

BCC BUZZ

Staff Newsletter

September 2022



September Employee of the Month



Congratulations to Kurtis Craig, Maintenance Worker II September Employee of the Month. On June 8, 2022 while working on a maintenance job in the chapel Kurtis found 13 gallons of hooch.

Thank you Kurtis Craig for you selfless dedication and attention to detail here at BCC.

Submitted by Employee of the Month Committee

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 LABOR DAY	6	7 Parole Hearings	8	9	10
11	12 TB Test 2-4 p.m.	13 Parole Hearings	14 TB Read 2-4 p.m.	15	16	17
18	19 Parole Hearings TB Test 7-9 a.m.	20	21 TB Read 7-9 a.m.	22 Autumn Begins	23	24
25	26 Parole Hearings	27	28	29	30	

CompTime Payout deadlines for September

September 6 for September 1
September 21 for September 30

MISSOURI DEPARTMENT OF CORRECTIONS

Employee Appreciation Week



BCC MAINTENANCE STAFF



Meet the Maintenance Crew and Power Plant Crew

Down under, there is the mighty force we call maintenance, maintenance keeps the vitals running year round 24-7, now grant it we are not all Aussies, but we do the dirty deeds from ground keep, electronics, electrical, HVAC, general maintenance, boiler operations, plumbing, lock and key ,store keeper, supervisory. The power plant does fall under the maintenance umbrella, part of the way down under.

The staff consist of:

Bret Fike, PPSII

Chuck Surface MSII, newly welcomed

Sheila Campbell-Malone, SKI, etc.

Nathan Conner, MSI, recently changed titles from the electrical to our HVAC crew leader

Michael Weaver, MSI, locksmith

Randall Campbell, MSI, newly welcomed plumbing/electrical crew leader

Shawn Harris, recently promoted from ET to MSI, titled as plumbing/electrical crew leader

Mike Ivy, Electronics Tech Crew Leader

Matthew Spencer, Auto Garage Crew Leader

Kurtis Craig, MWII, General Maintenance Crew Leader

Daniel Brady, MWII, General Maintenance Crew Leader

Larry Chenault, MWII, General Maintenance Crew Leader

Robert Salzman, recently promoted to MWII from Labor Supervisor I

Power Plant Staff consist of:

Larry Nease, PPSI

Brian Fisher, Stationary Engineer

Dwight Friedrich, Stationary Engineer

Richard Clark, Stationary Engineer

Gary Winfield, Stationary Engineer

Chris Bozwell, newly welcomed, Stationary Engineer

Each crew employees 3-5 offender workers daily, with the exception of Salzman his crew count is as many as he can get!!

We currently have an electronics slot open, if anyone is interested, please apply!

BCC POWER PLANT CREW



Staff Appreciation Week

September 12 - 16, 2022

Monday, September 12, 2022:
Donuts/Peanut Butter Crackers

Tuesday, September 13, 2022:
Biscuits & Gravy served at the
beginning of each shift and **Taco**
SERVED LATER IN THE SHIFT

Wednesday, September 14, 2022:
Hamburger/Hotdogs/Chips/Cookie

Thursday, September 15, 2022:
Wear your favorite sports team T-shirt &
Billy Hinson's BBQ Food Truck will be
here

Friday, September 16, 2022:
Wear your Corrections Shirt

PERSONNEL CLUB NEWS

Personnel Club is excited to add Weston Harvey as 1st Shift Representative. We will be hosting Staff Appreciation Week September 12-16. See Tiffany Roberts at the Switchboard to pick up your 2022 BCC shirt.

Fall fundraisers are coming soon. Watch your email for more information.

Thank you to all staff who continue to support the Personnel Club!



BCC

EDUCATION

BCC Academic Education is thrilled to have new teacher, Adam Pettis, back from training and holding three full sessions of class daily! He is definitely settling in and is getting used to BCC & DOC ways. Now, we have doubled our number of enrolled students and are hopeful that our current Educator posting will net us some good candidates for hire so we can continue to increase the number of students we help toward earning their HiSet.

If you have a teaching certificate or know someone who has theirs and is interested in working a full-time 4-day workweek, please apply or encourage them to apply! Do not forget the referral incentive is still available!

Lastly, I would like to give a huge SHOUT OUT to our vocational teachers, Caleb Harmon, Andrew Welch, and Tim Widner, who have made it possible for both academic and vocational education to hold classes on days we do not have a school officer. Their willingness to help the entire education team and students is invaluable. Without their help, we would not be able to do what we do, but most importantly, the students would not be making progress, completing their HiSet, or their vocational program. THANK YOU THANK YOU THANK YOU!

