

# November 2024

## HEALTHY DENT COUNTY

Healthy Dent County's Casino Night Presented by:



Jonah Schafer, Agent  
(573) 729-5165

# Disco

## CASINO NIGHT

Hosted at: Salem Community Center @ the Armory

Saturday, November 2nd, 2024

See inside flyer for details!

Heroes Marathon Expo  
November 15th  
FREE EVENT

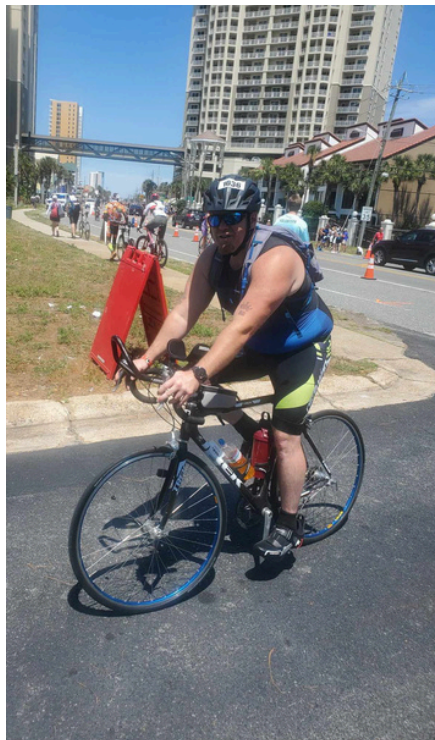
Salvation Army  
Register to Ring  
Make a Difference  
in your Community!

Dent County  
Toy Drive &  
Salvation Army  
Angel Tree Sign Up  
Dates Announced!

Member Spotlight  
Ryan McMullin

Salem Community  
Center @ the Armory  
and Fitness Center will be  
closed Nov. 28th & 29th

Healthy Dent County  
Fitness Center  
RATE ADJUSTMENTS



Ryan McMullin



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



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A colorful graphic for the event featuring the word "Disco" in a large, red, cursive font. It is surrounded by several yellow flowers, pink dice, and a pink disco ball. Below the graphic, the words "CASINO NIGHT" are written in a large, bold, black, sans-serif font.

# Disco CASINO NIGHT



Hosted at: Salem Community Center @ the Armory

**Saturday, November 2nd, 2024**

5:30 PM - Doors Open - Cash Bar

6:30 PM - 9:00 PM - Gaming

## New This Year!

Local Celebrity Dealers - 9 Additional Blackjack Tables

Blackjack Table Reservations - \$100 (Seats 7)

Blackjack - Craps - Roulette - Texas Hold Em'

**\$50/person - \$85/couple**

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

**Disco attire is encouraged**

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

**Tickets available at the  
Salem Community Center @ the Armory  
or visit [tinyurl.com/DiscoCN24](http://tinyurl.com/DiscoCN24) to purchase online!**

For questions, please call us at (573)729-8163





Healthy Dent County's Casino Night

# Disco CASINO NIGHT



THANK YOU to our SPONSORS



## AMERICAN FAMILY INSURANCE®

Jonah Schafer, Agent  
(573) 729-5165



Four Rivers  
Community Health Center



Classic Building Sales  
573.739.4003



CHILTON  
OIL COMPANY  
Propane



Looking Glass Salon  
Candy Mink



TOWN SCREEN



**11.16.24**  
**SALEM / ROLLA, MO**



Marathon & Half Marathon  
courses are now USATF Certified



\*\*\*\*\*  
**HONORING OUR**  
**HEROES**  
**MARATHON**



**5K, 10K, HALF,  
RELAY, FULL MARATHONS**

- ✓ *Benefits Local Veteran's Causes*
- ✓ *Free Pasta Party*
- ✓ *In-Person Races*
- ✓ *Low Registration Fees*
- ✓ *Post Race Party*
- ✓ *Virtual Options*



