

salsa, fruit, milk  
**Tuesday, March 26**  
 Meatball sub, tator tots, veggie cup, fruit, milk  
**Wednesday, March 27**  
 Asian stir fry, flatbread, salad, strawberries, milk  
**Thursday, March 28**  
 Pizza, salad, pepper strips, fruity jello, milk  
**Friday, March 29**  
 Hamburger, fries, garnish, cucumber, rosey applesauce, cookie, milk

**Blackwell CISD**

**Breakfast**

**Monday, March 25**  
 Oatmeal, cinnamon toast, fruit, juice, milk  
**Tuesday, March 26**  
 Biscuit-n-gravy, fruit, juice, milk  
**Wednesday, March 27**  
 Breakfast pizza, fruit, juice, milk  
**Thursday, March 28**  
 Pancake on a stick, fruit, juice, milk  
**Friday, March 29**  
 French toast, fruit, juice, milk

**Lunch**

**Monday, March 25**  
 Chicken Alfredo, steamed broccoli, garlic toast, milk  
**Tuesday, March 26**  
 Salisbury steak, mashed potatoes, brown gravy, hot roll, milk  
**Wednesday, March 27**  
 Chicken spaghetti, corn, salad, breadsticks, milk  
**Thursday, March 28**  
 Nacho Supreme, pinto beans, Spanish rice, lettuce, tomato, milk  
**Friday, March 29**  
 Chicken sandwich, potato cubes, baked beans, milk

**...ECCHD board meeting**

*(Continued from page 3)*  
 The board reviewed all bills that have been paid. The board took a brief recess at 7:13 pm. The board moved to executive session at 7:38 pm. After completion of the executive session at 7:55 pm, Jerita Taylor moved that the meeting be adjourned since there were no executive items to take action on. Everett Bedford seconded the motion. The motion carried unanimously. The board meeting adjourned at 7:58 pm.

**...CCRTA meeting**

*(Continued from page 2)*  
 Some 50 representatives from TRTA districts in the area will attend leadership sessions during the day. A noon meal, prepared by Noel and Company of Robert Lee, will be served. During a legislative year it is important that active participation by retired school personnel in the district meetings be visible to legislators. District principals and superintendents are always welcome.

Attending the noon meeting of the CCRTA were Brenda Hines, Wanda Brewer, Leva Self, Ann Hamilton, Gerald Sandusky, Kip Wallace, Cristie Bagwell, Charlotte Jackson, Beth Prather, Jackie Walker, Lee Wommack, Janet

Wommack, Lana Goodman, Bill Hood, Rhonda Hood, Mary McMullan, Gina McCutchen, Mary Lawhon, and Larry Oden. The next meeting of CCRTA will be on April 15, 2019, (the third Monday in each month) for pot luck lunch and business meeting at noon in the First Baptist Church in Bronte. All retired and active school personnel in the area are encouraged to join TRTA and the Coke County unit to support programs which, in turn, support public school personnel. See trta.org for details.



**Of High Horses and Donkeys**

by James M. Decker

In Chapter 4 of the Gospel of John, Jesus meets a Samaritan woman at a well. In those days, the Jewish and Samaritan peoples had an unpleasant relationship and did not associate with one another (which is why Jesus' parable of the Good Samaritan was so striking). To make matters worse, this Samaritan woman had a bad reputation in her personal life. No self-respecting Jewish man would even acknowledge a woman like this. Jesus, on the other hand, asked her for a drink of water and promptly ministered to her. She went out and told the story to the Samaritans, many of whom came to follow Jesus as a result of this one encounter.

This past Sunday, my friend Dalton Mathis preached a sermon at church on this very passage. It got me to thinking about our roles in our communities and our service to God. Dalton rightly observed that we've got to quit worrying about what others think of us, because trying to "fit in" keeps us from true service. Plus, who decided what constitutes "fitting

in" anyway? On Palm Sunday, Jesus did not ride triumphantly into Jerusalem on a powerful stallion, the picture of unstoppable power. He rode in humbly, on a mere donkey. As Dalton admonished the crowd, it's time for us to get off our high horses and get on the donkey too.

