

Agri-News Monthly

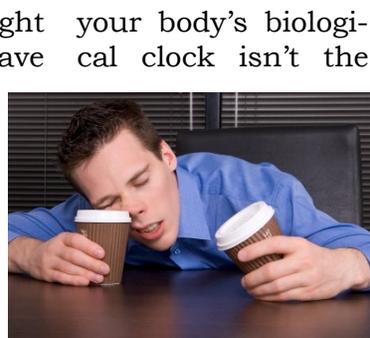
Inside this issue:

Stop Insomnia	1
The First Pet...	2
Was It Drugs or...	2
Belgian Chocolate	3
The truth..	3
Swine Flu	4
Star Member	4
Calendar	5
Are You Smarter...	6
Recipe	7
Jokes	7

Stop Insomnia

By Kallie Seiner

Have you ever thought that you might have sleeping problems? Maybe you wake up late because you accidentally fell asleep again, or you fall asleep in class. Well, everyone will go through a stage of insomnia at some point in their life. The most common age that most people experience insomnia is as a young adult. Research shows that young adults need more than 9 hours of sleep every day. You don't have to be a genius to figure out that if you wake up at 6:00 AM then you need to be in bed by 9:00 PM. Yet when you lay down you're not going to be tired. This is because as a young adult your body's biological clock is reset. Your circadian rhythm tells you to fall asleep later, and wake up earlier. However,



your body's biological clock isn't the only reason why we have trouble sleeping. Things such as stress, emotional trouble, physical discomfort, and even an uncomfortable sleeping environment are affecting the way we sleep. So how can we help stop our sleeping problems? Doctors suggest that adapting a more sleep friendly lifestyle will be much healthier for us in the long run. Indulging in some caffeine is not

a bad thing, but we should try to watch how much caffeine we take in each day. Cutting back on a can or two of soda a day can help you. Also things such as watching television, playing video games, listening to music, or getting on the computer before you go to bed can make you restless, and not allow you to get your full amount of sleep. Trying things such as reading, stretching, or other calm activities can allow you to get a full night's rest. Sleep tight!

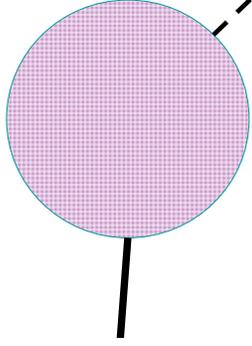
The First Pet, Bo!

By: Kegan Arnold

During President Obama's election night, he promised his daughters a dog. The first pet has finally arrived, eagerly anticipated by his family. Bo is a six-month-old Portuguese water dog. The name Bo is a reference to the singer Bo Diddley. The new

puppy is a gift from Senator Edward Kennedy who owns a

choices down to two types of dogs, a Labradoodle or a Portuguese water dog. They decided between these types of dogs because their youngest daughter, Milia, age six, is allergic to dogs.



Thoughts to ponder...

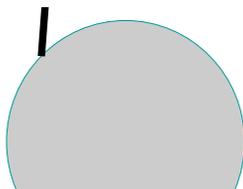
To steal ideas from one person is plagiarism; to steal from many is research.

On the other hand, you have different fingers.

42.7 percent of all statistics are made up on the spot.

Honk if you love peace and quiet.

He who laughs last thinks slowest.



Was It Drugs or Toxins?

By: Kristin Voss

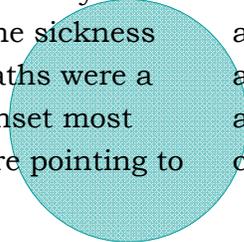
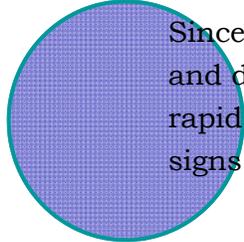
Twenty-one horses died in Wellington, Florida while preparing for a polo match on Sunday. The big question is: what killed them? State officials announced on Monday that there was going to be an investigation into the deaths of the horses. A team of scientists are hard at work trying to pinpoint what the cause of death really was. Since the sickness and deaths were a rapid onset most signs are pointing to

toxins or drugs that have a lethal reaction. Florida Agriculture and Consumer Services spokesman, Terence McElroy, reported this conclusion rules out some other possibilities, like infectious or contagious diseases since there are no other horses affected at this time. Blood and tissue samples are going to be taken and tested to find common denomina-

tors in each case to figure out if all possi-



ble explanations of the horses' death. James Belden, a veterinarian at the Left Bank Equine Clinic, said that he doesn't suspect foul play, just a horrible accident.



