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Monday is Veterans Day

NOVEMBER 10TH 2013 BY DEE LOFLIN

Monday is Veterans Day

*Submitted by
Dee Loflin, SMT Manager/Editor*

Missouri - This Veterans Day, Gov. Jay Nixon is encouraging Missourians to recognize and thank throughout the year the dedicated men and women who have honorably served in our nation's military.

"Generations of Missourians have answered the call to serve in our military and preserve our freedoms," Gov. Nixon said. "On Veterans Day, especially, we acknowledge the sacrifices these men and women have made and give renewed honor and respect to our armed forces. On behalf of six million Missourians, I thank our veterans for their selfless dedication to our country."

Gov. Nixon's administration has made it a priority to ensure veterans have a smooth transition from military life to civilian life, including access to high-paying and meaningful careers. In 2010, Gov. Nixon established the Show-Me Heroes program, an initiative that helps connect military veterans with job opportunities when they return home from service.

"Serving in the Armed Forces, one develops a unique set of skills and strong work ethic, making these men and women incredibly valuable members of our workforce," the Governor said. "From an Army Civil Affairs Specialist, to a Business Operations Specialist, or a Navy Hospital Corpsman to an EMT, these

folks are highly trained individuals with in demand skills. I encourage all employers to consider how hiring veterans could improve their business.”

Administered by the Missouri Division of Workforce Development, Show-Me Heroes showcases Missouri businesses that are willing and eager to hire veterans. Employers participating in the Show-Me Heroes program sign a pledge to ramp up efforts to reach out to, recruit and interview veterans for job openings at their business.

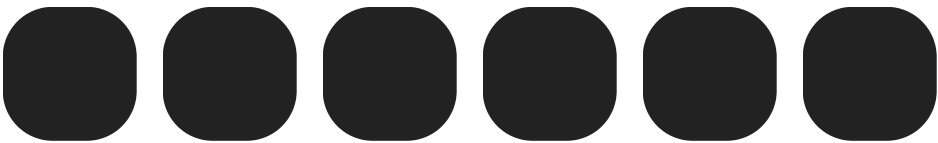
To date, 3,440 Missouri businesses have taken the Show-Me Heroes pledge and 4,622 veterans have been hired. Businesses that have hired veterans receive the Flag of Freedom award, which consists of a plaque featuring an American flag patch from the combat uniform of a member of the Missouri National Guard worn while that Citizen-Soldier or Airman was deployed in Iraq or Afghanistan.

Gov. Nixon thanked Missouri businesses that have taken the Show-Me Heroes pledge and made efforts to hire local veterans.

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100 Missouri Miles Challenge

NOVEMBER 09TH 2013 BY UNKNOWN

100 Missouri Miles Challenge

Submitted by Jill Temples

SMT Writer

Jefferson City, Missouri – Gov. Jay Nixon and First Lady Georganne Nixon today applauded participants in the Governor’s 100 Missouri Miles Challenge for achieving their goal of logging 1 million miles on Missouri trails this year, and encouraged Missourians to continue to log miles at MO.gov as part of this outdoor fitness initiative. To celebrate this milestone, on November 12 the Governor will visit Nevada, Mo. where the community has used the 100 Missouri Miles Challenge to advance the goals of its Healthy Nevada Project, a wellness initiative designed to promote wellness and reduce health care costs.

“Here in Missouri, getting out and enjoying the outdoors isn’t just something we do, it’s part of who we are, and reaching our 1 million mile goal is a great example of how these outdoor traditions are stronger than ever in communities across our state,” Gov. Nixon said. “The First Lady and I are proud to celebrate this accomplishment with the 12,000 Missourians who have taken the 100 Missouri Miles Challenge and encourage Missourians to keep logging their miles online at MO.gov to see how many miles we can log by the end of the year.”

