT COUNTY



Healthy Dent County Witches Walk, Saturday, October 28th, 2023

ANNOUNCING  
Witches Walk!  
Sat. Oct. 28th

Salem Community  
Center @ the Armory  
& Fitness Center  
CLOSED Friday, Oct. 6th

ANNOUNCING  
Biker Fest Casino Night  
Nov. 4th  
5:30-9:00 p.m.

MEMBERSHIP SPOTLIGHT  
Justin Deason

Salem Rotary Club  
Mouse Race  
Saturday, Oct. 28th

Reserve your Bounce  
House Birthday  
Party Now!  
See flyer inside!



Membership Spotlight: Justin Deason (middle)



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





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](http://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



IT'S JUST A BUNCH OF

# Hocus Focus



## Healthy Dent County

### Witches Walk



SALEM, MO | EST. 1861

**Saturday, October 28th at 9 a.m.**

Starts at the Salem Community Center @ the Armory

(1200 W. Rolla Rd, Salem, MO)

Apx: 2 mile walk.



\$20 per person



HEALTHY  
DENT COUNTY





# Healthy Dent County

## Witches Walk

Saturday, October 28th, 2023

9:00 a.m.

Salem Community Center @ the Armory  
1200 West Rolla Road

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_ Shirt Size \_\_\_\_\_

**\$20 per person**

Register by Friday October  
13th to guarantee a shirt.

Amount Paid \_\_\_\_\_ Date \_\_\_\_\_





Healthy Dent County's  
Casino Night Presented by:



Jonah Schafer, Agent  
(573) 729-5165

# BIKER FEST



## CASINO NIGHT

Hosted at: Salem Community Center @ the Armory

*Saturday, November 4th, 2023*

5:30 PM - Doors Open - Cash Bar

6:30 PM - 9:00 PM - Gaming

**Blackjack - Craps - Roulette - Texas Hold Em' - Poker Tables**

\$50/person ~ \$85/couple

Ticket includes \$10,000 gaming money for prizes at the end of the night.

*Biker attire is encouraged*

(Extra \$1,000 for arriving in Biker attire)

Tickets available at:

Salem Community Center at the Armory or  
online at [tinyurl.com/HDCBikerFest2023](http://tinyurl.com/HDCBikerFest2023)

**Purchase tickets before Monday, Oct. 23rd  
for an additional \$5,000 gaming money.**

**HEALTHY  
DENT COUNTY**

For questions, please call us at (573)729-8163 or email [Jackie@SalemCommunityCenter.org](mailto:Jackie@SalemCommunityCenter.org)





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!**



# FREE Expo Event



**Friday, November 17th**

**4:30 p.m. - 7:00 p.m.**

**Salem Community Center @ the Armory**

**1200 West Rolla Road , Salem MO 65560**

---

**This event is open to the public.  
Come see our vendors!  
Vendors located in the gymnasium.**

**Questions? Please call us at 573-729-8163  
or email [Jackie@salemcommunitycenter.org](mailto:Jackie@salemcommunitycenter.org)**



REGISTER TO

◆ **RING** ◆<sup>TM</sup>



*Ways you can make a difference in  
your community this holiday season!*

**1) Register to Ring the Bell at *RegisterToRing.com***

**2) Donate to the Salvation Army.**

**Write a check and mail to:**

***The Salvation Army***

***PO Box 190***

***Salem, MO 65560***

**3) Donate to the kettles located at *Walmart*,  
and *Country Mart* starting in November.**

*Thank You*

Questions? Call Susie Mackey at (573) 247-7099

Sherry at (573) 729-8163 or email

[Sherry@salemcommunitycenter.org](mailto:Sherry@salemcommunitycenter.org)



# SALEM Project RISE

Reaching Independence through Support and Education



## Helping families reach personal and financial goals.

---

16 Weeks - Meet weekly Monday evenings,  
and focus on helping you succeed at life.

- Employment/Career Development
- Further Education Opportunities
- Strength Finder
- Goal Setting
- Time Management
- Relationship Building
- Money Management
  - Budgeting
  - Credit Building
  - Needs vs Wants
- Community Involvement

Earn gift cards and  
other financial  
incentives throughout  
the program



### Objectives of RISE

- Increase your support systems, resources, and connections in your community.
- Provide education that will create long-term thinking and practice.
- Develop tools that guide you to improve financial health and empowerment.