**HEROESMARATHON.COM**



**VETERANS/ACTIVE DUTY/FAMILIES**  
**50% OFF REGISTRATION**

SEE WEBSITE  
FOR DETAILS





# Team HDC's Virtual 5k



Join Healthy Dent County's Team HDC for a **virtual 5k** to Honor our Heroes Marathon. You can do this event anytime, anywhere between November 1st-16th. Or **join us:**

**Saturday, November 9th at 9 a.m.**  
**Salem Community Center @ the Armory**

Register online at  
[Heroesmarathon.com](http://Heroesmarathon.com)

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Use Code: **HDC24** to save **25%**  
off your registration fee

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



# FREE Expo Event



**Friday, November 15th**

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

**Salem Community Center @ the Armory**

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

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

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





REGISTER TO

**RING™**



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

- 1) Register to Ring the Bell at [RegisterToRing.com](http://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  
*Wednesday Nov. 27th***
- 4) Donate to the counter kettles  
located at local businesses.**

*Thank You*

Questions? Call Susie Mackey at (573) 247-7099  
Sherry at (573)729-8163 or email  
[Sherry@salemcommunitycenter.org](mailto:Sherry@salemcommunitycenter.org)





# Dent County Toy Drive & Salvation Army Angel Tree Sign Ups



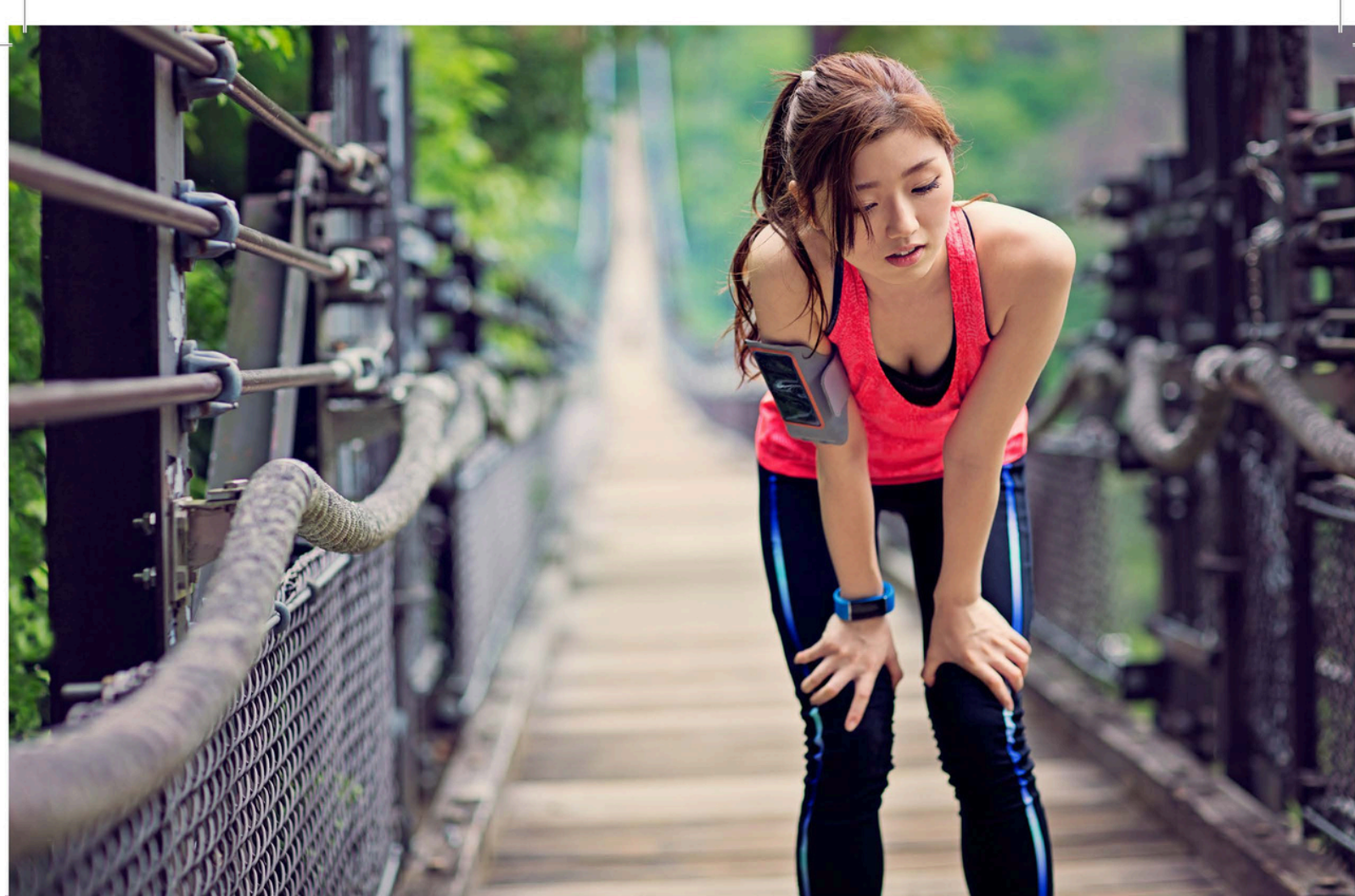
**Where:** Salem Community Center @ the Armory, 1200 West Rolla Rd. Salem  
**When:** Monday, Nov. 25th, and Monday, Dec. 2nd- from 3:30 pm to 5:30 pm  
**Who:** Parents/Guardians of children of Dent County – Birth to 12 years old