Belgian Chocolate

By: Karen Grauel

Belgium is the chocolate palace of the world, but what makes their chocolate so unique? Forget Willy Wonka, the real chocolatier mastermind is Jean Neuhaus, creator of delicious Belgian chocolates. In 1912, Jean Neuhaus used a special chocolate called a “couverture” as a shell for “pralines” or the powder made by



grinding up sugar-coated nuts. This process was very different from previous ways of making chocolate, yet it produced such a variety of sweets that popularity increased ten-fold. Chocolate pralines could be filled with flavored nougats or creams or even more chocolate, which greatly surpassed all competitors. Neu-

haus also designed the “ballotin,” a gift box specifically designed to preserve the freshness and flavor of his chocolates. Neuhaus’ strive for perfection led to new standards in all praline productions and high quality ingredients for all chocolates produced. Today, Neuhaus Chocolate Company continues to sell many of the most desired chocolates in the world, creating chocolate incomparable to any other dessert.

Volume 1, Issue 8

Top Ten On The Points

Chart

1. Becca White— 147
2. Nancy Jackson— 141
3. Jamie Clithero— 138
4. Hayden Carter— 119
5. Andrew Helton— 104
6. Leah Fuller— 102
7. Kristi Woodson— 94
8. Seth Rash— 91
9. Ryan Stoecklien— 90
10. Maria Rash— 89

The Truth about Drive Thru’s...

By: Brittany Bradshaw

Sure, it’s convenient. Saves time, I know! And at the time, it’s a small hit to your pocket book... little did you know over time IT ADDS UP! Not only does it add up money but pounds as well! This is the truth about the American drive-thru. Big Mac™, Whopper™, Thick Burger™? Perhaps your fancy is of the taco type? Any way you slice it, it’s bad for you! Just to break it down a little a Big Mac, medium French fry, and medium coke has 1,260

calories and 165 carbs. This is 63% of your daily calorie allowance, 25% of your daily fat intake, and 68% of your allowance of sodium! This high fat, high calorie diet is a trend throughout all fast food joints. Even salads these days, with the use of dressing and other toppings, are just as bad as a Whopper! Not only are they bad for you, but where do the ingredients really come from?? Don’t let them fool you, some ingredients hail from places you can’t find on

the map of the United States of America. Now you know about the food, but what about the way they make it? Deep frying, greasy grilling madness! One quote from an anonymous fast food employee was, “Yeah, if we’re busy and we drop a burger on the floor, slap it back on the grill for a minute and it’s good to go!” Do you really want to be eating that?! I don’t know about you but, I sure don’t! There are plenty fast AND cheap alternatives to fast food. For some tips and great recipes visit <http://www.webmd.com/food-recipes/guide/quick-healthy-meals-for-busy-families>. Now you know the truth about Drive-Thru’s!



Swine Flu

By: Stephanie Baker

According to the Centers for Disease Control and Prevention

human cases of swine influenza A have been located in the US.



keep from infecting them too. In fact, stay

home when you are sick if at all possible stay home from work, school and

States identified include California with 7 cases, Kansas with 2 cases, New York City with 8 cases, and Ohio with 1 case and Texas with 2 cases. Things you can do to avoid getting this virus include avoiding close contact with people who are sick and when you are sick keep your distance from others to

errands. Cover your mouth and nose with something other than your hands when you cough or sneeze. Washing your hands often will help protect you from the harmful germs. Avoid touching your eyes nose or mouth and practice other good health habits like getting enough

sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

Symptoms of swine flu are similar to regular seasonal influenza like fever, lethargy, lack of appetite and coughing. Runny nose, sore throat, nausea, vomiting and diarrhea have also been reported symptoms of swine flu. In order to know if you have the swine flu a respiratory specimen would need to be collected within the first 4 to 5 days of illness so if you are suspicious of your illness don't hesitate to get checked out, it can't hurt to be safe.

FFA Star Member

Bradley Muck

What are some of your hobbies?

Some of my hobbies include hunting, playing baseball and football, and riding 4 wheelers with friends.