---

*Meals and childcare will be provided during meetings.*

---

**Pick up/Turn in applications to the  
Salem Community Center @ the Armory office or visit:  
<https://tinyurl.com/ProjectRISE23>  
(1200 West Rolla Road, Salem, MO 65560)**

# **Rotary Club of Salem Mouse Race Event**

**Saturday, October 28th, 2023**

*is honored to be*

**Partnering with Healthy Dent County  
to provide a night of family entertainment**

*Proceeds raised from the Mouse Race will be used  
in part to fund three \$1000 scholarships  
that Rotary will award to*

*Salem High School Seniors in 2024*

***Racing live mice will be the main event with  
a mouse roulette wheel and  
a cake, pie and dessert auction***

***Sponsorships available - call 573-453-4995***



# **Rotary**







# *Save the Date!*

# NEW YEAR'S EVE BALL

**Sunday, December 31st, 2023**  
**12/31/23**

**Tickets on sale in November!**

**Salem Community Center @ the Armory, 1200 W. Rolla Rd, Salem, MO**



**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







60th Annual  
**Rose Holland  
TROUT DERBY**  
*"Making Memories"*



**SATURDAY, OCTOBER 7 • 2023**

**LIVE ENTERTAINMENT!**

**4:00-8:30 p.m.**

*Show mobile in front of Lodge*

4:00-5:00 p.m. – Current River Bluegrass Band (Salem, MO)

5:00-6:30 p.m. – James VanKirk (Licking, MO)

6:30-8:30 p.m. – Collin Nash (Nashville, TN)

***NO CHARGE, FREE TO THE PUBLIC!***

***Bring Your Lawn Chairs  
And Enjoy The Music!***



**COLLIN  
NASH**

  
***Current River***  
**BLUEGRASS BAND**

***James  
VanKirk***



**MONTAUK**  
LODGE

**MONTAUK STATE PARK DIRECTIONS:**  
From Salem, take Hwy. 32 West to Hwy. 119 South  
420 County Road 6670 • Salem • 573-548-2434



**COME JOIN THE FUN FOR THE 3RD ANNUAL  
OCTOBERFEST ON SATURDAY OCTOBER 28TH!**

**LIVE MUSIC, LOCAL VENDORS, GREAT FOOD, COSTUME  
CONTEST, SPOOK HOUSE, BOUNCE HOUSES, FACE  
PAINTING, PUMPKIN PAINTING AND SO MUCH MORE!  
GREAT FAMILY FUN DAY!**

**SALEM COURTHOUSE SQUARE  
DOWNTOWN SALEM MISSOURI  
FUN STARTS AT 1:00 PM AND ENDS AT 7:00 PM**

**[HTTPS://WWW.FACEBOOK.COM/GROUPS/ALIGHTINTHEWOODSPROMOTIONS](https://www.facebook.com/groups/alightinthewoodspromotions)**

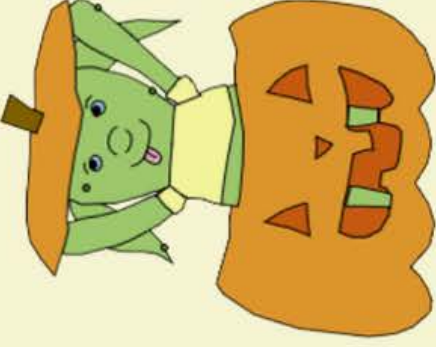




# Goblins

# &

# Gourds



## Pumpkin Patch

EVERY FRIDAY, SATURDAY,  
AND SUNDAY  
SEPTEMBER 22 - OCTOBER 29

2023

10:00 AM - 6:00 PM

- PICK YOUR OWN PUMPKIN
- CORN MAZE
- HAYRIDES
- CORN PIT
- PUMPKIN SLINGSHOTS
- FACE PAINTING
- SPECIAL EVENTS
- MOVIE NIGHT FRIDAYS

FOR MORE INFORMATION  
MESSAGE US ON FACEBOOK  
4207 CR. 4110 SALEM, MO 65560

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](mailto:Penny@salemcommunitycenter.org)**







# MISSOURI SHERIFFS' ASSOCIATION

*Serving Missouri Justice Since 1945*

The MSA 700-Hour Basic Peace Officer Academy exceeds the State of Missouri's minimum basic training requirements for peace officer licensing.

## Graduate with

- A Class "A" Peace Officer License
- HFRG Defensive Tactics Certification
- TASER Certification
- OC/Pepper Spray Certification
- First Responder Certification
- NHTSA SFST Certification
- Less Lethal Munitions Certification

## Tuition Options

- Payment in Full
- Approved for Veterans Education Benefits. Contact your VA Representative
- ETPS/WIOA Grants. Contact your local Missouri Job Center
- Monthly Payment Plan

### FOR MORE INFORMATION:

Gina Kauffman (573) 635-5925  
gina@msheriffs.com

### DOWNLOAD THE APPLICATION FORM:

<https://mosheriffs.com/academy/>

6605 Business 50 West  
Jefferson City, MO 65109  
573.635.5925 | Fax 573.635.2128

**MOSHERIFFS.COM**

## 700-Hour Basic Peace Officer Law Enforcement Academy

**Salem, Missouri**

The Missouri Sheriffs' Association will hold a part-time 700-hour academy in Salem, MO beginning January 30, 2024 and running through November/December 2024. Classes will meet Tuesday & Thursday evenings from 6:00 – 10:00 pm; every Saturday 8:00 am – 5:00 pm and will include some Sunday sessions.