Tracy Monteer

BCC Education Manager



September



BIRTHDAYS

Jason Murdock	09-05
Hailey Harris	09-09
Gena Campbell	09-13
Sarah Gipson	09-13
Brian Fisher	09-18
Sara Ensminger	09-18
Amanda Thiara	09-20
Michael Ivy	09-21
Susan Anderson	09-26
Sondra Beaman	09-26
Stanley Knipp	09-29



September TB Testing

September 12 – 2:00 – 4:00 p.m.
 September 14 – 2:00 – 4:00 p.m. Read
 September 19 – 7:00 – 9:00 a.m.
 September 21 – 7:00 – 9:00 a.m. Read

dates to Remember

2022 Holidays

Monday, September 5

Monday, October 10

Friday, November 11

Thursday, November 24

Monday, December 26

Monday, January 2



Food Trucks below will be at BCC on the date and time indicated by their name.

September 15 – Billy Hinson's Old School BBQ
Serving 11:00 am to 2:00 pm

September 30 – Lilly's Cantina
Serving 11:00 am to 2:00 pm

October 31 – Zydcco's Cajun Kitchen
Serving 11:00 am to 2:00 pm

November 15 – The Patty Wagon
Serving 11:00 am to 3:00 pm

November 30 – Mr. Murphy's Stuffed Potatoes
Serving 11:00 am to 3:00 pm

HISTORY OF NATIONAL S'MORES DAY



While the origins of National S'mores Day remain unknown, s'more, the great American camping treat, has a long, delicious history. The first mention of such a treat was in the 1920s in a book of recipes published by Campfire Marshmallows, home of the original marshmallow and still in business today. At that time, the recipe was called a 'Graham Cracker Sandwich' and suggested the treat had already been made popular by the Boy and Girl Scouts.

Later, in 1927, the Girl Scouts published a similar recipe in "Tramping and Trailing with the Girl Scouts" but they called it 'some more.' Finally, in the late '30s to late '50s, various recipes gave the name, as we know it today, s'mores.

The ingredients for the original s'mores are one marshmallow, milk chocolate squares, and two graham crackers. The traditional method for making s'mores is by a campfire and it is hard to beat that experience. Part of the fun is each person searching for their own long, sturdy stick capable of holding a mound of marshmallows over the fire for toasting.

Then comes the toasting debate — how toasted do you prefer your marshmallows? Of course, this leads to a full-on psychological evaluation. Do you set your marshmallow on the fire and blow the flame out once it is burnt? Do you allow your marshmallow to hover over the flame and toast to a less than charred yet caramelized state? Do you barely get the marshmallow tan?

Whatever your preference on marshmallow toasted-ness, the end result is the same — huge smiles and full bellies. Enjoy your time today with family, friends, and the gooey goodness of s'mores a great fall treat!

Staff Promotions



Charles Surface, Maintenance Supervisor II at BCC. Mr. Surface began his career with the Department of Corrections in December 2007 and has served as an ET and Locksmith.



April Weaver began her new duties as an RCI on August 21. April began her career in corrections as a CO on 2017 and promoted to a RCI February of 2021. Pictured with Deputy Warden Spencer Odiate.



Donna Bastian has promoted to the position of Cook III. Ms. Bastian began her career with DOC May 2019 as a Cook II.

Staff Promotions



Randall Campbell has accepted the position of Maintenance Supervisor I. Randall began with DOC June of 2022. He has 14+ years of previous maintenance experience.



Shawn Harris has accepted the position of Maintenance supervisor I at BCC. Shawn began his career with DOC October 2017 as a COI and promoted to an ET III in June 2021. He has served in the United States Navy and still serves in the Naval Reserves.



*Glenda Pratt - AOSA
Policy and Procedure/Forms Coordinator*

PROCEDURES:

The following procedure is available in the K drive, Policies, Procedures and Forms folder with an effective date of **July 29, 2022:**

D1-3.2 **RESCISSION** - Internal Communications

The following **rescission memo** is available in the K drive, Policies, Procedures and Forms folder with an effective date of **August 4, 2022:**

D2-10.2 Affirmative Action Plan

The following procedures and comparison documents are available in the K drive, Policies, Procedures and Forms folder with an effective date of **August 14, 2022:**

D4-6.1 Leasing-Purchasing Telecommunications Equipment

The following procedures and comparison documents are available in the K drive, Policies, Procedures and Forms folder with an effective date of **August 22, 2022:**

D2-8.1 Time and Attendance

The following procedures and comparison documents are available in the K drive, Policies, Procedures and Forms folder with an effective date of **August 28, 2022:**

D2-2.13 Transfer of Employees

D2-10.3 Equal Employment Opportunity

IS20-1.8 Vehicle Perimeter Patrols

The following procedures and comparison documents are available in the K drive, Policies, Procedures and Forms folder with an effective date of **September 5, 2022:**

IS12-2.2 Management of Destructive, Potentially Self-Injurious Behavior

The following procedures and comparison documents are available in the K drive, Policies, Procedures and Forms folder with an effective date of **September 11, 2022:**

IS2-1.2 Custody Staff Member Appearance

D1-11.3 Records Retention

STANDARD OPERATING PROCEDURES:

All SOPs for BCC can be found on the k drive: K:\Policies, Procedures and Forms\Institutional SOP's\BCC\Current SOPs

Comparison documents can be found: K:\Policies, Procedures and Forms\Institutional SOP's\BCC\Current SOPs\2022 Comparison Documents

IS/SOP19-1.6 Reference – Institutional Rules: Replace reference document dated May 10, 2022, with reference document effective July 20, 2022.

