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McDonalds Introduces The Egg White Delight

MAY 07TH 2013 BY BETH FARRAH

McDonalds Introduces The Egg White Delight

*Submitted by
Beth Farrah, SMT Writer*

Cape Girardeau, Missouri - Today, customers can now enjoy the wholesome new Egg White Delight McMuffin at McDonald's. Egg White Delight McMuffin is prepared with freshly grilled 100% egg whites, extra lean Canadian bacon and white cheddar* served on a new muffin. Freshly grilled egg whites and white cheddar are also be available on any existing egg and cheese breakfast sandwiches and platters, providing customers a new way to enjoy their breakfast favorites.

The introduction of Egg White Delight McMuffin supports McDonald's "Commitments to Offer Improved Nutrition Choices," announced in 2011. The new muffin delivers 8 grams of whole grain and the Canadian bacon delivers quality protein, helping customers incorporate foods from some of the USDA's *MyPlate* recommended food groups. At 250 calories, the Egg White Delight McMuffin is McDonald's newest wholesome breakfast choice under 300 calories in addition to Egg McMuffin, Fruit & Maple Oatmeal and Fruit N' Yogurt Parfait.

"Since introducing the Egg McMuffin more than 40 years ago, customers have come to know and love McDonald's breakfast sandwiches for their great taste," said local Owner Operator John Moreland. "It was important to us to deliver that same great taste with the new Egg White Delight McMuffin and egg white breakfast sandwiches. That's why our egg whites are freshly grilled in our restaurants and paired with white cheddar for the perfect flavor

combination.”

McDonald’s will be promoting the addition of egg whites to its breakfast lineup with an egg white promotion running from Monday, April 29 through Sunday, May 19. This promotion will allow customers to mix n’ match two of the Egg White Delight and Egg White McMuffin breakfast sandwiches for \$3.33.

McDonald’s breakfast sandwiches available with egg whites includes, Egg McMuffin, Sausage McMuffin with Egg, Bacon, Egg & Cheese Biscuit, Sausage Biscuit with Egg, Bacon, Egg & Cheese McGriddles, Sausage, Egg & Cheese McGriddles and Bacon, Egg & Cheese Bagel. Freshly grilled egg whites are also available for substitution on McDonald’s breakfast platters.

For nutrition and ingredient information and additional details about egg whites on breakfast sandwiches and platters, as well as McDonald’s full line of national menu choices, visit www.McDonalds.com.

LAST UPDATED ON MAY 07TH 2013 BY DEE LOFLIN

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Wild Edibles Hike at Sam A. Baker

MAY 06TH 2013 BY BETH FARRAH

Wild Edibles Hike at Sam A. Baker

*Submitted by
Beth Farrah, SMT Writer*

Jefferson City, Missouri — The public will have the opportunity to learn about edible plants on a guided hike on Saturday, May 11, at Sam A. Baker State Park. Sponsored by the Missouri State Parks, the hike will begin at 10 a.m.

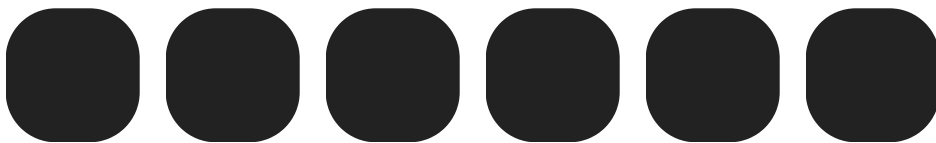
During a leisurely stroll on the Shut-Ins Trail, participants will learn about the different types of edible plants, how to identify them, their medicinal and edible purposes, and historical folklore. Those wanting to join the hike should meet at the Mudlick Trail trailhead, across from the park store, and wear sturdy, closed-toed shoes.

Sam A. Baker State Park is located four miles north of Patterson on Highway 143 in Wayne County. For more information on the event or to register, call the park at [573-856-4411](tel:573-856-4411). For more information about Missouri state parks and historic sites, visit mostateparks.com. Missouri State Parks is a division of the Missouri Department of Natural Resources.