**Only ONE person** per family at a time to register. No children.  
**Must bring** proof of child's age and proof of residency – utility bill, birth certificate, report card. Need to know interests of each child and clothing and shoe sizes.  
**The child must live** with the adult that signs them up.

**PLEASE do not participate unless you truly need our help.**

Find us on Facebook – “The Dent County Toy Drive”





**LUNGS BURNING?**

**IS IT YOUR VAPE?**

Text "Start My Quit" to 36072 or  
call 855-891-9989.

Free, confidential help to quit vaping, smoking  
or chewing. Just for teens.

[WWW.MYLIFEMYQUIT.COM](http://WWW.MYLIFEMYQUIT.COM)

MY LIFE  MY QUIT™





# *Missouri State Highway Patrol* **SALEM**



## **DRIVER AND WRITTEN EXAM LOCATION Salem Community Center @ the Armory**

- 1200 West Rolla Road, Salem, MO 65560
- 2nd, 4th, and 5th Wednesday of the month  
(CLOSED during holidays)
- Written 9:45-11:50; 12:30-3:45;
- Driving 9:45-11:30; 12:30-3:20



[www.mshp.dps.missouri.gov](http://www.mshp.dps.missouri.gov)





**USPA**

# **IRON MANIA**

**SATURDAY, FEBRUARY 15, 2025, 9 A.M. - 5 P.M.**  
**HEALTHY DENT COUNTY FITNESS CENTER**  
**1200 WEST ROLLA ROAD, SALEM MO**

**PARTICIPANTS (13+) MUST REGISTER ONLINE AT**

<https://uspa.net/upcoming-events/>  
**OPEN TO MEN AND WOMEN**

**COST: FULL POWER: \$125**

**CROSS OVER: \$35**

**SPECTATOR FEE: \$10**

**SCAN QR CODE  
TO REGISTER**



**CONCESSION ITEMS AVAILABLE FOR PURCHASE**

**Singlet REQUIRED for participation**

**Divisions include: Raw, Classic Raw, Single Ply, Squat, Bench, Deadlift.**

**Age Divisions: Teen; Jr20-23, Open; Sub Master, 35 to 39, & Master**

**\*Lifters must possess a valid membership from USPA before they can register**

**PLEASE GO TO USPA.NET FOR OFFICIAL RULES.**

Questions? Please call 573-739-1127 or email [Susie@salemcommunitycenter.org](mailto:Susie@salemcommunitycenter.org)



# RATE INCREASE

**IMPORTANT**

## HEALTHY DENT COUNTY FITNESS CENTER

We wish to express our sincere gratitude for your continued support and dedication as a member of the Healthy Dent County Fitness Center. Your commitment has been instrumental in helping us achieve significant milestones over the years.