*Registration opens October 2023*

*Registration deadline is December 30, 2023*

## Course Cost

**Tuition - \$5,000**

*(\$4,000 if sponsored & paid for by a Sheriff's Office)*

**Processing Fee - \$300**

**Background Check Fee - \$21.75**



STATE LICENSED • PROFESSIONAL STAFF • STATEWIDE TRAINING



# October Community Events

Salem Community Center @ the Amory and Fitness Center offices are closed  
Friday, October 6th.

## October 1

- Moon in the Boonies @ Flat Nasty Off-Road Park

## October 7

- Community Wide Yard Sale. Yard sales all around Salem and Dent County.
- Fall Flea Market at the Dent County Commons.
- Native Plant Sale at the Bonebrake Center-9 a.m.-1 p.m. All proceeds will benefit Bonebrake.

## October 7 & 8

- 60th Annual Rose Holland Trout Derby. Participants will have the opportunity to fish for tagged trout during this popular fishing derby. Anglers catching tagged trout will receive prizes awarded on Sunday just after the derby ends at 12 noon. Nature Bingo for prizes will be held on Friday at 6 p.m. at the campground amphitheater. An Old Time Cruise-in Car Show will be held at the Searcy Building on Friday night at 4 p.m. Hikes for your Heart on Saturday, plus other activities will fill the weekend with fun, entertainment, and excitement for all.

## October 14

- "Makerspace". 10 a.m. 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](mailto:salemartscouncil@outlook.com) or phone 573-247-5308.

## October 20

- Nature Journaling Workshop- Echo Bluff State Park Top Pavillion 10 a.m.-noon. Nature Journaling Workshop - Nature Journal As Research. Have you ever looked at a plant and wondered what it was or wanted to know more about an animal? Well use your nature journal as a way to research that plant or animal. So, in other words journal it! Using your journal to better connect with and learn about nature is, what it is all about. Learning stress free. Field guides will be available. But you are welcome to bring your own. To register and for more information contact Connie Weber at 573-751-1224 or email [connie.weber@dnr.mo.gov](mailto:connie.weber@dnr.mo.gov).
- Big Rock Candy Mountain presents Rock Your Designer Pumpkin 1-4 p.m. 6-9 p.m. Sip and Paint Autumn still-life with Patty. All classes are \$30. Sign up for both classes for \$55! All supplies included. For more information or to make your reservation call 417-932-1223 today! Space is limited.

## October 21

- The Haunting at the Mill event is held the Saturday before Halloween and presents history from a unique perspective. When the air begins to cool and the nights become longer, a strange fog hangs over Montauk. It is rumored that each year around Halloween, the spirits of Montauk Valley meet at the old grist mill to reminisce about the good old days, you know, when they were alive... Don't miss this, not-so-scary, historical fun for the whole family, event! Show times are 6:30 p.m., 7:30 p.m., and 8:30 p.m. with a limit of 80 per show. (Call head - 573-548-2201)

## October 28

- Rotary Club of Salem Mouse Race Event is Saturday, October 28th, 2023. Salem Rotary Club is honored to partner with Healthy Dent County to provide a night of family entertainment. Proceeds raised from the Mouse Race will be used in part to fund three \$ 1,000 scholarships that Rotary will award to Salem High School Seniors in 2024. Racing live mice will be the main event with a mouse roulette wheel and a cake, pie and dessert auction Sponsorships are available, please call 573-453-4995.
- October Fest located at the Salem courthouse square from 10 a.m. - 7 p.m. Hosted by A Light in the Woods Promotions. Bands, vendors, food trucks, and games will be available.
- Salem Community Acoustic Jam Session All ages welcome. Come and enjoy a fun and relaxing evening at the Creative Arts Center. beginning at 6:30 p.m.. Musicians and listeners of all ages and talents and interests are invited. Bring your own instrument and play along with the crew, or just come to listen and tap your feet! No talent necessary, just enthusiasm! You name it, you will probably hear it! February jam is cancelled, this event will start in March and will be held monthly on the fourth Saturday.

**For additional community events, please visit [SalemMO.com](http://SalemMO.com)**





### Office Hours

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

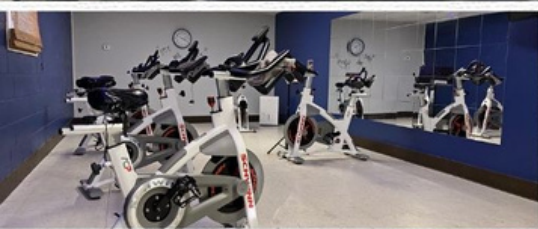
### Fitness Center Hours

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





# Membership Spotlight

## Justin Deason

Justin Deason is self-employed, husband to Jenna, and father to two children. He creates and installs one-of-a-kind concrete countertops in his self-operated business, Ozark Concrete Designs. His wife sells real estate through Living the Dream Outdoor Properties. Together they manage to taxi their kids to and from all their activities and make family time. Moreover, they both make time to include fitness in their lives.