Launched to promote Missouri’s distinction as the 2013 Best Trails State in America, the outdoor fitness initiative challenges Missourians to complete 100 miles of outdoor physical activity by the end of the year. Since the official launch on June 1, 12,000 participants have completed more than 1,000,000 miles, including 347 miles by the Governor and 377 miles by the First Lady.

Earlier this year, Missouri was named the “Best Trails State” by American Trails, a national, nonprofit organization dedicated to promoting our nation’s hiking, biking and riding trails. The award recognized efforts by federal, state and local

agencies as well as private organizations to expand and improve Missouri’s comprehensive recreational trail system, which offers trails for a wide range of interests and abilities, including hikers, backpackers, cyclists, paddlers and equestrians.

Nearly 500 organizations – including schools, cross country teams and fitness clubs – have signed up to take the Challenge as a group, while almost 200 Missouri businesses have implemented the initiative into office wellness programs to promote overall health and physical activity among employees.

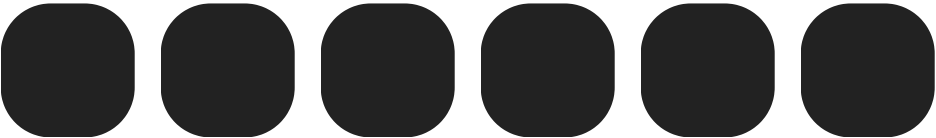
The Governor’s 100 Missouri Miles Challenge is a partnership with the Missouri Department of Natural Resources and Missouri State Parks, the Missouri Department of Health and Senior Services, the Missouri Department of Conservation, the Missouri Department of Economic Development and Division of Tourism, the Missouri Department of Transportation, the Missouri Department of Insurance and Financial Institutions and the Office of Administration.

For more information and to take the Challenge, visit [MO.gov](#). Participants can also share adventures, post photos and learn about upcoming events by connecting with 100 Missouri Miles on [Facebook](#) and [Twitter](#) using #100MoMiles

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National Parents As Teachers Day

NOVEMBER 08TH 2013 BY DEE LOFLIN

National Parents As Teachers Day

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri - Observed on November 8, National Parents As Teachers Day is an “unofficial” national holiday. This day offers parents as teachers services across the country. These affiliates give all parents of young children support and it also gives information to all children will learn, grow and develop to realize their full potential.

“The concept for Parents as Teachers was developed in the 1970?s when Missouri educators noted that children were beginning kindergarten with varying levels of school readiness. Research showed that greater parent involvement is a critical link in the child’s development of learning skills, including reading and writing.”

Dexter's PAT is very active in the community. They recently held a Big Truck Night for youngsters to see fire trucks, bucket trucks, an ambulance and some earth moving equipment. The children loves hitting the sirens and honking the horns! Join the Dexter Parents As Teachers on Facebook by clicking **HERE**.

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Be Cautious of Deer Near Highways This Fall

NOVEMBER 07TH 2013 BY DEE LOFLIN

Be Cautious of Deer Near Highways This Fall

*Submitted by
Dee Loflin, SMT Manager/Editor*

Missouri - If you were to pick the Missouri city where you are most likely to strike a deer with your car, would you pick Kansas City? Maybe Lee's Summit? They ranked first and second in 2011 for deer-vehicle collisions in Missouri.

Deer-vehicle collisions on Missouri highways increase each fall when bucks become more active and weather turns colder. A recent insurance survey now places Missouri among the highest states in deer-vehicle crashes. Some 3,980 collisions with deer occurred last year on Missouri's highways, resulting in five fatalities and 411 injuries. Although some accidents with deer are unavoidable, motorists can take extra precautions to reduce the chance of striking these agile but unpredictable animals.

First, be aware that deer are coming out of the wooded areas to reach clearings now. Bucks are seeking mates and aggressively establishing their territories, challenging other bucks. Does are leaving their maturing fawns, beginning the process of separation. And farmers are harvesting corn and beans, which drives deer from natural cover into open areas like highways.