Healthy Dent County is a non-profit organization devoted to enhancing and expanding the Salem Community Center @ the Armory, including the Fitness Center. To ensure we can continue to provide exceptional services and maintain our facilities, we must adapt to rising operational costs.

**We believe in transparency, which is why we're informing you about these changes well in advance:**

- Starting October 1st, the fee for 24-hour access will rise from \$5 to \$10 per month.
- Additionally, beginning January 1st, the base membership rate for NEW MEMBERS will increase from \$33 to \$35 per month.

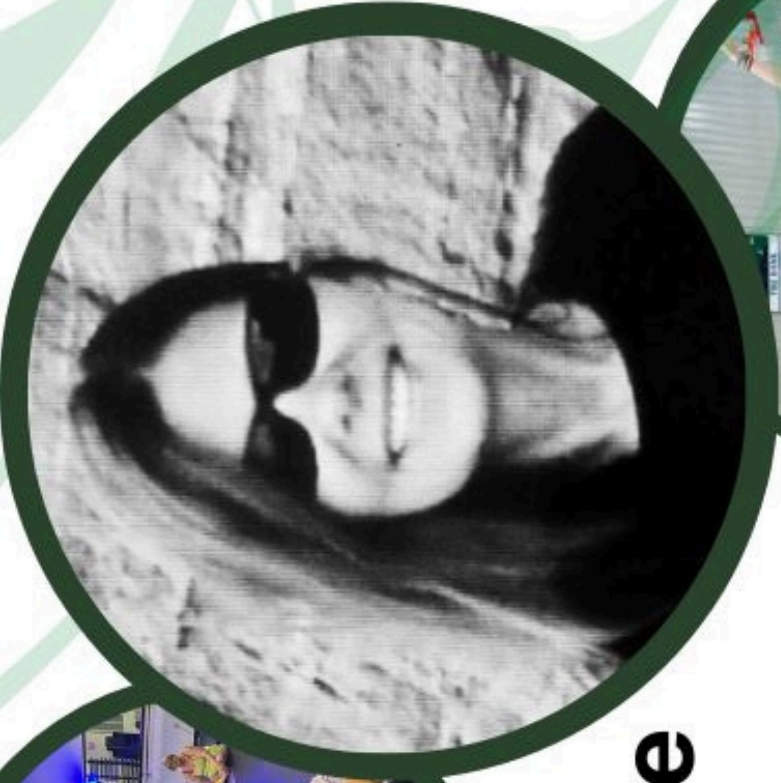
We are happy to let you know that as a valued current member, your membership rate will remain unchanged, as long as your membership remains active. However, the 24-hour access rate change will be implemented on all memberships.

We deeply appreciate your understanding and continued support. Should you have any questions or need further assistance, please do not hesitate to contact Susie Cahill, Fitness Center Director, or Lanessa Cafourek, Fitness Center Administrative Assistant.





Council For A  
**HEALTHY  
DENT COUNTY**  
*Where Health Education and Community Meet*



# New Yoga Class Time

**Instructor: Ann Chase**

Yoga develops inner awareness. It focuses your attention on your body's abilities at the present moment.

- 1st Class is always free at Healthy Dent County
- Yoga is included in membership
- Or daily fee for non-members is \$10



Saturdays



9 a.m.



Healthy Dent County Fitness Center/ Salem Community Center @ the Armory



Call us at 573-739-1127 or email [susie@salemcommunitycenter.org](mailto:susie@salemcommunitycenter.org)





# The Perfect Holiday Venue

Secure your holiday celebration with us today. Book now!

