

Sausage, biscuit, fruit, juice, milk

Lunch

Monday, March 19

Salisbury steak, roasted potatoes, biscuit, brown gravy, garden salad, fruity gelatin, milk

Tuesday, March 20

Nachos Grande, refried beans, tomato cup, cucumber dippers, salsa, pears, sherbet cup, milk

Wednesday, March 21

Chicken sandwich, oven tots, veggie cup, Mandarin orange, milk

Thursday, March 22

Asian chicken, egg roll, rice, baby carrots, steamed broccoli, pineapple, milk

Friday, March 23

Ham and cheese melt, chips, fresh fruit, pinto beans, tiny tomato cup, cookie, milk

Blackwell CISD

Breakfast

Monday, March 19

Waffles-n-sausage, fruit, juice, milk

Tuesday, March 20

Biscuit-n-sausage, fruit, juice, milk

Wednesday, March 21

Breakfast pizza, fruit, juice, milk

Thursday, March 22

Funnel cake, fruit, juice, milk

Friday, March 23

Biscuit-n-gravy, fruit, juice, milk

Lunch

Monday, March 19

Chopped BBQ sandwich, pickle spears, coleslaw, chips, fruit, milk

Tuesday, March 20

Chicken strips, mashed potatoes, gravy, green beans, fruit, milk

Wednesday, March 21

Breaded pork chops, broccoli, rice, and cheese, glazed carrots, hot roll, fruit, milk

Thursday, March 22

Baked BBQ chicken, mac-n-cheese, steamed spinach, bread, fruit, milk

Friday, March 23

Beef tips and rice or noodles, carrots, green beans, fruit, milk

Alternative Ways to Make College More Affordable

A college education is one of the largest expenses you're likely to have in your lifetime, second only to buying a home. Unfortunately, the cost has increased dramatically in recent years.

Tuition plus fees at four-year public colleges jumped 71 percent over the last decade, forcing many would-be degree seekers to delay or even forgo attending college. For others, it's meant heading to school while taking on large amounts of debt.

Today, however, new solutions are popping up to address the college affordability crisis. Most people know about grants and scholarships. Students can now also consider alternate paths to college credit, helping them graduate faster and more affordably, say experts.

Here's what you need to know:

- The average cost of a typical undergraduate college course is \$1,782. In high school,

take as many Advanced Placement (AP) and College Level Examination Program (CLEP) courses as you can handle, increasing your opportunity to earn college credit and save money on tuition.

- The College Board's CLEP, while not as well-known as AP, is a 50-year-old credit-by-examination program accepted by more than 2,900 schools and universities. Check to see if the colleges you are considering accept CLEP credit, and then work hard to succeed on one or more of the 32 CLEP exams. CLEP courses and exams are rigorous, but shorter and not as challenging as AP.

- Consider new programs such as "Freshman Year for Free," an initiative developed by Modern States Education Alliance, a charity dedicated to making a college degree more affordable and attainable for everyone. Students can use Modern States' 40+ tuition-free online courses -- all taught by top college professors -- to prepare for the AP and CLEP exams.

- One advantage of CLEP tests is that they are offered every day at thousands of testing centers. AP exams can only be taken in high schools in May. Modern States is paying the AP and CLEP exam fees for the first 10,000 test-takers, making the program, which also includes free textbooks and practice questions, totally free.

"This is a great on-ramp to college and an opportunity to save both time and up to 25 percent of the rising cost of a degree," says Steve Klinsky, founder and CEO of Modern States Education Alliance.

To learn more, visit modernstates.org.

- Attending community college for the first two years and then transferring to a four-year institution offers another opportunity to cut costs. Dual-enrollment programs, whereby students take college courses at a city or community college while still in high school, are another great way to head to college with some credits under your belt.

More than one-third of Americans ages 30 and younger who haven't attended college

attribute their decision to the high cost, according to a Federal Reserve survey. In fact, U.S. student loan debt stands at an all-time high of \$1.34 trillion. Don't miss out on an education or let it saddle you with debt. Seek out alternative methods for earning college credits.