LAST UPDATED ON MAY 06TH 2013 BY BETH FARRAH

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Retirement Tea Planned at Bearcat Event Center

MAY 06TH 2013 BY DEE LOFLIN

Retirement Tea Planned at Bearcat Event Center

*Written by
Dee Loflin, SMT Manager/Writer*

Dexter, Missouri – Former students and friends are encouraged to attend the Retirement Tea honoring Dexter educators who are retiring from Dexter R-XI School District.

The drop-in reception will be from 4:00 p.m. – 5:30 p.m. in the Bearcat Event Center Lobby located on Grand Street on Thursday, May 9, 2013.

The public is encouraged to attend the event. Refreshments will be served.

There are 13 educators with a combined 300 years of teaching experience that will be leaving Dexter school system.

They are Nancy Vines, Kim Fitts, Debbie Essner, Sherry Matthews, Sandy Clark, Melinda Sweeney, Charles Cooper, Pam Mills, Ann Polsgrove, Leann Dooley, Kim Flowers, Ronnie Shipman and Katrina Kluesner.

Retirement is a bittersweet decision for anyone, but especially for teachers. There is no better way to say good-bye than share it with your former students. They are the one who make your teaching career so meaningful and enjoyable.

Congratulations on your retirement! We will miss each and every one of you!

LAST UPDATED ON MAY 06TH 2013 BY DEE LOFLIN

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Flood Watch Through Friday Evening

MAY 03RD 2013 BY DEE LOFLIN

[Flood Watch Through Friday Evening](#)

*Submitted by
Dee Loflin, SMT Manager/Writer*

Stoddard County, Missouri - The National Weather Service in Paducah, Kentucky has issued a FLOOD WATCH to remain in effect through Friday evening.

The FLOOD WATCH continues for:

* Portions of Southern Illinois, Western Kentucky and Southeast Missouri, including Bollinger, Butler, Cape Girardeau, Carter, Mississippi, New Madrid, Perry Ripley, Scott Stoddard and Wayne Counties.

* Widespread heavy rainfall is expected tonight through Friday and into Friday evening in areas along and west of the Mississippi River. Storm totals in the 3 to 4 inch range are probable...with locally higher amounts close to 5 inches in areas that experience repeated thunderstorm activity. Right now...it appears the highest rain totals will occur along and west of a Perryville to Dexter Missouri line.

* Given the river flooding of the past few weeks and the high soil moisture content...additional flooding appears likely along area rivers and streams. localized flash flooding will also be possible. precautionary/preparedness actions...

A flood watch means there is a potential for flooding based on current forecasts.

You should monitor later forecasts and be alert for possible flood warnings. Those living in areas prone to flooding should be prepared to take action should flooding develop.

LAST UPDATED ON MAY 03RD 2013 BY DEE LOFLIN

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Mollie Whitehead is Show Me Calendar Girl May 2013

APRIL 30TH 2013 BY DEE LOFLIN

[Mollie Whitehead is Show Me Calendar Girl May 2013](#)

*Written by
Dee Loflin, SMT Manager/Writer*

Dexter, Missouri - With spring in the air and the flowers beginning to bloom, days are getting a bit longer and people are beginning to enjoy the outdoors. May can be a very busy month with high school proms and graduations. Everyone is ready for fun in the sun and a vacation.

Throughout May, Miss Mollie Ann Whitehead will be featured as this month's Show Me Calendar Girl.

She was given the congeniality award in the 2012 Miss Dexter Pageant. The Dexter High School Choral Department sponsors the annual pageant, and the top twelve are rewarded as "Calendar Girls" throughout the year.

Mollie is the daughter of Jonathan and Kristi Whitehead and is a Junior at Dexter Senior High School.

She is an avid basketball player for the DHS Lady Bearcats Basketball team and is also a member of FCA, and FTA.

Throughout the month of May, Mollie will be occupied with the last month of her Junior year and begins planning for her last year at Dexter Senior High.

Congratulations to Mollie Ann Whitehead who is the Show Me Calendar Girl for May 2013.

Photo provided by Shannon Putnam. Thank you.

LAST UPDATED ON APRIL 30TH 2013 BY DEE LOFLIN

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