- ❄️ \$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







## Conference Rooms @ the Armory

Holiday and Birthday Parties, Reunions, Meetings, Baby Showers

❄️ \$50 weekdays, \$100 weekends

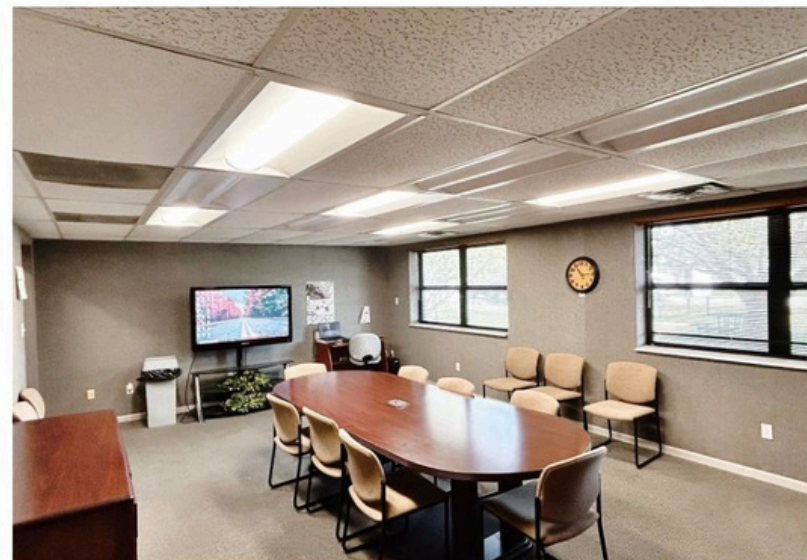
❄️ Available 7 days a week

❄️ Technology included (computer & large TV monitor)

**Salem Community Center**

**@the Armory**  
*Where Health, Education and Community Meet*

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



Walden Room (Up to 12 people)



Rotary Room (Up to 35 people)



**Making Birthday Parties Easy!**

# *Bounce House Birthday Party*

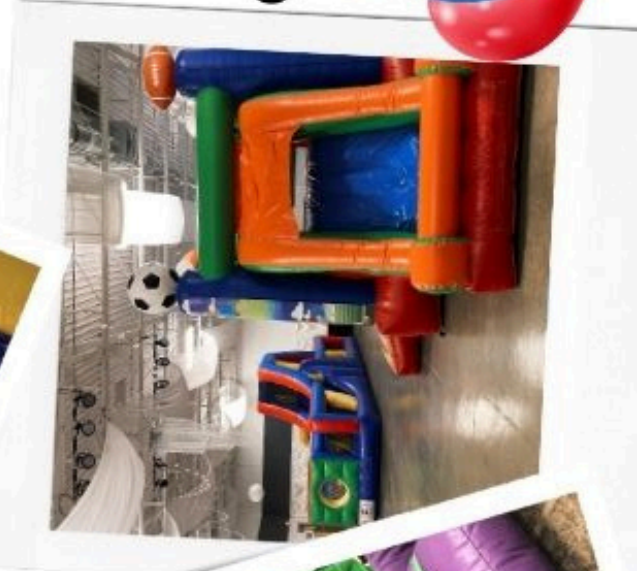
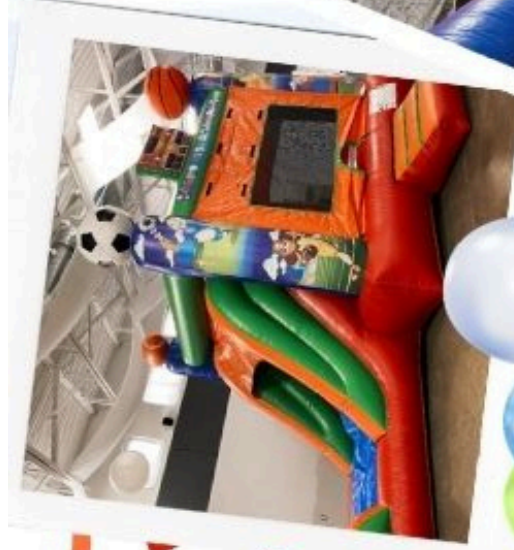
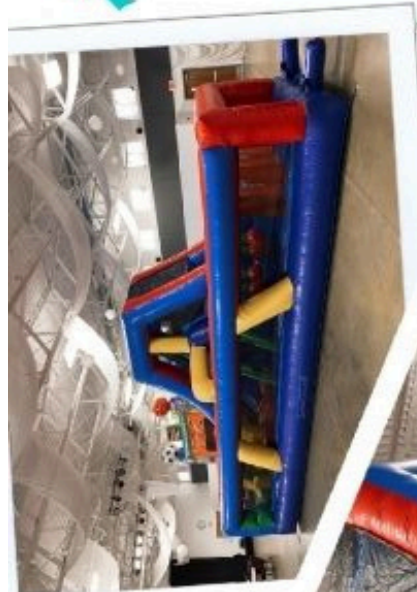
Salem Community Center @ the Armory