SOP/D2-21.4 Training: New SOP with an effective date of July 1, 2022.

IS/SOP23-2.1 Offender Work Release Programs: Replace SOP dated June 14, 2020, with SOP effective July 5, 2022.

IS/SOP22-1.1 6 Reference – Authorized Personal Property List BCC: Replace reference document dated February 9, 2020, with reference document effective August 8, 2022.

STATE FORMS AND REFERENCE DOCUMENTS:

The following forms are new, or have been revised or obsolete and are available in the K drive, Policies, Procedures and Forms/Forms-References folder. Staff members are encouraged to utilize the electronic forms; however, when this is not possible and it is necessary to order hard copies from the warehouse, the price should be obtained from the MCC Print Shop through your worksite's forms coordinator.

NEW:

931-4898 Special Security Orders & Disruptive Behavior Status (7/22)

Electronic ONLY (Do not order from Print Shop)

931-4932 PCC #10 Envelope (8/22) printed

931-4944 Request for Transfer – Employee (7/22)

Electronic ONLY (Do not order from Print Shop)

REVISED:

931-4753 Bill of Costs (7/22)

Electronic ONLY (Do not order from Print Shop)

Do not use prior version

931-3704 Form or Reference Document Request (7-22)

Electronic ONLY (Do not order from Print Shop)

Do not use prior version

931-0208 Health and Safety Inspection - Institution (7/22)

Electronic ONLY (Do not order from Print Shop)

Do not use prior version

931-4376 Position Action (7-22)

Electronic ONLY (Do not order from Print Shop)

Do not use prior version

931-4597 Vehicle Perimeter Patrol Log (7-22)

Electronic ONLY (Do not order from Print Shop)

Do not use existing stock

931-4756 Offender Death Notification (8/22)

Electronic ONLY

Do not use prior version

OBSOLETE:

931-3744 Employee Grievance (10/06)

931-3870 Annual Justification for Placement-Education (3-95)

931-3904 Alternate Intervention Strategy (3-95)

931-3906 Comprehensive System Personnel Development (3-95)

931-3908 Monthly Counseling Report (3-95)

931-3909 Referral (3-95)

931-4896 WERDCC SSO (8-20)

931-4513 Offender Release for Victim-Offender Dialogue (7-06) (D1-5.4)

931-4514 Post Dialogue – Offender Survey (7-06) (D1-5.4)

931-4515 Post Dialogue – Victim Survey (7-06) (D1-5.4)

931-4518 Victim Release for Victim – Offender Dialogue (7-06) (D1-5.4)

931-4520 Offender Dialogue Information Sheet (7-06) (D1-5.4)

REFERENCE DOCUMENTS:

The following have been revised and are available in the K drive, Policies, Procedures and Forms, Forms-References folder:

REVISED:

Authorized Personal Property List (7-28-22)

Do not use prior version

Food Service Standard Uniform (7-28-22)

Do not use prior version

Standard Division Vehicle Perimeter Patrol Post Orders (8/22)

Do not use prior version

Chief Administrative Officer reference (8-5-22)

Do not use prior version

Corrections Officer Standard Uniform (8-11-22)

Do not use prior version

In Memory of 9-11



From the Warden's Office - Section Head Meeting

- Our staffing numbers have gone from 47 to 51% and interviews have increased to 3-7 per week. If you need referral cards, they are available in the Administration office. This is a great opportunity for extra cash if you bring someone on board. **Please make new staff feel welcome. Kindness and Respect go a long way. The first 6 months for a new staff member is crucial. They are getting their bearings as to how an institution runs.**
- Warden Page welcomed Deputy Warden Colliatie to his first Section Head Meeting. We appreciate him being here and he is a great addition to BCC.
- The state is now matching up to \$75 a month for deferred comp. This is a fantastic benefit and I encourage you to let new staff know.
- Email should be checked often and responses should be done in a timely manner. Many times, there are deadlines tied to information requested. Prompt responses are necessary.
- We have five new Ambassadors going to boot camp today and tomorrow. The Ambassadors are a great resource. Please call upon them for meetings or any staff issues you may have.
- Felicia Murphy is in charge of Recruitment. If you are interested in helping with distributing fliers or helping with a recruitment event, please let Felicia know.
- Safety and security should be priority and we are slipping on searches. With Major Wells coming on board this will be one of the initial items I want him to address. Whether you are a unit FUM or working in Records we must all be aware of common areas. If you see something out of place or does not look right check it out or have a custody staff check it.
- New Fiscal Year Funds are now available. If you know of something needed for your section do not wait, as funds may not be available later. All sections should have received their budgets. There are a couple of section budgets being reviewed by DW Colliatie for accuracy. With this being said Deputy Warden Colliatie asked the group for patience as he is working on improving the efficiency of the business office. He shared with the group a little of his background being a Business Manager. The Business Office is one of the most important areas of the institution and improving the functionality is priority.
- The next **Special Olympics T-shirt Day** will be September 7. See Roger Fangman if you wish to purchase a t-shirt. Maria and I are working on other Morale Booster ideas. One being Football Fridays, which would allow staff to wear their favorite team t-shirt whether it be local school sports or a Pro team t-shirt.
- We are very grateful to Maryville and Chillicothe staff who recently worked two 12-hour shifts to give our staff a break. In addition, Warden Page noticed many non-custody staff working a post and is very appreciative of their support during this staffing shortage.
- Tiffany Roberts and Sasha Conaway are scheduling two food trucks per month to be on site at the institution. **August 31st will be 2 Odd Dawgs.**
- Send BUZZ news items to Maria. Custody staff, especially overnight enjoy reading the Newsletter.

