



[TOP](#)

HOLY COW Cafe Opens This Morning

MAY 13TH 2013 BY STAFF WRITER

HOLY COW Cafe Opens This Morning

Dexter, Missouri - A great way to start this beautiful Spring morning is stopping by the new Holy Cow Cafe that opened this morning. Owners Aaron and Misti McBride have been working feverishly and have accomplished a great new place for area friends and families to enjoy some morning delights as well as a great menu for the afternoon.

The well decorated cafe features many varieties of coffee, donuts and sandwiches. In particular, the ice cream treats will be very exciting as customers will be able to design their own treat with the mixing of the many ingredients available.

The atmosphere and staff were very friendly and attentive to the needs of their customers throughout the morning. Even on "Opening Day" when things are typically hectic and crazy, all operations of the Holy Cow Cafe had been smoothed out and were prepped for an easy in and out visit or for a time to sit and enjoy your morning breakfast.

And with such a wide variety of treats, customers might consider making this the trophy stop for summer baseball. It's always great to reward ice cream for your young superstar's performance on the baseball or softball diamond. These are traditions of yesteryear that are remembered for a lifetime.

</images/2012 Article Pics/Local/Holy Cow Mid1.png>

Holy Cow Cafe is also a wonderful meeting location for church groups and outings for ladies ministries. No program necessary, yet the relaxed sitting area would allow for a casual and comfortable area to just enjoy conversations and friendships.

Of course, those early morning guys that want a place to sit, sip and tell those long interesting stories of what's going on in the community will find the Holy Cow Cafe perfect for their needs. Plenty of coffee with convenient refills always makes the story a little more interesting.

As a review, let us share with our readers the doughnuts are incredible! Aaron definitely has a special gift for making these morning cake delights. With a wide variety of doughnuts, each are covered and filled with all the magical bliss that make your taste buds sing for joy in the morning. Be very cautious not to eat them as you drive down the road as the hallelujah chorus may erupt in the front of your vehicle.

With local owners and a dedication to the Dexter community, please make it a point to stop by and encourage the staff at Holy Cow Cafe with your patronage.

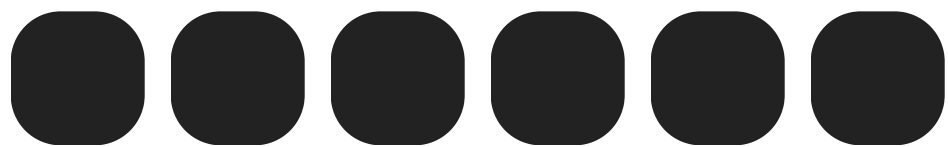
Please place your comments below the Facebook Page on your experiences dining at Holy Cow Cafe!!!

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TOP

May is Motorcycle Awareness Month

MAY 07TH 2013 BY BETH FARRAH

May is Motorcycle Awareness Month

Submitted by

Beth Farrah, SMT Writer

Missouri - Colonel Ron Replogle, superintendent of the Missouri State Highway Patrol, would like to make the public aware of Motorcycle Safety Month. Favorable weather is practically an invitation to motorcyclists to go for a ride. Car and truck drivers need to share the road with motorcyclists and keep the following in mind:

- * Drivers should actively watch for motorcyclists.
- * Motorcycles may look farther away than they are due to their smaller size. It is also difficult to judge the speed at which a motorcycle is traveling as it approaches.
- * Motorcycles are hidden easily in a vehicle's blind spots, or masked by objects or backgrounds. Thoroughly check traffic before changing lanes!
- * Motorcyclists may slow down by downshifting or easing off the throttle. So, you may not see a brake light. Allow extra distance between you and a motorcycle.
- * A motorcycle's turn signal does not cancel after the turn like a vehicle's signal does. So, pay attention, the motorcycle may not be turning.
- * A motorcyclist will often adjust their position in the lane in order to be seen more easily and to avoid debris, wind, or passing vehicles. Allow the motorcyclist to share the lane; don't assume they are being reckless.
- * Stopping distance for motorcycles is similar to that of cars. But, slippery pavement can make stopping quickly difficult. Please allow more distance behind a motorcycle in these types of road conditions.

It's important that motorcyclists take an active role in their safety. Keep these suggestions in mind when you're on the road:

* Be visible. Motorists often have a hard time seeing you. Keep your headlight on, day or night. Use reflective strips/decals on your clothing and on your motorcycle. Be aware of other vehicle's blind spots.

*Dress for safety. Wear a helmet and eye protection. Wear bright clothing. Wear thick or leather clothing for protection. Section 302.020 RSMo. states, in part, "Every person operating or riding as a passenger on any motorcycle or motortricycle, as defined in Section 301.010 RSMo., upon any highway of this state shall wear protective headgear at all times the vehicle is in motion. The protective headgear shall meet reasonable standards and specifications established by the director."

*Think safety while riding. Give yourself space to react to other motorists' actions. Use lane positioning to increase visibility. Watch for turning vehicles. Signal your next action in advance. Pretend you're invisible and drive defensively.

*Know your bike. Get formal training and take refresher courses. Practice riding your motorcycle before going into heavy traffic. Know how to handle your motorcycle in all types of road conditions.

The Patrol encourages all motorists and watercraft operators to protect themselves by making sure everyone in the vehicle is properly restrained in a seat belt or child restraint and everyone in the vessel is wearing an approved life jacket. Click It 4 Life and Wear It!!!

LAST UPDATED ON MAY 07TH 2013 BY BETH FARRAH

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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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[TOP](#)

Wild Edibles Hike at Sam A. Baker

MAY 06TH 2013 BY BETH FARRAH

[Wild Edibles Hike at Sam A. Baker](#)

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.

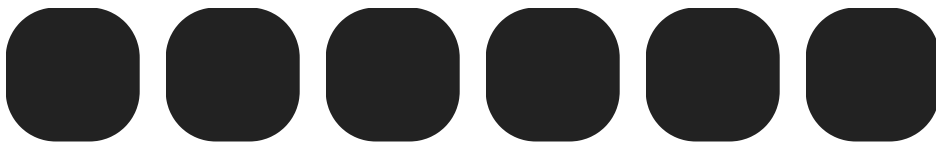
During a leisurely stroll on the Shut-Ins Trail, participants will learn about the different types of edible plants, how to identify them, their medicinal and edible purposes, and historical folklore. Those wanting to join the hike should meet at the Mudlick Trail trailhead, across from the park store,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

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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