Many would wonder why someone this busy would choose to add more to an already busy schedule. Justin says it serves as a great stress reducer and he enjoys the physical challenges associated with it. Fitness helps him build a healthy mind and body. The discipline required carries over to his day-to-day tasks.

Fitness started in his life over 20 years ago when he was still in school. It began to boost his athletic performance in school sports. He initially learned what exercises to perform from his coaches. As the years have gone by, he has found a wealth of information from the internet. He also works out with a group of like-minded guys regularly. Justin works out 6 to 7 days weekly for an average of 20 hours per week.

Justin enjoys biking as part of his cardio routine. You may have spotted him riding on Highway 72 a time or two. He is a runner as well and has participated in multiple running events including half marathons as well as a few shorter events. He was the overall winner of the Run Salem 10k held in May. He also includes a lot of strength training in his program. He works out with a group of friends most days and their workouts often look brutal. His equal focus on strength and endurance training offers him a very well-rounded program.

He recently expanded his healthy lifestyle by working with a nutrition coach to continue to improve his health. He has been able to drop about 35 lbs. in the last year. Justin encourages others to get out of their comfort zone and fitness is a great tool for that. He and his family participate in family gym sessions and walks as time allows. They also enjoy kayaking the Current River and being outdoors as much as possible. I sincerely doubt that he would have enough energy to enjoy all these types of activities if it weren't for his dedication to an active lifestyle.






# HEALTHY DENT COUNTY FITNESS CENTER

# October 2023

\*Spin membership required to attend these classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion <b>4:15 p.m. Spin*</b> 5:30 p.m. Interval Training 6:30 p.m. Zumba	<b>3</b> 10:00 a.m. Slow Motion <b>12:30 p.m. Spin*</b> 5:30 p.m. Kickboxing <b>5:30 p.m. Spin*</b> 6:30 p.m. Yoga	<b>4</b> 8:30 a.m. Sweet & Low 5:30 p.m. Pilates	<b>5</b> 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone <b>5:30 p.m. Spin*</b> 6:30 p.m. Zumba <b>Office ONLY Closed</b>	<b>6</b> 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga <b>Office ONLY Closed</b>
<b>9</b> 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion <b>4:15 p.m. Spin*</b> 5:30 p.m. Interval Training 6:30 p.m. Zumba	<b>10</b> 10:00 a.m. Slow Motion <b>12:30 p.m. Spin*</b> 5:30 p.m. Kickboxing <b>5:30 p.m. Spin*</b> 6:30 p.m. Yoga	<b>11</b> 8:30 a.m. Sweet & Low 5:30 p.m. Pilates	<b>12</b> 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone <b>5:30 p.m. Spin*</b> 6:30 p.m. Zumba	<b>13</b> 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
<b>16</b> 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion <b>4:15 p.m. Spin*</b> 5:30 p.m. Interval Training 6:30 p.m. Zumba	<b>17</b> 10:00 a.m. Slow Motion <b>12:30 p.m. Spin*</b> 5:30 p.m. Kickboxing <b>5:30 p.m. Spin*</b> 6:30 p.m. Yoga	<b>18</b> 8:30 a.m. Sweet & Low 5:30 p.m. Pilates	<b>19</b> 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone <b>5:30 p.m. Spin*</b> 6:30 p.m. Zumba	<b>20</b> 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
<b>23</b> 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion <b>4:15 p.m. Spin*</b> 5:30 p.m. Interval Training 6:30 p.m. Zumba	<b>24</b> 10:00 a.m. Slow Motion <b>12:30 p.m. Spin*</b> 5:30 p.m. Kickboxing <b>5:30 p.m. Spin*</b> 6:30 p.m. Yoga	<b>25</b> 8:30 a.m. Sweet & Low 5:30 p.m. Pilates	<b>26</b> 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone <b>5:30 p.m. Spin*</b> 6:30 p.m. Zumba	<b>27</b> 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
<b>30</b> 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion <b>4:15 p.m. Spin*</b> 5:30 p.m. Interval Training 6:30 p.m. Zumba	<b>31</b> 10:00 a.m. Slow Motion <b>12:30 p.m. Spin*</b> 5:30 p.m. Kickboxing <b>5:30 p.m. Spin*</b> 6:30 p.m. Yoga			

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](mailto:lacey@salemcommunitycenter.org)

Website: [salemcommunitycenter.org](http://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)