- **Time and Attendance** - Warden Page stressed the need to be conscious of your working hours. If you are 7:30 – 4:00 or 8:00 – 4:30, you should be available in your area. You should not be hanging out in other areas such as Personnel or the Administration building the last 30 minutes of the day. In addition supervisors should be monitoring their staff ETA and ask Maria or Felicia to run reports to ensure time is being put in ETA and to monitor smoke breaks. Taking breaks over the allotted time or failing to submit leave slips is fraud.
- The BCC Major announced yesterday and we welcome back Kenny Wells. Major Wells will be my voice over safety and security. I have several projects for him when he begins next week. We recently welcomed Captain Colton Moots to the BCC family. If you have not had the opportunity to meet him, please take the time to introduce yourself. He is super excited to be here.

Friday, September 16, 2022

9:00 a.m. to 10:30 a.m.

Chapel

Timber Hawkeye, author of Buddhist Boot Camp

“His intention is to awaken, enlighten, enrich, and inspire”
His books offer a secular mindfulness practice to be at peace with the
world
(both within and around us)

If you are interested in being selected to attend this
presentation, send a kite to IAC Brown

Preference will be given first to offenders enrolled in
Communication Skills, AVP, Anger Management and VIP classes

Staff are welcome to attend

Restorative Justice



Today, we donated the following to the Harvest House, just over sixty pounds!




New Franklin Cares Food Bank Donation



Harvest House Donation

Boonville Correctional Center Restorative Justice members donated \$500.00 (five hundred dollars) to the Boonville Kiwanis Club for their annual Back to

School Bash!  Kiwanis International is dedicated to improving the lives of children one community at a time. This event provides free school supplies to approximately 450 local students Kindergarten through 5th grades.

Along with other members of the community, a few of BCC staff, Janis Brown, IAC, Terri Kraus, Accounts Asst., Alice Simmons, mail-room, Lisa Maher, IAC and her mom, Judy Larimore helped pack the supplies into bags for the kids to start school with the items they need.





Karen Dameron is battling Hodgkin's Lymphoma for the 2nd time in less than 3 years. She has to have a stem cell transplant that is not completely covered by insurance. She is currently undergoing intense chemo treatments and will spend 5 weeks in St. Louis following her transplant. This leaves her unable to work and she has to be very careful about being in public due to the risk of infection.

Auction will take place Sept 24, 2022 at the California Eagles.



Hunter Simmons, 11 year old son of Brad & Michelle (Perkins) Simmons of Boonville, was diagnosed in May of 2022 with Leukemia. Hunter is currently hospitalized at the University of Missouri Hospital with Pancreatitis caused from the Chemo that he is receiving. Results are pending from his Bone Marrow biopsy to determine his next treatment plan. Hunter will be taking treatments for the next 3 years as he battles his Leukemia. Hunter is the Grandson of the Late Kenny Perkins, former COI at BCC and Great-Nephew of Alice Simmons, Mail Room AOSA.

Hunter is fighting his battle with much love from the Family & Community as several Fund Raisers have been held for him and his family. His Mother Michelle has taken a Leave of Absence from her job, and his Dad Brad who works for the Cooper County Sheriff's Department has been trying to work as he can. Any prayers and concerns for this family at this time are much appreciated.

Alice Simmons, AOSA



LEISURE CENTRAL

SEPTEMBER IS BETTER

Breakfast MONTH!

There is no better time to celebrate breakfast than during the entire month of September. It is Better Breakfast Month! Breakfast is considered the most important meal of the day. Eating breakfast has many health benefits. Eating a regular morning meal helps control weight and can guide us towards eating healthier meals regularly throughout the day. Breakfast food can be anything you want it to be, within reason of course. Cereal is the most common breakfast food. However, if you wake up with a hankering for a slice of leftover pizza, enjoy it! Pizza is good for you when consumed in moderation. For years, eggs got a bad rap on the food pyramid. Recently, eggs have been proven to provide essential vitamins and minerals needed to promote a healthy diet.