Dalton observed that Jesus himself, the only perfect being who ever walked the Earth, thought nothing of humbling himself in the name of service. Why should we be so arrogant as to not do the same ourselves? Jesus got up from the table and served his friends at the Last Supper. His ministry is filled with him reaching out to the unclean, the sinners, and the "unpopular" crowd, folks like the Samaritan woman. We all remember the "cool" tables in the school cafeteria when we were kids. Those same "cool" tables exist in adulthood in our workplaces, our social gatherings, and our communities. Well, there was a "cool table" in Jesus' day too. But who was sitting at the cool table? The Pharisees. They sat at the cool table and pointed out all the things Jesus was doing wrong.

There's nothing wrong with being "popular" per se. I think we all want to be popular in some form or fashion, among some group or another. But are we seeking popularity for the right reasons? And if we are "popular," are we using that popularity for good? A popular member of the community can enjoy the spoils of popularity amongst their chosen circles and ignore the rest of the community. On the other hand, a popular member of the community can lead and inspire change within their people. If "popular" person is seen doing things perceived as "unpopular," then suddenly others might wonder if that task is unpopular after all. If that person is willing to put their money where their mouth is, if 'they' are willing to reach across ethnic, political, and economic boundaries, then why can't others in the community do the same?

In Philippians 2, Paul calls us to imitate the humility of Jesus Christ. Verse 3-5 says "[d]o nothing out of selfish ambition

or vain conceit. Rather, in humility, value others above yourselves...[i]n your relationships with one another, have the same mindset as Christ Jesus."

No matter how the world views each of us—cool, uncool, popular, unpopular—we're all created in God's image. We should view ourselves and others accordingly, even when it's hard to love ourselves or hard to love those others. In countless interactions through his ministry, and then in a final act on the Old Rugged Cross, Jesus gave up his superiority to serve the inferior. Those inferior people? That's us.

I encourage each of you (me included) to step back from time to time and see if you're riding on your high horse. Are we worried about what the popular people think about us? Or are we serving the unclean, the sinners, and the unpopular? Are we encouraging the "popular" to follow our lead? If Jesus gave up his superiority to serve the inferior, maybe it's time for us to get off our high horse, get on our donkey, and follow his lead.

*James Decker is a lawyer, farmer, and mayor in Stamford, Texas, and the creator of the forthcoming "West of 98" podcast and website. He may be contacted through Facebook at facebook.com/james.decker.*

**Human Trafficking Survivor/Advocate to speak in San Angelo**

Tonya Stafford, human trafficking survivor will be speaking in San Angelo on April 16, 2019, from 1 pm - 4 pm at Stephens Central Library as part of Sexual Assault Awareness and Prevention Month. Ms. Stafford was 13 years old when she was sold by her mother for drug money.

"Tonya Stafford is a native of Dallas, Texas with over 10 years experience working with women, young girls, and children. Her love for them keeps her focused on their safety. In the Fall of 2014 Tonya

founded It's Going To Be OK, Inc. (IGTBOK). It's Going To Be Ok's mission is to seek and create a just world where women, children, and all vulnerable adults are safe, respected, and valued.

"We are incredibly honored to have Tonya speak in San Angelo," said Dawn M Smith, MS, Victim Services Advocate for Open Arms. "Human trafficking is not just a big city crime, it can happen in any City/Town without regard to population".

Businesses and/or individuals that would like to help sponsor the event can contact Dawn at dsmith@openarmscv.org or by calling 325-655-2000.

**Becoming a Healthier You**

Because we all lead different lifestyles, it is no surprise that dieting is not "one-size-fits-all." Therefore, it is important to follow a healthy eating regimen that is tailored to you and your daily needs. Sticking to a diet that is custom to you will both give you the energy that your body requires and help combat obesity and weight gain.

According to the Academy of Nutrition and Dietetics, carrying too much body fat may have harmful effects on your health. More than 1/3 of U.S. adults are obese, which is defined as having a body mass index (BMI) of >30. There are many contributing factors that cause obesity, most of which can be prevented or regulated. Some of these factors include:

- Family history and genes
- Medications
- Lifestyle habits
- Eating behaviors
- Stress
- Too little sleep
- Medical problems

Texas A&M AgriLife Extension Specialist David Leal recommends creating long-term goals that are broken down into achievable steps - those then become goals that are focused on daily.

*(Continued on page 7)*

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