

AGRINEWS-MONTHLY

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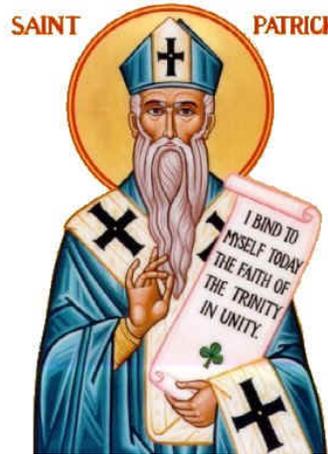
AG COMMUNICATIONS

St. Patrick's Day

By: Karen Grauel

St. Patrick's Day is often associated with shamrocks, leprechauns, and various parades and festivals. Not many people, however, know why St. Patrick's Day is celebrated and what these symbols actually represent. The man known as St. Patrick was born in Britain around AD 385, with the given name of Maewyn. At the age of sixteen, the young saint was captured by Irish marauders raiding his village and then transported to Ireland, where he was forced to become a slave. During his captivity, he became closer to God and accepted Christianity. After six years he escaped from servitude and decided to educate others about his newfound faith. After taking the Christian name Patrick, he traveled throughout Ireland setting up monasteries and converting the natives to Christianity. Patrick's mission lasted for an amazing thirty years in Ireland, which spread new traditions and beliefs among its people. Patrick died March 17 in AD 461, which is why we celebrate St. Patrick's Day every year on that day. The icons representative of St. Patrick's Day have much meaning surrounding Patrick and Irish lore. The three-leaved shamrock was supposedly used by Patrick as a way to explain the Trin-

ity to Irish converts. It was also worn by the Irish in the 17th century to express their nationalism when the English invaded Irish land and suppressed their language and religion. Leprechauns were known as "lobaircin" or "small-bodied fellow" in ancient Ireland. They were notorious as cranky, mischievous fairies that mended the shoes of other fairies and guarded their treasure with trickery. They were not associated with St. Patrick's Day until Walt Disney released a film called *Darby O'Gill and the Little People*. He showed leprechauns as being cheerful little elves, which appealed to his audiences and eventually became a part of St. Patrick's Day celebrations. The first St. Patrick's Day parade actually took place here in the United States, and served to help Irish immigrants connect to their roots. North America holds the largest St. Patrick's Day celebrations, but this holiday is also honored in many locations worldwide.



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Oleoresin Capsicum a.k.a “Pepper Spray”

By : Kallie Seiner



Pepper spray, also known as OC, is an inflammatory agent made up of an active ingredient called OC (Oleoresin Capsicum). OC is a horticultural term which refers to chili peppers. A single drop of capsaicin in 100,000 drops of water is easily noticeable. Most pepper spray contains 15% capsaicin, yet is most effective with a smaller content of capsaicin. The Macon Police Department uses a brand called First Defense which has

a capsaicin content of 0.18%. So, don't get sprayed!

Contact with mucous membrane, such as your eyes, nose, throat, or lungs, can cause immediate inflammation. If sprayed in the eyes it causes dilation of the capillaries of your eyes, resulting in temporary blindness. Likewise, it can cut off all but life support breathing once it has made contact with the breathing tube tissues. These effects may last from 20 to 90 minutes, and rarely last

longer. Other effects include shortness of breath, and becoming light headed, confusion, and disorientation.

Pepper spray is legal in all 50 states: Missouri law allows the use or possession of a device that ejects a “temporary incapacitating substance.” It should only be used for self-protection, or the protection of others when necessary. OC is becoming more and more popular to carry, mainly on college students. Yet you should still use cau-

“A single drop of capsaicin in 100,000 drops of water is easily noticeable.”