Video sparks conversation about food, farming

When it comes to food, information can be overwhelming. That's why Coke County farmers and ranchers want to have a discussion about the food, fiber and fuel that gets its start on their farms and ranches.

"There's quite a bit of inaccurate information on the internet," John Ross Copeland, Coke County Farm Bureau president, said. "If you want the truth, just ask a farmer or rancher like myself. We'll be happy to talk about our farming methods." Texas Farm Bureau recently launched a new three-minute video, *Our Food: We're in this Together*.

The video highlights farmers and ranchers from across the state talking about farming and ranching. It's an effort to connect with consumers online, said.

"You can find the video on our Coke/Sterling County Facebook page," John Ross said. "We wanted to share that modern farming and ranching is sustainable. Modern farms are just bigger and more technologically advanced."

But some consumers believe big means bad when it comes to agriculture. John Ross said that's not the case.

"It doesn't matter if our farm is small or large. It doesn't matter if we're using conventional methods or organic practices," John Ross said. "We're all doing our best to provide for consumers and for our families. There is room for everyone in the

marketplace."

Noted marketing tactics are often designed to spread fear and misinformation.

"When it comes to food, let facts be your guide," John Ross said. "The food we grow is safe and wholesome. We eat the same food that we're growing for others. We wouldn't feed something to consumers that we wouldn't feed to our kids."

The video also touches on the farm bill. It explains that the farm bill is for more than farmers and ranchers. It strengthens communities, opens trade doors and helps ensure safe, affordable food for all Americans, John Ross said.

"We depend on a strong agricultural economy. As farmers and ranchers, we need some stability and the farm bill provides that," John Ross said. "But the farm bill is about more than agriculture. It's a food bill, too. It helps keep food on our tables and helps our farmers when markets or Mother Nature can deal devastating blows."

You can find more information and watch the video at texasfarmbureau.org/our-food.

The Great Texas Birding Classic held April 15 - May 15

The 22nd Annual Great Texas Birding Classic will be held April 15 - May 15, 2018. This tournament is the world's

biggest, longest, wildest birdwatching tournament in the United States.

The competition is held to determine which team can identify and count the most birds in a weeklong event. Birding teams from all over the country flock to several birding hot spots all over Texas to participate in the Great Texas Birding Classic. All levels and ages of birders are welcome to join this event during the amazing spring migration. The Youth category is for kids 13 and younger while the Teen category is for 14 - 18 year olds. Youth teams are made up of 3 - 5 birders and must choose a category in which to compete. Prizes are awarded to the winning teams. Registration fees raise money for Texas bird and birding conservation project grants.

Here's what you need to start preparing to compete:

- binoculars (unless they are landing right in front of you, binoculars help you see the birds)
- field guide to birds (because you will need to look some of them up)
- small notepad or journal (you will want to keep a list, since that's what the contest is all about)
- a hat (if you are lucky it will be sunny and 8 hours is a long time to hang out in the sun without a hat - if you aren't lucky, the hat may help a little)

Team registration closes April 1, 2018, and the Conservation Project Grant submission deadline is May 1, 2018.

For more information, visit the Texas Parks and Wildlife website at tpwd.texas.gov.

Happy birding!

Citizens of Coke County, Precinct 2

I sincerely appreciate your support and your vote.

Thank you sincerely,
Robert Feil

Paid Political Advertisement by Robert Feil

Thank you to all who supported me and voted for me in the Republican Primary.

Russell Johnson
Republican Nominee for
Coke County Justice of the Peace

Paid Political Advertisement by Russell Johnson

In seeking the office of Coke County Treasurer, I want to take an opportunity to thank you for your encouragement, your support, and your vote.

Thank you,
Therese Emert
Republican Candidate for
Coke County Treasurer

Paid Political Advertisement by Therese Emert