**3 Bounce Houses**

**4 Hours \$300**

(Tables, Chairs, and Kitchen Included)

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







# Healthy Dent County Fitness Center

## Office Hours

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

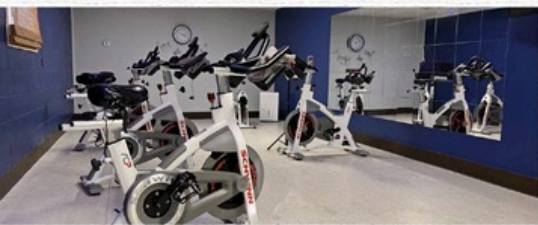
## Fitness Center Hours

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







# Salem Community Center @ the Armory

Heading to a family gathering at the Salem City Park?  
Swing by next door and check out our gymnasium, we're a short walk away!

## ***Gymnasium Rentals***

Half Court - \$15 an hour

Full Court - \$25 an hour

- Basketball
- Volleyball
- Pickleball
- Dodgeball

For information and availability, call 573-739-1127 | 1200 W. Rolla Rd. | 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 [Lanessa@salemcommunitycenter.org](mailto:Lanessa@salemcommunitycenter.org)





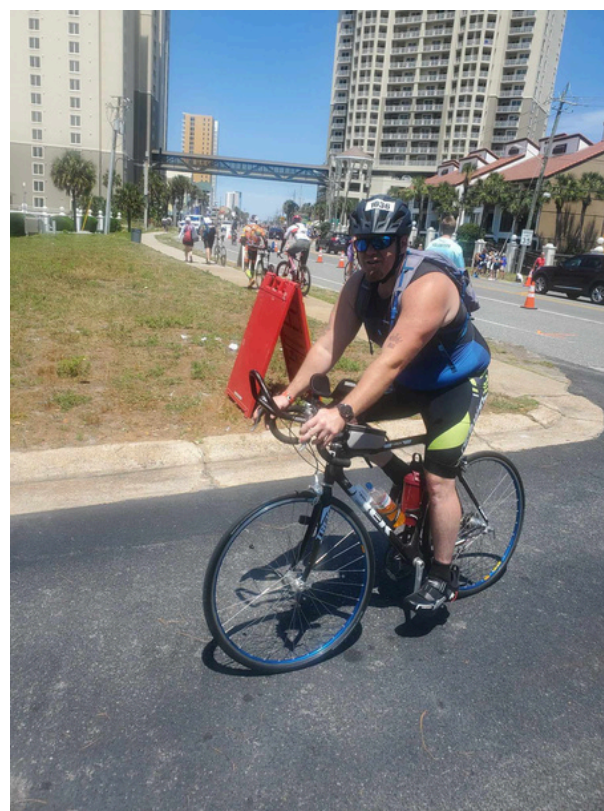
# Membership Spotlight

## Ryan McMullin

Hello everyone, I am Ryan McMullin. I have been a member spotlight before, but a lot has happened since my last entry. The first spotlight I shared my fitness origin story where I explained that debilitating back pain was my motivation for starting a fitness journey. I progressed well and even began competing in strongman competitions for a few years.

I injured my elbow, and it set me back on my heavier lifting for a while. A friend asked me to go running with him and to keep my mind in the fitness game I decided to try. I was not cardio driven at all at that point. After some time, I got better at running and signed up for a 5k, then another, then I did a half-marathon. That put me on a path to get even more involved and I did a marathon. I have even done over 30 miles on a treadmill and ran 32.6 miles in 100-degree temperatures on 72 highway. The thirst for higher personal goals never stops for me, I just keep raising the bar higher.