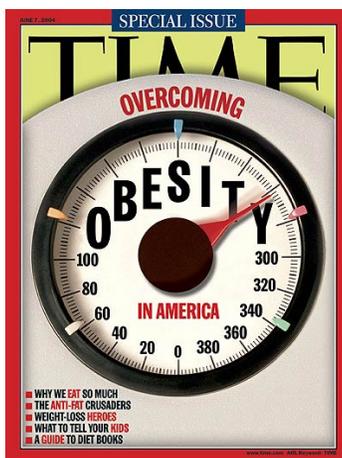
Obesity Epidemic

By: Brittany Bradshaw

Several factors have contributed to possibly the, largest, problem in America. Junk food industry take-over, the ingredients we now use in all of our foods, and the ability to now do things the easy way all contribute to this one thing... Yes, you guessed it, obesity. On average, we as Americans see over twenty-one food commercials a day, and more than 7,600 food commercials each year. On average, junk food advertisers spend \$17 million

dollars each year on advertising alone! One of the biggest problems is how junk food seems to be attacking our youth. Commercials are targeted to young children now more than any other population group in the world. Cartoon characters, ‘surprises inside,’ or even products that lead children to believe they can fly, are causing today’s youth to obsess over sugary and salty confections which attack and destroy your bodies health.

Not only are junk food advertisements a problem but, the ever-growing abundance of varieties of junk foods and the ingredients used in these products. A simple bowl of cereal in the morning can contain more than 280 calories and more than 4% of your day’s total fat intake. Artificial flavorings, preservatives, yellow dye number 5, these are all things we have resorted to putting in our foods rather than natural and organic foods that can be beneficial to your body.



Caffeine Cutback

By : Kegan Arnold



Imagine life without your morning energy drink or coffee. For most people this sends them into a panic. This horrible suggestion is becoming reality for some Americans being affected by the current economic crunch. Busi-

ness for many American coffee companies has declined. Most Americans can not afford to pay 2 to 5 dollars every morning for coffee. Starbucks is dealing with this problem by introducing the new Via instant coffee. Via comes packaged individually so that the consumer can quickly make a cup of coffee on the go with you the cost and hassle of going through the drive through. A representative from Starbucks claims that the instant coffee is the equivalent of a regular brewed cup

of coffee. Via will come in a package of three costing \$2.95 or a pack of twelve priced at \$9.95. Starbucks hopes that the new Via will attract consumers that are looking for a Starbucks quality coffee but do not want to pay the price for brewed coffee. Starbucks believes that this product will be extremely popular. The sale of Via starts on March 3rd in Seattle, Chicago and Online. Starbucks projects that Via will be available nationally by the fall of 2009.

“Most Americans can not afford to pay 2 to 5 dollars every morning for coffee.”

The Benefits of Purple Tomatoes

By Kristin Voss

Purple Tomatoes are a genetically-engineered food that scientists have created to promote healthy foods. They have two genes from the snapdragon flower that gives them a purple tint which is found in blackberries and other dark fruits. This compound,

called anthocyanin, has been known to offer protection against select cancers, cardiovascular disease, and may help ward off inflammation, obesity and diabetes. The tomatoes were tested on mice that were exceptionally susceptible to cancer and after be-

ing fed the tomatoes they showed a greatly increased life-span. Other things that scientists are working on is corn with a natural toxin to kill insects and pests.



FFA Week

Saturday– Recreation Day (Volleyball at the Macon High School Gym)

“I didn’t feel safe by the side. They made that dash for the ball and it was like BAM BAM BAM!” — Jenny Milligan



Sunday— Attended Church (Service at the Mt. Zion near Anable, Missouri)

“During and after the service, Russel Cole shared with us what we learned in FFA, and what it meant to him. He also showed us his jacket and informed us that he was his FFA Chapter President.” — Becca White

Monday– Commodity Day (Sampled buffalo in the Ag Classes)

“What was your buffalo burger like?”

