

# BLACKWELL SCHOOL NEWS

## School Menu



### Breakfast

#### Monday, April 16

French toast sticks or assorted cereal, juice, milk

#### Tuesday, April 17

Breakfast Burrito, Salsa or assorted cereal, juice, milk

#### Wednesday, April 18

Breakfast Pizza or assorted cereal, juice, milk

#### Thursday, April 19

Biscuits, Sausage or assorted cereal, juice, milk

#### Friday, April 20

Donuts, gogurt or assorted cereal, juice, milk

### Lunch

#### Monday, April 16

Chicken fajitas, refried beans, seasoned corn, orange smiles, sherbet cup, milk

#### Tuesday, April 17

Beef & bean chalupas, spanish rice, lettuce, tomatoes, cinnamon applesauce, milk

#### Wednesday, April 18

Country style steak, mashed potatoes, gravy, savory green beans, hot roll, strawberry shortcake, milk

#### Thursday, April 19

Grilled chicken patty, chicken patty, chicken flavored rice, broccoli normandy, fruit, milk

#### Friday, April 20

Pig in a blanket, western beans, baked chips, snowball salad, milk

### 2012-2013 BHS and BJH Cheerleaders, Twirlers, and Mascots announced

Blackwell High School Varsity Cheerleaders for next year include Hailey Bennett, Leonor Castelo, Tagan Cox, Stephanie Metcalf, Summer, Mull and BreAnne Richardson.

Ashlee Irwin will be the BHS Mascot and Hannah Coffman is the BHS twirler.

Blackwell Junior High Cheerleaders for next year include Krista Clower, Karstin Hoyle, Shelby Panzer, Halee Sanderson (Captain), and Abbi Sorrells.

Payton McKee will be the BJH Mascot and Audrey Mink is the BJH twirler.

home will get rid of dangerous and outdated items, while getting you ready for spring.

#### What To Throw Away:

Expired medicines lose their effectiveness and in some instances can become dangerous. Check expiration dates thoroughly.

Nearly empty bottles create clutter and may not even have enough medicine left for a full dose.

Improperly stored items can partially evaporate, leaving them more concentrated and dangerous. Get rid of items that were not sealed or stored properly.

Duplicates of items that are not used often only create clutter. If you do want to keep duplicates, move them out of the medicine cabinet and into a larger area to store. Try a large bathroom cabinet, or your pantry.

Old prescriptions, or partially used prescriptions should not be saved. Check with your physician if you have questions about saving prescriptions

#### What To Add:

- Sunscreen with the right amount of SPF protection.
  - Aloe Vera to treat burns.
  - Insect Repellant to keep spring's bugs at bay..
  - Insect bite relief for when they bite you anyway.
  - Heating and cooling packs for sprains and strains during outdoor fun.
  - Allergy medications for allergy sufferers.
  - Updated First Aid Kit including band aids, antiseptic wash, and ointment for spring scrapes.
- Take the time to free up your medicine cabinet for the items your family will need this spring.



### Spring Clean Your Medicine Cabinets Out with the old and in with the new

With the beginning of spring comes the end of winter's flu, cold, and cough medicines. At the same time spring means sun, insects, and lots of outdoor activities. It's a great time to add a few necessary components to ensure that you have the right supplies for spring's medicinal needs. Decluttering this one tiny section of your

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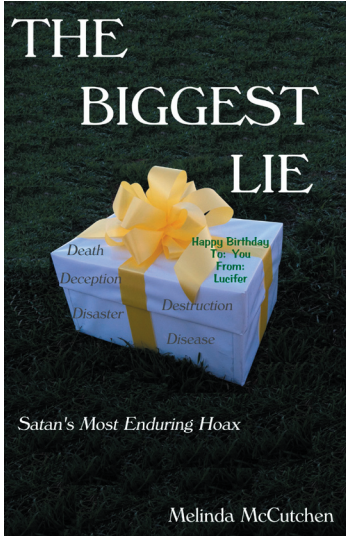
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## The Biggest Lie

by Melinda McCutchen



Many sits at her kitchen table blankly staring into her cup of coffee that had long since become cold. She's trying hard to make sense of why this is happening to her and to the family she loves.

She's tried all of her life to be a good Christian and now ... she's dying.

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