Be prepared for deer to cross or dart into a road at any time, particularly around dusk and dawn. Most (85%) of deer strike crashes occur from 5 p.m. to 6:49 a.m. To increase your long-distance visibility, use your high beams if other cars aren't approaching. If you encounter a deer, don't sound your horn but slow down or stop until the animal passes. If you see one, others may be right behind. Swerving may only place you in the path of the veering animal or another deer or two coming right behind the first. You may also lose control and cause more harm and damage than colliding with the deer.

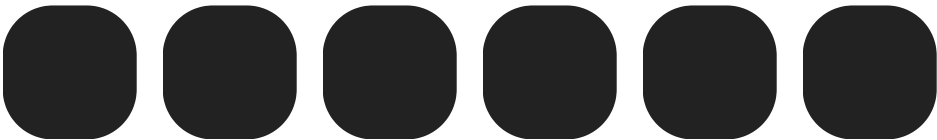
Finally, remember to stay alert, slow down and buckle up. Most people injured in deer-vehicle collisions weren't wearing a seat belt. Deer crossing signs are posted in areas where collisions or sightings occur frequently, but deer are unpredictable.

If you should hit a deer, report the accident to your local sheriff's office, the Missouri Highway Patrol or municipal police. Don't approach an injured or frightened deer because their sharp, hard hooves can seriously injure or kill you. MoDOT's maintenance crews will remove dead animals as quickly as they can get to them.

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National Men Make Dinner Day

NOVEMBER 07TH 2013 BY DEE LOFLIN

National Men Make Dinner Day

*Submitted by
Dee Loflin, SMT Manager/Editor*

United States - Attention all MEN! It's your turn! Each year on the first Thursday in November, men take charge in the kitchen as it is ***National Men Make Dinner Day***.

There are some men that like to cook and do so on a regular basis and to those men, kuddos to you and you can submit your favorite recipe on the National Men Make Dinner website. **menmakedinnerday.com**.

This day was created for the men who do not know their way around the kitchen and are not familiar with the stove and oven and for the women in their lives who need a break.

Men need to be aware that there are a list of rules that must be followed, some of which include:

The main meal must include a minimum of 4 ingredients and require at least one cooking utensil other than a fork. No Mac&Cheese, no tv dinners and peanut butter, jelly and bread are only three ingredients!

- Man must go shopping for 'all' necessary ingredients.
- Must clean up as you go.
- Aprons are optional, but greatly appreciated.

For a list of complete rules, see the above mentioned website.

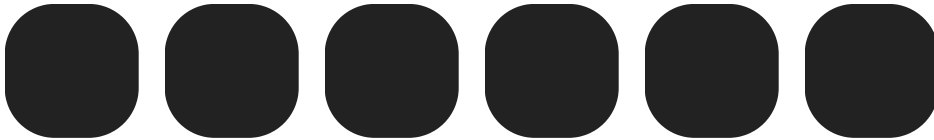
TOP TEN REASONS TO
PARTICIPATE IN
'NATIONAL MEN MAKE DINNER DAY'

10. While cooking, you can still wear your tool belt, simply replace the hammer with a whisk.
9. Several recipes include beer as a legitimate ingredient.
8. The blender, the electric mixer and the food processor are loud enough to drown out anyone in the house who is learning a musical instrument.
7. Whoever is cooking always gets the most attention from the dog.
6. Whatever recipe you choose, you can name it after yourself. Example: tonight's dinner is called 'Doug's Surprise'.
5. Discovering that '250 ml' is the same as '8 ounces' AND '1 cup' is half the fun.
4. Since YOU choose the recipe, it can be a turnip-free night.
3. Some desserts, such as crème brulee, require the use of a propane torch. How much fun is that?!
2. Since other husbands in your neighborhood are also cooking dinner, ironically this could be the ultimate male bonding experience.
1. Participating in 'National Men Make Dinner Day' gives you optimum points with your wife. Use those points wisely!

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