A complete breakfast should contain a balance of all the major food groups. Protein, dairy, fat, and carbohydrates. These elements are vital to maintaining stamina and fending off hunger throughout the day. Though carbs and fats are needed in the daily intake of nutrients, it is important to not overindulge in these two areas. Start your day with a complete breakfast. Set a time aside for the family to grab a quick bite to eat before everyone heads out the door. Share recipes with friends and family on healthy ideas for breakfast.

Cont...

A good, healthy, and balanced breakfast gives us a boost of energy throughout the day in Recreation! We are currently facilitating softball, fitness revolution, and getting ready to start a basketball tournament. We also are planning many other events for the Labor Day weekend. In other recreation news, we are pleased to announce that we have promoted April Weaver as our new Recreation Officer II. Congratulations April! We currently have a position open for Recreation Officer I. Movie pick of the month:

Nope (2022)

Album pick of the month:

No Depression by Uncle Tupelo

Quote of the Month:

"Laughter is the shock absorber that softens and minimizes the bumps of life." - Anonymous

Daniel Grover

Correctional Program Specialist/RO III





BCC Mail Room

The Mail Room is keeping busy with the new Mail Room Policy that went into effect July 1, 2022. Not receiving paper mail from family, other offenders and friends was the main change. We are feeling safer in the Mail Room as this seemed to be an avenue to try and send drugs through the mail. We hope we caught the majority sent in or attempted, but with K2 and the newer drugs' it is harder to detect.

E-Mails, photos and videos are still coming in daily in greater numbers than before. The scanned mail that family & friends can send to Florida is slow at this time, but is a way that they can send photos, handwritten letters and articles. It is scanned in Florida and sent to their tablets, so they can still receive it.

Average totals for the week are over 6000 items that we review and release to the offenders either in an e-mail, photo, video, or scanned mail.

With school back in session, the fall sports teams are in full swing. It is always a joy to watch the local football, softball or soccer teams, especially if you have a child or grandchild playing. They love to see you there and it sure keeps us all busy attending those games.

Have a Great Fall. Hopefully we will see some cooler days ahead.

Thanks,

Alice Simmons, SOSA
Mailroom

BCC ***AMBASSADORS***

Melissa Boss

Kevin Ownby

Tim Cook

Dan Grover

Cassandra Richards

Clayton Williamson

Luke Haller

Wesley Wells

Deanna Berry

Thomas Peth

April Weaver

Rhonda Jackson

Ashley Wells

Glenda Pratt

BCC Ambassadors are here for you. They are a great source of support and a wealth of informati



PACT is looking for a few good men and women, especially if you are working 1st or 3rd shift. PACT or Peer Action Care Team members are caring people who will be there with fellow employees to help remain fully productive at work and home by providing immediate support to staff who may have experienced a trauma-related event. We are trained in listening and referral skills to help fellow employees to recover and return to work with the full support of the Department's resources and their fellow employees.

If you are interested, contact DWOM Spencer Colliatie or any PACT member and we will get you an application or answer questions you may have. The application is also on the I:Drive in a folder labeled PACT.

If YOU are interested in becoming a PACT member or want more information, please contact the Warden's Office.

SELF (EAP---Employee Assistance Program)

CALL – 800-808-2261

TDD – 800-697-0353

ONLINE – www.guidanceresources.com

COMPANY ID – MCHCP

BCC PACT MEMBERS

Barry Homan – 1st Shift

Joanna Hinnard – 2nd Shift

Deanna Berry – 2nd Shift

Sasha Conaway – 2nd Shift

Brad Drew – 2nd Shift

April Fountain – 2nd Shift - **Pact Leader**

Luke Haller – 2nd Shift

Tristram McCormack – 2nd Shift

Glenda Pratt – 2nd Shift

Cassandra Richards – 2nd Shift

Tim Widner – 2nd Shift

Christopher Bozwell – 3rd Shift

Tim Cook – 3rd Shift

Brandi Simmons – 3rd Shift

Jesse Wallace – 3rd Shift

Employee Assistance Program

Reasons to call your EAP

Family Matters, Stress, Relationships, Substance Abuse, Work events....and much much more

Call: 1-800-808-226

Or go online www.guidanceresources.com



Favorite Sports Team T-Shirt Day



**Missouri Department of Corrections
PREA REFRESHER: Prisons and Jails
Duty to Report: Knowledge, Suspicion, or Information**

Staff Duty to Report

You have a duty to report any knowledge, suspicion, or information of an incident of:

- Sexual abuse or sexual harassment
- Neglect or violation of responsibilities by staff that may have contributed to an incident or retaliation
- Retaliation against an offender or staff who reported an incident



Knowledge

You know something happened, firsthand
Action: Take immediate action as first responder

Suspicion

You think something may have happened or is happening
Action: Monitor and tell someone listed below

Information

You've been told something happened or is happening
Action: Immediately tell someone listed below

Ways Staff Can Report

You can report, privately if desired, by:

1. Telling the Shift Commander or your Supervisor
2. Telling the Warden
3. Telling the PREA Site Coordinator
4. Submitting an anonymous incident report

Note: After reporting using one of the first three ways, promptly complete a written incident report.