‘With every bite oozes of loved poured out...’ —Bradley Muck

Tuesday— Camouflage Day

Greenhand and Chapter Degree Ceremony

30 Greenhands and 19 Chapter degrees were given out.

Wednesday— Businessman’s Breakfast/Official Dress Day

“I got to school at 4:30 and I left school at 5:30 p.m...That is way to long to be at school.” —Jenny Milligan

“I didn’t even know there was a four o’clock in the morning...who ever invented four o’clock in the morning is crazy!!” —Brittany Bradshaw



Thursday— Speaker on Bison/Chapter T-Shirt Day

Bison Facts: Bison is a very healthy meat. It is even healthier for you than beef.

The only way to get rid of yellow fat in meat is to feed the livestock corn.

Friday— Animal and Tractor Day/Gumboot/Barn Warming

Barnwarming Queen and King: Becca White and Brad Muck

“I was attacked by a cow. A pig tried to bite me. A lamb pooped on me. The rabbit was fierce, but other than that Animal Day was amazing!” — Stephanie Baker



FFA Week comes once a year and is jammed pack with fun events and activities!

Brandon Clema

Age: 15

Grade: Freshman

Q: What are some of your hobbies?

A: My hobbies are playing football, baseball, and basketball. In my free time I like to ride four-wheelers and dirt bikes. I also like to fish and hunt. Some of my other interests are raising and feeding cattle and mowing.



Q: What is your SAE and what do you do?

A: For my SAE I mow lawns. In this SAE, I perform various tasks to care for lawns.

Q: What are you future goals in FFA?

A: In the future I would like to be chapter Vice President.

Q: What do you want to be when you grow up?

A: I would like to pursue a career in the Agriculture industry.

“Learning to
Do,
Doing to
Learn,
Earning to
Live,
Living to
Serve.”

Corn?! Where??

By: **Stephanie Baker**

When you walk into a grocery store what do you see? All kinds of foods, including canned and boxed food, wet and dry food, dog food and cat food. But do you ever think of what is in those foods? A lot of those foods you see when you walk throughout a grocery store contain corn—yes, CORN!!! From potato chips to toothpaste, so many of the items in your local grocery store contain corn. Out of 10,000 items



in the store over 2,500 are either made of corn or used corn in some form during the production process. The next time you go to the grocery store, take a look at the ingredients in the items you are purchasing, I bet they have some corn in them! Do your children eat way too much candy? Well, what you can do is tell them about how the delicious tooth rotting candy they are eating contains, you guessed it, CORN. Proceed to explain to

them how healthy corn is for them and that you support them eating as much candy as possible. In learning that candy has corn, and corn is healthy, they will no longer feel the urge to eat excessive amounts of candy because children hate anything that is healthy for them. Although candy does contain corn, it is not the yellow corn you are thinking of. Candy has corn syrup which is used in the hard candies to provide a body giving them its chewiness and desirable deliciousness without the excessive sweetness and also candies are coated in pyrodextrin corn starch.

"Yes actually, we always look this good..."

AG COMMUNICATIONS

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AG Communications

The AG Communications class is a new addition to the high school curriculum this year! This class is in charge of producing the newsletter each month, informing FFA members and students in agriculture classes of upcoming events, and updating our newly established website.

AG Communications can also possibly be taken as an embedded English credit, since graduation requirements are preventing some students from taking classes they want to take.

Feel free to visit our website at www.macon.k12.mo.us/FFA/index.html for more information about FFA opportunities, events, and officers!

Clothing Drive Results

By: Shelby Dunseith

The clothing drive was a great success. We had a lot of people bring in clothes. By bring in clothes they helped those who don't have the money to go out and buy new clothes. It was also a good way to

clean out the closet. This year we had a total of 10,788 points worth of clothes brought in. First place went to Womack's 4th hour class; they will be receiving a pizza party. Second place went to

Womack's 2nd hour class. Third place went to Womack's 1st hour class. Fourth place went to Milligan's 6th hour class. Fifth place went to