What is your SAE and what do you do?

My SAE is mowing and doing other yard work.

What are your future goals with the FFA?

My future goals are to be a member all through college.

What do you want to do when you grow up?

I want to be a highway patrolman.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Schedule of Events

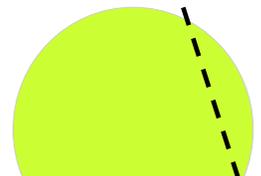
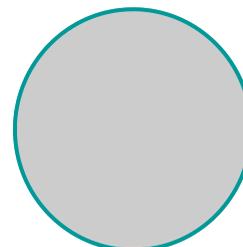
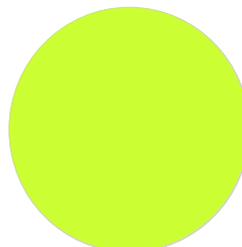
Upcoming Events

- ❖ May 7: Macon FFA Chapter Banquet



Macon FFA receives United Sportsmen League award at State FFA Convention

Cody Bisch and Rachel Lorenzo of the Macon FFA Chapter accept the chapter's United Sportsmen League (USL) Award during the 81st Missouri FFA Convention held in Columbia, Mo. April 16-17. The award consists of a \$500 grant given to FFA chapters to practice conservation management in their community.



Are You Smarter Than A Farmer?

The average horse eats _____ times its own weight in food each year.

Why do bulls charge a matador's cape?

What is known as a fink?

Can cows walk down stairs?

T/F-- A donkey's eyes are placed so that it is able to see all four of its feet no matter which way it looks.

-Are more people killed by plane crashes or donkeys?

-What is the closest living relative to the Tyrannosaurus Rex?

-How many Gallons of milk will a cow produce during their life?

-Can Pigs get sun burnt?

-Does New Zealand have more people or Sheep?

"The average IQ is between 85-114. With the most common being 100."



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Zoey Hildreth & Joseph Lolli represented the chapter as State Delegates

Creamy Double Decker Fudge

Volume 1, Issue 8

Ingredients:

- 1 cup REESE'S Peanut Butter Chips
- 1 can (14 oz.) sweetened condensed milk (not evaporated milk), divided
- 1 teaspoon vanilla extract, divided
- 1 cup HERSHEY'S SPECIAL DARK Chocolate Chips or HERSHEY'S Semi-Sweet Chocolate Chips

Directions:

1. Line 8-inch square pan with foil.
2. Place peanut butter chips and 2/3 cup sweetened condensed milk in small microwave-safe bowl. Microwave at MEDIUM (50%) 1 to 1-1/2 minutes, stirring after 1 minute, until chips are melted and mixture is smooth when stirred. Stir in 1/2 teaspoon vanilla; spread evenly in prepared pan.
3. Place remaining sweetened condensed milk and chocolate chips in another small microwave-safe bowl; repeat above microwave procedure. Stir in remaining 1/2 teaspoon vanilla; spread evenly over peanut butter layer.
4. Cover; refrigerate until firm. Remove from pan; place on cutting board. Peel off foil. Cut into squares. Store tightly covered in refrigerator. About 4 dozen pieces or 1-1/2 pounds.

NOTE: For best results, do not double this recipe.

Jokes!!

What do you call a smart genie?

A Genie-us

Why don't little fish sleep at night?

They are afraid of the shark

What kind of construction do canines do?

Woof work

What magazine does a cow subscribe to?

Cowsmopolitan

What season is it when you're on a trampoline?

Spring-time!

Why do potatoes make good detectives?

Because they keep their eyes peeled.

What did the banana do when it saw the monkeys?

Split.



Answers to "Are You Smarter Than a Farmer?"

1. 7
2. Not because it is red. They are color blind, they charge simply because it is moving.
3. 12 or more cows
4. No, they can walk up them only.
5. True
6. Donkeys
7. The Chicken
8. 200,000 Gallons
9. Yes
10. Sheep

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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!

Shelby Dunseith received a State FFA Alumni Scholarship to attend WLC.



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

WE'RE ON THE WEB!

WWW.MACON.K12.MO.US/FFA



The Parliamentary Procedure Team represented the chapter well and placed 5th at State Convention.

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Nancy Jackson placed 6th in the Advanced Prepared Public Speaking Contest with her speech about the uses of biomass.