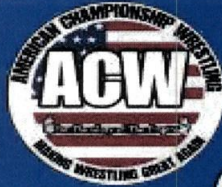


Pixton.com

PREA Standard §115.51 – Inmate reporting; and §115.61 – Staff and agency reporting duties



**Special
Olympics**
Missouri



PRESENTS

**SPECIAL
OLYMPICS
SLAM!!**

OCT 15TH, 2022

IN CONJUNCTION WITH THE
NECC FUNDRAISING COMMITTEE

LIVE PRO WRESTLING

&

MEET AND GREET

AT

LOUISIANA, MO HIGH SCHOOL

VIP ENTRY 4:15 PM
DOORS OPEN AT 5 PM
BELL TIME 6 PM



MEET THE
LEGENDARY
MOMO
MONSTER



UFC HALL OF FAMER
DAN "THE BEAST" SEVERN

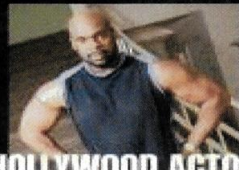


BEAUTTIFUL LITTLE KATO LUSCIOUS
BOBBIE JOE LORI

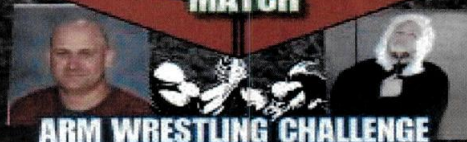
**LADIES MICRO
CHAMPIONSHIP
MATCH**



UFC HALL OF FAMER
MATT HUGHES



HOLLYWOOD ACTOR
BISHOP STEVENS



ARM WRESTLING CHALLENGE
LOUISIANA MIDDLE SCHOOL PRINCIPAL

RYAN GRIFFIN VS THE JUDGE



THE SECOND ANNUAL
MARCUS MANSFIELD
MEMORIAL BATTLE ROYAL

AND ALL OF YOUR ACW SUPERSTARS



DON'T MISS THE TUG OF WAR ATHLETES VS WRESTLERS

VIP TICKETS \$75.00
2ND-3RD ROW \$15.00
FRONT ROW TICKETS \$20.00
GENERAL ADMISSION TICKETS \$10.00
SPECIAL OLYMPICS ATHLETES TICKETS \$5.00

**Special Olympics Athletes vs. The Wrestlers! Tornado Tag Team Match! Ladies Micro Championship Match! Flag Match! Inter-Gender Challenge! Marcus Mansfield Memorial Battle Royal!*

Advance Tickets available by calling Jessica Reed at (573) 560-0200 or Chris Powell at (573) 795-6666

Tickets are available at the door on day of the show!***CARD SUBJECT TO CHANGE***

Seasonal Eating Calendar

September–November



You may notice that many fresh fruits and vegetables go out of season in November. During the winter, choose low-sodium or no-sugar-added canned fruits and vegetables, or purchase frozen to get the most nutrients for your money. You can also look for the least expensive fruits and vegetables in the produce section. You can find fresh fruits and vegetables during the winter, but they may cost a bit more than in-season produce. Berries and tropical fruits such as pineapple will likely be the most expensive produce during the winter months.

Seasonal Eating Tips

- Look for in-season fruits and vegetables at the store
- Incorporate seasonal fruits and vegetables into your favorite recipes to add flavor and nutrients
- Stop by a local farmers market for fresh, cheap and seasonal produce grown right here in Missouri!
- Try new fruits and vegetables. You may be surprised at how good they taste in season!

Why Eat Seasonally?

- Food in season costs less
- Foods are fresher
- Foods are most nutrient-dense
- Foods can be purchased locally

SEPTEMBER

Apples	Okra
Beets	Pears
Bell Peppers	Peaches*
Blackberries*	Plums
Blueberries*	Potatoes
Broccoli	Pumpkins
Cantaloupe	Radishes
Carrots*	Raspberries
Cauliflower	Rhubarb
Cucumbers	Snap Peas
Eggplant	Spinach
Garlic	Summer Squash
Grapes	Sweet Corn*
Green Onions	Sweet Potatoes
Green Peas	Tomatoes
Greens	Turnips
Lettuce	Watermelon
Lima Beans*	Winter Squash
Nectarines*	

