



**Celebration!** Residents of Bronte Health & Rehab Center celebrated St. Patrick's Day with a grand, green-themed party.

**New Addiction Helpline in Sweetwater provides addicts with recovery information**

A new adolescent helpline in Sweetwater provides a great new resource for teenagers seeking rehab.

The first steps to overcoming substance abuse can often be the most difficult. Admitting to having a drug or alcohol addiction and asking for help can be hard for an addict—especially for a teenager.

Until recently, young adults in this area had few options to turn to for dealing with their

chemical dependencies. A new local helpline is providing young addicts with valuable information on addiction and what it takes to achieve sobriety. By contacting the helpline at (325) 933-2012, teenagers can learn about the variety of treatment programs available at rehab facilities. More comprehensive information on all aspects of teenage rehab, including therapy options, education programs can be found by visiting [www.drugrehab-sweetwater.com](http://www.drugrehab-sweetwater.com). When an addict has access to accurate information, it becomes easier to choose the right type of substance abuse treatment.

The goal of the helpline is to provide accurate and reliable information to anyone who wants to live a lifestyle free of drugs and alcohol. The helpline isn't just for teens. Anyone who would like to know more about addiction and the recovery process is encouraged to call. Having a place to turn to for guidance, support, and information is an important aspect of overcoming addiction.

**About the helpline:**

The helpline is dedicated to providing teenagers with substance abuse issues find the proper professional help they need to overcome addiction. Call the helpline today at (325) 933-2012 or send an email to [mail@drugrehab-sweetwater.com](mailto:mail@drugrehab-sweetwater.com) to learn how a drug rehab center can help anyone.

**Deer Study Group to meet April 10-11**

The Texas Deer Study Group will convene April 10-11, 2014, at the Knights of Columbus Hall in Columbus, Texas. This year's event will focus on "Great Expectations: Optimizing Deer Management in the Post Oak Savanna and Gulf-Coast Prairies."

The program will consist of a full day of presentations on the 10th covering a wide array of topics including a history of management and habitat changes in the area, breeding chronology and buck movement, harvest strategies, an overview of research and a point-counterpoint discussing important management concerns.

On the 11th, the group will meet at a local ranch for a half-day of presentations covering getting to know your deer, habitat management techniques and native and introduced vegetation. Everyone with an interest in deer and deer management is encouraged to attend.

Sponsorship and vendor opportunities will be available for businesses and individuals to support the event. Early registration deadline is March 31. For more information or to sign up please visit the Texas Wildlife Association website at <http://www.texas-wildlife.org/resources/events/texas-deer-study-group> or contact Clint Faas at [cfaas@texas-wildlife.org](mailto:cfaas@texas-wildlife.org)



**Bronte Menu**

**Breakfast**

**Monday, March 31**  
Breakfast pizza or cereal w/ toast, jelly, juice, fruit, milk

**Tuesday, April 1**  
Pancake on stick or cereal w/ toast, jelly, juice, fruit, milk

**Wednesday, April 2**  
Breakfast bagel or cereal w/ toast, jelly, juice, fruit, milk

**Thursday, April 3**  
Breakfast burrito or cereal w/ toast, jelly, juice, fruit, milk

**Friday, April 4**  
French toast sticks or cereal w/toast, jelly, juice, fruit, milk

**Lunch**

**Monday, March 31**  
Beef & bean burrito, broccoli bites, garden salad, fruit, milk

**Tuesday, April 1**  
Beef spaghetti, garden salad, carrots, apple, breadstick, milk

**Wednesday, April 2**  
Chicken nuggets, mashed potatoes, gravy, cucumbers, hot rolls, fruit, milk

**Thursday, April 3**  
Pork chops, sweet potatoes, green beans, Texas toast, fruit, milk

**Friday, April 4**  
Crispy taco, garden salad, charro beans, cinnamon applesauce, salsa, milk

**BEDFORD**

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**Bronte Scholarships available**

The C.J. Macon Memorial Scholarship and the Bronte Community Scholarship applications are now available to graduating seniors at Bronte High School who plan on attending a university, junior college or technical school fall 2014. Applications are available online at [www.bronteisd.net](http://www.bronteisd.net) on the Counselor's Corner page under scholarships or may be picked up in the counselor's office. The deadline to apply for both scholarships is April 8, 2014.

The C.J. Macon Memorial Scholarship is also open to past BHS graduates. Please turn in applications to Mrs. Timmerman, BHS counselor. For more information, please call the counselor's office at 473-2511.

**Camp Courage slated**

Hendrick Hospice Care in Abilene is offering two free camps for children and teens who have experienced loss. Losses are varied and could include but are not limited to death, divorce, separation, incarceration and deployment. Participants are led through a variety of grief exercises which ultimately build self-esteem, trust and an understanding of the grief process. Specifically trained volunteers and counselors facilitate the activities that encourage self-healing and provide an outlet for unexpressed emotions.

One camp is a day camp on August 9 for children entering grades K-2 for the 2014 school year. The other camp is a four-

day, three night camp from June 1-4 and is for students that will be entering grades 3-12 for the 2014 school year.

If you would like an application, please contact the BHS counselor's office for more information or an application or Aimee Colley at Hendrick Hospice Care at 325-670-6951. Application deadline is April 18, 2014.

**Health Matters Summer Camps set for June**

The West Texas Area Health Education Center is hosting two Nursing Day Camps and a Health Careers Day Camp in June. Students currently in grades 9-12 may apply. The deadline to apply is April 30th.

Health Matters Summer Camps offer a great opportunity for students interested in learning more about health professions.

For more information, please contact the West Texas AHEC-Big Country at 325-672-0495 or visit the counselor's office at your high school for more information or to pick up an application.

The camps allow the students to gain experience through hands-on learning, interaction with healthcare professionals, and tours of medical facilities. Students are also given the opportunity to participate in teaching simulations and visit with university pre-health departments. The deadline to apply is April 30th.

For more information, please contact the West Texas AHEC-Big Country at 325-672-0495 or visit the counselor's office at the high school for more information or to pick up an application.

**Don't forget to make your 2013 IRA contribution.**



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