I decided to enter an ironman triathlon which took place in Panama City Beach, Florida on May 11th, 2024. That day was a day of reckoning and celebration all in one for me. I completed the race in 8 hours 32 minutes and 38 seconds. I started the day swimming under red flag conditions in the Gulf of Mexico at around 6:17 am. After 1.2 miles of swimming and some water treading trying to stay afloat when my legs cramped up. I was at 1 hour 15 minutes in the water when I finally emerged onto the beach. I ran to the transition area where I got my bicycle and began the 56-mile bike ride. After biking for almost 4 hours, I arrived at the transition area again for the run. The run consisted of 3 loops adding up to 13.1 miles which is a half-marathon. A person would think that after around two and a half years of running experience at this point in my life I would have run this easily. Let me just say, that was not the case. I did complete the run with a time of 3 hours and 5 minutes... (continued on next page).





# Membership Spotlight

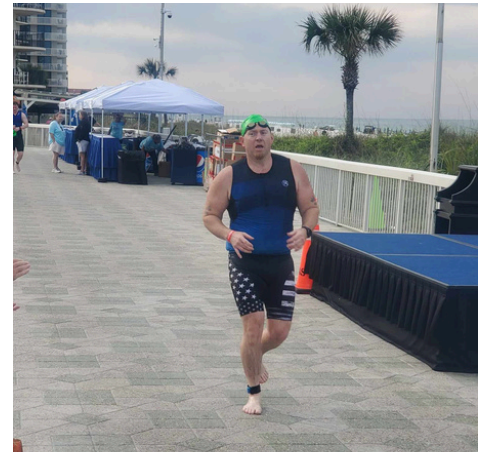
# Ryan McMullin

Which is not bad, but under normal circumstances I could run that distance in about 2 hours 20 minutes. When you add in the swim and bike. It had been five hours of cardio straight. I was tired, so tired in fact, that I had muscle cramps, and I managed to make myself eat 10 bananas throughout the day on top of my hydration to power me through.

I made it to the finish line where I was greeted with praise from bystanders that didn't even know me, but praised my completion because they know what I had just done not many people on the planet have done. After a short rest and a nurse monitoring my post finish recovery, my dad who had come to support me said, "Now what do you want to do." I said, "How about a beer?" So, we celebrated with a beer and some Mexican food to honor my achievements of the day.

This half ironman event was very hard and very fulfilling at the same time. It made me rethink some of my goals but push on to the future. I still want to complete an ultra-marathon of 50 miles, and I am currently kicking around the idea of doing a full ironman event in Texas.

I hope my story inspires some readers out there to reach for their goals. When I began my journey almost 9 years ago at this point, I never would have thought I could do some of the amazing feats that I can do. If you put in some effort and your mind to it, you can do those things too. In closing I want to again thank all those that have helped me through my journey including my wife Nikki and son Trenton, my Dad and Mom and rest of my family and friends and fitness friends including Jeff, who gave me tremendous help on biking and also Justin and Mark for their advice. A special thanks to Kyle, without you I never would have started fitness. I hope my fitness journey continues, and I can share another great story with you all soon. So until next time, "keep it up, you're doing great."





HEALTHY DENT COUNTY  
FITNESS CENTER

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump &amp; Jive</p>	<p>5</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>6</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>7</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin 6:30 p.m. Jump &amp; Jive</p>	<p>8</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>9</p> <p>9:00 a.m. Yoga</p>
<p>11</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump &amp; Jive</p>	<p>12</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>13</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>14</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin 6:30 p.m. Jump &amp; Jive</p>	<p>15</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>16</p> <p>9:00 a.m. Yoga</p>
<p>18</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump &amp; Jive</p>	<p>19</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>20</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>21</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin 6:30 p.m. Jump &amp; Jive</p>	<p>22</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>23</p> <p>9:00 a.m. Yoga</p>
<p>25</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump &amp; Jive</p>	<p>26</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>27</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>28</p> <p>CLOSED</p>	<p>29</p> <p>CLOSED</p>	<p>30</p> <p>CLOSED</p>



For rates or questions please call us at 573-739-1127 or email Lanessa@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

### **Healthy Dent County & Fitness Center 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)