OCTOBER

Apples	Pears
Beets	Plums*
Bell Peppers	Potatoes
Broccoli	Pumpkins
Cabbage	Radishes*
Cantaloupe	Raspberries*
Cauliflower	Rhubarb*
Cucumbers*	Snap Peas*
Eggplant*	Spinach
Garlic	Summer Squash*
Grapes	Sweet Potatoes
Green Onions	Tomatoes*
Green Peas	Turnips
Greens	Watermelon*
Lettuce	Winter Squash
Okra*	

NOVEMBER

Apples*	Lettuce*
Beets*	Pears*
Bell Peppers*	Potatoes
Broccoli	Pumpkins
Cabbage*	Radishes*
Cauliflower*	Rhubarb*
Eggplant*	Spinach
Garlic*	Sweet Potatoes
Green Onions*	Tomatoes*
Green Peas*	Turnips
Greens*	Winter Squash

Foods in **bold** just came into season. Items marked with an asterisk (*) are in season for the last time this month



Healthy habits for better sleep

Sleep loss is often a result of bad sleep habits, illness, or sleep disturbances. It's also possible your bedroom might be too bright, too warm, or too noisy, making it hard for you to sleep. Try to set aside enough time to sleep each night. Here are tips to help you sleep better:

- **Be consistent with your sleep schedule.** Go to bed at the same time every night and rise at the same time every morning, including weekends. Don't nap after 3 p.m. or longer than an hour.
- **Exercise early.** Give your body at least two hours to relax before bedtime.
- **Skip or limit the following:**
 - **Caffeine and nicotine:** They stimulate the body and can take up to eight hours to wear off.
 - **Alcohol:** A drink may make you feel sleepy, but it prevents deep sleep.
 - **Large meals and drinks at night:** Too much food can cause indigestion and prevent sleep. More drinks also mean more trips to the restroom.
- **Talk to your doctor about certain medicines.** Certain heart, blood pressure, asthma, and cold medicines can delay or disrupt sleep, so ask your doctor about your options.
- **Relax before bedtime.** Try listening to music, reading, or taking a bath.
- **Go outside during the day.** At least 30 minutes of natural sunlight a day can help you sleep better at night.
- **Do something if you can't fall sleep.** After 20 minutes, do something relaxing, like reading a book, until you feel tired. Stay away from smartphones and tablets, which emit blue light and can keep you awake.



Consult your doctor

Even with good sleep habits, it may still be a struggle to have enough quality rest. Your doctor can recommend solutions, or arrange for a sleep study to find out if you have a sleep disorder.

Something as simple as sleep can really make a huge difference in your health.



Source:
Beacon Health Options website: [Sleep](#) (accessed February 2021); [achievesolutions.net](#).
Centers for Disease Control and Prevention: [Sleep and Sleep Disorders](#) (accessed February 2021); [cdc.gov/sleep](#).

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Improve your sleep habits for better health

When you sleep, your mind and body are hard at work on your overall health. For example, certain stages of sleep allow us to learn and remember. Sleep also helps us fight infection and prevent heart problems and diabetes. If you're dealing with a conflict or change, sleep can help you control your emotions. Having enough sleep helps lower stress, improve your mood, and keep your weight healthy.

Over time, lack of sleep can hurt your health and relationships and cause accidents behind the wheel or on the job. The good news is you can learn new habits to improve your sleep.



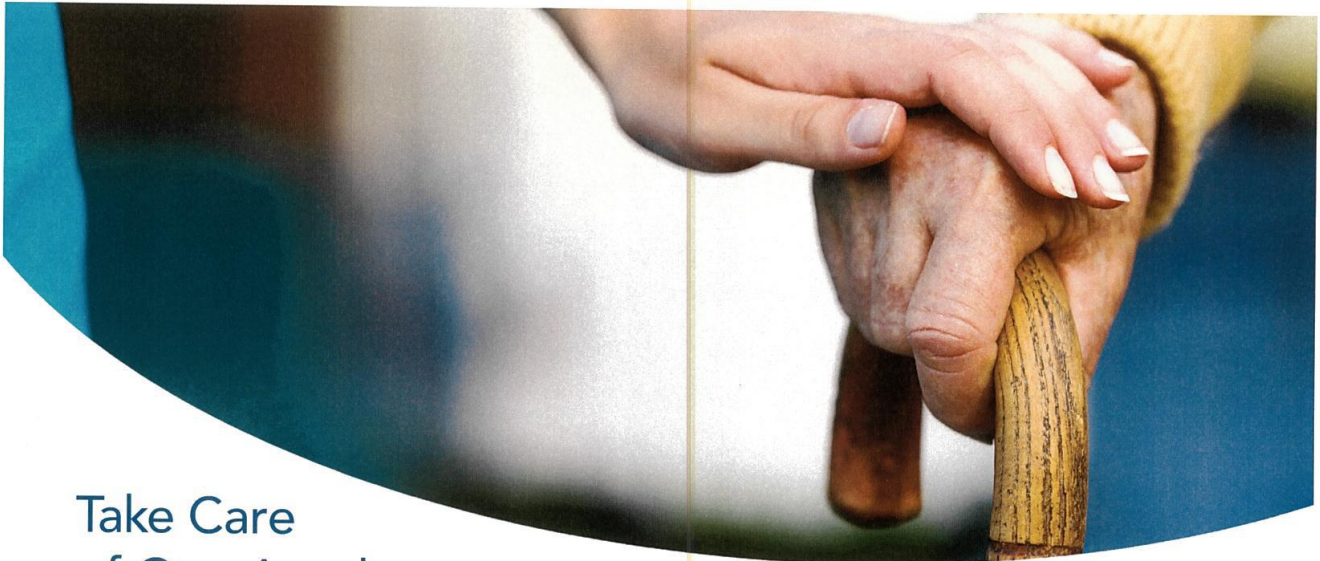
How much sleep do you need?

Individual sleep needs vary, so observe how you feel during the day. If you find it hard to do simple activities or stay alert, you may need more sleep. Here are basic guidelines for different age groups:

- “ **Infants and children:** Newborns sleep up to 18 hours a day. As they grow older, they need less sleep.
- “ **Adults:** By age 20, sleep needs range from 7 to 9 hours each night.
- “ **Older adults:** People 65 and older need about 7 to 8 hours each night.



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Take Care of One Another

Caregivers need care too

It's hard to take care of others if you are not healthy and happy. Every day, take a little time to do something for yourself, such as read a good book or go for a short walk. In the long run, this will help you avoid burnout.

Accept help

Those that go the extra mile to take care of a loved one also tend to have a hard time accepting help from others. Accepting someone's help is not a sign of weakness, but a choice for overall better care for you and your loved one. Consider seeking help from community programs for caregivers and their loved ones.

Include health care providers

Health care providers are a powerful resource for caregivers. Remember to write down any questions you may have before visits, keep organized records of care, and be sure you understand the information the health care professional provides. These small steps now may prevent frustration or confusion later.

Let it out

It's okay to feel frustrated, angry, stressed, or depressed when caring for a loved one. Know when to reach out for emotional assistance. Watch for signs of depression or burnout. Consider contacting the Strive Employee Life & Family (SELF) program, which provides counseling, financial assistance and legal services to state employees and members of their households. Visit www.mchcp.org for more information.

Seek support

Talk to family and friends as a means to express your emotions and gain support. If you can, find other caregivers. Knowing you are not alone can work wonders on your strength and self-esteem.



Be open

As the percentage of Americans aging increases, there are more government resources available. Be open to take a little bit of extra time up front to find them; the time and worry saved will be unmatched. Many resources are designed for caregivers focus on health monitoring, care scheduling, care assistance and safety.

Resources for caregivers and their families

Strive Employee Life and Family (SELF) program

<http://www.mchcp.org/stateMembers/contacts.asp#self>

A confidential counseling and referral service for state employees and their families

National Institute on Aging/Go for Life

<https://www.nia.nih.gov/health/exercise-physical-activity>

Exercise information for older adults and caregivers

Eldercare Locator

<https://eldercare.acl.gov/Public/Index.aspx>

A service locator for government and community care assistance programs and services

Centers for Disease Control and Prevention

<http://www.cdc.gov/aging/caregiving/resources.htm>

A list of national resources for caregivers

United States Administration on Aging

<https://acl.gov/>

Government programs and resources for aging Americans and their caregivers



Experience the anti-diet.

No points, counting calories, or restrictions.

Missouri Consolidated Health Care Plan (MCHCP) is offering you a digital weight loss program where you don't have to give up the foods you love. In fact, Wondr encourages you to enjoy Every. Single. Bite.



Our digital program based in behavioral science is available at **no cost** and will teach you the science of eating the foods you love while still losing weight. Plus, you'll have more energy, sleep better, and feel stronger, all while reducing your risk of diabetes and heart disease.

- No diets.
- No restrictions.
- No points.
- Just results.

**To learn more and apply visit:
wondrhealth.com/MCHCP**

MCHCP medical plan members age 18 or older, not on the Medicare Advantage or TRICARE Supplement plans, are eligible if they meet the criteria as determined by Wondr Health.



Anti-Age Your Brain: Staying Mentally Sharp



Engage your mind.

Try activities that are new, challenging, and fun. Take a class, play problem-solving games like crossword puzzles and chess, learn a language.



Eat right.

A diet that's low in fat and cholesterol and high in fruits, vegetables, and whole grains is your best choice for a healthy brain.



Keep moving.

Physical exercise increases blood flow to the brain and reduces your risk for disorders that lead to memory loss, such as heart disease and diabetes. Exercise may also boost helpful brain chemicals.



Get enough rest.

Not getting enough sleep affects your ability to solve problems. Deep sleep enhances memory consolidation.



Stay connected.

Social activity stimulates our brains and reduces stress. Make time for friends and group activities.

Contact Your SELF Program Through ComPsych

Call: 800.808.2261 TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM Web ID: MCHCP



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